



Meet Type:

This meet will be a three and a half day prelims/finals meet held under the sanction of USA Swimming/Virginia Swimming Inc. The meet will be held at the Triangle Aquatic Center, indoor eight lane 50 meter pool, with separate warm-up/cool down pool. Each swimmer may enter six (6) individual events for the meet, but no more than three (3) individual events per day. All eligible Stingray swimmers should enter and swim this meet. If going to Y Nats, sign up for Thursday night, Friday or Saturday – one day only.

Entry Deadline & Procedures:

Tuesday, July 6th. 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 Evening Session:	WU: 2:30 pm	Events: 4:00 pm
Trials Session (Fri/Sat/Sun):	WU: 6:30 am	Events: 8:30 am
Finals Session (Fri/Sat):	WU: 5:00 pm	Events: 6:00 pm
Finals Session Sunday:	WU: 3:30 pm	Events: 4:30 pm

Pool Location:

Click into Christiansburg, VA for MapQuest directions.

Fees:

Individual events: \$12.00/event, \$5.25/per relay, swimmer surcharge: \$3.00/swimmer. For example: Six (6) individual events X \$12.00 + five (5) relay events X \$5.25 + \$3.00 swimmer surcharge = \$101.25.

Awards:

Individual events: 1st - 8th places; Women's High Point, Men's High Point
Relay events: 1st - 3rd places.
Overall Team: Women's High Point, Men's High Point, Combined High Point
Small Team/Medium Team/Small Team: Women's High Point, Men's High Point in each category.

SCHEDULE OF EVENTS

2010 VIRGINIA SWIMMING LONG COURSE SENIOR CHAMPIONSHIPS

(Qualifying period: January 1, 2009 to July 21, 2010)

Qualifying Times				THURSDAY JULY 22, 2010	Qualifying Times			
Women	SCM	SCY	LCM		LCM	SCY	SCM	Men
1	19:02.29	19:08.99	19:37.19	1500 M /1650 Y FREE*	18:15.99	17:51.89	17:45.69	2
*Requires positive check-in to swim. All events swum as timed finals. Order: fastest to slowest alternating women's and men's.								
Qualifying Times				FRIDAY JULY 23, 2010	Qualifying Times			
Women	SCM	SCY	LCM		LCM	SCY	SCM	Men
3	2:12.39	1:59.79	2:15.39	200 M FREE	2:04.79	1:49.29	2:00.69	4
5	1:20.09	1:12.39	1:23.09	100 M BREAST	1:15.59	1:05.29	1:11.19	6
7	1:08.19	1:01.69	1:09.09	100 M FLY	1:02.39	55.29	1:01.19	8
9	5:20.49	4:49.99	5:28.09	400 M IND MEDLEY	5:05.99	4:29.19	4:57.49	10
11				800 M FREE REL [†]				12
†Requires positive check-in to swim; fastest two heats swim in finals. Order of Finals: Events 3, 4, 5, 6, 7, 8, 9, 10, Break (10min), Events 11, 12								
Qualifying Times				SATURDAY JULY 24, 2010	Qualifying Times			
Women	SCM	SCY	LCM		LCM	SCY	SCM	Men
13				200 M FREE REL [†]				14
15	2:32.89	2:18.39	2:35.79	200 M FLY	2:24.29	2:07.79	2:21.29	16
17	28.69	25.89	29.49	50 M FREE	26.29	23.09	25.59	18
19	2:52.39	2:35.99	2:57.99	200 M BREAST	2:44.59	2:21.79	2:36.69	20
21	1:09.19	1:02.59	1:11.79	100 M BACK	1:05.79	56.89	1:02.89	22
23	4:43.19	5:23.59	4:47.99	400 M / 500 Y FREE	4:28.39	4:59.79	4:22.39	24
25				400 M MED REL [‡]				26
†Requires positive check-in to swim. All heats swim in prelims. ‡Requires positive check-in to swim; fastest two heats swim in finals. Order of Finals: Events 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, Break (10 min), Events 25, 26								
Qualifying Times				SUNDAY JULY 25, 2010	Qualifying Times			
Women	SCM	SCY	LCM		LCM	SCY	SCM	Men
27				200 M MED REL [†]				28
29	2:29.89	2:15.59	2:34.99	200 M BACK	2:22.69	2:04.79	2:17.99	30
31	1:01.79	55.89	1:03.19	100 M FREE	57.49	50.19	55.59	32
33	2:30.69	2:16.39	2:35.19	200 M IND MEDLEY	2:22.49	2:03.49	2:16.49	34
35				400 M FREE REL [‡]				36
37	9:52.19	11:16.59	10:02.29	800 M /1000 Y FREE [#]	9:29.19	10:33.99	9:13.59	38
†Requires positive check-in to swim; enter using your 400 Medley Relay time. All heats swim in prelims. ‡Requires positive check-in to swim; may choose AM or PM preference; up to two heats swim in finals. #May designate AM or PM preference; top 8 PM designees will swim at finals. Order of Finals: Events 37, 38, Break (10 min), 29, 30, 31, 32, 33, 34, Break (10 min), Events 35, 36, Awards (Individual High Point and Team), Time Trials								