SOUTHWEST OHIO YMCA SWIMMING LEAGUE
2009 LONG COURSE CHAMPIONSHIPS
Friday, July 10, 2009

A.M. Session

Girls	Event	Boys
101	Senior 800 Free Relay*	102
103	11 - 12 200 IM	104
105	13 - 14 200 IM	106
107	15 & Over 200 IM	108
109	11 - 12 50 Free	110
111	13 - 14 50 Free	112
113	15 & Over 50 Free	114
115	11 - 12 50 Breast	116
117	13 - 14 50 Breast	118
119	15 & Over 50 Breast	120
121	11-12 100 Fly	122
123	13-14 100 Fly	124
125	15 & Over 100 Fly	126
127	Senior 200 Back #	128
129	Senior 400 Free &	130

Finals Session

Girls	Event	Boys
101	Senior 800 Free Relay*	102
103	11 - 12 200 IM	104
105	13 - 14 200 IM	106
107	15 & Over 200 IM	108
109	11 - 12 50 Free	110
111	13 - 14 50 Free	112
113	15 & Over 50 Free	114
115	11 - 12 50 Breast	116
117	13 - 14 50 Breast	118
119	15 & Over 50 Breast	120
121	11-12 100 Fly	122
123	13-14 100 Fly	124
125	15& Over 100 Fly	126
127	13-14 200 Back	128
127	Senior 200 Back	128
129	11-12 400 Free	130
129	13-14 400 Free	130
129	15 & Over 400 Free	130

Saturday, July 11, 2009

A.M. Session

Girls	Event	Boys
201	Senior 200 Free Relay*	202
203	13 - 14 200 Free Relay*	204
205	11 - 12 200 Free Relay*	206
207	15 & Over 100 Breast	208
209	13-14 100 Breast	210
211	11-12 100 Breast	212
213	Senior 200 Fly #	214
215	11-12 100 Free	216
217	13-14 100 Free	218
219	15 & Over 100 Free	220
221	11-12 100 Back	222
223	13-14 100 Back	224
225	15 & Over 100 Back	226
227	11-12 50 Fly	228
229	13-14 50 Fly	230
231	15 & Over 50 Fly	232
233	Senior 400 Medley Relay*	234
235	Senior 800 Free *	236

Finals Session

Girls	Event	Boys
235	Senior 800 Free *	236
201	Senior 200 Free Relay*	202
203	13 - 14 200 Free Relay*	204
205	11 - 12 200 Free Relay*	206
207	15 & Over 100 Breast	208
209	13-14 100 Breast	210
211	11-12 100 Breast	212
213	13-14 200 Fly	214
213	Senior 200 Fly	214
215	11-12 100 Free	216
217	13-14 100 Free	218
219	15 & Over 100 Free	220
221	11-12 100 Back	222
223	13-14 100 Back	224
225	15 & Over 100 Back	226
227	11-12 50 Fly	228
229	13-14 50 Fly	230
231	15 & Over 50 Fly	232
233	Senior 400 Medley Relay*	234

P.M. Session

	Event	
237	9 - 10 100 Free	238
239	8 & Under 50 Back	240
241	9 - 10 50 Back	242
243	8 & Under 100 Free	244
245	9 - 10 50 Free	246
247	9 - 10 200 IM	248
249	8 & Under 200 Free Relay	250
251	9 - 10 200 Free Relay	252

***** Indicates Timed Final Event with one heat in finals

# indicates that the event will be split into 13-14 and senior for finals

& The event will be split into 11-12, 13-14, 15 & Over for finals

SOUTHWEST OHIO YMCA SWIMMING LEAGUE
2008 LONG COURSE CHAMPIONSHIPS
Sunday, July 12, 2009

A.M. Session

Girls	Event	Boys
301	15 & O 200 Medley Relay*	302
303	13 - 14 200 Medley Relay*	304
305	11 - 12 200 Medley Relay*	306
307	15 & Over 200 Free	308
309	13-14 200 Free	310
311	11-12 200 Free	312
313	Senior 400 IM #	314
315	11-12 50 Back	316
317	13 -14 50 Back	318
319	15 & Over 50 Back	320
321	Senior 200 Breast #	322
	10 Minute Break	
323	15 & Over 400 Free Relay*	324
	10 Minute Break	
325	Senior 1500 Free *	326

Finals Session

Girls	Event	Boys
325	Senior 1500 Free*	326
301	15 & O 200 Medley Relay*	302
303	13 - 14 200 Medley Relay*	304
305	11 - 12 200 Medley Relay*	306
307	15 & Over 200 Free	308
309	13-14 200 Free	310
311	11-12 200 Free	312
313	13-14 400 IM	314
313	Senior 400 IM	314
315	11-12 50 Back	316
317	13 -14 50 Back	318
319	15 & Over 50 Back	320
321	13-14 200 Breast	322
321	Senior 200 Breast	322
323	15 & Over 400 Free Relay*	324

P.M. Session

Girls	Event	Boys
327	8 & Under 50 Free	328
329	9 - 10 200 Free	330
331	8 & Under 50 Breast	332
333	9 - 10 50 Breast	334
335	8 & Under 50 Fly	336
337	9 - 10 50 Fly	338
339	8 & Under 200 Medley Relay	340
341	9 - 10 200 Medley Relay	342
401	Open 400 Fly Relay Only Swimmers	402

* Indicates Timed Final Event with one heat swimming in finals

\# Indicates that the event will be split into 13-14 and 15 & Over for finals