

2017
CONNECTICUT SENIOR SILVER
LONG COURSE INVITATIONAL
Hosted by Regional YMCA of Western CT
July 28-30, 2017
At Wesleyan University
<http://goo.gl/maps/KD21C>
Middletown, CT

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L17-44. 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.

EVENTS

	Name	Email	Phone
Meet Director:	Gordon Brown	gbrown@regionalyymca.org	203-775-4444
Meet Referee:	Phillip James	Phillip.m.james@gmail.com	
Entry Chair:	Gordon Brown	gbrown@regionalyymca.org	203-775-4444
Safety Chair:	Peggy Regan	gomakos@regionalyymca.org	203-775-4444
Officials Contact:	Phillip James	Phillip.m.james@gmail.com	

WEBSITE: <http://www.makoswim.org>

POOL EMERGENCY NUMBER: 860-685-2000

MEET TYPE: Sanctioned

MEET CLASSIFICATION: This meet is open to all USA Swimming athletes and clubs.

MEET FORMAT: The meet will be swum as a Timed-Final event on Friday evening and a Prelim-Final format on Saturday and Sunday.

Friday evening: The events on Friday evening (400IM, 50 Free and 800 Free) will be swum fastest to slowest, with the 400 IM and 800 Free alternating women and men. A brief warm up period will be allotted after the last heat of the 400 IM and the last heat of the men's 50 free, before the start of the 800 Freestyles. Swimmers need to provide their own timers and counters for the 800 Freestyle.

Saturday and Sunday: The events on Saturday and Sunday will be conducted in a prelims-finals format. Brief warm up sessions will be held after every men's event (this is subject to change at the discretion of the meet referee). During prelims, teams may be asked to sit in the Wesleyan indoor Gymnasium. Swimmers must stay off the basketball court at all times. Monitors will be provided to inform all swimmers which event and heat is splashing in the competition pool. Three heats (Top 24) will return for the evening finals session - C Final, B Final and A Final. All final heats are locked.

Prelims of the 400m Free will swim as follows: Fastest to Slowest alternating Women and Men with the top 24 of each gender being circle seeded. Swimmers must provide their own timers during prelims of the 400 Freestyle.

SCRATCH PROCEDURES: Coaches will receive a scratch envelope containing scratch sheets for each day's events upon team check in. All scratch sheets are to be submitted to the Clerk of Course by the appropriate scratch deadlines. 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 Rules as specified in rule 207.11.6. Scratches from finals can only be done directly with the Administrative Referee.

After the preliminaries and/or timed finals have been seeded, any swimmer who fails to compete in an individual event, preliminary or timed final heat, in which he/she has been entered and has not been scratched will be barred from further individual events on that day. In order to swim any events on remaining days the coach and/or swimmer must positively check-in with the Administrative Referee prior to the scratch deadline of that day's events.

Scratch deadlines are as follows:

Friday evening: 4:00pm

Saturday Prelims: 7:30am

Sunday Prelims: 7:30am

A swimmer qualifying for an A Final, B Final, or C final who fails to compete and who has not scratched shall be barred from all further competition in the meet. Sunday Finalist shall be fined \$50.00 for each event not swum. Fines must be paid before September 1, 2017. *A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.*

No penalty will apply if:

Exceptions for Failure to Compete in Finals: No penalty shall apply for failure to compete in finals if: 1. The Referee is notified in the event of injury or illness and accepts the proof thereof. 2. A swimmer qualifying for a final heat based on the results of preliminarily notifies the announcer within 30 minutes after the announcement of qualifiers that he may not intend to compete and confirms his final intentions within 30 minutes following his last individual preliminary event. 3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

FACILITY: Wesleyan University's Freeman Athletic Center Pool is 50 meters by 25 yards, with 8 lanes for LCM competition. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Water depth at start end is: 14 feet. Water depth at turn end is 5 feet. Colorado electronic timing system will be utilized. No locks may be left on Wesleyan lockers. No shaving on premises is permitted. Any vehicle parked anywhere other than in a parking space will be subject to fines and being towed.

Wesleyan has strict policies regarding the use of the Freeman Athletic Center including limits on both deck and spectator area occupancy as well as limitations on the use and placement of chairs in the lobby. It is imperative that all individuals attending the meet be aware of and adhere to the rules and procedures outlined below.

PLEASE READ THOROUGHLY AND CAREFULLY.

Spectator Seating and Waiting areas · Personal folding chairs are not allowed in the building. · No spectators or swimmers will be permitted to congregate in the center of the front lobby of the Athletic Center. · No folding chairs are permitted in the pool area, hockey rink, or field house. Spectator area (stands) · Seating in the spectator seats will be limited to 340. · Only individuals with disabilities that cannot access to the stands will be permitted in the spectator viewing area (open space in front of the large window overlooking pool).

