

NORTH BALTIMORE AQUATIC CLUB

PROUDLY PRESENTS

THE 2008 LONG COURSE CHAMPIONSHIPS

(.HYV File Zipped)

June 6-9, 2008

Sanctioned by the Maryland Swim Committee
USA/MD# MD08-0017

FACILITIES: Meadowbrook Aquatic Center 5700 Cottonworth Ave Baltimore, MD 21209. Two 50 meter pools: One indoor and one outdoor.

OUTDOOR: 50 meter pool, twelve 8 foot wide lanes, average depth of water is 6-7 feet with non turbulent lane lines. Ten lanes will be used for competition. A continuous warm up/down area at the end of the pool (two lanes, 33 meters long) is available for the entire meet.

INDOOR: 50meter pool, six 7.5 foot wide lanes, average depth of water is 6-7 feet with non turbulent lane lines. Pool is located next to the outdoor pool.

*All women's prelim events will be swum in the ten lane outdoor pool.

*All men's prelim events will be swum in the six lane indoor pool.

*All final events will be swum in the ten lane outdoor pool.

| | | | |
|-----------------------------|---|----------------------------|-------------------------------------|
| MEET DIRECTOR: | Raymond Brown raymondmbrown@comcast.net | MEET REFEREE: | John Dunnigan |
| MEET ENTRY DIRECTOR: | Tom Yetter 5700 Cottonworth Ave Baltimore, MD 21209 410-433-8300 thomasyetter@hotmail.com | OFFICIALS' CONTACT: | John Dunnigan jadtbd@comcast.net |
| | | SAFETY DIRECTOR: | Andy Schaffer |

ELIGIBILITY:

Open to all USA registered swimmers who meet the qualifying time standards ("A" times long course meters/short course meters/short course yards, except "BB-A" modified times for 10&Unders.) Any swimmer who meets two of the qualifying times may swim any additional events up to the entry limit of the meet. Non qualifying swims will be listed as "Bonus" swims. Swimmers' age as of June 6, 2008 shall apply for the entire meet. Times are listed below on the schedule of events. The North Baltimore Aquatic Club along with the Meadowbrook Aquatic Center reserves the right to limit the number of athletes in the meet to 800 swimmers. Deck entries will not be accepted. On-deck registrations are not permitted.

MEET INFORMATION:

Swimmers may enter three events per day excluding relays. No Conversions will be allowed. US resident entries without USA numbers will not be accepted. USA Swimming athletes seed times must be in USA Swimming SWIMS database. Failure of any swimmer to comply with the three events per day rule will result in the swimmer being scratched from all events after the third entered event of that session at the discretion of the meet director.

Age groups will swim prelims and finals with the exception of the events listed below. Open age groups will have consolation and championship finals heats with the exception of the events listed below.

The 400 Free and the 400 IM will be timed finals using the following rules: The fastest heat of the 13-14 Men and Women and the fastest two heats of the Open Men and Women will swim at finals. All other heats of the 13-14 and Open will swim at prelims in event order. The 12&U 400 Free will be a timed finals event using the following rules: The fastest heat of Men and Women will swim as the second event (after the medley relays and 1500 Free) at finals on Monday evening. The remaining heats will swim at the end of prelims on Monday. See the schedule of events for clarification.

The 800 Free on Friday evening will be a timed finals event with all heats swimming in the Friday evening session. This will be swum in event order.

The 1500 Free will be a timed finals event using the following rules: The fastest heat of men and women will swim as the first event (after the medley relays) at finals on Monday evening. The remaining heats will swim at the end of prelims on Monday.

All swimmers entered in the 400 IM, 400, 800, and 1500 Freestyle must provide their own timers and counters.

The 12 & Under 200 Backstroke, 200 Breaststroke, and 200 Butterfly will be timed finals with all swimmers swimming in the prelim sessions.

All relays will be timed finals. Relays will be limited to the top twenty seeded relay teams. All relays will swim in the finals sessions.

