

**2019 CONNECTICUT SWIMMING SENIOR CHAMPIONSHIP**  
**Wesleyan University Freeman Athletic Building**  
**161 Cross Street, Middletown, CT 06457**  
<http://goo.gl/maps/KD21C>  
**July 18-21, 2019**

Version	Revision	Date
Final v1		
Final v2	Officials OQM positions listed	07.02.19

## EVENTS

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L19-43. In granting this sanction it is understood and agreed that USA Swimming and Connecticut Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Sponsored by Connecticut Swimming and the Senior Committee, the meet will be run in accordance with USA Swimming rules unless otherwise noted, including the Minor Athlete Abuse Prevention Policy, will govern all competition. The meet will be open to eligible 2019 CT Swimming registered clubs and swimmers who have swum the attached time standards.

This meet is approved as an Officials Qualifying Meet for the following positions N2- All, N3 S&T, & N3 CJ initial, under the National Officials Certification Program. Those officials desiring initial certification or re-certification evaluations above the LSC level should designate the request on the [Application to Officiate](#).

**MEET DIRECTOR:** Jason Paige [jpaige@regionalmca.org](mailto:jpaige@regionalmca.org)

**MEET REFEREE:** Dave Pite [pite@snet.net](mailto:pite@snet.net)

**ADMINISTRATIVE REFEREE:** Mark Wollen [mark@mjwollen.com](mailto:mark@mjwollen.com)

**MEET ENTRY INFO:** Ginger McCurdy [ctswim.mccurdy@gmail.com](mailto:ctswim.mccurdy@gmail.com)

**WEBSITE:** <http://www.ctswim.org>

**SAFETY CHAIRMAN:** Duffy Mudry

**EMERGENCY NO:** Public Safety: 860 685-2345

**FACILITY:** Wesleyan University's Freeman Athletic Center Pool

- The Freeman Center Pool is a 50-meter by 25 yard venue with a Colorado Timing System. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Colorado electronic timing system. Water depth at start end and turn end 7.5 to 14 ft when Short Course, and 5 ft-14.5 when Long Course. Limited spectator seating; limited refreshments.
- No locks may be left on Wesleyan lockers. No shaving on premises is permitted. No access to faculty locker rooms is permitted.
- Changing into or out of swimsuits, whole or in part, other than in locker rooms or other designated areas is not appropriate and is prohibited.
- Misbehavior, unsportsmanlike conduct, vandalism and theft will not be tolerated and can result in being barred from participation in the meet.



- No electronic audio or visual recording devices, including cell phones, are permitted in changing areas, rest rooms, or locker rooms. Failure to comply may result in expulsion from the meet.
- No Folding Chairs are allowed anywhere in the building
- Seating for swimmers on the pool deck will be limited. Additional seating is available in gym.
- Spectators will be allowed to **SIT** only in spectator viewing area. Any vehicle parked anywhere other than in a parking space will be subject to fines and being towed.

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

<b>SCHEDULE:</b>	<b>Warm-up</b>	<b>Start</b>
Trials –Thurs-Fri-Sat-Sun	6:30 a.m.	8:30 a.m.
Finals –Thurs-Fri-Sat-Sun	3:45 p.m.	5:00 p.m.

**WARM-UP:** All clubs must warm-up under the supervision of a coach. Coaches should register in the office when they arrive in order for their clubs to begin warm-up. Only swimmers entered in this meet may use the warm-up lanes. All athletes must have a coach in attendance. Athletes participating in the meet without a coach must make prior arrangements with a club participating in the meet and ask for coach coverage. Please notify the Meet Director. Lane assignments are subject to the discretion of the Meet Referee and will be provided in the coaches' packets and on the CT website if needed. No diving will be permitted, except in the sprint lanes. Pace lanes will be reserved for swimmers who are being timed by their coaches. No training equipment is allowed in the pool. Entry into pool is feet-first from the turn ends of the pool. **After each men's event in prelims and finals there will be at least a ten minute warm up period available. The Meet Referee may lengthen or reduce the duration of this warm up period if needed.** To better control the number of swimmers on the pool deck during the preliminary sessions, meet management asks that the ten minute break only be used for swimmers in an event adjacent to the break.

