



2009 NCSA Junior National Swimming Championships

**Meet Information Guide
Spring Championships - Orlando, FL
March 17-21, 2009**



Sandshark Junior Meet Info.

Hotel: *Staybridge Suites*
8480 INTERNATIONAL DRIVE
ORLANDO, FL 32819
Tel: 1-407-3522400

Cost: Hotel\$275.00
Food..... \$50.00
Rental Car.....\$75.00
Gas.....\$50.00
Total.....\$450.00 **Make** Check to SSS/ JRS in the memo

Itinerary

Monday March 16, 2009

7:30am meet at Enterprise Rental
5:00pm arrive in Orlando check-in to hotel
6:00pm pool practices
7:30pm dinner (out)

Sunday March 22, 2009

8:30am leave
6-7:00pm return

Reminder

- Team attrite always.
- Money for one meal out a day (most likely lunch)
- Sneaker will be worn to pool at all times on flip-flops



2009 NCSA JUNIOR NATIONAL SWIMMING CHAMPIONSHIPS

Meet Format

Spring Championships - Orlando, FL

March 17-21, 2009

Tuesday March 17	Wednesday March 18	Thursday March 19	Friday March 20	Saturday March 21
Afternoon Session Warm-Up: 2:30-3:45 Start Time: 4:00	Morning Session Warm-Up: 07:30-08:45 Start: 9:00	Morning Session Warm-Up: 07:30-08:45 Start: 9:00	Morning Session Warm-Up: 07:30-08:45 Start: 9:00	Morning Session Warm-Up: 07:30-08:45 Start: 9:00
SHORT COURSE DAY 1. W 1650 freestyle TF 2. M 1000 freestyle TF 3. W 4 x 50 MR TF 4. M 4 x 50 MR TF	SHORT COURSE 5. W 100 Freestyle H 6. M 100 Freestyle H 7. W 100 Breaststroke H 8. M 100 Breaststroke H 9. W 200 Backstroke H 10. M 200 Backstroke H 11. W 200 Butterfly H 12. M 200 Butterfly H 13. W 4x200 FR H 14. M 4x200 FR H	SHORT COURSE 15. W 50 Butterfly H 16. M 50 Butterfly H 17. W 50 Breaststroke H 18. M 50 Breaststroke H 19. W 200 Freestyle H 20. M 200 Freestyle H 21. W 400 IM H 22. M 400 IM H 23. 4x100 FR H 24. 4x100 FR H	SHORT COURSE 25. W 100 Backstroke H 26. M 100 Backstroke H 27. W 500 Freestyle H 28. M 500 Freestyle H 29. W 200 Breaststroke H 30. M 200 Breaststroke H 31. W 100 Butterfly H 32. M 100 Butterfly H 33. W 4 X 50 FR H 34. M 4 X 50 FR H	SHORT COURSE 35. W 50 Backstroke H 36. M 50 Backstroke H 37. W 200 IM H 38. M 200 IM H 39. W 50 Freestyle H 40. M 50 Freestyle H 43. W 4 x 100 MR H 44. M 4 x 100 MR H 41. W 800 Freestyle SH 42. M 1500 Freestyle SH
	Evening Session Warm-Up: 4:30-5:45 Start: 6:00	Evening Session Warm-Up: 4:30-5:45 Start: 6:00	Evening Session Warm-Up: 4:30-5:45 Start: 6:00	Evening Session Warm-Up: 4:30-5:45 Start: 6:00
Legend: F = Finals FH = Fast Heats H = Heats SH = Slow Heats TF=Timed Finals TH=Top Seeded Heat	Bonus, Consols. & Finals LONG COURSE 5. W 100 Freestyle F 6. M 100 Freestyle F 7. W 100 Breaststroke F 8. M 100 Breaststroke F 9. W 200 Backstroke F 10. M 200 Backstroke F 11. W 200 Butterfly F 12. M 200 Butterfly F 13. W 4x200 FR F 14. M 4x200 FR F	Bonus, Consols. & Finals LONG COURSE 15. W 50 Butterfly F 16. M 50 Butterfly F 17. W 50 Breaststroke F 18. M 50 Breaststroke F 19. W 200 Freestyle F 20. M 200 Freestyle F 21. W 400 IM F 22. M 400 IM F 23. 4x100 FR F 24. 4x100 FR F	Bonus, Consols. & Finals LONG COURSE 25. W 100 Backstroke F 26. M 100 Backstroke F 27. W 500 Freestyle F 28. M 500 Freestyle F 29. W 200 Breaststroke F 30. M 200 Breaststroke F 31. W 100 Butterfly F 32. M 100 Butterfly F 33. W 4 X 50 FR F 34. M 4 X 50 FR F	Bonus, Consols. & Finals LONG COURSE 35. W 50 Backstroke F 36. M 50 Backstroke F 41. W 800 Freestyle TH 37. W 200 IM F 38. M 200 IM F 39. W 50 Freestyle F 40. M 50 Freestyle F 42. M 1500 Freestyle TH 43. W 4 x 100 MR F 44. M 4 x 100 MR F

**Bonus, Consolation and Championship Finals in all events
(except timed final events: 800,1000, 1500 & 1650 Free)**

TIME TRIALS:

Open to any swimmers who swims in any event (inc. relays), limited to two (2) for the meet. Time Trial entries are \$2/individual events, \$5/relays, and are payable with CASH ONLY on deck and are entered the day of the swim. Time Trial participants must provide their own timer. Time Trials will be run both short course and long course, but the format will be decided upon by the meet referee once meet size is determined.