

**Sunday 7 March 2010 Tenth Annual Spring Fling Yard Meet
Hosted by AquaFit Masters at the Nassau County Aquatic Center**

MEET TIME LINE

Heat Interval: 75 Seconds / Back +15 Seconds

	Event	Entries	Heats	Starts at
1	Mixed 100 Yard Freestyle	68	7	9:00 AM
2	Mixed 400 Yard Individual Medley	11	2	9:16 AM
3	Mixed 50 Yard Breaststroke	38	4	9:35 AM
4	Mixed 100 Yard Backstroke	20	2	9:42 AM
5	Mixed 200 Yard Butterfly	9	1	9:48 AM
	1000 Free Positive Check-In ENDS at 9:00AM			
6	Mixed 1000 Yard Freestyle	25	3	9:50 AM
7	Mixed 200 Yard Individual Medley	19	2	10:39 AM
8	Mixed 100 Yard Breaststroke	26	3	10:48 AM
9	Mixed 200 Yard Backstroke	12	2	10:56 AM
10	Mixed 50 Yard Butterfly	38	4	11:04 AM
11	Mixed 200 Yard Freestyle	39	4	11:11 AM
	200 Medley Relay Deck Entry ENDS at 10:15AM			
12	Mixed 200 Yard Medley Relay	1	1	11:26 AM
	200 Free Relay Deck Entry ENDS at 10:15AM			
13	Mixed 200 Yard Freestyle Relay	1	1	11:34 AM
14	Mixed 200 Yard Breaststroke	17	2	11:42 AM
15	Mixed 50 Yard Backstroke	18	2	11:50 AM
16	Mixed 100 Yard Butterfly	21	3	11:54 AM
17	Mixed 50 Yard Freestyle	48	5	12:00 PM
18	Mixed 100 Yard Individual Medley	39	4	12:09 PM
	Swimmer Count: 125	=====	=====	
	Entry / Heat Totals:	450	52	
	Finish Time			12:18 PM