**PRELIMS:** All Prelims will be conducted in LCM course. Prelims will be conducted in one 8-lane course, with the exception of the 400m, 800m and 1500m Freestyle and the 400m IM. Please see the **Distance Events** section for more information on how these events will be run.

**SEATING:** During Prelims, all swimmers will be asked to sit in the Wesleyan indoor Gymnasium. Swimmers must stay off the basketball court at all times. Monitors will be provided to inform all swimmers which event and heat is splashing in the competition pool.

**FINALS:** Finals will be conducted as **LCM** in an 8-lane course. Three heats (Top 24) will return for the evening session, with the exception the 800m and 1500m Freestyle events. Heats will be run in the following order, the C Final (places 17-24 restricted to swimmers 18 and under), the B Final (places 9-16), and the A Final (top 8). **All Relays will swim during the evening Finals sessions.** (*See relays section for more information on how relays will be conducted*).

**READY ROOM:** Swimmers competing in the A final events are expected to report to the Ready Room area no more than 10 minutes prior to their event. The A finalists are expected to remain in the Ready Room until they march out for their event.

**COACHES' MEETING:** A brief coaches meeting will be held on Thursday morning at a time designated by the meet referee. Meeting time will be announced Thursday morning.



**ELIGIBILITY:** This meet is open to Connecticut LSC swimmers only. Clubs and swimmers must be 2019 registered members of USA Swimming. Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed. See CT Swimming athlete [registration procedures](#). Registrations will not be processed at the meet. All coaches must present a valid USA Swimming coach card to the Meet Director prior to the commencement of any sanctioned swim meet, and must have this card with them while on deck. Coaches will be required to check-in at the pool office in order to be on deck.

**ADAPTED SWIMMING:** Any USA Swimming athlete 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 may contact Adapted Swimming Chair for time standards and other information.

**FEES:** Splash fees: \$12.00 per individual event, \$20.00 per relay, and \$15 per time trial. If no electronic entry is provided, there is a \$5 manual entry fee per swimmer. Payment is required upon final entry submission. Credit card and checks accepted.

**OUTREACH:** Participating clubs may request, in writing, that individual entry fees be waived for Outreach athletes listed on the club's entry. See <https://www.ctswim.org/Customer-Content/www/CMS/files/Membership/Outreach-Entry-Fees.pdf> for policy and procedure.

**SCORING:** Individual event scoring will be to 16 places as follows:

Timed final events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Prelim/Finals events: A final: 20-17-16-15-14-13-12-11

B final: 9-7-6-5-4-3-2-1

C final: No Score

Relay event scoring will be to 16 places as follows:

Relays events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

**TEAM SCORING:** Team scores will be kept for the Men's, Women's and Combined Teams through 16th place as per USA Swimming rule 102.7.3.

**AWARDS:** Individual and Relay awards will be presented for 1st through 3rd place at finals. The awards schedule will be presented at the coaches meeting. Relay awards for the 400m Freestyle, 800m Freestyle and 400 Medley Relay will be presented at the finals session on the following night. The Distance High Point (for the 400m IM, 400m, 800m, and 1500m Free) and Individual High Point Awards will be presented during the Sunday finals session.

**ENTRIES:** Swimmers may enter any individual event for which they qualify, but may only compete in three (3) individual events per day and a maximum of seven (7) individual events for the meet. No Bonus Events are allowed, except that swimmers that have qualified in the 800m or 1500m Freestyle distance events may enter the alternate distance as a bonus if they have achieved the alternate Distance Bonus standard during the qualifying period. The alternate distance bonus event will count towards the maximum number of individual events.



**ENTRY INFORMATION:** Swimmers must have equaled or bettered the attached time standards since January 1, 2018 and before the entry deadline. Swimmers will enter in LCM. Swimmers entering with non-conforming (SCY) times must indicate such on the entry.

