

**8 AND UNDER SUPER SWIMMER EVENTS  
October 2009 - December 2009**

Meet	Sprint Spectacular		CCS Age Group & Open	Peg Neal Pentathlon	Freestyle Frenzy	SwimStrong Odd Age	Solon Stars Bronze Breakout		Mark Braun Fall Classic	Shaker Shark Invitational		Sundae Splash		Candy Cane	
	Date	Oct 10-11	Oct 17-18	Oct 24 or 25	Nov 1	Nov 7-8	15-Nov		Nov 20-22	Dec 4-6		13-Dec		20-Dec	
Event Age	8 & UN	10 & UN	10 & UN	10 & UN	8 & UN	10 & UN	8 & Un	10 & UN	10 & UN	8 & UN	10 & UN	8 & UN	10 & UN	8 & UN	10 & UN
50 Free	X	X	X	X	X	X	X		X	X	X		X		X
100 Free			X		X	X		X	X		X		X		X
50 Back		X	X	X				X	X		X			X	X
50 Breast		X	X	X		X		X	X		X		X		X
50 Fly		X	X	X		X			X		X		X		X
100 IM	X	X	X	X		X		X		X	X	X			

**8 AND UNDER SUPER SWIMMER EVENTS  
January 2010 - March 2010**

Meet	New Year's Stretch		Age Group Showdown	HEAT 10&U		Fabulous 50's		Distance Pentathlon	Distance Animal	8 & Un Champs	Bronze
	Date	Jan 9-10	Jan 16-17	23-Jan		7-Feb		7-Feb	Feb 14	Feb 21	Mar 1
Event Age	8 & UN	10 & UN	10 & UN	8 & UN	10 & UN	8 & UN	10 & UN	10 & UN	10 & UN	8 & UN	10 & UN
50 Free		X	X		X	X	X			X	X
100 Free	X	X	X	X				X		X	X
50 Back		X	X	X	X	X	X			X	X
50 Breast		X	X			X	X			X	X
50 Fly		X	X		X	X	X			X	X
100 IM		X			X					X	X

See next page for 9-10 Events

**10 AND UNDER SUPER SWIMMER EVENTS  
October 2009-December 2009**

Meet	Sprint Spectacular		CCS Age Group & Open	Peg Neal Pentathlon	Freestyle Frenzy		SwimStrong Odd Age	Solon Stars Bronze Breakout		Mark Braun	Shaker Shark Invitational		Sundae Splash		Candy Cane	
	Oct 10-11		Oct 17-18	Oct 24	Nov 1		Nov 7-8	15-Nov		Nov 20-22	Dec 4-6		13-Dec		20-Dec	
											none					
Event Age	8 & UN	10 & UN	10 & UN	10 & UN	8 & UN	9-10	10 & UN	8 & Un	10 & UN	10 & UN	8 & UN	10 & UN	8 & UN	10 & UN	8 & UN	10 & UN
50 Free	X	X	X	X	X	X	X	X		X	X	X		X		X
100 Free			X		X	X	X		X	X		X		X		X
200 Free			X		X	X	X			X		X		X		X
500 Free **		X			X	X				X		X				
50 Back		X	X	X					X	X		X			X	X
100 Back			X				X		X	X		X		X		
200 Back **																
50 Breast		X	X	X			X		X	X		X		X		X
100 Breast			X				X					X				
200 Breast **																X
50 Fly		X	X	X			X			X		X		X		X
100 Fly			X							X		X				
200 Fly **										X						
100 IM	X	X	X	X			X		X		X	X	X			
200 IM												X		X		X

**\*\* Swim one of these events to qualify for SuperSwimmer  
See next page for January 2010 - March 2010 Meets**

**10 AND UNDER SUPER SWIMMER EVENTS**  
**January 2010-March 2010**

Meet	New Year's Stretch		Age Group Showdown	HEAT 10&U		Fabulous 50's		Distance Pentathlon	Distance Animal	8 & Un Champs	Bronze
	Jan 9-10		Jan 16-17	Jan 23		Feb 7		Feb 7	Feb 14	Feb 21	Mar 1
Event Age	8 & UN	10 & UN	10 & UN	8 & UN	10 & UN	8 & UN	10 & UN	10 & UN	10 & UN	8 & UN	10 & UN
50 Free		X	X		X	X	X			X	X
100 Free	X	X	X	X				X		X	X
200 Free			X		X			X			
500 Free **		X	X						X		
50 Back		X	X	X	X	X	X			X	X
100 Back		X	X					X			X
200 Back **								X			
50 Breast		X	X			X	X			X	X
100 Breast			X		X			X			X
200 Breast **								X			
50 Fly		X	X		X	X	X			X	X
100 Fly			X		X			X			
200 Fly **								X			
100 IM		X			X					X	X
200 IM		X	X		X			X			

