

# CONNECTICUT SWIMMING, INC.

## 2021 CSI LONG COURSE SENIOR CHAMPIONSHIP

### July 8-11, 2021

Version	Revision	Date
Final v1		
Final v2	Officials Sign Up link corrected	06.21.21
Final v3	Referee email correct	07.01.21

#### EVENTS

Held under the sanction of USA Swimming, Inc. #L21-30. 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.

The Long Course Connecticut Age Group Swimming Championship will be held at Cheshire Community Pool in Cheshire, CT. This meet is open to all Connecticut Swimming registered clubs and swimmers who meet the eligibility criteria and time standards (included). The meet will be run in accordance with USA Swimming rules unless otherwise noted.

<b>MEET DIRECTOR:</b>	Dave Modzelewski	203-788-8532	<a href="mailto:dmodzelewski@sccymca.org">dmodzelewski@sccymca.org</a>
	Rob Bouchey	586-770-8105	
<b>MEET REFEREE:</b>	Dave Pite		<a href="mailto:dave@pitelaw.com">dave@pitelaw.com</a>
<b>ADMINISTRATIVE REFEREE:</b>	Mark Wollen		<a href="mailto:ops@mjwollen.com">ops@mjwollen.com</a>
<b>MEET ENTRY INFO:</b>	Ginger McCurdy		<a href="mailto:Ctswim.mccurdy@gmail.com">Ctswim.mccurdy@gmail.com</a>
<b>LATE ENTRIES/ CORRECTIONS</b>	Jo Ann McCaffrey	914-391-5841	<a href="mailto:jmccaffrey@riverbrookymca.org">jmccaffrey@riverbrookymca.org</a>
<b>SAFETY CHAIR:</b>	Rob Bouchey	586-770-8105	
<b>EMERGENCY PHONE:</b>	Pool Deck: 203-271-3208		

#### VENUE INFORMATION

**FACILITY:** The Cheshire Community Pool is a 8-lane, 50-meter pool. Water depth at start end is: 6-8 feet. Water depth at turn end is: 6-8 feet. The competition course has not been certified in accordance with 104.2.2C(4). 10-line Daktronics Scoreboard and Electronic Timing System.. Only swimmers are allowed to use deck chairs. In the case of a physical disability, please contact Meet Director for instructions. 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 prohibited.

**This is an outdoor venue, and therefore subject to delay or cancellation due to inclement weather. In the event of weather delays, events may be cut. Please review [CSI's Inclement Weather Policy](#).**

**SPECTATOR SEATING:** As of 6/14/21, there is no Spectator Seating allowed and the Meet will be Livestreamed. As the Meet approaches, this will be revisited and revised as necessary.

**DISABLED/ELDERLY ACCESS:** The facility is accessible to the disabled. Please contact the Meet Director with questions.

**DIRECTIONS:** From 91 North: to Exit 10 (Rt. 40 ext). Follow to the end heading North, take a right onto Rt. 10. Follow Rt. 10 into Cheshire. Pool is on the right across from the pool.

From 91 South: to 691 West. Take exit 3 off 691, Cheshire. At the light at the end of the ramp, go left, heading South on Rt. 10. Follow Rt. 10 South through Cheshire. Pool is on the left across from the High School.

From 84 West: to 691 East, take the Cheshire exit. Take a right at the end of the ramp onto Rt. 10 South through Cheshire. Pool is on the left across from the High School.

From 84 East: to exit 26 (Rt. 70). Follow Rt. 70 into Cheshire. At Rt. 10 intersection, take a right, heading South on Rt. 10 through Cheshire. Pool is on the left across from the High School.

**PARKING:** Use Main Pool Facility parking lot and Athletic Fields parking lot. Overflow parking available across the street at Cheshire High School. DO NOT park by the Pavilion. Keep Traffic Circle clear, it is for Drop-Off ONLY, no pick-ups allowed.

<b>SCHEDULE:</b>	<u>Warm-Up</u>	<u>Start</u>
Thursday Evening	6:00 p.m.	7:00 p.m.
Fri-Sat-Sun Timed Finals Session 1	6:00 a.m.	7:30 a.m.
Fri-Sat-Sun Timed Finals Session 2	6:00 p.m.	7:15 p.m.

