



2024
BILL ROSE
CLASSIC

SNS LONG COURSE CHAMPIONSHIPS

Hosted by
The Elk Grove Aquatics Club



SIERRA NEVADA SWIMMING

Long Course Championships
'The Bill Rose Classic'
July 11-14, 2024
Host: Elk Grove Aquatics Club



Enter online at <http://ome.swimconnection.com>
Invitational meet for registered Swimmers of Sierra Nevada LSC only

SANCTION

Swim Meet held under USA Swimming/Sierra Nevada Swimming Sanction **SNS24-59**. 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."

LOCATION

Elk Grove Aquatic Center 9701 Big Horn Blvd, Elk Grove, California, 95758

DIRECTIONS

From I-5: Take Elk Grove Blvd east to Big Horn Blvd; turn right on Big Horn Blvd and turn left at the second stop light into the facility parking lot.

From Hwy 99: Take Elk Grove Blvd west to Big Horn Blvd; turn left on Big Horn Blvd and turn left at the second stop light into the facility parking lot.

PARKING

Free parking is available in the Big Horn parking area. Do not park in the Civic Center Drive parking lot. Do not park in the red zones. White loading zones require a driver to stay in the vehicle and are for active loading and unloading only.

FACILITY

An outdoor heated 50-meter pool, with eight lanes will be used for competition. An additional outdoor 6-lane, 25-yard pool is available for warm-up. Colorado Starting, Timing, and Scoreboard system will be used.

In accordance with USA-S Rule 202.4.11C, the surveyed 50-meter competition course has a pool depth on the start end (small lap pool) of 7' at 3' 3-1/2" (1 meter) and 7' at 16'5" (5 meters). At the turn end (scoreboard end) it is 13' at 3' 3 1/2" and 13' at 16' 5".

Canopies will be provided for Coaches from each Team. They will be unassigned and available on a first-come, first-served basis each day.

TEAM SET-UP

VISITING TEAMS WILL NOT BE ALLOWED TO SET UP UNTIL THURSDAY MORNING JULY 11th NO EARLIER THAN 6:00AM.

Tents and canopies set up in the grass area must be taken down every night to allow for irrigation of the lawn by mandate of The City of Elk Grove. All tents and canopies must be secured with water buckets. All tents and canopies not taken down will be removed at the close of finals. NO TENTS OR CANOPIES are permitted under the trellis area on the concourse. The trellis will provide plenty of shade for spectators. Please do not leave any valuables at the facility overnight. Please follow the signage on where to set up tents and canopies.

RULES

Current USA Swimming and SNS rules will govern this meet. All Swimmers must be 2024 registered members of USA Swimming and present their cards upon request. If you do not have a USA Swimming Registered Coach at the meet, report to the Meet Referee for Lane and Coach assignment.

MEET OFFICIALS – ASSIGNED TEAM

MEET REFEREE	TED CURLEY	tgconst@gmail.com
ADMIN REFEREE	JASON SHIBATA	jasonsswim@gmail.com
HEAD STARTER	STEPHEN ADAMS	stephen.adams.sns@gmail.com
TEAM LEAD DECK REF	JEFF JONES	jeff@jones-law.com
TEAM LEAD CHIEF JUDGE	KEN PAQUETTE	ken.paquette@gmail.com
MEET DIRECTOR	GREGG RUDES	meetdirector@egacgators.com
NATIONAL EVALUATOR	JAMIE CAHN	
HONORARY	BILL ROSE	

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 the 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 the Elk Grove Aquatic Center 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.

Attention Swimmers: All adult athletes (age 18+) are required to complete and keep current their Athlete Protection Training, before they are allowed to enter the meet.

According to 202.4.11N, City of Elk Grove lifeguards will be supervising the competition and warm-up pool at all times. Additionally, they are available for medical aid throughout the entire meet.

According to 102.10, there shall now be a minimum of two Marshals present, one female and one male, at all

swim meets and time trials.

RESTRICTIONS

Smoking and the use of other tobacco products are prohibited at the Elk Grove Aquatics Center. Anyone desiring to smoke or use other tobacco products must leave the facility to do so. The sale and use of alcoholic beverages are prohibited in all areas of the venue. Glass containers, pets, or propane heaters are not allowed in the facility.

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. SNS does not allow swimmers to register for a USA Swimming Membership at the meet. In accordance with 302.3 the LSC will impose a fine of \$100 for every entered swimmer that shows unregistered on a Registration Report 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.

