

## 2021 Long Course Season

### Zeus 12/U Summer Sizzler

#### Meet Type: Qualifier

June 19-20, 2021

Velo-CT 8 Willard Rd Norwalk, CT 06851

This meet information is subject to change given the fluid nature of COVID-19. Be aware that CDC, State of CT, and local jurisdiction guidelines or public health actions may change quickly and without warning. Visit [ctswim.org](http://ctswim.org) or the host website for any updates.

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L21-17. 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.

#### COVID-19 Statement

In applying for this sanction, the Host, ZEUS Swim team, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, Norwalk, CT. <https://www.norwalkct.org/>

#### COVID-19 Assumption of Risk Disclaimer

We, Zeus Swim Team, have taken enhanced health and safety measures – for athletes, coaches, officials, volunteers, and meet management. You must follow all instructions while participating in/spectating at Zeus Distance Meet Invitational or on-site at Velo-CT. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in/spectating at Zeus Distance Meet and being on-site at Velo-CT, you voluntarily assume all risks related to exposure to COVID-19.

#### COVID-19 Release

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND CONNECTICUT SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES,

WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

**WAIVER:** All participants and spectators must sign the Waiver of Liability and Hold Harmless Agreement found on the last page of this meet announcement. These waivers are to be collected and submitted to the Meet Director by a coach from each participating team.

## EVENTS

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Dennis Flores	<a href="mailto:Dennis.flores@zeusswimteam.org">Dennis.flores@zeusswimteam.org</a>	203-505-4512
<b>Meet Referee:</b>	Rick Lewis	lewisshark@aol.com	203-912-9385
<b>Lead Admin Official:</b>	Bob Vializ	<a href="mailto:Patriotswimteam1@gmail.com">Patriotswimteam1@gmail.com</a>	914-497-4716
<b>Entry Chair:</b>	Dennis Flores	<a href="mailto:Dennis.flores@zeusswimteam.org">Dennis.flores@zeusswimteam.org</a>	203-505-4512
<b>Safety Chair:</b>	Dennis Flores	<a href="mailto:Dennis.flores@zeusswimteam.org">Dennis.flores@zeusswimteam.org</a>	203-505-4512
<b>Officials Contact:</b>	Rick Lewis	lewisshark@aol.com	203-912-9385

**MEET HOST:** ZEUS Swim Team

**WEBSITE:** [https://www.teamunify.com/Home.jsp?\\_tabid\\_=0&team=ctzst](https://www.teamunify.com/Home.jsp?_tabid_=0&team=ctzst)

**POOL EMERGENCY NUMBER:** 203-202-8081

**SANCTIONED OR APPROVED:** Sanctioned

**MEET TYPE:** Qualifier, subject to the rules on the CT Swimming [Meet Management](#) page.

**MEET FORMAT:** The meet will be swum as Timed-Final.

The total swimmer count per session cannot exceed 125 athletes. The swimmer count will determine when the session/meet is full. Sessions may be modified or split up to accommodate additional swimmers if need be. Only athletes, coaches, and volunteers assisting with meet operations will be permitted on deck. The meet will be streamed either via Facebook live or ZOOM

**SCRATCH PROCEDURES:** Scratches are due by Thursday June 18 at 7PM via email, the meet will be pre-seeded

**BEFORE ENTERING FACILITY or WHAT TO BRING:** Teams will be allocated designated areas immediately outside of the facility in the surrounding parking lot and back courtyard. Everyone entering the facility or the surrounding team areas will have their temperatures taken upon entering the property at the designated screening area.

### FACILITY RULES:

- Masks must always be worn by swimmers and coaches when not in the pool.
- Timers and Officials will always wear masks unless fully vaccinated
- Arrive in your racing suits; THERE WILL BE NO CHANGING ALLOWED IN THE FACILITY OR TEAM AREAS.
- No spectators are allowed in the facility. The meet will be streamed live on Zoom or Facebook.
- INCLEMENT WEATHER. There will be a plan for swimmers to sit inside and/or have shelter in the case of inclement weather.