## **GENERAL MEET INFORMATION**

**RULES:** Current USA Swimming Rules will govern this meet. The swimmer's age as of July 8, 2021 governs age group participation for the entire meet.

**ELIGIBILITY CRITERIA:** Clubs and all athletes must be 2021 *CSI-registered members* of USA Swimming. Registration will not be processed at the meet. Athletes with Flex memberships are not eligible to swim at this meet.

1. Athletes must be current USA/CT Registered Swimmers
2. Swimmers **DO NOT** have to have swum in any CT Sanctioned Meets in the 2021 Long Course Schedule.
3. Any swimmer entered in the meet must 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 without the use of the

backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

4. Have been properly entered prior to the appropriate deadline contained in either the ENTRY DEADLINE, CORRECTION, or LATE QUALIFIERS sections below, and;
5. To be eligible to compete in individual events, each swimmer **MUST** have achieved the qualifying time for each individual event entered since January 1, 2019. Swimmers may qualify with times from 25 yard (SCY), 25 meter (SCM) or 50 meter (LCM) courses.

**ADULT ATHLETES:** All athletes who will be 18 years of age or older on any day of the meet must complete the mandatory [Athlete Protection Training](#) prior to competition. Failure to do so will result in the swimmer being scratched from the meet.

**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 [office@ctswim.org](mailto:office@ctswim.org) for time standards and other information. Coaches or athletes must notify the referee of any disability prior to competition.

**OUTREACH POLICY:** CSI has adopted an outreach policy to enable Outreach athletes to enter this championship meet with their entry fees waived. See the OUTREACH ATHLETES section for more info.

**DECK ACCESS:** Swimmers on deck must be supervised by a USA Swimming registered coach. 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 not affiliated with a CSI registered club may be on deck only for those sessions in which they are coaching associated unattached swimmers. 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 are not allowed on the pool deck for any reason. The Meet Director and Referee reserve the right to limit such deck access in the event of overcrowding, inappropriate behavior or for any other reason. CSI Rules of Conduct will be strictly enforced.

Team seating is required to be outside of the facility. Teams may bring tents and chairs for their athletes.

**COACHES' MEETING:** A brief coaches' meeting will be held on Friday morning at a time designated by the meet referee and as necessary on Saturday and Sunday. Please consult your packet for meeting time.

### ***ENTRIES FOR INDIVIDUAL AND RELAY EVENTS***

- Swimmers may enter any individual event for which they qualify, but may only compete in six (6) individual events for the meet.
- Coaches may enter athletes who have met the Time Standards, attached. Coaches may enter athletes, by event, using the athlete's fastest LCM, SCY or SCM time. SCY and SCM entry times will be converted by the meet host after the entry process to LCM times to seed the meet.
- **BONUS EVENTS:** will be allowed as follows:
  - Swimmer with 1 qualify event =3 bonus events
  - Swimmer with 2 qualifying events=2 bonus events
  - Swimmer with 3 qualifying events = 1 bonus event
  - Swimmers meeting the qualification in the 800M/1000Y Freestyle may enter the 1500M/1650Y Freestyle as a bonus, and vice versa; **this will count towards bonus limitations**. These events must be entered with pre-proven official times. No other swimmers may add these specific events as bonus!
  - If meet is full, management has the right to adjust the number of bonus events for everyone, one at a time until the time line is achieved.(Coaches will make the drop choice and be notified by email if this applies)

- Bonus events will be accepted by the FAST online entry process, but it cannot enforce the ratio. Ratios will be enforced by the late entry chair after the Late Qualifier and Correction deadline.
- Clubs may enter up to three relay-only swimmers per gender only to fill out an “A” relay. Teams with B & C relays may only use 1 relay-only swimmer. (i.e. to have a B relay, a team must have at least 7 individual qualifiers.) Relay Only athlete numbers are enforced by Entry Chair after the Late Qualifier and Correction deadline.
- Each club may enter up to three (3) relay teams per relay event. “No-times” for relay events will not be accepted. Please estimate or use a composite.
- **ALL RELAYS WILL BE SWUM DURING the Saturday/Sunday Session on a timed final basis.**
- Unattached swimmers (UN) must be indicated on the entry. Coaches wishing to change the attachment status of swimmers during the meet should bring such requests, which must be consistent with USA Swimming rules, to the Administrative Referee.

