



# 2020 ALASKA SWIMMING JUNIOR OLYMPIC CHAMPIONSHIPS

Hosted by ALASKA SWIMMING, INC.  
APRIL 23-26, 2020



All entries shall be submitted using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic file. The SDIF file must be received, via email to the Entry Contact, by **11:59p Wednesday, April 15, 2020.**

<b>SANCTION</b>	Under sanction #AK-201920-17 by USA Swimming and Alaska Swimming.				
<b>LOCATION</b>	Bartlett High School Pool 1101 Golden Bear Dr. Anchorage, AK 99504				
<b>FACILITY</b>	50-meter, 8-lane pool with Keifer Flo-Thru lane lines. Two movable bulkheads divide pool into two 25-yard courses. Colorado Timing System 6 will be used with Colorado touchpads, 2-button semi-automatic backup, 1-button manual Dolphin stopwatches, 8-lane CTS display, and horn and strobe light start. Bartlett is not a USAS Certified Pool as the competition course has not been certified in accordance with 104.2.2C (4) of the USAS Rules and Regulations. Pool depth is: 12 ft deep end start, 5 ft deep end turn; 4 ft shallow end start, 4 ft 10 in shallow end turn.				
<b>EVENT PERSONNEL</b>	<p><b>Meet Referee:</b> Cathy Foy Email: catherinefoy.alaska@gmail.com</p> <p><b>Admin Referee:</b> Susan Oakley Email: susanjoie@gmail.com</p> <p><b>Admin Official:</b> Bob Foy Email: foy.alaska@gmail.com</p> <p><b>Meet Director:</b> Wendy Kolberg Email: kolbergw@yahoo.com</p> <p><b>Entry Chair:</b> Becky Cook Email: becky@rbcook.net</p> <p><b>Safety Coordinator:</b> Jodi McLaughlin Email: mclaughlin98@gmail.com</p>				
<b>SCHEDULE</b>		<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	<b>Prelims Warm Up</b>		8:30a	7:30a	7:30a
	<b>Prelims Start</b>		10:00a	9:00a	9:00a
	<b>Finals Warm Up</b>	3:50p	3:20p	2:20p	2:20p
	<b>Finals Start</b>	5:00p	4:30p	3:30p	3:30p
	<b>Official's Meeting</b>	4:30p	9:30a	8:30a	8:30a
	<b>Coach's Meeting</b>	3:30p	8:15a	As needed	As needed
	<b>Positive Check-In</b>	4:30p	9:30a	8:30a	8:30a
<b>SCHEDULE (CONT.)</b>	*PROJECTED TIMELINE: Finals start times are estimated based on last year's timeline and are subject to change. There will be a minimum two-hour break between the end of Prelims and the				



	start of Finals. An accurate timeline for this year will be established and distributed by Monday, April 20, along with the heat/lane assignment report.			
WARM UPS	<ul style="list-style-type: none"><li>Warm up and warm down procedures will be enforced in accordance with ASI 2019-2020 Rules and Regulations.</li><li>The space between bulkheads is open for 10&amp;U warm up only during prelim warm ups. It is open to all swimmers during prelim sessions and finals warm up</li></ul>			
		First 30 Minutes	Next 30 Minutes	Last 20 Minutes
	Prelim Warm Up	10&U only: shallow lanes 1-4 General: remainder of pool	General: all lanes	Dive Sprint (1-3), Pace (7-8), General (4-6) in both pools. *Dive Sprint conducted by coaches
	Final Warm Up	General: all lanes, both pools, first 40 minutes Dive Sprint (1-3), Pace (7-8), General (4-6) in both pools, last 20 minutes. *Dive Sprint conducted by coaches		
	During Competition	Space between bulkheads is open to all swimmers during prelims. Lane 8 boy’s end open during prelims. Shallow end open during finals.		
	Pool Closed	Session warm up will close 10 minutes prior to session start time		
FORMAT	<ul style="list-style-type: none"><li>This meet will be conducted in Short Course Yards (SCY)</li><li>All Prelim/Final events will be conducted with Prelims, Consolation Finals (15&amp;O), and Finals (in that order) on the same day</li><li>All 10&amp;U events will be swum as Timed Finals during the Prelims session</li><li>11&amp;O distance events (400 IM, 500 FR, 1000 FR, 1650 FR) will be swum as Timed Finals and run fastest to slowest.</li><li>Relays shall be swum as Timed Finals and shall have no qualifying times. Teams may enter no more than two (2) individually non-qualified swimmers per relay event.</li><li>This meet will be run as a ‘no recall meet’ and flyover starts may be used.</li></ul>			
SEEDING	<ul style="list-style-type: none"><li>All prelim/final events will be pre-seeded for prelims with the fastest three (3) heats swum last and circle seeded. Remaining heats will swim first, seeded slowest to fastest.</li><li>All 11&amp;O distance events will be seeded fastest to slowest</li><li>All 10&amp;U events will be seeded slowest to fastest</li><li>All relays will be seeded slowest to fastest</li><li>Empty lanes in Finals will be filled by moving swimmers up in order, from the slowest heats, without reseeding the heats.</li></ul>			
PRELIMS	Swum at BOTH ends of the pool. During prelims, at the discretion of meet management, boys will compete in six lanes, leaving a one lane buffer and one lane for warm ups/downs. Swimmers will need to warm up/down in a timely manner to allow room for succeeding heats of swimmers. <ul style="list-style-type: none"><li>Girls: Deep end Friday and Sunday</li><li>Boys: Deep end Thursday and Saturday</li></ul>			
FINALS	<ul style="list-style-type: none"><li>11 &amp; Over finals will be swum at the deep end with the shallow end open for warm up/down</li><li>For 11/12 and 13/14 age groups, there will be one Championship Final heat</li><li>For 15&amp;O age group there will be one Consolation Final and one Championship Final, in that order</li></ul>			
	<ul style="list-style-type: none"><li>All 10 &amp; Under events (individual and relay) will be swum as Timed Finals during the Prelims session, and swum in their gender’s respective pool for that day</li></ul>			