Pool and Pool Deck · Deck Occupancy is 350. · Only swimmers and meet workers with proper credentials (administrative, coaches, officials, timers, and marshals) will be allowed on the pool deck. Seating for swimmers on the pool deck will be limited. Additional seating is available in gym. No folding chairs are allowed anywhere in the building. 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.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

DISABLED ACCESS: Limited handicapped parking available behind the Freeman Athletic Center. Disabled access is through front entrance only. Elevator in front lobby goes to locker rooms and pool deck. Spectator area is to the left of the front lobby. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director.

COURSE: LCM.

SESSION TIMES: Subject to Change

	<u>Warm-up</u>	<u>Start</u>
Friday Evening	3:30 p.m.	4:30 p.m.
Prelims Sat-Sun	7:00 a.m.	8:30 a.m.
Finals Sat-Sun	3:30 p.m.	4:30 p.m.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. All clubs must warm-up under the supervision of a coach. Coaches should register in the office 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. Lane assignments are subject to the discretion of the Meet Referee and will be provided in the coaches' packets. **No diving will be permitted, except in the sprint lanes.** Pace lanes will be reserved for swimmers who are being timed by their coaches. Entry into pool is feet-first from the end of the pool.

ELIGIBILITY: 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.

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: Swimmers must have equaled or bettered their entry times since January 1, 2016, and before the entry deadline. Swimmers that have achieved a time faster than the maximum entry may not enter that specific event. A brief coaches' meeting will be held on Saturday morning at a time designated by the meet referee and as necessary on Sunday. The meeting time will be announced Saturday morning.

SEEDING: All conforming LCM times will be seeded first, followed by SCY. Prelims will be seeded in accordance with USA Swimming rules 102.5 unless otherwise stated herein. Events will be swum slowest to fastest unless otherwise stated herein.

ENTRY OPENING DATE: Entries will be accepted no earlier than 8:00 pm on Thursday, April 13, 2017

ENTRY LIMITATIONS: Swimmers may enter any individual event for which they qualify, but may only compete in two events on Friday, and three (3) individual events per day on Saturday and Sunday for a maximum of (8) individual events for the meet.

ENTRY TIMES: Submit entry times in: LCM or SCY. Swimmers may enter any individual event for which they qualify, and have not exceeded the maximum standard. See the events page for qualifying time standards. The meet will be seeded with LCM conforming times, followed by SCY conforming times.

DEADLINES: The entry deadline is **11:59 PM on Wednesday July 19, 2017** on a first come, first served basis.

All entries must be legible and must use full names and registration numbers from USA Swimming registration. Hardcopies of the meet entry report can be mailed or emailed to the entry chair, Gordon Brown, 2 Huckleberry Hill Rd, Brookfield, CT 06804 or via email to gbrown@regionalymca.org by the entry deadline. Entries will be accepted on a first come first serve basis. In the event that the entry is mailed, the postal stamp will determine the date at which the entry was submitted. The meet director will call for final entries once the meet time line has been exceeded. At this time teams must submit their final entry and the payment of the balance due to the meet host.

Checks must be made out to the Regional YMCA of Western CT and mailed to Gordon Brown, 2 Huckleberry Hill Rd, Brookfield, CT 06804.

CONNECTICUT-ONLY DEADLINE: CT deadline is Friday, April 14, 2017. An entry will be determined to have been received based on the time date stamp of the email submission or the postal date on a hardcopy submission. RYWC reserves the right to deny entry to teams in bad financial standing from past meets hosted by RYWC. CT clubs meeting this deadline will be entered before out of state clubs. Any non CT LSC teams that submit any entry prior to April 15th, 2017, will be considered to have been received on April 15th, 2017.

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 gbrown@regionalymca.org. Please check that your team name, address, and contact information are listed correctly in this file. Entries will be accepted on a first come first serve basis. An entry will be considered to have been accepted upon the time and date stamp on the initial emailed entry file. The meet director will call for final entries once the meet time line has been exceeded. At this time teams must submit their final entry and payment for their team's entry. Checks must be made out to the Regional YMCA of Western CT and mailed to Gordon Brown, 2 Huckleberry Hill Rd, Brookfield, CT 06804.

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.

ENTRY FEES: Electronic entries: \$10.00 for individual events, \$10.00 for distance event. Manual entries: \$15.00 for individual events, \$15.00 for distance events. Make checks payable to the Regional YMCA of Western CT. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry

PAYMENT INSTRUCTIONS: Please make checks payable to the Regional YMCA of Western CT and mail to: Gordon Brown, 2 Huckleberry Hill Rd, Brookfield, CT 06804

Payment must be received by 07/28/17.