**SEEDING:** All conforming LCM times will be seeded first, followed by SCY entry times, followed by bonus times in the same fashion if applicable. Prelims will be seeded in accordance with USA Swimming rules 102.5 unless otherwise stated herein. Events will be swum slowest to fastest unless otherwise stated herein. See *DISTANCE EVENTS* section.

**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.

**ENTRY DEADLINE:** Entry deadline for all entries is **9:00 p.m. Thursday, July 11, 2019**. Payment will be due with submission of entry. Please see PAYMENT section for details. **Important note: All custom times must be submitted for approval by 9:00pm, Wednesday July 10<sup>th</sup>.**

**LATE QUALIFIERS:** Any entered club that has a swimmer achieve an initial qualifying time during the period of **July 12-14<sup>th</sup>, 2019** must enter, no later than **5:00 p.m. Monday, July 15<sup>th</sup>, 2019**, using FAST Online Entries. After this deadline, no late qualifier entries will be accepted. No exceptions will be made to this deadline. No improvements in seed time will be accepted. Splash fees for late qualifiers are due on **Monday, July 15<sup>th</sup>, 2019** by check (postmarked) or credit card. CSI reserves the right to remove the unpaid entries from the meet.

**CORRECTIONS:** The psych sheets will be posted on [ctswim.org](http://ctswim.org) and clubs will be given until **5:00 p.m. Monday, July 15<sup>th</sup>, 2019** to email corrections to [ctswim.mccurdy@gmail.com](mailto:ctswim.mccurdy@gmail.com). No exceptions will be made to this deadline. No improvements in seed time will be accepted, including improvements due to changes in course. Corrections will be accepted by email only. \$5 will be assessed for each correction. CSI is not responsible for entry errors based on incorrect meet files, computer/server errors, software bugs, etc. Splash fees for corrections are due on **Monday, July 15<sup>th</sup>, 2019** by check (postmarked) or credit card. CSI reserves the right to remove the unpaid entries from the meet.

**PAYMENT:** Payment will be collected upon submission of entry by credit card or by signed check/check request. If paying by check an image of the signed check/check request must be submitted with the entry. The check must then be mailed to the address below.

Connecticut Swimming  
28 Farms Village Rd  
Wethersfield, CT 06109

**PROOF OF ENTRY TIMES:** All entry times must be pre-proven. The results of any USA Swimming sanctioned, approved, or observed meet or a meet attested by a USA Referee will be acceptable as proof of time. Eligible times not verified in Connecticut FAST may be proven by using the Connecticut FAST custom times tool available to CSI clubs or, in the case of unattached entries, by sending an email to the entry chair, which includes the meet name, date, location, referee attestation, and pertinent page(s) of the



results. Failure to pre-prove an entry time will prevent the swimmer from being entered in that event. 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, 2019, to the Connecticut Swimming office.

**ENTRY INFORMATION:** CSI-member USA Swimming clubs will enter using Connecticut FAST Online Entries and enter an adapted athlete by contacting [ctswim.mccurdy@gmail.com](mailto:ctswim.mccurdy@gmail.com). Unattached athletes not affiliated with a club should email an entry file (\*.sd3 or \*.cl2) and proof of time to [ctswim.mccurdy@gmail.com](mailto:ctswim.mccurdy@gmail.com). If meet entry software is not available, email [ctswim.mccurdy@gmail.com](mailto:ctswim.mccurdy@gmail.com) the athlete name, USA ID, age, event number, event name, time, and proof of time. Extra fees for manual entries will apply. See Proof of Entry Times section for acceptable proof.

**SCRATCHES & POSITIVE CHECK IN:** Coaches will receive an informational envelope containing entry reports for each swimmer's events upon team check in. All scratches are to be submitted to the Clerk of Course by the appropriate scratch deadlines. The scratch box and positive check in will be located with the Clerk of Course on deck. Swimmers are automatically seeded in the meet if a scratch is NOT turned in.

This meet will follow the National Championship Scratch Rules as specified in rule 207.11.6. Scratches from finals can only be done directly with the Administrative Referee.

