

# CONNECTICUT SWIMMING

## 2016 LONG COURSE REGIONAL CHAMPIONSHIPS

### 13-18 Year Old Swimmers

### July 8-10, 2016

Held under sanction by USA Swimming and Connecticut Swimming- Sanction # L34D and 34E. In granting this sanction, it is understood and agreed that CT Swimming and USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Hosted by Mandell JCC Sharks, Nutmeg Aquatics/Laurel East Hartford YMCA, and Woodbridge Aquatic Club

#### EVENTS

**DIVISION:** All clubs will enter this meet through Connecticut Swimming. This is a central entry meet. Program Operations will divide the entries by club into 2 meets. All clubs will enter this meet through Connecticut Swimming FAST Online Entries. Program Operations will post on ctswim.org the club assignments, no later than 9 AM Friday, July 1, 2016.

	<b>Friday Evening</b> <i>Hosted by WAC</i>	<b>Saturday &amp; Sunday Morning</b> <i>Hosted by MJCC</i>	<b>Saturday &amp; Sunday Morning</b> <i>Hosted by NMEG/LEHY</i>
<b>Location:</b>	Wesleyan University 161 Cross St Middletown, CT 06457	Goodwin Park Pool 341 South St Hartford, CT 06114	Odessa Terry Pool Hockanum Park 310 High Street East Hartford, CT 06108
<b>Meet Director:</b>	Dave Reilly <a href="mailto:dmr123@sbcglobal.net">dmr123@sbcglobal.net</a> 203-848-0307	David Laudati <a href="mailto:dlaudati@mandelljcc.org">dlaudati@mandelljcc.org</a> 860-231-6320	Jennifer Lyman <a href="mailto:coachlyman@hotmail.com">coachlyman@hotmail.com</a> 203-464-6903
<b>Entry Chair:</b>	Dave Reilly <a href="mailto:dmr123@sbcglobal.net">dmr123@sbcglobal.net</a> 203-848-0307	David Laudati <a href="mailto:dlaudati@mandelljcc.org">dlaudati@mandelljcc.org</a> 860-231-6320	Rob Bouchey <a href="mailto:coach.rob.bouchey@gmail.com">coach.rob.bouchey@gmail.com</a> 586-770-8105
<b>Safety Chair:</b>	Ken Yanagisawa	Juan Dominquez	Nicole Goolsbey
<b>Referee:</b>	Julia Yanagisawa, <a href="mailto:julia.shi@yale.edu">julia.shi@yale.edu</a> 203-387-6552	Julie Kirk <a href="mailto:jkirk01@sbcglobal.net">jkirk01@sbcglobal.net</a>	Dennis Rodney <a href="mailto:Dlrmdi@msn.com">Dlrmdi@msn.com</a>
<b>Facility:</b>	8-lane, 50-meter pool; Colorado Timing System; limited spectator seating. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Water depth at start end 14 ft; turn end 7.5 ft.	8-lane, 50-meter pool; Colorado Timing System with a 1 line scoreboard. The competition course has not been certified in accordance with 104.2.2C(4). The starting end depth is 9 ft and the turn depth is 4 ft.	8-lane, 50-meter pool. Colorado Timing System with a 1-line scoreboard. The competition course has not been certified in accordance with 104.2.2C(4). Water depth at start end is: 10 ft. Water depth at turn end is: 3.5 ft.
<b>Emergency Phone:</b>	Public Safety: 860 685-2345	860-291-7442	860-291-7442

**Disabled  
Access:**

Limited handicapped parking available behind the Freeman Athletic Center. Disabled access is through front entrance only. Elevator in front lobby to locker rooms and pool deck. Spectator area is to the left of front lobby. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

Facility is handicapped accessible. For more information call the Meet Director.

Facility is handicapped accessible. For more information call the Meet Director.