**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 or CIAC/ Independent 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 \$100.00 per event. The \$100.00 fine must be paid by October 1, 2021, to the Connecticut Swimming office.

**ENTRY DEADLINE:** Entries must be received by **6:00 p.m. June 29, 2021.**

**ENTRY SUBMISSION:** CSI-member USA Swimming clubs will enter using [Connecticut FAST Online Entries](#) and enter an adapted athlete by contacting [Ginger McCurdy](#). CSI-member unattached athletes, not affiliated with a CSI club, should email an entry file (\*.sd3 or \*.cl2) and proof of time to [Ginger McCurdy](#). If meet entry software is not available, email [Ginger McCurdy](#) the athlete name, USA ID, age, event number, event name, time, and proof of time. See Proof of Entry Times section for acceptable proof. Manually typed entries are subject to extra fees and all times done in courses other than a 50-meter course must be marked on the entry form by writing SCM or SCY at the entry time. All computer entry files should be coded to indicate the course in which the time was achieved.

**FEES:** Splash Fee: \$12.00 per individual event, \$20.00 per relay, \$15.00 per individual time trials and \$30.00 per relay time trials. A \$5.00 per swimmer entry fee applies to relay-only swimmers. If no electronic entry is provided, there is an additional \$10.00 manual entry fee per swimmer.

**PAYMENT:** The payment deadline for entries is upon receipt of final entry. **Payment will be collected upon submission of entry by signed check/check request.** If paying by check, an image of the signed check/check request must be submitted with the final entry. The check must then be mailed to the address below. Make checks payable to:

STPA  
c/o Cheshire Sea Dogs  
967 So. Main Street  
Cheshire, CT 06410

Checks must be postmarked by Wednesday, July 7, 2021 and a copy of the check and sent to the above. Splash fees for late qualifiers and correction fees are due on Thursday, July 8, 2021, by check and may be brought to the meet. The host reserves the right to remove unpaid entries from the meet.

**OUTREACH ATHLETES:** 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).

**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 member coach prior to the meet. Athletes unaccompanied by a member coach will not be permitted on deck. Please contact the Meet Director for assistance. and
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 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 the Meet Director with the entry.

All adult athletes, or parents of minor athletes, who enter without club affiliation will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

**LATE QUALIFIERS:** Any entered club that has a swimmer achieve an initial qualifying time during the period of **June 30-July 4th** must enter, no later than **5:00PM, Monday, July 5, 2021**, by emailing [jmccaffrey@riverbrookymca.org](mailto:jmccaffrey@riverbrookymca.org). After this deadline, no late qualifier entries will be accepted. Exceptions to this deadline will not be entertained. **Improvements in seed time will be accepted.** Splash fees for late qualifiers are due by Thursday, July 8, 2021 by check, which may be brought to the meet. The meet host reserves the right to remove the unpaid entries from the meet.

**CORRECTIONS:** Meet entry corrections will be accepted by the meet entry chair until **5:00PM, Monday, July 5, 2021** Email corrections to [jmccaffrey@riverbrookymca.org](mailto:jmccaffrey@riverbrookymca.org). After this deadline, no corrections will be accepted. Exceptions to this deadline will not be entertained. Under no circumstances will corrections (other than changes of attachment status) be accepted after this time. Corrections are not the same as exchanging one event for another (swapping out). Corrections are adding events that were, for whatever reason, not included in the original entry. **Improvements in seed time will be accepted.** For **each** correction, including but not limited to event, age group, proof of time, clubs will be assessed \$10.00 in addition to the published splash fee (see examples below).