After the preliminaries and/or timed finals have been seeded, any swimmer who fails to compete in an individual event, preliminary or timed final heat, in which he/she has been entered and has not been scratched will be barred from further individual and relay events on that day, including swimming in finals in an event qualified for prior to such failure to compete. In order to swim any events on remaining days the coach and/or swimmer must positively check-in with the Administrative Referee prior to the scratch deadline of that day's events. Swimmers must be present in order to declare a false start as stated by USA swimming rules.

**Scratch and Positive Check in deadlines for Individual events are as follows:**

Scratches for Thursday Preliminary Events: Thursday, 7:30am

Scratches and Positive Check in for Thursday Timed Final Events: Thursday, 8:00am

Scratches for Friday Preliminary Events: Thursday, 7:30pm

Scratches for Saturday Preliminary Events: Friday, 7:30pm

Scratches and Positive Check-in for Sunday Preliminary and Timed Final Events: Saturday 7:30pm

A swimmer seeded in an A Final, B Final, or C final who fails to compete shall be barred from all further competition in the meet. It is the responsibility of the coaches and swimmers to check the scratch sheets and to scratch in a timely fashion if they do not intend to return or swim at finals. Sunday Finalist shall be fined \$50.00 for each event not swum. Fines must be paid before October 1, 2019. No penalty will apply if:

1. The referee is notified in the event of illness or injury and accepts the proof.
2. A swimmer qualifying for finals based on the results of preliminaries notified the Clerk of Course within 30 minutes of the announcement of qualifiers that he/she may not intend to compete and confirm his/her final intention within 30 minutes following his/her last preliminary event.
3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

**Scratches and Positive Check In deadlines for Relays are as follows:**

Scratches and Positive Check in for Thursday Evening Relays: Thursday, 11:00am



Scratches and Positive Check in for Friday Evening Relays: Friday, 11:00am  
Scratches and Positive Check-in for Saturday Evening Relays: Saturday, 11:00am  
Scratches and Positive Check-in for Sunday Evening Relays: Sunday 11:00am

***DISTANCE EVENTS:*** Swimmers participating in the 800/1500m freestyles MUST positively check-in and declare their intent to swim by the scratch deadline for that day's events to be seeded at their entry time.

- Positive check-in is required for the Women's 1500m and Men's 800m freestyle by 8:00am on Thursday, July 18, 2019
- Positive check-in is required for the Women's 800m and Men's 1500m freestyle events by 7:30pm on Saturday July 20, 2019
- Failure to positively check-in will result in the swimmer not being seeded into the event with their entry time. Any swimmer that does not scratch or positively check in by the check-in time will be seeded at "NT."

**Thursday (W1500m/M800m) and Sunday (W800m/M1500m) Distance Freestyle Events**, will be swum as timed finals with the fastest heat (top 8) in the women's Freestyle followed by the fastest heat (top 8) in the men's Freestyle to be conducted at the beginning of the evening finals session. The remaining heats will follow a National meet format, so that the 2nd fastest heat of Men's Free will end at approximately 3:45pm and the 2nd fastest heat of the women's Free will swim in the heat prior to the 2nd fastest heat of the Men's Free. The heats will alternate women and men. The heat order and schedule will be published after the Scratch/ Positive Check-in deadline on for each of the distance sessions. Swimmers must supply their own timer and counter for all heats except those swum during the finals session. Swimmers need only supply their own counter if competing in the finals session. The distance session will be conducted in a seven lane course so that lane 8 will be open for warm up throughout the distance session.

**The warm up lane is only open to swimmers competing in the distance session events on Thursday and Sunday.**

Prelims of the 400m IM and 400m Free will be swum as follows: top thirty-two, with the top sixteen being circle seeded, of Women followed by the top thirty-two, with the top sixteen being circle seeded, of Men, then all remaining heats, alternating Women and Men continuing fastest to slowest. There will be a ten minute break following the last heat of the women's 400m event prior to starting the men's 400m event. There will be a ten minute break after the men's 400m event prior to starting the alternating heats. The top four heats of women and men's 400m events will be run in an eight lane course. The alternating heats will be run in a seven lane course so that lane 8 will be open for warm up. The warm up lane is only open to swimmers competing in the 400m events. **Swimmers must provide their own timers during prelims of all 400m distance events.**

