



March 21 – March 24, 2024

2024 Eastern Zone Sectional Meet

Providence, RI

USA Swimming, Inc., New England Swimming, Inc., Seekonk Aquatics, Inc., Gator Swim Club, and Brown University shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

In applying for this sanction New England Swimming and Gator Swim Club agree to comply and to enforce all health and safety mandates and guidelines of USA Swimming, New England Swimming, the State of Rhode Island and the City of Providence.

Hosted by Gator Swim Club & New England Swimming

Meet Sanction

Time Trials Sanction #NE24-0321BGSC

Meet Director:	Ray Grant	raycgrant@gmail.com
Meet Referee:	Darryl Strabuk	dstrabuk@yahoo.com
Administrative Referee:	Annette Mackrel	Aikianne8@gmail.com
LSC Officials Chair:	Ken Galica	kennethgalica@gmail.com
Facility Manager:	Paul Crevier	Paul_crevier@brown.edu
Meet Entry Chair	Carol Healey	gatorseekonkentries@gmail.com

LOCATION:

Katherine Moran Coleman Aquatic Center, Brown University, 225 Hope St. Providence, RI 02912

FACILITY:

Indoor Facility with 50M competition pool

- Located at 225 Hope Street, the Katherine Moran Coleman Aquatics Center opened in May 2012 and is home to Brown University Swimming, Diving, & Water Polo teams. The competition course consists of eight 25-yard lanes from bulkhead to bulkhead in nine feet of water. 10 25-yard warmup lanes will also be available throughout the competition.
- There is a Fully Automatic Daktronics Time Systems with touchpads at the finish end of the pool.
- The facility has a seating capacity for 400 spectators & a state of the art video HD scoreboard.
- The meet host will ensure that the competition course meets the required dimensions as specified in Article 103.3 USA Swimming Rules & Regulations.
- Lifeguards will be on duty during this event. In addition, AEDs are on premises.
- In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.

ELIGIBILITY:

- The Eastern Zone Speedo Short Course Championship Series Meet is open to any swimmer in Eastern Zone who is registered with USA Swimming prior to the first day of the meet and has a qualifying time ([2024 EZ SC Sectional Qualifying Times](#)).
- The qualifying time must have been achieved between January 1, 2023 and the meet entry deadline.
- **This meet will be capped at 650 athletes.** Entries will be accepted from teams until this limit is reached. Teams accepted into the meet will be allowed to enter New Qualifiers and Late Entries assuming the procedures and requirements listed for those entry types are followed.

OFFICIALS:

- [Application to Officiate](#)
- **Certified officials wishing to be considered for an assigned position or national evaluation**

should submit an application by March 10, 2024.

- Officials wishing to work the meet may submit an application by Tuesday, March 19, 2024.
- A request will be submitted for this meet to be approved as a National Certification Qualifying Meet for all positions under the National Officials Certification Program. Any official interested in being evaluated should submit an Application to Officiate noting the request for evaluation. Details of the certification program can be found on the [USA Swimming Website](#).

GENERAL MEETING:

- The meeting will be held via Zoom on Monday, March 18, 2024 at 7:30 pm. The link to the meeting will be sent out no later than Friday, March 15, 2024.
- Coaches are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance.

FACILITY SCHEDULE:

- Wednesday, March 20: 7:00pm – 9:00pm
- Thursday, March 21: 12:00pm – 8:00pm
- Friday – Saturday, March 22 - 23: 6:45am – 1:30pm & 4:00pm - 30 minutes after last event.
- Sunday, March 24: 6:45am – conclusion of meet

REGISTRATION SCHEDULE:

- Thursday, March 21: 12:00pm – 8:00pm
- Friday, March 22: 6:45am – 11:00am
- Other times: Contact the Meet Director

MEET SCHEDULE:

- Thursday, March 21
 - General Warm-up: 12:00pm – 8pm
 - Distance Warm-up: 3:00pm Competition Pool
 - Distance Session Start: 4:30pm
- Friday, March 22 – Saturday, March 23
 - Prelims Warm-up: 6:45am-8:30am
 - Prelims Start: 8:40am
 - Finals Warm-up: 4:30pm-5:20pm
 - Finals Start 5:30 pm
- Sunday, March 24
 - Prelims Warm-up: 6:45am-8:30am
 - Prelims Start: 8:40am
 - Finals Warm-up: 3:30pm-4:20pm
 - Finals Start: 4:30pm

MEET FORMAT:

- The meet will be swum with circle-seeded preliminary heats in the morning session.
- If 599 or fewer swimmers who are entered in at least one individual event are participating in the meet, the A and B Finals will be open to any age, based on that day's preliminary heat results, and the C Final will be open to 18&Under athletes only.
- If 600 or more swimmers are entered in individual events are participating, the A, B and C Finals will be open to any age, based on that day's preliminary heat results, and the D Final will be open to 18&Under athletes only.