POSTIVE CHECK IN EVENTS:

Positive check-in will be conducted for the 400 IM, and for the 400, 800 and 1500 Freestyles. Below are the deadlines for check-in.

| | |
|--|----------------|
| Friday: 800 Freestyle | Due at 5:15 PM |
| Saturday: 13-14 and Open 400 IM | Due at 8:30 AM |
| Sunday: 13-14 and Open 400 Free | Due at 8:30 AM |
| Monday: Open 1500 Free and 12&U 400 Free | Due at 8:30 AM |

Relays: All relays must be checked in by 10:00 AM on the day of the relay. All teams must fill out a relay card which will have the swimmers names as well as the order of the swimmers.

SEEDING:

All prelim/final events will be circle seeded. All events will be seeded with qualifying LCM times first, qualifying SCM times second, and qualifying SCY times third. Those will be followed by bonus LCM, SCM, and SCY times.

ENTRIES:

**All entries must be received no later than Tuesday May 13th at 5:00 PM. For MD LSC teams to get priority placement, they must have their entries in by Tuesday May 6th at 5:00 PM. Submit early to avoid being closed out. Entries will be limited at the discretion of the meet director. The meet director has the right to limit entries if the meet becomes over-subscribed according to MD Swimming Rules and Regulations. No phone entries will be accepted. Swimmers entering a meet must be registered with MSI by the meet entry deadline date. Per Maryland Swimming rules, any club that enters an unregistered athlete will be fined \$100.00 per unregistered athlete.

*NBAC will accept entries via disk (Hy-Tek file) along with a hard copy print out of the entries (Hy-Tek by name, please check the proof of time option). Entries will not be considered "received" until the entry check is received.

*NBAC will also accept entries via email (Hy-Tek file) along with a file containing the hard copy of the entries (Hy-Tek by name – Microsoft Word document, please check the proof of time option). Teams must also include a Microsoft Word document with the team entry information requested in the Team Summary Report (at the end of the meet notice). The host team will send a confirmation email within 24 hours of receipt. If you do not hear back from NBAC within 24 hours, then assume that your entries have not been received and call the Meet Entry Director or try to contact the Meet Director. Entries will not be considered received/complete until the entry check is received.

*For any team entering 10 or fewer athletes into the meet, paper entries are accepted. Please fill out the Computer Entry Form and the Team Summary Report (both are at the end of the meet notice) and mail them along with the entry fee check (including the \$4.00 per swimmer paper entry surcharge).

*All checks for entry fees should be made payable to the North Baltimore Aquatic Club and sent along with the entries, signature waived, to:

Tom Yetter
5700 Cottonworth Ave
Baltimore, MD 21209

MEET SCHEDULE:

| | | |
|-----------------------|----------------|---------------|
| FRIDAY: TIMED FINALS: | WARMUP: 5:00PM | START: 5:45PM |
| SAT/SUN/MON PRELIMS: | WARMUP: 6:30AM | START: 8:00AM |
| SAT/SUN/MON FINALS: | WARMUP: 5:00PM | START: 5:45PM |

ENTRY FEES: \$4.75 per individual event, \$12.00 per relay. Make all checks payable to NBAC. The meet director reserves the right to limit entries to ensure that prelim sessions end by 1:00 PM

The following seeding rules will be used to seed the applicable events if needed to limit session length:

- The 1500 free events will be limited to the fastest 3 heats (30 swimmers in the girls pool and 22 swimmers in the boys pool) in each event.
- The 800 free events will be limited to the fastest 3 heats (30 swimmers in each event)
- The Open 400 meter events will be limited to the fastest 6 heats (60 swimmers in the girls pool and 44 swimmers in the boys pool) in each event. The 13-14 400 meter events will be limited to the fastest 6 heats (60 swimmers in the girls pool and 40 swimmers in the boys pool) in each event. The 12&U 400 meter events will be limited to the fastest 6 heats (60 swimmers in the girls pool and 40 swimmers in the boys pool) in each event.
- All events 200 meters or less will be limited to the fastest 8 heats (80 swimmers in the girls pool and 48 swimmers in the boys pool) for the 13 & over events and the fastest 6 heats (60 swimmers in the girls pool and 36 swimmers in the boys pool) for the 12 & under events.

