



Sierra Nevada Swimming **14 & Under Short Course Championships**

Hosted by California Capital Aquatics
Invitational meet for registered swimmers of Sierra Nevada LSC only
March 8-10, 2024
Enter online at: <http://swimconnection.com/sn/>



SANCTION:

Swim Meet held under USA Swimming/Sierra Nevada Swimming Sanction SNS24-42.
In accordance with USA Swimming Rule (USA-S Rule) 202.4.10, "In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."

NOTICE:

By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, webcasting, television, psych sheets and live meet results. The results of this meet may be posted in real time on Meet Mobile.

SAFE SPORT:

Pursuant to USA-S Rule 202.4.11H Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Sierra Nevada Swimming and California Capital Aquatics would like to further state that the use of audio or visual recording devices, including a cell phone, is not permitted behind the starting end of the pool at any time. **For the safety of the Athletes and according to 202.4.11I, changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited (DECK CHANGES ARE PROHIBITED).**

According to 202.4.11J the 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 Program & Events Committee Coordinator (or his/her designee).

All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.

According to 202.4.11N, Lifeguards, AED and First Aid will be available to athletes participating in the meet.

According to 102.10, there shall be a minimum of two Marshals present, one female and one male, at all swim meets and time trials.

LOCATION:

Roseville Aquatics Complex: 3051 Woodcreek Oaks Blvd., Roseville, CA 95747

PARKING:

Parking is free in the Roseville Aquatics Complex parking lot. Reminder – No parking is permitted in the Woodcreek High School parking lot on Friday during school.

FACILITIES:

Outdoor, heated 16-lane, 25-yard course with touch pads at the start end. Up to ten lanes may be used for preliminaries and finals. In accordance with 202.4.11C, the surveyed competition short course has a pool depth at the start end of 7ft.-13ft at 3' 3 1/2" and 7ft.-13ft at 16'5" and at the turn end is 7ft.-13ft" at 3' 3 1/2" and 7ft.-13ft at 16' 5".

An additional outdoor, heated 5-lane, 25-yard pool is available for warm-up/warm-down.

Colorado Starting, Timing and Scoreboard will be used. Locker rooms and rest areas are available. The facility is equipped with Spectrum Fusion Starting blocks with reaction start surfaces and Spectrum Backstroke start ledges.

RESTRICTIONS:

No overnight parking is allowed by the City of Roseville at the Roseville Aquatics Complex. Smoking and the use of other tobacco products are prohibited in all areas of the meet venue. The sale and use of alcoholic beverages is prohibited in all areas of meet venue. Glass containers, pets, propane heaters or any other type of heating device are not allowed in the facility. **EZ Ups can stay up if they are fastened or weighted to the ground. Absolutely NO TARPS or GROUND COVERS ARE ALLOWED ON THE GRASS. NO EZ-UP Set Up will be allowed before 6PM, Thursday March 7th, 2024. The Pool will close to early setup at 7:30PM on March 7th, 2024.**

RULES:

- Current USA-S and Sierra Nevada Swimming rules will govern the meet.
- Sierra Nevada warm-up procedures will be in effect and a copy of the procedures will be posted at the meet.
- All events are trials and finals format, except for all 8-Under events, 500-yard Free (10&Under Only), 1000-yard Free, 1650-yard Free and all relays.
- Swimmers are limited to a maximum of three (3) individual events (4 individual events for 8-U)** per day, and by Sierra Nevada Swimming Rules are limited to **a maximum of 7 individual events** for the entire meet.
- No converted times will be accepted.**
- Those entries in excess of the above limitations will not be refunded.
- All events are SHORT COURSE YARDS.
- There is no entry cap for this meet – all swimmers with qualifying times will be able to enter this meet, so long as entries are submitted within the entry window.
- 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.
- In accordance with USA-S Rule 202.4.11D 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.

12 & UNDER RESTRICTIONS:

Pursuant to 102.8.1.F SWIMWEAR (USA Swimming Rulebook): "No Technical Suits Shall be worn by any 12 & under USA Swimming athlete member in competition at any sanctioned, approved or observed meet."