- Finals will be swum D-Final, C-Final, B-Final, and A-Final (in that order) in the evening session, unless otherwise noted.
- Thursday Distance Events (W 1000/M 1650): See Timing section for additional information.
 - The women's 1000 yard Freestyle will alternate with the men's 1650 yard Freestyle and will be swum fastest to slowest.
 - The heat order and schedule will be published after the scratch deadline on Wednesday.
 - These events are timed finals.
- Sunday Distance Events (W 1650/M 1000): See Timing section for additional information.
 - The women's 1650 yard Freestyle and men's 1000 yard Freestyle are timed final events and will be swum slowest-to-fastest.
 - The fastest heat of each event will swim at the beginning of the evening final session.
 - The remaining heats will swim on Sunday afternoon, alternating men and women, such that the last heat finishes at 3:30 pm.
- Sunday Early Distance option: Athletes will have the option of declaring a preference for early afternoon or regular seeding for these events. This preference must be indicated prior to the scratch deadline for Sunday's events. The fastest heat of women and the fastest heat of men that do not declare a preference to swim in preliminaries will be seeded in the evening finals. Swimmers can also ensure an early distance swim by entering with a non-conforming, qualifying time.
- Relay Events:
 - Relays are timed-final events.
 - The fastest two heats will swim with finals during the evening session. Remaining heats will swim with preliminaries during the morning session.
 - Relays follow the same scratch procedures as individual events.
 - The deadline for returning relay cards to the Admin table will be announced at the General Meeting.
 - After cards have been submitted, names/order may be changed up to the time of the swim.
 - Relay participants may only compete on one relay team per relay event, either the 'A' relay or 'B' relay but not both.
 - **200 yard Medley Relay must be entered with a provable 400 Medley Relay times.**
- Sunday Relays (400 medley relay): The "Sunday Relay Rule" will be in effect.
 - Any relay that wishes to swim with preliminaries during the morning session may do so.
 - ALL Sunday relays **MUST indicate a preference** for swimming with preliminaries or with finals, by the check-in deadline (Saturday at 6:00pm).
 - The fastest two heats of relays that do not declare a preference to swim in preliminaries will be seeded in the evening finals. All other Sunday relays will swim during the Sunday morning preliminaries.
- A/B Flight Format: Dependent on the number of entries, and at the discretion of the Meet Referee, the preliminary sessions may be conducted in an "A/B Flight" format. If adopted, details of this procedure, including the number of heats of each event to be swum in the "A Flight" session, will be announced at the general meeting.

ENTRY INFORMATION:

- **MEET ENTRY OFFICER:** Carol Healey, Gatorseekonkentries@gmail.com, 781-540-9026
- **REGULAR ENTRY DEADLINE: 11:59 PM, TUESDAY, MARCH 12th.**
- **NEW QUALIFYING SWIMS: Entry Deadline: 3:00 PM EST, Monday, March 18th**
- **This meet will be capped at 650 athletes.** Entries will be accepted from teams until this limit is reached. Teams accepted into the meet will be allowed to enter New Qualifiers and Late Entries assuming the procedures and requirements listed for those entry types are followed.

