



MARLINS OF RALEIGH

**2009 North Carolina Swimming  
Long Course 14 & Under Age Group  
Junior Olympic Championships  
July 16-19, 2009**

**FACILITIES:**

Triangle Aquatic Center  
275 Convention Drive  
Cary, NC 27511

**SCHEDULE:**

	<b><u>Warm Up</u></b>	<b><u>Meet Start</u></b>
<b><u>Thursday 11 to 14 year old Swimmers</u></b>		
Timed Finals→	3:30pm	5:00pm
<b><u>Fri- Sun 13- 14 year old Swimmers</u></b>		
Preliminaries→	7:00am	8:30am
Finals→	4:15pm	5:30pm
<b><u>Fri- Sun 10 and Unders/11- 12 Swimmers</u></b>		
Timed Finals→	11:45am	1:00pm
Finals→	4:30pm	5:30pm
(Top 24 11- 12 in 200 Stroke events are only 12- U who swim finals at night)		

**ELIGIBILITY:** Swimmers must have achieved the 2009 NCS 14&Under **LONG** Course Age Group Championship qualifying standard in **each** event entered.

**ENTRY LIMIT:**

**12&U:** Swimmers are limited to five (5) individual events per day and a total of eight (8) individual events plus relays for the meet. **The over distance events, which are the 11-12 400IM, 200 FL, 200 BK, 200 BR and 10&U 400FR, count only towards the daily limit.** Over distance events **do not** count towards the meet limit of eight (8) events. Swimmers **can enter** a maximum of two (2) over distance events. These events are non-scored.

**13-14:** Swimmers are limited to three (3) individual events per day and a total of eight (8) individual events plus relays for the meet.

**ENTRY DUE DATE:** **Entries are due by Monday June 29<sup>th</sup>**  
**Send entries to your coach via email.**

**TEAM APPERAL:**

**Thursday:** White MOR Shirt / **Friday:** Grey MOR Shirt  
**Saturday:** Black MOR Shirt / **Sunday:** White MOR Shirt  
Black MOR Speedo suits / **Caps-**Black MOR Caps

**LONG COURSE AGE GROUP CHAMPIONSHIP  
ORDER OF EVENTS**

**Thursday Evening Session (Timed Finals) – July 16, 2009**

GIRLS EVENT #	SC QT	LC QT	EVENTS	LC QT	SC QT	BOYS EVENT #
1	11:37.29	10:20.99	13-14 800m Free	10:04.99	11:12.29	2
3	5:23.99	6:11.39	11-12 400m IM	6:08.29	5:18.09	4
5			13-14 800m FR REL			6

**Friday Morning Session (Preliminaries) – July 17, 2009**

GIRLS EVENT #	SC QT	LC QT	EVENTS	LC QT	SC QT	BOYS EVENT #
7	2:05.99	2:23.49	13-14 200m Free	2:16.99	1:58.59	8
9	1:14.79	1:25.39	13-14 100m Breast	1:21.79	1:10.79	10
11	1:05.29	1:14.09	13-14 100m Fly	1:11.09	1:02.19	12
13	5:05.19	5:45.09	13-14 400m IM	5:31.79	4:49.79	14
15			13-14 400m Free Relay (all but the top 8 Relays)			16

**Friday Afternoon Session (Timed Finals) – July 17, 2009**

GIRLS EVENT #	SC QT	LC QT	EVENTS	LC QT	SC QT	BOYS EVENT #
17	28.69	32.29	11-12 50m Free	32.49	28.09	18
19	32.39	36.49	10&U 50m Free	36.29	31.79	20
21	1:13.29	1:22.59	11-12 100m Fly	1:22.09	1:12.19	22
23	1:26.69	1:38.69	10&U 100m Fly	1:51.29	1:32.49	24
25	37.99	42.09	11-12 50m Breast	43.09	37.59	26
27	41.99	48.29	10&U 50m Breast	50.29	44.29	28
29	6:00.49	5:23.69	11-12 400m Free	5:27.29	6:02.59	30
31	6:31.39	5:54.29	10&U 400m Free+	5:51.49	6:27.79	32
33			11-12 400 Free Relay			34

### Friday Evening Session (Finals) – July 17, 2009

GIRLS EVENT #	SC QT	LC QT	EVENTS	LC QT	SC QT	BOYS EVENT #
7			13-14 200m Free			8
35	2:30.59	2:53.19	11-12 200m Back (17-24 seed)+	2:52.79	2:27.39	36
9			13-14 100m Breast			10
35	2:30.59	2:53.19	11-12 200m Back (9-16 seed) +	2:52.79	2:27.39	36
11			13-14 100m Fly			12
35	2:30.59	2:53.19	11-12 200m Back (1-8 seed) +	2:52.79	2:27.39	36
13			13-14 400m IM			14
15			13-14 400m Free Relay (Top 8)			16