- If John Doe is omitted from a club's entry in six (6) events, his club will be charged \$60 in addition to the cost of his entry. Total for John Doe \$120.00.
- If a relay team is added, the charge will be \$10.00 plus splash fee. Total for additional relay \$30.00.

If any entry times must be corrected, the fee will be \$10.00 per correction. In accordance with CSI rules, proof of time is required .Splash fees for correction fees are due on Thursday, July 8<sup>th</sup> by check. Meet host reserves the right to remove the unpaid entries from the meet.

## ***WARM-UP, SCRATCH, & POSITIVE CHECK-IN PROCEDURES***

***CHECK-IN/WARM-UP:*** All clubs must warm-up under the supervision of a coach or marshal. Swimmers without a coach in attendance must report to the office and have a supervisor assigned. Lane assignments for general warm-up will be provided in the coaches' packets and are subject to the discretion of the Meet Referee. No diving will be permitted, except in the assigned lanes during one-way Sprints. Pace lanes will be available during sessions. Due to limited warm-up space, **only swimmers entered in individual events or expected to swim relays in each session may enter the pool in that session's warm-up period.**

### ***SCRATCH PROCEDURES:***

- Positive check-in is required by **12:00 p.m.** on Thursday, July 8, 2021 for the 800M freestyle events scheduled to be conducted that day. Failure to positively check-in by the stated time will result in the swimmer not being seeded into the event.
  1. Any swimmer who does not scratch the event by the scratch deadline on Sunday (and did not positively check in) will be seeded at "NT".
  2. If you positively check-in and do not scratch, you will be seeded with your entry time and may swim.
  3. If you positively check in and scratch, you will not be seeded in the event and will not swim.
- Except as otherwise provided in this Announcement scratch sheets must be turned into the computer table by the following deadlines:

<b><i>SCHEDULE:</i></b>	<u>Scratch Deadline</u>
Thursday Evening	Thursday, 12:00 p.m.
Friday Session 1	Thursday, 7:00 p.m.
Friday Session 2	Friday, 10:00 a.m.
Saturday Session 1	Friday, 10:00 a.m.
Saturday Session 2	Saturday, 10:00 a.m.
Sunday Session 1	Saturday, 10:00 a.m.
Sunday Session 2	Sunday, 10:00 a.m.

- Scratches will be accepted via email to [jmccaffrey@riverbrookymca.org](mailto:jmccaffrey@riverbrookymca.org) before the designated Scratch Deadlines above for teams that are not in attendance at the previous session. No exceptions.
- If a scratch sheet is not received by the deadline, all swimmers on that scratch sheet will be considered NOT scratched and will be seeded in their entered events, except that any over-entered swimmers will be scratched from their last event(s).

### ***FAILURE TO COMPETE PENALTIES:***

Failure to show for a Timed final event will not result in a penalty. However, a missed event will count as an event entry and included in both the daily and meet event limitations.

## ***CONDUCT OF COMPETITION***

***SEEDING:*** Seeding will be in accordance with USA Swimming rule 102.5. All times shall be arranged from Fastest to Slowest in Long Course Meters or LCM equivalents. All Short Course Meter (SCM) and Short Course Yards (SCY) times will be converted to LCM and arranged within the LCM times. The order of heats shall be swum slowest to fastest except as otherwise noted (DISTANCE EVENTS 400 IM/400 Free/800 Free/1500 Free)

### ***INDIVIDUAL EVENTS***

- All Individual Events will be swum as Timed Finals.

### ***DISTANCE EVENTS***

- Swimmers competing in 800M & 1500M Freestyle events, must provide a timer, who will be assigned a lane by the Meet Referee or his designee.
- The 400 IM, 400M, 800M, 1500M Freestyle events will be conducted as Timed Finals and swum from Fastest to Slowest.
- The meet program is not the final determinant of seeding. Late entries, corrections or scratches may impact which swimmers will swim earlier as opposed later. Seeding will be posted as soon as possible after the scratch deadline.