***RELAYS:*** Teams participating in the relay events MUST positively check-in and declare their intent to swim those relays by the scratch deadline for that day's relay events. (*See the Scratch and Positive Check in section*). **Relays that do not check-in by the appropriate deadline will be SCRATCHED.** Relay participants must be declared to the Clerk of Course one hour before the relay swims, but may be changed up to the time of the swim. **All relay cards must go to the computer table.**

Clubs may enter a maximum of two relay entries per relay event. **'Relay only' swimmers are not allowed.** The time for each relay may be submitted as a composite. All Relays will be swum during the



finals sessions as follows: All Women's relays slowest to fastest followed by all Men's relays slowest to fastest. **Teams must provide their own timers for the 800 Freestyle relay.**

**OVERSUBSCRIPTION:** In the event of over subscription, the Senior Committee and meet management reserve the right to make adjustments to the meet. These may include, but are not limited to, conducting all events in split sessions.

**MEET JURIES:** The Meet Juries shall be announced by the Meet Referee at the Coaches Meeting. Written protests involving eligibility or technical rules, except disqualification due to judgment decisions of the deck officials, shall be made to the Meet Referee within 30 minutes of the protested act or occurrence. Any protest filed will be referred to the appropriate jury. There is a \$50 fee for a protest made by anyone and that fee is refundable if the protest is upheld.

**TIME TRIALS:** Time trials will be conducted based on the availability of time in-between prelims and finals only and at the discretion of the Meet Referee, 15 minutes after the completion of each preliminary session. Time trials will be conducted for those swimmers participating in individual events in the meet in accordance with USA Swimming rules. Each individual time trial will count as one of the seven individual swims allowed each swimmer (failure to show for a seeded time trial will not count towards a swimmers total number of events allowed for the meet). Swimmers must sign up for time trials Thursday/Friday/Saturday/Sunday between 8:30am-10:00am (subject to change based on session time lines). Special consideration will be made for athletes who swim events after the deadline closes and who choose to swim that event as a time trial offering an additional deadline 10 min after that event is swum. Fees: paid in cash are \$15.00/individual event; \$25.00/relay. Swimmers entered in time trials must provide their own timers and lap counters. The meet referee reserves the right to combine events as necessary. Note: Entering time trials constitutes an agreement to swim in combined heats with no lane separation. Time trials will be swum in the following order at the discretion of the meet referee to facilitate efficient conduct of the time trials:

Thursday Time Trials:	Thursday/Friday/Saturday/Sunday events in that order
Friday Time Trials:	Friday/Saturday/Sunday/Thursday events in that order
Saturday Time Trials:	Saturday/Sunday/Thursday/Friday events in that order
Sunday Time Trials:	Sunday/Thursday/Friday/Saturday events in that order

The 800m and 1500m events will only be offered as the last event on either Friday or Saturday (time permitting). The day will be announced at the Coaches Meeting. Note: 800m and 1500m events may be swum as time trials in the slowest seeded heat during the meet if lanes are open. Athletes will be considered on a first come basis until the heat is full.

For every 400 athletes, there will be max 1 hour of Time Trials, not to exceed 2 hours of Time Trials. The Meet Referee reserves the right to limit Time Trials entries based on circumstances.

**WORK ASSIGNMENTS:** All teams are required to provide workers (e.g. timers, runners, marshals, officials, etc.) in proportion to the size of their entry. Team contacts will be notified of their team's work assignments as soon as possible after the entries are received. Please include the name, phone number and address of the team contact for work assignments. Interested officials should apply online at <https://www.ctswim.org/CTNet/CFPaintForm.aspx?f=74> or contact the meet referee by July 11<sup>th</sup> if your officials are to be counted in your work assignment. There will be a maximum number of officials per session.



Any team which fails to provide its workers or whose workers do not work for the entire session (including officials) will be fined by Connecticut Swimming, Inc. Clubs will be fined \$100 per each worker that fails to show and \$60 for each worker that is late or leaves early.