- Exceptions for the foregoing restriction are only for Junior Nationals, U.S. Open, National Championships, and Olympic Trials.
- A Technical Suit is one that has the following components:
 - Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
 - Any suit with woven fabric extending past the hips.
(Note: WOVEN FABRIC – a suit with woven fabric and sewn seams that does not extend below the hips is permitted.)
(Note: KNIT FABRIC – a suit with knit fabric and sewn seams not extending past the knee is permitted)

WARM-UP RULES:

The following rules apply to the warmup period before each session, and to warm-up/down during the meet:

- Swimmers shall enter the water feet first while maintaining at least one hand on the pool deck until both feet touch the water (3-point entry), except for starts, which are limited to specified lanes.
- Lifeguards will be positioned on the pool deck during the entire swim meet. Lifeguards are present to monitor and provide assistance as needed.
- Marshals will be in place during warmups and the meet.
- Up to 2 lanes can be used for pace 50's (Usually lanes 1 & 10) and up to 2 lanes for one-way sprints (Usually lanes 2 & 9).
- Specified center lanes are for circle swimming (2 lengths of the pool beginning at the starting end of the pool)
- Coaches shall stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
- Swimmers are not allowed on the starting blocks when a backstroke swimmer is executing a start in the same sprint lane.
- The use of hand-paddles, kickboards, fins, and other devices are not allowed during general warm-up. The use of hand-paddles at any time during which touch pads are installed is forbidden.

All USA Swimming athlete members entered in the meet must be under the supervision of a USA Swimming Member Coach during warm-up, competition, and warm-down. Any swimmer without a Coach in attendance must report to the Meet Director or Meet Referee who may assist the swimmer in making arrangements for such supervision. It is the swimmer's responsibility to make such arrangements prior to the start of the meet. Swimmers that are observed being warmed-up or being started by anyone other than a registered Coach, will be removed from all events for the day. The Meet Referee, Meet Director or a designee may remove a swimmer, Coach, and/or Team from the deck for violations of these rules.

ELIGIBILITY:

All swimmers must have a current USA Swimming Membership. The SNS Registrar will verify all swimmers' memberships prior to the meet and, if valid, will be allowed to check-in and compete. Note that SNS does not allow swimmers to register for a USA Swimming Membership at the meet. The Club will be fined \$100 for every entered swimmer that shows unregistered on a Registration Recon five (5) days prior to the meet. Flex members needing to upgrade to Premium will be exempt from the fine, however will need to be upgraded prior to the start of the meet to be eligible to swim. According to 302.3 - If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine of up to \$100.00 per event against the individual, Member Coach or Member Club submitting the entry.

Athletes with physical disabilities are not required to meet the qualifying time standards for their age group; however, they must contact the Admin Referee notifying them that they have a physical disability and what events they would like to swim. The Athlete shall enter an entry time equal to the qualifying time for each event they are swimming on OME. Classification of disability does not apply for this meet.

MEET FORMAT:

THIS MEET IS SEEDED AFTER THE SCRATCH DEADLINE, ACCORDING TO THE SWIMMERS SUBMITTED OR PRELIMINARY TIMES: All swimmers are automatically checked into their events for which they are registered. If a swimmer is registered for more than 3 events (4 events for 8-U) in a day, they must scratch any additional events prior to the scratch deadline. If a swimmer fails to scratch out of any additional events, they will be checked into the first 3 events (4 events for 8-U) they are registered for the day and scratched out of any additional events.

PRELIMS:

The last three heats of each event will be circle seeded with the exception of the events previously noted as timed finals. **Any swimmer who fails to compete in an individual preliminary event in which they are seeded will be barred from all further individual events of that day.** According to Sierra Nevada Rules, at SNS Spring Championships and Summer Championships, if a swimmer misses an individual event, they are barred from competing in any further individual events for that day from their missed event and on. They are still allowed to compete in the Team relays for that day. Swimmers have 30 minutes after results of preliminaries are announced to scratch from final's competition. A swimmer may (on the same deadline) declare his/her intention to scratch pending result announcements of their subsequent event in the prelims (**not including the 1000-yard Free and 1650-yard Free**) but must notify the Administrative Referee of their final intentions within thirty (30) minutes following the announcement of their last individual preliminary, 207.11.6E(2).