- **On-Line Meet Entry (OME):**
 - OME will open on Monday, February 5th at 10am EST
 - Entries prior to the regular entry deadline will be processed using the USA Swimming On-Line Meet Entry System (OME) **ONLY**. Email entries during the regular entry period will not be accepted.
 - Instructions for submitting entries through OME can be found at the end of the meet announcement.
 - **Entry fees will be submitted through OME.**
- Conforming and Non-Conforming times may be used for entry. Seeding Order: SCY, LCM, SCM. Bonus entries are seeded last in the same order.
- **ENTRY LIMITS:**
 - **Individual Events:** Athletes may enter all events for which they qualify, however they may only compete in seven (7) individual events for the meet, and no more than three (3) individual events per day.
 - **Relay Events:** Two (2) per team per event. **All entries for 200 m Medley relays must use 400 m Medley relay times.**
- Qualification Period: January 1, 2023 through entry deadline for meet.
- Conforming and Non-Conforming times may be used for entry.
- Coach Times (CT) are **not allowed** for any event. All entry times must have been achieved in a sanctioned, approved, or observed meet.
- “No Time” entries for individual or relay events will not be accepted.
- Entry Fees:
 - \$16.00 for individual events
 - \$32.00 for relay events
 - \$25.00 per swimmer facility surcharge.
- **NEW QUALIFYING SWIMS: Entry Deadline: 3:00 PM EST, Monday, March 18th**
 - New qualifiers from meets occurring between March 12, 2024 and March 17, 2024 will be submitted in a separate meet set-up file, through OME. OME for new qualifiers will open on Thursday, March 14, 2024 at 10:00am.
 - New Qualifier OME will close at 3:00pm on Monday, March 18th. Any entry not submitted by deadline stated above will be considered late entries and charged accordingly.
 - These entries may not be used to improve the seed time of an earlier entry.
 - Entry fees will be submitted through OME
- **LATE ENTRIES:** Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:
 - Entries must be emailed to the Meet Entry officer and received no later than **12 noon (EST) Tuesday, March 19, 2024.**
 - The team or athlete must pay a one-time processing fee of \$150 and entry fees of \$32 per individual event.
 - Late entries may not be used to improve the seed time of an earlier entry.
- **Questions?** Contact: Carol Healey, Gatorseekonkentries@gmail.com, 781-540-9026
- Payment by check for any Late entries must be received at or before the first session in which the team has swimmers entered. If payment is not received by this time, the entries in question will be scratched from the meet.
- Checks for New Qualifier or Late entries should be made payable to **Seekonk Aquatics, Inc.** and may be brought to the meet or mailed to:

Ray Grant
80 Davis St

Seekonk, MA 02771

ENTRY RULES:

● **Entry Limits:**

- A swimmer may enter any number of individual events in which the qualifying time standard has been met.
- Maximum per day: three (3) individual events, including time trials.
- Maximum for the meet: seven (7) individual events (does not include time trials).
- Each team may enter up to 2 relays in each event.

● **Bonus Events:**

- Swimmers entering with 1 qualifying time will be permitted to enter 6 bonus events.
 - Swimmers entering with 2 qualifying times will be permitted to enter 5 bonus events.
 - Swimmers entering with 3 qualifying times will be permitted to enter 4 bonus events.
 - Swimmers entering with 4 qualifying times will be permitted to enter 3 bonus events.
 - Swimmers entering with 5 qualifying times will be permitted to enter 2 bonus events.
 - Swimmers entering with 6 qualifying times will be permitted to enter 1 bonus event.
 - Swimmers entering with 7 qualifying times will not be allowed to enter any bonus events.
 - Bonus entries are seeded last.
 - There shall be no bonus swims for the 1000 freestyle or 1650 freestyle except for the following condition: any swimmer achieving a qualifying time in the 1000 freestyle or 1650 freestyle may select the other distance event as one of his/her allowable bonus events.
 - See Entry Information for seeding order.
- All relay-only swimmers must be included in the meet entry file.

PROOF OF TIME:

- Proof of times for all events (including relays) is required.
- Proof of times including the date and name of the meet where the time was achieved must be included with the entry file.
- Any additional requested proof of times must be submitted to the Administrative Referee prior to the Scratch deadline for the session in which the event is being swum. The Proof of Times must include the name and USA-S ID of the athlete as well as the meet, event and time swum.
- High School, College, YMCA and similar non-USAS swims must be achieved in a meet officially authorized by USA Swimming.
- After the meet, the meet host will conduct an audit of entry times vs. meet results. Based on the results of this audit, a team may be required to provide proof of time for selected swims, if not already proven. Proof of time has been defined as a time included in the SWIMS database, or which can be proven by official meet results (including the cover sheet).
- Failure to prove a time will result in a fine of one hundred dollars (\$100) per swim and the club will be responsible for paying the fine. The fine must be submitted to New England Swimming. Failure to pay the fine will result in exclusion from future EZ Meets.
- **Warning:** Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100.00, and no further entries will be accepted from the club until the fine is paid. All swimmers, coaches and officials must be properly registered with USA Swimming for 2024.

