

2025 CT Swimming SC Senior Championship



Hosted by Connecticut Swimming

March 6-9, 2025

Held at

Wesleyan University Freeman Athletic Building
161 Cross Street, Middletown, CT 06457

Held under the sanction of USA Swimming, Inc. issued by Connecticut Swimming, Inc.
Sanction #S24-83

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. USA Swimming Article 202.4.10 Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy 2.0 (“MAAPP”), and the CT Swimming Code of Conduct (www.ctswim.org) will govern this meet.

Meet Administration	
Meet Director Adriana Schack bulldogswimcoach@gmail.com	Meet Entry Coordinator Henk Jansen office@ctswim.org
Meet Referee Margy Sargent mhsarge@att.net	Meet Safety Chair Adriana Schack bulldogswimcoach@gmail.com
Officials Contact Margy Sargent mhsarge@att.net Officials Sign Up Link	Administrative Official Jo Ann McCaffrey mccaffreyjoann@gmail.com

Deadline and Meeting Summary		
February 26, 2025	9pm	Entry Deadline
Tuesday, March 4, 2025	8:00 PM	Coaches Meeting - via Zoom
Thursday, March 6, 2025	5:30 PM	Scratch Deadline for Friday events
Friday, March 7, 2025	5:30 PM	Scratch Deadline for Saturday events
Saturday, March 8, 2025	5:50 PM	Scratch Deadline for Sunday events
Thursday, Friday, Saturday, Sunday	1 hour prior to each session start	Officials' Briefing
Thursday, Friday, Saturday, Sunday	½ hour prior to session start	Timers' Briefing

Session Schedule		
Thursday Evening	Warm Up - 3:30 PM	Start 5:00 PM
Prelims Friday, Saturday, Sunday	Warm Up - 7:00 AM	Start 9:00 AM
Finals Friday, Saturday, Sunday	Warm Up - 3:15 PM	Start - 5:00 PM
Sunday Distance Session		See Distance Session

Facility Information	
Facility Address	<p>Wesleyan University Freeman Athletic Building 161 Cross Street, Middletown, CT 06457</p> <p>Note: Parking is authorized in designated areas only. Vehicles parked in unauthorized spaces are subject to citation and towing.</p>
Pool Information	<ul style="list-style-type: none"> ● Competition Pool: <ul style="list-style-type: none"> ○ 50-meter by 25-yard pool with a Colorado Timing System. ○ Certified in accordance with 104.2.2C(4). A copy of such certification is on file with USA Swimming. ○ Water depth at the start and turn end is 7.5 to 14 ft when Short Course, and 5 ft-14.5 when Long Course ● All swimmers and meet personnel on deck must have credentials to be on deck. ● Locker rooms are accessed from the pool deck and will be clearly marked. No adults will be allowed in these locker rooms. ● Restrooms for spectators and volunteers are located in the upstairs lobby area ● Athletes, coaches, officials and volunteers enter via the upstairs main entrance.
Facility Information	<ul style="list-style-type: none"> ● ALL swimmers and spectators attending this meet are guests of the Wesleyan University and are required to adhere to the following: <ul style="list-style-type: none"> ○ No locks may be left on Wesleyan lockers. No shaving on premises is permitted. No access to faculty locker rooms is premised. ○ Changing into or out of swimsuits, whole or in part, other than in locker rooms or other designated areas is not appropriate and is prohibited. ○ Misbehavior, unsportsmanlike conduct, vandalism and theft will not be tolerated and can result in being barred from participation in the meet. ○ No electronic audio or visual recording devices, including cell phones, are permitted in changing areas, rest rooms, or locker rooms. Failure to comply may result in expulsion from the meet. ○ No Folding Chairs are allowed anywhere in the building ○ Spectators will be limited see "Safe Sport Policies" below for details. Spectators will be allowed to sit in the spectator viewing area ONLY. ○ Wesleyan lawn policy will be in effect. ○ The deck will be limited to 350 people, including swimmers, officials, and volunteers. ○ Team Seating: If the athlete count allows, swimmers will be seated on deck. If needed, teams will be asked to sit in the hockey rink area. No folding chairs will be allowed on deck, Wesleyan will provide small folding chairs. ○ Wifi access is available and signal strength is good at best. Meet will NOT be livestreamed.
Medical Information	<ul style="list-style-type: none"> ● Lifeguards will be on duty. AED machine, first aid and backboards will be available.
Hospitality	<ul style="list-style-type: none"> ● There will be a hospitality area open to all coaches and officials
Concessions	<ul style="list-style-type: none"> ● If available, information will be provided to teams attending.
Vendor	<ul style="list-style-type: none"> ● Northwest Design will be selling Meet spirit wear via their website. ●

