

2025 CONNECTICUT SWIMMING LONG COURSE SENIOR CHAMPIONSHIP

Wesleyan University Freeman Athletic Building
161 Cross Street, Middletown, CT 06457
July 10-13, 2025

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L25-44. 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.

MEET CONTACTS			
Meet Director	Adriana Marmolejo	adriana.marmolejo@olympian.org	480-307-4813
Meet Referee	Dylan Lee	dylantlee@gmail.com	
Lead Admin Official	JoAnn McCaffrey	mccaffreyjoann@gmail.com	914-391-5841
Entry Chair	Henk Jansen	office@ctswim.org	
Safety Chair	Adriana Marmolejo	adriana.marmolejo@olympian.org	480-307-4813
Meet Manager	Yolanda Johan	yoli.jahan1@gmail.com	
Officials Contact:	Joe Guenther	jguentherjr@gmail.com	Officials Sign Up Link

IMPORTANT DATES AND DEADLINES		
Wednesday, July 2, 2025	8:00 pm	Entry deadline
Tuesday, July 8, 2025	8:00 pm	Coaches meeting - via ZOOM
Wednesday, July 9, 2025	5:30 pm	Scratch Deadline for Thursday events
Thursday, July 10, 2025	5:30 pm	Scratch Deadline for Friday events Relay positive check in
Friday, July 11, 2025	5:30 pm	Scratch Deadline for Saturday events Relay positive check in
Saturday, July 12, 2025	5:30 pm	Scratch Deadline for Sunday events Distance Positive Check in
Thursday, Friday, Saturday, Sunday	1 hour prior to each session start	Officials' Briefing
Thursday, Friday, Saturday, Sunday	½ hour prior to session start	Timers' Briefing

SESSION SCHEDULE		
Prelims Thursday, Friday, Saturday, Sunday	Warm up 6:30 am	Start 8:30 am
Finals Thursday, Friday, Saturday, Sunday	Warm up 3:30 pm	Start 5:00 pm
Sunday Distance Session		*See distance session

ENTRY INFORMATION

Swimmers must meet or exceed the time standards between January 1, 2024, and the entry deadline.

Swimmers may enter any individual event for which they qualify, but they are limited to a maximum of three individual events per day and a total of nine individual events for the entire meet.

Bonus events are permitted for events 400 meters or shorter, provided the swimmer has achieved the required bonus cut. The event ratio for bonus events is as follows:

- 1:3
- 2:2
- 3:1
- 4 or more: no bonus.

Swimmers who have qualified in either the 800m or 1500m Freestyle may enter the alternate distance as a bonus event. The alternate distance will count toward the swimmer's maximum number of individual events. However, swimmers are not required to enter the qualified distance event.

To enter the 50m of a stroke, swimmers must have met the 100 stroke time standard.

ELIGIBILITY: This meet is open to Connecticut LSC swimmers only. Clubs and swimmers must be 2025 registered members of USA Swimming. No FLEX memberships are permitted. Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed. All registrations are processed by parents in SWIMS 3.0. 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.

CLUB ENTRIES: CSI-member USA Swimming clubs should submit entries using Connecticut FAST Online Entries. Clubs wishing to enter an adapted athlete should contact office@ctswim.org.

UNATTACHED ENTRIES: Unattached athletes not affiliated with a club must email an entry file (*.sd3 or *.cl2) and proof of time to office@ctswim.org. If entry software is unavailable, please email the athlete's name, USA Swimming ID, age, event number, event name, time, and proof of time. Note: Additional fees will apply for manual entries. See the Proof of Entry Times section for acceptable proof.

LATE QUALIFIERS: Any entered club that has a swimmer achieve an initial qualifying time during the period of 8:01 pm July 2nd - July 7th must enter, no later than 11:59 pm. July 7th, using FAST Online Entries. After this deadline, any addition or change to an entry will be considered a "deck entry" and subject to deck entry costs.

CORRECTIONS: All corrections must be submitted by 7:00 p.m. on July 8th to office@ctswim.org. For new swimmers, please email the swimmer's full name, birthdate, event numbers, and times. For swimmers already entered in the meet, send their name, new event number, and updated time. After the deadline, any changes or additions to entries will be treated as "deck entries" and will incur deck entry charges. Improvements in seed times will only be accepted for prelims/finals events. All corrections must be submitted via email. A \$15 fee will be charged for each correction, scratch, or addition, in addition to the meet entry fee where applicable.