For all Facilities: No electronic audio or visual recording devices, including cell phones, are permitted in changing areas, rest rooms, locker rooms, or pool deck. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

**FACILITY:** No electronic audio or visual recording devices, including cell phones, are permitted in changing areas, rest rooms, locker rooms, or pool deck. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

Coaches will need to be in possession of a deck credential, worn in full view, to gain access to the pool deck. Credentials will be distributed to teams based on their size of entry for finals. The number of credentials available will be limited for the purpose of keeping deck population at or below the deck occupancy limit of 350, which includes all swimmers, coaches and meet volunteers. Only swimmers competing swimmers will be granted access to the pool deck.

Any questions regarding the meet, prior to competition, should be directed to the contacts listed above. USA Swimming Rules will govern this meet. The meet referee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet.

The sponsors, with approval from Program Operations, reserve the right to make adjustments based on the time study and/or other factors, including dividing or combining sessions. In the event of any change in time or divisions, teams will be contacted no later than Monday, July 11, 2016.

**SCHEDULE:**

**WAC Friday Evening:** Warm-Up 4:30 pm; Start 5:30 pm.

**MJCC Morning Sessions:** Warm-Up 7:00 am; Start 8:30 am.

**NMEG/LEHY Morning Sessions:** Warm-up 7:00 am; Start 8:00 am.

**RULES OF CONDUCT:** Swimmers on deck must be supervised by a USA-registered coach. Coaches must present a valid USA Swimming Coaches Card to the Meet Director prior to the commencement of this meet, and must have this card with them while on deck. Only swimmers entered in this meet shall be allowed in the pool during warm-ups/warm-downs. Children not participating in the meet must be supervised at all times by an adult and may not be on the pool deck for any reason. CSI Rules of Conduct will be strictly enforced. No locks may be left on lockers. No shaving on premises is permitted. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

**ADAPTED SWIMMING:** Any CSI-registered swimmer with a disability as defined by USA Swimming Rules and Regulations should refer to the CSI Adapted Swimming Policy available on [ctswim.org](http://ctswim.org) and contact Adapted Swimming Chair [Mark Kinne](#) for time standards and other information. Coaches or athletes must notify the referee of any disability prior to competition.

**ELIGIBILITY:** All the following criteria must be met.

1. Swimmers must be 2016 CSI-registered members of USA Swimming.
2. A participating swimmer must have swum in at least one CSI regularly scheduled sanctioned meet during the 2016 Long Course season and before the initial qualifier deadline.
3. Events must not be swum for the first time at this meet.
4. Swimmers must not have bettered the maximum time standards (attached) since April 1, 2015. Proof of time is required for all events.

**5. Swimmers may not compete in any event in which they have achieved a 2016 Long Course Age Group Championship qualifying time (COT). This includes SCY and SCM times (attached).**

**CUTOFF TIMES:** Swimmers must have equaled or bettered the minimum time standard since April 1, 2015, and may not have bettered the maximum time standard with the following exception: there shall be no minimum time standard for 50M and 100M events in all strokes, as well as the 200M Free and 200M IM events for 12/U swimmers.

**PROOF OF TIME:** Proof of time is the responsibility of each coach. In accordance with CSI policy, (Integrity Statement 1/25/94), the Club from which a swimmer's time cannot be proven, shall be fined the sum of \$100 per event. The \$100.00 fine must be paid by October 1, 2016, to the Connecticut Swimming office. Times submitted through FAST Online Entries are automatically pre-proven.

**ENTRIES:** Swimmers may enter up to one individual event on Friday night and a maximum of three (3) individual events on Saturday and Sunday. **Swimmers may compete in a maximum of six (6) events for the meet.** CSI clubs will enter using [FAST Online Entries](#). Entry deadline is **8 PM June 28, 2016**. Club divisions will be posted on [ctswim.org](#) no later than July 1, 2016. Clubs will then send payment for entry fees to their assigned host postmarked no later than Friday, July 1, 2016.

CSI clubs will enter using [Connecticut FAST Online Entries](#) . Contact [office@ctswim.org](mailto:office@ctswim.org) by the deadline to enter adapted athletes and championship birthday athletes. CSI-member unattached athletes not affiliated with a CSI club should email an entry file (\*.sd3 or \*.cl2) and proof of time to [office@ctswim.org](mailto:office@ctswim.org) . If meet entry software is not available, email [office@ctswim.org](mailto:office@ctswim.org) the athlete name, USA ID, age, event number, event name, time, and proof of time (Extra fees apply to manual entries.). Please review the Proof of Entry Times section for acceptable proof of times.