### ***RELAYS***

- The 400M Freestyle Relay will be swum on Saturday Morning and the 400 Medley Relay will be swum on Sunday morning.
- Relay cards will be given to club coaches, who must list the relay team swimmers' names in order of swim. Failure to do so will prevent the relay team from competing. Upon reporting to the starting block prior to the relay heat in which the team is entered, the completed relay card shall be given to the head timer. No further changes will be permitted. Incomplete or inaccurate relay cards will result in disqualification if discovered after the swim.
- For the 400M Relay Events: Clubs may enter up to three relay-only swimmers per age group per gender only to fill out an "A" relay. Teams with B & C relays may only use 1 relay-only swimmer. (i.e. to have a B relay, a team must have at least 7 individual qualifiers.)
- Swimmers entered in relay events **only** must be listed on the meet entry with their USA Swimming numbers and ages.
- There will be a 5-minute break preceding all relay events that do not begin the session. This break will provide use of the pool for relay warm-up but will NOT include start or sprint only accommodations.

***TIME TRIALS:*** Time Trials may be available if time allows. Teams will be notified shortly after each session begins.

### ***CONDUCT OF COMPETITION, BREAKS***

Breaks of five (5) minutes in length will be observed after each boys event where time allows. The addition of any unpublished breaks in the competition schedule is at the discretion of the Meet Referee. Coaches and swimmers should note that entering and swimming "back to back" events, under normal circumstances of meet operation does not warrant an unscheduled break. Three (3) to five (5) heats should be anticipated in each preliminary event and relays. ALL BREAKS ARE GENERAL WARMUP AND WILL NOT INCLUDE START/SPRINT ACCOMMODATIONS.

### ***AWARDS & SCORING:***

- Events will be scored to 16 places. For individual events and relays, medals will be awarded through 3rd place.
- High point trophies will be awarded, in conjunction with the annual CSI Banquet, to the individual female and male swimmers and to the women's, men's and combined teams who score the most points

categories.

- Additionally, "Distance" high point trophies will be awarded to the female and male swimmers who score the most points in the following categories:
  - 400 Free, 800 Free, 1500 Free, and 400 IM

- **All clubs must make arrangements to collect their awards prior to leaving the building on Sunday night.** CDOG will not be able to provide storage or shipment of awards.

- **Scoring Table:**

Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

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

## ***WORK ASSIGNMENTS***

Club entry in this meet constitutes acceptance of club responsibility to provide workers as assigned by the Meet Director. All clubs are required to provide workers (e.g. safety coordinators, timers, runners, marshals, officials, etc.) in proportion to the size of their entry. All clubs and unattached groups, regardless of size, may be asked to produce a worker(s) for a session. Each club's work assignments will be posted on [ctswim.org](http://ctswim.org) as soon as possible after the entry deadline. Clubs who would like to volunteer for specific jobs (computer, announcer, hospitality, office, awards, etc) should contact the Meet Director by July 6 , 2021.

Qualified Officials interested in officiating should submit an [Seniors Application to Officiate](#) no later than **July 5, 2021**. Meeting this deadline will ensure these assignments are counted in your club's work assignment.

Due to the limitations of deck capacity, the number of officials on deck may be limited and volunteers are not guaranteed the opportunity to officiate at any session. Officials not required will be notified by the Meet Referee in advance of the meet/session.

Work assignments are, unless otherwise stated in the Volunteer Assignment Schedule posted on [www.ctswim.org](http://www.ctswim.org), for the duration of the session, ***including relay events***, and it is the responsibility of the club to provide back-up if for any reason a worker is unable to complete the work assignment. Job descriptions will be posted on the CSI website. Unless otherwise stated in the Volunteer Assignment Schedule, workers must appear and sign in at the pool deck office prior to the second session of warm-ups. Connecticut Swimming, Inc. will fine any club that fails to provide its workers or whose workers do not work for the entire session. Fines must be paid before October 1, 2019, or offending clubs jeopardize their right to participate in future CSI- sponsored events.

Failure to supply worker	\$100 per worker per session
Leaving assignment early	\$60 per worker per session
Arriving late for assignment	\$60 per worker per session

Each club shall submit the name and telephone number of a club liaison responsible for that club's work assignments. If no representative is shown, the club coach shall be responsible for performing the function of the liaison.