Meet Fees: Payment is required upon final entry submission on Fast. Credit cards and checks are accepted.	
Individual Event	\$15.00 per swimmer
Relay Event	\$24.00 per relay entry
Time Trial	\$20.00 per event entry
No Electronic Entry Provided	\$5.00 per manual entry
Payment	<p>Payment is expected upon submission of entry by credit card or by signed check/check request. If paying by check an image of the signed check/check request must be submitted with the entry. All payments must be made within two weeks of the conclusion of the meet. Make the check out to <i>CT Swimming Inc.</i> and mailed to:</p> <p>Connecticut Swimming 68 Nichols Ave. Shelton CT, 06484</p>
Outreach	<p>Participating clubs may request, in writing, that individual entry fees be waived for Outreach athletes listed on the club's entry. For policy and procedure, see http://www.ctswim.org/Customer-Content/www/CMS/files/Membership/Outreach-Entry-Fees.pdf.</p>

Safe Sport
<ul style="list-style-type: none"> ● A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. ● Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition. ● Spectators will be allowed, but seating is limited to 340. ● To control the number of spectators in the stands, wristbands may be used. ● If used, wristbands will be given to each Team in proportion to Team size.

Disabled/Elderly Access
<ul style="list-style-type: none"> ● Limited handicapped parking is available behind the Freeman Athletic Center. ● Disabled access is through the front entrance only. ● The elevator in the front lobby goes to the locker rooms and pool deck. The spectator area is to the left of the front lobby. ● If athletes, coaches, or spectators require special assistance, please contact the Meet Director.

Rules	<ul style="list-style-type: none">● The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to the Meet Referee. The Meet Committee and/or Meet Referee may find it necessary to change some meet procedures and/or timeline to provide the best possible situations and conduct of the meet for the athletes; including, but not limited to, start times, breaks, distance event procedures, weather related disruptions, etc.● This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated.● MEET JURY: The Meet Jury shall be announced by the Meet Referee at the Coaches Meeting. Written protests involving eligibility or technical rules, including disqualification due to judgment decisions of the deck officials, shall be made to the Meet Referee within 30 minutes of the protested act or occurrence. Any protest filed will be referred to the meet jury if applicable. There is a \$50 fee for a protest made by anyone, and that fee is refundable if the protest is upheld.● USA Swimming / CSI Safety Guidelines and warm-up procedures will be in effect for the entire 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 the participation in the conduct of this competition.● Please note that the timing equipment uses a strobe as part of the starting equipment. Therefore, flash photography is PROHIBITED at the start of all the races.● No one will be allowed on deck unless they are registered with USA Swimming as an athlete, coach or official and/or those who are part of the timing, marshal and administrative staff assisting with the conduct of the meet.● This meet will use USA National Scratch procedures as described under USA Swimming scratch rules 207.11.6.● No Deck Registrations will be permitted.● Meet Management has the full authority to restrict any and all photography and visual recording at the meet.● Use of audio or visual recording devices, including a cell phone, are not permitted behind the starting blocks or in changing areas, rest rooms or locker rooms.● 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.● Videotaping or picture taking on deck, by any meet volunteer, shall not be permitted. Volunteers wishing to video or photograph their swimmer shall do so from the spectator area if available. Any person(s) violating this rule will be subject to discipline by the Meet Director or Referee up to and including removal from the venue for the remainder of the meet. EXCEPTION: The CSI Certified meet photographer and anyone else specifically given pre-authorization by the Meet Director or Referee, such as professional photographers with current, official media credentials that are provided to CSI, Official team photographers that are USA Swimming members, or a participating athlete directly assisting a coach for instructional purposes, using the coach’s electronic device.● Deck changes are prohibited. Swimmers participating in deck changing will be in violation of the USA Swimming Code of Conduct/Sportsmanship Policy and could be subject to removal from further competition in the meet.● Tech Suits are banned for all 12/U swimmers (USA Swimming Rule 102.8.1.F).● Failure to comply with any rules and/or the request of a Safety Marshall shall be considered a Code of Conduct Violation.
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Safety	<ul style="list-style-type: none"> ● The CSI safety program is in effect for this meet. ● All USA Swimming athletes must be under the supervision of a USA Swimming member coach. Arrangements for coach supervision must be made in advance of the meet. ● No running or horseplay will be tolerated. ● Upon approval of the facility, swimmers are allowed to use only personal kickboards, pull buoys, and snorkels in non-competition warm-up areas.
Racing Starts	<ul style="list-style-type: none"> ● Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing both a forward racing start, and a backstroke 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 this requirement.
Deck Access	<ul style="list-style-type: none"> ● There will be a check-in process for all coaches, officials, and approved meet staff. ● The check-in table will be located by the outdoor pool gate. ● Credentials must be presented showing current fully certified USA Swimming membership. Meet staff must be listed on an approved list provided to the host team. ● No one without proper clearance may be allowed in the competition areas without approval of the meet host.
Officials	<ul style="list-style-type: none"> ● There will be a need for officials. Connecticut Swimming welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet. ● The uniform will be white over navy, with white socks and shoes. ● Shorts for preliminaries are allowed. For finals, long pants or skirts. Official briefings will be held at the date and time listed in the Deadline and Meeting Summary. ● Officials Sign Up Link
Format	<ul style="list-style-type: none"> ● Prelims: Prelims will be conducted in one 10-lane course. All Prelims will be conducted in SCY. ● Finals: Finals will be conducted as SCMY in an 8-lane course. Three heats (Top 24) will return for the evening session. Races will be conducted in the following order: C Final (17-24), B Final (9-16), and A Final (top 8.) All Relays will swim during the evening Finals sessions (see relays section for more information on how relays will be conducted). ● At the discretion of the Meet Referee, 10 minute breaks may be added after each Men's event in the prelims and finals. ● Ready Room: Swimmers competing in the A final events MUST report to the Ready Room area no more than 10 minutes prior to their event. The A finalists are expected to remain in the Ready Room until they march out for their event. ● This meet will use USA National Scratch procedures as described under USA Swimming scratch rules 207.11.6. A. <ol style="list-style-type: none"> A. Swimmers may scratch from an event in which they are entered by following the procedures set forth in the meet announcement. B. The scratch deadline for the first day's events shall be 6:00 pm on Wednesday, July 10, 2025. The scratch deadline for all subsequent days' events shall be thirty (30) minutes after the time established for the start of the finals sessions. C. In all events where preliminary heats are necessary or in any timed final event for which the swimmer has been positively checked in, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been scratched in accordance with sub-paragraphs A and B above will be barred from all further individual and relay events of that day. The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events.

