

## **Greenwich YMCA Marlins January Invitational**

**January 6-8, 2023**

Wren- Weisenburger Pool, 50 East Putnam Avenue, Greenwich, CT, 06830

**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](https://ctswim.org) or the host website for any updates.**

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S22-50. 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, Greenwich YMCA Marlins 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, <https://www.greenwichct.gov/575/Health-Department>

### **COVID-19 Assumption of Risk Disclaimer**

We, Greenwich YMCA Marlins 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 Greenwich YMCA Marlins January Invitational, or on site at Wren-Weisenburger Pool. 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 Greenwich YMCA Marlins January Invitational and being on site at Wren- Weisenburger Pool, 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.**

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	Yolanda Jahan	yoli.jahan1@gmail.com	2032786712
<b>Meet Referee:</b>	Greg Bedell	greg@bedellmail.com	
<b>Lead Admin Official:</b>	David Bluvol		
<b>Entry Chair:</b>	William Walsh	grymentries@gmail.com	
<b>Safety Chair:</b>	Patrick Kennedy	pkennedy@gwymca.org	
<b>Officials Contact:</b>	Greg Bedell	greg@bedellmail.com	

**MEET HOST:** GRYM.

**WEBSITE:** [www.greenwichmarlins.org](http://www.greenwichmarlins.org).

**POOL EMERGENCY NUMBER:** 203-869-1630

**SESSION TIMES: Subject to Change after receiving all entries.**

Friday afternoon Warm up 4:00 PM, 5:00 PM start.

Saturday and Sunday 15 & Over and 11/12 Morning Session Warm up: 7:00AM, Start: 8:00 AM.

Saturday 8&U Only Session-Warmup:11:15AM Start :12:00 PM

Saturday 10 & Under and 13/14 Afternoon Session Warm up: 1:30 PM, Start: 2:30 PM.

;Sunday 10&Under and 13/14 Session: Warmup 12:30PM Start 1:30PM

**DEADLINES:** deadline is December 16, 2022. Mail hardcopy and payment to the entry chairperson: William Walsh, 50 East Putnam Avenue, Greenwich, CT. 06830. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entry into the meet will be determined by the email date of the entry.

**PAYMENT INSTRUCTIONS:** Please make checks payable to YMCA of Greenwich.

Mail to:

Patrick Kennedy

50 East Putnam Avenue

Greenwich, CT, 06830

Payment must be received by January 6, 2022.

**ENTRY FEES:** Electronic entries: \$13.00 for individual events, \$13.00 for distance event. Manual entries: \$22.00 for individual events, \$22.00 for distance events. Relays \$20.00 per relay entry

**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.

**NEW FOR 2022-23:** The Meet or Entry Director **MUST** run a meet verification report and give said report to the Meet Referee. This is to ensure that no swimmer without their APT credentials or unregistered swimmers participate in a sanctioned USA/CT Swimming meet.

**SANCTIONED OR APPROVED:** Sanctioned

**MEET DURATION:** Full meet with time limits as defined by CT/USA Swimming.

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

**SCRATCH PROCEDURES:**

Coaches will receive a scratch sheet for each team, listing their swimmers and events for that session. Coaches must indicate all scratches on these sheets and turn them into the computer table no later than 30 minutes after the start of the warm up.

**BEFORE ENTERING FACILITY or WHAT TO BRING:** Showers and locker rooms are limited to restroom use only. Swimmers may bring deck chairs.

**FACILITY:**

The Wren- Weisenburger Pool is an 8 lane, 25 yard pool. Water depth at the start end is 13 ft. Water depth at the turn end is 6.7 ft. The competition course has not been certified in accordance with 104.2.2C(4). There is a new state of the art Omega Timing System and a new scoreboard is scheduled to be installed in September, 2022 to replace the current large LED scoreboard. There will be wifi available through the YMCA with a good connection.

**SAFE SPORT POLICIES:** WiFi will be available to spectators, and the meet will be livestreamed. A few spectator seatings will be available at the pool deck. Viewing arrangements are subject to change.

**DISABLED ACCESS:** Handicap parking is available and there is an elevator to the pool level.

**COURSE:** SCY.

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. 14 lanes will be used for the warm up. Warm ups will be divided into 2 or 3 general warm ups based on the number of teams attending. Specific warm ups will follow the general warm up sessions.

**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. 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.

**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.

**EVENT INFORMATION:** Deck entries will not be accepted.

**ENTRY LIMITATIONS:** Friday Distance-1 event per swimmer. Swimmers may enter a maximum of 3 individual events and 1 relay on Saturday and Sunday.

**ENTRY TIMES:** Submit entry times in: SCY. NTs will not be accepted.

**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 [grymentries@gmail.com](mailto:grymentries@gmail.com). Please check that your team name, address, and contact information are listed correctly in this file. Payment is expected on the first day of the meet.

