

RMY FALL INVITATIONAL
The Harrison Family YMCA
PO Box 4063
Rocky Mount, NC 27803
HOST TEAM: Rocky Mount Family YMCA RACERS

SITE INFORMATION: Pool: 25 yard, 8 lanes with non-turbulent lane ropes. Lanes are 7 feet wide. Depth at starting end of pool is 9 feet with Spectrum Bighorn starting blocks, Daktronics electronic timing system with 8 lane scoreboard. Recreation pool will be available for continuous warm-up and swim down.

FACILITY: From I-95, take Hwy64 East, exit at Centura Hwy/Church St. and go North, turn left onto Independence Dr. just past RMHS Football Stadium and in front of the RBC building, Harrison Family YMCA is on the right.

Entry Fee: One Day: \$39 Two Day: \$49

Invited: All Currents Swimmers

TIME SCHEDULE (Sat & Sun): 10 & Under session- Warm-ups begin at 8:00AM. Timed finals at 9:00AM. 11 & Over session - Warm-ups will begin not before 12:00PM or immediately after the conclusion of the morning session, whichever is later. Timed finals will begin 1 hour later.

ORDER OF EVENTS

RMY Fall INVITATIONAL

SATURDAY September 19, 2009

MORNING SESSION 1

Timed Finals: Warm-ups at 8:00 am, Competition at 9:00 am

Women Men

1 8 & Under 100 Medley Relay 2

3 10 & Under 200 Medley Relay 4 5 8 & Under 25 Free 6

7 10 & Under 50 Free 8

9 8 & Under 50 Back 10

11 10 & Under 100 Back 12

13 8 & Under 25 Fly 14

15 10 & Under 50 Fly 16

17 8 & Under 50 Breast 18

19 10 & Under 100 Breast 20

21 8 & Under 100 Free 22

23 10 & Under 200 Free 24

AFTERNOON SESSION 2

Warm-ups not before 12:00 PM, Timed Finals one hour later

Women Men

25 11-12 200 Medley Relay 26

27 Open 200 Medley Relay 28

29 11-12 50 Free 30

31 Open 50 Free 32

33 11-12 100 Back 34

35 Open 200 Back 36

37 11-12 50 Fly 38

39 Open 100 Fly 40

41 11-12 100 Breast 42

43 Open 200 Breast 44

45 11-12 200 Free 46

47 Open 200 Free 48

ORDER OF EVENTS

RMY FALL INVITATIONAL

SUNDAY September 20, 2009

MORNING SESSION 1

Timed Finals: Warm-ups at 8:00 am, Competition at 9:00 am

Women Men

49 8 & Under 100 Free Relay 50

51 10 & Under 200 Free Relay 52

53 8 & Under 50 Fly 54

55 10 & Under 100 Fly 56

57 8 & Under 100 IM 58

59 10 & Under 100 IM 60

61 8 & Under 25 Breast 62

63 10 & Under 50 Breast 64

65 8 & Under 50 Free 66

67 10 & Under 100 Free 68

69 8 & Under 25 Back 70

71 10 & Under 50 Back 72

AFTERNOON SESSION 2

Warm-ups not before 12:00 PM, Timed Finals one hour later

Women Men

73 11-12 200 Free Relay 74

75 Open 200 Free Relay 76

77 11-12 100 Fly 78

79 Open 200 Fly 80

81 11-12 200 IM 82

83 Open 200 IM 84

85 11-12 50 Breast 86

87 Open 100 Breast 88

89 11-12 100 Free 90

91 Open 100 Free 92

93 11-12 50 Back 94

95 Open 100 Back 96

97 Open 500 Free