

Stingray Winter Invite January 16-18, 2009 – Rock Hill, SC

Meet Fee's:

Surcharge: \$9.00

10 & Under- \$2.50/event

11 & Over- \$3.00/event

Meet Format:

10 & Under- Timed Finals

Swimmers may swim 4 events/day

11 & Over- Prelims/Finals

Swimmers may swim 3 events/day

Friday PM (Timed Finals)

Warm-ups: 3:45 Meet: 5:00

1	Open 400 IM	2
3	11-12 200 IM	4
5	Open 500 Free	6
7	11-12 500 Free	8

Saturday/Sunday AM Session (Prelims)

Warm-ups: 6:45 am Meet: 8:30 am

Saturday AM Session (prelims)

9/11	13-14/ Senior 200 IM	10/12
13/15	13-14/Senior 100 Free	14/16
17/19	13-14/Sen 200 Fly	18/20
21/23	13-14/Sen 100 Breast	22/24
25/27	13-14/Senior 200 Back	26/28
29	Open 1000 Free	30

Sunday AM Session (prelims)

61	13-14/Senior 100 Back	62
63	13-14/Senior 200 Free	64
65	13-14/Senior 100 Fly	66
67	13-14/Sen 200 Breast	68
69	13-14/Senior 50 Free	70

Saturday/Sunday PM Session

Warm-ups: 11:45 Meet: 1:00

Saturday PM Session

31/33	11-12/10 & Und 200 Fr Rel	32/34
35	10 & Under 200 IM	36
37	11-12 100 Back	38
39	10 & Under 100 Back	40
41	11-12 50 Free	42
43	10 & Under 50 Free	44
45	11-12 100 Fly	46
47	10 & Under 100 Fly	48
49	11-12 50 Breast	50
51	10 & Under 50 Breast	52
53	11-12 100 Free	54
55	10 & Under 100 Free	56

Sunday PM Session

101/103	11-12/10&Und 200 MedRel	102/104
81	11-12 200 Free	82
83	10 & Under 200 Free	84
85	11-12 50 Fly	86
87	10 & Under 50 Fly	88
89	11-12 100 Breast	90
91	10 & Under 100 Breast	92
93	11-12 50 Back	94
95	10 & Under 50 Back	96
97	11-12 100 IM	98
99	10 & Under 100 IM	100
105	10 & Under 500 Free	106