

January Qualifier January 7th - 9th, 2022

10 Huckleberry Hill Rd, Brookfield, CT 06804.

<https://goo.gl/maps/enzLp>

This meet information is subject to change given the fluid nature of COVID-19. Be aware that CDC, State of CT, and local jurisdiction guidelines or public health actions may change quickly and without warning. Visit ctswim.org or the host website for any updates.

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #S21-51. In granting this sanction it is understood and agreed that USA Swimming and Connecticut Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

COVID-19 Statement

In applying for this sanction, the Host, Regional YMCA of Western CT, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and the Brookfield, CT health department (<https://www.brookfieldct.gov/health-department>)

COVID-19 Assumption of Risk Disclaimer

We, Regional YMCA of Western CT, have taken enhanced health and safety measures – for athletes, coaches, officials, volunteers, and meet management. You must follow all instructions while participating in/spectating at the January Qualifier or on site at Regional YMCA of Western CT. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in/spectating at the January Qualifier and being on site at Regional YMCA of Western CT, you voluntarily assume all risks related to exposure to COVID-19.

COVID-19 Release

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND CONNECTICUT SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN

CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19
RELATED TO PARTICIPATION IN THIS COMPETITION.

WAIVER: All participants and spectators must sign the Waiver of Liability and Hold Harmless Agreement found on the last page of this meet announcement. Coaches must collect waivers from their swimmers and can either scan all copies and email to Sarah Basile at sbasile@regionalmca.org or deliver them in person at the meet.

EVENTS

	Name	Email	Phone
Meet Director:	Jason Paige	jpaige@regionalmca.org	203-775-1077
Meet Referee:	Phillip James	phillip.m.james@gmail.com	
Lead Admin Official:	Beth Falder	beth@falder.com	
Entry Chair:	Lucy Suter	lsuter@regionalmca.org	203-775-1077
Safety Chair:	Sarah Basile	sbasile@regionalmca.org	203-775-1077
Officials Contact:	Phillip James	phillip.m.james@gmail.com	

MEET HOST: RYWC

WEBSITE: www.makoswim.org

POOL EMERGENCY NUMBER: 203-775-1077

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-Finals](#). The 1000 Free on Friday evening will be swum fast-to-slow, alternating heats of girls and boys. The 1000 Free is heat limited to 10 total heats and may be run as a mixed event in order to accommodate 10 full heats. Swimmers will need to provide their own timer and counter for the 1000 Free. Swimmers will also need to provide their own timer and counter for the 500 Freestyles, and the 500 may be run in both the deep and shallow pools depending on the timeline.

SCRATCH PROCEDURES: Teams will receive scratch sheets at the start of each session. Scratches are due at the computer table no later than 30 minutes after the start of the sessions warm up.

NO DECK ENTRIES WILL BE ALLOWED

BEFORE ENTERING FACILITY or WHAT TO BRING: The locker rooms are open, but swimmers should arrive prepared to warm up. Swimmers will enter and exit the YDAC facility through the main building doors and enter and exit the pool area through the revolving doors. Swimmers must sanitize their hands upon entering the pool deck. Hand sanitizer will be made available. Officials, Volunteers, Coaches and Spectators will adhere to these same rules. Any swimmer, coach, official, volunteer or spectator that is experiencing COVID-19 symptoms or been in contact with anyone who has in the 14 days prior to the meet may not enter. Heat sheets will be posted on Meet Mobile and the Makos website after scratches are received. Coaches and officials will be given a hard copy of the heat sheets, but no other paper copies of the heat sheets will be posted.

A mask mandate may be imposed depending on local requirements. Only swimmers will be allowed to bring in deck chairs and they must place their own chair socially distanced from others in the team staging area. The number of swimmers behind the block will be minimized. Fly over starts will be conducted. In the event of a

mask mandate, all Coaches, Officials, Timers, and other Essential Meet Staff will be required to wear a face covering at all times, regardless of vaccination status, no exceptions.

FACILITY: The Greenknoll Aquatics Center offers two 6 lane, 25 yard pools for warm up and competition. Water depth at start end of competition pool is: 6ft. Water depth at turn end is: 6ft. The competition course has not been certified in accordance with 104.2.2C(4). Colorado timing system with 6 lane display and touch pads at start end. Team and spectator seating is available. The Greenknoll Aquatics Center is covered by an air structure during the fall and winter months.

Swimmers may change if needed in the locker rooms. Showers and toilets are available. In the event of a mask mandate, swimmers must wear a mask in the locker rooms, except for when showering. Coaches, officials and spectators are to use the single use multipurpose bathroom only.

SAFE SPORT POLICIES: The meet will be streamed on the RYWC You-Tube Channel. Links will be posted on the Makos webpage and the Makos Facebook page. Parents with younger children that may need assistance in finding their team area and coach may enter the facility with their swimmer, but must leave once their swimmer checks in with their team.