Correction Examples:

1. Adding a Swimmer with Events:

- If John Doe was omitted from the club's entry in six (6) events, adding him will incur a \$15 fee. Each of his events will have a flat charge of \$30. The total for adding John Doe and his six events is \$195.

2. Event "Swapping" for a Swimmer:

- For each scratch while "swapping" events, there is a \$15 charge. For example, if Jimmy is removed from the 100 backstroke (a scratch) and entered in the 100 freestyle (new event), his club will be charged \$30 for the swap and a \$15 entry fee, totaling \$45.

3. Single Scratch Without Coach Attendance:

- Scratching a single swimmer when no coach will be present at the session will not incur a fee. For instance, if Larry is the only swimmer from his team in a session and is scratched in advance, no fee will apply to avoid requiring a coach to attend only for the scratch.

4. Adding a Relay Team:

- If a relay team is added, the cost will be \$24 plus the entry fee, bringing the total to \$48 for the additional relay.

5. Changes in Attached Status:

- Only changes to a swimmer's attached status will not incur a fee.

6. Deck Entries:

- Deck entries, which are entries submitted after the correction deadline and up until the end of warm-ups on Sunday, are subject to a flat fee of \$50 per individual event for swimmers already in the database. Adding a new swimmer will incur an additional \$50 charge. For example, if a swimmer is added after the correction deadline with two events, the total would be \$150 (\$50 for the swimmer and \$50 per event).
- Adding a relay as a deck entry incurs a \$75 charge. Note that no deck entries will be accepted after warm-ups begin for the day's events. It is up to the computer table to accept deck entries for future sessions, so please submit any deck entries as early as possible during warm-up.

WARM UP AND COMPETITION PROCEDURES

WARM-UP: All clubs must warm up under the supervision of a coach. Only swimmers entered in the meet are permitted to use the warm-up lanes. All athletes must have a coach present. Those without a coach must make prior arrangements with a participating club for coach coverage and notify the Meet Director. Lane assignments are at the discretion of the Meet Referee and will be provided in the coaches' packets and posted on the CT website. Diving is only allowed in the sprint lanes. Pace lanes are reserved for swimmers being timed by their coaches. No training equipment is allowed in the pool, except with the Meet Referee's approval. Swimmers must enter the pool feet-first from both the start and turn ends.

PRELIMS: Prelims will be conducted in one 8-lane course. All Prelims will be conducted in LCM. For the distance session (excluding the top heats swum in Finals), there will be one lane (Lane 8) reserved for constant warm-up/warm-down and a buffer lane (Lane 7). The heats will be run in six lanes (1-6).

FINALS: Finals will be conducted as LCM in an 8-lane course. Three heats (Top 24) will return for the evening session. Races will be conducted in the following order: Bonus "C" Final (17-24) will be for 18 & under swimmers, Consolation "B" Final (9-16), and Championship "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).

DISTANCE EVENTS: Swimmers competing in the 800m and 1500m Freestyle must positively check-in to declare their intent to swim by the check-in deadline in order to be seeded at their entry time. The distance session will be held in a six-lane course, with lane 8 open for warm-up throughout the session. Lane 7 will be closed as a buffer between the competition and warm-up areas. The warm-up lane is exclusively for swimmers participating in the distance events on Thursday and Sunday.

Thursday (W1500m/M800m) and Sunday (W800m/M1500m) Freestyle events will be swum as timed finals. The fastest heat (top 8) of the women's Freestyle will swim first, followed by the fastest heat (top 8) of the men's Freestyle in the evening finals session. The remaining heats will be swum fast to slow, alternating between women and men, beginning 15 minutes after the conclusion of the preliminary heats.

The heat order and schedule will be posted after the Scratch/Positive Check-in deadline for each distance session.

Swimmers in the 800m or 1500m must provide their own timer and counter for all heats, except those swimming during the finals session. A counter is only required for swimmers competing in the finals session.

400 IM and 400 Freestyle Preliminaries will be swum fastest to slowest. The top two heats of each gender will be circle-seeded and swum in the order: women, then men. The remaining heats will continue, alternating women and men, from fast to slow.

