



PACIFIC COMMITTEE – ONE DAY RACING OPPORTUNITY

Hosted by – Rose Bowl Aquatics

Meet Date: Saturday February 20, 2010

Entry postmark due date: February 8, 2010
Meet will be conducted to comply with 4-hour rule

Meet starts at 9:00 a.m.
Warm-up opens at 7:00 a.m.

The meet will be run in a 10 lane course. If entries warrant the need, we will separate the 11-12 year old swimmers in each session to compete in a separate 6 lane course. These sessions will be run using 10 minute breaks between events to give swimmers rest periods.

Saturday Morning

Girls	TIME	AGE - EVENT	TIME	Boys
1	B/R/W	13-UP 200 YD IM	B/R/W	2
		11-12 200 YD IM	B/R/W	3
4	B/R/W	13-UP 100 YD Backstroke	B/R/W	5
		11-12 50 YD Backstroke	B/R/W	6
7	B/R/W	13-UP 200 YD Breaststroke	B/R/W	8
		11-12 100 YD Breaststroke	B/R/W	9
10	B/R/W	13-UP 100 YD Butterfly	B/R/W	11
		11-12 50 YD Butterfly	B/R/W	12
13	B/R/W	13-UP 100 YD Freestyle	B/R/W	14
		11-12 100 YD Freestyle	B/R/W	15
16	B/R/W	13-UP 100 YD Breaststroke	B/R/W	17
		11-12 50 YD Breaststroke	B/R/W	18
19	B/R/W	13-UP 200 YD Backstroke	B/R/W	20
		11-12 100 YD Backstroke	B/R/W	21
22	B/R/W	13-UP 50 YD Freestyle	B/R/W	23
		11-12 50 YD Freestyle	B/R/W	24
25	B/R/W	13-UP 200 YD Butterfly	B/R/W	26
		11-12 100 YD Butterfly	B/R/W	27
28	B/R/W	13-UP 200 YD Freestyle	B/R/W	29
		11-12 200 YD Freestyle	B/R/W	30

If entries warrant 11-12 year old male swimmers to compete separately the order of swim will be as follows:
3-6-9-12-15-18-21-24-27-30

Saturday Afternoon

Afternoon Session will not start before 12:30 p.m.

31	B/R/W	10 & UN 200 YD IM	B/R/W	32
33	B/R/W	11-12 200 YD IM		
34	B/R/W	10 & UN 50 YD Backstroke	B/R/W	35
36	B/R/W	11-12 50 YD Backstroke		
37	B/R/W	10 & UN 100 YD Breaststroke	B/R/W	38
39	B/R/W	11-12 100 YD Breaststroke		
40	B/R/W	10 & UN 50 YD Butterfly	B/R/W	41
42	B/R/W	11-12 50 YD Butterfly		
43	B/R/W	10 & UN 100 YD Freestyle	B/R/W	44
45	B/R/W	11-12 100 YD Freestyle		
46	B/R/W	10 & UN 50 YD Breaststroke	B/R/W	47
48	B/R/W	11-12 50 YD Breaststroke		
49	B/R/W	10 & UN 100 YD Backstroke	B/R/W	50
51	B/R/W	11-12 100 YD Backstroke		
52	B/R/W	10 & UN 50 YD Freestyle	B/R/W	53
54	B/R/W	11-12 50 YD Freestyle		
55	B/R/W	10 & UN 100 YD Butterfly	B/R/W	56
57	B/R/W	11-12 100 YD Butterfly		
58	B/R/W	10 & UN 200 YD Freestyle	B/R/W	59
60	B/R/W	11-12 200 YD Freestyle		

If entries warrant 11-12 year old female swimmers to compete separately the order of swim will be as follows:
33-36-39-42-45-48-51-54-57-60