DISABLED ACCESS: Accessible. Fully ADA Compliant. Any individuals requiring handicapped parking please email Sarah Basile at sbasile@regionalmca.org in advance to make arrangements.

COURSE: SCY.

SESSION TIMES: Subject to Change

Friday Distance: 3:00 pm warm-up, 4:00pm start

Saturday: 9-12 IMT 7:30am warm-up, 8:30 start

9-10 Quadrathon 12:00 warm-up, 1:00 start

13&Over IMT 3:30 warm-up, 4:30 start

Sunday: 9-12 IMT 7:30am warm-up, 8:30 start

8&Under Quadrathon 12:00 warm-up, 1:00 start

13&Over IMT 3:00 warm-up, 4:00 start

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. 12-lanes will be used for warm-ups. Warm up tiers will be conducted and teams will be assigned a warm up time.

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

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 on any day of the meet 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: Swimmers will need to provide their own timer and counter for the 500 and 1000 freestyles. In the event that meet timeline is oversubscribed for the distance sessions we will use both the shallow and deep end pools for competition.

ENTRY LIMITATIONS: Swimmers may compete in 7 events overall, but no more than 3 events per session.

ENTRY TIMES: Submit entry times in: SCY.

DEADLINES: deadline is 12/29/21. Email pdf of hardcopy and CL2 or SD3 file to the entry chairperson: Lucy Suter at lsuter@regionalymca.org. Payment or a copy of a check request must be received on 12/29/22 as well. Mail payment to Lucy Suter, at 2 Huckleberry Hill Rd, Brookfield CT, 06804. All entries must be legible and must use full names and registration numbers from USA Swimming registration. The time date stamp on the email containing the electronic entry file will determine that order in which entries are received. **Teams are financially responsible for their initial entry, unless they are asked to reduce the size of the entry due to oversubscription.**

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 lsuter@regionalymca.org. Please check that your team name, address, and contact information are listed correctly in this file. Payment or a copy of a check request must be received on 12/29/21 as well. Mail payment to Lucy Suter, at 2 Huckleberry Hill Rd, Brookfield CT, 06804. The time date stamp on the email containing the electronic entry file will determine that order in which entries are received. **Teams are financially responsible for their initial entry, unless they are asked to reduce the size of the entry due to oversubscription**

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: \$10.00 for individual events. Manual entries: \$12.00 for individual events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

OUTREACH ENTRY FEE REIMBURSEMENT: Participating clubs will submit payment in full to the meet host for all Outreach athlete entry fees (splash fees). These fees will be reimbursed by CSI to the participating CSI club after completion of the meet. Scratches and 'No Swims' will not be reimbursed. For more information and to submit a reimbursement visit the [Outreach Athlete](#) page on ctswim.org.

PAYMENT INSTRUCTIONS: Please make checks payable to Regional YMCA of Western CT and mail to: Lucy Suter, at 2 Huckleberry Hill Rd, Brookfield CT, 06804. Payment must be received by 12/29/21.

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. Competition will be run in both the shallow and deep end pools.
2. Visiting teams may be cut based on the date/time of the receipt of the final paid entry.

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.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

Professional photographers with current, official media credentials that are promoting the sport of swimming

Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training

A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the USA Swimming Vice President of Program Operations.

RULES: Current USA Swimming Rules will govern this meet.

TIME TRIALS: No.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Teams may be assigned volunteer positions. Officials should contact Phillip James. Swimmers must provide their own timers and counters for the 500 and 1000 free and their own timers for the 400IM. 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 be scored only for the purpose of deciding IMT top 6 overall swimmers using USA Swimming's IMX scoring structure for each age and gender in the IMT Sessions. The quadrathon sessions will not be scored.

AWARDS: Swimmers must legally complete every IMT event to be qualified for an overall award. Awards will be given to the top 6 overall IMT finishers for each age and gender. Awards will not be mailed and must be collected at the end of the meet. Ribbons will awarded for the top 6 in each event of the Quadrathon portions of the meet.

CONCESSIONS: No.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

MISCELLANEOUS: Teams are asked to please clean their team area at the conclusion of each session. The shallow pool will be open for warm up for all sessions once the meet has started, unless it is being used for competition. The gap pool is closed at all times. The starting blocks are to only be used during designated one way sprints prescribed in the meet warm up.

PARKING: All athlete and spectator parking will be in the lower and side lot of the YMCA Main Building. Coaches and officials may park in the VIP Parking area adjacent to the YDAC building and camp lodge.

DIRECTIONS: The Greenknoll Aquatic Center is located at 10 Huckleberry Hill Road, Brookfield, CT 06804.

WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT

In consideration for receiving permission to BE ON PREMISES to either accompany my child or he or she conduct business, voluntarily participate in recreational events, attend practice or participate in training or compete at REGIONAL YMCA OF WESTERN CT or any RYWC related activity (hereinafter the "Activity" or "Activities"), I, on behalf of myself and any minor child/children for whom I have the capacity to contract, hereby acknowledge and agree to the following:

1. I understand the hazards of the novel coronavirus ("COVID-19") and am familiar with the Centers for Disease Control and Prevention ("CDC") guidelines regarding COVID-19. I acknowledge and understand that the circumstances regarding COVID-19 are changing from day to day and that, accordingly, the CDC guidelines are regularly modified and updated, and I accept full responsibility for familiarizing myself with the most recent updates.
2. Notwithstanding the risks associated with COVID-19, which I readily acknowledge, I hereby willingly choose to participate in Activities.
3. I acknowledge and fully assume the risk of illness or death related to COVID-19 arising from my being on the premises and participating in the Activities and hereby RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT SUE (on behalf of myself and any minor child/children for whom I have the capacity to contract) RYWC and / or REGIONAL YMCA OF WESTERN CT and its owners, officers, directors, agents, employees, and assigns (the "RELEASEES") from any liability related to COVID-19 which might occur as a result of my being on the premises and participating in the Activities.
4. I shall indemnify, defend, and hold harmless the RELEASEES from and against any and all claims, demands, suits, judgments, losses or expenses of any nature whatsoever (including, without limitation, attorneys' fees, costs and disbursements, whether of in-house or outside counsel and whether or not an action is brought, on appeal or otherwise), arising from or out of, or relating to, directly or indirectly, the infection of COVID-19 or any other illness or injury.
5. It is my express intent that this Waiver and Hold Harmless Agreement shall bind any assigns and representatives, and shall be deemed as a RELEASE, WAIVER, DISCHARGE, AND COVENENANT NOT TO SUE the above-named RELEASEES. This Agreement and the provisions contained herein shall be construed, interpreted, and controlled according to the laws of the State of Connecticut. I HEREBY KNOWINGLY AND VOLUNTARILY WAIVE ANY RIGHT TO A JURY TRIAL OF ANY DISPUTE ARISING IN CONNECTION WITH THIS AGREEMENT. I ACKNOWLEDGE THAT THIS WAIVER WAS EXPRESSLY NEGOTIATED AND IS A MATERIAL INDUCEMENT OF THE PERMISSION GRANTED BY RELEASEES TO BE ON PREMISES AND PARTICIPATE IN THE ACTIVITIES. BY SIGNING THIS AGREEMENT, I ACKNOWLEDGE AND REPRESENT THAT I have read the foregoing Waiver of Liability and Hold Harmless Agreement, understand it and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements, apart from the foregoing written agreement, have been made; I am at least eighteen (18) years of age and fully competent; and I execute the Agreement for full, adequate, and complete consideration fully intending to be bound by same.

IN WITNESS WHEREOF, I have signed this Waiver and Agreement under seal on this ____ day of January, 2022.

SIGNATURE: _____ Address: _____

NAME: _____

NAMES OF MINOR CHILD(REN), IF ANY: _____

IM Tough - 1/7/2022 to 1/9/2022
Session Report

Session: 1 Friday 1000's

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

Round	Event	Entries	Heats	Meet Qualifying	Starts at	Actual
Finals	1 Girls 12 & Over 1000 Freestyle	0	0		04:00 PM	e04:00 PM
Finals	2 Boys 12 & Over 1000 Freestyle	0	0		04:00 PM	e04:00 PM
	Finish Time				04:00 PM	e04:00 PM

IM Tough - 1/7/2022 to 1/9/2022
Session Report

Session: 2 Saturday 9-12 IMT

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

Round	Event	Entries	Heats	Meet Qualifying	Starts at	Actual
Finals	3 Girls 9-12 200 Freestyle	0	0		08:30 AM	e08:30 AM
Finals	4 Boys 9-12 200 Freestyle	0	0		08:30 AM	e08:30 AM
Finals	5 Girls 9-12 100 Breaststroke	0	0		08:30 AM	e08:30 AM
Finals	6 Boys 9-12 100 Breaststroke	0	0		08:30 AM	e08:30 AM
Finals	7 Girls 9-12 200 IM	0	0		08:30 AM	e08:30 AM
Finals	8 Boys 9-12 200 IM	0	0		08:30 AM	e08:30 AM
	Finish Time				08:30 AM	e08:30 AM

