



**GOLDSBORO YMCA OPEN  
LONG COURSE INVITATIONAL  
MAY 8-10, 2009**

**FACILITIES:** Raymond A. Bryan Pool, Goldsboro Family YMCA,  
1105 Parkway Drive, Goldsboro, NC 27534

**Directions to Goldsboro YMCA.**

The address to the Goldsboro Family YMCA is: 1105 parkway road, Goldsboro, NC 27532  
Directions from Raleigh:  
Take I-40 East towards Wilmington  
Take Exit #306 - US-70 East towards Smithfield/Goldsboro  
US-70 will become US-70 Bypass  
Once in Goldsboro take the US-13/US-70 exit  
Take the Best Road/Spence Avenue exit and turn left off of the exit ramp  
Turn right onto the frontage road  
Turn left onto Parkway Road  
Goldsboro Family YMCA is at 1105 Parkway Road (you can't miss it!!)

**ELIGIBILITY:** This meet is a BB, B/C meet. Any swimmer with two A time strokes is not eligible for this meet.

**ENTRY LIMIT:** Swimmers are limited to 4 individual events +1 relay per day

**ENTRY DUE DATE:** **Entries are due by Tuesday April 7th**  
**Send entries to your coach via email.**

**TEAM SHIRTS:** Friday: White MOR shirt Saturday: Grey MOR Shirt  
Sunday: Black MOR Shirt  
MOR Speedo team suits  
Caps-Silver

**ORDER OF EVENTS**

*Friday, May 8*

Warm-up: 4:00pm

Timed Finals: 5:00pm

| Girls |                 | Boys |
|-------|-----------------|------|
| 1     | SR 1500M FREE   | 2    |
| 3     | SR 50M FREE     | 4    |
| 5     | 10 & UN 200M IM | 6    |
| 7     | 12 & UN 200M IM | 8    |
| 9     | SR 400M IM      | 10   |

**Saturday, May 9**

Warm-up: 8:00am  
Timed Finals: 9:00am

| Girls |                           | Boys |
|-------|---------------------------|------|
| 11    | 10 & UN 200M MEDLEY RELAY | 12   |
| 13    | 12 & UN 200M MEDLEY RELAY | 14   |
| 15    | 10 & UN 200M FREE         | 16   |
| 17    | 12 & UN 200M FREE         | 18   |
| 19    | 8 & UN 50M BREAST         | 20   |
| 21    | 10 & UN 50M BREAST        | 22   |
| 23    | 12 & UN 50M BREAST        | 24   |
| 25    | 10 & UN 100M FLY          | 26   |
| 27    | 12 & UN 100M FLY          | 28   |
| 29    | 8 & UN 50M FREE           | 30   |
| 31    | 10 & UN 50M FREE          | 32   |
| 33    | 12 & UN 50M FREE          | 34   |
| 35    | 10 & UN 100M BACK         | 36   |
| 37    | 12 & UN 100M BACK         | 38   |

Warm-up: not before 12:00pm  
Timed Finals: not before 1:00pm

| Girls |                      | Boys |
|-------|----------------------|------|
| 39    | SR 400M MEDLEY RELAY | 40   |
| 41    | SR 200M FREE         | 42   |
| 43    | SR 100M BREAST       | 44   |
| 45    | SR 200M FLY          | 46   |
| 47    | SR 100M BACK         | 48   |
| 49    | SR 200 IM            | 50   |

**Sunday, May 10**

Warm-ups: 8:00am  
Timed Finals: 9:00am

| Girls |                         | Boys |
|-------|-------------------------|------|
| 51    | 10 & UN 200M FREE RELAY | 52   |
| 53    | 12 & UN 200M FREE RELAY | 54   |
| 55    | 10 & UN 100M FREE       | 56   |
| 57    | 12 & UN 100M FREE       | 58   |
| 59    | 8 & UN 50M BACK         | 60   |
| 61    | 10 & UN 50M BACK        | 62   |
| 63    | 12 & UN 50M BACK        | 64   |
| 65    | 10 & UN 100M BREAST     | 66   |
| 67    | 12 & UN 100M BREAST     | 68   |
| 69    | 8 & UN 50M FLY          | 70   |
| 71    | 10 & UN 50M FLY         | 72   |
| 73    | 12 & UN 50M FLY         | 74   |

Warm-up: not before 12:00pm  
Timed Finals: not before 1:00pm

| Girls |                    | Boys |
|-------|--------------------|------|
| 75    | SR 400M FREE RELAY | 76   |
| 77    | SR 100M FREE       | 78   |
| 79    | SR 200M BACK       | 80   |
| 81    | SR 100M FLY        | 82   |
| 83    | SR 200M BREAST     | 84   |
| 85    | SR 400M FREE       | 86   |