

# 2010 USA Swimming Speedo Championship Series

## Central Zone Short Course

March 10-11-12-13, 2010

**Location:** U of M Aquatic Center  
1912 University Avenue SE, Mpls, MN

**Directions:** I-94 West to U of M exit...Left on Fulton Street...RT on Oak Street,  
Aquatic Center is to the LEFT between Washington & University Avenues.

**Time Schedule:** I will contact Cassie as when to meet me to get her credentials on WED,  
I will get the credentials to Emily, Leah, and Colby sometime WED night.

On WED I will attend a coaches meeting @ 12:30pm.  
At that time I will check in Cassie in for her 1000 Free & figure out approx. when she'll swim.  
I will contact her as to what time she'll race & when she'll need to be up @ the U of M.  
They will swim the 1000 fastest to slowest alternating heats of men & women.

**On TH, FRI, SAT we will start WU @ 7:30am.**

**Prelims begin all 4 days start @ 9am & the Finals start @ 6pm.**

Top 24 return for Finals, Final Swimmers ask Coach Kim what time to return for the finals WU.

<b>Swimmer</b>	<b>Day(s)</b>	<b>HAST Meet Fee</b>
Alitz, Emily M (18)	Th – Fri - Sat	\$30
Kimmes, Cassie (16)	Wed – Th – Fri	\$30
Roesler, Leah M (18)	Th & Sat	\$20
Smith, Colby (14)	Thursday Only	\$20

### Individual Entries:

Name	USA Swimming ID	Event	Entry Time	Age Group	Date	Note
Alitz, Emily	110391EMIMALIT	100 BR	1:09.42 SCY	Open	Mar 11	
Alitz, Emily	110391EMIMALIT	200 IM	2:14.63 SCY	Open	Mar 11	
Alitz, Emily	110391EMIMALIT	200 BR	2:28.83 SCY	Open	Mar 12	
Kimmes, Cassie	031093CASJKIMM	1000 FR	10:44.75 SCY	Open	Mar 10	
Kimmes, Cassie	031093CASJKIMM	200 FR	1:58.30 SCY	Open	Mar 11	
Kimmes, Cassie	031093CASJKIMM	500 FR	5:12.35 SCY	Open	Mar 12	
Roesler, Leah	123191LEAMROES	100 FL	57.00 SCY	Open	Mar 11	
Roesler, Leah	123191LEAMROES	200 FL	2:09.73 SCY	Open	Mar 13	
Smith, Colby	111195COLHSMIT	100 FL	54.14 SCY	Open	Mar 11	* Override Time Proof Required: HS sections, 2/27/10
Smith, Colby	111195COLHSMIT	200 IM	2:00.34 SCY	Open	Mar 11	* Override Time Proof Required: HS Sections, 2/27/10

# HAVE FUN – SWIM FAST !!!