



Meet Type:

This is a three and a half day prelims/finals meet held under the sanction of USA Swimming/ Virginia Swimming, Inc., hosted by the Sharks. 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. This meet is open to all 14 & Under swimmers who have met the qualifying times. All 12 & Under swimmers may enter and swim a maximum of eight individual events, no more than three per day; and all 13-14 swimmers may enter and swim a maximum of seven individual events, but no more than three individual events per day. **All eligible Stingray swimmers should enter this meet.**

Entry Deadline & Procedures:

Friday March 5th, 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:

Thursday PM Session	WU: 4:00 pm	Events: 5:15 pm
All Prelim Sessions	WU: 7:00 am	Events: 8:30 am
All Finals Sessions	WU: 4:30 pm	Events: 6:00 pm
10 & Under Session	WU: 12:00 pm	Events: 1:00 pm

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: \$8.50/event; Relay Events: \$4.00/swimmer; Swimmer surcharge: \$3.00 per swimmer. For example: Eight (8) individual events X \$8.50/individual event + Two (2) relay events X \$4.00/relay event + \$3.00 swimmer surcharge = \$79.00.

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.
 Large, Medium & Small Team: Women & Men high point in each category

Virginia Swimming 2010 Short Course Age Group Championships Order of Events Distance Session

Thursday Finals Pool 1 Warmup: 4:00 PM Competition: 5:15 PM		
G		B
101	10 & Under 500 Freestyle	102
103	11-12 500 Freestyle	104
105	13-14 1000 Freestyle	106

11-14 Prelims-Final Sessions

Friday Prelims Pool 1 Warm-up: 7:00 AM Competition: 8:30 AM		
G		B
107	13-14 100 Breaststroke	108
	10 Minute Break	
109	13-14 200 Freestyle	110
111	13-14 100 Butterfly	112
	10 Minute Break	
113	13-14 400 IM	114
115	13-14 200 Med Relay(*)	116

(*) Timed Final – final heat to swim during finals session

Friday Prelims Pool 2 Warm-up: 7:00 AM Competition: 8:30 AM		
G		B
207	11-12 50 Breaststroke	208
	10 Minute Break	
209	11-12 200 Freestyle	210
211	11-12 100 Butterfly	212
	10 Minute Break	
213	11-12 100 IM	214
	10 Minute Break	
215	11-12 200 Backstroke	216
217	11-12 200 Med Relay(*)	218

(*) Timed Final – final heat to swim during finals session

Friday Finals Pool 1 Warm-up: 4:30 PM Competition: 6:00 PM		
G		B
207	11-12 50 Breaststroke	208
107	13-14 100 Breaststroke	108
209	11-12 200 Freestyle	210
109	13-14 200 Freestyle	110
211	11-12 100 Butterfly	212
111	13-14 100 Butterfly	112
213	11-12 100 IM	214
113	13-14 400 IM	114
215	11-12 200 Backstroke	216
115	13-14 200 Med Relay(*)	116
217	11-12 200 Med Relay(*)	218

(*) Timed Final – final heat to swim during finals session

Saturday Prelims Pool 1 Warm-up: 7:00 AM Competition: 8:30 AM		
G		B
129	11-12 200 Free Relay (*)	130
	10 Minute Break	
131	11-12 200 Butterfly	132
133	11-12 50 Freestyle	134
	10 Minute Break	
135	11-12 100 Breaststroke	136
	10 Minute Break	
137	11-12 50 Backstroke	138
	10 Minute Break	
139	11-12 200 IM	140
141	11-12 400 Med Relay(*)	142

(*) Timed Final – final heat swum during finals session

Saturday Prelims Pool 2 Warm-up: 7:00 AM Competition: 8:30 AM		
G		B
229	13-14 200 Free Relay (*)	230
	10 Minute Break	
231	13-14 200 Butterfly	232
233	13-14 50 Freestyle	234
	10 Minute Break	
235	13-14 200 Breaststroke	236
237	13-14 100 Backstroke	238
	10 Minute Break	
239	13-14 500 Freestyle	240
241	13-14 400 Med Relay(*)	242

(*) Timed Final – final heat swum during finals session

Saturday Finals Pool 1 Warm-up: 4:30 PM Competition: 6:00 PM		
G		B
229	13-14 200 Fr Relay (*)	230
129	11-12 200 Fr Relay (*)	130
231	13-14 200 Butterfly	232
131	11-12 200 Butterfly	132
233	13-14 50 Freestyle	234
133	11-12 50 Freestyle	134
235	13-14 200 Breaststroke	236
135	11-12 100 Breaststroke	136
237	13-14 100 Backstroke	238
137	11-12 50 Backstroke	138
239	13-14 500 Freestyle	240
139	11-12 200 IM	140
241	13-14 400 Med Relay(*)	242
141	11-12 400 Med Relay(*)	142

(*) Timed Final – final heat swum during finals session

11-14 Prelims-Final Sessions (Continued)

Sunday Prelims Pool 1 Warm-up: 7:00 AM Competition: 8:30 AM		
G		B
155	13-14 200 Backstroke	156
157	13-14 100 Freestyle	158
10 Minute Break		
159	13-14 200 IM	160
161	13-14 400 Free Relay (*)	162
10 Minute Break		
163	13-14 1650 Free (**)	164

(*) Timed Final – all heats to swim in preliminary session

(**) Timed Final – heats run fastest to slowest, alternating girls then boys, immediately after the relays

Sunday Prelims Pool 2 Warm-up: 7:00 AM Competition: 8:30 AM		
G		B
255	11-12 200 Breaststroke	256
257	11-12 100 Backstroke	258
10 Minute Break		
259	11-12 100 Freestyle	260
10 Minute Break		
261	11-12 50 Butterfly	262
10 Minute Break		
263	11-12 400 Free Relay (*)	264

(*) Timed Final – all heats to swim in preliminary session

Sunday Finals Pool 1 Warm-up: 4:30 PM Competition: 6:00 PM		
G		B
255	11-12 200 Breaststroke	256
155	13-14 200 Backstroke	156
257	11-12 100 Backstroke	258
157	13-14 100 Freestyle	158
259	11-12 100 Freestyle	260
159	13-14 200 IM	160
261	11-12 50 Butterfly	262

10 & Under Timed Final Sessions

Friday 10 & Under Timed Finals Warm-up: 12:00 PM Competition: 1:00 PM		
G		B
119	10 & U 200 Free Relay	120
121	10 & U 50 Breaststroke	122
123	10 & U 100 IM	124
125	10 & U 50 Backstroke	126
127	10 & Under 200 Free	128

Saturday 10 & Under Timed Finals Warm-up: 12:00 PM Competition: 1:00 PM		
G		B
143	10 & U 200 Medley Relay	144
145	10 & U 50 Butterfly	146
147	10 & U 100 Freestyle	148
149	10 & U 200 IM	150
151	10 & U 100 Breaststroke	152
153	10 & U 400 Free Relay	154

Sunday 10 & Under Timed Finals Warm-up: 12:00 PM Competition: 1:00 PM		
G		B
165	10 & U 100 Backstroke	166
167	10 & U 50 Freestyle	168
169	10 & U 100 Butterfly	170
171	10 & U 400 Medley Relay	172