**\*\* Swim one of these events to qualify for SuperSwimmer**  
**See next page for 11-12 Events**

**11-12 SUPERSWIMMER EVENTS**  
**October 2009-December 2009**

Meet	Sprint Spectacular	CCS Age Group & Open	Peg Neal Pentathlon		SwimStrong Odd Age	Solon Stars Bronze Breakout	Mark Braun Fall Classic	Shaker Shark Invitational	Sundae Splash	Candy Cane
Date	Oct 10-11	Oct 17-18	Oct 24 or 25	Oct 31 or Nov 1	Nov 7-8	Nov 14 or 15	Nov 20-22	Dec 4-6	13-Dec	20-Dec
	11-12	11-12	11-12	11-12	11-12	11-12	11-12	11-12	11-12	11-12
50 Free	X	X	X	X	X	X	X	X		X
100 Free	X			X	X		X	X	X	X
200 Free		X		X	X		X	X	X	
500 Free		X		X			X	X		
50 Back	X	X	X		X	X	X	X		X
100 Back	X				X		X	X	X	
200 Back **		X					X			
50 Breast	X	X	X		X	X	X	X	X	X
100 Breast	X				X		X	X		
200 Breast **		X					X			X
50 Fly	X	X	X		X	X	X	X	X	X
100 Fly							X	X		
200 Fly **							X			
100 IM	X		X			X	X	X		
200 IM		X			X		X	X	X	X
400 IM										

**\*\* Swim one of these events to qualify for SuperSwimmer**  
**See next page for January 2010 - March 2010 Meets**

**11-12 SUPERSWIMMER EVENTS  
January 2010 - March 2010**

Meet	New Year's Stretch	HEAT 10&U Meet	Fabulous 50's	Distance Pentathlon	Distance Animal	8 & Un Champs
Date	Jan 9-10	Jan 23 or 24	Feb 6 or 7	Feb 6 or 7	Feb 14	Feb 22
	11-12	11-12	11-12	11-12	11-12	11-12
50 Free	X	X	X			
100 Free	X	X		X		
200 Free	X			X		
500 Free		X			X	
50 Back	X		X			
100 Back	X	X		X		
200 Back **		X		X	X	
50 Breast			X			
100 Breast	X	X		X		
200 Breast **	X	X		X	X	
50 Fly	X		X			
100 Fly	X	X		X		
200 Fly **		X		X	X	
100 IM						
200 IM	X	X		X		
400 IM				X	X	

**\*\* Swim one of these events to qualify for SuperSwimmer  
See next page for 13-14 Events**

**13-14 SUPERSWIMMER EVENTS**  
**October 2009-December 2009**

Meet	Sprint Spectacular	CCS Age Group & Open	Peg Neal Pentathlon	Mile Meet	Freestyle Frenzy	SwimStrong Odd Age	Solon Stars Bronze Breakout	Mark Braun Fall Classic	Shaker Shark Invitational	Sundae Splash	Candy Cane
Date	Oct 10-11	Oct 17-18	Oct 24	Oct 25	Nov 1	Nov 7-8	Nov 15	Nov 20-22	Dec 4-6	Dec 13	Dec 20
	13-14	13-14	13-14	13-14	13-14	13-14	13 & OV	13-14	13 & OV	13 & OV	13 & OV
50 Free	X	X			X	X	X	X	X	X	X
100 Free	X	X	X		X	X	X	X	X	X	X
200 Free		X			X	X		X	X	X	
500 Free		X			X			X	X		X
1000 Free **					X				X		
1650 Free **				X							
100 Back	X	X	X			X	X	X	X	X	X
200 Back		X						X			X
100 Breast	X	X	X			X	X	X	X	X	X
200 Breast		X						X			
100 Fly	X	X	X			X	X	X	X	X	
200 Fly		X						X			X
200 IM	X	X	X			X	X		X	X	X
400 IM		X						X	X		

