

# CPAC October Age Group Qualifier October 11-13, 2019

Chelsea Piers CT, 1 Blachley Road, Stamford CT 06902  
Google Map - <http://goo.gl/maps/rikJ4>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S19-9. 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:	Jamie Barone	<a href="mailto:baronj@chelseapiersct.com">baronj@chelseapiersct.com</a>	203-989-1300
Meet Referee:	Suzannah Rogers	<a href="mailto:Srogers68@optonline.net">Srogers68@optonline.net</a>	
Lead Admin Official:	Pat Ford Griffis	<a href="mailto:Pat.f.griffis@gmail.com">Pat.f.griffis@gmail.com</a>	203-861-1579
Entry Chair:	Brennan Morris	<a href="mailto:morrib@chelseapiersct.com">morrib@chelseapiersct.com</a>	203-989-1309
Safety Chair:	Jamie Barone	<a href="mailto:baronj@chelseapiersct.com">baronj@chelseapiersct.com</a>	203-989-1300
Officials Contact:	Suzannah Rogers	<a href="mailto:Srogers68@optonline.net">Srogers68@optonline.net</a>	

MEET HOST: CPAC

WEBSITE: <http://www.chelseapiersct.com/>

POOL EMERGENCY NUMBER: 203-989-1300

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. Volunteer Timers will be Required from all Teams for All Sessions.

SCRATCH PROCEDURES: Coaches will receive a scratch sheet at the beginning of each session. Coaches must indicate all scratches on these sheets and submit their scratch sheets to the computer desk at least 45 minutes before races start. Any team in violation of these procedures may be scratched from the session.

FACILITY: Chelsea Piers Competition Pool is a 10-lane, 25-yard pool with 5 additional lanes. Water depth at start end is: 7.5 ft. Water depth at turn end is: 7.5 ft. The competition course has not been certified in accordance with 104.2.2C(4). Chelsea Piers uses a Daktronic timing system with a multilane LCD scoreboard.

The host club reserves the right to exercise the option to increase or decrease the number of competition lanes at the Referee's discretion based on the estimated timeline.

Spectator seating will be available on the mezzanine. Bleachers are available on deck for team seating; deck chairs will not be allowed to be brought on deck. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

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

**DISABLED ACCESS:** Chelsea Piers Connecticut is fully accessible to all, able-bodied and challenged. The spectator area is easily accessible via elevator, and all bathrooms have reserved stalls in them. Reserved parking is directly in front of the facility.

Please contact the Safety Chair for more information and special arrangements.

**COURSE:** SCY

**SESSION TIMES: Subject to Change**

Friday:

Distance Session Warm-up 3:00PM; Meet starts 4:00PM 11/Over

Saturday:

Session 1 Warm-up 7:30 AM Meet starts 8:30 AM 13/Over

Session 2 Warm-up 12:00 AM Meet starts 1:00 PM 12/Under

Sunday:

Session 3 Warm-up 7:30 AM Meet starts 8:30 AM 13/Over

Session 4 Warm-up 12:00 PM Meet starts 1:00 PM 12/Under

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect.

**Friday Distance Session Warm-ups:** will be run similar to the 13 & Over Session Warm-ups but any swimmers age 11/12 may be segregated in separate lanes assigned by team.

**12 & Under Session Warm-Ups:** Each team will be assigned sessions and lanes; the application of general warm up (circle swim), starts and/or one-way sprints is at each coach's discretion. All sessions may use 2 or more tiers of warm-ups, using up to 15 lanes, with lanes assigned by team.

**13 & Over Session Warm-Ups:** At the conclusion of the open general warm-up there will be an additional warm-up period for all teams with each outer lane being pace lanes and inner lanes designated as one-way sprints with starts from the blocks.

The meet director reserves the right to condense or expand this warm-up format dependent upon meet subscription.

During competition, continuous warm-up/warm-down lanes may also be available on the other side of the bulkhead, at the discretion of the Referee. No Diving will be allowed in these lanes. Swimmers must enter these lanes feet first. Other restrictions may be applied at the discretion of the Referee.