WARM-UP PROCEDURES:

The following New England Swimming warm-up procedures and safety policies will be followed:

- All swimmers must start warm-ups from either the start end or the turn end of the pool. Entry into

the pool from the sides is prohibited. Entry is feet-first unless the lane has been designated for one-way starts.

- Swimmers must be under supervision of a USA Swimming credentialed coach during warm-ups. All warm-up periods shall be supervised by the appointed marshals.
- Use of training equipment, which may include but is not limited to kick boards, pull buoys, paddles, bungee cords, and snorkels, is prohibited during warm-ups.
- During preliminary warm-ups, all but the final 30 minutes will be dedicated to general warm-up. Specific warm-ups will be conducted during the last 30 minutes.
- During Finals warm-ups, periods are divided equally between general and specific programs. The first half of the warm-up will be dedicated to general warm-up and the last half will be dedicated to specific warm-up.
- During the general warm-up, no pace work or sprinting will be permitted.

SCRATCH PROCEDURES:

- Information about submitting scratches from prelims and finals will be provided at the General Meeting.
- **Scratch deadlines:**
 - **Wednesday, 5:00pm:** All Thursday events (W 1000/M 1650).
 - **Thursday, 6:00pm:** All Friday events (including 400 free relay).
 - **Friday, 6:00pm:** All Saturday events (including 800 free relay).
 - **Saturday, 6:00pm:** All Sunday events (including W 1650/M 1000 and 400 medley relay).
- This meet will follow the National Championship Scratch Rules as specified in rule 207.11.6 with exception of 207.11.6B and E.4. Specific procedures will be explained at the General Meeting.
- **The Eastern Zone Policy for No Shows in Sunday's finals will be observed. Any swimmer who is initially announced as qualifying for a final event, excluding alternates, and does not show up to compete (without properly scratching or without being excused by the Referee) will be subjected to a \$50 fine.**

TIME TRIALS:

Time trials will be offered each day, time permitting.

- Time trial fees:
 - \$20.00 for individual events
 - \$35.00 for relays
 - All time trials will be randomly seeded and will start **no earlier than** 15 minutes after the conclusion of the prelim's session on Thursday, Friday, Saturday and Sunday (time permitting).
- Time trials may be seeded with mixed events and genders in heats with no open lanes between them. Events longer than 200 yards may be similarly combined regardless of distance.
- Time trials are open to all swimmers entered into the meet, including relay-only swimmers.
- Each swimmer is limited to a maximum of three time trials during the meet.
- Athletes need to provide their own timers for time trials.
- Be aware that time trials count towards the daily maximum of three events but not to the total number of events for the meet.
- Registration for time trials will close at 3:30 pm on Thursday and at 10 am on Friday, Saturday, and Sunday, unless otherwise announced at the General Meeting. Time trials will be conducted as long as there is time available.
- Time trials on Thursday will be limited to one hour. On Friday and Saturday, time trials must

conclude by 1:30 pm. Time Trials on Sunday will end NO LATER THAN 30 minutes prior to the start of the heats of the distance session. The order of events for time trials is listed below. **Note that the 1000 freestyle and 1650 freestyle are only offered on Thursday.**

- Thursday time trials: 1000 free, 1650 free events only.
- Friday time trials: Friday/Saturday/Sunday events, in that order.
- Saturday time trials: Saturday/Sunday/Friday events, in that order.
- Sunday time trials: Sunday/Friday/Saturday events, in that order.

RULES:

- The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern this meet.
- All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- The scratch procedures listed in the current *USA Swimming Rules and Regulations*, Article 207.11.6 with the exception of 207.11.6B and E.4 will be in effect.
- 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 without written USA Swimming approval.
- Any swimmer entered in the meet must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with the requirement.
- Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is not permitted.
- Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.
- In accordance with New England Swimming best practices, all swimmers should shower before entering the pool.
- Any athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.
- In accordance with New England Swimming Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.

TIMERS:

- It may be necessary to solicit timers from the spectators attending the meet. All visiting teams should be prepared to provide meet timers. The meet director reserves the right to assign teams with lane assignments for timer coverage depending on entries.
- All athletes entered in distance events (1000 and 1650 freestyles) need to supply their own timers and counters.
- All time trial athletes need to supply their own timers.