Meet entry fees will be refunded to any swimmer who does not swim due to the above limitations.

TIMING: All events will be timed by a Colorado electronic timing system with a two-button backup as well as hand watches.

AWARDS: 10 & Under, 11-12, and 13-14 age groups will receive medals 1st through 10th place. Awards that are not picked up will not be mailed.

RESULTS: Final meet results will be posted on the Maryland Swimming webpage www.mdswim.org and the prelims and finals meet results will be posted on the NBAC webpage www.nbac.net as soon as available.

PROGRAMS/CONCESSIONS/SWIM APPAREL: Programs, concessions, and a full range of swimming apparel and accessories will be available for sale at the meet.

RULES: Applicable 2008 USA Swimming rules shall govern this competition. Maryland Swimming rules shall also apply. USA Swimming safety guidelines and warm-up procedures will be in effect for the entire meet. No one will be permitted on the pool deck unless they are registered with USA Swimming as an athlete, or as a non-athlete working the meet. The only exceptions will be for the timers and administrative staff assisting with the conduct of the meet.

No-Recall Starting Procedures: Starting procedures for this meet will be conducted in accordance with USA Swimming Rules, Section 102.14.4H

SCRATCH PROCEDURES:

MSI follows USA Swimming Rules Section 207.7.9D (1)-(4) and Section 207.7.9E (1)-(3) with modifications and clarification as follows:

Pre-seeded timed final events: There is no penalty for not competing (scratching) in a pre-seeded timed final event.

Positive check-in events: (applies to both timed final and prelims/finals events) In meets with positive check-in events, swimmers have to check-in with a meet official prior to swimming their events. Refer to the information package or meet notice for check-in requirements. If the swimmer fails to swim (scratches) after checking in for a positive check-in event, the swimmer will be disqualified from his/her next individual event unless the swimmer declares a false start per Rule 102.15.5D prior to the start of his/her heat. Swimmers failing to positively check-in will not be penalized nor allowed to compete in that event.

Prelims/Finals Events

- A. There is no penalty for a swimmer not competing in the preliminary heats of individual events.
- B. A swimmer qualifying for (based on the results of preliminaries) and wishing to scratch from a bonus, consolation or championship finals race shall notify the scratch official within 30 minutes of the announcement of the event results.
- C. Alternately, a swimmer may make a declaration of intent to scratch within 30 minutes of the announcement of the preliminary event results with the final decision to scratch or not scratch being reported to the scratch official within 30 minutes of the completion of the swimmer's last individual preliminary event of the session. A swimmer declaring their intention to scratch and failing to return to the scratch official to make final resolution on the intent to scratch will result in the swimmer being seeded into the respective final heat. This Rule also applies to announced alternates for each of the individual events.
- D. All swimmers finishing below the places of the announced alternates will be excused from the responsibility of returning for bonus, consolation or championship finals heats.
- E. If a swimmer fails to scratch and subsequently does not compete in the bonus, consolation or championship finals events, he/she will be barred from competing in the remainder of the meet, including relays unless such failure to compete is excused by the meet referee. For swimmers registered in the Maryland LSC, if failure to compete occurs at the swimmer's last event of the meet, the swimmer will be fined \$50.00. This fine must be paid in accordance with Maryland Swimming Inc. Rules and Regulations before that swimmer or any swimmer from that club may compete in any other MSI sanctioned or approved meet.
- F. There will be no penalty for not competing in pre-seeded relays.
- G. Per USA Swimming Rule 207.7.9D (1), declared false starts are not allowed in the bonus, consolation or championship finals heats of a prelims/finals event.
- H. In Maryland Swimming non-championship meets, the meet host is responsible for specifying, in the meet notice; any authorized deviations to these procedures.