IM Tough - 1/7/2022 to 1/9/2022
Session Report

Session: 3 Saturday 9-10 Quadrathon

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

Round	Event	Entries	Heats	Meet Qualifying	Starts at	Actual
Finals	9 Girls 9-10 50 Butterfly	0	0		01:00 PM	e01:00 PM
Finals	10 Boys 9-10 50 Butterfly	0	0		01:00 PM	e01:00 PM
Finals	11 Girls 9-10 50 Backstroke	0	0		01:00 PM	e01:00 PM
Finals	12 Boys 9-10 50 Backstroke	0	0		01:00 PM	e01:00 PM
Finals	13 Girls 9-10 50 Breaststroke	0	0		01:00 PM	e01:00 PM
Finals	14 Boys 9-10 50 Breaststroke	0	0		01:00 PM	e01:00 PM
Finals	15 Girls 9-10 50 Freestyle	0	0		01:00 PM	e01:00 PM
Finals	16 Boys 9-10 50 Freestyle	0	0		01:00 PM	e01:00 PM
	Finish Time				01:00 PM	e01:00 PM

IM Tough - 1/7/2022 to 1/9/2022
Session Report

Session: 4 Saturday 13/O IMT

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

Round	Event	Entries	Heats	Meet Qualifying	Starts at	Actual
Finals	17 Girls 13 & Over 200 Backstroke	0	0		04:30 PM	e04:30 PM
Finals	18 Boys 13 & Over 200 Backstroke	0	0		04:30 PM	e04:30 PM
Finals	19 Girls 13 & Over 200 Breaststroke	0	0		04:30 PM	e04:30 PM
Finals	20 Boys 13 & Over 200 Breaststroke	0	0		04:30 PM	e04:30 PM
Finals	21 Girls 13 & Over 400 IM	0	0		04:30 PM	e04:30 PM
Finals	22 Boys 13 & Over 400 IM	0	0		04:30 PM	e04:30 PM
	Finish Time				04:30 PM	e04:30 PM

IM Tough - 1/7/2022 to 1/9/2022
Session Report

Session: 5 Sunday 9-12 IMT

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

Round	Event	Entries	Heats	Meet Qualifying	Starts at	Actual
Finals	23 Girls 9-12 100 Backstroke	0	0		08:30 AM	e08:30 AM
Finals	24 Boys 9-12 100 Backstroke	0	0		08:30 AM	e08:30 AM
Finals	25 Girls 9-12 100 Butterfly	0	0		08:30 AM	e08:30 AM
Finals	26 Boys 9-12 100 Butterfly	0	0		08:30 AM	e08:30 AM
Finals	27 Girls 9-12 500 Freestyle	0	0		08:30 AM	e08:30 AM
Finals	28 Boys 9-12 500 Freestyle	0	0		08:30 AM	e08:30 AM
	Finish Time				08:30 AM	e08:30 AM

IM Tough - 1/7/2022 to 1/9/2022
Session Report

Session: 6 Sunday 8/U Quadrathon

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

Round	Event	Entries	Heats	Meet Qualifying	Starts at	Actual
Finals	29 Girls 8 & Under 25 Butterfly	0	0		01:00 PM	e01:00 PM
Finals	30 Boys 8 & Under 25 Butterfly	0	0		01:00 PM	e01:00 PM
Finals	31 Girls 8 & Under 25 Backstroke	0	0		01:00 PM	e01:00 PM
Finals	32 Boys 8 & Under 25 Backstroke	0	0		01:00 PM	e01:00 PM
Finals	33 Girls 8 & Under 25 Breaststroke	0	0		01:00 PM	e01:00 PM
Finals	34 Boys 8 & Under 25 Breaststroke	0	0		01:00 PM	e01:00 PM
Finals	35 Girls 8 & Under 25 Freestyle	0	0		01:00 PM	e01:00 PM
Finals	36 Boys 8 & Under 25 Freestyle	0	0		01:00 PM	e01:00 PM
	Finish Time				01:00 PM	e01:00 PM

IM Tough - 1/7/2022 to 1/9/2022
Session Report

Session: 7 Sunday 13/O IMT

Day of Meet: 3 Starts at 04:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Meet Qualifying	Starts at	Actual
Finals	37 Girls 13 & Over 200 IM	0	0		04:00 PM	e04:00 PM
Finals	38 Boys 13 & Over 200 IM	0	0		04:00 PM	e04:00 PM
Finals	39 Girls 13 & Over 200 Butterfly	0	0		04:00 PM	e04:00 PM
Finals	40 Boys 13 & Over 200 Butterfly	0	0		04:00 PM	e04:00 PM
Finals	41 Girls 13 & Over 500 Freestyle	0	0		04:00 PM	e04:00 PM
Finals	42 Boys 13 & Over 500 Freestyle	0	0		04:00 PM	e04:00 PM
	Finish Time				04:00 PM	e04:00 PM