**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.

**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.

**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 absolutely NOT be accepted. NT's (No Time's) will not be accepted. Each session planned for 3¼ hours or less (Friday 3 hours or less) excluding warm-ups (facility mandate).

**ENTRY LIMITATIONS:** Athletes are limited to entering max. 1 individual event on Friday, and max. 3 individual events on Saturday/Sunday; with max. 7 total individual events for the meet. No over-entries accepted.

**ENTRY TIMES:** Submit entry times in SCY. No Times (NT entries) will not be accepted If there are no official times for an athlete, you must submit estimated times in your entry.

**If the Friday distance session is oversubscribed:** Friday entry times must be equal to or faster than the 13/14 age group 'BB' time standard. (See Miscellaneous.) Friday entry times may be subject to challenge for proof. Friday entry times may be estimated from a different course (same length) or shorter length of same event using commonly accepted formulae only.

**DEADLINES:** Entry deadline is Tuesday, October 1st, 2019.

**Financially Responsible Date:** At this date 10/1/2019, or earlier if the Cut Protocol has been invoked) all entered teams will be considered financially responsible for their entire entry; so please note that the entry check should be in the mail or have been already received by this date.

**No updated team entry files** (no added swimmers, no added events, no swaps into longer events, no entry-time updates) will be accepted from existing entered teams after Friday, October 4th, 2019

**Individual** swimmer entry changes or added swimmer situations ("one-off's") may be considered if complete info' is supplied by email, only if space in meet is available, up to noon, Wednesday, October 9th, 2019.

Mail hardcopy (to arrive before Oct 1st) and/or email your entry file in CL2 or SD3 format to the Entry Chair: Brennan Morris, 1 Blachely Rd, Stamford, CT 06902, or morrib@chelseapiersct.com. All entries must be legible and must use full names and registration numbers from USA Swimming registration.

**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 **morrib@chelseapiersct.com**. Please check that your team name, address, and contact information are listed correctly in this file. **Date of Entry** will be determined by date of receipt of emailed entry file attachment in sd3 or cl2 file format).

**Date of Receipt** of 'mailed files' needing manual input will be treated the same as electronic files, providing the file is for less than three athletes; otherwise the entry will be considered as received 5 days later than postmark.

If payment for the entry is not received by the Entry Deadline, the Date of Entry /Receipt may be delayed until the date such payment is received, jeopardizing place in order of receipt.

**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](#).

**ENTRY FEES:** Electronic entries: \$11.00 for individual events and \$11.00 for distance events.  
Manual entries: \$15.00 for individual events and \$15.00 for distance events.  
No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

**FREE** Heat Sheets will be available on Meet Mobile in each session. No printed programs will be sold.

**PAYMENT INSTRUCTIONS:** Please make checks payable to Chelsea Piers CT and mail to:  
Chelsea Piers CT, c/o James Barone, 1 Blachley Road, Stamford CT 06902.

Payment must be received by Friday October 4th, 2019 (10/4/19).

### **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 Friday distance cut-off-times listed in Miscellaneous section may be imposed. (13/14 BB)
2. If the Friday session is oversubscribed, 1650 Free events may not be allowed to exceed 60 minutes total.
3. The distance events (400 yards or greater) may be heat limited by gender in the order they were received.
4. The maximum number of events allowed per day may be reduced by one (1).
5. Teams will be notified if the meet is oversubscribed and may be asked to adjust their entry.
6. Any team not entering each day and thereby making the timelines uneven, may be scratched first.
7. If a session is still oversubscribed, heat limits in the 200 & longer stroke events may be imposed
8. 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:** No

**SAFETY:**

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
5. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

**SWIMWEAR:** Per CT Swimming policy, swimmers 12 years old and younger are not permitted to wear "Tech Suits" at any CT sanctioned or approved meets. "Tech Suits" are defined as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. Age is determined on the first date of the meet.