ADDITIONAL CLARIFICATION:

Alternates: The Top 4 alternates for finals will be announced with the preliminary results. Those alternates must follow the scratch procedures listed above in Section IV. Alternates beyond the first four are strongly encouraged to follow the scratch procedures to allow for full finals heats, but will be excused from the responsibility of returning for consolation or championship finals heats. Coaches and/or the announced alternate swimmers are reminded to check the scratch table at the end of each preliminary session to determine which alternate swimmers have been placed into finals. Alternates ultimately not seeded into the finals or who are published as first or second alternates in the finals program shall not be penalized if unavailable to compete in finals.

OFFICIALS: All USA certified officials are invited to work at this meet and should contact John Dunnigan at jadtbd@comcast.net for scheduling purposes. USA credentials must be displayed at all times.

HOTELS:

These hotels are not listed in any particular order, all are within a 10-15 minutes drive to Meadowbrook.

Sheraton Baltimore North (Towson)

903 Dulaney Valley Road
Towson, MD 21204
1-800-433-7619

The Holiday Inn Select Baltimore North (Timonium)

2004 Greenspring Drive
Timonium, Maryland 21093
410-252-7373

Burkshire Marriott Conference Hotel

10 West Burke Avenue
Baltimore, Maryland 21204
1-800-435-5986

Marriott Hunt Valley Inn

245 Shawan Road
Hunt Valley, Maryland 21031
410-785-7000

Baltimore Days Inn East (Towson)

8801 Loch Raven Boulevard
Towson, MD 21286
410-882-0900

Baltimore Days Inn Towson / North

9615 Deerco Road
Timonium, Maryland 21093
410-560-1000

Red Roof Inn Baltimore North (Timonium)

111 W Timonium Road
Timonium, Maryland 21093
410-666-0380

Holiday Inn Cromwell Bridge

1100 Cromwell Bridge Road
Towson, Maryland 21204
410-823-4410

Advance Group Booking

Johns Hopkins at the Mt. Washington Campus
Contact: Janet Brugger 410-735-7695 or
Janet.brugger@mtwashconfctr.com

SESSION 1 (TIMED FINALS) FRIDAY JUNE 6, 2008

WARM-UPS: 5:00 PM SESSION STARTS: 5:45 PM

| | | | Qualifying Times | | | | | | Qualifying Times | | |
|----------------|------|---|------------------|----------|----------|-------|---|----------|------------------|----------|-----|
| | | | LCM | SCM | SCY | | | | LCM | SCM | SCY |
| 13-14 800 Free | Boys | 1 | 10:31.29 | 10:13.89 | 11:41.49 | Girls | 2 | 10:47.99 | 10:36.79 | 12:07.59 | |
| Open 800 Free | Boys | 3 | 10:04.59 | 9:48.29 | 11:12.19 | Girls | 4 | 10:41.89 | 10:26.49 | 11:55.89 | |

*The 800 Free will be a Timed Finals event.