NOTE: REGISTERED SIERRA NEVADA SWIMMERS who are 19-22 years old and are registered with a specific club will be allowed to compete in the 15-18 division as an "exhibition" in the TRIALS session ONLY. Swimmers who are 19-22 years of age, will not be able to compete in finals, score points, or compete on relays.

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. It is the responsibility of the athlete to ensure eligibility according to qualifying times as stated in this announcement.

START TIMES

The start time of finals will be determined by the Meet Director, Coaches, Meet Referee, and USA Swimming Rules.

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

*Finals will begin no sooner than 90 minutes after the last heat of preliminaries.

**Finals warm-ups begin one hour before finals begin

WARM-UP RULES

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

- Marshals must be on the deck during the entire warm-up period.
- Sierra Nevada warm-up procedures will be in effect and a copy of the procedures will be posted at the meet.
- Athletes shall be under a Coaches supervision for the entire warm-up period.
- 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.
- For Swimmers age 13 and older, warm-ups will be 7:00 AM-8:00 AM each day.
- For Swimmers age 12 and younger, warm-ups will be 8:00 AM-8:50 AM each day.
- A minimum of 2 lanes will be open for dive and 2 lanes for pace, beginning the last 20 minutes of warm-up.
- 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 is forbidden at any time.

The Meet Referee, Marshal, or Meet Director may remove a Swimmer, Coach, and/or Team from the deck for violations of these rules. In facilities that have a warm-up and/or warm-down area, Marshals shall provide supervision of the area(s) at all times. 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.

BACKSTROKE LEDGES

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.

SWIMWEAR

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

1. Exceptions for the foregoing restriction are only for Junior Nationals, U.S. Open, National Championships, and Olympic Trials.

2. A Technical Suit is one that has the following components:

- a. Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
- b. Any suit with woven fabric extending past the hips.

(Note: WOVEN FABRIC – a suit with woven fabric and sewn seams that do 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.)

MEET FORMAT

THIS MEET IS SEEDED AFTER THE SCRATCH DEADLINE, ACCORDING TO THE SWIMMERS SUBMITTED OR PRELIMINARY TIMES: All swimmers are automatically checked into the events for which they are registered. If a swimmer is registered for more than 3 events 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 they are registered for the day and scratched out of any additional events.

All events are trials and finals format, except for all 8-Under events, 400 Free (10&Under Only), 800 Free, 1500 Free, and all relays which are swum as timed-finals.

TIME STANDARDS

Swimmers must have achieved the appropriate Championships Qualifying entry time for each event they swim and all entry times will be verified in Swim Connection and/or SWIMS. Swimmers must qualify with the appropriate times in either long course meters or short course yards.

Converted times will NOT be allowed. Any Swimmer who falsifies a time may be subject to disciplinary action by Sierra Nevada Swimming.

ENTRIES

There is no entry cap for the number of athletes attending 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. Online entries will open once results from Last Chance Meet (June 28-30th, 2024) have been submitted to the SNS registrar and posted to Swim Connection.

ONLINE ENTRIES MUST BE RECEIVED BEFORE 11:59PM ON SATURDAY, JULY 6TH, 2024.

RELAY ENTRIES MUST BE RECEIVED BEFORE 11:59PM ON SUNDAY, JULY 7TH, 2024.

If entering as a Team with an entry file, please submit the file to mark.brown.15@gmail.com and payment can be made at the mandatory General Meeting on July 10th. Checks are to be made payable to: Elk Grove Aquatics ~ THERE WILL BE NO REFUNDS

There are no deck entries at this meet. Entries through Swim Connection LLC require payment by credit card. Swim Connection LLC charges a processing fee for this service. Please note that the processing fee is a separate fee from the Entry Fees.

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.

RELAY ENTRIES

All Team relays for the entire meet must be submitted by the entry deadline via Swim Connection or an HY-TEK entry file. If a relay is scratched prior to the scratch deadline, Teams may request a refund. No refunds will be given if a relay is scratched after the scratch deadline. There will be no deck entry of relays. In addition, all relay-only swimmers must enter the meet and pay the pool surcharge by Sunday, July 7th at 11:59 PM.

A Team may enter no more than 2 relays in each event and both A and B relays may score. Relay swimmer names and alternates are to be provided to the Clerk of Course on the day of the relay by the start of preliminary events (9:00 AM).

MAXIMUM ENTRIES

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 9-10, 11-12, and 13-14 are limited to competing 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 competing 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 those swimmers who enter more than the allowable events.