**PHOTOGRAPHY AND VIDEO RECORDING:**

Meet Management has the full authority to restrict any and all photography 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:** No

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:**

**Officials:** Any volunteer officials should contact Suzannah Rogers, srogers68@optonline.net

Volunteer Timers will be required from all Teams for All Sessions (including Friday: 400 IM & 500 Free)

Each Swimmer must provide their own Timers & Counter for the 1650 Free events.

Each Swimmer must provide their own Counter for the 500 Free events. (Friday Distance session.)

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

All volunteers will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

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

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

**AWARDS:** No

**CONCESSIONS:** Yes

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**MISCELLANEOUS:**

Minimum "13-14 BB" Qualifying Times for Friday Distance Events in event of Friday over-subscription.

Event 1	Girls	11/Over	400 IM	5:39.69
Event 2	Boys	11/Over	400 IM	5:17.39
Event 3	Girls	11/Over	500 Free	6:20.09
Event 4	Boys	11/Over	500 Free	5:58.99
Event 5	Girls	11/Over	1650 Free	21:43.19
Event 6	Boys	11/Over	1650 Free	20:43.19

The Meet Director and/or the Referee reserve the right to combine the Distance events for seeding purposes.

**PARKING:** There is parking located on site at Chelsea Piers Connecticut. If full, off-site parking may be provided at Rogers International School, 202 Blachley Road, Stamford, CT 06902. Please follow any parking signs/instructions or your car may be subject to towing/ticketing.

**DIRECTIONS:** The Chelsea piers CT complex is located at 1 Blachley Road, Stamford.

Northbound I 95: Take exit 9. Make a left at the end of the ramp. Make a left on to Rt.1. Make a left onto Blachley Road. The facility is at the end of the street. Car park is beyond the buildings.

Southbound I 95: Take exit 9. Make a right at the end of the ramp. Make a left onto Blachley Road. The facility is at the end of the street. Car park is beyond the buildings

**LODGING:** The Sheraton Stamford Hotel is 1 mile from Chelsea Piers CT, take exit 8 from I-95. Address: 700 East Main St, Stamford, CT 06901 Phone: (203) 358-8400 • Fax: (203) 358-8872 Please mention Chelsea Piers if making a reservation.

**CPAC October AGQ - 10/11/2019 to 10/13/2019**

**Session Report**

Session: 1 Friday PM Distance

Day of Meet: 1 Starts at 04:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Girls 11 & Over 400 IM	0	0	04:00 PM	_____
Finals	2 Boys 11 & Over 400 IM	0	0	04:00 PM	_____
Finals	3 Girls 11 & Over 500 Freestyle	0	0	04:00 PM	_____
Finals	4 Boys 11 & Over 500 Freestyle	0	0	04:00 PM	_____
Finals	5 Girls 11 & Over 1650 Freestyle	0	0	04:00 PM	_____
Finals	6 Boys 11 & Over 1650 Freestyle	0	0	04:00 PM	_____
	Finish Time			04:00 PM	_____

**CPAC October AGQ - 10/11/2019 to 10/13/2019****Session Report**

Session: 2 Saturday AM

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

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	7 Girls 13-14 200 IM	0	0	08:30 AM	_____
Finals	8 Boys 13-14 200 IM	0	0	08:30 AM	_____
Finals	9 Girls 15 & Over 200 IM	0	0	08:30 AM	_____
Finals	10 Boys 15 & Over 200 IM	0	0	08:30 AM	_____
Finals	11 Girls 13-14 100 Freestyle	0	0	08:30 AM	_____
Finals	12 Boys 13-14 100 Freestyle	0	0	08:30 AM	_____
Finals	13 Girls 15 & Over 100 Freestyle	0	0	08:30 AM	_____
Finals	14 Boys 15 & Over 100 Freestyle	0	0	08:30 AM	_____
Finals	15 Girls 13-14 200 Backstroke	0	0	08:30 AM	_____
Finals	16 Boys 13-14 200 Backstroke	0	0	08:30 AM	_____
Finals	17 Girls 15 & Over 200 Backstroke	0	0	08:30 AM	_____
Finals	18 Boys 15 & Over 200 Backstroke	0	0	08:30 AM	_____
Finals	19 Girls 13-14 100 Butterfly	0	0	08:30 AM	_____
Finals	20 Boys 13-14 100 Butterfly	0	0	08:30 AM	_____
Finals	21 Girls 15 & Over 100 Butterfly	0	0	08:30 AM	_____
Finals	22 Boys 15 & Over 100 Butterfly	0	0	08:30 AM	_____
Finals	23 Girls 13-14 200 Breaststroke	0	0	08:30 AM	_____
Finals	24 Boys 13-14 200 Breaststroke	0	0	08:30 AM	_____
Finals	25 Girls 15 & Over 200 Breaststroke	0	0	08:30 AM	_____
Finals	26 Boys 15 & Over 200 Breaststroke	0	0	08:30 AM	_____
	Finish Time			08:30 AM	_____