PRELIMINARY EVENTS WITH 10 OR FEWER SWIMMERS ENTERED: If ten (10) swimmers or less check in for a particular event, those swimmers shall compete in the prelims and the finals of that event. **102.5.1A(1)** If there is only one heat, it shall be swum as scheduled during the preliminaries and finals.

FINALS:

Finals will not begin any sooner than 90 minutes after the end of prelims (relay events included), not including the 1650-yard Free and 1000-yard Free. **There will be one heat of the top ten swimmers per age group, Male and Female.** Swimmers will be seeded in the finals unless they are scratched. A swimmer must swim finals in order to receive points or an award. Any swimmer qualifying for a final that fails to compete shall be barred from further competition for the remainder of the meet except as noted in USA Swimming rules. USA Swimming Scratch Rule **#207.11.6E** will be used at this meet.

DISTANCE EVENTS:

The 500-yard Free (**10-U only**), 1000-yard Free and 1650-yard Free will compete as timed finals. The 1000-yard Free and 1650-yard Free will be swum 11-Up but awarded as separate age groups. The 1000-yard Free and 1650-yard Free will be swum fastest to slowest, one swimmer per Lane, and after a 10-minute break following the relay events. The 1000-yard Free will alternate girls and boys on Friday. For the 1650-yard Free, the girls will swim on Saturday and the boys will swim on Sunday. **Swimmers in the 1000-yard Free and 1650-yard Free will be required to provide their own Timers (2 are preferred), Lap Counter and lap counting device.**

ORDER OF SEEDING:

Events will be seeded as follows:

- All times earned previously, whether they are meters, yards or short course meters will be acceptable if they meet the minimum entry times.
- In seeding these times, the conforming times yards will be arranged in time order.
- In a short course championship meet, non-conforming long course times shall precede non-conforming short course times.

After arranging the times as provided above, the event will be seeded in normal fashion. Technical rule: 207.11.7B

CHECK-IN/ SCRATCHES:

The scratch deadline for Friday's events is Thursday, March 7, 2024 at 5:00 PM. The scratch deadline for Saturday and Sunday's preliminary events shall be (30) thirty minutes after the time established for the start of the finals sessions and shall be done with the Administrative Referee or designee. To scratch any of the events, please have your Coach email Hope Gawlick (hope@gawlick.com) prior to the deadline. This email must come from your Coach and not individual swimmers or their parent.

SCRATCH RULES:

- In meets holding trials and finals, once seeded and not scratched, the swimmer will be treated as entered as stated in 207.11.6C. 207.11.6C states that, "In all events where preliminary heats are necessary, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which they are entered and have not been scratched in accordance to the modified version of rule 207.11.6A and 207.11.6B of the Rules and Regulations will be barred from all further individual and relay events of that day." Sierra Nevada Swimming is modifying this rule to state, "According to Sierra Nevada Rules, at SNS Spring and Summer Championships, if a swimmer misses an individual event, they are barred from competing in any further individual events for that day from their missed event and on. They are still allowed to complete in the Team relays for that day."
- Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares their intent to swim prior to the close of seeding for the next day's events.

Any swimmer qualifying for a final race in an individual event who fails to compete in that event shall be barred from further competition for the remainder of the meet except as noted in the USA Swimming Rules and Regulations (**207.11.6E**).

TIMES:

	Warmups	Meet Begins	*Finals Warm-up	*Finals Begins
Friday	7:30 AM	9:00 AM	*4:00 PM	*5:00 PM
Saturday	7:30 AM	9:00 AM	*4:00 PM	*5:00 PM
Sunday	7:30 AM	9:00 AM	*4:00 PM	*5:00 PM

***Finals Start Times are estimates, they will be determined at the Coaches meeting each day.**

Competition pool will close for warm-up at 8:45 AM.

Finals will not begin any sooner than 90 minutes after the end of prelims (relay events included), not including the 1650-yard Free and 1000-yard Free.

During Prelims there will be a 10-minute break after relays and before distance events. During Finals there will be a 5-minute break after the 500-yard Free events on Saturday/Sunday.