SESSION 2 (PRELIMS) SATURDAY JUNE 7, 2008

WARM-UPS: 6:30 AM SESSION STARTS: 8:00 AM

| | | | Qualifying Times | | | | | | Qualifying Times | | |
|------------------|------|----|------------------|---------|---------|-------|----|---------|------------------|---------|-----|
| | | | LCM | SCM | SCY | | | | LCM | SCM | SCY |
| 12&U 200 Back* | Boys | 5 | 3:00.29 | 2:49.99 | 2:33.79 | Girls | 6 | 3:00.69 | 2:53.59 | 2:37.09 | |
| Open 100 Breast | Boys | 11 | 1:20.59 | 1:16.49 | 1:09.19 | Girls | 12 | 1:27.69 | 1:24.39 | 1:16.39 | |
| 13-14 100 Breast | Boys | 13 | 1:23.59 | 1:19.89 | 1:12.29 | Girls | 14 | 1:29.09 | 1:26.19 | 1:17.99 | |
| 11-12 50 Breast | Boys | 15 | 43.09 | 41.49 | 37.59 | Girls | 16 | 42.09 | 41.99 | 37.99 | |
| 10&U 50 Breast | Boys | 17 | 49.49 | 47.89 | 43.49 | Girls | 18 | 49.29 | 47.49 | 42.99 | |
| Open 200 Free | Boys | 19 | 2:18.99 | 2:13.49 | 2:00.79 | Girls | 20 | 2:29.29 | 2:25.29 | 2:11.49 | |
| 13-14 200 Free | Boys | 21 | 2:24.99 | 2:18.99 | 2:05.79 | Girls | 22 | 2:32.59 | 2:28.29 | 2:14.19 | |
| 11-12 200 Free | Boys | 23 | 2:35.69 | 2:30.89 | 2:16.59 | Girls | 24 | 2:39.19 | 2:34.89 | 2:20.19 | |
| 10&U 200 Free | Boys | 25 | 2:56.39 | 2:51.89 | 2:31.89 | Girls | 26 | 3:02.69 | 2:56.79 | 2:36.39 | |
| Open 100 Fly | Boys | 27 | 1:09.09 | 1:06.89 | 1:00.49 | Girls | 28 | 1:15.89 | 1:13.89 | 1:06.89 | |
| 13-14 100 Fly | Boys | 29 | 1:11.99 | 1:10.09 | 1:03.39 | Girls | 30 | 1:17.29 | 1:15.19 | 1:08.09 | |
| 11-12 100 Fly | Boys | 31 | 1:22.09 | 1:19.79 | 1:12.19 | Girls | 32 | 1:22.89 | 1:21.29 | 1:13.59 | |
| 10&U 100 Fly | Boys | 33 | 1:39.19 | 1:36.69 | 1:27.69 | Girls | 34 | 1:40.69 | 1:37.79 | 1:28.69 | |
| Open 400 IM* | Boys | 35 | 5:29.99 | 5:19.49 | 4:49.09 | Girls | 36 | 5:56.59 | 5:47.09 | 5:14.09 | |
| 13-14 400 IM* | Boys | 37 | 5:46.19 | 5:34.19 | 5:02.39 | Girls | 38 | 6:02.29 | 5:53.19 | 5:19.59 | |

*The 12&Under 200 Backstroke will be timed finals with all heats in the prelim session.

*400 IM - The fastest heat of the 13-14 Men and Women and the fastest two heats of the Open Men and Women will swim at finals. All other heats of the 13-14 and Open will swim at prelims in event order.

SESSION 3 (FINALS) SATURDAY JUNE 7, 2008

WARM-UPS: 5:00 PM SESSION STARTS: 5:45 PM

| | | | | | |
|----------------------|------|----|--|-------|----|
| Open 200 Free Relay* | Boys | 7 | | Girls | 8 |
| 12&U 200 Free Relay* | Boys | 9 | | Girls | 10 |
| Open 100 Breast | Boys | 11 | | Girls | 12 |
| 13-14 100 Breast | Boys | 13 | | Girls | 14 |
| 11-12 100 Breast | Boys | 15 | | Girls | 16 |
| 10&U 100 Breast | Boys | 17 | | Girls | 18 |
| Open 200 Free | Boys | 19 | | Girls | 20 |
| 13-14 200 Free | Boys | 21 | | Girls | 22 |
| 11-12 200 Free | Boys | 23 | | Girls | 24 |
| 10&U 200 Free | Boys | 25 | | Girls | 26 |
| Open 100 Fly | Boys | 27 | | Girls | 28 |
| 13-14 100 Fly | Boys | 29 | | Girls | 30 |
| 11-12 100 Fly | Boys | 31 | | Girls | 32 |
| 10&U 100 Fly | Boys | 33 | | Girls | 34 |
| Open 400 IM | Boys | 35 | | Girls | 36 |
| 13-14 400 IM | Boys | 37 | | Girls | 38 |
| 12&U 400 Free Relay* | Boys | 39 | | Girls | 40 |
| Open 400 Free Relay* | Boys | 41 | | Girls | 42 |

* Relays will be timed finals. Relays will be limited to the top twenty seeded relay teams. Relays will swim in the finals sessions.