**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 athletes, and their parents, who enter without club affiliation will be required to attest to reading and understanding the Minor Athlete Abuse Prevention Policy.

**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](http://ctswim.org).

## **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. Athletes aged 7 and Under will be cut from the meet.
2. The maximum number of events allowed per day may be reduced by one (1).
3. 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.

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.

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).

**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:** Yes.

## **SAFETY:**

- 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
- No shaving is permitted at the competition site.
- No glass containers are permitted within the facility.
- 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.
- 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 and visual recording at the meet. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) from the deck is prohibited by all individuals other than participating Coach and Athlete Members unless prior authorization from the Meet Referee or his/her designee has been granted. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat.

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

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

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

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

**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.

**RULES:** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.

**TIME TRIALS:** Yes. Time trials may be offered at the discretion of the Meet Referee in accordance with CSI Policy if time allows. Time trials are limited to the events published in this meet announcement (age/distance/stroke). Time Trials will count toward the athlete's event limitations for the day and meet. If they are offered, only athletes properly entered in one or more events in the meet are eligible for time trials and must be properly entered in the Time Trial. The fee for Time Trial entries are \$20.00 for individual events.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** A meet this size requires many workers to make it run efficiently. 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:** No.

**HOSPITALITY FOR COACHES AND OFFICIALS:** [Yes](#)

**PARKING:**

There will be parking at the following locations:

Lower Mason St. Parking Lot (across from bank)

Chase Bank Parking Lot.

Municipal Parking behind the First Presbyterian Church located at the top of Greenwich Ave. on Lafayette Place.

Free parking on Friday after 5 pm, Saturday after 12 noon and Sunday all day..

**DIRECTIONS:** The Greenwich YMCA is located at 50 E. Putnam Ave. Greenwich, Connecticut. From I-95, exit 4. From I-95 North, turn left, from I-95 South turn right on to Indian Field Rd; Continue approximately 1 mile to traffic light at E. Putnam Ave. intersection. Turn left at E. Putnam Ave. Go through 6 traffic lights. Building on the left.

**2023 Greenwich YMCA January Invitational - 1/6/2023 to 1/8/2023****Session Report**

Session: 1 Session 1 Friday PM

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

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Finals	1	Girls 12 & Under 200 IM
Finals	2	Boys 12 & Under 200 IM
Finals	3	Girls 500 Freestyle
Finals	4	Boys 500 Freestyle
Finals	5	Girls 400 IM
Finals	6	Boys 400 IM
Finals	7	Girls 1650 Freestyle
Finals	8	Boys 1650 Freestyle

Swimmers Counts for Warm-ups: 45

Session: 2 Saturday AM 15&amp;Over and 11/12

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

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Finals	9	Girls 15 & Over 100 Freestyle
Finals	10	Boys 15 & Over 100 Freestyle
Finals	11	Girls 11-12 100 Freestyle
Finals	12	Boys 11-12 100 Freestyle
Finals	13	Girls 200 Breaststroke
Finals	14	Boys 200 Breaststroke
Finals	15	Girls 11-12 50 Breaststroke
Finals	16	Boys 11-12 50 Breaststroke
Finals	17	Girls 15 & Over 100 Backstroke
Finals	18	Boys 15 & Over 100 Backstroke
Finals	19	Girls 11-12 100 Backstroke
Finals	20	Boys 11-12 100 Backstroke
Finals	21	Girls 200 Butterfly
Finals	22	Boys 200 Butterfly
Finals	23	Girls 11-12 50 Butterfly
Finals	24	Boys 11-12 50 Butterfly
Finals	25	Girls 15 & Over 200 IM
Finals	26	Boys 15 & Over 200 IM
Finals	27	Girls 11-12 100 IM
Finals	28	Boys 11-12 100 IM
Finals	29	Women 15 & Over 200 Freestyle Relay
Finals	30	Men 15 & Over 200 Freestyle Relay
Finals	31	Girls 11-12 200 Freestyle Relay
Finals	32	Boys 11-12 200 Freestyle Relay

Swimmers Counts for Warm-ups: 143

**2023 Greenwich YMCA January Invitational - 1/6/2023 to 1/8/2023****Session Report**

Session: 3 Saturday 8&amp;U Session

Day of Meet: 2 Starts at 12:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

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Finals	101	Girls 8 & Under 25 Freestyle
Finals	102	Boys 8 & Under 25 Freestyle
Finals	103	Girls 8 & Under 25 Backstroke
Finals	104	Boys 8 & Under 25 Backstroke
Finals	105	Girls 8 & Under 25 Breaststroke
Finals	106	Boys 8 & Under 25 Breaststroke
Finals	107	Girls 8 & Under 25 Butterfly
Finals	108	Boys 8 & Under 25 Butterfly

