

Martin County Aquatics  
FGC ABC Invitational  
January 29-January 31, 2010

**Meet Facility** Martin County Community Pool

**Entry Limit** Swimmers are limited to 5 individual events a day.

**Entry Fee** Individual Event-\$3.25, Relays-\$6.50, Swimmer Surcharge-\$5.00

**Awards** Individual: Medals 1-3, Ribbons 4 - 12 places  
Relay: Ribbons 1<sup>st</sup> – 3rd places

**Sessions**  
Session 1- Friday – Jan. 29, 2010 Warm-up 5:00 p.m. Meet Starts 6:00 p.m.  
Session 2- Saturday - Jan. 30, 2010 Warm-up 8:30 a.m. Meet Starts 9:30 a.m.  
Session 3- Saturday - Jan. 30, 2010 Start approx. 10 min. after end of Session 2  
Session 4- Saturday- Jan. 30, 2010 Warm-up 1:30 p.m. Meet Starts 2:30 p.m.  
Session 5- Sunday-Jan. 31, 2010 Warm-up 9:30 a.m. Meet Starts 10:30 a.m.  
Session 6-Sunday-Jan. 31, 2010 Start approx. 10 min. after end of Session 5

<b><u>Session 1</u></b>	<b><u>Session 2</u></b>	<b><u>Session 4</u></b>	<b><u>Session 5</u></b>
1-2 <b>Open 400 IM- P*</b> 3-4 <b>Open 1000 FR- P*</b>	5-6 <b>11-12 200 FR</b> 7-8 <b>13-14 200 FR</b> 9-10 <b>15&amp;OV 200 FR</b> 11-12 <b>11-12 100 BR</b> 13-14 <b>13-14 100 BR</b> 15-16 <b>15&amp;OV 100 BR</b> 17-18 <b>11&amp;OV 200 MRR</b> 19-20 <b>11-12 50 FL</b> 21-22 <b>OPEN 200 FL *</b> 23-24 <b>11-12 50 FR</b> 25-26 <b>13-14 50 FR</b> 27-28 <b>15&amp;OV 50 FR</b> 29-30 <b>11-12 100 BK</b> 31-32 <b>13-14 100 BK</b> 33-34 <b>15&amp;OV 100 BK</b> 35-36 <b>11-12 200 IM</b> 37-38 <b>13-14 200 IM</b> 39-40 <b>15&amp;OV 200 IM</b>  <b><u>Session 3</u></b> <b>10 min Break</b> 41-42 <b>Open 500 FR -P*</b>	43-44 <b>10&amp;UN 200 MRR</b> 45-46 <b>8&amp;UN 100 FR</b> 47-48 <b>9-10 100 FR</b> 49-50 <b>8&amp;UN 50 BR</b> 51-52 <b>9-10 50 BR</b> 53-54 <b>8&amp;UN 100 BR</b> 55-56 <b>10&amp;UN 200 FRR</b> 57-58 <b>8&amp; UN 50 FL</b> 59-60 <b>9-10 50 FL</b> 61-62 <b>8&amp;UN 50 BK</b> 63-64 <b>9-10 50 BK</b> 65-66 <b>8&amp;UN 100 IM</b> 67-68 <b>8&amp;UN 50 FR</b> 69-70 <b>9-10 50 FR</b>	71-72 <b>10&amp;UN 200 IM</b> 73-74 <b>13&amp;OV 100 FR</b> 75-76 <b>11-12 100 FR</b> 77-78 <b>10&amp;UN 200 FR</b> 79-80 <b>OPEN 200 BK</b> 81-82 <b>11-12 50 BK</b> 83-84 <b>10&amp;UN 100 BK</b> 85-86 <b>12&amp;UN 200 FRR</b> 87-88 <b>13&amp;OV 200FRR</b> 89-90 <b>9-12 100 IM</b> 91-92 <b>15&amp;OV 100 FL</b> 93-94 <b>13-14 100 FL</b> 95-96 <b>11-12 100 FL</b> 97-98 <b>10&amp;UN 100 FL</b> 99-100 <b>OPEN 200 BR</b> 101-102 <b>11-12 50 BR</b> 103-104 <b>10&amp;UN 100 BR</b>  <b><u>Session 6</u></b> <b>10 Min Break</b> 105-106 <b>OPEN 1650FR- P*</b>

P = Positive check in alt. women & men fastest to slowest  
\* = Swum together and scored separately

PLEASE HIGHLIGHT OR CIRCLE WITH A PEN THE EVENTS YOU WANT TO SWIM  
**BY January 24, 2010**

NAME: \_\_\_\_\_