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

A swimmer seeded for an A Final, B Final or C Final who fails to compete and who was not scratched shall be barred from all further competition in the meet. Sunday finalists shall be fined \$50.00 for each event not swum. Fines must be paid before October 1, 2025. No penalty will apply if:

1. The Referee is notified in the event of illness or injury and accepts the proof.
2. A swimmer qualifying for finals based on the results of preliminaries notified the Clerk of Course within 30 minutes of the announcement of qualifiers that he/she may not intend to compete and confirm his/her final intention within 30 minutes following his/her last preliminary event.
3. It is determined by the Referee that circumstances beyond the control of the swimmer cause failure to compete.

SCRATCHES & POSITIVE CHECK-IN: Coaches will receive a team packet containing swimmer entry lists for each day's events upon team check-in. All scratches are to be submitted to the Clerk of Course by the appropriate scratch deadlines using the scratch box. The scratch box and positive check in will be located with the Clerk of Course on deck. Swimmers are automatically seeded in the meet if a scratch is NOT turned in.

This meet will follow the National Championship Scratch Rule as specified in rule 207.11.6. Scratches from finals can only be done directly with the Administrative Referee.

Eligibility

- This meet is open to Connecticut LSC swimmers. Any non-Connecticut swimmers wishing to enter must request an invitation from the meet director. Acceptance will depend on available space and will be granted on a first-come, first-served basis, with priority given to Connecticut swimmers.
- All clubs and swimmers must be registered with USA Swimming, Inc.
- No FLEX memberships are permitted.
- Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed.
- All registrations are processed by parents in SWIMS 3.0.
- All coaches must present a valid USA Swimming coach card to the Meet Director prior to the commencement of any sanctioned swim meet, and must have this card with them while on deck. Coaches will be required to check-in at the pool office in order to be on deck.
- Swimmers must be registered prior to the entry deadline.
- There will be no on-deck registration available at this meet.
- A swimmer's age on the first day of the meet will determine their age for the entire meet.
- **Initial Entry Deadline:** February 26th 2025, 9:00 pm
- **Late Qualifier (LQ)/Correction Deadline:** March 3rd, 11:00 pm
 - *Note:* After the initial entry processing, the entry portal will be reopened, allowing coaches to make their own corrections and add any late qualifiers at no additional cost.
- **Final Correction Deadline:** March 4th, 6:00 pm
 - *Note:* After this time, corrections will need to be handled manually, which may incur additional costs. This final window provides coaches with one last opportunity to verify and adjust entries. After this deadline, any addition or change to an entry will be considered a "deck entry" and subject to deck entry charges. Improvements in seed time will be accepted for prelims/finals events only. Corrections will be accepted by email only. \$15 will be assessed for each correction, scratch or addition on top of the meet entry fee where applicable. For examples, please see the final

