



**Northern Virginia Region
Championships (A-BB Champs)
February 26-28, 2010
George Mason University
Freedom Aquatic and Fitness Center
Manassas VA., (703) 993-8444**



Meet Type:

This is a three day prelims/finals for 13 & Older; timed finals for 12 & Under meet held under the sanction of USA Swimming/ Virginia Swimming, Inc., hosted by QDD. The meet will be held at the Freedom Aquatic and Fitness Center on the campus of George Mason University in Manassas, Virginia. The Freedom Center is a ten lane, 50 meter X 25 yard indoor pool. At least 3 lanes will be available for warm up and warm down. 12 and younger swimmers may enter a maximum of 9 individual events, no more than 3 per day. 13 and older swimmers may enter a maximum of 8 individual events, no more than 3 per day. **All eligible Stingray swimmers with A and BB times may enter and swim this meet. 15 and older swimmers may compete in any event in which they have a time that is slower than the senior championship qualifying times.**

**Entry Deadline
& Procedures:**

Tuesday, February 9, 2010. Those invited should sign up via the RAYS' website www.swimrays.org, using the Meet Sign Up tab on the left of the Main Page. A confirmation will appear once you submit your entries. This method will be used to sign-up for all meets.

Time Schedule:

All AM Sessions-13 & older	WU: 7:00 am	Events: 8:10 am
All PM Sessions-12 & Under	WU: TBA	Events: TBA
All Finals Sessions	WU: 4:00 pm	Events: 5:00 pm

Check the RAYS' website www.swimrays.org by Wednesday, February 24th for the correct WU times. An email will also be sent with all WU & Meet start times.

Pool Location:

From I-95 North, exit at Rte. 234 North which becomes a four-lane divided highway just Southwest of Manassas. When you pass the exit for Route 28, prepare to turn right at the intersection onto University Boulevard. GMU's Prince William Campus will be on the left side of the road, turn left onto Freedom Center Boulevard. Turn left again at the third intersection on Freedom Center Boulevard to enter the parking lot.

Fees:

Individual Events: \$6.50/event; Relay Events: \$3.50/swimmer; Swimmer Surcharge: \$3.00 per swimmer. For example: Eight (9) individual events X \$6.50/individual event + Three (3) relay events X \$3.50/relay event + \$3.00 swimmer surcharge = \$72.00.
Your meet fees will be added to your monthly billing.

Awards:

Individual events: Medals 1st - 8th places.
Relay events: Medals-1st - 4th places; ribbons 5th - 8th places.
Team Awards: Banner - 1st Place; Plaques - 2nd - 6th places.

ORDER OF EVENTS
Friday, February 26, 2010

Morning Prelims			Afternoon Timed Finals		
Warm-ups: 7:00 am; Start: 8:10 am			Warm-ups: 11:00 am; Start: 12:10 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13-14 100 Breast	2	23	11-12 100 Breast	24
3	15 & Older 100 Breast	4	25	10 & Under 100 Breast	26
5	13-14 200 Free	6	27	11-12 50 Fly	28
7	15 & Older 200 Free	8	29	10 & Under 50 Fly	30
9	13-14 100 Fly	10	31	11-12 200 Back	32
11	15 & Older 100 Fly	12	33	10 & Under 100 IM	34
13	13-14 200 IM	14	35	11-12 100 IM	36
15	15 & Older 200 IM	16	37	10 & Under 200 Free	38
17	13-14 400 Free Relay	18	39	11-12 200 Free	40
19	Senior 400 Free Relay	20	41	11-12 400 Free Relay	42
21	13 & Older 1000 Free	22			

Order of events for finals: 21-22-1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16