**DECK ENTRIES WILL ABSOLUTELY NOT BE ACCEPTED.**

**CHAMPIONSHIP BIRTHDAY DIRECTIVE:** Clubs with athletes that fall within the championship birthday period must email [office@ctswim.org](mailto:office@ctswim.org) by 8 PM MONDAY, June 27, 2016, with the championship birthday athlete's entry.

Age for the meet **will be the swimmer's age as of July 8, 2016 with the following directive:**

Swimmers shall not be denied the opportunity to attempt to qualify for Long Course Connecticut Age Group Championships because of a birthday occurring within the time frame defined as the "Championship Period". The Championship Period is defined as the first day of the Regional Championships through and including the first day of the CT Age Group Championships for the Long Course season. He/she may compete in the next higher age group for individual events (excludes relays) if:

- 1) his/her birthday falls within the Championship Period, and as a result would be required to qualify in the next higher age group at the Long Course Connecticut Age Group Championships in that Championship Period, and
- 2) he/she has exceeded the maximum COT for his/her current age, and
- 3) he/she has not exceeded the maximum COT for the higher age group.

The meet director and the referee must be notified prior to the meet.

Swimmers whose birthdays do not occur during the Championship Period shall be required to swim their appropriate age group and shall not be permitted to swim in a higher age group under any circumstances, even though the age groups are defined as 10/U, 12/U, 14/U, etc. These classifications exist only for those swimmers whose birthdays fall within the Championship Period.

**ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION:** Athletes entering this meet independent of a USA Swimming club or coach shall: 1.) be under the supervision of a USA Swimming coach for the duration of the meet. It is the swimmer's responsibility to make arrangements with a USA Swimming member coach prior to the meet. Athletes unaccompanied by a USA Swimming coach will not be permitted on deck. Please contact the Meet Director for assistance. 2) be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. The name of the USA Swimming member coach supervising the athlete and racing certification should be submitted to the Meet Director with the entry.

**OUTREACH ATHLETE:** Entry fees for CSI registered Outreach Athletes are waived. When submitting the meet entry, the entering club must request, in writing, that the individual entry fees be waived for the Outreach athlete(s) listed on the club's

entry. The Entry Chair shall confirm the Outreach status of the athlete(s) using USA Swimming's national registration database. If confirmed, all individual event entry fees shall be waived for that Outreach Athlete(s).

**TIMERS:** Teams will be required to supply timers based on the size of their entry. Swimmers will be required to supply their own timers for Friday evening events. The sponsor will announce timer requirements prior to the meet. Thank you for your cooperation.

**OFFICIALS:** Certified USA Swimming officials are welcome and needed to work on deck. Please list names and areas of certification and attach to entry form, or contact the referee listed.

**DEADLINE:** All entries must be received by **8 PM Tuesday, June 28, 2016.**

**FEES:** Splash fees: \$7/individual event; \$12/relay. A \$2 per swimmer entry fee applies to relay-only swimmers. If no electronic entry is provided, there is a \$5 manual entry fee per swimmer. Club divisions will be posted on ctswim.org by 9 AM July 1, 2016. Clubs will then send payment for entry fees to their assigned host postmarked no later than Friday, July 1, 2016. Host clubs have the right to remove unpaid club entries, with approval from Program Operations.

Friday Evening hosted by WAC  
Checks payable to  
Woodbridge Aquatic Club  
57 Union Street  
Guilford, CT 06437

Sat/Sun morning meet hosted by MJCC  
Check payable to Mandell JCC and mail to:  
David Laudati  
335 Bloomfield Ave,  
West Hartford, CT 06117

Sat/Sun morning meet hosted by NMEG/LEHY  
Checks payable to: ELBOE SPEC ACCT  
Mail to: Jennifer Lyman  
30 Chesterfield Rd.  
East Lyme, CT 06333

**LATE QUALIFIERS:** Any entered club that has a swimmer achieve an initial qualifying time during the period of **June 30-July 3, 2016**, must email that entry no later than **10 PM, Monday, July 4, 2016**, to their assigned host's Entry Chair. After this deadline, no late qualifier entries will be accepted. Exceptions to this deadline will not be entertained. **No improvements in seed time will be accepted, including change of course.** Splash fee checks for late qualifiers must be postmarked no later than Tuesday, July 5, 2016 and mailed to assigned meet host. CSI reserves the right to remove the unpaid entries from the meet.