RELAYS: All teams participating in relay events are required to positively check-in and declare their intent to swim by the end of prelims. Any relay that does not check-in by the deadline will be seeded with NT. Relay participants must be declared to the Clerk of Course no later than 15 minutes after the start of warm-ups. Teams will be given relay cards to complete this process. Changes to relay swimmers can be made up until the time of the swim.

Clubs may enter a maximum of two relay entries per relay event. 'Relay Only' swimmers are allowed one "Relay Only" per gender, That is ONE swimmer per gender, not one per relay, not one per day). A total of one male and one female. Swimmers in relay only must be listed on the meet entry with their USA swimming numbers. The time for each relay may be submitted as a composite. All relays will be swum as timed finals at the end of the evening sessions. The order for the relays shall be the women's relay slowest to fastest and then the men's relay slowest to fastest.

TIME TRIALS: Time trials will be held only if time permits between prelims and finals, starting 15 minutes after the completion of each preliminary session, at the discretion of the Meet Referee. They are available for swimmers competing in individual events in accordance with USA Swimming rules. Each time trial counts as one of the swimmer's nine allowed individual events.

Swimmers must sign up for time trials on Thursday, Friday, Saturday, or Sunday between 7:00 am and 10:00 am (subject to change). Special consideration will be given to athletes who swim events after the sign-up deadline and wish to enter the event as a time trial. The additional sign-up deadline will be 10 minutes after the event.

Fees: \$20.00 per individual event, \$30.00 per relay

Swimmers must provide their own timers and lap counters. The Meet Referee reserves the right to combine events as needed. By entering time trials, swimmers agree to swim in combined heats without lane separation.

A "no-show" for a time trial will not count toward the swimmer's total event limit for the meet.

Time Trial Order: Time trials will be swum in the following order, at the Meet Referee's discretion, to ensure efficient operation:

- Friday: Friday, Saturday, Sunday, Thursday
- Saturday: Saturday, Sunday, Thursday, Friday
- Sunday: Sunday, Thursday (relays only), Friday, Saturday

The 800m and 1500m events will be offered as the last event on either Friday or Saturday (time permitting). If lanes are available, these events may also be swum as time trials in the slowest-seeded heat. Athletes will be accepted on a first-come, first-served basis until the heat is full.

Time Trial Limitations: For every 400 athletes, a maximum of 1 hour of time trials will be offered. A maximum of 2 hours of time trials will be allowed.

The Meet Referee may limit time trial entries based on available time.

READY ROOM: Swimmers competing in the A final events **MUST** 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.

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.

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.

SEEDING: All conforming LCM times will be seeded first, followed by SCM, SCY, and bonus times. Prelims will be seeded according to USA Swimming rule 102.5, unless otherwise specified. Events will be swum from slowest to fastest, unless otherwise noted. Please refer to the Distance Events section for more details.

FEES AND PAYMENT

FEES: Splash fees are \$15.00 per individual event, \$24.00 per relay, \$20 per individual time trial and \$30 per relay 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 cards and checks are accepted.

PAYMENT: Payment is expected 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. All payments must be made within two weeks of the conclusion of the meet.

Make the check out to *CT Swimming Inc.* and mail it to the address below.

Connecticut Swimming

68 Nichols Ave.

Shelton CT, 06484

OUTREACH: Participating clubs may request, in writing, that individual entry fees be waived for Outreach athletes listed on the club's entry. For policy and procedure, see:

<http://www.ctswim.org/Customer-Content/www/CMS/files/Membership/Outreach-Entry-Fees.pdf>.

SCRATCH AND POSITIVE CHECK-IN PROCEDURES

SCRATCHES & POSITIVE CHECK-IN: Coaches will receive a team packet with swimmer entry lists for each day's events upon team check-in. All scratches must be submitted to the Clerk of Course by the designated scratch deadlines using the scratch box. The scratch box and positive check-in will be available at the Clerk of Course on deck. If a scratch is not submitted, swimmers will be automatically seeded into the meet.

This meet will adhere to the National Championship Scratch Rule as outlined in rule 207.11.6. Scratches from finals must be made directly with the Administrative Referee.