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. The meet management reserves the right to conduct the meet in an A/B flighted format. Details to any changes to normal operational protocol will be distributed via email by Friday, July 21st, 2017.
2. In the event that the meet management can not accommodate all entries received in a A/B flighted format, swimmer entries will be cut in the following fashion:
 - a. Swimmer entries will be cut to two individual events for the over subscribed session.
 - b. Team entries will be removed based on the order in which they were received. In the event that team entries are cut, swimmers third events may be reinstated if the time line allows.

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: there are no relay events.

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.

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.

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 will govern all competition.

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), with the exception of relays. 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. Time trials in the 800M and 1500M freestyles will only be permitted if time is available after all other time trials are completed. The deadline for Time Trial entries is 10:00am for morning sessions. The fee for Time Trial entries are \$15.00 for individual events and \$30.00 for relays.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: All clubs are required to provide workers in proportion to the size of their entry.

Please include the name, phone number and address of the club contact for work assignments. **Contact Meet Referee by 7/19/17 if your official's assignment is to be counted toward your club's work assignment.**

NOTE: All work assignments are for the duration of the session. It is up to the club to provide a backup worker in case the club's worker for any reason is unable to perform or complete the work assignment.

Participating clubs will be notified of work assignments by the Monday before the meet.

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 be not be scored.

AWARDS: Yes. Awards will be awarded for the top three swimmers in each event. Awards will be presented upon the conclusion of the A final.

CONCESSIONS: Yes

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: Any vehicle parked anywhere other than in a parking space will be subject to fines and being towed.

DIRECTIONS: From North: Take I-91 S to Exit 22 S (left exit). Travel South on Rt. 9 to Middletown. At 2nd light take right onto Rt. 66 W. At junction of Rt. 66 and Rt. 3, turn left onto Vine Street and right onto Cross Street-pool will be immediately on your left. From South: Take I-95 N or the Merritt Parkway to I-91 N to Rt. 66 E. At junction of Rt. 66 and Rt. 3, turn right onto Vine Street, then right onto Cross Street-pool will be immediately on your left.

Senior Silvers Order of Events

FRIDAY, JULY 28

Event #	Event	LCM Min	LCM Max	SCY Min	SCY Max
1	W 400 IM	6:27.59	5:07.29	5:13.59	4:30.69
2	M 400 IM	6:04.69	4:42.39	4:52.99	4:07.59
3	W 50 Free	:34.59	:27.49	:27.99	:24.39
4	M 50 Free	:31.99	:24.89	:25.69	:21.49
5	W 800 Free	11:41.99	9:13.79	12:01.69	10:20.49
6	M 800 Free	11:13.99	8:40.69	11:26.69	9:34.29

SATURDAY, JULY 29

Event #	Event	LCM Min	LCM Max	SCY Min	SCY Max
7	W 100 Breast	1:34.99	1:16.19	1:15.99	1:06.29
8	M 100 Breast	1:28.09	1:08.69	1:09.79	:58.89
9	W 200 Fly	2:59.49	2:21.89	2:25.79	2:06.19
10	M 200 Fly	2:49.19	2:10.19	2:15.69	1:53.69
11	W 100 free	1:15.39	:59.59	1:00.69	:52.19
12	M 100 Free	1:09.99	:53.79	:56.29	:46.69
13	W 200 Back	2:59.39	2:24.79	2:14.69	2:05.79
14	M 200 Back	2:49.69	2:11.89	2:53.24	1:53.59
15	W 400 Free	5:40.89	4:28.79	5:50.89	5:03.49
16	M 400 Free	5:24.09	4:09.99	5:31.39	4:37.09

SUNDAY, JULY 30

Event #	Event	LCM Min	LCM Max	SCY Min	SCY Max
17	W 200 IM	3:03.39	2:26.39	2:26.99	2:08.29
18	M 200 IM	2:51.99	2:12.79	2:17.19	1:55.09
19	W 200 Breast	3:25.59	2:43.79	2:44.59	2:23.09
20	M 200 Breast	3:11.59	2:29.09	2:32.89	2:08.59
21	W 100 Back	1:23.59	1:07.29	1:06.19	:58.49
22	M 100 Back	1:18.29	1:00.79	1:01.79	:52.49
23	W 100 Fly	1:21.09	1:05.19	1:05.99	:57.89
24	M 100 Fly	1:15.49	:58.39	1:01.29	:51.59
25	W 200 Free	2:42.59	2:08.19	2:11.29	1:52.99
26	M 200 Free	2:32.29	1:58.09	2:02.59	1:42.09