Saturday, February 27, 2010

Morning Prelims			Afternoon Timed Finals		
Warm-ups: 7:00 am; Start: 8:10 am			Warm-ups: 11:00 am; Start: 12:10 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
43	13-14 200 Fly	44	67	11-12 100 Back	68
45	15 & Older 200 Fly	46	69	10 & Under 100 Back	70
47	13-14 50 Free	48	71	11-12 50 Breast	72
49	15 & Older 50 Free	50	73	10 & Under 50 Breast	74
51	13-14 200 Breast	52	75	11-12 200 Fly	76
53	15 & Older 200 Breast	54	77	10 & Under 100 Free	78
55	13-14 100 Back	56	79	11-12 100 Free	80
57	15 & Older 100 Back	58	81	10 & Under 200 IM	82
59	13-14 400 Medley Relay	60	83	11-12 200 IM	84
61	Senior 400 Medley Relay	62	85	10 & Under 200 Free Relay	86
63	13-14 500 Free	64	87	11-12 200 Free Relay	88
65	15 & Older 500 Free	66			

Order of events for finals: 43-44-45-46-47-48-49-50-51-52-53-54-55-56-57-58-63-64-65-66

Sunday, February 28, 2010

Morning Prelims			Afternoon Timed Finals		
Warm-ups: 7:00 am; Start: 8:10 am			Warm-ups: 11:00 am; Start: 12:10 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
89	13-14 200 Back	90	107	11-12 100 Fly	108
91	15 & Older 200 Back	92	109	10 & Under 100 Fly	110
93	13-14 100 Free	94	111	11-12 50 Free	112
95	15 & Older 100 Free	96	113	10 & Under 50 Free	114
97	13-14 400 IM	98	115	11-12 200 Breast	116
99	15 & Older 400 IM	100	117	10 & Under 50 Back	118
101	13-14 200 Free Relay	102	119	11-12 50 Back	120
103	Senior 200 Free Relay	104	121	10 & Under 200 Medley Relay	122
105	13 & Older 1650 Free	106	123	11-12 200 Medley Relay	124
			125	10 & Under 500 Free	126
			127	11-12 500 Free	128

