

Cut times for the Fort Lauderdale Senior Meet July 16-19 2009

THURSDAY, March 19, 2009		QUALIFYING TIMES					
ORDER OF EVENTS		CONFORMING TIMES		NON CONFORMING TIMES			
		LONG COURSE		SHORT COURSE METERS		SHORT COURSE YARDS	
Ev #	Event	WOMEN	MEN	WOMEN	MEN	WOMEN	MEN
1	1500M Women FR*	18:58.09		18:28.09		18:32.29	
2	800 M Men FR*		9:19.89		9:03.89		10:24.39
3-4	200 M MED Relay*	NTS	NTS	NTS	NTS	NTS	NTS
5-6	200 M FR Relay*	NTS	NTS	NTS	NTS	NTS	NTS

* Events 1-6 will be deck seeded. Positive check in by 4:00 pm is required to be seeded in events 1 & 2. Events 1& 2 will be swum fastest to slowest, alternating one heat of event 1 and one heat of event 2 if only one course is used.
 Events 3, 4, 5, & 6 will be swum after the conclusion of events 1 & 2. They will not begin before 7:00 pm with a positive check in by 6:00pm.
 There will be at least a 5 min break after event 4.

FRIDAY, March 20, 2009		QUALIFYING TIMES					
ORDER OF EVENTS		CONFORMING TIMES		NON CONFORMING TIMES			
		LONG COURSE		SHORT COURSE METERS		SHORT COURSE METERS	
Ev #	Event	WOMEN	MEN	WOMEN	MEN	WOMEN	MEN
7-8	200 M FR	2:16.49	2:05.59	2:12.49	2:01.59	2:01.29	1:48.79
9-10	100 M BR	1:26.79	1:16.49	1:24.79	1:15.29	1:14.89	1:07.09
11-12	100 M FL	1:10.89	1:03.39	1:08.89	1:01.39	1:02.59	56.59
13-14	400 M IM *	5:30.39	5:05.49	5:22.39	4:57.49	4:50.29	4:32.79
15-16	800 M FR Relay**	9:29.89	8:58.89	9:17.09	8:46.09	8:29.79	7:35.59

*Event 13 & 14 will be swum as follows: fastest 4 heats of women; fastest 4 heats of men, slowest to fastest. All remaining heats, alternating women and men, fastest to slowest. **Event 15 & 16 will be swum in finals as follows: 2nd fastest women's; fastest women's; 2nd fastest men's; fastest men's; remaining heats will swim fastest to slowest, alternating women and men.

SATURDAY, March 21, 2009		QUALIFYING TIMES					
ORDER OF EVENTS		CONFORMING TIMES		NON CONFORMING TIMES			
		LONG COURSE		SHORT COURSE METERS		SHORT COURSE YARDS	
Ev #	Event	WOMEN	MEN	WOMEN	MEN	WOMEN	MEN
17-18	100 M BA	1:15.49	1:07.29	1:13.49	1:05.29	1:05.89	57.59
19-20	200 M IM	2:35.89	2:22.19	2:31.89	2:18.19	2:16.49	2:04.79
21-22	50 M FR	29.89	26.69	28.89	25.69	26.39	23.29
23-24	400 M FR***	4:43.29	4:26.39	4:35.29	4:18.39	5:16.59	4:54.89
25-26	400 M MED Relay****	5:00.09	4:32.89	4:53.69	4:29.49	4:23.49	3:55.89

Event 23-24 will be swum as follows: fastest 4 heats of women; fastest 4 heats of men, slowest to fastest. All remaining heats, alternating women and men, fastest to slowest. * Event 25-26 will be swum in finals as follows: 2nd fastest women's; fastest women's; 2nd fastest men's; fastest men's; remaining heats will swim fastest to slowest, alternating women and men.

SUNDAY, March 22, 2009		QUALIFYING TIMES					
ORDER OF EVENTS		CONFORMING TIMES		NON CONFORMING TIMES			
		LONG COURSE		SHORT COURSE METERS		SHORT COURSE YARDS	
Ev #	Event	WOMEN	MEN	WOMEN	MEN	WOMEN	MEN
27-28	200 M FL	2:34.39	2:23.99	2:30.39	2:21.99	2:17.49	2:05.59
29-30	100 M FR	1:04.19	57.99	1:02.19	55.99	56.79	50.79
31-32	200 M BR	3:05.39	2:49.79	3:01.39	2:45.79	2:41.69	2:27.09
33-34	200 M BA	2:40.19	2:24.99	2:36.19	2:20.99	2:21.19	2:07.59
35-36	400 M FR Relay#	4:28.49	4:04.09	4:22.09	3:57.69	3:49.89	3:23.59
37	800 M Wom FR##	9:49.39		9:33.39		11:00.49	
38	1500 M Men FR##		17:44.99		17:14.99		17:21.49