- Bathroom use is permitted but will be restricted to 1 person at a time.
- Swimmers must remain outside the facility unless they are warming up or racing. They will need to bring their own Chairs/Blankets and practice social distancing.
- Events and timelines will be announced periodically on deck and in the swimmer staging and sitting areas.
- When entering the pool everyone must sanitize their hands at the stations provided.
- A single heat will be allowed behind the block at a time, the next heat will be staged at the bullpen area.
- Swimmers will walk to their lanes single file with lane 1 going first and lane 6 going last.
- Swimmers must walk up to the blocks with masks and leave them behind the block with their warmups/sweatshirts/pants.
- Once the race is complete, they will exit the pool, put their masks on and return to their area to dry off.
- Swimmers will enter through the single door near the small pool (Bullpen Entrance).
- Swimmers will exit through the door near Lane 1 (Race Exit).
- Timers will have designated spots marked on the ground indicating where each timer will stand at the start of the race and where to stand at the finish of the race.
- Timers upon completion of the race timers will record their time and step away from the blocks. The swimmers in the water will exit the pool and walk away from the start end of the pool to the event exit area. Once the starting area is clear, the next heat will walk to their appropriate block and prepare for their race. Finally, the starter will announce and start the race. Once the swimmers are in the water, the timers will step forward from their “starting spot”, toward the “finish spot” at the pool edge and prepare to stop their watches and record times.

**FACILITY:** The Velo-CT pool is a 6-lane 50 meter with an SST system with a display. The competition course has not been certified in accordance with 104.2.2C (4). Water depth at the start end is 7 feet. Water depth at turn end is 4.5 feet. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

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**SAFE SPORT POLICIES:** There will be no spectators allowed in the facility except to use the dedicated stand-alone bathroom by permission only. The meet will be live streamed using ZOOM or Facebook.

**DISABLED ACCESS:** Handicap accessibility throughout the facility.

**COURSE:** LCM.

**SESSION TIMES: Subject to Change**

Saturday Session 1

7:00 Warm-up 8:30Start

Sunday Session 2

7:00 Warm-up 8:30Start

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect Warm-up procedures will be published and distributed before meet.

**ELIGIBILITY:** All USA Swimming clubs and individuals; Athletes with Flex memberships must not have swum in more than one USA Swimming meet prior to this meet in order to be eligible.

All athletes must be current athlete members of USA Swimming. Age on the first day of the meet shall determine the swimmer’s age and age group for the meet. All swimmers must be 12 years of age or younger. 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. Clubs are reminded that participation of unregistered swimmers and/or coaches will result in a **\$100 fine** per instance, as described in CT Swimming meet policies:

<https://www.ctswim.org/Customer-Content/www/CMS/files/Membership/Registration-Policy-for-Athletes.pdf>  
and

[https://www.ctswim.org/Customer-Content/www/CMS/files/policies\\_admin/RegistrationPolicyforMeetHosts.pdf](https://www.ctswim.org/Customer-Content/www/CMS/files/policies_admin/RegistrationPolicyforMeetHosts.pdf)

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.

**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 current athlete members of USA Swimming with a disability as defined by USA Swimming Rules and Regulations may enter this meet. If modifications to USA Swimming rules are necessary then the coach or athlete must notify the meet referee of any disability prior to competition. Adapted athletes may direct questions to the [Connecticut Swimming office](#).

**ENTRY OPENING DATE:** Entries will be accepted no earlier than 8:00 pm on **May 29, 2021**.

**ENTRY LIMITATIONS:** Maximum 4 Events per Session

**ENTRY TIMES:** Submit entry times in: LCM

**DEADLINES:** Entry deadline is June 11, 2021. Mail hardcopy and payment to the entry chairperson by the above date: Connecticut Aquatics c/o Dennis Flores 8 Willard Rd, Norwalk, CT 06851 All entries must be typed or printed legibly and must use full names and registration numbers from USA Swimming registration. Entries are official upon receipt of the check.

**CONNECTICUT-ONLY DEADLINE:** **CT deadline is June 7, 2021.** CT clubs meeting this deadline by emailed entry file will be entered before out of state clubs.

**ELECTRONIC ENTRIES: ELECTRONIC ENTRIES:** Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chair at [dennis.flores@zeusswimteam.org](mailto:dennis.flores@zeusswimteam.org). Please check that your team name, address, and contact information are listed correctly in this file. Entries are official upon receipt of the check.

**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.

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](#).

