



# 2011 LC Age Group Championships Meet Details



**Event Details:**

11/12, 13/14 swimmers - 4 full days. 10&U - 3 mid day sessions.

Meet Fees - current fees will be applied

Event Limits - swimmers are limited to 7 individual events through the weekend

<b>Prelims 11/12 &amp; 13/14</b>			
Day 1	Day 2	Day 3	Day 4
M 13/14 800 FR <b>**10 Minute Break**</b>	W 13/14 800 FR <b>**10 Minute Break**</b>	11/12 200 Breast 13/14 200 Free	11/12 200 Back 13/14 200 IM
13/14 100Free 11/12 100 Free 13/14 200 Fly 11/12 50 Back 13/14 100 Back 11/12 100 Breast 13/14 200 Breast 11/12 400 Free	11/12 50 Breast 13/14 100 Breast 11/12 200 Free 13/14 400 Free 11/12 100 Back 13/14 200 Back 11/12 200 Fly	11/12 50 Fly 13/14 100 Fly 11/12 200 IM 13/14 400 IM <b>**30 Minute Break**</b> 11/12 400 FR 13/14 400 FR	11/12 100 Fly 13/14 50 Free 11/12 50 Free <b>**30 Minute Break**</b> 11/12 400 MR 13/14 400 MR
<b>10&amp;U Sessions (10 minute breaks after each event)</b>			
Day 1	Day 2	Day 3	Day 4 - 13/14 1500
200 FR 200 IM 100 Free 50 Breast	200 MR 200 Free 100 Back 50 Fly	100 Fly 50 Free 50 Back 100 Breast 400 Free	<b>**30 Minute Break**</b> 13/14 1500 Free
<b>Finals (12 Minute Award Breaks)</b>			
Day 1	Day 2	Day 3	Day 4
13/14 100Free 11/12 100 Free <b>**Break**</b> 13/14 200 Fly 11/12 50 Back <b>**Break**</b> 13/14 100 Back 11/12 100 Breast <b>**Break**</b> 13/14 200 Breast 11/12 400 Free <b>**Break**</b> M 13/14 800 FR <b>**Break**</b>	11/12 50 Breast 13/14 100 Breast <b>**Break**</b> 11/12 200 Free 13/14 400 Free <b>**Break**</b> 11/12 100 Back 13/14 200 Back <b>**Break**</b> 11/12 200 Fly W 13/14 800 FR <b>**Break**</b>	11/12 200 Breast 13/14 200 Free <b>**Break**</b> 11/12 50 Fly 13/14 100 Fly <b>**Break**</b> 11/12 200 IM 13/14 400 IM <b>**Break**</b> 11/12 400 FR 13/14 400 FR <b>**Break**</b>	11/12 200 Back 13/14 200 IM <b>**Break**</b> 11/12 100 Fly 13/14 50 Free <b>**Break**</b> 11/12 50 Free 13/14 1500 <b>**Break**</b> 11/12 400 MR 13/14 400 MR <b>**Break**</b>