

PACIFIC NORTHWEST SWIMMING LONG COURSE CHAMPIONSHIPS
ORDER OF EVENTS
2008

THURSDAY - A.M. [PRELIMS]
WARM-UPS 10:00 A.M.; MEET STARTS 11:00 A.M.

1	GIRLS 11-12	200 I.M.
2	BOYS 11-12	200 I.M.
3	GIRLS 13-14 GIRLS 15 AND OVER	200 I.M.
4	BOYS 13-14 BOYS 15 AND OVER	200 I.M.
5	GIRLS 11-12	50 FREE
6	BOYS 11-12	50 FREE
7	GIRLS 13-14 GIRLS 15 AND OVER	50 FREE
8	BOYS 13-14 BOYS 15 AND OVER	50 FREE
9	GIRLS 11-12	800 FREE [TF]
10	BOYS 11-12	800 FREE [TF]
11	GIRLS 13-14 GIRLS 15 AND OVER	800 FREE [TF]
12	BOYS 13-14 BOYS 15 AND OVER	800 FREE [TF]

PACIFIC NORTHWEST SWIMMING LONG COURSE CHAMPIONSHIPS
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2008

FRIDAY - A.M. [PRELIMS]
WARM-UPS 7:30 A.M.; MEET STARTS 9:00 A.M.

19	GIRLS 10 AND UNDER	200 MEDLEY RELAY [TF]
20	BOYS 10 AND UNDER	200 MEDLEY RELAY [TF]
21	GIRLS 10 AND UNDER	100 BUTTERFLY [TF]
22	BOYS 10 AND UNDER	100 BUTTERFLY [TF]
23	GIRLS 11-12	200 BUTTERFLY
24	BOYS 11-12	200 BUTTERFLY
25	GIRLS 13-14 GIRLS 15 AND OVER	200 BUTTERFLY
26	BOYS 13-14 BOYS 15 AND OVER	200 BUTTERFLY
27	GIRLS 10 AND UNDER	100 BREASTSTROKE [TF]
28	BOYS 10 AND UNDER	100 BREASTSTROKE [TF]
29	GIRLS 11-12	100 BREASTSTROKE
30	BOYS 11-12	100 BREASTSTROKE
31	GIRLS 13-14 GIRLS 15 AND OVER	100 BREASTSTROKE
32	BOYS 13-14 BOYS 15 AND OVER	100 BREASTSTROKE
33	GIRLS 10 AND UNDER	100 FREESTYLE [TF]
34	BOYS 10 AND UNDER	100 FREESTYLE [TF]
35	GIRLS 11-12	100 FREESTYLE
36	BOYS 11-12	100 FREESTYLE
37	GIRLS 13-14 GIRLS 15 AND OVER	100 FREESTYLE
38	BOYS 13-14 BOYS 15 AND OVER	100 FREESTYLE
39	GIRLS 10 AND UNDER	50 BACKSTROKE [TF]
40	BOYS 10 AND UNDER	50 BACKSTROKE [TF]
41	GIRLS 11-12	50 BACKSTROKE
42	BOYS 11-12	50 BACKSTROKE
43	GIRLS 10 AND UNDER	50 FREESTYLE [TF]
44	BOYS 10 AND UNDER	50 FREESTYLE [TF]
45	GIRLS 11-12	400 I.M. [TF]
46	BOYS 11-12	400 I.M. [TF]
47	GIRLS 10 AND UNDER	200 I.M. [TF]
48	BOYS 10 AND UNDER	200 I.M. [TF]
49	GIRLS 13-14 GIRLS 15 AND OVER	400 I.M. [TF]
50	BOYS 13-14 BOYS 15 AND OVER	400 I.M. [TF]

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2008

THURSDAY - P.M. [FINALS]
WARM-UPS 4:30 P.M.; MEET STARTS 5:30 P.M.

