

Sign-up for National Qualifying Meet

Date: Friday March 19th, 2010

Location: Kishwaukee YMCA
2500 Bethany Road
Sycamore, IL. 60178
815-756-9577

WHO CAN ATTEND: Swimmers must be 12 years or older as of April 7th, 2010
and achieved a qualifying time (see page two)

Meet Schedule: 5:00 PM Warm-ups
6:00 PM Meet Begins

Admission: TBA

Heat Sheets: TBA

Attending YES OR NO

**PLEASE FILL OUT THE BOTTOM AND RETURN TO COACH DARBY NO
LATER THAN MONDAY FEBRUARY 22nd !!!!**

National Qualifying Meet

Swimmer Name: _____

_____ Yes I am attending National Qualifying Meet

_____ NO I AM not attending National Qualifying Meet

**ILLINOIS / MISSOURI AREA NATIONAL QUALIFYING MEET
FRIDAY, MARCH 19, 2010**

- Swimmers must be 12 years old or older to compete in this meet.
- Swimmer's age will be determined by the swimmer's age as of April 7, 2010.
- Swimmers are limited to two individual events for this meet plus relays.
- This meet will not be scored.
- No awards will be given.
- Entries are due on Tuesday, March 17, 2010.
- Swimmers must supply two timers with watches and counters (when necessary).
Swimmers wanting a 1000 time in the 1650 Freestyle must supply four timers with watches.
- Events may be limited to the two fastest heats based on entry times submitted.
- Cost per event is \$4.00 for individual event and \$16.00 per relay.
- Warm-ups at 5:00 PM.
- Meet starts at 6:00 PM.

Order of Events

Women	Event	Men
1	200 Yd Breaststroke	2
3	400 Yd Individual Medley	4
5	400 Yd Free Relay	6
7	50 Yd Butterfly	8
9	200 Yd Backstroke	10
11	800 Yd Free Relay	12
13	50 Yd Breaststroke	14
15	200 Yd Butterfly	16
17	400 Yd Medley Relay	18
19	50 Yd Backstroke	20
21	*1000/1650 Yd Freestyle*	22

* The 1000 and 1650 Yard Freestyle events will be combined.

Qualifying Time Standards

WOMEN		Event			MEN	
LCM	SCM	Yards		Yards	SCM	LCM
3:08.85	3:05.48	2:46.19	200 Breast	2:31.78	2:49.40	2:55.47
5:54.34	5:49.99	5:13.59	400 IM	4:51.70	5:25.56	5:35.29
35.95	35.71	31.55	50 Fly	28.82	32.79	33.21
2:45.16	2:43.14	2:26.17	200 Back	2:14.73	2:30.37	2:34.86
42.56	41.31	36.55	50 Breast	34.11	38.96	40.35
2:47.70	2:46.57	2:29.25	200 Fly	2:16.16	2:31.96	2:34.73
38.48	38.01	33.30	50 Back	30.65	34.91	35.95
10:31.03	10:15.85	11:47.28	1000 Free	11:13.18	9:49.06	10:03.21
20:12.23	19:44.42	19:47.98	1650 Free	18:41.98	18:38.62	19:10.75

Note- there are no qualifying times for relays