

REVISED 02/05/10

8 & Under Events Now are Part of Morning Sessions – Morning Sessions are Renumbered
All Sessions have New Warm-up and Meet Times

NEW ENGLAND REGIONAL MEET 2010
HOSTED BY NCAC AT THE UPPER VALLEY AQUATIC CENTER, WHITE RIVER JUNCTION, VT
ORDER OF EVENTS

GIRLS		FRIDAY 2/12: SESSION 1				BOYS	
Slower than	Cut Time	#	Age	than	#	Cut time	Slower than
				Warm-ups: 5:30-6:30 PM Meet: 6:30 PM			
2:54.99	3:31.99	1	9-10	200 IM	2	3:27.89	2:56.29
2:34.99	3:06.69	3	11-12	200 IM	4	3:04.49	2:33.89
2:24.99	2:57.49	5	13-14	400 IM	6	2:54.19	2:17.79
4:59.29	5:19.79	7	15-19	400 IM	8	5:30.19	4:37.09
2:53.59	3:23.49	9	11-12	200 Breast	10	3:22.29	2:58.69
2:34.39	3:17.29	11	9-10	200 Free	12	3:15.19	2:35.39
6:00.89	7:05.49	13	11-12	500 Free	14	7:00.89	5:59.99
5:38.29	6:39.99	15	13-14	500 Free	16	6:35.39	5:25.29
5:31.79	6:08.29	17	15-19	500 Free	18	5:52.29	5:10.79

GIRLS		SATURDAY 2/13: SESSION 2				BOYS	
Slower than	Cut Time	New (old)	Age	than	New (old)	Cut time	Slower than
				Warm-ups: 9:00-10:00 AM Meet: 10:00 AM			
1:23.19	2:20.00	19 (41)	8 & U	100 IM	20 (42)	2:20.00	1:23.59
2:07.09	2:23.49	21 (19)	13-14	200 Free	22 (20)	2:24.59	2:00.59
32.39	1:00.00	23 (43)	8 & U	50 Free	24 (44)	1:00.00	32.29
1:21.69	1:49.09	25 (21)	9-10	100 Back	26 (22)	1:46.79	1:22.49
1:05.89	1:25.39	27 (23)	13-14	100 Back	28 (24)	1:24.99	1:02.19
	35.00	29 (45)	8 & U	25 Fly	30 (46)	35.00	
37.09	55.59	31 (25)	9-10	50 Fly	32 (26)	55.29	37.19
2:24.39	2:53.29	33 (27)	13-14	200 Fly	34 (28)	2:44.09	2:20.99
	40.00	35 (47)	8 & U	25 Breast	36 (48)	40.00	
41.99	1:00.69	37 (29)	9-10	50 Breast	38 (30)	1:00.09	43.39
2:42.59	3:14.09	39 (31)	13-14	200 Breast	40 (32)	3:05.79	2:37.29
38.19	1:10.00	41 (49)	8 & U	50 Back	42 (50)	1:10.00	38.39
31.79	49.49	43 (33)	9-10	50 Free	44 (34)	49.59	31.89
27.09	31.39	45 (35)	13-14	50 Free	46 (36)	32.09	25.49
		47 (51)	8 & U	100 Free Relay	48 (52)		
		49 (37)	9-10	200 Medley Relay	50 (38)		
		51 (39)	13-14	200 Medley Relay	52 (40)		

GIRLS		SATURDAY 2/13: SESSION 3				BOYS	
Slower than	Cut Time	#	Age	than	#	Cut time	Slower than
				Warm-ups: 1:00-1:15 PM Meet: 1:15 PM			
19:21.69	21:21.19	79	13-14	1650 Free	80	20:25.19	18:40.79
18:58.69	19:56.89	81	15-19	1650 Free	82	19:04.19	18:00.19

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GIRLS		SUNDAY 2/14: SESSION 6				BOYS	
Slower than	Cut Time	Warm-ups: 1:30-2:30 PM		Meet: 2:30 PM		Slower than	Cut time
		#	Age	than	#		
28.79	35.89	119	11-12	50 Free	120	36.79	28.09
2:02.99	2:21.49	121	15-19	200 Free	122	2:15.99	1:53.99
2:35.99	2:54.39	123	11-12	200 Fly	124	2:55.89	2:38.29
1:03.29	1:14.99	125	15-19	100 Fly	126	1:12.09	57.99
37.09	47.99	127	11-12	50 Breast	128	49.09	37.19
26.39	29.99	129	15-19	50 Free	130	27.99	23.79
1:01.79	1:18.99	131	11-12	100 Free	132	1:21.79	1:01.59
2:17.89	2:35.79	133	15-19	200 Back	134	2:28.09	2:07.09
1:12.79	1:32.19	135	11-12	100 Back	136	1:31.49	1:12.19
2:37.99	2:56.59	137	15-19	200 Breast	138	2:42.19	2:23.89
31.89	43.79	139	11-12	50 Fly	140	43.79	31.89
		141	15-19	200 Free Relay	142		
		143	11-12	200 Free Relay	144		