



**SSC/SST 2010 Pacific Coast Invitational Meet Program
Weyerhaeuser Aquatic Center - May 14-16, 2010**

Timeline



Session: 1 Friday Afternoon - 14 May 2010
Day of Meet: 1 Starts at 01:10 PM Heat Interval: 15 Seconds

All Friday events have a 12:30 PM check in deadline!

Round	Event	Entries	Heats	Starts at
Finals	1 Girls 400 Freestyle	128	16u	01:10 PM _____
Finals	2 Boys 400 Freestyle	92	12u	01:57 PM _____
Finals	3 Girls 200 IM	156	20u	02:31 PM _____
Finals	4 Boys 200 IM	128	16u	03:37 PM _____
Finals	5 Girls 800 Freestyle	49	7u	04:28 PM _____
Finals	6 Boys 800 Freestyle	34	5u	05:12 PM _____
Finals	7 Girls 1500 Freestyle	27	4u	05:43 PM _____
Finals	8 Boys 1500 Freestyle	40	5u	06:23 PM _____
	Swimmer Count for Warm-ups: 408	=====	=====	
	Entry / Heat Totals:	654	85	
	Finish Time			07:22 PM _____





Session: 2 Saturday Morning - 15 May 2010
Day of Meet: 2 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Events 21 & 22 have a 10:00 AM check in deadline!

Round	Event	Entries	Heats	Starts at
Finals	9 Girls 12 & Under 200 Medley Relay	17	3	09:00 AM _____
Finals	10 Boys 12 & Under 200 Medley Relay	10	2	09:11 AM _____
Finals	11 Girls 12 & Under 100 Butterfly	60	8	09:18 AM _____
Finals	12 Boys 12 & Under 100 Butterfly	41	6	09:34 AM _____
Finals	13 Girls 12 & Under 50 Breaststroke	74	10	09:46 AM _____
Finals	14 Boys 12 & Under 50 Breaststroke	57	8	09:59 AM _____
Finals	15 Girls 12 & Under 50 Freestyle	100	13	10:09 AM _____
Finals	16 Boys 12 & Under 50 Freestyle	78	10	10:21 AM _____
Finals	17 Girls 12 & Under 200 Breaststroke	50	7	10:31 AM _____
Finals	18 Boys 12 & Under 200 Breaststroke	19	3	11:00 AM _____
Finals	19 Girls 12 & Under 100 Backstroke	87	11	11:12 AM _____
Finals	20 Boys 12 & Under 100 Backstroke	74	10	11:37 AM _____
Finals	21 Girls 12 & Under 400 IM	23	3 u	12:00 PM _____
Finals	22 Boys 12 & Under 400 IM	14	2 u	12:19 PM _____
	Swimmer Count for Warm-ups: 229	=====	=====	
	Entry / Heat Totals:	704	96	
	Finish Time			12:33 PM _____



Session: 3 Saturday Afternoon - 15 May 2010
Day of Meet: 2 Starts at 01:40 PM Heat Interval: 15 Seconds / Back +15 Seconds

**Events 35 & 36 have a check in deadline
of one hour after the competition begins!**

Round	Event	Entries	Heats	Starts at
Finals	23 Girls 13-14 200 Medley Relay	14	2	01:40 PM _____
Finals	24 Boys 13-14 200 Medley Relay	11	2	01:47 PM _____
Finals	25 Girls 15 & Over 200 Medley Relay	15	2	01:53 PM _____
Finals	26 Boys 15 & Over 200 Medley Relay	10	2	01:59 PM _____
Finals	27 Girls 13 & Over 200 Butterfly	81	11	02:05 PM _____
Finals	28 Boys 13 & Over 200 Butterfly	56	7	02:40 PM _____
Finals	29 Girls 13 & Over 100 Breaststroke	146	19	03:04 PM _____
Finals	30 Boys 13 & Over 100 Breaststroke	129	17	03:39 PM _____
Finals	31 Girls 13 & Over 50 Freestyle	206	26	04:09 PM _____
Finals	32 Boys 13 & Over 50 Freestyle	164	21	04:30 PM _____
Finals	33 Girls 13 & Over 100 Backstroke	173	22	04:47 PM _____
Finals	34 Boys 13 & Over 100 Backstroke	131	17	05:29 PM _____
Finals	35 Girls 13 & Over 400 IM	102	13 _u	06:01 PM _____
Finals	36 Boys 13 & Over 400 IM	77	10 _u	07:21 PM _____
	Swimmer Count for Warm-ups: 453	=====	=====	
	Entry / Heat Totals:	1,315	171	
	Finish Time			08:21 PM _____