SESSION 4 (PRELIMS) SUNDAY JUNE 8, 2008
WARM-UPS: 6:30 AM SESSION STARTS: 8:00 AM

| | | | Qualifying Times | | | | | | Qualifying Times | | |
|------------------|------|----|------------------|---------|---------|--|-------|----|------------------|---------|---------|
| | | | LCM | SCM | SCY | | | | LCM | SCM | SCY |
| 12&U 200 Breast* | Boys | 43 | 3:21.19 | 3:11.09 | 2:52.99 | | Girls | 44 | 3:23.69 | 3:16.29 | 2:57.69 |
| Open 200 IM | Boys | 45 | 2:37.09 | 2:29.89 | 2:15.69 | | Girls | 46 | 2:48.09 | 2:43.89 | 2:28.39 |
| 13-14 200 IM | Boys | 47 | 2:42.79 | 2:36.69 | 2:21.89 | | Girls | 48 | 2:52.39 | 2:47.19 | 2:31.29 |
| 11-12 200 IM | Boys | 49 | 2:58.09 | 2:52.29 | 2:35.89 | | Girls | 50 | 3:00.19 | 2:55.19 | 2:38.59 |
| 10&U 200 IM | Boys | 51 | 3:22.89 | 3:17.69 | 2:59.29 | | Girls | 52 | 3:24.59 | 3:18.49 | 2:59.99 |
| Open 50 Free | Boys | 53 | 29.39 | 27.99 | 25.39 | | Girls | 54 | 32.29 | 31.19 | 28.19 |
| 13-14 50 Free | Boys | 55 | 30.59 | 29.39 | 26.59 | | Girls | 56 | 32.79 | 31.69 | 28.69 |
| 11-12 50 Free | Boys | 57 | 32.99 | 31.59 | 28.59 | | Girls | 58 | 33.69 | 32.89 | 29.79 |
| 10&U 50 Free | Boys | 59 | 37.19 | 36.29 | 32.89 | | Girls | 60 | 37.49 | 36.79 | 33.39 |
| Open 200 Fly | Boys | 61 | 2:32.19 | 2:28.49 | 2:14.39 | | Girls | 62 | 2:44.69 | 2:41.99 | 2:26.59 |
| 13-14 200 Fly | Boys | 63 | 2:39.89 | 2:35.59 | 2:20.79 | | Girls | 64 | 2:49.49 | 2:44.19 | 2:28.59 |
| 11-12 50 Fly | Boys | 65 | 36.59 | 35.79 | 32.39 | | Girls | 66 | 36.59 | 36.09 | 32.69 |
| 10&U 50 Fly | Boys | 67 | 41.99 | 41.49 | 37.69 | | Girls | 68 | 43.09 | 42.19 | 38.39 |
| Open 100 Back | Boys | 69 | 1:11.69 | 1:07.79 | 1:01.29 | | Girls | 70 | 1:18.29 | 1:14.79 | 1:07.69 |
| 13-14 100 Back | Boys | 71 | 1:15.09 | 1:11.69 | 1:04.89 | | Girls | 72 | 1:20.09 | 1:15.89 | 1:08.69 |
| 11-12 100 Back | Boys | 73 | 1:23.59 | 1:19.89 | 1:12.29 | | Girls | 74 | 1:26.29 | 1:22.79 | 1:14.89 |
| 10&U 100 Back | Boys | 75 | 1:35.69 | 1:32.19 | 1:23.69 | | Girls | 76 | 1:37.29 | 1:32.89 | 1:24.19 |
| Open 400 Free* | Boys | 77 | 4:53.29 | 4:44.69 | 5:25.29 | | Girls | 78 | 5:12.19 | 5:04.89 | 5:48.39 |
| 13-14 400 Free* | Boys | 79 | 5:05.59 | 4:56.99 | 5:39.39 | | Girls | 80 | 5:16.59 | 5:08.89 | 5:52.99 |

*The 12&Under 200 Breaststroke will be timed finals with all heats in the prelim session.