- Anyone wishing to time may do so. If you volunteer, the host will refund the cost of a daily admission charge per session, not to exceed amount of the general admission all session pass. This offer is not valid for time trials or distance events.
- Documentation of volunteer hours is available for community service hours and can be provided upon request.

DECK ACCESS: Please use designated pool entry areas.

- Only swimmers, coaches, officials, and meet staff with proper credentials will be permitted on the pool deck. These must be visible at all times when on deck.
- Coaches must request a deck pass through OME. Deck passes will only be issued to individuals registered with USA Swimming.
- All coaches must be prepared to show a current USA Swimming registration card at the registration table to receive their deck pass. Replacements for lost credentials will cost \$10.00.
- No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, swimmer must be assigned a supervising coach (per USA Swimming rule 202.3.2). Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

COACHES DECK PASSES:

- \$20 per coach. Coaches must register for the desk passes with their entries using the OME system.
- Replacement fees for lost credentials are \$30 per coach.

SCORING: Scoring will be handled according to USA Swimming Rules and Regulations based on the number of heats swum in finals.

AWARDS:

- Individual events: Top 3 finishers
- Relay events: Top 3 relay teams
- Team awards (female, male, and combined scores): Top 3 teams
- Individual high point: Top 3 female and top 3 male
- If only three heats are swum in finals, awards will be presented immediately following each event. If four heats, there will be no formal awards presentation.
- The coach of each event's winning competitor should report to the awards area prior to awards presentations.
- A full sequencing of events and awards will be published with the heat sheet for each final's session.

CONCESSIONS:

There will be a concession stand open for the duration of the meet. The concession area is on the upper level of the pool, in the lobby.

HOSPITALITY: A hospitality area will be available for coaches and meet staff. Coaches and meet staff must have appropriate credentials to enter the hospitality area. The Hospitality Area will be upstairs in a studio off the main hallway.

SPECTATOR ADMISSION AND HEAT SHEETS:

- The spectator seating area will open one hour before the start of each session. The spectator entrance is located off the lobby of the Nelson Fitness Center.
- Admission Charge:
 - Individual Sessions: \$10 per session / person. Children 5 years old and younger are free.
 - All Session Pass: \$50
- Electronic heat sheets will be available on Meet Mobile and www.newenglandswimming.org

KATHERINE MORAN COLEMAN AQUATIC CENTER RULES:

- Concessions will be allowed in designated areas only. Drinks are only permitted if in plastic bottles or covered plastic/paper cups.
- Young children must be supervised by an adult.
- Observers are to stay in designated areas.
- **Banners or signs of any kind are not allowed**
- Only Aquatic Staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Staff Management.
- Brown University, New England Swimming and Seekonk Aquatics, Inc are not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings.
- No glass containers of any kind are to be brought into the pool complex.
- Parking violators will be subject to fines and/or towing as posted.
- The Aquatic Center strongly encourages showering prior to entering the pool.
- All emergency exits, stairways and walkways must remain clear.

LOCKER ROOMS:

Day lockers will be available for athletes. Do not leave locks on lockers overnight. Do not leave valuables in your locker. Brown University, New England Swimming and Seekonk Aquatics, Inc. are NOT responsible for lost or stolen property. The Brown University Varsity locker rooms are off-limits to all participants.

MEDICAL ASSISTANCE: Medical assistance will be provided at the facility. If you require medical assistance, please notify a facility lifeguard, or a member of the meet staff.

PARKING:

- *Brown University, New England Swimming and Seekonk Aquatics, Inc accepts no liability for loss or damage to vehicles. All vehicles parked in either a campus lot or on public streets are at owner's risk.*
- **On Campus Parking:**
 - On campus parking is located in Lot 2 (limited) located off Hope Street; Lots 1, 89 and 90 located off Lloyd Avenue; and Lot 11, located off Brook Street. **The campus lots are accessible to coaches, officials and spectators Monday – Friday after 5:00pm only.** These lots are available all-day on Saturday and Sunday. Parking is free of charge.
 - All vehicles must be in appropriately marked parking spaces.
- **Paid parking**
 - Additional paid parking may be found in Lot 68 Upper, also called the Power Street Parking Garage, located at 111 power Street. The garage entrance is located at the

intersection of Power and Thayer Street. This garage is an approx. 10-minute walk to the pool. The garage has two gate arms which are left open. Please enter in the right lane and exit via the left lane. The lot 68 Upper Garage contains two pay stations, which are located at the front and rear of the garage. Please locate an empty parking space, purchase your visitor parking permit via a pay station and place your receipt permit on your vehicle dashboard.