**ENTRY FEES:** Electronic entries: \$12.00 for Individual events. Manual entries: \$12.00 for individual events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

**OUT-OF-STATE SWIMMER SURCHARGE:** Meet host will collect a \$5.00 per out-of-state swimmer surcharge, to be forwarded in full by the host team to CT Swimming.

**OUTREACH ENTRY FEE REIMBURSEMENT:** Participating clubs will submit payment in full to the meet host for all Outreach athlete entry fees (splash fees). These fees will be reimbursed by CSI to the participating CSI club after completion of the meet. Scratches and 'No Swims' will not be reimbursed. For more information and to submit a reimbursement visit the [Outreach Athlete](#) page on ctswim.org.

**PAYMENT INSTRUCTIONS:** Please make checks payable to: Connecticut Aquatics Mail to: Velo-CT c/o Dennis Flores 8 Willard Rd, Norwalk, CT 06851 Payment must be received by 6/18/2021

#### **CUT PROTOCOL:**

If the session is oversubscribed the following protocol will be instituted IN THE ORDER PRESENTED to reduce the timeline to the required length or participation number:

1. Individual Events will be reduced from 4 to 3
2. The 200M Events will be held to a minimum time standard of "A" motivational time standard.
3. Individual Events will be reduced from 3 to 2
4. The distance events (200 meters or yards or greater) may be heat limited to the first 3 heats of entries per gender in the order they were received.
5. Visiting teams may be cut based on the date/time of the receipt of the final paid entry. If teams are cut, the host reserves the right to offer the available partial entry to the cut teams in the order that entries were received in order to fill the meet.

Operations as soon as possible by the host. Attending teams will be notified no later than the Monday before the meet. NOTE: If the host is required to institute the published cut protocol above. All accepted entries at the time that the cut protocol is instituted may be considered final by the host for the purposes of financial responsibility. (i.e. Teams submitting "placeholder" entries will be required to pay for the entries if the cut protocol is required). The host reserves the right to seek approval from Program Operations for additional changes, which may reasonably maximize participation opportunities.

Notification of any cuts or requests for changes must be made to Program Operations as soon as possible by the host. Attending teams will be notified no later than the Monday before the meet.

**RESERVE THE RIGHT TO MAKE CHANGES:** In accordance with CSI Policies, the meet referee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet. The Meet Referee will seek Program Operations approval for all changes requiring approval. Clubs will be notified of changes no later than Monday before the meet.

**RELAYS:** No

## **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.

**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.

## **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.

**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.

**RULES:** Current USA Swimming rules will govern all competition.

**TIME TRIALS:** NO

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** Participating clubs will be notified of work assignments by the Monday before the meet. All volunteers will be required to attest to reading and understanding the Minor Athlete Abuse Prevention Policy.

**DECK ACCESS:** Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.

**SCORING:** The meet will not be scored

**AWARDS:** No

**CONCESSIONS:** Yes

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes.

**PARKING:** There is ample parking available

**DIRECTIONS:** Velo-CT Sports complex is located on 8 Willard Street, Norwalk, CT 06851.

WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT

In consideration for receiving permission to BE ON PREMISES to either accompany my child or he or she conduct business, voluntarily participate in recreational events, attend practice or participate in training or compete at Velo-CT or any ZEUS related activity (hereinafter the "Activity" or "Activities"), I, on behalf of myself and any minor child/children for whom I have the capacity to contract, hereby acknowledge and agree to the following:

- 1. I understand the hazards of the novel coronavirus ("COVID-19") and am familiar with the Centers for Disease Control and Prevention ("CDC") guidelines regarding COVID-19. I acknowledge and understand that the circumstances regarding COVID-19 are changing from day to day and that, accordingly, the CDC guidelines are regularly modified and updated, and I accept full responsibility for familiarizing myself with the most recent updates.
2. Notwithstanding the risks associated with COVID-19, which I readily acknowledge, I hereby willingly choose to participate in Activities.
3. I acknowledge and fully assume the risk of illness or death related to COVID-19 arising from my being on the premises and participating in the Activities and hereby RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT SUE (on behalf of myself and any minor child/children for whom I have the capacity to contract) ZEUS and / or Velo-CT and its owners, officers, directors, agents, employees, and assigns (the "RELEASEES") from any liability related to COVID-19 which might occur as a result of my being on the premises and participating in the Activities.
4. I shall indemnify, defend, and hold harmless the RELEASEES from and against any and all claims, demands, suits, judgments, losses or expenses of any nature whatsoever (including, without limitation, attorneys' fees, costs and disbursements, whether of in-house or outside counsel and whether or not an action is brought, on appeal or otherwise), arising from or out of, or relating to, directly or indirectly, the infection of COVID-19 or any other illness or injury.
5. It is my express intent that this Waiver and Hold Harmless Agreement shall bind any assigns and representatives, and shall be deemed as a RELEASE, WAIVER, DISCHARGE, AND COVENENANT NOT TO SUE the above-named RELEASEES. This Agreement and the provisions contained herein shall be construed, interpreted, and controlled according to the laws of the State of Connecticut. I HEREBY KNOWINGLY AND VOLUNTARILY WAIVE ANY RIGHT TO A JURY TRIAL OF ANY DISPUTE ARISING IN CONNECTION WITH THIS AGREEMENT. I ACKNOWLEDGE THAT THIS WAIVER WAS EXPRESSLY NEGOTIATED AND IS A MATERIAL INDUCEMENT OF THE PERMISSION GRANTED BY RELEASEES TO BE ON PREMISES AND PARTICIPATE IN THE ACTIVITIES. BY SIGNING THIS AGREEMENT, I ACKNOWLEDGE AND REPRESENT THAT I have read the foregoing Waiver of Liability and Hold Harmless Agreement, understand it and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements, apart from the foregoing written agreement, have been made; I am at least eighteen (18) years of age and fully competent; and I execute the Agreement for full, adequate, and complete consideration fully intending to be bound by same.

IN WITNESS WHEREOF, I have signed this Waiver and Agreement under seal on this \_\_\_\_ day of June, 2021.