ENTRY FEES:

The meet entry fee is **\$8.00** per event, plus **\$20.00** per swimmer pool charge. Relay Entries will be **Free**. Make checks payable to **California Capital Aquatics**.

Relay only Athletes must pay splash and be entered

Swimmers registered as Outreach Athletes are eligible to have the event fee portion of their meet paid for by SNS. Athletes would still be responsible for applicable splash fees. Please contact our SNS Registrar, Mark Brown (mark.brown.15@gmail.com) for registration.

ENTRIES:

There is no entry cap for this meet – all swimmers with qualifying times will be able to enter this meet, so long as entries are submitted within the entry window. Enter at: <http://ome.swimconnection.com> to receive an immediate entry confirmation or contact TJ Kay (clmair2fly@yahoo.com) to submit entries via Hy-Tek file. **Online entries will open once results from Last Chance Weekend Meets (Feb 23- 25, 2024) have been submitted to SNS registrar and posted to Swim Connection. Entries will close on Saturday, March 2, 2024, at 12:00 PM. There are no deck entries at this meet.** Entries through Swim Connection LLC requires payment by credit card. Swim Connection LLC charges a processing fee for this service, equal to \$1 per swimmer plus 5% times the amount of the Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. Entry fees paid by check must be delivered to the Clerk of Course before warmups on Friday morning.

INDIVIDUAL:

According to Rule **102.2.2**, where it states, "In a preliminaries and finals meet a swimmer may compete in not more than three (3) individual events per day." **Age group swimmers in 10-U, 11-12 and 13-14** are limited to compete in a maximum of 3 individual events per day, and by Sierra Nevada Swimming Rules are limited to a maximum of 7 individual events for the entire meet. According to Sierra Nevada Swimming Rules, the **8-U age group** is limited to compete in a maximum of 7 individual events for the entire meet and no more than 4 events on any given day.

Refunds will not be given to swimmers who have to scratch down to the maximum of 7 individual events for the entire meet.

RELAYS:

All Team relays for the entire meet must be submitted by the entry deadline via Swim Connection or a HY-TEK entry file. There will be no deck entry of relays. In addition, all relay only swimmers must enter the meet and pay the pool surcharge by **Monday, March 4, 2024 11:59 PM**. Girls and Boys Relays: A Team may enter no more than 2 relays in each event and both may score. Mixed Relay: A Team may enter no more than 3 relays and only 1 may score. All relays will be scored and awarded by the following age categories: 10&Un, 12&Un, 14&Un. **Swimmers may not compete in more than one age group** per specific discipline and category: 200-yard medley, 400-yard medley, 200-yard freestyle, 400-yard freestyle, 200-yard mixed freestyle. Relays names and alternates are to be provided to the Clerk of Course on the day of the relay by 8:00 AM for events **33, 34, 35, 36 and 79, 80, 81**. All other relays are due by 10:00 AM.

ADMISSION:

Free. Programs will not be sold at this event. The meet will be available on Meet Mobile and electronic versions of the psych sheet. Preliminary and finals heat sheets will be available on the Sierra Nevada website under the calendar event for the meet. No printed versions will be available for sale at the meet.

In cooperation with the City of Roseville, the California Capital Aquatics Teams' representatives or an Official from Sierra Nevada Swimming has the right to refuse entry or remove individuals from the facility if displaying inappropriate or suspicious behavior.

AWARDS:

INDIVIDUAL & RELAY:

- Individual events will be awarded medals 1st through 10th place.
- Relay events will be awarded medals 1st through 3rd place.

TEAM AWARDS:

1st through 3rd place in each division. Large, Medium, and Small Team Divisions will be based on the number of individual events entered by a Team.

INDIVIDUAL HIGH POINT AWARDS & "A" MEDALS:

- 1st-3rd place individual High Point winners in each age group, male and female, will receive an award.
- "A" Medals will be awarded to those swimmers achieving a new "A" time at the meet.

Please note – 8-Under Swimmers may choose to swim in 8-Under events and/or 10&Under events. Points achieved in the 10&Under events can only be scored in the 10&Under category. Scores for the 8&Under High-Point award will only be tabulated from the designated 8&Under events.