	<p>page of the Meet Announcement.</p> <ul style="list-style-type: none"> Swimmers must have equaled or bettered the attached time standards since January 1, 2024 and before the entry deadline. Swimmers who have qualified for either the 800m/1000y Freestyle or the 1500m/1650y Freestyle may enter the other distance as a bonus event. This bonus event will count toward the swimmer's maximum individual event limit. Entry in the originally qualified distance event is not required.
Adapted Swimming	<ul style="list-style-type: none"> Any USA Swimming athlete with a disability as defined by USA Swimming Rules and Regulations should refer to the CSI Adapted Swimming Policy available on ctswim.org and may contact office@ctswim.org for time standards and other information.
Adult Athletes	<ul style="list-style-type: none"> 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.
Entry Procedures	<ul style="list-style-type: none"> CSI-member USA Swimming clubs will enter using Connecticut FAST Online Entries and enter an adapted athlete by contacting office@ctswim.org. Unattached athletes not affiliated with a club should email an entry file (*.sd3 or *.cl2) and proof of time to office@ctswim.org. If meet entry software is not available, email office@ctswim.org the athlete name, USA ID, age, event number, event name, time, and proof of time. Extra fees for manual entries will apply. See Proof of Entry Times section for acceptable proof.
Entry Limitations	<ul style="list-style-type: none"> Swimmers may enter any individual event for which they qualify but may only compete in three (3) individual events per day and a maximum of seven (7) individual events for the meet. Bonus Events <ul style="list-style-type: none"> All swimmers who have qualified for one (1) event and have entered that event may compete in two (2) additional events. All swimmers who have qualified for two (2) events and have entered those events may compete in one (1) additional event. All swimmers who have qualified for three (3) or more events may not compete in any additional events. Bonus swims cannot be for events over 200 yards. All Bonus events must be marked as such in the entry file. In the event of oversubscription, the Senior Committee and meet management reserve the right to make adjustments to the meet. These may include, but are not limited to, conducting all events in two pools or splitting sessions.
Proof of Times	<ul style="list-style-type: none"> Please provide proof of time with entries for all non-conforming entries. All entry times must be pre-proven. The results of any USA Swimming sanctioned, approved, or observed meet or a meet attested by a USA Referee will be acceptable as proof of time. Failure to pre-prove an entry time will prevent the swimmer from being entered in that event. Proof of time is the responsibility of each coach. In accordance with CSI policy, (Integrity Statement 1/25/94), the Club from which a swimmer's time cannot be proven, shall be fined the sum of \$100 per event. The \$100.00 fine must be paid by October 1.

