



# 2015 North Carolina Swimming Senior Long Course Championship

Hosted by Greensboro Community YMCA

July 23-26, 2015

Held at Greensboro Aquatic Center



**Facility:** Greensboro Aquatic Center (1921 West Lee Street, Greensboro, NC 27403)  
 Take I-40 W toward Durham  
 Take the I-40 W/Interstate 85 BUSINESS S exit toward U.S 70/Greensboro/Winston-Salem  
 Continue straight onto I-40 W/I-85BUS S  
 Continue on I-40 W/US-220 S, follow signs for Interstate 40 W/Winston – Salem  
 Take exit 217 for High Point Rd/Koury Blvd toward Coliseum Area/Convention Center Mall  
 Keep right, follow signs for Coliseum Area  
 Turn right onto W Gate City Blvd  
 Turn right onto Patterson St for Parking

**Team**

**Apparel:** **Thursday:** White MOR Shirt  
**Friday:** White MOR Shirt  
**Saturday:** Grey MOR Shirt  
**Sunday:** Black MOR Shirt  
**Suits:** Black MOR Speedo suits  
**Caps:** Prelim AM – Silver; Finals PM – Black

**Commit**

**Deadline:** Please commit to the meet by Tuesday, June 30<sup>th</sup>!

**Entry Limit:** Swimmers are limited to three (3) individual events per day and a total of seven (7) individual events plus relays for the meet. Swimmers may swim up to 2 bonus events. Swimmers qualified in 800 may swim the 1500 and vice versa.

**Schedule:**

Session #	Day	Session	Warm-up	Meet Start
1	Thursday	Finals	3:30-4:50 PM	5:00 PM
2	Friday	Prelims	7:30 AM	9:00 AM
3	Friday	Finals	4:40 PM	6:00 PM
4	Saturday	Prelims	7:30 AM	9:00 AM
5	Saturday	Finals	4:40 PM	6:00 PM
6	Sunday	Prelims	7:30 AM	9:00 AM
7	Sunday	Finals	4:15 PM	5:30 PM

**Hotel:** Hilton Garden Inn – Greensboro (4307 Big Tree Way, 336-852-1491) \$94/night. Travel with families.

# 2015 NORTH CAROLINA SWIMMING SENIOR LONG COURSE CHAMPIONSHIPS

## ORDER OF EVENTS

### Thursday Timed Finals start at 5:00 PM

Women's Event	SC QT	LC QT	EVENTS	LC QT	SC QT	Men's Event
1	11:08.59	9:56.49	800M Freestyle	9:20.99	10:30.19	2
			10-minute break			
3	NQT	NQT	800M Freestyle Relay	NQT	NQT	4

### Friday Prelims start at 9:00 AM, Finals start at 6:00 PM

Women's Event	SC QT	LC QT	EVENTS	LC QT	SC QT	Men's Event
5	2:01.19	2:17.69	200M Freestyle	2:06.59	1:51.09	6
7	1:12.79	1:21.99	100M Breaststroke	1:13.69	1:03.89	8
9	1:02.89	1:10.69	100M Butterfly	1:02.49	55.79	10
11	4:52.19	5:31.19	400M IM	5:06.79	4:25.79	12
			10-minute break			
13	NQT	NQT	400M Free Relay* (all relays at night)	NQT	NQT	14

### Saturday Prelims start at 9:00 AM, Finals start at 6:00 PM

Women's Event	SC QT	LC QT	EVENTS	LC QT	SC QT	Men's Event
15	2:17.69	2:33.49	200M Butterfly	2:20.49	2:04.39	16
17	26.19	29.69	50M Freestyle	26.89	23.09	18
19	2:35.39	2:56.69	200M Breaststroke	2:40.39	2:18.99	20
21	1:03.49	1:12.89	100M Backstroke	1:05.99	56.69	22
23	5:21.99	4:48.79	400M Freestyle	4:30.29	5:00.19	24

### Sunday Prelims start at 9:00 AM, Finals start at 5:30 PM

Women's Event	SC QT	LC QT	EVENTS	LC QT	SC QT	Men's Event
25	56.39	1:03.99	100M Freestyle	58.99	50.79	26
27	18:39.79	19:01.59	1500M Freestyle** (top 8 at night)			
29	2:16.79	2:36.49	200M Backstroke	2:22.89	2:03.39	28
			1500M Freestyle** (top 8 at night)	17:54.89	17:30.19	30
31	2:17.39	2:37.39	200M IM	2:23.99	2:04.09	32
			10-minute break			
33	NQT	NQT	400M Medley Relay*** (AM/PM)	NQT	NQT	34

\* Relays swim at night.

\*\* Top 8 swim at night. No AM/PM option. Morning heats swim at the end of the morning session after relays and a 10 minute break.

\*\*\* Sunday relays swum in the morning or at night according to AM/PM preference.