**CORRECTIONS:** Coaches may add swimmers or events which were omitted from the original entry in error, or make corrections to their entry. All corrections are due by **10 PM, Monday, July 4, 2016**. Under no circumstances will corrections (other than changes of attachment status) be accepted after this time. For each correction, including but not limited to event or age group, clubs will be assessed \$7.00 in addition to the published splash fee. Only email corrections will be accepted. This process is to be applied only to legitimate errors, not to changed circumstances. For example, swimmers who are correctly entered in the maximum number of events and subsequently achieve a time faster than the "max" time for an event may not use the correction procedure to switch to a different event. (Note: correction fee does not apply to late qualifiers.)

- If John Doe is omitted from a club's entry in six (6) events, his club will be charged \$42.00 in addition to the cost of his entry. Total for John Doe \$84.00.
- If John Doe is entered in the 100 backstroke, but should have been entered in the 100 breaststroke, the fee is \$7.00.
- If a relay team is added, the charge will be \$20.00 plus splash fee. Total for additional relay \$32.00.

If any entry times must be corrected, the fee will be \$7.00 per correction. In accordance with CSI rules, proof of time is required and this procedure shall **not** be used to improve seed times, including a change in course. Prior to correcting entry times, the original proof of time will be checked to ensure the correction is not an improvement in seed time.

**OVERSUBSCRIPTION:** The sponsor reserves the right to make adjustments based on the time study and other factors with approval from Program Operations. Teams will be notified of any changes no later than Monday, July 4, 2016.

**SEEDING:** All conforming times, i.e. LCM times, will be arranged in time order, followed by non-conforming times, i.e. SCM/SCY times in time order. After arranging times in this manner, events, other than Friday evening, will be seeded in the normal fashion and swum slowest to fastest. If events are under-subscribed, the host teams reserve the right to combine 18/u and 14/u events. Awards shall be determined in 13/14 and 15/18 categories.

**DISTANCE EVENTS:** The 13/14 and 15/18 800M and 1500M Freestyle events shall be swum fastest to slowest alternating girls and boys. These events will have distinct qualifying times, but the events shall be combined seeded as single, alternating girls' and boys' events. Awards shall be determined in 13/14 and 15/18 categories. Swimmers must provide their own timers and counters. The 400 IM events and 400 Freestyle (Friday Evening) will be conducted fastest to slowest alternating girls and boys. Swimmers must provide their own timers.

**RELAYS:** Names of eligible relay swimmers and order of swimming shall be submitted to the clerk of course or head lane timer prior to the start of the heat in which such relay team is entered. All relay teams must submit a relay card, with the names of relay members, in the correct order of swimming position to the head lane timer prior to the start of that relay's heat assignment. No changes will be permitted thereafter. Heat and Lane designation must be stated on the relay card. Athletes that fall within the championship birthday period may only participate in relay events within their actual age the first day of this meet.

**SCRATCHES:** Scratch sheets will be provided in coach's packets. These sheets **MUST** be returned 30 minutes before the session begins or as indicated by the meet manager, with scratched swimmers clearly identified. Please be sure the computer operator and referee are able to read the event and name of the swimmer being scratched. **Packets will only be given to an USA Swimming member coaches.**

**WARM-UPS:** All teams must warm-up under the supervision of a coach or a marshal. Any swimmers who do not have a coach in attendance **MUST** report to the Meet Director and have a supervisor assigned. Only swimmers entered in the meet may warm-up. Connecticut Swimming's warm-up guidelines will be observed at all sessions.

**BREAKS:** It is not expected that any time will be available for breaks between events. It is possible that some events may be less than 15 minutes from others for the same age group. Please consider this in selecting events to enter.