Order of events for finals: 105-106-89-90-91-92-93-94-95-96-97-98-99-100

2010 REGION CHAMPIONSHIP QUALIFYING TIMES

Qualifying Period: January 1, 2009 to February 25, 2010

Girls 10 & Under														Boys 10 & Under			
LCM		SCM		SCY		Events	SCY		SCM		LCM						
Faster than	Slower than	Faster than	Slower than	Faster than	Slower than		Faster than	Slower than	Faster than	Slower than	Faster than	Slower than					
40.79	36.39	39.79	35.49	35.99	32.09	50	Free	35.19	31.59	38.89	34.89	40.19	36.09				
1:32.99	1:20.69	1:30.19	1:19.09	1:21.59	1:11.29	100	Free	1:19.99	1:10.79	1:28.29	1:18.19	1:31.09	1:20.09				
3:23.59	2:56.79	3:16.99	2:52.79	2:58.29	2:36.39	200	Free	2:50.89	2:31.89	3:08.89	2:47.89	3:13.99	2:51.79				
6:51.59	6:04.49	6:42.09	5:57.39	7:39.49	6:48.39	500	Free	7:35.19	6:44.59	6:38.39	5:54.09	6:52.69	6:01.09				
49.89	42.39	47.99	41.79	43.49	37.69	50	Back	43.69	37.69	48.29	41.89	50.09	42.49				
1:48.89	1:32.29	1:43.79	1:30.09	1:33.99	1:21.19	100	Back	1:32.09	1:20.89	1:41.69	1:29.79	1:45.69	1:30.99				
54.89	47.69	52.79	46.49	47.79	41.99	50	Breast	47.89	42.19	52.99	46.69	55.09	48.09				
2:02.29	1:45.59	1:57.89	1:43.19	1:46.69	1:33.39	100	Breast	1:43.69	1:31.79	1:54.59	1:41.39	1:59.79	1:44.99				
48.59	41.09	47.49	40.39	42.99	36.39	50	Fly	41.99	36.69	46.39	40.49	46.89	40.99				
1:55.19	1:35.59	1:52.79	1:34.19	1:42.09	1:24.79	100	Fly	1:40.39	1:25.59	1:50.89	1:34.59	1:53.19	1:36.49				
		1:43.59	1:29.79	1:33.79	1:20.89	100	IM	1:31.19	1:21.09	1:40.69	1:29.59						
3:46.49	3:18.49	3:40.29	3:14.49	3:19.39	2:55.99	200	IM	3:18.09	2:55.29	3:38.89	3:13.69	3:44.79	3:17.69				
Girls 11-12						Boys 11-12											
36.39	32.39	35.19	31.59	31.89	28.39	50	Free	30.99	28.49	34.29	31.59	35.29	32.39				
1:19.59	1:09.99	1:15.49	1:08.39	1:08.29	1:01.59	100	Free	1:07.89	1:02.09	1:14.99	1:08.99	1:17.39	1:10.59				
2:50.79	2:32.59	2:47.39	2:29.39	2:31.49	2:14.59	200	Free	2:27.49	2:15.19	2:42.99	2:29.99	2:47.79	2:33.19				
6:00.09	5:17.69	5:50.09	5:11.29	6:40.09	5:55.99	500	Free	6:35.09	5:59.99	5:45.79	5:14.89	5:54.39	5:21.29				
42.29	37.59	40.59	36.99	36.79	33.29	50	Back	36.49	33.09	40.29	36.79	42.19	37.39				
1:31.09	1:19.59	1:29.59	1:18.39	1:21.09	1:10.69	100	Back	1:19.09	1:11.69	1:27.39	1:19.49	1:31.39	1:20.69				
3:15.29	2:51.59	3:06.69	2:49.19	2:48.89	2:32.49	200	Back	2:45.59	2:32.69	3:02.99	2:48.89	3:11.09	2:51.79				
45.59	42.09	45.19	41.59	40.89	37.49	50	Breast	40.79	37.29	45.09	41.19	47.09	42.69				
1:41.89	1:31.29	1:38.69	1:29.29	1:29.29	1:20.39	100	Breast	1:27.79	1:20.49	1:36.99	1:28.99	1:40.89	1:31.99				
3:40.59	3:17.89	3:31.79	3:13.89	3:11.69	2:54.69	200	Breast	3:07.29	2:52.89	3:26.89	3:10.99	3:37.49	3:15.99				
39.39	35.49	38.79	34.79	35.09	31.39	50	Fly	35.19	31.99	38.89	35.59	39.59	36.19				
1:30.79	1:20.69	1:28.59	1:19.29	1:20.19	1:11.39	100	Fly	1:18.69	1:10.99	1:26.99	1:18.79	1:29.49	1:20.19				
3:14.19	2:59.29	3:09.79	2:55.19	2:51.79	2:38.59	200	Fly	2:48.29	2:35.29	3:05.89	2:51.59	3:13.39	2:58.49				
