

North Shore Swim Club

Distance & Specialty Meet

Salem State College, Salem Ma.

Saturday, October 10, 2009

Sanctioned by NE Swimming # NE-09- , NE-09-

SATURDAY MORNING

Warm Up: 8:15 AM, Start 9:00 AM (Changed)

GIRLS EVENTS

BOYS EVENTS

1	Open 500 Free **	2
3	Open 1000 Free **	4
5	Open 400 IM **	6

SATURDAY AFTERNOON

Warm Up: 12:00 PM, Start 12:45 PM (Changed)

GIRLS EVENTS

BOYS EVENTS

7	8 & Under 25 Free	8
9	9-12 50 Free	10
11	13 & Over 100 Free	12
13	8 & Under 25 Fly	14
15	9-12 50 Fly	16
17	13 & Over 100 Fly	18
19	8 & Under 25 Back	20
21	9-12 50 Back	22
23	13 & Over 100 Back	24
25	8 & Under 25 Breast	26
27	9-12 50 Breast	28
29	13 & Over 100 Breast	30
31	12 & Under 200 Free **	32
33	13 & Over 200 Free **	34

** Events will be cut to conform to the NE session guidelines