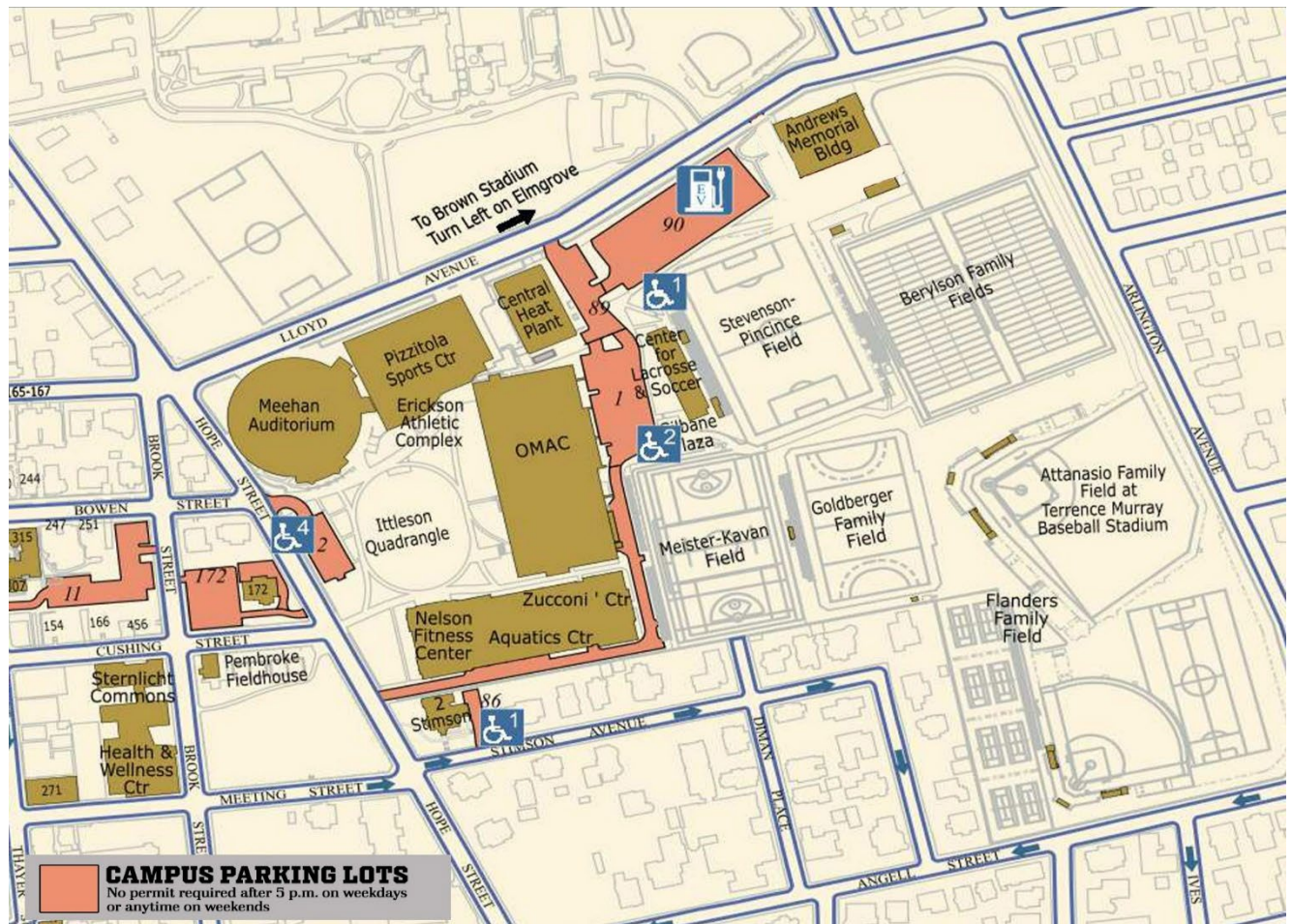
- Monday – Friday 8:00am-6:00pm - \$3.00/hr
- Monday -Friday All Day Rate (until 6:00pm) - \$15.00
- Weekdays after 6:00pm, weekends, holidays - \$2.00/hr

● **Street Parking:**

- Coaches, officials and spectators can park on surrounding streets such as Hope St, Arlington Avenue, Lloyd Avenue, Bowen Street and Brook Street. Please be mindful of all posted parking restrictions and regulations

● Handicap vehicles will be permitted to park in designated spaces.