### Saturday Morning Session (Preliminaries) – July 18, 2009

GIRLS EVENT #	SC QT	LC QT	EVENTS	LC QT	SC QT	BOYS EVENT #
37	2:22.39	2:42.39	13-14 200m Fly	2:38.19	2:16.29	38
39	26.89	30.79	13-14 50m Free	29.19	25.29	40
41	2:40.99	3:03.99	13-14 200m Breast	2:58.59	2:32.99	42
43	1:05.89	1:16.79	13-14 100m Back	1:13.99	1:03.59	44
45	5:35.69	5:00.39	13-14 400m Free	4:51.09	5:24.69	46

### Saturday Afternoon Session (Timed Finals) – July 18, 2009

GIRLS EVENT #	SC QT	LC QT	EVENTS	LC QT	SC QT	BOYS EVENT #
47	2:36.39	2:58.69	10&U 200m Free	3:03.39	2:35.89	48
49	2:14.09	2:32.09	11-12 200m Free	2:33.79	2:15.49	50
51	1:33.39	1:47.09	10&U 100m Breast	1:55.39	1:37.29	52
53	1:19.99	1:33.59	11-12 100m Breast	1:33.29	1:21.09	54
55	1:22.19	1:35.29	10&U 100m Back	1:37.09	1:22.69	56

57	1:12.79	1:22.99	11-12 100m Back	1:23.59	1:12.29	58
59			10&U 200m Med Relay			60
61			11-12 400m Med Relay			62

### Saturday Evening Session (Finals) – July 18, 2009

GIRLS EVENT #	SC QT	LC QT	EVENTS	LC QT	SC QT	BOYS EVENT #
37			13-14 200m Fly			38
63	2:33.09	2:54.99	11-12 200m Fly (17-24 seed) +	2:53.29	2:31.69	64
39			13-14 50m Free			40
63	2:33.09	2:54.99	11-12 200m Fly (9-16 seed) +	2:53.29	2:31.69	64
41			13-14 200m Breast			42
63	2:33.09	2:54.99	11-12 200m Fly (1-8 seed) +	2:53.29	2:31.69	64
43			13-14 100m Back			44
45			13-14 400m Free			46

### Sunday Morning Session (Preliminaries) – July 19, 2009

GIRLS EVENT #	SC QT	LC QT	EVENTS	LC QT	SC QT	BOYS EVENT #
67	58.19	1:06.69	13-14 100m Free	1:03.49	55.19	68
69	2:21.19	2:44.29	13-14 200m Back	2:38.69	2:16.59	70
71	2:22.69	2:42.49	13-14 200m IM	2:35.99	2:15.89	72
73			13-14 400m Med Relay (all but the top 8 Relays)			74
65	19:21.69	19:48.09	13-14 1500m Free	19:22.59	18:40.79	76

### Sunday Afternoon Session (Timed Finals) – July 19, 2009

GIRLS EVENT #	SC QT	LC QT	EVENTS	LC QT	SC QT	BOYS EVENT #
75	38.19	43.69	10&U 50m Back	42.69	37.59	76
77	33.69	38.59	11-12 50m Back	38.79	33.69	78
79	2:55.99	3:20.59	10&U 200m IM	3:22.29	2:56.79	80
81	2:34.39	2:52.39	11-12 200m IM	2:56.09	2:35.89	82
83	37.29	42.09	10&U 50m Fly	43.09	37.59	84

85	31.89	35.89	11-12 50m Fly	36.49	32.29	86
87	1:12.29	1:21.89	10&U 100m Free	1:22.49	1:11.09	88
89	1:01.29	1:10.69	11-12 100m Free	1:11.09	1:02.39	90
91			10&U 200m Free Relay			92
93			11-12 200m Free Relay			94

**Sunday Evening Session (Finals) – July 19, 2009**

GIRLS EVENT #	SC QT	LC QT	EVENTS	LC QT	SC QT	BOYS EVENT #
65			13-14 1500m Fr (top-8)			66
67			13-14 100m Free			68
95	2:50.29	3:15.19	11-12 200m Breast (17-24 seed) +	3:12.79	2:45.79	96
69			13-14 200m Back			70
95	2:50.29	3:15.19	11-12 200m Breast (9-16 seed) +	3:12.79	2:45.79	96
71			13-14 200m IM			72
95	2:50.29	3:15.19	11-12 200m Breast (1-8 seed) +	3:12.79	2:45.79	96
73			13-14 400m Med Relay (Top 8)			74