

Utah Senior Championships

St. George, Utah

February 19-20, 2010

Venue: Sand Hollow Aquatic Center. 1144 North Lava Flow Drive, St. George, Utah

Date/Time: Friday & Saturday February 19-20, 2010

Prelims: Warm-up 9:00 a.m.; Meet 10:00 a.m.

Championship and Consolation Finals: Warm-up 5:30 p.m., Meet 6:30 P.M..

Individual Entries: Swimmers may enter no more than three (3) individual events per day. No deck entries will be allowed.

Relay Entries: Only USA Swimming registered athletes and teams may compete in relay events. Relay entries will be unlimited per team with the TOP 2 relays from each team scoring. Swimmers are limited to participating in two relays per day. Please submit your relay entries with your master entries.

Meet Format: This meet will run as prelims and finals. There will be a Consolation and Championship heat in the Finals Session. The relays will be run as a timed finals event in the finals sessions.

The 1650 Freestyle will be run as a timed finals event, seeded fastest to slowest and swum fastest to slowest, alternating between girls and boys. This event will start 30 minutes after the Saturday prelims session.

Check-In Procedure: A “positive check-in” is required for the **1650 Freestyle**. Swimmers participating in this event must check-in on *Friday, February 19* with the Clerk of Course. Swimmers that do not check in will not be allowed to swim in this event and will be automatically scratched from this event. **Swimmers competing in the 1650 Freestyle are responsible to have their own timers and counters.**

Entry Fees: Surcharge per participating swimmer: \$8.00

Individual Event Entry: \$4.00

Relay Event Entry: \$8.00

Entry Deadline: Thursday, February 11, 2010

2010 Senior State Championship Time Standard

<i>S.C. Yards</i>	<i>Girls Boys</i>	<i>S.C. Yards</i>
	<i>Senior</i>	
27.89	50 Free	25.09
1:00.89	100 Free	54.79
2:14.09	200 Free	1:59.29
5:59.99	500 Free	5:37.29
12:38.99	1000 Free	11:51.19
20:43:89	1650 Free	19:47.59
1:09.59	100 Back	1:04.19
2:30.29	200 Back	2:20.89
1:19.19	100 Breast	1:12.09
2:49.89	200 Breast	2:42.69
1:09.89	100 Fly	1:02.99
2:36.69	200 Fly	2:25.29
2:29.89	200 I.M.	2:18.29
5:25.29	400 I.M.	4:59.09
2:03.49	200 Med Relay	1:58.49
1:55.59	200 Free Relay	1:42.59
4:45.89	400 Med Relay	4:17.99
4:10.19	400 Free Relay	3:43.79

SCHEDULE OF EVENTS

Friday, February 19, 2010

Prelims Warm-up = 9:00 a.m./Meet = 10:00 a.m.

Girls		Boys
Event #	Event Name	Event #
1	Senior 200 Medley Relay	2
3	Senior 400 IM	4
5	Senior 100 Back	6
7	Senior 200 Free	8
9	Senior 200 Butterfly	10
11	Senior 100 Breaststroke	12
13	Senior 50 Freestyle	14
15	Senior 500 Freestyle	16
17	Senior 400 Free Relay	18

Saturday, February 20, 2010

Prelims Warm-up = 9:00 a.m./Meet = 10:00 a.m.

Girls		Boys
Event #	Event Name	Event #
19	Senior 400 Medley Relay	20
21	Senior 200 IM	22
23	Senior 100 Freestyle	24
25	Senior 200 Backstroke	26
27	Senior 100 Butterfly	28
29	Senior 200 Breaststroke	30
31	Senior 200 Freestyle Relay	32
33	1650 Freestyle	34