

**2009 PNSLONG COURSE CHAMPIONSHIPS
(2010 Update in Fall of 2009)**

THURSDAY – A.M. PRELIMS

1,2	11-12	200 I.M.
3,4	13-14 15-Over	200 I.M.
5,6	11-12	50 Free
7,8	13-14 15-Over	50 Free
9,10	11-12	800 Free (TF)
11,12	13-14 15-Over	800 Free (TF)

THURSDAY – P.M. FINALS

1,2	11-12	200 I.M.
3,4	13-14 15-Over	200 I.M.
5, 6	11-12	50 Free
7,8	13-14 15-Over	50 Free
13,14	11-12	400 Medley Relay (TF)
15,16	13-14	400 Medley Relay (TF)
17,18	15-Over	400 Medley Relay (TF)

FRIDAY – A.M. PRELIMS

19,20	10 Under	200 Medley Relay (TF)
27,28	11-12	200 Butterfly
29,30	13-14 15-Over	200 Butterfly
31,32	10 Under	100 Breaststroke (TF)
33,34	11-12	100 Breaststroke
35,36	13-14 15-Over	100 Breaststroke
37,38	10 Under	100 Freestyle (TF)
39,40	11-12	100 Freestyle
41,42	13-14 15-Over	100 Freestyle
43,44	10 Under	50 Backstroke (TF)
45,46	11-12	50 Backstroke
47,48	10 Under	50 Free (TF)
49,50	13-14 15-Over	400 Free (TF)
51,52	11-12	400 Free (TF)

FRIDAY – P.M. FINALS

21,22	11-12	200 Medley Relay (TF)
23,24	13-14	200 Medley Relay (TF)
25,26	15-Over	200 Medley Relay (TF)
27,28	11-12	200 Butterfly
29,30	13-14 15-Over	200 Butterfly
33,34	11-12	100 Breaststroke
35,36	13-14 15-Over	100 Breaststroke
39,40	11-12	100 Freestyle
41,42	13-14 15-Over	100 Freestyle
45,46	11-12	50 Backstroke

SATURDAY – PRELIMS A.M.

53,54	10 UNDER	200 Free Relay (TF)
61,62	11-12	200 Backstroke
63,64	13-14 15-over	200 Backstroke
65,66	11-12	200 Breaststroke
67,68	13-14 15-Over	200 Breaststroke
69,70	10U	50 Butterfly (TF)
71,72	11-12	50 Butterfly
73,74	10U	200 I.M. (TF)
75,76	11-12	400 I.M. (TF)
77,78	13-14 15-Over	400 I.M. (TF)

SATURDAY – FINALS P.M.

55,56	11-12	200 Free Relay (TF)
57,58	13-14	200 Free Relay (TF)
59,60	15-Over	200 Free Relay (TF)
61,62	11-12	200 Backstroke
63,64	13-14 15-over	200 Backstroke
65,66	11-12	200 Breaststroke
67,68	13-14 15-Over	200 Breaststroke
71,72	11-12	50 Butterfly

SUNDAY – A.M. PRELIMS

79,80	10U	200 Freestyle (TF)
81,82	11-12	200 Freestyle
83,84	13-14 15-Over	200 Freestyle
85,86	10U	100 Butterfly (TF)
87,88	11-12	100 Butterfly
89,90	13-14 15-Over	100 Butterfly
91,92	10 Under	100 Backstroke (TF)
93,94	11-12	100 Backstroke
95,96	13-14 15 Over	100 Backstroke
97,98	10 U	50 Breaststroke (TF)
99,100	11-12	50 Breaststroke
101,102	10 Under	400 Freestyle (TF)
103,104	11-12	1500 Freestyle (TF)
105,106	13-14 15-Over	1500 Freestyle (TF)

SUNDAY – P.M. FINALS

81,82	11-12	200 Freestyle
83,84	13-14 15-Over	200 Freestyle
87,88	11-12	100 Butterfly
89,90	13-14 15-Over	100 Butterfly
93,94	11-12	100 Backstroke
95,96	13-14 15 Over	100 Backstroke
99,100	11-12	50 Breaststroke
107,108	11-12	400 Free Relay (TF)
109,110	13-14	400 Free Relay (TF)
111,112	15-Over	400 Free Relay (TF)