*400 Free - The fastest heat of the 13-14 Men and Women and the fastest two heats of the Open Men and Women will swim at finals. All other heats of the 13-14 and Open will swim at prelims in event order.

SESSION 5 (FINALS) SUNDAY JUNE 8, 2008
WARM-UPS: 5:00 PM SESSION STARTS: 5:45 PM

| | | | | | |
|---------------------|------|----|--|-------|----|
| Open 200 IM | Boys | 45 | | Girls | 46 |
| 13-14 200 IM | Boys | 47 | | Girls | 48 |
| 11-12 200 IM | Boys | 49 | | Girls | 50 |
| 10&U 200 IM | Boys | 51 | | Girls | 52 |
| Open 50 Free | Boys | 53 | | Girls | 54 |
| 13-14 50 Free | Boys | 55 | | Girls | 56 |
| 11-12 50 Free | Boys | 57 | | Girls | 58 |
| 10&U 50 Free | Boys | 59 | | Girls | 60 |
| Open 200 Fly | Boys | 61 | | Girls | 62 |
| 13-14 200 Fly | Boys | 63 | | Girls | 64 |
| 11-12 50 Fly | Boys | 65 | | Girls | 66 |
| 10&U 50 Fly | Boys | 67 | | Girls | 68 |
| Open 100 Back | Boys | 69 | | Girls | 70 |
| 13-14 100 Back | Boys | 71 | | Girls | 72 |
| 11-12 100 Back | Boys | 73 | | Girls | 74 |
| 10&U 100 Back | Boys | 75 | | Girls | 76 |
| Open 400 Free | Boys | 77 | | Girls | 78 |
| 13-14 400 Free | Boys | 79 | | Girls | 80 |
| 12&U 400 Med Relay* | Boys | 81 | | Girls | 82 |
| Open 400 Med Relay* | Boys | 83 | | Girls | 84 |

* Relays will be timed finals. Relays will be limited to the top twenty seeded relay teams. Relays will swim in the finals sessions.

SESSION 6 (PRELIMS) MONDAY JUNE 9, 2008
WARM-UPS: 6:30 AM SESSION STARTS: 8:00 AM

| | | | Qualifying Times | | | | | | Qualifying Times | | |
|------------------|------|-----|------------------|----------|----------|--|-------|-----|------------------|----------|----------|
| | | | LCM | SCM | SCY | | | | LCM | SCM | SCY |
| 12&U 200 Fly* | Boys | 85 | 3:02.59 | 2:54.89 | 2:38.29 | | Girls | 86 | 3:00.89 | 2:56.49 | 2:39.69 |
| Open 200 Breast | Boys | 95 | 2:54.29 | 2:45.89 | 2:30.09 | | Girls | 96 | 3:08.49 | 3:01.99 | 2:44.69 |
| 13-14 200 Breast | Boys | 97 | 3:02.39 | 2:52.69 | 2:36.29 | | Girls | 98 | 3:11.99 | 3:05.69 | 2:47.99 |
| 11-12 100 Breast | Boys | 99 | 1:33.59 | 1:29.59 | 1:21.09 | | Girls | 100 | 1:33.79 | 1:30.79 | 1:22.19 |
| 10&U 100 Breast | Boys | 101 | 1:47.99 | 1:42.39 | 1:34.79 | | Girls | 102 | 1:49.09 | 1:45.19 | 1:35.39 |
| Open 100 Free | Boys | 103 | 1:04.09 | 1:01.19 | 55.39 | | Girls | 104 | 1:09.59 | 1:07.49 | 1:01.09 |
| 13-14 100 Free | Boys | 105 | 1:06.59 | 1:04.09 | 57.99 | | Girls | 106 | 1:11.09 | 1:08.79 | 1:02.19 |
| 11-12 100 Free | Boys | 107 | 1:11.59 | 1:09.49 | 1:02.89 | | Girls | 108 | 1:14.09 | 1:09.69 | 1:03.09 |
| 10&U 100 Free | Boys | 109 | 1:22.59 | 1:20.19 | 1:12.79 | | Girls | 110 | 1:23.89 | 1:21.89 | 1:14.29 |
| Open 200 Back | Boys | 111 | 2:34.29 | 2:26.59 | 2:12.69 | | Girls | 112 | 2:47.29 | 2:41.19 | 2:25.89 |
| 13-14 200 Back | Boys | 113 | 2:41.59 | 2:34.19 | 2:19.49 | | Girls | 114 | 2:51.39 | 2:42.79 | 2:27.29 |
| 11-12 50 Back | Boys | 115 | 38.79 | 37.29 | 33.69 | | Girls | 116 | 39.19 | 37.89 | 34.29 |
| 10&U 50 Back | Boys | 117 | 45.19 | 43.39 | 39.39 | | Girls | 118 | 44.69 | 43.19 | 39.19 |
| 12&U 400 Free* | Boys | 93 | 19:22.99 | 18:41.39 | 18:47.99 | | Girls | 94 | 20:28.39 | 19:51.99 | 19:58.89 |
| Open 1500 Free* | Boys | 91 | 5:29.19 | 5:19.19 | 6:04.99 | | Girls | 92 | 5:32.39 | 5:23.19 | 6:09.29 |

