

NORTH AQUATICS CLUB
PICK YOUR POISON PENTATHLON
NOVEMBER 1, 2009
Lincoln Way North High School
19900 S. Harlem
Frankfort, IL 60423

Each swimmer may compete in 5 events in IM sequence: Butterfly, Backstroke, Breaststroke, Freestyle, and IM (or 100 free for 8 and under). Each swimmer may choose the distance of the various strokes, but is limited to only 1 entry for each stroke. Swimmers do not have to choose the same distances for each stroke. 9-10 and 11-12 shall be swum together, but scored separately. 13-14 and 15 and over shall be swum together as open events, but scored separately.

Swimmer surcharge: \$2.00
Price Per event: \$3.00

Please pay at the front desk once you get the program number from Coach Darby.

ORDER OF EVENTS

See Attached Sheet.

Swimmer's name: _____

EVENTS

1) _____ 2) _____ 3) _____ 4) _____

5) _____

Return to Coach Darby by Sept. 30th



Buehler YMCA
1400 W. Northwest Highway
Palatine, IL. 60067
(847) 359-2400
www.buehlerymca

AM SESSION
WARM UP 7:00 AM MEET BEGINS 8:00 AM

EVENT NUMBER	AGE GROUP	SEX	DISTANCE	STROKE
1	8 AND UNDER	GIRLS	25	FLY
2	8 AND UNDER	GIRLS	50	FLY
3	8 AND UNDER	BOYS	25	FLY
4	8 AND UNDER	BOYS	50	FLY
5	13-14, 15 and Up	GIRLS	50	FLY
6	13-14, 15 and Up	GIRLS	100	FLY
7	13-14, 15 and Up	BOYS	50	FLY
8	13-14, 15 and Up	BOYS	100	FLY
9	13-14, 15 and Up	MIXED	200	FLY
10	8 AND UNDER	GIRLS	25	BACK
11	8 AND UNDER	GIRLS	50	BACK
12	8 AND UNDER	BOYS	25	BACK
13	8 AND UNDER	BOYS	50	BACK
14	13-14, 15 and Up	GIRLS	50	BACK
15	13-14, 15 and Up	GIRLS	100	BACK
16	13-14, 15 and Up	BOYS	50	BACK
17	13-14, 15 and Up	BOYS	100	BACK
18	13-14, 15 and Up	MIXED	200	BACK
19	8 AND UNDER	GIRLS	25	BREAST
20	8 AND UNDER	GIRLS	50	BREAST
21	8 AND UNDER	BOYS	25	BREAST
22	8 AND UNDER	BOYS	50	BREAST
23	13-14, 15 and Up	GIRLS	50	BREAST
24	13-14, 15 and Up	GIRLS	100	BREAST
25	13-14, 15 and Up	BOYS	50	BREAST
26	13-14, 15 and Up	BOYS	100	BREAST
27	13-14, 15 and Up	MIXED	200	BREAST
28	8 AND UNDER	GIRLS	25	FREE
29	8 AND UNDER	GIRLS	50	FREE
30	8 AND UNDER	BOYS	25	FREE
31	8 AND UNDER	BOYS	50	FREE
32	13-14, 15 and Up	GIRLS	50	FREE
33	13-14, 15 and Up	GIRLS	100	FREE
34	13-14, 15 and Up	BOYS	50	FREE
35	13-14, 15 and Up	BOYS	100	FREE
36	13-14, 15 and Up	MIXED	200	FREE
37	8 AND UNDER	GIRLS	100	FREE
38	8 AND UNDER	GIRLS	100	IM
39	8 AND UNDER	BOYS	100	FREE
40	8 AND UNDER	BOYS	100	IM
41	13-14, 15 and Up	GIRLS	100	IM
42	13-14, 15 and Up	GIRLS	200	IM
43	13-14, 15 and Up	BOYS	100	IM
44	13-14, 15 and Up	BOYS	200	IM
45	13-14, 15 and Up	MIXED	400	IM

PM SESSION
WARM UP 12:00 NOON MEET BEGINS 1:00 PM

EVENT NUMBER	AGE GROUP	SEX	DISTANCE	STROKE
46	9-10 & 11-12	GIRLS	50	FLY
47	9-10 & 11-12	GIRLS	100	FLY
48	9-10 & 11-12	BOYS	50	FLY
49	9-10 & 11-12	BOYS	100	FLY
50	9-10 & 11-12	MIXED	200	FLY
51	9-10 & 11-12	GIRLS	50	BACK
52	9-10 & 11-12	GIRLS	100	BACK
53	9-10 & 11-12	BOYS	50	BACK
54	9-10 & 11-12	BOYS	100	BACK
55	9-10 & 11-12	MIXED	200	BACK
56	9-10 & 11-12	GIRLS	50	BREAST
57	9-10 & 11-12	GIRLS	100	BREAST
58	9-10 & 11-12	BOYS	50	BREAST
59	9-10 & 11-12	BOYS	100	BREAST
60	9-10 & 11-12	MIXED	200	BREAST
61	9-10 & 11-12	GIRLS	50	FREE
62	9-10 & 11-12	GIRLS	100	FREE
63	9-10 & 11-12	BOYS	50	FREE
64	9-10 & 11-12	BOYS	100	FREE
65	9-10 & 11-12	MIXED	200	FREE
66	9-10 & 11-12	GIRLS	100	IM
67	9-10 & 11-12	GIRLS	200	IM
68	9-10 & 11-12	BOYS	100	IM
69	9-10 & 11-12	BOYS	200	IM
70	9-10 & 11-12	MIXED	400	IM