

Homewood Flossmoor ISI

January 15-17, 2010

Location: Homewood Flossmoor High School
999 Kedzie Ave.
Flossmoor, IL 60422

Schedule: Fri Warm up: 5:00pm Meet Start: 6:00pm
Sat/Sun AM Warm up: 7:00AM Meet Start: 8:00AM
Sat/Sun PM Warm up: Noon Meet Start: 1:00PM

Notes: Swimmers may swim 4 individual events plus 1 relay per day.
Positive check in will close 30 minutes before the start of each session.

Friday

Girls	Events	Boys
1	Open 400 Medley Relay	2
3	10 & U 200 I.M.	4
5	12 & U 400 I.M.	6
7	Open 400 I.M.	8
9	12 & U 500 Free	10
11	Open 500 Free	12
13	Open 400 Free Relay	14

Saturday AM:

Girls	Events	Boys
15	10 & U 100 Free	16
17	11-12 100 Free	18
19	10 & U 50 Back	20
21	11-12 50 Back	22
23	10 & U 100 Breast	24
25	11-12 100 Breast	26
27	10 & U 50 Fly	28
29	11-12 50 Fly	30
31	10 & U 100 Back	32
33	11-12 100 Back	34
35	10 & U 200 Medley Relay	36
37	11-12 200 200 Medley Relay	38

Sunday AM

Girls	Events	Boys
59	11-12 200 Free	60
61	10 & U 50 Free	62
63	11-12 50 Free	64
65	10 & U 100 I.M.	66
67	11-12 100 I.M.	68
69	10 & U 50 Breast	70
71	11-12 50 Breast	72
73	10 & U 100 Fly	74
75	11-12 100 Fly	76
77	10 & U 200 Free Relay	78
79	11-12 200 Free Relay	80

Saturday PM

Girls	Events	Boys
39	Open 200 Free	40
41	8 & U 50 Free	42
43	Open 100 Back	44
45	8 & U 25 Back	46
47	Open 100 Fly	48
49	8 & U 25 Fly	50
51	Open 200 Back	52
53	8 & U 100 Free Relay	54
55	Open 200 Breast	56
57	Open 200 Free Relay	58

Sunday PM

Girls	Events	Boys
81	Open 200 I.M.	82
83	8 & U 100 I.M.	84
85	Open 100 Free	86
87	8 & U 25 Free	88
89	Open 100 Breast	90
91	8 & U 25 Breast	92
93	Open 50 Free	94
95	8 & U 100 Medley Relay	96
97	Open 200 Fly	98
99	Open 200 Medley Relay	100

Sunday PM

Event 101 Open Mixed (Boys & Girls) 1650 Free

Please enter _____ in the HF ISI for the following days _____. Cost per day is \$17 (\$8.50 Friday): make checks payable to GILLS. Entries are due by 12/10. NO late entries will be accepted. If you cannot get this form returned by 12/10 please call Coach Frank.