		1:28.59	1:19.09	1:20.09	1:11.29	100	IM	1:17.59	1:11.49	1:25.69	1:19.59						
3:14.79	2:51.49	3:08.59	2:48.29	2:50.69	2:31.59	200	IM	2:49.39	2:32.79	3:07.09	2:49.59	3:13.89	2:52.79				
Girls 13-14						Boys 13-14											
35.19	30.59	34.29	29.79	30.99	26.79	50	Free	28.49	25.39	31.49	28.19	32.79	28.99				
1:16.19	1:05.89	1:14.39	1:04.29	1:07.39	57.99	100	Free	1:02.19	55.39	1:08.79	1:01.49	1:11.49	1:03.09				
2:44.39	2:21.99	2:40.19	2:18.79	2:24.99	2:04.99	200	Free	2:15.69	2:01.19	2:29.89	2:14.59	2:35.19	2:17.79				
5:42.99	5:01.59	5:34.59	4:55.19	6:22.39	5:37.99	500	Free	6:03.19	5:21.69	5:17.79	4:40.69	5:27.99	4:47.09				
11:41.99	10:26.89	11:29.89	10:14.79	13:08.29	11:42.39	1000	Free	12:34.39	11:35.99	11:00.29	10:08.29	11:21.79	10:21.09				
22:23.09	20:36.39	21:45.59	20:05.09	21:53.19	20:12.19	1650	Free	20:51.99	19:15.69	20:44.69	19:08.99	21:35.29	19:52.79				
1:24.29	1:14.49	1:21.99	1:13.29	1:14.19	1:05.99	100	Back	1:09.59	1:03.49	1:16.89	1:10.49	1:20.59	1:11.69				
3:01.29	2:39.49	2:56.29	2:37.09	2:39.59	2:21.49	200	Back	2:29.79	2:15.49	2:45.49	2:30.39	2:54.09	2:32.79				
1:36.39	1:25.29	1:32.89	1:24.09	1:24.09	1:15.69	100	Breast	1:18.09	1:12.09	1:26.29	1:19.59	1:28.09	1:21.29				
3:27.99	3:06.09	3:19.69	3:02.09	3:00.69	2:43.99	200	Breast	2:49.39	2:36.29	3:07.09	2:52.69	3:17.19	2:57.39				
1:22.89	1:13.59	1:21.19	1:12.19	1:13.49	1:04.99	100	Fly	1:08.09	1:02.09	1:15.29	1:08.99	1:16.99	1:10.39				
3:02.29	2:45.29	2:57.89	2:42.49	2:40.99	2:26.39	200	Fly	2:31.99	2:20.29	2:47.89	2:34.99	2:51.99	2:38.79				
3:05.69	2:41.29	3:00.09	2:38.09	2:42.99	2:22.49	200	IM	2:31.99	2:15.99	2:47.89	2:30.99	2:55.99	2:34.19				
6:31.09	5:40.79	6:20.39	5:34.39	5:44.29	5:01.29	400	IM	5:25.49	4:46.59	5:59.69	5:18.19	6:13.19	5:24.59				
Girls 15 & Over						Boys 15 & Over											
No Minimum Qualifying Time	29.49	No Minimum Qualifying Time	28.69	No Minimum Qualifying Time	25.89	50	Free	No Minimum Qualifying Time	23.09	No Minimum Qualifying Time	25.59	No Minimum Qualifying Time	26.29				
	1:03.19		1:01.79		55.89	100	Free		50.19		55.59		57.49				
	2:15.39		2:12.39		1:59.79	200	Free		1:49.29		2:00.69		2:04.79				
	4:47.99		4:43.19		5:23.59	500	Free		4:59.79		4:22.39		4:28.39				
	10:02.29		9:52.19		11:16.59	1000	Free		10:33.99		9:13.59		9:29.19				
	19:37.19		19:02.29		19:08.99	1650	Free		17:51.89		17:45.69		18:15.99				
	1:11.79		1:09.19		1:02.59	100	Back		56.89		1:02.89		1:05.79				
	2:34.99		2:29.89		2:15.59	200	Back		2:04.79		2:17.99		2:22.69				
	1:23.09		1:20.09		1:12.39	100	Breast		1:05.29		1:11.19		1:15.59				
	2:57.99		2:52.39		2:35.99	200	Breast		2:21.79		2:36.69		2:44.59				
1:09.09	1:08.19	1:01.69	100	Fly	55.29	1:01.19	1:02.39										
2:35.79	2:32.89	2:18.39	200	Fly	2:07.79	2:21.29	2:24.29										
2:35.19	2:30.69	2:16.39	200	IM	2:03.49	2:16.49	2:22.49										
5:28.09	5:20.49	4:49.99	400	IM	4:29.19	4:57.49	5:05.99										