**NOTE WELL** that a work assignment is for the duration of the session. It is up to the team to provide a backup worker in case the team's worker for any reason is unable to perform or complete the work assignment.

**REFRESHMENTS:** Hospitality will be provided for coaches, officials and computer operators. Water will be distributed on deck to volunteers/timers. Wesleyan will provide concessions.

**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.

**DIRECTIONS:** 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.

**LODGING:**

**Crowne Plaza Cromwell**  
100 Berlin Road, Cromwell  
800-308-4589

**Marriott Courtyard**  
4 Sebethe Dr, Cromwell  
860-635-1001

**Inn at Middletown**  
70 Main Street Middletown  
860-854-6300

**Comfort Inn**  
Route 372, Cromwell  
860-635-4100

**Ramada Plaza Hotel**  
275 Research Pkwy, Meriden  
203-238-2380

**Hampton Inn**  
20 Waterchase Dr, Rocky Hill  
860-563-7877

**Super 8 Motel**  
1 Industrial Dr, Cromwell  
800-843-1991

**Hawthorne Inn**  
2387 Wilbur Cross Pkwy, Berlin  
860-828-4181





**CONNECTICUT SENIOR LONG COURSE CHAMPIONSHIPS**  
**ORDER OF EVENTS**  
**WITH QUALIFYING TIMES**  
**JULY 18-21, 2019**

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**Thursday, July 18<sup>th</sup>**

No.	LCM	SCY	Event	SCY	LCM	No.
1	<b>19:26.39</b>	18:09.99	W 1500/M 800 Free*	<b>10:34.99</b>	<b>9:36.19</b>	2
	<b>19:44.39B</b>	<b>18:27.99B</b>	Alt Distance Bonus*	<b>10:43.99B</b>	<b>9:45.19B</b>	
3	2:36.09	2:13.99	200 Backstroke	2:06.19	2:28.79	4
5	:29.09	:25.39	50 Free	:22.59	:26.59	6
7	1:24.29	1:10.99	100 Breaststroke	1:04.19	1:16.79	8
9			400 Medley Relay**			10

**Friday, July 19<sup>th</sup>**

11	2:16.29	1:57.79	200 Freestyle	1:49.19	2:06.59	12
13	1:12.89	1:01.49	100 Backstroke	:57.29	1:07.19	14
15	5:32.49	<b>4:48.69</b>	400 IM	<b>4:28.89</b>	<b>5:14.09</b>	16
17			800 Free Relay**			18

**Saturday, July 20<sup>th</sup>**

19			200 Medley Relay**			20
21	1:09.59	1:00.19	100 Butterfly	:53.79	<b>1:03.19</b>	22
23	3:01.09	2:34.69	200 Breaststroke	<b>2:22.29</b>	2:48.79	24
25	4:49.79	5:14.09	400 Freestyle	4:56.59	<b>4:30.79</b>	26
27			400 Free Relay**			28

**Sunday, July 21<sup>st</sup>**

29	<b>10:04.39</b>	<b>10:59.99</b>	W 800/ M 1500 Free*	<b>17:43.99</b>	18:26.99	
	<b>10:13.39B</b>	<b>11:08.99B</b>	Alt Distance Bonus*	<b>18:03.99B</b>	<b>18:44.99B</b>	30
31	<b>2:43.79</b>	<b>2:19.49</b>	200 Butterfly	2:11.19	2:29.59	32
33	1:03.09	:54.29	100 Freestyle	:48.99	:57.79	34
35	2:37.59	2:13.89	200 IM	2:03.09	2:24.39	36
37			200 Free Relay**			38

\*- These events will be swum as timed finals.

\*\* - Events will be swum as timed finals during the finals session.

The fastest heat of the Women's 1500 and 800 Freestyles along with the fastest heat of the Men's 800 and 1500 Freestyles will swim in the finals session. All other heats will be held in a distance session after the morning preliminary events have concluded. The start time of the distance session will be determined once the positive check in deadline has expired for the distance events.

All Relays will be swum in the finals session

The C final is restricted to swimmers 18 and Under.