## ***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.

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

***RULES:*** Current USA Swimming rules, including the [Minor Athlete Abuse Prevention Policy](#), will govern all competition.

***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.

***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 the USA Swimming Vice President of Program Operations.

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.

## ***LODGING NEARBY***

**2021 CSI LONG COURSE SENIOR CHAMPIONSHIP  
ORDER OF EVENTS  
July 8-11, 2021**

**THURSDAY JULY 8, 2021**

**PM SESSION 1**

<u>GIRLS</u>					<u>BOYS</u>			
<u>NO.</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EVENT</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>NO.</u>
1	25.59	28.59	29.09	50 Free	23.19	26.09	26.59	2
				**BREAK**				
3	11:22.99	9:53.09	10:04.39	800M/1000Y Free	10:42.49	9:24.89	9:36.19	4

**FRIDAY JULY 9, 2021**

**FRIDAY AM SESSION 2**

<u>NO.</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EVENT</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>NO.</u>
5	2:16.29	2:34.59	2:36.09	200M Back	2:07.19	2:27.29	2:28.79	6
				**BREAK**				
7	55.79	1:02.19	1:03.09	100M Free	50.49	56.89	57.79	8
				**BREAK**				
9	2:40.79	2:57.59	3:01.99	200M Breast	2:26.49	2:45.29	2:48.79	10

**FRIDAY PM SESSION 3**

11	4:51.29	5:21.19	5:32.49	400M IM	4:31.69	5:02.79	5:14.09	12
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\*\* The duration of breaks will be determined by the Referee and meet management team and communicated to the athletes and coaches. ***Due to time constraints, the break might be eliminated completely. Coaches need to be aware of this possibility, when entering swimmers in back to back events.***

**SATURDAY JULY 10, 2021**

**SATURDAY AM SESSION 4**

<u>GIRLS</u>					<u>BOYS</u>			
<u>NO</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EVENT</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>NO</u>
13	2:18.19	2:29.49	2:37.59	<b>200M IM</b>	2:05.39	2:16.49	2:24.59	14
				**BREAK**				
15	2:25.99	2:40.49	2:43.79	<b>200M Fly</b>	2:11.09	2:26.29	2:29.59	16
				**BREAK**				
17	1:14.19	1:22.79	1:24.29	<b>100M Breast</b>	1:06.49	1:15.29	1:16.79	18
				**BREAK**				
19	----	-----	-----	<b>400M Free Relay</b>	----	---	----	20

**SATURDAY PM SESSION 5**

21	5:22.29	4:45.99	4:49.79	<b>400M Free</b>	5:01.99	4:26.99	4:30.79	22
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\*\* The duration of breaks will be determined by the Referee and meet management team and communicated to the athletes and coaches. **Due to time constraints, the break might be eliminated completely. Coaches need to be aware of this possibility, when entering swimmers in back to back events.**

**SUNDAY JULY 11, 2021**

**SUNDAY AM SESSION 6**

<u>GIRLS</u>					<u>BOYS</u>			
<u>NO</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EVENT</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>NO</u>
23	1:03.69	1:11.39	1:12.89	<b>100M Back</b>	57.44	1:05.69	1:07.19	24
				**BREAK**				
25	2:00.49	2:15.29	2:16.29	<b>200M Free</b>	1:50.79	2:05.59	2:06.59	26
				**BREAK**				
27	1:01.69	1:08.29	1:09.59	<b>100M Fly</b>	55.49	1:01.89	1:03.19	28
				**BREAK**				
29	----	-----	-----	<b>400M Medley Relay</b>	----	-----	-----	30

**SUNDAY PM SESSION 7**

31	19:08.89	19:06.39	19:26.39	<b>1500M/1650Y Free</b>	17:59.31	18:06.99	18:26.99	32
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\*\* The duration of breaks will be determined by the Referee and meet management team and communicated to the athletes and coaches. **Due to time constraints, the break might be eliminated completely. Coaches need to be aware of this possibility, when entering swimmers in back to back events.**