

REGION 1 SHORT COURSE INVITATIONAL

FRIDAY, FEBRUARY 17 – MONDAY, FEBRUARY 20, 2023

@ Union College Alumni Gymnasium – Schenectady, NY
(and Shenendehowa Aquatics Center – Clifton Park, NY) *

SESSION 1 – Friday February 17, 2023				
Positive Check-In Deadline for Friday is at 3:30 PM				
Timed Finals: Warm-Ups at 3:30 PM – Session Start at 4:30 PM - Positive Check-In Deadline for Saturday is at 6:00 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 18, 2023				
Prelims: Warm-Ups at 7:30 AM - Session Start at 9:00 AM				
Finals : Warm-Ups at 4:00 PM - Session Start at 5:00 PM - Positive Check-In Deadline for Sunday is at 6:00 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 Free Relay <i>Timed Final</i>	3:49.99	14

SESSION 4 AND 5 – Sunday February 19, 2023				
Prelims: Warm-Ups at 7:30 AM - Session Starts at 9:00 AM				
Finals : Warm-Ups at 4:00 PM - Session Starts at 5:00 PM - Positive Check-In Deadline for Monday is at 6:00 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	4:49.99 (4:55.99)	400 Yard IM	4:35.99 (4:44.99)	22
<i>10 Minute Break</i>				
23	4:30.75	400 Yard Medley Relay <i>Timed Final</i>	4:06.00	24

SESSION 6 AND 7 – Monday February 20, 2023				
Prelims: Warm-Ups at 7:30 AM - Session Starts at 9:00 AM				
Finals : Warm-Ups at 3:30 PM - Session Starts at 4:30 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 <i>Timed Final</i>	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