ENTRY FEES

\$11.00 per individual event.

\$18.00 per Swimmer for pool surcharge

\$14.00 per Relay Team per event

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 will be sent to Coaches to disperse. Preliminary and final 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 Elk Grove and the Elk Grove Aquatics Center, EGAC 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.

PRELIMS

The last three heats of each event will be circle seeded (slowest to fastest) except for the 400 IM, 400 Free 11-Up, and timed finals events. The last two heats of the 400 IM and 400 Free (11 and over) will be circle seeded. 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 the results of preliminaries are announced to scratch from the finals 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 800 Free and 1500 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 8 OR FEWER SWIMMERS ENTERED

If eight (8) swimmers or fewer 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 swim 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 800 Free and 1500 Free. There will be one heat of the top eight swimmers. 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 400 Free (10-U only), 800 Free and 1500 Free will compete as timed finals. The 800 Free and 1500 Free will

be swum 11-Up but awarded as separate age groups. The 800 Free and 1500 Free will swim fastest to slowest, with one swimmer per lane, and after a 10-minute break following the relay events. For the 1500 Free, the girls will swim on Thursday and the boys will swim on Friday. For the 800 Free, the girls will swim on Saturday and the boys will swim on Sunday. Swimmers in the 800 Free and 1500 Free will be required to provide their own Timers (2 are preferred), Lap Counter, and lap counting device.

CHECK-IN/ SCRATCHES

The scratch deadline for Thursday's events is Wednesday, July 10, 2024, in-person during the General Meeting. The scratch deadline will be 15 minutes after General Meeting Concludes. The scratch deadline for Friday, 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.

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 states, "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 on. They are still allowed to compete 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 directly with the Administrative Referee each remaining day(s) of the meet and prior to the close of seeding for that 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).

The host will provide a Clerk of Course desk at the pool for the duration of the meet. The Clerk of the Course will then be available prior to and during the General Meeting from 6:00 PM until 15 minutes after its conclusion to accept in-person scratches for the Thursday session. The desk will be open from 7:00 AM to the close of the scratch box on Thursday through Sunday.

ORDER OF SEEDING

Events will be seeded as follows: All times earned previously, whether they are meters or yards will be accepted if they meet the minimum entry times. In seeding these times, the conforming meter times will be arranged in time order, followed by non-conforming yard times. After arranging the times as provided above, the event will be seeded in a normal fashion. 207.11.7B

Swimmers requesting lead-off splits must do so with the Meet Referee/Admin Referee on the day of the swim.

INDIVIDUAL & RELAY AWARDS

- Individual events will be awarded medals from 1st through 8th place.
- Relay events will be awarded medals 1st through 3rd place.

SCORING

- Points will be tabulated 1st - 8th place: Individual events: 9, 7, 6, 5, 4, 3, 2, and 1.
- Relay events: 18, 14, 12, 10, 8, 6, 4, 2.

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.

Permanent and accurate awards will be given to the Coaches the following day after finals, except Sunday's awards will be given to Coaches that evening.

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 paperwork and identifying marks (wristband, 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 each be fined \$100. Psych sheets will be posted to the Sierra Nevada Swimming Team Unify Website on Monday prior to the meet.

GENERAL MEETING

Wednesday, July 10th at 6PM at the Elk Grove Aquatic Center. At least one Coach from each Team and the Official Team leads must be present at the General Meeting.

OFFICIALS APPLICATION

Officials must apply to work this meet for all positions. Online Application to Officiate and Request for Evaluation is available at: <https://forms.gle/cXGHmeBHUVFh8pHWA>

This meet has been designated as a training meet for N2 and N3 Officials. OQM# 24-0149

All Certified Officials with current USA Swimming registration are welcome to work this meet. At the meet, all working Officials must display their 2024 USA Swimming Membership Card, with the Background Check and Athlete Protection Training dates showing, and showing that they have met their Concussion Course requirement, as well as California required Mandatory Reporting: Understanding Your Responsibility for all California Officials. Please have the USA Swimming App on your phone so that you can pull up your Membership Card or have a printed copy available.

Applications for the assigned positions of Chief Judge, Starter, Deck Referee, and Administrative Official must be received no later than Friday, June 14th. Notification of assigned positions will be sent by Monday, July 1st. All other applications must be received no later than Friday, June 21st. We will try to accommodate all requests for evaluation but this may not be possible, especially for assigned positions. Requests will be considered in the

order in which they are received with preference given to Officials who are available to work all sessions. To be evaluated you must be available to work a minimum of six (6) sessions. Please review USA Swimming N2 or N3 Evaluation and Certification Requirements prior to applying to confirm eligibility.

