



**2009 North Carolina Eastern Qualifier
Optimist Park Pool
Raleigh, NC
July 9-11, 2009**

FACILITIES: Optimist Park Pool
5902 Whittier Drive
Raleigh, North Carolina 27609
(919) 870-2882

SCHEDULE: **Thursday, July 9, 2009**
Warm-up 4:00pm Meet starts: 5:15pm

11-12 Boys & All 10 and Unders → **Friday, July 10, 2009 & Saturday, July 11, 2009**
Warm-up 7:15am Meet starts: 8:30am

All 13 and Over → & **11-12 Girls**
Warm-up 12:15pm Meet starts: 1:30pm

ENTRY LIMIT: **Four (4) events per day**

ELIGIBILITY: Swimmers may not have achieved the NC 14&Under or Senior Championship time standard (in either short course or long course) in any event entered. Any swimmer who ages up in between the Qualifier and an NCS Championship meets is able to swim in the higher age bracket.

12-under Swimmers must have achieved a **BB time** in the 200 Free and/or the 200 IM to swim the 400's of that stroke. 12-under swimmers must have achieved the BB time in the 100 of the stroke to be able to swim the 200 of stroke.

ENTRY DUE DATE: **Entries are due by Wednesday June 23rd 2009**
Send entries to your coach via email as soon as possible.

TEAM APPAREL: Thursday: white MOR Shirt
Friday: grey MOR Shirt
Saturday: black MOR Shirt
Swim Suits: MOR Speedo suits
Caps: Silver

SITE INFO: Parking in the Optimist pool parking lot is limited to meet officials and staff. Additional parking is available in the Sanderson High School parking lot and adjacent ballpark lots. Vehicles illegally parked in the Optimist lot, on Whittier Drive and in some areas on Northcliff Drive are subject to being ticketed or towed.

2009 QUALIFIER ORDER OF EVENTS

THURSDAY, JULY 9, 2009

GIRLS	No faster than	EVENTS	No faster than	BOYS
1	13-14 2:42.49 15-18 2:37.39	13-18 200M Individual Medley (IM)	13-14 2:35.99 15-18 2:23.99	2
3	11-12 2:52.39	11-12 200M Individual Medley (IM)	11-12 2:56.09	4
5	13-14 30.79 15-18 29.69	13-18 50M Freestyle	13-14 29.19 15-18 26.89	6
7	11-12 32.29	11-12 50M Freestyle	11-12 32.49	8
9	13-14 5:00.39 15-18 4:48.79 11-12 5:23.69	13-18 400M Freestyle 12&Under 400M Freestyle*	13-14 4:51.09 15-18 4:30.29 11-12 5:27.29	10

*11-12 year olds entered in these events must have the 11-12 BB time in the 200m Freestyle.

FRIDAY, JULY 10, 2009 – AM SESSION

GIRLS	No faster than	EVENTS	No faster than	BOYS
		11-12 100M Freestyle	11-12 1:11.09	14
15	10&U 1:21.89	10 & Under 100M Freestyle	10&U 1:22.49	16
		11-12 50M Backstroke	11-12 38.79	18
		11-12 200M Backstroke	11-12 2:52.79	20
21	9-10 43.69	9-10 50M Backstroke	9-10 42.69	22
23	NA	8 & Under 50M Backstroke	NA	24
		11-12 100M Breaststroke	11-12 1:33.29	26
27	10&U 1:47.09	10 & Under 100M Breaststroke	10&U 1:55.39	28
		11-12 50M Butterfly	11-12 36.49	30
		11-12 200M Butterfly	11-12 2:53.29	32
33	9-10 42.09	9-10 50M Butterfly	9-10 43.09	34
35	NA	8 & Under 50M Butterfly	NA	36
37	10&U 3:20.59	10 & Under 200M Individual Medley (IM)	10&U 3:22.29	38
		11-12 400M Individual Medley (IM)*	11-12 6:08.29	40

FRIDAY, JULY 10, 2009 – PM SESSION

GIRLS	No faster than	EVENTS	No faster than	BOYS
41	13-14 2:23.49 15-18 2:17.69	13-18 200M Freestyle	13-14 2:16.99 15-18 2:06.59	42
43	11-12 1:10.69	11-12 100M Freestyle		
45	13-14 1:16.59 15-18 1:12.89	13-18 100M Backstroke	13-14 1:13.99 15-18 1:05.99	46
47	11-12 38.59	11-12 50M Backstroke		
49	11-12 2:53.19	11-12 200M Backstroke		
51	13-14 1:25.39 15-18 1:21.99	13-18 100M Breaststroke	13-14 1:21.79 15-18 1:13.69	52
53	11-12 1:33.59	11-12 100M Breaststroke		
55	13-14 2:42.39 15-18 2:33.49	13-18 200M Butterfly	13-14 2:38.19 15-18 2:20.49	56
57	11-12 35.89	11-12 50M Butterfly		
59	11-12 2:54.99	11-12 200M Butterfly		
61	11-12 6:11.39 13-14 5:45.09 15-18 5:31.19	11-18 400M Individual Medley (IM)*	11-12 6:08.29 13-14 5:31.79 15-18 5:06.79	

*11-12 year olds entered in these events must have the 11-12 BB time in the 200m IM.

SATURDAY, JULY 11, 2009 – AM SESSION

GIRLS	No faster than	EVENTS	No faster than	BOYS
63	9-10 36.49	9-10 50M Freestyle	9-10 36.29	64
65	NA	8 & Under 50M Freestyle	NA	66
		11-12 100M Backstroke	11-12 1:23.59	68
69	10&U 1:35.29	10 & Under 100M Backstroke	10&U 1:37.09	70
		11-12 50M Breaststroke	11-12 43.09	72
		11-12 200M Breaststroke	11-12 3:12.79	74
75	9-10 42.09	9-10 50M Breaststroke	9-10 50.29	76
77	NA	8 & Under 50M Breaststroke	NA	78
		11-12 100M Butterfly	11-12 1:22.09	80
81	10&U 1:38.69	10 & Under 100M Butterfly	10&U 1:51.29	82
		11-12 200M Freestyle	11-12 2:33.79	84
85	10&U 2:58.69	10 & Under 200M Freestyle	10&U 3:03.39	86

SATURDAY, JULY 11, 2009 – PM SESSION

GIRLS	No faster than	EVENTS	No faster than	BOYS
87	13-14 1:06.69 15-18 1:03.99	13-18 100M Freestyle	13-14 1:03.49 15-18 58.99	88
89	11-12 1:22.99	11-12 100M Backstroke		
91	13-14 2:44.29 15-18 2:36.49	13-18 200M Backstroke	13-14 2:38.69 15-18 2:22.89	92
93	11-12 42.09	11-12 50M Breaststroke		
95	11-12 3:15.19	11-12 200M Breaststroke		
97	13-14 3:03.99 15-18 2:56.69	13-18 200M Breaststroke	13-14 2:58.59 15-18 2:40.39	98
99	11-12 1:22.59	11-12 100M Butterfly		
101	13-14 1:14.09 15-18 1:10.69	13-18 100M Butterfly	13-14 1:11.09 15-18 1:02.49	102
103	11-12 2:32.09	11-12 200M Freestyle		
105	13-14 19:48.09 15-18 19:01.59	13-18 1500M Freestyle	13-14 19:22.59 15-18 17:54.89	106