

Estimated Time Line and Admin Notes
2010 Q-Meet for Southern California Grand Prix
Hosted by the Beach Swim Club

Estimated time line is based on NO scratches. The meet will NOT be delayed to meet the time line. Swimmers must be prepared to swim at the beginning of their race. Parents should plan on arriving early to the pool, to ensure swimmers do not miss their events.

Prelim and Finals sessions will be seeded in eight (8) lanes.

The National Finals Scratch Procedure will be used. Swimmers have 30 minutes to declare their intent to scratch once results of prelims are read; otherwise, they will be seeded into Finals.

A LIMITED NUMBER OF PARKING PASSES WILL BE AVAILABLE FOR \$9.00 per day

Friday, January 8, 2010

General warm up start:	4:00 pm
1000 Freestyle start:	5:30 pm
Finals session estimated completion:	6:27 pm

Saturday, January 9, 2010

Prelim general warm up start:	7:00 am
Prelim session start:	9:00 am
200 Freestyle	9:00 am
400 Individual Medley	9:51 am
200 Butterfly	10:23 am
50 Freestyle	10:45 am
200 Backstroke	11:08 am
100 Breaststroke	11:43 am

Prelim session estimated completion: 12:09 pm

Finals session general warm up start:	3:30 pm
Finals session start: approx	5:00 pm
Finals session estimated completion:	6:15 pm

Sunday, January 10, 2010

General warm up start:	7:00 am
Prelim session start:	9:00 am
200 Individual Medley	9:00 am
100 Freestyle	9:40 am
100 Butterfly	10:10 am
500 Freestyle	10:35 am
200 Breaststroke	11:45 am
100 Backstroke	12:25 pm

1650 Freestyle estimated start:	1:00 pm
Prelim session estimated completion:	1:20 pm

Finals session general warm up start:	3:30 pm
Finals session start approx.	5:00 pm
Finals session estimated completion:	6:52 pm

DISTANCE EVENTS: The 1000 and 1650 Freestyle are 'timed finals' with all age groups combined and standard

seeding. Events will be swum fastest to slowest, alternating women's and men's heats. Swimmers must provide one (1) timer, to time a minimum of three (3) heats, in order to compete in these events. The fastest 8 swimmers who check in for the 1650 freestyle will swim in finals in event order.

NEW QUALIFYING TIMES FOR SOUTHERN CALIFORNIA GRAND PRIX:

Swimmers achieving NEW qualifying times for the Southern California Grand Prix MUST submit entries with the appropriate fees to the Administrative Referee before the end of the meet.