OFFICIALS BRIEFING SCHEDULE

Official Briefings for Prelims begin at 7:15 AM. Official Briefings for Finals begin at 4:30 PM. All Officials are required to attend briefings.

OFFICIALS DRESS CODE

Dress code for preliminaries will be white tennis shoes, white socks, navy-blue pants/shorts/skirts, and white polo shirts. Dress for the finals will be white tennis shoes, long navy-blue pants or knee-length skirts (Weather depending, Meet Referee may allow navy knee-length shorts at finals, an announcement to be made at the briefing), and a white polo shirt. A Hawaiian shirt is required for Saturday night. No leggings, crocs or sandals will be permitted.

MINIMUM OFFICIALS RULE

One-half hour before the scheduled start of the meet, the Meet Referee shall conduct an inventory of Officials comparing the number of entries against the number of Officials present representing each Team. Those Teams who have not provided a sufficient number of Officials as indicated in the following table shall have all of their Swimmers treated as "time only" in all respects for the session. Neither the athletes nor the Team shall be eligible for awards.

Number of Swimmers Entered Per Team	Number of Officials Required Per Team
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
every additional 25 swimmers	1 additional per each 25

SNS TIMERS POLICY

Clubs will be assigned Lanes. Timing is based on the SN Timing Policy. The number of timing chairs per Team is based on the formula – (number of Swimmers on a Team in the session [divided by] the total number of Swimmers in the session) which is then [multiplied by] NUMBER OF (32 for prelims and 16 for final) timing chairs. This number will be rounded to the nearest whole number. The host Team will supply Timers in the same ratio as the visiting Teams and is responsible for filling unassigned chairs. Assignments will be sent to participating Teams prior to the start of the meet. The Primary timing system will be the Colorado touchpads, the back-up system to the touchpads will be the average of the two button times (two timers per lane) and the back-up to the two buttons will be the one stopwatch per lane.

CONCESSIONS

A snack bar will be available throughout the event.

HOSPITALITY

Hospitality will provide snacks and drinks to Coaches, Timers, and Officials throughout the meet. Hospitality will also provide light breakfast items, lunch, and dinner for Coaches and Officials.

HOTEL ACCOMMODATIONS

Elk Grove Aquatics Club has partnered with Hilton Garden Inn. See below for more information. Booking link - <https://www.hilton.com/en/book/reservation/rooms/?ctyhocn=SMFEGGI&arrivalDate=2024-07-10&departureDate=2024-07-14&groupCode=BRC2&room1NumAdults=1>

Hilton Garden Inn
9241 Laguna Springs Dr.
Elk Grove, CA 95758

More information and booking link will be provided on the Bill Rose Classic Information Page at <https://www.egacgators.com/egac-bill-rose-classic-2024>.

Food Vendors

Elk Grove Aquatics Club is happy to present local food vendors during the meet. See more information at <https://www.egacgators.com/egac-bill-rose-classic-2024>.

SUMMARY OF EVENTS

	8-Under	10-Under	11-12	13-18*
THURSDAY		200 Free	200 Free	200 Free
July 11		50 Fly	100 Fly	100 Fly
		100 Breast	200 Breast	200 Breast
			50 Back	400 Medley Relay
			400 Medley Relay	1500 Free (W)
			1500 Free (W)	
FRIDAY		200 IM	200 IM	400 IM
July 12		100 Free	100 Free	100 Free
		50 Back	200 Back	200 Back
			50 Fly	400 Free Relay
			400 Free Relay	1500 Free (M)
			1500 Free (M)	
SATURDAY	100 Free	400 Free	200 Med Relay	200 Med Relay
July 13	50 Breast	50 Breast	50 Breast	400 Free
	50 Back	100 Back	100 Back	100 Breast
		200 Medley Relay	400 Free	100 Back
			800 Free (W)	800 Free (W)
				800 Free Relay
SUNDAY	50 Fly	100 Fly	200 Free Relay	200 Free Relay
July 14	50 Free	50 Free	100 Breast	200 IM
		200 Free Relay	400 IM	50 Free
			50 Free	200 Fly
			200 Fly	800 Free (M)

			800 Free (M)	
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*** *All Prelim sessions will run 13-18; Finals will be swum 13-14, 15-16 and 17-18**