**CPAC October AGQ - 10/11/2019 to 10/13/2019**

**Session Report**

Session: 3 Saturday PM

Day of Meet: 2 Starts at 01:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	27 Girls 12 & Under 200 Breaststroke	0	0	01:00 PM	_____
Finals	28 Boys 12 & Under 200 Breaststroke	0	0	01:00 PM	_____
Finals	29 Girls 10 & Under 50 Butterfly	0	0	01:00 PM	_____
Finals	30 Boys 10 & Under 50 Butterfly	0	0	01:00 PM	_____
Finals	31 Girls 11-12 50 Butterfly	0	0	01:00 PM	_____
Finals	32 Boys 11-12 50 Butterfly	0	0	01:00 PM	_____
Finals	33 Girls 10 & Under 100 Backstroke	0	0	01:00 PM	_____
Finals	34 Boys 10 & Under 100 Backstroke	0	0	01:00 PM	_____
Finals	35 Girls 11-12 100 Backstroke	0	0	01:00 PM	_____
Finals	36 Boys 11-12 100 Backstroke	0	0	01:00 PM	_____
Finals	37 Girls 10 & Under 200 IM	0	0	01:00 PM	_____
Finals	38 Boys 10 & Under 200 IM	0	0	01:00 PM	_____
Finals	39 Girls 11-12 200 IM	0	0	01:00 PM	_____
Finals	40 Boys 11-12 200 IM	0	0	01:00 PM	_____
Finals	41 Girls 10 & Under 50 Breaststroke	0	0	01:00 PM	_____
Finals	42 Boys 10 & Under 50 Breaststroke	0	0	01:00 PM	_____
Finals	43 Girls 11-12 50 Breaststroke	0	0	01:00 PM	_____
Finals	44 Boys 11-12 50 Breaststroke	0	0	01:00 PM	_____
Finals	45 Girls 10 & Under 100 Freestyle	0	0	01:00 PM	_____
Finals	46 Boys 10 & Under 100 Freestyle	0	0	01:00 PM	_____
Finals	47 Girls 11-12 100 Freestyle	0	0	01:00 PM	_____
Finals	48 Boys 11-12 100 Freestyle	0	0	01:00 PM	_____
Finals	49 Girls 12 & Under 200 Butterfly	0	0	01:00 PM	_____
Finals	50 Boys 12 & Under 200 Butterfly	0	0	01:00 PM	_____
	Finish Time			01:00 PM	_____