2017 CT Senior Silvers Long Course Invite - 7/28/2017 to 7/30/2017
Session Report

Session: 1 Friday Evening

Day of Meet: 1 Starts at 04:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 400 IM	0	0	04:30 PM	_____
Finals	2 Men 400 IM	0	0	04:30 PM	_____
Finals	3 Women 50 Freestyle	0	0	04:30 PM	_____
Finals	4 Men 50 Freestyle	0	0	04:30 PM	_____
Finals	5 Women 800 Freestyle	0	0	04:30 PM	_____
Finals	6 Men 800 Freestyle	0	0	04:30 PM	_____
	Finish Time			04:30 PM	_____

2017 CT Senior Silvers Long Course Invite - 7/28/2017 to 7/30/2017**Session Report**

Session: 2 Saturday Prelims

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

Round	Event	Entries	Heats	Starts at	
Prelims	7 Women 100 Breaststroke	0	0	08:30 AM	_____
Prelims	8 Men 100 Breaststroke	0	0	08:30 AM	_____
Prelims	9 Women 200 Butterfly	0	0	08:30 AM	_____
Prelims	10 Men 200 Butterfly	0	0	08:30 AM	_____
Prelims	11 Women 100 Freestyle	0	0	08:30 AM	_____
Prelims	12 Men 100 Freestyle	0	0	08:30 AM	_____
Prelims	13 Women 200 Backstroke	0	0	08:30 AM	_____
Prelims	14 Men 200 Backstroke	0	0	08:30 AM	_____
Prelims	15 Women 400 Freestyle	0	0	08:30 AM	_____
Prelims	16 Men 400 Freestyle	0	0	08:30 AM	_____
	Finish Time			08:30 AM	_____

2017 CT Senior Silvers Long Course Invite - 7/28/2017 to 7/30/2017
Session Report

Session: 3 Saturday Finals

Day of Meet: 2 Starts at 04:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	7 Women 100 Breaststroke	0	3 u	04:30 PM	_____
Finals	8 Men 100 Breaststroke	0	3 u	04:38 PM	_____
Finals	9 Women 200 Butterfly	0	3 u	04:46 PM	_____
Finals	10 Men 200 Butterfly	0	3 u	04:59 PM	_____
Finals	11 Women 100 Freestyle	0	3 u	05:12 PM	_____
Finals	12 Men 100 Freestyle	0	3 u	05:20 PM	_____
Finals	13 Women 200 Backstroke	0	3 u	05:27 PM	_____
Finals	14 Men 200 Backstroke	0	3 u	05:41 PM	_____
Finals	15 Women 400 Freestyle	0	3 u	05:54 PM	_____
Finals	16 Men 400 Freestyle	0	3 u	06:18 PM	_____
	Entry / Heat Totals:	0	30		
	Finish Time			06:42 PM	_____

2017 CT Senior Silvers Long Course Invite - 7/28/2017 to 7/30/2017
Session Report

Session: 4 Sunday Prelims

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

Round	Event	Entries	Heats	Starts at	
Prelims	17 Women 200 IM	0	0	08:30 AM	_____
Prelims	18 Men 200 IM	0	0	08:30 AM	_____
Prelims	19 Women 200 Breaststroke	0	0	08:30 AM	_____
Prelims	20 Men 200 Breaststroke	0	0	08:30 AM	_____
Prelims	21 Women 100 Backstroke	0	0	08:30 AM	_____
Prelims	22 Men 100 Backstroke	0	0	08:30 AM	_____
Prelims	23 Women 100 Butterfly	0	0	08:30 AM	_____
Prelims	24 Men 100 Butterfly	0	0	08:30 AM	_____
Prelims	25 Women 200 Freestyle	0	0	08:30 AM	_____
Prelims	26 Men 200 Freestyle	0	0	08:30 AM	_____
	Finish Time			08:30 AM	_____

2017 CT Senior Silvers Long Course Invite - 7/28/2017 to 7/30/2017
Session Report

Session: 5 Sunday Finals

Day of Meet: 3 Starts at 04:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	17 Women 200 IM	0	3 u	04:30 PM	_____
Finals	18 Men 200 IM	0	3 u	04:43 PM	_____
Finals	19 Women 200 Breaststroke	0	3 u	04:56 PM	_____
Finals	20 Men 200 Breaststroke	0	3 u	05:10 PM	_____
Finals	21 Women 100 Backstroke	0	3 u	05:24 PM	_____
Finals	22 Men 100 Backstroke	0	3 u	05:33 PM	_____
Finals	23 Women 100 Butterfly	0	3 u	05:41 PM	_____
Finals	24 Men 100 Butterfly	0	3 u	05:49 PM	_____
Finals	25 Women 200 Freestyle	0	3 u	05:57 PM	_____
Finals	26 Men 200 Freestyle	0	3 u	06:09 PM	_____
	Entry / Heat Totals:	0	30		
	Finish Time			06:21 PM	_____