*The 12&Under 200 Butterfly will be timed finals with all heats in the prelim session.

*1500 Free - The fastest heat of men and women will swim as the first event (after the medley relays) at finals on Monday evening. The remaining heats will swim at the end of prelims on Monday.

*12 & Under 400 Free – The fastest heat of men and women will swim as the second individual event (after the medley relays) at finals on Monday evening. The remaining heats will swim at the end of prelims on Monday.

SESSION 7 (FINALS) MONDAY JUNE 9, 2008
WARM-UPS: 5:00 PM SESSION STARTS: 5:45 PM

| | | | | | |
|----------------------|------|-----|--|-------|-----|
| Open 200 Med Relay* | Boys | 87 | | Girls | 88 |
| 12&U 200 Med Relay* | Boys | 89 | | Girls | 90 |
| Open 1500 Free | Boys | 91 | | Girls | 92 |
| 12&U 400 Free | Boys | 93 | | Girls | 94 |
| Open 200 Breast | Boys | 95 | | Girls | 96 |
| 13-14 200 Breast | Boys | 97 | | Girls | 98 |
| 11-12 100 Breast | Boys | 99 | | Girls | 100 |
| 10&U 100 Breast | Boys | 101 | | Girls | 102 |
| Open 100 Free | Boys | 103 | | Girls | 104 |
| 13-14 100 Free | Boys | 105 | | Girls | 106 |
| 11-12 100 Free | Boys | 107 | | Girls | 108 |
| 10&U 100 Free | Boys | 109 | | Girls | 110 |
| Open 200 Back | Boys | 111 | | Girls | 112 |
| 13-14 200 Back | Boys | 113 | | Girls | 114 |
| 11-12 50 Back | Boys | 115 | | Girls | 116 |
| 10&U 50 Back | Boys | 117 | | Girls | 118 |
| Open 800 Free Relay* | Boys | 119 | | Girls | 120 |

* Relays will be timed finals. Relays will be limited to the top twenty seeded relay teams. Relays will swim in the finals sessions.

NBAC JUNE INVITATIONAL
JUNE 6-9, 2008
Team Summary Sheet

Total # of Individual Entries: _____ x \$4.75 = _____
Total # of Relay Entries: _____ x \$12.00 = _____
Paper Entry Charge (Per Swimmer): _____ x \$4.00 = _____
Total: _____ Total = _____

Make all checks payable to "NBAC"
Entries are due Tuesday May 13th at 5 PM. All Entries must be sent with signature waived.

Club Name: _____

Club Code: _____

Entry Contact: _____

Email: _____

Phone: _____

Number of Coaches Attending the Meet: _____

Additional Email Addresses That Wish To Receive Meet Communication:

1.) _____

2.) _____

3.) _____

4.) _____

5.) _____