Scratch Procedures Rule 207.11.6

- A. Swimmers may scratch from an event in which they are entered by following the procedures set forth in the meet announcement.
- B. The scratch deadline for the first day's events shall be 5:30 pm on Wednesday, July 9, 2025. The scratch deadline for all subsequent days' events shall be thirty (30) minutes after the time established for the start of the finals sessions.
- C. In all events where preliminary heats are necessary or in any timed final event for which the swimmer has been positively checked in, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been scratched in accordance with sub-paragraphs A and B above will be barred from all further individual and relay events of that day. The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events.

If coaches are unable to access the scratch box, they may email scratches to the Meet Referee or the Administrative Referee/Lead Admin Official. Emails must be received by the appropriate scratch deadlines. The time stamp on the email will determine the time the email is received.

A swimmer seeded for an A Final, B Final or C Final who fails to compete and who was not scratched shall be barred from all further competition in the meet. Sunday finalists shall be fined \$50.00 for each event not swum. Fines must be paid before October 1, 2025. 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.

It is determined by the Referee that circumstances beyond the control of the swimmer cause failure to compete.

FACILITY: The Freeman Athletic Center Pool is a 50-meter by 25-yard facility equipped with a Colorado Timing System. The competition course is certified in accordance with USA Swimming rule 104.2.2C(4), and a copy of the certification is on file with USA Swimming. Water depth at the start and turn ends is 7.5 to 14 ft for Short Course and 5 ft to 14.5 ft for Long Course.

Spectator seating is limited, and refreshments will be available in limited quantities. No locks may be left on Wesleyan lockers, and shaving on the premises is not permitted. Access to faculty locker rooms is restricted.

Changing into or out of swimsuits, in whole or in part, is only permitted in locker rooms or other designated areas. Misbehavior, unsportsmanlike conduct, vandalism, or theft will not be tolerated and may result in disqualification from the meet.

Electronic recording devices, including cell phones, are not permitted in changing areas, restrooms, or locker rooms. Non-compliance may result in expulsion from the meet.

No folding chairs are allowed anywhere in the building. Spectator access is limited; please refer to the "Safe Sport Policies" section below for further details. Spectators are restricted to the designated viewing area only.

Vehicles parked outside of designated parking spaces will be subject to fines and towing. Wesleyan's lawn policy will be in effect.

The deck will be limited to 350 people, including swimmers, officials, and volunteers. Lifeguards will be on duty, with an AED, first aid equipment, and backboards available.

Wi-Fi is available, but signal strength may vary. Please note, the meet will not be livestreamed.

SEATING: If the athlete count permits, swimmers will be seated on the deck. If necessary, teams will be asked to use the hockey rink area. Folding chairs are not permitted on the deck, but Wesleyan will provide small folding chairs for seating.

AWARDS

Individual and relay awards for 1st through 3rd place will be presented immediately following each men's final event. The awards for Thursday evening's events will be presented before the start of Friday's finals.

The Individual Distance High Point Award (for the 400 IM, 400 Freestyle, 800 Freestyle, and 1500 Freestyle) will be presented after the final distance event.

The Overall Individual High Point Award will be presented at the conclusion of the last individual event on Sunday evening.

Team awards will be presented following Sunday's finals.

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

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

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

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

Bonus final: No score

Relay event scoring will be to 16 places as follows:

Relay events: 40-34-32-30-28-26-24-22-19-14-12-10-8-6-4-2

TEAM SCORING: Team scores will be kept for the Men's, Women's and Combined Teams through 20th place as per USA Swimming rule 102.25 for all Short Course Finals events.

WORK ASSIGNMENTS AND OFFICIALS

WORK ASSIGNMENTS: All teams are required to provide workers (e.g., timers, runners, marshals, officials, etc.) based on the size of their entry. Team contacts will be notified of their work assignments as soon as possible after entries are received. Please provide the name, phone number, and address of your team contact for work assignments.

Teams that fail to provide their required workers, or whose workers fail to complete the entire session, will be fined by Connecticut Swimming, Inc. Fines are as follows:

- \$100 per worker who does not show up
- \$60 per worker who is late or leaves early

Important Note: A work assignment covers the full duration of the session. Teams must provide a backup worker if their assigned worker is unable to perform or complete the work assignment for any reason.