Individual Point Distribution

	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Individual Final	11	9	8	7	6	5	4	3	2	1
Relay	22	18	16	14	12	10	8	6	4	2

SNACK BAR & HOSPITALITY:

A snack bar may be available at the swim venue during prelims on Friday, Saturday and Sunday. Light refreshments will be served to all Timers. Coaches and Officials will be served refreshments, breakfast, lunch and dinner on Friday, Saturday, and Sunday.

COACHES:

All Coaches must have evidence of their USA Swimming Certification and will be required to check in with the Clerk of Course or Check-in table at the meet to show proof. Upon such proof, Coaches will receive any necessary meet paperwork and identifying mark (wrist band, etc.) of clearance that must be displayed while on deck. Coaches unable to present evidence of certification will not be allowed to coach on the Pool Deck and the Coach and Club will be each fined \$100. Psych sheets will be posted to Sierra Nevada Swimming Team Unify and California Capital Aquatics' websites on Thursday prior to the meet.

OFFICIALS:

Meet Referee:	Niffey Carmody	niffeycarmody@gmail.com
Admin Referee:	Hope Gawlick	hope@gawlick.com
Admin Official	TJ Kay	clmair2fly@yahoo.com
Head Starter:	Melissa Szpik-Serrao	officialmelissasn@gmail.com
Deck Referee Lead:	Scott Hastings	scottlhastings@gmail.com
Chief Judge:	Scott Sewell	smsewell19@gmail.com
Meet Director	Sami Waheed	meetdirector@ccaswimming.org

OFFICIAL'S DRESS:

All Certified Officials with current USA Swimming registration from any LSC are welcome to work this meet. At the meet, all working Officials must display their 2024 USA Swimming Membership/Certification Card, with the Background Check, Athlete Protection Training and Concussion Course expiration dates showing on the card. Please have the USA Swimming App on your phone so that you can pull up your Membership Card quickly or have a printed copy available. Trials and Finals dress for all Officials will be white polo shirts, navy blue pants/shorts/skirts and white tennis shoes. Shorts will not be allowed for finals. This dress is weather permitting, otherwise come dressed to stay warm and dry.

OFFICIALS BRIEFINGS:

Official's Briefing for Prelims on Friday, Saturday and Sunday begin at 7:45 AM (required for all Officials). Official's Briefing for Finals will occur 30 minutes prior to the start of Finals (required for all Officials).

MINIMUM OFFICIALS RULE:

Each Team shall, by the entry deadline, provide to the Meet Director or designee a list of Officials who have agreed to represent their Team during the meet, in accordance with the following table:

Number of a Team's swimmers entered in meet	Number of trained and carded Officials required
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
>100	5

TIMERS:

Colorado Timing Touch Pads will be used for the primary times in addition to three (3) Timer per lane operating one (1) plunger each and one (1) stopwatch per lane. Clubs will be assigned Lanes during Prelims. Timing is based on the SN Timing Policy. Number of timing chairs per Team is based on the formula – (number of swimmers on a Team in the session [divided by] total number of swimmers in the session) which is then [multiplied by] NUMBER OF timing chairs. This number will be rounded to the nearest whole number. Host Team supplies Timers in the same ratio as the visiting Teams and is responsible for filling unassigned chairs. Assignments will be sent to participating Teams. For Finals we will need help from all Teams that are attending finals.

EVENT APPERAL:

Official event apparel merchandiser **Northwest Designs Ink Inc.** will be on-site each day

www.nwd.ink

Thank you to **Placer Valley Tourism** for coordinating **SPECIAL HOTEL ROOM RATES** for this year's Championship Meet. Information can be found at the following link:

<https://www.placertourism.com/events/cca-sns-14-under-short-course-championships/>