1	GIRLS 11-12	200 I.M.
2	BOYS 11-12	200 I.M.
3	GIRLS 13-14 GIRLS 15 AND OVER	200 I.M.
4	BOYS 13-14 BOYS 15 AND OVER	200 I.M.
5	GIRLS 11-12	50 FREE
6	BOYS 11-12	50 FREE
7	GIRLS 13-14 GIRLS 15 AND OVER	50 FREE
8	BOYS 13-14 BOYS 15 AND OVER	50 FREE

LONG COURSE CHAMPIONSHIPS
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FRIDAY - P.M. [FINALS]
WARM-UPS 4:00 P.M.; MEET STARTS 5:00 P.M.

13	GIRLS 11-12	200 MEDLEY RELAY [TF]
14	BOYS 11-12	200 MEDLEY RELAY [TF]
15	GIRLS 13-14	200 MEDLEY RELAY [TF]
16	BOYS 13-14	200 MEDLEY RELAY [TF]
17	GIRLS 15 AND OVER	200 MEDLEY RELAY [TF]
18	BOYS 15 AND OVER	200 MEDLEY RELAY [TF]
23	GIRLS 11-12	200 BUTTERFLY
24	BOYS 11-12	200 BUTTERFLY
25	GIRLS 13-14 GIRLS 15 AND OVER	200 BUTTERFLY
26	BOYS 13-14 BOYS 15 AND OVER	200 BUTTERFLY
29	GIRLS 11-12	100 BREASTSTROKE
30	BOYS 11-12	100 BREASTSTROKE
31	GIRLS 13-14 GIRLS 15 AND OVER	100 BREASTSTROKE
32	BOYS 13-14 BOYS 15 AND OVER	100 BREASTSTROKE
35	GIRLS 11-12	100 FREESTYLE
36	BOYS 11-12	100 FREESTYLE
37	GIRLS 13-14 GIRLS 15 AND OVER	100 FREESTYLE
38	BOYS 13-14 BOYS 15 AND OVER	100 FREESTYLE
41	GIRLS 11-12	50 BACKSTROKE
42	BOYS 11-12	50 BACKSTROKE

**LONG COURSE CHAMPIONSHIPS
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**SATURDAY - A.M. [PRELIMS]
WARM-UPS 7:30 A.M.; MEET STARTS 9:00 A.M.**

57	GIRLS 10 AND UNDER	200 FREE RELAY [TF]
58	BOYS 10 AND UNDER	200 FREE RELAY [TF]
59	GIRLS 10 AND UNDER	100 BACKSTROKE [TF]
60	BOYS 10 AND UNDER	100 BACKSTROKE [TF]
61	GIRLS 11-12	200 BACKSTROKE
62	BOYS 11-12	200 BACKSTROKE
63	GIRLS 13-14 GIRLS 15 AND OVER	200 BACKSTROKE
64	BOYS 13-14 BOYS 15 AND OVER	200 BACKSTROKE
65	GIRLS 10 AND UNDER	200 FREESTYLE [TF]
66	BOYS 10 AND UNDER	200 FREESTYLE [TF]
67	GIRLS 11-12	200 BREASTSTROKE
68	BOYS 11-12	200 BREASTSTROKE
69	GIRLS 13-14 GIRLS 15 AND OVER	200 BREASTSTROKE
70	BOYS 13-14 BOYS 15 AND OVER	200 BREASTSTROKE
71	GIRLS 10 AND UNDER	50 BUTTERFLY [TF]
72	BOYS 10 AND UNDER	50 BUTTERFLY [TF]
73	GIRLS 11-12	50 BUTTERFLY
74	BOYS 11-12	50 BUTTERFLY
75	GIRLS 10 AND UNDER	50 BREASTSTROKE [TF]
76	BOYS 10 AND UNDER	50 BREASTSTROKE [TF]
77	GIRLS 11-12	400 FREESTYLE [TF]
78	BOYS 11-12	400 FREESTYLE [TF]
79	GIRLS 13-14 GIRLS 15 AND OVER	400 FREESTYLE [TF]
80	BOYS 13-14 BOYS 15 AND OVER	400 FREESTYLE [TF]