Meet Procedures	
Seeding	<ul style="list-style-type: none"> ● All conforming SCY times will be seeded first, followed by LCM entry times, followed by SCM times and finally bonus times. ● Prelims will be seeded in accordance with USA Swimming rules 102.5 unless otherwise stated herein. ● Events will be swum from slowest to fastest unless otherwise stated herein. ● DISTANCE EVENTS: ● Thursday (W1500m/M800m) and Sunday (W800m/M1500m) Distance Freestyle Events, will be swum as timed finals, with the fastest heat (top 8) in the women's Freestyle followed by the fastest heat (top 8) in the men's Freestyle to be conducted at the beginning of the evening finals session. ● The remaining heats will be swum fast to slow, alternating women and men, beginning 15 minutes after the conclusion of the preliminary heats for the day. ● The heat order and schedule will be published after the Scratch/ Positive Check-in deadline for each of the distance sessions. ● Swimmers in the 800 or 1500 must supply their own timer and counter for all heats except those swum during the finals session. ● Swimmers need only supply their own counter if competing in the finals session. ● The warm-up lane is only open to swimmers competing in the distance session events on Thursday and Sunday. ● 400 Individual Medley and 500 Freestyle: Preliminaries will be swum fastest to slowest, alternating women and men.
Positive Check-in	<ul style="list-style-type: none"> ● Swimmers participating in the 1000/1650 yard Freestyles MUST positively check-in and declare their intent to swim by the check-in deadline for these events to be seeded at their entry time. ● Positive check-in is required for the Women's 1650Y and Men's 1000Y Freestyle by 3:30 PM Thursday, March 6, 2025. ● Positive check in is required for the Women's 1000Y and Men's 1650Y Freestyle by 10:00 AM Sunday, March 9, 2025. ● Failure to positively check-in will result in the swimmer not being seeded into the event with their entry time.
Relay Restrictions and Positive Check-in	<ul style="list-style-type: none"> ● Teams participating in the relay events MUST positively check-in and declare their intent to swim those relays by the relay check-in deadline(<i>see the scratch and positive check-in procedure</i>). ● Clubs may enter a maximum of two relay entries per relay event. ● The time for each relay may be submitted as a composite. ● All relays will be swum as timed finals at the end of the evening sessions (with the exception of the 200 Medley relay on Thursday evening, which will be swum at the beginning of the Thursday evening session). ● The order for the relays shall be the women's relay slowest to fastest and then the men's relay slowest to fastest ● 'Relay Only' swimmers are allowed one "Relay Only" per gender, That is ONE swimmer per gender, not one per relay, not one per day). A total of One Male and ONE female. Swimmers in relay only must be listed on the meet entry with their USA swimming numbers and are not allowed to participate in Time Trials} ● Relays that do not check-in by the appropriate deadline will be scratched. ● Relay participants must be declared to the Clerk of Course at least one hour before the relay competes. ● Teams will be provided with relay cards for this purpose. ● Relay swimmers may be changed up to the time of the swim. ● Teams must provide their own timers for the Friday evening relays and the 800 Freestyle Relay.

Scoring	<p>Individual event scoring will be to 16 places as follows: Timed Finals events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Prelim/Finals events: A (final): 20-17-16-15-14-13-12-11 B (consolation): 9-7-6-5-4-3-2-1 C final: No score</p> <p>Relay event scoring will be to 16 places as follows: Relay events: 40-34-32-30-28-26-24-22-19-14-12-10-8-6-4-2</p> <ul style="list-style-type: none"> ● Team Scoring will be kept for the Men's, Women's and Combined Teams.
Awards	<ul style="list-style-type: none"> ● Individual and Relay awards will be presented for 1st through 3rd place at finals immediately following each men's event. ● The awards presentation for Thursday evening's events will be presented prior to the start of Friday finals. ● Relay awards for the 800 and 400 Freestyle relay will be presented at the finals session on the following night. ● The Individual Distance High Point Award (for the 400 IM, 500Y, 1000Y, and 1650Y Free) will be presented after the conclusion of the last distance event. ● The Overall Individual High Point Award will be presented at the conclusion of the last individual event on Sunday evening. <p>Team awards will be presented at the conclusion of Sunday's finals.</p>
Warm-Ups	<ul style="list-style-type: none"> ● All Clubs must warm-up under the supervision of a coach. Coaches should register at the meet check in table when they arrive in order for their clubs to begin warm-up. ● Only swimmers entered in this meet may use the warm up lanes. All athletes must have a coach in attendance. ● Athletes participating in the meet without a coach must make prior arrangements with a club participating in the meet and ask for coach coverage. Please notify the Meet Director. ● Lane assignments are subject to the discretion of the Meet Referee and will be provided in the coaches' packets and on the CT website. ● No diving will be permitted, except in the sprint lanes. Pace lanes will be reserved for swimmers who are being timed by their coaches. ● No training equipment is allowed in the pool except at the discretion of the Meet Referee. ● Entry into the pool is feet-first from the start and turn ends of the pool.
Results	<ul style="list-style-type: none"> ● Results will be posted on the Connecticut Swimming, Inc. website within 24 hours of the conclusion of the meet.

