

Stanford Invitational Swimming Meet

May 1- 2, 2010

All events are timed finals. Enter on the deck or online. For online entries go to <http://www.fastlanetek.com/meetentries>. **Entries for the first six events on Saturday must be turned in online by noon Friday.** Entries for the 400 Free Relay must be turned in by 10:00 Saturday morning. Entries for the remaining individual events on Saturday will be due by 10:30 AM Saturday morning. Sunday's events will be due at the close of the meet on Saturday. The other Saturday and Sunday relay entries will be due an hour before the end of the individual events.

There will be a splash Fee of \$5.00 per swimmer and a Entry Fee of \$5.50 per event (Checks payable only to Stanford Swimming). Payment to be made at the meet before you can swim.

Warm-ups: 10:00am; Meet Starts: 12:00 noon

WOMEN			MEN		
NO.	EVENT	TIME LCM STANDARDS	NO.	EVENT	TIME LCM STANDARDS
			SATURDAY, May 8TH		
1	400 FREE RELAY		2	400 FREE RELAY	
3	200 FREE	2:20.39	4	100 FREE	1:00.19
5	100 BREAST	1:25.79	6	400 IM	5:14.99
7	100 FLY	1:12.39	8	100 BACK	1:09.79
9	200 IM	2:40.69	10	200 FLY	2:25.49
11	50 FREE	30.19	12	400 FREE	4:37.99
13	200 BACK	2:40.49	14	200 BREAST	2:52.39
15	400 Medley Relay		16	400 Medley Relay	
17	800 FREE	10:12.99	18	1500 Free	18.59.99
			SUNDAY, May 9TH		
19	100 FREE	1:05.99	20	200 FREE	2:09.49
21	400 IM	5:40.99	22	100 BREAST	1:17.29
23	100 BACK	1:15.69	24	100 FLY	1:05.89
25	200 FLY	2:38.89	26	200 IM	2:27.49
27	400 FREE	4:55.79	28	50 FREE	27.29
29	200 BREAST	3:02.99	30	200 BACK	2:31.59
31	800 FREE Relay		32	800 Free Relay	

These standards are the Senior Timed finals standards from the Pacific Swim Guide. If swimmers have a short course standard time they should enter them at the minimum standard for Long Course. The 800 and the 1500 Free will be swum fastest to slowest alternating women and men.

For any questions Contact:

Head Referee: Mildred Nygren - m.nygren@att.net (408) 464-2907

Head Starter: Rick Beebe

Meet Director: Shane Whildin - swhildin@stanford.edu

Pool Manager: Rebecca Carpenter - rcarpent@stanford.edu