



Meet Type:

This is a three and one-half day prelims/finals meet, for 11-12 and 13-14 swimmers – 10 & under swimmers will be timed finals in a separate afternoon session, held under the sanction of USA Swimming/ Virginia Swimming, Inc., hosted by H2OKIE Aquatics. The Top 16 11-12 & 13-14 swimmers will swim finals. The Christiansburg Aquatic Center is an eight lane-50 meter 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, no more than three per day. ***All eligible Stingray swimmers should enter this meet. You also may be asked to swim relays on days without individual events as this is a team scored meet.***

Entry Deadline & Procedures:

Wednesday, July 14th. Please 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: 3:00PM	Events: 4:00PM
All Prelim Sessions	WU: 7:00AM	Events: 8:15AM
Afternoon Session – Friday	WU: 1:00PM	Events: 1:45PM
Afternoon Session – Saturday	WU: 1:30PM	Events: 2:15PM
Afternoon Session – Sunday	WU: 12:30PM	Events: 1:15PM
Finals Sessions – Fri, Sat	WU: 4:30PM	Events: 5:30PM
Finals Session – Sunday	WU: 5:00PM	Events: 6:00PM

Pool Location:

MapQuest this address: 595 North Franklin Street, Christiansburg, VA 24073.

Fees:

Individual Events: \$9.00/event; Relay Events: \$4.25/swimmer; Swimmer Surcharge: \$3.00 per swimmer. For example: Eight individual events X \$9.00/individual event + Two (2) relay events X \$4.25/relay event + \$3.00 swimmer surcharge = \$83.50. 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.

Virginia Swimming 2010 Long Course Age Group Championships Order of Events

G	Thursday Timed Finals	B
1	10 & Under 400 Free	2
3	11-12 400 Free	4
5	13-14 1500 Free	6

G	Friday Preliminaries	B	G	Saturday Preliminaries	B	G	Sunday Preliminaries	B
7	11-12 200 Free Relay *	8	41	13-14 200 Medley Relay*	42	75	11-12 200 Breaststroke	76
9	13-14 200 Free Relay*	10	43	11-12 200 Medley Relay*	44	77	13-14 200 Backstroke	78
11	11-12 50 Breaststroke	12	45	13-14 200 Butterfly	46	79	11-12 100 Backstroke	80
13	13-14 100 Breaststroke	14	47	11-12 200 Butterfly	48	81	13-14 100 Freestyle	82
15	11-12 200 Freestyle	16	49	13-14 50 Freestyle	50	83	11-12 100 Freestyle	84
17	13-14 200 Freestyle	18	51	11-12 50 Freestyle	52	85	13-14 200 IM	86
19	11-12 100 Butterfly	20	53	13-14 200 Breaststroke	54	87	11-12 50 Butterfly	88
21	13-14 100 Butterfly	22	55	11-12 100 Breaststroke	56	89	13-14 400 Free Relay +	90
23	11-12 200 Backstroke	24	57	13-14 100 Backstroke	58	91	11-12 400 Free Relay +	92
25	13-14 400 IM	26	59	11-12 50 Backstroke	60	93	13-14 800 Freestyle **	94
27	11-12 400 Medley Relay*	28	61	13-14 400 Freestyle	62			
29	13-14 400 Medley Relay*	30	63	11-12 200 IM	64			

* Timed Final – final heat to swim during finals session

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+ Timed Final – all heats to swim in preliminary session

** Timed Final – heats alternated fast to slow, women/men after 10 and younger session

G	Friday Timed Finals	B	G	Saturday Timed Finals	B	G	Sunday Timed Finals	B
31	10&U 200 Medley Relay	32	65	10&U 200 Free Relay	66	95	10&U 100 Backstroke	96
33	10&U 50 Breaststroke	34	67	10&U 50 Freestyle	68	97	10&U 100 Freestyle	98
35	10&U 200 Freestyle	36	69	10&U 200 IM	70	99	10&U 50 Butterfly	100
37	10&U 100 Butterfly	38	71	10&U 100 Breaststroke	72	101	10&U 400 Freestyle Relay	102
39	10&U 50 Backstroke	40	73	10&U 400 Medley Relay	74			