

REGION 1 SHORT COURSE INVITATIONAL
 FRIDAY, FEBRUARY 18 – MONDAY, FEBRUARY 21, 2022
Union College Alumni Gymnasium – Schenectady, NY and
Shenendehowa Aquatics Center – Clifton Park, NY

SESSION 1 – Friday February 18, 2020				
Warm-Ups at 3:15 PM – Positive Check-In Deadline at 3:30 PM – Session starts at 4:30 PM				
GIRLS EVENT	QUALIFYING TIME (BONUS QUALIFYING TIME)	EVENT DESCRIPTION	QUALIFYING TIME (BONUS QUALIFYING TIME)	BOYS EVENT
1	18:29.99 (18:45.99)	1650 Yard Freestyle <i>Timed Final</i>	17:29.99 (17:49.99)	2
3	11:09.99 (11:19.99)	1000 Yard Freestyle <i>Timed Final</i>	10:21.99 (10:31.99)	4

SESSIONS 2 AND 3 – Saturday February 19, 2020				
Prelims Warm-Ups at 7:30 AM - Positive Check-In deadline is Friday at 6:00 PM - Session Starts at 9:00 AM				
Finals Warm-Ups at 4:00 PM - Session Starts at 5:00 PM				
GIRLS EVENT	QUALIFYING TIME (BONUS QUALIFYING TIME)	EVENT DESCRIPTION	QUALIFYING TIME (BONUS QUALIFYING TIME)	BOYS EVENT
5	2:15.49 (2:18.99)	200 Yard IM	2:05.99 (2:13.99)	6
7	1:01.29 (1:03.99)	100 Yard Butterfly	58.69 (1:01.39)	8
9	5:20.99 (5:25.99)	500 Yard Freestyle	5:07.99 (5:12.99)	10
11	1:13.49 (1:15.99)	100 Yard Breaststroke	1:07.59 (1:11.99)	12
<i>10 Minute Break</i>				
13	3:59.99	400 Yard Freestyle Relay	3:49.99	14

SESSION 4 AND 5 – Sunday February 20, 2020				
Prelims Warm-Ups at 7:30 AM - Positive Check-In deadline is Saturday at 6:00 PM - Session Starts at 9:00 AM				
Finals Warm-Ups at 4:00 PM - Session Starts at 5:00 PM				
GIRLS EVENT	QUALIFYING TIME (BONUS QUALIFYING TIME)	EVENT DESCRIPTION	QUALIFYING TIME (BONUS QUALIFYING TIME)	BOYS EVENT
15	1:59.99 (2:01.99)	200 Yard Freestyle	1:53.89 (1:59.99)	16
17	25.99 (26.99)	50 Yard Freestyle	23.99 (25.49)	18
19	2:14.99 (2:18.99)	200 Yard Backstroke	2:05.99 (2:11.99)	20
21	4:55.99 (4:57.99)	400 Yard IM	4:35.99 (4:44.99)	22
<i>10 Minute Break</i>				
23	4:30.75	400 Yard Medley Relay	4:06.00	24

SESSION 6 AND 7 – Monday February 21, 2020				
Warm-Ups at 7:30 AM - Positive Check-In deadline is Sunday at 6:00 PM - Session Starts at 9:00 AM				
Finals Warm-Ups at 4:00 PM - Session Starts at 5:00 PM				
GIRLS EVENTS	QUALIFYING TIME (BONUS QUALIFYING TIME)	EVENT DESCRIPTION	QUALIFYING TIME (BONUS QUALIFYING TIME)	BOYS EVENTS
25	55.69 (57.29)	100 Yard Freestyle	52.09 (54.39)	26
27	2:37.99 (2:41.99)	200 Yard Breaststroke	2:26.99 (2:33.99)	28
29	1:02.99 (1:04.99)	100 Yard Backstroke	1:00.09 (1:02.99)	30
31	2:19.99 (2:23.99)	200 Yard Butterfly	2:05.99 (2:13.99)	32
<i>10 Minute Break</i>				
33	8:26.99	800 Yard Freestyle Relay	7:49.99	34

Finals will follow the same order as prelims. Relays are timed finals, and the fastest heat will swim with finals.
 Swimmers may enter one (1) individual event on Friday, and up to three (3) individual events plus one (1) relay per day on Saturday, Sunday, and Monday, for a **maximum total of 7 individual events and 3 relays for the entire meet.**
\$8.00 Per Individual Event Per Athlete for ALL Athletes || \$2.00 Per Athlete Surcharge || \$10.00 Per Each Relay