

IRISH AQUATICS SUMMER SPECTACULAR

July 9 – 11, 2010

Girl's Event #	EVENT	Boy's Event #
	<b><u>SESSION 1: FRIDAY AFTERNOON</u></b>	
1	OPEN 1500 Free	2
	<b><u>SESSION 2: FRIDAY LATE AFTERNOON</u></b>	
3	10 & Under 200 I.M.	4
5	11-12 200 I.M.	6
7	10 & Under 200 Free	8
9	11-12 400 Free	10
	<b><u>SESSION 3: FRIDAY EVENING</u></b>	
11	13-14 50 Free	12
13	OPEN 50 Free	14
15	13-14 400 I.M.	16
17	OPEN 400 I.M	18
	<b><u>SESSION 4: SATURDAY A.M</u></b>	
XXX	11-12 <b>BOYS ONLY 200 FREE</b>	20
21	10 & Under 50 Breaststroke	22
23	11-12 50 Breaststroke	24
25	10 & Under 100 Backstroke	26
27	11-12 100 Backstroke	28
29	10 & Under 50 Free	30
31	11-12 50 Free	32
33	10 & Under 100 Fly	34
35	11-12 100 Fly	36
37	10 & Under 200 Medley Relay	38
39	11-12 200 Medley Relay	40
	<b><u>SESSION 5: SATURDAY P.M.</u></b>	
41	13-14 200 I.M	42
43	OPEN 200 I.M.	44
45	13-14 100 Free	46
47	OPEN 100 Free	48
	<b><u>10 Minute Warm-up</u></b>	
49	13-14 200 Backstroke	50
51	OPEN 200 Backstroke	52
53	13-14 200 Fly	54
55	OPEN 200 Fly	56
57	13-14 100 Breaststroke	58
59	OPEN 100 Breaststroke	60
61	13-14 400 Medley Relay	62
63	OPEN 400 Medley Relay	64
	<b><u>10 Minute Warm-up</u></b>	
65	13-14 400 FREE	66

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Girl's Event #	EVENT	Boy's Event #
	<b><u>SESSION 6: SUNDAY A.M.</u></b>	
67	11-12 <b>GIRLS ONLY 200 FREE</b>	XXX
69	10 & Under 50 Fly	70
71	11-12 50 Fly	72
73	10 & Under 100 Breaststroke	74
75	11-12 100 Breaststroke	76
77	10 & Under 50 Backstroke	78
79	11-12 50 Backstroke	80
81	10 & Under 100 Free	82
83	11-12 100 Free	84
85	10 & Under 200 Free Relay	86
87	11-12 200 Free Relay	88
	<b><u>SESSION 7: SUNDAY P.M.</u></b>	
89	13-14 200 Free	90
91	OPEN 200 Free	92
93	13-14 200 Breaststroke	94
95	OPEN 200 Breaststroke	96
	<b><u>10 Minute Warm-up</u></b>	
97	13-14 100 Fly	98
99	OPEN 100 Fly	100
101	13-14 100 Backstroke	102
103	OPEN 100 Backstroke	104
105	13-14 400 Free Relay	106
107	OPEN 400 Free Relay	108
	<b><u>10 Minute Warm-up</u></b>	
109	OPEN 400 Free	110

**WARM-UP SCHEDULE** (All times are Eastern Daylight Savings Time. South Bend is one hour ahead of Chicago and NW Indiana)

**FRIDAY AFTERNOON**

Session 1

Doors open at 1:00 p.m.  
1500 Warm-ups: 1:15 – 1:45 p.m.  
1500 begins at 2:00 p.m.

**FRIDAY LATE AFTERNOON**

(12 & Under)

Session 2

Warm-ups: 3:45 p.m. - 4:25 p.m.  
Meet begins: 4:30 p.m.

**FRIDAY EVENING (13 & OVER):**

Session 3

Warm-ups: Upon the conclusion of Session 2, but not before 6:15 p.m.  
Meet begins: Not before 7:00 p.m.

**SATURDAY & SUNDAY A.M.:**

(12 & Under)

Doors open at 6:45 a.m.  
Warm-ups: 7:00 - 7:50 a.m.  
Meet begins at 8:00 a.m.

**SATURDAY & SUNDAY P.M.:**

(13-14 and Open)

Warm-ups: Not before 12:00 Noon  
Meet begins: Not before 1:00 P.M.