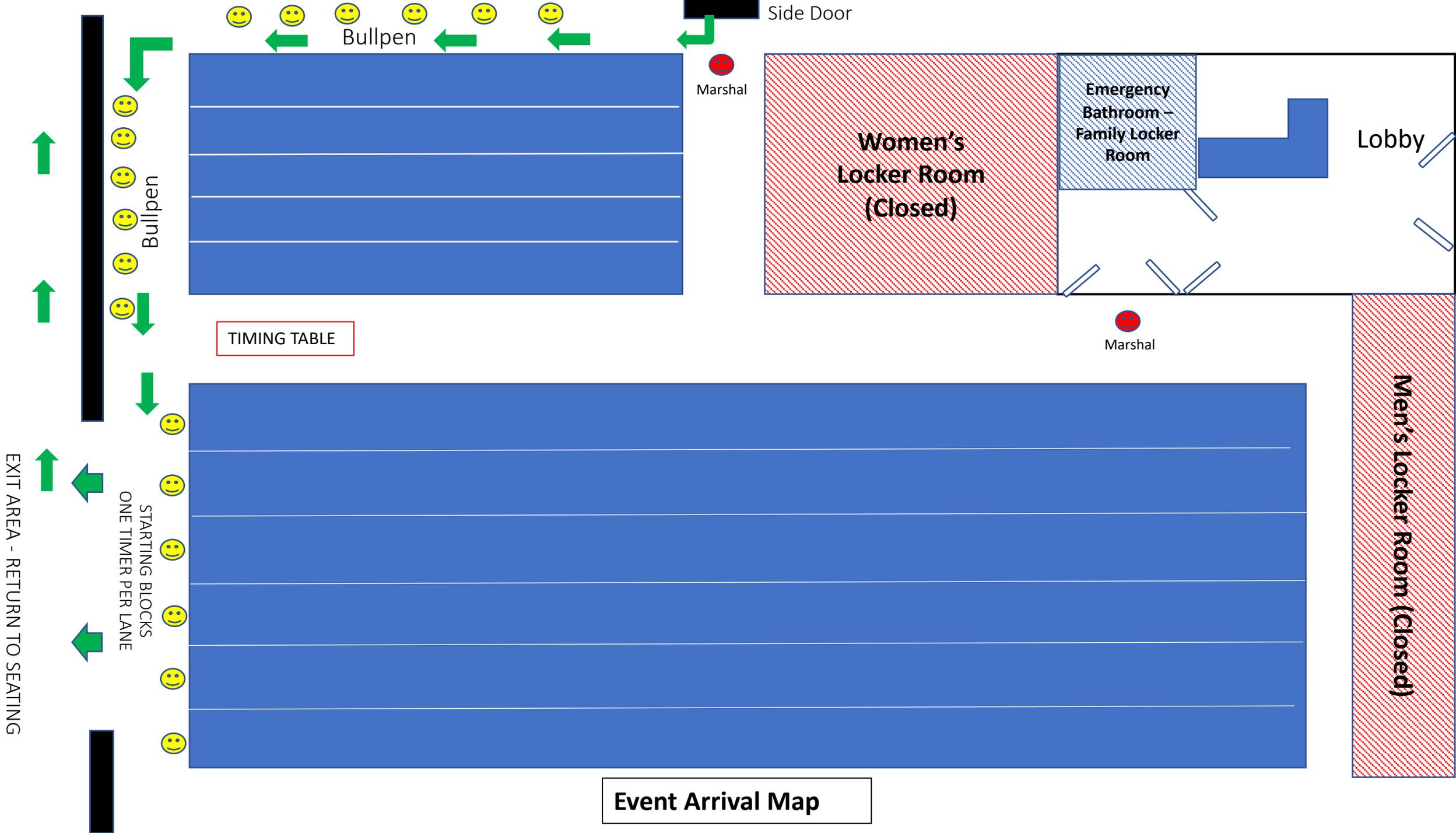
SIGNATURE: \_\_\_\_\_

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

NAMES OF MINOR CHILD(REN), IF ANY: \_\_\_\_\_

\_\_\_\_\_





**Zeus 12 and Under Summer Sizzler - 6/19/2021 to 6/20/2021****Session Report**

Session: 1 Saturday Morning

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Girls 12 & Under 50 Freestyle	0	0	08:30 AM	_____
Finals	2 Boys 12 & Under 50 Freestyle	0	0	08:30 AM	_____
Finals	3 Girls 12 & Under 100 Backstroke	0	0	08:30 AM	_____
Finals	4 Boys 12 & Under 100 Backstroke	0	0	08:30 AM	_____
Finals	5 Girls 12 & Under 50 Breaststroke	0	0	08:30 AM	_____
Finals	6 Boys 12 & Under 50 Breaststroke	0	0	08:30 AM	_____
Finals	7 Girls 12 & Under 200 IM	0	0	08:30 AM	_____
Finals	8 Boys 12 & Under 200 IM	0	0	08:30 AM	_____
Finals	9 Girls 12 & Under 100 Butterfly	0	0	08:30 AM	_____
Finals	10 Boys 12 & Under 100 Butterfly	0	0	08:30 AM	_____
Finals	11 Girls 12 & Under 200 Breaststroke	0	0	08:30 AM	_____
Finals	12 Boys 12 & Under 200 Breaststroke	0	0	08:30 AM	_____
	Finish Time			08:30 AM	_____

**Zeus 12 and Under Summer Sizzler - 6/19/2021 to 6/20/2021****Session Report**

Session: 2 Sunday Morning

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	13 Girls 12 & Under 100 Freestyle	0	0	08:30 AM	_____
Finals	14 Boys 12 & Under 100 Freestyle	0	0	08:30 AM	_____
Finals	15 Girls 12 & Under 200 Butterfly	0	0	08:30 AM	_____
Finals	16 Boys 12 & Under 200 Butterfly	0	0	08:30 AM	_____
Finals	17 Girls 12 & Under 50 Backstroke	0	0	08:30 AM	_____
Finals	18 Boys 12 & Under 50 Backstroke	0	0	08:30 AM	_____
Finals	19 Girls 12 & Under 100 Breaststroke	0	0	08:30 AM	_____
Finals	20 Boys 12 & Under 100 Breaststroke	0	0	08:30 AM	_____
Finals	21 Girls 12 & Under 200 Freestyle	0	0	08:30 AM	_____
Finals	22 Boys 12 & Under 200 Freestyle	0	0	08:30 AM	_____
Finals	23 Girls 12 & Under 50 Butterfly	0	0	08:30 AM	_____
Finals	24 Boys 12 & Under 50 Butterfly	0	0	08:30 AM	_____
Finals	25 Girls 12 & Under 200 Backstroke	0	0	08:30 AM	_____
Finals	26 Boys 12 & Under 200 Backstroke	0	0	08:30 AM	_____
	Finish Time			08:30 AM	_____