**TIME TRIALS:** None

**AWARDS:** Medals will be awarded for 1-8 places for individual events and 1-3 for relays.

**REFRESHMENTS:** Concessions will be available.

**INCLEMENT WEATHER OR CANCELLATION:** In the event of weather delays, events may be cut. Please review [CSI's Inclement Weather Policy](#).

**SAFETY:**

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
5. Electronic audio or visual recording devices, including cell phones, are not permitted in changing areas, rest rooms, or locker rooms.

**PHOTOGRAPHY AND VIDEO RECORDING:**

Meet Management has the full authority to restrict any and all photography and visual recording at the meet. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) from the deck is prohibited by all individuals other than participating Coach and Athlete Members unless prior authorization from the Meet Referee or his/her designee has been granted. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat.

Additionally, the following "Non-Camera Zones" shall be enforced:

- Photography or video recording and the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) is not permitted in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups.
- Additional "Non-Camera Zones" may be designated by Meet Management.

Any individual failing to abide by these rules may be ejected from the facility and be subject to a Code of Conduct violation at the discretion of Meet Management.

**DIRECTIONS:**

**WESLEYAN UNIVERSITY:**

From North: Take I-91 S to Exit 22 S (left exit). Travel South on Rt. 9 to Middletown. At 2nd light take right onto Rt. 66 W. At junction of Rt. 66 and Rt. 3, turn left onto Vine Street and right onto Cross Street- pool will be immediately on your left. From South: Take I-95 N or the Merritt Parkway to I-91 N to Rt. 66 E. At junction of Rt. 66 and Rt. 3, turn right onto Vine Street, then right onto Cross Street- pool will be immediately on your left. No parking will be permitted on the street directly in front of the Athletic Center or on any practice field. Wesleyan will tow illegally parked cars. Please plan to park in the lot next to the tennis courts on Vine Street.

Mapping Software: <http://goo.gl/maps/7hoX>

Parking: [insert Wesleyan parking] The U parking lot will be closed on Saturday and Sunday. (U Lot is at the end of the track.)

**ODESSA TERRY POOL:**

**From I-91 North**, take exit 25 (Route 3). Take first exit after bridge (Glastonbury). Turn left at first traffic light. Turn left onto Main Street (north). Continue on Main Street past large shopping center to first light. Turn left on to Broad Street. Broad Street becomes High Street at Naubuc Avenue. Continue 300 yards pool is on the right. **From Route 2 West** take Hebron Avenue exit. At exit proceed to Main Street (Glastonbury). Take right onto Main Street and follow directions above. **I-84 East or West** take exit to CT Route 2 East to East Hartford. Take High Street exit. At the bottom of the ramp, turn right. Proceed to High Street. Pool is on the left.

**GOODWIN PARK POOL:**

Located at 1130 Maple Ave Hartford, CT 06114 (GPS user type in 341 South St Hartford, CT 06114). Pool entrance is on South Street.

**From South of Hartford** Take 91 North. Take exit 17. Merge onto CT-15 N toward Berlin Turnpike/I-691/CT-66 all the till the end when road splits about 15 miles. Take left at fork on to Maple Ave, go half a mile. Turn right onto South Street. Pool will be on right.

**From North of Hartford** Take 91 South. Take exit 27 for Airport Rd toward Brainard Rd. Take right off exit onto Airport Road. Take the 2nd left onto Wethersfield Ave. Take the 2nd right onto South St. Approximately 1 mile ahead, the Pool will be on the left

**PARKING:** There is a small parking lot by the pool house for the staff as well as handicap parking. Inside the park, about 200 feet away from the pool, there is another parking lot and additional parking is allowed on the side streets near the pool.