DAILY ORDER OF EVENTS – Thursday, July 11, 2024

GIRLS	AGE GROUP	EVENT	BOYS
1	13-18	200 FREE	2
3	11-12	200 FREE	4
5	10 & UNDER	200 FREE	6
7	13-18	200 BREAST	8
9	11-12	200 BREAST	10
11	10 & UNDER	100 BREAST	12
13	13-18	100 FLY	14
15	11-12	100 FLY	16
17	10 & UNDER	50 FLY	18
19	11-12	50 BACK	20
21	15-18	400 MED RELAY	22
23	13-14	400 MED RELAY	24
25	11-12	400 MED RELAY	26
*167	11-18	1500 FREE (GIRLS ONLY)	N/A

NOTE: EVENT 167 will be swum between trials and finals, 10 minutes after event 26. All relay events and the 1500-meter freestyle are Timed Finals.

DAILY ORDER OF EVENTS – Friday, July 12, 2024

GIRLS	AGE GROUP	EVENT	BOYS
27	13-18	400 IND MED	28
29	11-12	200 IND MED	30
31	10 & UNDER	200 IND MED	32
33	13-18	100 FREE	34
35	11-12	100 FREE	36
37	10 & UNDER	100 FREE	38
39	11-12	200 BACK	40
41	13-18	200 BACK	42
43	10 & UNDER	50 BACK	44
45	11-12	50 FLY	46
47	15-18	400 FREE RELAY	48
49	13-14	400 FREE RELAY	50
51	11-12	400 FREE RELAY	52
N/A	11-18	1500 FREE (BOYS ONLY)	*168

NOTE: EVENT 168 will be swum between trials and finals, 10 minutes after event 52. All relay events and the 1500-meter freestyle are Timed Finals.

DAILY ORDER OF EVENTS – Saturday, July 13, 2024

GIRLS	AGE GROUP	EVENT	BOYS
53	10 & UNDER	200 MED RELAY	54
55	11-12	200 MED RELAY	56
57	15-18	200 MED RELAY	58
59	13-14	200 MED RELAY	60
61	8 & UNDER	100 FREE	62
63	10 & UNDER	400 FREE	64
65	13-18	400 FREE	66
67	11-12	400 FREE	68
69	10 & UNDER	50 BREAST	70
71	8 & UNDER	50 BREAST	72
73	13-18	100 BREAST	74
75	11-12	50 BREAST	76
77	8 & UNDER	50 BACK	78
79	10 & UNDER	100 BACK	80
81	13-18	100 BACK	82
83	11-12	100 BACK	84
	15-18	800 FREE RELAY	86
	13-14	800 FREE RELAY	88
*169	11-18	800 FREE (GIRLS ONLY)	N/A

NOTE: EVENT 169 will be swim between trials and finals, 10 minutes after event 88. All relay events, all 8 & Under events, the 800-meter freestyle and the 10 & Under 400-meter freestyle are Timed Finals.

DAILY ORDER OF EVENTS – Sunday, July 14, 2024

GIRLS	AGE GROUP	EVENT	BOYS
89	10 & UNDER	200 FREE RELAY	90
91	11-12	200 FREE RELAY	92
93	13-14	200 FREE RELAY	94
95	15-18	200 FREE RELAY	96
97	11-12	400 IND MED	98
99	10 & UNDER	100 FLY	100
101	13-18	200 IND MED	102
103	11-12	100 BREAST	104
105	8 & UNDER	50 FLY	106
107	13-18	50 FREE	108
109	11-12	50 FREE	110
111	10 & UNDER	50 FREE	112
113	8 & UNDER	50 FREE	114
115	13-18	200 FLY	116
117	11-12	200 FLY	118
85	15-18	800 FREE RELAY	
87	13-14	800 FREE RELAY	
N/A	11-18	800 FREE (BOYS ONLY)	*170

NOTE: EVENT 170 will be swum between trials and finals, 10 minutes after event 87. All relay events, all 8 & Under events and the 800-meter freestyle are Timed Finals.