OFFICIALS:

- There will be a need for officials. Connecticut Swimming welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet.
- Officials may wear white over navy with white shoes or white over black with black shoes, in accordance with CT Officials Uniform Transition Policy.
- Shorts for preliminaries are allowed. For finals, long pants or skirts.
- Official briefings will be held at the date and time listed in the Important Dates and Deadlines
- [Officials Sign Up Link](#)
- Please contact Joe Guenther with any questions. jguentherjr@gmail.com

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. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

SAFE SPORT POLICIES: A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition. Spectators will be allowed, but seating is limited to 340. To control the number of spectators in the stands, wristbands may be used. Wristbands will be given to each Team in proportion to Team size.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by USA Swimming Vice President of Program Operations.

ADULT ATHLETES: All athletes who will be 18 years of age or older must complete the mandatory Athlete Protection Training prior to competition. Failure to do so will result in the swimmer being scratched from the meet.

PHOTOGRAPHY AND VIDEO RECORDING:

Meet Management has the full authority to restrict any and all photography, audio and visual recording using cameras, video cameras, tablets, cell phones or other electronic devices at a meet.

Photography or video recording from the deck is prohibited by all individuals, other than participating Coaches, unless prior authorization from the Meet Referee or meet referee has been granted.

Under no circumstances is photography or video recording permitted by anyone in the area adjacent to or behind the starting blocks, including spectator stands at deck level, while they are in use for race starting purposes during competition and warm-ups. 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.

Photography or video recording and the use of audio, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additional "No Camera Zones" may be designated by Meet Management or the meet referee.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

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.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

GENERAL MEET INFORMATION

RULES: This meet will be governed by current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”).

MEET JURY: The Meet Jury shall be announced by the Meet Referee at the Coaches Meeting. Written protests involving eligibility or technical rules, including 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 meet jury if applicable. There is a \$50 fee for a protest made by anyone, and that fee is refundable if the protest is upheld.

ADDITIONAL INFORMATION

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 and may contact office@ctswim.org for time standards and other information.

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

SWIMWEAR: Per CT Swimming policy, swimmers 12 years old and younger are not permitted to wear "Tech Suits" at any CT sanctioned or approved meets. "Tech Suits" are defined as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. Age is determined on the first date of the meet.

OVERSUBSCRIPTION: In the event of oversubscription, the Senior Committee and meet management reserve the right to make adjustments to the meet. These adjustments may include, but are not limited to, splitting sessions or modifying the event schedule.

QUALIFYING STANDARDS

<u>WOMEN</u>					<u>MEN</u>			
<u>NO.</u>	<u>LCM Bonus</u>	<u>LCM</u>	<u>SCY</u>	<u>EVENT</u>	<u>SCY</u>	<u>LCM</u>	<u>LCM Bonus</u>	<u>NO.</u>
				<u>THURSDAY</u>				
1		19:26.39	18:09.99	W 1500/M 800 Free	10:20.99	9:22.51		2
3	28.94	28.73	25.39	50 Freestyle	22.59	25.68	25.83	4
5	2:47.86	2:43.79	2:19.49	200 Butterfly	2:11.19	2:29.59	2:41.27	6
7	1:23.29	1:22.73	1:10.99	100 Breaststroke	1:04.19	1:13.32	1:15.64	8
				<u>FRIDAY</u>				
9	Entry into 50 event requires 100 time standard			50 Breaststroke	Entry into 50 event requires 100 time standard			10
11	2:18.97	2:16.29	1:57.79	200 Freestyle	1:49.19	2:05.79	2:06.86	12
13	1:12.23	1:11.65	1:01.49	100 Backstroke	57.29	1:05.07	1:05.84	14
15	5:38.34	5:32.49	4:48.69	400 IM	4:28.89	5:14.09	5:23.84	16
17				400 Medley Relay				18
				<u>SATURDAY</u>				
19	Entry into 50 event requires 100 time standard			50 Backstroke	Entry into 50 event requires 100 time standard			20
21	1:09.39	1:08.71	1:00.19	100 Butterfly	53.79	1:01.35	1:02.18	22
23	3:04.90	3:01.09	2:34.69	200 Breaststroke	2:22.29	2:46.28	2:51.73	24
25	4:52.90	4:49.79	5:14.09	400 Freestyle	4:56.59	4:30.79	4:42.83	26
27				800 Freestyle Relay				28
				<u>SUNDAY</u>				
29		10:04.39	10:59.99	W 800/ M1500 Free	17:43.99	18:26.99		30
31	Entry into 50 event requires 100 time standard			50 Butterfly	Entry into 50 event requires 100 time standard			32
33	2:38.77	2:36.09	2:13.99	200 Backstroke	2:06.19	2:22.97	2:25.75	34
35	1:03.34	1:02.74	54.29	100 Freestyle	48.99	56.34	56.86	36
37	2:38.45	2:36.20	2:13.89	200 IM	2:03.09	2:24.69	2:27.65	38
39				400 Freestyle Relay				40