**\*\* Swim one of these events to qualify for SuperSwimmer**  
**See next page for January 2010 - March 2010 Meets**

**13-14 SUPERSWIMMER EVENTS**  
**January 2010 - March 2010**

Meet	New Year's Stretch	Age Group Showdown	11 & Over Meet	Distance Pentathlon	Distance Animal	Bronze
Date	Jan 9-10	Jan 16-17	Jan 24	Feb 7	Feb 14	Feb 28
	13 & OV	13 & OV	OPEN	13-14	13 & OV	13 & OV
50 Free		X	X			X
100 Free	X	X	X	X		X
200 Free	X	X		X		X
500 Free		X G	X		X	
1000 Free **		X B			X	
1650 Free **					X	
100 Back	X	X	X	X		X
200 Back	X	X	X	X	X	
100 Breast	X	X	X	X		X
200 Breast	X	X	X	X	X	
100 Fly	X	X	X	X		X
200 Fly		X	X	X	X	
200 IM	X	X	X	X		X
400 IM				X	X	

**\*\* Swim one of these events to qualify for SuperSwimmer**  
**See next page for Open/Senior Events**

**OPEN EVENTS - SUPER SWIMMER EVENTS FOR ALL AGE GROUPS ARE LISTED - NOTE TIME STANDARDS**

**Check your swimmer's age group for applicable events!**

**October 2009-December 2009**

Meet	Sprint Spectacular	CCS Open & Age Group	Peg Neal Pentathlon	Mile Meet	High School Tune-up	Freestyle Frenzy	SwimStrong Odd Age	Solon Stars Bronze Breakout	Mark Braun Fall Classic	Shaker Shark Invitational	Sundae Splash	Candy Cane
Date	Oct 10-11	Oct 17-18	Oct 24	Oct 25	Nov 1	Nov 1	Nov 7-8	Nov 15	Nov 20-22	Dec 4-6	Dec 13	Dec 20
	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	15 & OV	13 & OV	OPEN	13 & OV	13 & OV	13 & OV
50 Free	X	X			X	X	X	X	X	X	X	X
100 Free	X	X	X		X	X	X	X	X	X	X	X
200 Free		X			X	X	X		X	X	X	
500 Free		X			X	X			X	X		X
1000 Free						X				X		
1650 Free				X					X			
25 Back												
50 Back	X						X	X			X	
100 Back	X	X	X		X		X	X	X	X	X	X
200 Back		X							X			X
50 Breast	X						X	X			X	
100 Breast	X	X	X		X		X	X	X	X	X	X
200 Breast		X							X			
50 Fly	X						X	X			X	
100 Fly	X	X	X		X			X	X	X	X	
200 Fly		X							X			X
100 IM												
200 IM	X	X	X		X		X	X	X	X	X	X
400 IM		X							X	X		

**\*\* Swim one of these events to qualify for SuperSwimmer  
See next page for January 2010 - March 2010 Meets**

**OPEN EVENTS - SUPER SWIMMER EVENTS FOR ALL AGE GROUPS ARE LISTED - NOTE TIME STANDARDS**

**Check your swimmer's age group for applicable events!**

**January 2010 - March 2010**

Meet	New Year's Stretch	Age Group Showdown	HEAT 10&U Meet	Stars Snowflake Own Age	Fabulous 50's	Distance Pentathlon	Distance Animal	Bronze
Date	Jan 9-10	Jan 16-17	Jan 23	Jan 30-31	Feb 7	Feb 7	Feb 14	Feb 28
	13 & OV	13 & OV	OPEN	13 & OV	13 & OV	15 & OV	13 & OV	13 & OV
50 Free		X	X		X			X
100 Free	X	X	X			X		X
200 Free	X	X				X		X
500 Free		X G	X				X	
1000 Free		X B					X	
1650 Free							X	
25 Back								
50 Back					X			
100 Back	X	X	X			X		X
200 Back	X	X	X			X	X	
50 Breast					X			
100 Breast	X	X	X			X		X
200 Breast	X	X	X			X	X	
50 Fly					X			
100 Fly	X	X	X			X		X
200 Fly		X	X			X	X	
100 IM								
200 IM	X	X	X			X		X
400 IM						X	X	