● **Any vehicles parked in Lots 1, 2, 89, 90 Thursday – Friday before 5:00 pm will be subject to towing.**



DIRECTIONS TO KATHERINE MORAN COLEMAN AQUATICS CENTER:

- Katherine Moran Coleman Aquatics Center is located inside the Nelson Fitness Center
225 Hope St
Providence, RI 02912

- **From the North**
 - Take 95 South to Branch Avenue (Exit 24). Turn left onto Branch Avenue and proceed to the traffic light. Cross the intersection and go up Cypress Street to the light at Hope Street. Turn right onto Hope Street. Bear left at the fork to continue on Hope Street. The Athletic Complex and pool will be on your left-hand side.

- **From the South**
 - Take 95 North into Rhode Island. Once in providence take Branch Avenue (Exit 24). Turn right onto Branch Avenue and proceed to the traffic light. Cross the intersection and go up Cypress Street to the light at Hope Street. Turn right onto Hope Street. Bear left at the fork to continue on Hope Street. The Athletic Complex and pool will be on your left-hand side.

- **From the East**
 - Take Route 195 West to the Gano Street exit (Exit 2) in Providence. Turn right onto Gano Street. Proceed to the light at Angell Street (at this point Gano Street will become Taber Avenue). Turn left onto Angell Street (one-way). Follow Angell Street to Hope Street and turn right onto Hope Street. The Athletic Complex and pool will be on your right-hand side just after Stimson Street.

- **From the West**
 - Take Route 6 into Providence and exit for 95 North. Take 95 North to Branch Avenue (Exit 24). Turn right onto Branch Avenue and proceed to the traffic light. Cross the intersection and go up Cypress Street to the light at Hope Street. Turn right onto Hope Street. Bear left at the fork to continue on Hope Street. The Athletic Complex and pool will be on your left-hand side.

March 21– March 24, 2024

Order of Events

Thursday, March 21, 2024		
<i>4:30pm start</i>		
W	Event	M
1	1000 yard Freestyle	
	1650 yard Freestyle	2

Friday, March 22, 2024		
<i>Prelims: 8:40am start Finals: 5:30pm start</i>		
W	Event	M
3	200 yard Freestyle	4
5	100 yard Breaststroke	6
7	100 yard Butterfly	8
9	400 yard Individual Medley	10
<i>5 minute break</i>		
11	800 yard Free Relay	12

Saturday, March 23, 2024		
<i>Prelims: 8:40am start Finals: 5:30pm start</i>		
W	Event	M
13	200 yard Medley Relay	14
<i>5 minute break</i>		
15	200 yard Butterfly	16
17	50 yard Freestyle	18
19	200 yard Breaststroke	20
21	100 yard Backstroke	22
23	500 yard Freestyle	24
<i>5 minute break</i>		
25	400 yard Free Relay	26

Sunday, March 24, 2024		
<i>Prelims: 8:40am start Finals: 4:30pm start</i>		
W	Event	M
27	200 yard Free Relay	28
31	200 yard Backstroke	32
33	100 yard Freestyle	34
35	200 yard Individual Medley	36
<i>5 minute break</i>		
37	400 yard Medley Relay	
AFTERNOON		
		38
29	1650 yard Freestyle	
	1000 yard Freestyle	30
*Events will be swum in numerical order in finals.		

Scratch Deadlines:

- **Wednesday, 3/20/24, 5:00pm:** Thursday distance events (W 1000/M 1650).
- **Thursday, 6:00pm:** All Friday events (including 800 free relay).
- **Friday, 6:00pm:** All Saturday events (including 200 medley relay and 400 free relay).
- **Saturday, 6:00pm:** All Sunday events (including W 1650/M 1000, 200 free relay, and 400 medley relay).