**ORDER OF EVENTS**  
**2016 LONG COURSE REGIONAL CHAMPIONSHIPS**  
**13-18 Year Old Swimmers**  
**July 8-10, 2016**

Friday, July 8, 2016

<u>Girls</u>	<u>LCM</u> <u>Max</u>	<u>LCM</u> <u>Min</u>	<u>SCM</u> <u>Max</u>	<u>SCM</u> <u>Min</u>	<u>SCY</u> <u>Max</u>	<u>SCY</u> <u>Min</u>	<u>Event</u>	<u>SCY</u> <u>Max</u>	<u>SCY</u> <u>Min</u>	<u>SCM</u> <u>Max</u>	<u>SCM</u> <u>Min</u>	<u>LCM</u> <u>Max</u>	<u>LCM</u> <u>Min</u>	<u>Boys</u>
1	5:50.00	6:22.41	5:36.50	6:13.87	5:03.00	5:34.99	14/U 400M IM *	4:56.00	5:38.99	5:33.00	6:18.49	5:53.00	6:32.24	2
3	5:40.00	6:16.70	5:24.00	6:08.29	4:50.00	5:29.99	18/U 400M IM*	4:37.00	5:20.99	5:22.50	5:58.24	5:16.30	6:11.09	4
5	5:02.25	5:27.78	4:55.00	5:18.89	5:33.00	6:04.49	14/U 400M /500Y Freestyle*	5:25.00	6:08.49	4:49.75	5:22.49	4:56.00	5:30.49	6
7	4:53.60	5:21.48	4:47.50	5:12.76	5:21.70	5:57.49	18/U 400M /500Y Freestyle*	4:58.00	5:39.99	4:32.00	4:57.45	4:36.00	5:07.68	8

Saturday, July 9, 2016

<u>Girls</u>	<u>LCM</u> <u>Max</u>	<u>LCM</u> <u>Min</u>	<u>SCM</u> <u>Max</u>	<u>SCM</u> <u>Min</u>	<u>SCY</u> <u>Max</u>	<u>SCY</u> <u>Min</u>	<u>Event</u>	<u>SCY</u> <u>Max</u>	<u>SCY</u> <u>Min</u>	<u>SCM</u> <u>Max</u>	<u>SCM</u> <u>Min</u>	<u>LCM</u> <u>Max</u>	<u>LCM</u> <u>Min</u>	<u>Boys</u>
1	2:46.00	3:12.95	2:35.00	3:09.72	2:21.30	2:49.99	18/U 200M Butterfly	2:13.00	2:44.99	2:30.50	3:04.14	2:29.60	3:10.52	2
3	2:55.00	3:24.30	2:43.25	3:20.88	2:27.00	2:59.99	14/U 200M Butterfly	2:26.00	3:00.99	2:44.75	3:21.99	2:51.50	3:29.44	4
5	1:25.00	-----	1:19.50	-----	1:11.00	-----	18/U 100M Breaststroke	1:07.00	-----	1:18.00	-----	1:19.00	-----	6
7	1:28.00	-----	1:22.25	-----	1:14.50	-----	14/U 100M Breaststroke	1:12.50	-----	1:20.75	-----	1:24.75	-----	8
9	29.30	-----	28.50	-----	25.40	-----	18/U 50M Freestyle	22.90	-----	27.00	-----	26.80	-----	10
11	30.25	-----	29.50	-----	26.50	-----	14/U 50M Freestyle	25.50	-----	28.25	-----	29.00	-----	12
13	2:38.00	2:52.99	2:33.00	2:49.49	2:15.00	2:32.99	18/U 200M IM	2:03.60	2:24.49	2:28.50	2:40.49	2:26.80	2:43.49	14
15	2:44.25	2:54.99	2:36.50	2:51.99	2:21.00	2:34.99	14/U 200M IM	2:16.00	2:35.99	2:33.25	2:52.99	2:37.00	2:55.99	16
17	2:38.00	3:08.49	2:34.50	3:00.24	2:14.00	2:41.49	18/U 200M Backstroke	2:09.00	2:38.99	2:29.00	2:57.49	2:29.60	3:07.49	18
19	2:45.00	2:59.99	2:36.75	2:57.99	2:20.00	2:39.99	14/U 200M Backstroke	2:16.00	2:53.24	2:32.75	3:13.49	2:41.75	3:24.24	20
21	-----	-----	-----	-----	-----	-----	15/18 200M Medley Relay	-----	-----	-----	-----	-----	-----	22
23	-----	-----	-----	-----	-----	-----	13/14 200M Medley Relay	-----	-----	-----	-----	-----	-----	24
25	10:23.00	11:27.99	9:43.00	10:49.49	10:50.00	12:09.99	18/U 800M/1000Y Free*	10:30.00	11:49.99	9:32.00	10:31.99	9:37.00	11:01.49	26
27	10:29.00	11:42.99	10:16.25	11:15.99	11:37.30	12:39.99	14/U 800M/1000Y Free*	11:30.00	12:39.99	9:53.25	11:15.99	10:06.00	11:30.99	28

\* Depending on timeline, may be heat limited to a minimum of 24 swimmers.