Swimmers Counts for Warm-ups: 30

Session: 4 Saturday PM 13/14 and 10&amp;U

Day of Meet: 2 Starts at 02:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

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Finals	33	Girls 13-14 100 Freestyle
Finals	34	Boys 13-14 100 Freestyle
Finals	35	Girls 10 & Under 100 Freestyle
Finals	36	Boys 10 & Under 100 Freestyle
Finals	37	Girls 13-14 200 Breaststroke
Finals	38	Boys 13-14 200 Breaststroke
Finals	39	Girls 10 & Under 50 Breaststroke
Finals	40	Boys 10 & Under 50 Breaststroke
Finals	41	Girls 13-14 100 Backstroke
Finals	42	Boys 13-14 100 Backstroke
Finals	43	Girls 10 & Under 100 Backstroke
Finals	44	Boys 10 & Under 100 Backstroke
Finals	45	Girls 13-14 200 Butterfly
Finals	46	Boys 13-14 200 Butterfly
Finals	47	Girls 10 & Under 50 Butterfly
Finals	48	Boys 10 & Under 50 Butterfly
Finals	49	Girls 13-14 200 IM
Finals	50	Boys 13-14 200 IM
Finals	51	Girls 10 & Under 100 IM
Finals	52	Boys 10 & Under 100 IM
Finals	53	Girls 13-14 200 Freestyle Relay
Finals	54	Boys 13-14 200 Freestyle Relay
Finals	55	Girls 10 & Under 200 Freestyle Relay
Finals	56	Boys 10 & Under 200 Freestyle Relay

Swimmers Counts for Warm-ups: 163

**2023 Greenwich YMCA January Invitational - 1/6/2023 to 1/8/2023****Session Report**

Session: 5 Sunday AM 15&amp;Over and 11/12

Day of Meet: 3 Starts at 08:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

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Finals	57	Girls 15 & Over 50 Freestyle
Finals	58	Boys 15 & Over 50 Freestyle
Finals	59	Girls 11-12 50 Freestyle
Finals	60	Boys 11-12 50 Freestyle
Finals	61	Girls 15 & Over 100 Breaststroke
Finals	62	Boys 15 & Over 100 Breaststroke
Finals	63	Girls 11-12 100 Breaststroke
Finals	64	Boys 11-12 100 Breaststroke
Finals	65	Girls 15 & Over 200 Freestyle
Finals	66	Boys 15 & Over 200 Freestyle
Finals	67	Girls 11-12 200 Freestyle
Finals	68	Boys 11-12 200 Freestyle
Finals	69	Girls 15 & Over 100 Butterfly
Finals	70	Boys 15 & Over 100 Butterfly
Finals	71	Girls 11-12 100 Butterfly
Finals	72	Boys 11-12 100 Butterfly
Finals	73	Girls 200 Backstroke
Finals	74	Boys 200 Backstroke
Finals	75	Girls 11-12 50 Backstroke
Finals	76	Boys 11-12 50 Backstroke
Finals	77	Girls 15 & Over 200 Medley Relay
Finals	78	Boys 15 & Over 200 Medley Relay
Finals	79	Girls 11-12 200 Medley Relay
Finals	80	Boys 11-12 200 Medley Relay

Swimmers Counts for Warm-ups: 136

**2023 Greenwich YMCA January Invitational - 1/6/2023 to 1/8/2023****Session Report**

Session: 6 Sunday PM -13/14 and 10&amp;U

Day of Meet: 3 Starts at 01:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

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Finals	81	Girls 13-14 50 Freestyle
Finals	82	Boys 13-14 50 Freestyle
Finals	83	Girls 10 & Under 50 Freestyle
Finals	84	Boys 10 & Under 50 Freestyle
Finals	85	Girls 13-14 100 Breaststroke
Finals	86	Boys 13-14 100 Breaststroke
Finals	87	Girls 10 & Under 100 Breaststroke
Finals	88	Boys 10 & Under 100 Breaststroke
Finals	89	Girls 13-14 200 Freestyle
Finals	90	Boys 13-14 200 Freestyle
Finals	91	Girls 10 & Under 200 Freestyle
Finals	92	Boys 10 & Under 200 Freestyle
Finals	93	Girls 13-14 200 Backstroke
Finals	94	Boys 13-14 200 Backstroke
Finals	95	Girls 10 & Under 50 Backstroke
Finals	96	Boys 10 & Under 50 Backstroke
Finals	97	Girls 13-14 200 Medley Relay
Finals	98	Boys 13-14 200 Medley Relay
Finals	99	Girls 10 & Under 200 Medley Relay
Finals	100	Boys 10 & Under 200 Medley Relay

Swimmers Counts for Warm-ups: 93