Sierra Nevada Swimming 2023-2024

Championship Time Standards

8 & Under Girls

SCY	LCM	SCY	LCM	SCY
19.29		25fr		19.29
23.59		25ba		24.29
26.19		25br		27.89
21.89		25fl		22.89
		SCY/LCM		
42.39	47.99	50fr	49.39	43.09
1:36.69	1:48.99	100fr	1:56.59	1:40.99
51.99	58.29	50ba	1:03.59	56.79
1:00.59	1:08.19	50br	1:11.49	1:02.69
53.19	59.69	50fl	1:03.09	55.79

8 & Under Boys

13-14 Girls

SCY	LCM	SCY	LCM	SCY
30.19	34.49	50fr	31.99	27.79
1:05.49	1:14.79	100fr	1:09.89	1:00.89
2:21.29	2:41.79	200fr	2:32.29	2:12.79
6:18.69	5:40.59	400M/500fr	5:24.09	5:58.99
12:01.69	10:47.99	800M/1000fr	10:22.19	11:26.69
20:02.99	20:39.79	1500M/1650fr	19:48.39	19:07.59
1:11.19	1:23.59	100ba	1:17.89	1:06.39
2:34.89	2:58.69	200ba	2:49.09	2:25.09
1:21.69	1:34.79	100br	1:28.09	1:15.49
2:57.29	3:23.99	200br	3:10.79	2:43.99
1:10.89	1:20.39	100fl	1:15.49	1:06.09
2:36.89	2:59.19	200fl	2:47.99	2:26.89
2:37.59	3:01.79	200im	2:51.39	2:28.49
5:37.59	6:25.89	400im	6:04.69	5:17.09

13-14 Boys

10 & Under Girls

SCY	LCM	SCY	LCM	SCY
35.19	39.89	50fr	39.49	34.49
1:19.99	1:31.19	100fr	1:30.19	1:18.79
2:57.19	3:20.99	200fr	3:12.09	2:47.99
7:34.89	6:51.09	400M/500fr	6:44.49	7:26.99
41.89	48.89	50ba	49.19	42.29
1:30.69	1:45.99	100ba	1:43.09	1:29.29
47.49	53.99	50br	53.29	46.59
1:44.99	1:59.79	100br	1:55.99	1:41.69
41.79	47.09	50fl	45.99	40.49
1:39.09	1:52.99	100fl	1:50.79	1:37.09
1:31.69		100im		1:28.89
3:15.59	3:43.19	200im	3:40.79	3:13.19

10 & Under Boys

15-18 Girls

SCY	LCM	SCY	LCM	SCY
29.49	33.79	50fr	30.19	26.39
1:03.99	1:13.49	100fr	1:06.89	57.89
2:18.69	2:38.29	200fr	2:26.09	2:06.79
6:11.99	5:32.89	400M/500fr	5:09.89	5:44.09
11:50.79	10:35.39	800M/1000fr	10:00.09	11:02.59
19:47.29	20:20.49	1500M/1650fr	18:59.09	18:30.39
1:09.39	1:21.09	100ba	1:14.39	1:03.19
2:31.39	2:54.99	200ba	2:41.39	2:17.49
1:19.69	1:32.39	100br	1:23.49	1:11.09
2:52.79	3:20.49	200br	3:01.39	2:36.19
1:09.39	1:19.29	100fl	1:11.79	1:02.69
2:33.49	2:53.99	200fl	2:39.99	2:20.49
2:34.89	2:58.19	200im	2:43.99	2:20.89
5:30.49	6:18.79	400im	5:47.29	5:03.69

15-18 Boys

11-12 Girls

SCY	LCM	SCY	LCM	SCY
31.29	35.69	50fr	34.69	30.29
1:08.29	1:18.09	100fr	1:15.49	1:05.89
2:28.99	2:49.19	200fr	2:44.89	2:23.49
6:38.19	5:56.49	400M/500fr	5:48.69	6:27.49
12:41.19	11:29.29	800M/1000fr	11:18.59	12:27.89
21:20.59	22:04.99	1500M/1650fr	21:37.39	20:52.99
35.39	40.79	50ba	40.39	34.99
1:18.09	1:30.99	100ba	1:27.99	1:15.69
2:43.99	3:09.89	200ba	3:05.19	2:39.69
39.99	45.49	50br	45.19	39.49
1:27.19	1:40.89	100br	1:38.39	1:24.49
3:06.59	3:35.99	200br	3:28.69	3:00.19
33.89	38.29	50fl	38.59	34.19
1:17.59	1:28.49	100fl	1:26.29	1:16.09
2:47.19	3:10.19	200fl	3:06.19	2:40.79
1:18.09		100im		1:14.99
2:47.29	3:11.39	200im	3:08.49	2:43.99
5:56.79	6:48.29	400im	6:39.19	5:46.39

11-12 Boys

Time Standards can also be found at the following link:

https://www.gomotionapp.com/snslsc/UserFiles/Image/QuickUpload/2023-2024-lsc-champs-time-standards-v2_062488.pdf