

Practice Group _____

Name _____

CAC Mid-Winter Invitational January 30-February 1, 2009

SCHEDULE OF EVENTS:

CAC reserves the right to combine heats and/or events, and to limit the number of heats for time management purposes.

Fri PM (Session 1) Warm up 4:15 PM Competition 5:30 PM

GIRLS	EVENT	BOYS
101	13 & OVER 400 IM*	102
103	11-12 200 IM*	104
105	10 & UNDER 200 IM*	106
107	13 & OVER 500 FREE*	108
109	11-12 500 FREE *	110
111	10 & UNDER 200 FREE*	112

* All Friday PM Events Require Positive Sign-In by 4:45 PM

Sat AM (2) Warm up 7:00 AM Competition 8:00 AM

GIRLS	EVENT	BOYS
201	11-12 200 MED RELAY	202
203	13-14 200 MED RELAY	204
205	11-12 200 FREE*	206
207	13-OVER 200 FREE*	208
209	11-12 100 BREAST	210
211	13-OVER 200 BREAST*	212
213	11-12 50 FREE	214
215	13-OVER 50 FREE	216
217	11-12 100 FLY	218
219	13-OVER 200 FLY*	220
221	11-12 50 BACK	222
223	13-OVER 100 BACK	224

* Positive check in required

Sat PM (3) Warm up TBA PM Competition

GIRLS	EVENT
225	10-UNDER 200 MED RELAY
227	8-UNDER 100 MED RELAY
229	10-UNDER 50 BACK
231	8-UNDER 25 BACK
233	10-UNDER 100 IM
235	8-UNDER 100 IM
237	10-UNDER 100 FLY
239	8-UNDER 50 FLY
241	10-UNDER 50 BREAST
243	8-UNDER 25 BREAST
245	10-UNDER 100 FREE
247	8-UNDER 50 FREE

Sun AM (4) Warm up: 7:00 AM Competition: 8:00 AM

GIRLS	EVENT	BOYS
301	11-12 200 FREE RELAY	302
303	13-14 200 FREE RELAY	304
305	11-12 50 BREAST	306
307	13-OVER 100 BREAST	308
309	11-12 100 BACK	310
311	13-OVER 200 BACK*	311
313	11-12 100 FREE	313
315	13-OVER 100 FREE	315
317	11-12 100 IM	318
319	13-OVER 200 IM*	320
321	11-12 50 FLY	322
323	13-OVER 100 FLY	324

Sun PM (6) Warm up TBA PM Competition

GIRLS	EVENT
327	10-UNDER 200 FREE RELAY
329	8-UNDER 100 FREE RELAY
331	10-UNDER 100 BACK
333	8-UNDER 50 BACK
335	10-UNDER 50 FLY
337	8-UNDER 25 FLY
339	10-UNDER 100 BREAST
341	8-UNDER 50 BREAST
343	10-UNDER 50 FREE
345	8-UNDER 25 FREE

Sun 11:30 (5) Warm up: For 15 minutes after Event 86

325	OPEN 1650 FREE**	326
-----	------------------	-----

** Events 325 and 326 limited to fastest 12 athletes per event, and require positive check in.