**ORDER OF EVENTS**  
**2016 LONG COURSE REGIONAL CHAMPIONSHIPS**  
**13-18 Year Old Swimmers**  
**July 8-10, 2016**

Sunday, July 10, 2016

<u>Girls</u>	<u>LCM</u> <u>Max</u>	<u>LCM</u> <u>Min</u>	<u>SCM</u> <u>Max</u>	<u>SCM</u> <u>Min</u>	<u>SCY</u> <u>Max</u>	<u>SCY</u> <u>Min</u>	<u>Event</u>	<u>SCY</u> <u>Max</u>	<u>SCY</u> <u>Min</u>	<u>SCM</u> <u>Max</u>	<u>SCM</u> <u>Min</u>	<u>LCM</u> <u>Max</u>	<u>LCM</u> <u>Min</u>	<u>Boys</u>
29	1:13.60	-----	1:10.00	-----	1:02.00	-----	18/U 100M Backstroke	58.60	-----	1:09.50	-----	1:09.00	-----	30
31	1:16.75	-----	1:12.75	-----	1:05.25	-----	14/U 100M Backstroke	1:03.50	-----	1:11.50	-----	1:14.50	-----	32
33	1:03.60	-----	1:02.50	-----	55.00	-----	18/U 100M Freestyle	49.80	-----	58.50	-----	58.10	-----	34
35	1:06.00	-----	1:03.50	-----	57.25	-----	14/U 100M Freestyle	55.50	-----	1:01.75	-----	1:03.25	-----	36
37	1:11.70	-----	1:10.00	-----	1:01.70	-----	18/U 100M Butterfly	55.40	-----	1:06.00	-----	1:05.00	-----	38
39	1:14.75	-----	1:11.50	-----	1:04.25	-----	14/U 100M Butterfly	1:02.75	-----	1:10.00	-----	1:11.75	-----	40
41	3:02.40	3:30.69	2:51.50	3:26.46	2:36.00	3:04.99	18/U 200M Breaststroke	2:25.00	2:55.99	2:49.00	3:16.42	2:53.00	3:25.12	42
43	3:10.00	3:30.69	2:59.75	3:26.46	2:41.90	3:04.99	14/U 200M Breaststroke	2:37.00	3:12.99	2:57.25	3:35.49	3:04.00	3:44.99	44
45	2:18.00	2:28.99	2:14.50	2:25.49	1:58.30	2:11.49	18/U 200M Freestyle	1:50.00	2:06.84	2:03.60	2:20.79	2:06.60	2:23.99	46
47	2:24.00	2:33.99	2:18.25	2:30.99	2:04.50	2:15.99	14/U 200M Freestyle	2:01.00	2:17.49	2:15.50	2:32.99	2:19.50	2:35.99	48
49	-----	-----	-----	-----	-----	-----	15/18 200M Free Relay	-----	-----	-----	-----	-----	-----	50
51	-----	-----	-----	-----	-----	-----	13/14 200M Free Relay	-----	-----	-----	-----	-----	-----	52
53	19:40.00	21:24.61	18:30.00	20:48.74	18:16.00	20:52.49	18/U 1500M/1650Y Free*	18:03.00	20:54.99	18:15.00	20:51.24	18:60.00	21:40.51	54
55	20:07.00	22:03.07	19:43.00	21:26.13	19:10.00	21:29.99	14/U 1500M/1650Y Free*	18:40.00	21:44.99	18:51.25	21:41.09	19:16.00	22:32.32	56

\* Depending on timeline, may be heat limited to a minimum of 24 swimmers.