

## 2009 District 10 Swimming

DATE: November 20, 2009  
TO: District 10 AAA Swimming and Diving Coaches  
FROM: Fred Vickey  
RE: District 10 AAA Meet and Qualifying Times

District 10 AAA Diving will be held at Penn State Behrend on Friday, February 26, 2010 and AAA Swimming at Penn State Behrend on Friday, March 5, 2010 and Saturday, March 6, 2010. Events 1,2,3,4,6 and 9 (200 Medley Relay, 200 Free, 200 IM, 50 Free, 100 Fly and 200 Free Relay) will be held on Friday and events 7,8,10,11 and 12 (100 Free, 500 Free, 100 Back, 100 Breast and 400 Free Relay) on Saturday.

Entries for this year's district meet will again be submitted through **Direct Athletics**. Information about the entry procedure and the time schedule for the meets will be forwarded to you in January when everything is finalized.

The AAA qualifying times are as follows:

Event #	Event	Girls	Boys
1	200 Medley Relay	2:15.00	2:05.00
2	200 Freestyle	2:13.00	2:06.00
3	200 I.M.	2:31.00	2:19.50
4	50 Free	:29.50	:25.75
5	Diving	135 points	135 points
6	100 Fly	1:11.00	1:05.75
7	100 Free	1:05.00	:55.00
8	500 Free	6:10.00	5:41.50
9	200 Free Relay	2:06.50	1:52.50
10	100 Back	1:13.50	1:05.00
11	100 Breast	1:24.00	1:10.00
12	400 Free Relay	4:39.00	4:15.00