SENIOR CHAMPIONSHIPS - ADAPTED CUTS

P3	Girls			Boys	
	EVENTS	SCY	LCM	SCY	LCM
	50 Free	0:33.77	0:38.21	0:30.04	0:34.15
	100 Free	1:12.21	1:23.44	1:05.16	1:14.93
	200 Free	2:36.66	3:01.27	2:25.22	2:47.30
	400 Free	6:57.74	6:25.42	6:34.46	6:00.15
	800 Free	14:37.79	13:23.84	13:45.92	12:28.14
	1500 Free	24:09.69	25:51.30	23:35.11	24:32.30
	100 Back	1:21.78	1:35.29	1:16.20	1:26.54
	200 Back	2:58.21	3:27.60	2:47.83	3:10.15
	100 Breast	1:34.42	1:50.03	1:25.37	1:37.52
	200 Breast	3:25.74	4:00.85	3:09.23	3:41.15
	100 Fly	1:20.05	1:31.38	1:11.54	1:21.60
	200 Fly	3:05.52	3:37.84	2:54.48	3:18.95
	200 IM	2:58.07	2:48.14	2:43.71	3:12.44
	400 IM	6:23.96	7:22.21	5:57.62	6:57.74
P2	Girls			Boys	
	EVENTS	SCY	LCM	SCY	LCM
	50 Free	0:43.16	0:48.84	0:38.40	0:43.66
	100 Free	1:32.29	1:46.66	1:23.28	1:35.78
	200 Free	3:20.24	3:51.69	3:05.62	3:33.84
	400 Free	8:53.95	8:12.64	8:24.20	7:40.34
	800 Free	18:41.98	17:07.46	17:35.68	15:56.27
	1500 Free	30:52.98	33:02.86	30:08.78	31:21.88
	100 Back	1:44.53	2:01.80	1:37.39	1:50.62
	200 Back	3:47.78	4:25.35	3:34.52	4:03.05
	100 Breast	2:00.68	2:20.64	1:49.12	2:04.64
	200 Breast	4:22.97	5:07.85	4:01.88	4:42.68
	100 Fly	1:42.32	1:56.81	1:31.44	1:44.30
	200 Fly	3:57.13	4:38.44	3:43.02	4:14.30
	200 IM	3:47.61	3:34.91	3:29.25	4:05.97
	400 IM	8:10.77	9:25.23	7:37.11	8:53.95
P1	Girls			Boys	
	EVENTS	SCY	LCM	SCY	LCM
	50 Free	1:19.98	1:30.50	1:11.16	1:20.89
	100 Free	2:51.01	3:17.63	2:34.32	2:57.47
	200 Free	6:11.04	7:09.31	5:43.95	6:36.24
	400 Free	16:29.38	15:12.84	15:34.26	14:12.99
	800 Free	34:38.97	31:43.83	32:36.12	29:31.91
	1500 Free	57:13.47	61:14.13	55:51.57	58:07.02
	100 Back	3:13.69	3:45.70	3:00.46	3:24.97
	200 Back	7:02.07	8:11.68	6:37.50	7:30.36
	100 Breast	3:43.62	4:20.60	3:22.20	3:50.96
	200 Breast	8:07.27	9:30.43	7:28.18	8:43.78
	100 Fly	3:09.60	3:36.44	2:49.44	3:13.25
	200 Fly	7:19.39	8:35.94	6:53.25	7:51.21
	200 IM	7:01.75	6:38.22	6:27.73	7:35.77
	400 IM	15:09.37	17:27.34	14:07.00	16:29.38