

2010 Central Region Short Course Championships

Date: February 4-7, 2010

Location: Etobicoke Olympium
590 Rathburn Road, Etobicoke

Scratch deadline: Monday February 1st

THURSDAY February 4

11 & over girls/12 & over boys

Warm-up: 4:30pm
Start: 5:30pm

800 Free

FRIDAY February 5

All age groups

Warm-up: 4:30 pm
Start: 5:30 pm

200 IM (13-14 girls, 14-15 boys)
400 Free

SATURDAY February 6

13&O girls/14&O boys

14 & over Boys
Warm-up: 7:00am
Start: 8:00am

100 Free
200 Breast
100 Back
200 Fly
4x50 Free Realy
400 IM

12&U girls/13&U boys

Warm-up: 12:00pm
Start: 1:0pm

200 IM
100 Free
50 Breast (G10&U/B11&U)
200 Breast (G11&O/B12&O)
100 Back
100 Fly (G10&U/B11&U)
200 Fly (G11&O/B12&O)
4x50 free Relay

Finals

13& over girls/14&over boys
Warm-up: 5:00pm
Start: 6:00 pm

200 IM
100 Free
200 Breast
100 Back
200 Fly

SUNDAY February 7

13&O girls/14&O boys

Warm-up: 7:00am
Start: 8:00am

200 Free
100 Fly
200 Back
100 Breast
50 Free
4x50 Medley Relay
1500 Free

12&U girls/13&U boys

Warm-up: 12:00pm
Start: 1:00pm

200 Free
50 Fly (G10&U/B11&U)
100 Fly (G11&O/B12&O)
200 Back
100 Breast
50 Free
4x50 Medley Relay
100 IM (G10&U/B11&U)
400 IM (G11&O/B12&O)

Finals

13& over girls/14&over boys
Warm-up: 5:00pm
Start: 6:00 pm

200 Free
100 Fly
200 Back
100 Breast
50 Free