



JOSH WEAVER MEMORIAL "MEET ON THE HILL"

LONG COURSE "A" INVITATIONAL
KOURY NATATORIUM, CHAPEL HILL, NC
May 14 - 17, 2009

FACILITIES: Koury Natatorium, UNC Campus,
Skipper Bowles Dr, 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**.

<u>SCHEDULE:</u>	<u>Warm Up</u>	<u>Meet Start</u>
Thursday Timed Finals	4:45pm	6:00pm
Fri/Sat/Sun Prelims (13 and over)	6:00am	8:00am
Fri/Sat/Sunday Finals (13 and over)	4:45pm	
6:00pm		
Fri/Sat/Sun Timed Finals (12 and Under)	12:45pm	2:00pm

ELIGIBILITY: All swimmers must have an "A" time in two of the five different strokes (Including IM) in their given age group.

ENTRY LIMIT: 3 individual events per day

ENTRY DUE DATE: **Entries are due by Friday, April 3rd**
Send entries to your coach via email.

THIS MEET FILLS FAST, PLEASE HAVE YOUR ENTRIES IN ON TIME!!

TEAM APPERAL:

Shirts

Thurs. White MOR Shirt
Friday: White MOR Shirt
Saturday: Grey MOR Shirt
Sunday: Black MOR Shirt

Suits

Black MOR Speedo suits

Caps

Prelims – Silver
Finals – Black
Timed Finals - Silver

ORDER OF EVENTS

Thursday

WOMEN	THURSDAY EVENING TIMED FINALS	MEN
#	EVENT	#
1	SENIOR 1500 FREE	2
3	14 & UNDER 1500 FREE	4

ORDER OF EVENTS

Friday

WOMEN	FRIDAY MORNING PRELIMS	MEN	WOMEN	FRIDAY NIGHT FINALS	MEN
#	EVENT	#	#	EVENT	#
5	SENIOR 200 FREE	6	5	SENIOR 200 FREE	6
7	13-14 200 FREE	8	7	13-14 200 FREE	8
	***			***	
9	SENIOR 100 BREAST	10	9	SENIOR 100 BREAST	10
11	13-14 100 BREAST	12	11	13-14 100 BREAST	12
	***			***	
13	SENIOR 100 FLY	14	13	SENIOR 100 FLY	14
15	13-14 100 FLY	16	15	13-14 100 FLY	16
	***			***	
17	SENIOR 400 IM	18	17	SENIOR 400 IM	18
19	13-14 400 IM	20	19	13-14 400 IM	20

			21	SENIOR 400 FREE RELAY	22
			23	13-14 400 FREE RELAY	24

Friday Afternoon Timed Finals

WOMEN	FRIDAY AFTERNOON TIMED FINALS	MEN
#	EVENT	#
25	11-12 50 FREE	26
27	10 & UNDER 50 FREE	28

29	11-12 200 IM	30
31	10 & UNDER 200 IM	32

33	11-12 50 BACK	34
35	10 & UNDER 50 BACK	36

37	11-12 400 FREE	38
39	10 & UNDER 400 FREE	40

*** = A 10-minute warm-up break is scheduled in the competition pool provided the four-hour rule may still be met.

ORDER OF EVENTS
Saturday

WOMEN	SATURDAY MORNING PRELIMS	MEN	WOMEN	SATURDAY NIGHT FINALS	MEN
#	EVENT	#	#	EVENT	#
41	SENIOR 200 IM	42	41	SENIOR 200 IM	42
43	13-14 200 IM ***	44	43	13-14 200 IM ***	44
45	SENIOR 50 FREE	46	45	SENIOR 50 FREE	46
47	13-14 50 FREE ***	48	47	13-14 50 FREE ***	48
49	SENIOR 100 BACK	50	49	SENIOR 100 BACK	50
51	13-14 100 BACK ***	52	51	13-14 100 BACK ***	52
53	SENIOR 400 FREE	54	53	SENIOR 400 FREE	54
55	13-14 400 FREE	56	55	13-14 400 FREE ***	56
			57	SENIOR 400 MEDLEY RELAY	58
			59	13-14 400 MEDLEY RELAY	60

Saturday Afternoon Timed Finals

#	EVENT	#
61	11-12 50 FLY	62
63	10 & UNDER 50 FLY ***	64
65	11-12 200 FREE	66
67	10 & UNDER 200 FREE ***	68
69	11-12 50 BREAST	70
71	10 & UNDER 50 BREAST ***	72
73	11-12 100 BACK	74
75	10 & UNDER 100 BACK	76

*** = A 10-minute warm-up break is scheduled in the competition pool provided the four-hour rule may still be met.

ORDER OF EVENTS
Sunday

SUNDAY MORNING PRELIMS			SUNDAY NIGHT FINALS		
WOMEN		MEN	WOMEN		MEN
#	EVENT	#	#	EVENT	#
81	SENIOR 100 FREE	82	77	SENIOR 800 FREE	78
83	13-14 100 FREE	84	79	13-14 800 FREE	80
	***			***	
85	SENIOR 200 BREAST	86	81	SENIOR 100 FREE	82
87	13-14 200 BREAST	88	83	13-14 100 FREE	84
	***			***	
89	SENIOR 200 BACK	90	85	SENIOR 200 BREAST	86
91	13-14 200 BACK	92	87	13-14 200 BREAST	88
	***			***	
93	SENIOR 200 FLY	94	89	SENIOR 200 BACK	90
95	13-14 200 FLY	96	91	13-14 200 BACK	92
	***			***	
77	SENIOR 800 FREE	78	93	SENIOR 200 FLY	94
79	13-14 800 FREE	80	95	13-14 200 FLY	96

Sunday Afternoon Timed Finals

WOMEN	SUN. AFTERNOON TIMED FINALS	MEN
#	EVENT	#
97	11-12 100 FREE	98
99	10 & UNDER 100 FREE	100

101	11-12 100 FLY	102
103	10 & UNDER 100 FLY	104

105	11-12 100 BREAST	106
107	10 & UNDER 100 BREAST	108

*** = A 10-minute warm-up break is scheduled in the competition pool provided the four-hour rule may still be met.