Order of Events and Qualifying Times

Approved 10/18/23, Updated 11/10/23
by SNS BOD

<i>Friday, March 8th</i>									
GIRLS	Time Standard			Age Group	Event	Time Standard			BOYS
	SCY	LCM	SCM			SCY	LCM	SCM	
1	5:56.79	6:48.29	6:34.19	11-12	400 IM	5:46.39	6:39.19	6:22.79	2
3	5:37.59	6:25.89	6:15.39	13-14	400 IM	5:17.09	6:04.69	5:50.69	4
5	1:08.29	1:18.09	1:15.49	11-12	100 Free	1:05.89	1:15.49	1:12.89	6
7	1:05.49	1:14.79	1:12.69	13-14	100 Free	1:00.89	1:09.89	1:07.29	8
9	2:57.19	3:20.99	3:15.99	10-U	200 Free	2:47.99	3:12.09	3:05.69	10
11	33.89	38.29	37.69	11-12	50 Fly	34.19	38.59	37.79	12
13	1:39.09	1:52.99	1:49.49	10-U	100 Fly	1:37.09	1:50.79	1:48.29	14
15	1:18.09	1:30.99	1:26.69	11-12	100 Back	1:15.69	1:27.99	1:23.69	16
17	1:11.19	1:23.59	1:19.19	13-14	100 Back	1:06.39	1:17.89	1:13.89	18
19	41.89	48.89	46.29	10-U	50 Back	42.29	49.19	46.79	20
21	3:06.59	3:35.99	3:28.39	11-12	200 Breast	3:00.19	3:28.69	3:19.99	22
23	2:57.29	3:23.99	3:16.99	13-14	200 Breast	2:43.99	3:10.79	3:02.99	24
25	1:44.99	1:59.79	1:55.99	10-U	100 Breast	1:41.69	1:55.99	1:52.59	26
27	n/a	n/a	n/a	12-U	400 Med Relay	n/a	n/a	n/a	28
29	n/a	n/a	n/a	14-U	400 Med Relay	n/a	n/a	n/a	30
31	12:41.19	11:29.29	11:06.19	11-12	1000 Free	12:27.89	11:18.59	10:54.59	32
	12:01.69	10:47.99	10:31.59	13-14		11:26.69	10:22.19	10:00.99	

<u>Saturday, March 9th</u>									
GIRLS	Time Standard			Age Group	Event	Time Standard			BOYS
	SCY	LCM	SCM			SCY	LCM	SCM	
33	n/a	n/a	n/a	12-U	400 Free Relay	n/a	n/a	n/a	34
35	n/a	n/a	n/a	14-U	400 Free Relay	n/a	n/a	n/a	36
				11-12	500 Free	6:27.49	5:48.69	5:39.09	38
				13-14	500 Free	5:58.99	5:24.09	5:14.19	40
				10-U	500 Free	7:26.99	6:44.49	6:31.19	42
43	2:43.99	3:09.89	3:01.29	11-12	200 Back	2:39.69	3:05.19	2:57.19	44
45	2:34.89	2:58.69	2:51.69	13-14	200 Back	2:25.09	2:49.09	2:41.19	46
47	1:30.69	1:45.99	1:40.19	10-U	100 Back	1:29.29	1:43.09	1:39.09	48
49	1:27.19	1:40.89	1:36.59	11-12	100 Breast	1:24.49	1:38.39	1:34.39	50
51	1:21.69	1:34.79	1:30.99	13-14	100 Breast	1:15.49	1:28.09	1:23.49	52
53	47.49	53.99	52.49	10-U	50 Breast	46.59	53.29	51.39	54
55	26.19	n/a	29.09	8-U	25 Breast	27.89	n/a	30.99	56
57	2:47.19	3:10.19	3:05.59	11-12	200 Fly	2:40.79	3:06.19	3:01.19	58
59	2:36.89	2:59.19	2:54.49	13-14	200 Fly	2:26.89	2:47.99	2:42.49	60
61	35.19	39.89	38.89	10-U	50 Free	34.49	39.49	38.09	62
63	19.29	n/a	21.49	8-U	25 Free	19.29	n/a	21.49	64
65	1:18.09	n/a	1:26.59	11-12	100 IM	1:14.99	n/a	1:22.89	66
67	1:31.69	n/a	1:49.49	10-U	100 IM	1:28.89	n/a	1:38.89	68
69	35.39	40.79	39.29	11-12	50 Back	34.99	40.39	38.99	70
71	n/a	n/a	n/a	14-U	200 Med Relay	n/a	n/a	n/a	72
73	n/a	n/a	n/a	12-U	200 Med Relay	n/a	n/a	n/a	74
75	n/a	n/a	n/a	10-U	200 Med Relay	n/a	n/a	n/a	76
77	21:20.59	22:04.99	21:13.09	11-12	1650 Free				
	20:02.99	20:39.79	19:55.99	13-14					