**LONG COURSE CHAMPIONSHIPS
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**SUNDAY - A.M. [PRELIMS]
WARM-UPS 7:30 A.M.; MEET STARTS 9:00 A.M.**

81	GIRLS 11-12	200 FREESTYLE
82	BOYS 11-12	200 FREESTYLE
83	GIRLS 13-14 GIRLS 15 AND OVER	200 FREESTYLE
84	BOYS 13-14 BOYS 15 AND OVER	200 FREESTYLE
85	GIRLS 11-12	100 BUTTERFLY
86	BOYS 11-12	100 BUTTERFLY
87	GIRLS 13-14 GIRLS 15 AND OVER	100 BUTTERFLY
88	BOYS 13-14 BOYS 15 AND OVER	100 BUTTERFLY
89	GIRLS 11-12	100 BACKSTROKE
90	BOYS 11-12	100 BACKSTROKE
91	GIRLS 13-14 GIRLS 15 AND OVER	100 BACKSTROKE
92	BOYS 13-14 BOYS 15 AND OVER	100 BACKSTROKE
93	GIRLS 11-12	50 BREASTSTROKE
94	BOYS 11-12	50 BREASTSTROKE
95	GIRLS 11-12 GIRLS 13-14 GIRLS 15 AND OVER	1500 FREESTYLE [TF]
96	BOYS 11-12 BOYS 13-14 BOYS 15 AND OVER	1500 FREESTYLE [TF]

**LONG COURSE CHAMPIONSHIPS
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**SATURDAY - P.M. [FINALS]
WARM-UPS 4:00 P.M.; MEET STARTS 5:00 P.M.**

51	GIRLS 11-12	200 FREE RELAY [TF]
52	BOYS 11-12	200 FREE RELAY [TF]
53	GIRLS 13-14	200 FREE RELAY [TF]
54	BOYS 13-14	200 FREE RELAY [TF]
55	GIRLS 15 AND OVER	200 FREE RELAY [TF]
56	BOYS 15 AND OVER	200 FREE RELAY [TF]
61	GIRLS 11-12	200 BACKSTROKE
62	BOYS 11-12	200 BACKSTROKE
63	GIRLS 13-14 GIRLS 15 AND OVER	200 BACKSTROKE
64	BOYS 13-14 BOYS 15 AND OVER	200 BACKSTROKE
67	GIRLS 11-12	200 BREASTSTROKE
68	BOYS 11-12	200 BREASTSTROKE
69	GIRLS 13-14 GIRLS 15 AND OVER	200 BREASTSTROKE
70	BOYS 13-14 BOYS 15 AND OVER	200 BREASTSTROKE
73	GIRLS 11-12	50 BUTTERFLY
74	BOYS 11-12	50 BUTTERFLY

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**SUNDAY - P.M. [FINALS]
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81	GIRLS 11-12	200 FREESTYLE
82	BOYS 11-12	200 FREESTYLE
83	GIRLS 13-14 GIRLS 15 AND OVER	200 FREESTYLE
84	BOYS 13-14 BOYS 15 AND OVER	200 FREESTYLE
85	GIRLS 11-12	100 BUTTERFLY
86	BOYS 11-12	100 BUTTERFLY
87	GIRLS 13-14 GIRLS 15 AND OVER	100 BUTTERFLY
88	BOYS 13-14 BOYS 15 AND OVER	100 BUTTERFLY
89	GIRLS 11-12	100 BACKSTROKE
90	BOYS 11-12	100 BACKSTROKE
91	GIRLS 13-14 GIRLS 15 AND OVER	100 BACKSTROKE
92	BOYS 13-14 BOYS 15 AND OVER	100 BACKSTROKE
93	GIRLS 11-12	50 BREASTSTROKE
94	BOYS 11-12	50 BREASTSTROKE