

2009 NORTH CAROLINA AQUATIC CLUB TAR HEEL STATES INVITATIONAL

July 31 – August 2, 2009

- Facilities:** Koury Natatorium, UNC Campus
Skipper Bowles Drive, Chapel Hill, NC
- Directions:** Take 40 West to Exit 273A (NC-54 towards Chapel Hill). Make a Right onto 15/501 (go under the bridge before exiting). Make a right onto Manning Drive. Take a left onto Skipper Bowles Drive. Pool is on your left.
- Schedule:**
- FRIDAY:** Warm-ups: 3:30PM
Timed Finals: 4:30PM
- SATURDAY:** Senior Warm-ups: 8:00AM
Senior Preliminaries: 9:00AM
12 & Under Warm-ups: Not before 12:00 NOON
12 & Under Timed Finals: Not before 1:00 PM
Senior Finals Warm-up: 5:00 PM
Senior Finals: 6:00 PM
- SUNDAY:** Senior Warm-ups: 7:00AM
Senior Preliminaries: 8:00AM
12 & Under Warm-ups: Not before 12:00 NOON
12 & Under Timed Finals: Not before 1:00 PM
Senior Finals Warm-up: 4:30 PM
Senior Finals: 5:30 PM
- Eligibility:** 14 and under may swim events in which they have not achieved JO Standards.
15 and up may swim events in which they have not achieved Senior Champs standards.
- Entry Limit:** 10 and under -9 events for meet and no more than 5 events per day.
11-12, 13-14, and Senior -9 events for meet and no more than 3 events per day.
- Entries Due:** Send to your coach via e-mail Thurs. July 9, 2009
- Team Apparel:** Shirts – White Friday, Grey Saturday, Black Sunday.
Suits- Black Speedo suits
Caps- 13-O Prelims and 12-U Timed Finals-Silver,
13-O Finals-Black for those with 'A' time.

Session 1- Senior and Age Group Timed Finals

Friday, July 31, 2009

Warm-up: 3:30 PM

Timed Finals: 4:30 PM

Girls		Boys
Event #	EVENT	Event #
1	Senior 400m IM ¹	2
3	11-12 200m IM ²	4
5	10 & Under 200m IM ²	6
7	Senior 400m Free ³	8

Session 2 – Senior Prelims

Saturday, August 1, 2009

Warm-up: 8:00 AM

Prelims Begin: 9:00 AM

Girls		Boys
Event #	EVENT	Event #
9	Senior 200m Fly	10
11	Senior 100m Free	12
**** 10-minute Warm-up Break*****		
13	Senior 100m Breast	14
15	Senior 200m Back	16
**** 10-minute Warm-up Break*****		
17	Senior 200m IM	18

Session 3 – 12 & Under Timed Finals

Saturday, August 1, 2009

Warmup: Not before 12:00 PM

Timed Finals Begin: Not before 1:00 PM

Girls		Boys
Event #	EVENT	Event #
21	11-12 50m Fly	22
23	10 & U 50m Fly	24
25	11-12 200m Free	26
27	10 & U 200m Free	28
29	11-12 50m Back	30
31	10 & U 50m Back	32
33	11-12 100m Breast	34

35 10 & U 100m Breast 36
 ***** 5-minute Relay Break*****
 37 11-12 200m Free Relay 38
 39 10 & U 200m Free Relay 40

Session 4 – Senior Finals

Saturday, August 1, 2009

Warm-up: 5:00 PM

Finals Begin: 6:00 PM

Girls		Boys
Event #	EVENT	Event #
9	Senior 200m Fly	10
11	Senior 100m Free	12
**** 10-minute Warm-up Break*****		
13	Senior 100m Breast	14
15	Senior 200m Back	16
**** 10-minute Warm-up Break*****		
17	Senior 200m IM	18
**** 5-minute Relay Break*****		
19	Senior 200m Free Relay	20

Session 5 – Senior Prelims

Sunday, August 2, 2009

Warm-up: 7:00 AM

Prelims Begin: 8:00 AM

Girls		Boys
Event #	EVENT	Event #
41	Senior 200m Breast	42
43	Senior 50m Free	44
*****10-minute Warm-up Break*****		
45	Senior 100m Back	46
47	Senior 200m Free	48
*****10-minute Warm-up Break*****		
49	Senior 100m Fly	50
51	Senior 200 Medley Relay	52
*****10-minute Warm-up Break*****		
53	Senior 800/1500 Free ³	54

³ The Girls' 800m Free and the Boys' 1500m Free will be swum fastest to slowest, alternating genders. These events may be limited to the fastest 3, 4, or 5 heats dependent on what the timeline will allow.

Session 6 – Age Group Timed Finals

Sunday, August 2, 2009

Warm-up: Not before 12:00 NOON

Timed Finals Begin: Not before 1:00 PM

Girls		Boys
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<u>Event #</u>	<u>EVENT</u>	<u>Event #</u>
55	11-12 50m Breast	56
57	10 & U 50m Breast	58
59	11-12 50m Free	60
61	10 & U 50m Free	62
63	11-12 100m Back	64
65	10 & U 100m Back	66
67	11-12 100m Free	68
69	10 & U 100m Free	70
71	11-12 100m Fly	72
73	10 & U 100m Fly	74
*****5-minute Relay Break*****		
75	11-12 200m Med. Relay	76
77	10 & U 200m Med. Relay	78

Session 7 – Senior Finals

Sunday, August 2, 2009

Warm-up: 4:30 PM

Finals Begin: 5:30 PM

<u>Girls</u>		<u>Boys</u>
<u>Event #</u>	<u>EVENT</u>	<u>Event #</u>
41	Senior 200m Breast	42
*****10-minute Warm-up Break*****		
43	Senior 50m Free	44
45	Senior 100m Back	46
*****10-minute Warm-up Break*****		
47	Senior 200m Free	48
49	Senior 100m Fly	50