Saturday Note: All Boys 500-yard Free events will be contested on Saturday. The prelims for events 38, 40, and 42 will be contested in consecutive order following event 36. Events 38 and 40 (42 is a timed final and will be only swum in the morning) will start the finals session on Saturday and be swum in consecutive order. There will be a 5-minute break after event 40. Additionally, the Girls 1650-yard Free (event 77) will be contested at the conclusion of the morning prelims, after event 76.

<u>Sunday, March 10th</u>									
GIRLS	Time Standard			Age Group	Event	Time Standard			BOYS
	SCY	LCM	SCM			SCY	LCM	SCM	
79	n/a	n/a	n/a	12-U	200 Free Mixed Relay	n/a	n/a	n/a	79
80	n/a	n/a	n/a	14-U	200 Free Mixed Relay	n/a	n/a	n/a	80
81	n/a	n/a	n/a	10-U	200 Free Mixed Relay	n/a	n/a	n/a	81
37	6:38.19	5:56.49	5:48.69	11-12	500 Free				
39	6:18.69	5:40.59	5:32.69	13-14	500 Free				
41	7:34.89	6:51.09	6:38.59	10-U	500 Free				
82	2:47.29	3:11.39	3:05.39	11-12	200 IM	2:43.99	3:08.49	3:01.49	83
84	2:37.59	3:01.79	2:55.89	13-14	200 IM	2:28.49	2:51.39	2:44.19	85
86	3:15.59	3:43.19	3:36.19	10-U	200 IM	3:13.19	3:40.79	3:33.49	87
88	1:17.59	1:28.49	1:26.49	11-12	100 Fly	1:16.09	1:26.29	1:24.49	89
90	1:10.89	1:20.39	1:18.89	13-14	100 Fly	1:06.09	1:15.49	1:13.29	91
92	41.79	47.09	46.19	10-U	50 Fly	40.49	45.99	44.79	93
94	21.89	n/a	24.29	8-U	25 Fly	22.89	n/a	25.39	95
96	39.99	45.49	44:19	11-12	50 Breast	39.49	45.19	43.69	97
98	2:21.29	2:41.79	2:37.19	13-14	200 Free	2:12.79	2:32.29	2:26.69	99
100	2:28.99	2:49.19	2:45.39	11-12	200 Free	2:23.49	2:44.89	2:39.79	101
102	1:19.99	1:31.19	1:28.39	10-U	100 Free	1:18.79	1:30.19	1:26.99	103
104	23.59	n/a	29.19	8-U	25 Back	24.29	n/a	26.99	105
106	31.29	35.69	34.69	11-12	50 Free	30.29	34.69	33.39	107
108	30.19	34.49	33.49	13-14	50 Free	27.79	31.99	30.79	109
110	42.39	47.99	47.09	8-U	50 Free	43.09	49.39	47.89	111
112	n/a	n/a	n/a	12-U	200 Free Relay	n/a	n/a	n/a	113
114	n/a	n/a	n/a	14-U	200 Free Relay	n/a	n/a	n/a	115
116	n/a	n/a	n/a	10-U	200 Free Relay	n/a	n/a	n/a	117
				11-12	1650 Free	20:52.99	21:37.39	20:45.69	78
				13-14		19:07.59	19:48.39	19:00.89	

Sunday Note: All Girls 500-yard Free events will be contested on Sunday. The prelims for events 37, 39, and 41 will start after the mixed relays on Sunday morning and be swum in consecutive order. Events 37 and 39 (41 is a timed final and will be only swum in the morning) will start the finals session on Sunday and be swum in consecutive order. There will be a 5-minute break after event 39. Additionally, the Boys 1650-yard Free (event 78) will be contested at the conclusion of the morning prelims, after event 117.