Session: 4 Sunday Morning - 16 May 2010
Day of Meet: 3 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	37 Girls 12 & Under 200 Freestyle Relay	16	2	09:00 AM _____
Finals	38 Boys 12 & Under 200 Freestyle Relay	11	2	09:06 AM _____
Finals	39 Girls 12 & Under 200 Butterfly	19	3	09:12 AM _____
Finals	40 Boys 12 & Under 200 Butterfly	11	2	09:23 AM _____
Finals	41 Girls 12 & Under 50 Backstroke	65	9	09:31 AM _____
Finals	42 Boys 12 & Under 50 Backstroke	58	8	09:43 AM _____
Finals	43 Girls 12 & Under 50 Butterfly	61	8	09:54 AM _____
Finals	44 Boys 12 & Under 50 Butterfly	49	7	10:04 AM _____
Finals	45 Girls 12 & Under 200 Backstroke	39	5	10:11 AM _____
Finals	46 Boys 12 & Under 200 Backstroke	29	4	10:31 AM _____
Finals	47 Girls 12 & Under 100 Freestyle	74	10	10:47 AM _____
Finals	48 Boys 12 & Under 100 Freestyle	69	9	11:04 AM _____
Finals	49 Girls 12 & Under 100 Breaststroke	50	7	11:20 AM _____
Finals	50 Boys 12 & Under 100 Breaststroke	39	5	11:36 AM _____
Finals	51 Girls 12 & Under 200 Freestyle	61	8	11:47 AM _____
Finals	52 Boys 12 & Under 200 Freestyle	48	6	12:14 PM _____
	Swimmer Count for Warm-ups: 227	=====	=====	
	Entry / Heat Totals:	699	95	
	Finish Time			12:35 PM _____





Session: 5 Sunday Afternoon - 16 May 2010
Day of Meet: 3 Starts at 01:40 PM Heat Interval: 15 Seconds / Back +15 Seconds

Events 65 & 66 require a positive check in.
Deadline will be determined by the meet referee.
Listen for announcements.

Round	Event	Entries	Heats	Starts at
Finals	53 Girls 13-14 200 Freestyle Relay	13	2	01:40 PM _____
Finals	54 Boys 13-14 200 Freestyle Relay	10	2	01:46 PM _____
Finals	55 Girls 15 & Over 200 Freestyle Relay	17	3	01:51 PM _____
Finals	56 Boys 15 & Over 200 Freestyle Relay	10	2	01:58 PM _____
Finals	57 Girls 13 & Over 200 Breaststroke	102	13	02:02 PM _____
Finals	58 Boys 13 & Over 200 Breaststroke	88	11	02:49 PM _____
Finals	59 Girls 13 & Over 100 Freestyle	179	23	03:28 PM _____
Finals	60 Boys 13 & Over 100 Freestyle	164	21	04:02 PM _____
Finals	61 Girls 13 & Over 200 Backstroke	114	15	04:31 PM _____
Finals	62 Boys 13 & Over 200 Backstroke	90	12	05:23 PM _____
Finals	63 Girls 13 & Over 100 Butterfly	134	17	06:05 PM _____
Finals	64 Boys 13 & Over 100 Butterfly	112	14	06:33 PM _____
Finals	65 Girls 13 & Over 200 Freestyle	178	23 u	06:55 PM _____
Finals	66 Boys 13 & Over 200 Freestyle	139	18 u	07:58 PM _____
	Swimmer Count for Warm-ups: 453	=====	=====	
	Entry / Heat Totals:	1,350	176	
	Finish Time			08:46 PM _____