

SCHEDULE OF EVENTS
2006 VIRGINIA SHORT COURSE SENIOR CHAMPIONSHIPS

Please use the time standards listed below.

| WOMEN | Qualifying Times | | | THURSDAY, MARCH 9, 2006 | Qualifying Times | | | MEN |
|-------|------------------|----------|----------|----------------------------|------------------|----------|----------|-----|
| | SCY | SCM | LCM | EVENT | LCM | SCM | SCY | |
| 1 | | | | 200 Y MED REL* | | | | 2 |
| 3 | 19:08.99 | 19:02.29 | 19:37.19 | 1650 Y/1500 M FREE* | 18:34.49 | 17:54.69 | 18:00.99 | 4 |
| 5 | | | | 200 Y FREE REL* | | | | 6 |

All events swum in order as timed finals: 1, 2, 3&4 simultaneously, Awards (1, 2), 5, 6 Awards (3, 4)

*Requires positive check in to swim

| WOMEN | Qualifying Times | | | FRIDAY, MARCH 10, 2006 | Qualifying Times | | | MEN |
|-------|------------------|---------|---------|-----------------------------------|------------------|---------|---------|-----|
| | SCY | SCM | LCM | EVENT | LCM | SCM | SCY | |
| 7 | 2:05.99 | 2:19.19 | 2:23.19 | 200 Y FREE | 2:13.19 | 2:07.89 | 1:55.79 | 8 |
| 9 | 1:13.19 | 1:20.89 | 1:24.09 | 100 Y BREAST | 1:17.19 | 1:13.29 | 1:06.29 | 10 |
| 11 | 1:04.09 | 1:10.79 | 1:12.69 | 100 Y FLY | 1:06.19 | 1:04.09 | 57.99 | 12 |
| 13 | 5:00.99 | 5:32.59 | 5:41.69 | 400 Y IM | 5:16.19 | 5:06.09 | 4:37.09 | 14 |
| 15 | | | | 800 Y FREE REL[†] | | | | 16 |

Order of finals: 7, 8, 9, 10, Awards (5-8), 11, 12, 13, 14, Awards (9-12), 15, 16, Awards (13-14)

[†]Requires positive check-in to swim; fastest two heats swim in finals

| WOMEN | Qualifying Times | | | SATURDAY, MARCH 11, 2006 | Qualifying Times | | | MEN |
|-------|------------------|---------|---------|----------------------------------|------------------|---------|---------|-----|
| | SCY | SCM | LCM | EVENT | LCM | SCM | SCY | |
| 17 | 2:20.49 | 2:35.19 | 2:37.79 | 200 Y FLY | 2:25.89 | 2:22.29 | 2:08.79 | 18 |
| 19 | 26.99 | 29.89 | 30.89 | 50 Y FREE | 28.09 | 26.89 | 24.29 | 20 |
| 21 | 2:37.79 | 2:54.39 | 3:00.59 | 200 Y BREAST | 2:46.99 | 2:38.99 | 2:23.89 | 22 |
| 23 | 1:04.89 | 1:11.69 | 1:14.99 | 100 Y BACK | 1:08.69 | 1:04.89 | 58.79 | 24 |
| 25 | 5:33.79 | 4:52.19 | 4:59.19 | 500 Y/400 M FREE | 4:41.09 | 4:32.79 | 5:11.69 | 26 |
| 27 | | | | 400 Y MED REL[†] | | | | 28 |

Order of Finals: 17, 18, Awards (15-16), 19, 20, Awards (17-18), Break (5 min), 21, 22, 23, 24, Awards (19-22), 25, 26, Break (5 min), 27, 28, Awards (23-26)

[†]Requires positive check-in to swim; fastest two heats swim in finals

| WOMEN | Qualifying Times | | | SUNDAY, MARCH 12, 2006 | Qualifying Times | | | MEN |
|-------|------------------|----------|----------|--------------------------------------|------------------|---------|----------|-----|
| | SCY | SCM | LCM | EVENT | LCM | SCM | SCY | |
| 29 | 2:19.79 | 2:34.49 | 2:40.29 | 200 Y BACK | 2:27.89 | 2:20.49 | 2:07.09 | 30 |
| 31 | 58.59 | 1:04.69 | 1:06.69 | 100 Y FREE | 1:01.39 | 58.69 | 53.09 | 32 |
| 33 | 2:22.19 | 2:37.09 | 2:41.09 | 200 Y IM | 2:30.59 | 2:23.69 | 2:09.99 | 34 |
| 35 | | | | 400 Y FREE REL[†] | | | | 36 |
| 37 | 11:25.99 | 10:00.39 | 10:15.19 | 1000 Y/800 M FREE[‡] | 9:39.39 | 9:23.79 | 10:44.19 | 38 |

Order of Finals: 37, 38, Awards (27-28), 29, 30, Awards (37-38), 31, 32, Awards (29-30), Break (5 min), 33, 34, Awards (31-32), 35, 36, Awards (33-36)

[†]Requires positive check-in to swim; fastest two heats swim in finals

[‡]Requires positive check in to swim; fastest heat swims in finals

Note: For planning purposes, awards for two events are approximately equal to a five minute break and awards for four events are approximately equal to a ten minute break.

All time standards are 15-16 Top 16 Based AA (2005-2008 NAG Motivational Times)