**CPAC October AGQ - 10/11/2019 to 10/13/2019**

**Session Report**

Session: 4 Sunday AM

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

Round	Event	Entries	Heats	Starts at	
Finals	51 Girls 13-14 200 Freestyle	0	0	08:30 AM	_____
Finals	52 Boys 13-14 200 Freestyle	0	0	08:30 AM	_____
Finals	53 Girls 15 & Over 200 Freestyle	0	0	08:30 AM	_____
Finals	54 Boys 15 & Over 200 Freestyle	0	0	08:30 AM	_____
Finals	55 Girls 13-14 100 Breaststroke	0	0	08:30 AM	_____
Finals	56 Boys 13-14 100 Breaststroke	0	0	08:30 AM	_____
Finals	57 Girls 15 & Over 100 Breaststroke	0	0	08:30 AM	_____
Finals	58 Boys 15 & Over 100 Breaststroke	0	0	08:30 AM	_____
Finals	59 Girls 13-14 200 Butterfly	0	0	08:30 AM	_____
Finals	60 Boys 13-14 200 Butterfly	0	0	08:30 AM	_____
Finals	61 Girls 15 & Over 200 Butterfly	0	0	08:30 AM	_____
Finals	62 Boys 15 & Over 200 Butterfly	0	0	08:30 AM	_____
Finals	63 Girls 13-14 50 Freestyle	0	0	08:30 AM	_____
Finals	64 Boys 13-14 50 Freestyle	0	0	08:30 AM	_____
Finals	65 Girls 15 & Over 50 Freestyle	0	0	08:30 AM	_____
Finals	66 Boys 15 & Over 50 Freestyle	0	0	08:30 AM	_____
Finals	67 Girls 13-14 100 Backstroke	0	0	08:30 AM	_____
Finals	68 Boys 13-14 100 Backstroke	0	0	08:30 AM	_____
Finals	69 Girls 15 & Over 100 Backstroke	0	0	08:30 AM	_____
Finals	70 Boys 15 & Over 100 Backstroke	0	0	08:30 AM	_____
	Finish Time			08:30 AM	_____

**CPAC October AGQ - 10/11/2019 to 10/13/2019**

**Session Report**

Session: 5 Sunday PM

Day of Meet: 3 Starts at 01:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	71 Girls 12 & Under 200 Backstroke	0	0	01:00 PM	_____
Finals	72 Boys 12 & Under 200 Backstroke	0	0	01:00 PM	_____
Finals	73 Girls 10 & Under 100 Butterfly	0	0	01:00 PM	_____
Finals	74 Boys 10 & Under 100 Butterfly	0	0	01:00 PM	_____
Finals	75 Girls 11-12 100 Butterfly	0	0	01:00 PM	_____
Finals	76 Boys 11-12 100 Butterfly	0	0	01:00 PM	_____
Finals	77 Girls 10 & Under 50 Freestyle	0	0	01:00 PM	_____
Finals	78 Boys 10 & Under 50 Freestyle	0	0	01:00 PM	_____
Finals	79 Girls 11-12 50 Freestyle	0	0	01:00 PM	_____
Finals	80 Boys 11-12 50 Freestyle	0	0	01:00 PM	_____
Finals	81 Girls 10 & Under 100 Breaststroke	0	0	01:00 PM	_____
Finals	82 Boys 10 & Under 100 Breaststroke	0	0	01:00 PM	_____
Finals	83 Girls 11-12 100 Breaststroke	0	0	01:00 PM	_____
Finals	84 Boys 11-12 100 Breaststroke	0	0	01:00 PM	_____
Finals	85 Girls 10 & Under 50 Backstroke	0	0	01:00 PM	_____
Finals	86 Boys 10 & Under 50 Backstroke	0	0	01:00 PM	_____
Finals	87 Girls 11-12 50 Backstroke	0	0	01:00 PM	_____
Finals	88 Boys 11-12 50 Backstroke	0	0	01:00 PM	_____
Finals	89 Girls 10 & Under 100 IM	0	0	01:00 PM	_____
Finals	90 Boys 10 & Under 100 IM	0	0	01:00 PM	_____
Finals	91 Girls 11-12 100 IM	0	0	01:00 PM	_____
Finals	92 Boys 11-12 100 IM	0	0	01:00 PM	_____
Finals	93 Girls 10 & Under 200 Freestyle	0	0	01:00 PM	_____
Finals	94 Boys 10 & Under 200 Freestyle	0	0	01:00 PM	_____
Finals	95 Girls 11-12 200 Freestyle	0	0	01:00 PM	_____
Finals	96 Boys 11-12 200 Freestyle	0	0	01:00 PM	_____
	Finish Time			01:00 PM	_____