Correction Examples:

1. **Adding a Swimmer with Events:**
 - If John Doe was omitted from the club's entry in six (6) events, adding him will incur a \$15 fee. Each of his events will have a flat charge of \$30. The total for adding John Doe and his six events is \$195.
2. **Event "Swapping" for a Swimmers**
 - For each scratch while "swapping" events, there is a \$15 charge. For example, if Jimmy is removed from the 100 backstroke (a scratch) and entered in the 100 freestyle (new event), his club will be charged \$30 for the swap and a \$15 entry fee, totaling \$45.
3. **Single Scratch Without Coach Attendance:**
 - Scratching a single swimmer when no coach will be present at the session will not incur a fee. For instance, if Larry is the only swimmer from his team in a session and is scratched in advance, no fee will apply to avoid requiring a coach to attend only for the scratch.
4. **Adding a Relay Team:**
 - If a relay team is added, the cost will be \$24 plus the entry fee, bringing the total to \$48 for the additional relay.
5. **Changes in Attached Status:**
 - Only changes to a swimmer's attached status will not incur a fee.
6. **Deck Entries:**
 - Deck entries, which are entries submitted after the correction deadline and up until the end of warm-ups on Sunday, are subject to a flat fee of \$50 per individual event for swimmers already in the database. Adding a new swimmer will incur an additional \$50 charge. For example, if a swimmer is added after the correction deadline with two events, the total would be \$150 (\$50 for the swimmer and \$50 per event).
 - Adding a relay as a deck entry incurs a \$75 charge. Note that no deck entries will be accepted after warm-ups begin for the day's events. It is up to the computer table to accept deck entries for future sessions, so please submit any deck entries as early as possible during warm-up.

TIME TRIALS:

Time trials will be conducted at the discretion of the Meet Referee, based on the availability of time between prelims and finals, and will begin 15 minutes after each preliminary session concludes. Time trials are open only to swimmers participating in individual events in the meet, following USA Swimming rules. Each time trial swim will count as one of the seven individual swims allowed per swimmer for the meet.

- Sign-Up: Swimmers must register for time trials on Friday/Saturday between 7:00 am and 10:00 am (subject to change).
- Fees: \$20.00 per individual event and \$30.00 per relay, paid in cash.
- Timers & Counters: Swimmers are responsible for providing their own timers and lap counters.
- Combined Heats: By entering time trials, swimmers agree to swim in combined heats without lane separation.
- No Show: A no-show for a time trial will not count toward the swimmer's total allowable events.

Order of Events for Time Trials:

- Friday Time Trials: Events in the order of Friday/Saturday/Sunday/Thursday.
- Saturday Time Trials: Events in the order of Saturday/Sunday/Thursday/Friday.

The 800M and 1500M events will only be offered as the last event on either Friday or Saturday (time permitting), with the day announced at the Coaches' Meeting. If available lanes are open during the meet, these events may be offered in the slowest-seeded heat, on a first-come basis until the heat is full.

Time Limitation: For every 400 athletes, time trials will be capped at 1 hour. The Meet Referee may adjust entries as necessary based on circumstances.

WOMEN**MEN**

NO.	LCM	SCY	EVENT	SCY	LCM	NO.
THURSDAY						
1			200 Medley Relay			2
3	19:02.39	18:35:19	W 1650/M 1000 Free	10:48.19	9:36.99	4
			10 Minute Break			6
5			800 Freestyle Relay			
FRIDAY						
7	28.39	25.19	50 Feestyle	23.36	25.46	8
9	2:37.79	2:20.29	200 Butterfly	2:12.99	2:25.74	10
11	1:21.77	1:10.94	100 Breaststroke	1:06.99	1:11.87	12
13	2:14.70	1:59:55	200 Freestyle	1:51.49	2:03.64	14
15	5:32.80	4:52.19	400 IM	4:33.79	5:06.91	16
			10 Minute Break			
17			400 Freestyle Relay			18
SATURDAY						
19	1:07.75	1:00:23	100 Butterfly	56.21	1:00.62	20
21	2:59.85	2:36:38	200 Breaststroke	2:28.48	2:43.12	22
23	1:10.94	1:01:51	100 Backstroke	58.29	1:04.13	24
25	4:46.30	5:20.99	500 Freestyle	5:01.79	4:21.11	26
			10 Minute Break			
27			400 Medley Relay (Finals only)			28
SUNDAY						
29	9:57.59	11:07.59	W 1000/ M1650 Free	18:00.69	18:59.99	30
31	2:32.95	2:15:40	200 Backstroke	2:07.79	2:20.90	32
33	1:02.21	54.92	100 Freestyle	50.79	55.81	34
35	2:34.46	2:16.19	200 IM	2:05.59	2:22.80	36
			10 Minute Break			
37			200 Free Relay (Finals only)			38