<b>TIMED FINALS</b>	<ul style="list-style-type: none"> <li>All distance events (400 IM, 500 FR, 1000 FR, 1650 FR) will be swum as consolidated Timed Finals in their gender's respective pool for that day. These events have positive check-in due 30 minutes prior to session start time and will be swum fastest to slowest. Swimmers are responsible for their own lap counters; timers will be provided</li> <li>All 11 &amp; Over relay events will be swum as Timed Finals. 400-yard relays will be swum at the beginning of Prelims in their gender's respective pool for that day while 200-yard relays will be swum at the beginning on Finals in the deep end pool.</li> </ul>
<b>CHECK-IN PROCEDURE</b>	Positive check-in is required for the 400 IM, 500 FR, 1000 FR, 1650 FR, due 30 minutes prior to session start time. Those not checked-in by the deadline will be scratched.
<b>SCRATCHES</b>	<ul style="list-style-type: none"> <li>Individual scratch rules for events will be in effect as stated in the 2019-2020 ASI Rules and Regulations (article 3.A.9)</li> <li>A swimmer will be considered entered unless his/her coach has officially scratched him/her from the event.</li> <li>Scratches shall be made at the Clerk of Course on the provided scratch sheet.</li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all registered athlete members of USA Swimming or any recognized FINA member that have met a qualifying time since January 1, 2019. Times may be from a sanctioned USA/FINA swim meet, time trial, or an observed high school meet where times were loaded into SWIMS. Times must meet the appropriate qualifying standard, eligibility time frame, and must be verified.</li> <li>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 (if available). 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.</li> <li>Swimmers 20 years or older on the first day of the meet may not advance beyond prelims or score in timed finals, including relay events</li> </ul>
<b>ADAPTIVE SWIMMERS</b>	Disabled or adapted swimmers are welcome and encouraged to participate. Coaches should include a written description of the special needs of the disabled/adaptive swimmer with team entries. Questions regarding final assignment within specified heats should be brought to the attention of the Meet Referee.
<b>ENTRY DEADLINE AND SUBMISSION</b>	<p><b>MEET ENTRY CONTACT:</b> Becky Cook</p> <p><b>ENTRY DEADLINE:</b> 11:59p on Wednesday, April 15, 2020.</p> <p>Late entries will not be accepted.</p> <p>Email: becky@rbcook.net</p>
<b>ENTRY LIMITS</b>	<p><b>Seven (7) individual events and four (4) relays, with a maximum of three (3) individual events and one (1) relay event per session.</b> Swimmers will not be guaranteed twenty minutes between events.</p> <p><b>Relays:</b> There is no limit to the number of relays a club may enter, but only the top two (2) can score in each relay event. Relay only swimmers must be included in the entry file, team entry report, and must pay entry fees.</p>
<b>ENTRY RULES</b>	<b>SDIF REQUIRED:</b> All entries shall be submitted using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic file (i.e. Hy-Tek).



	<p><b>ENTRIES MUST INCLUDE:</b> Full legal name, age, USA Swimming Registration number. Enter times in the course swum (LCM, SCY, SCM). Meet Management will seed all entries by conforming each to the course of competition (SCY) and list all entries with the times submitted (2019-2020 ASI Rules &amp; Regs 3.A.6.e)</p> <p><b>AGE:</b> Swimmer's age on the first day of the meet determines age for the entire competition.</p> <p><b>DECK ENTRIES:</b> Deck entries will not be accepted.</p>
<b>INCLUDE WITH TEAM ENTRY</b>	Team Entry Report with athlete's USAS ID #
<b>ENTRY FEES</b>	<p><b>INDIVIDUAL EVENT:</b> \$3.25</p> <p><b>RELAY EVENT:</b> \$7.50</p> <p><b>ATHLETE SURCHARGE:</b> \$23.00</p> <p>Please make checks payable to: Alaska Swimming</p> <p>Deliver fees to computer table during meet. <i>Entry fees are non-refundable</i></p>
<b>DECK ACCESS AND CREDENTIALS</b>	<b>Closed deck.</b> Athletes, coaches and volunteers only. Coaches must supply computer table with current credentials prior to competition. Per ASI rules, swimmers may not be allowed to swim in the meet until this requirement is met. Deck Pass App will suffice.
<b>MEET RULES</b>	This meet will be run according to USA Swimming/Alaska Swimming rules and regulations, including the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP).
<b>SCORING</b>	<p><i>Scores shall be kept on combined team scores, men's and women's team scores, and individual scores.</i></p> <p><b>INDIVIDUAL A Final:</b> 20-17-16-15-14-13-12-11</p> <p><b>INDIVIDUAL B Final:</b> 9-7-6-5-4-3-2-1</p> <p><b>RELAY:</b> 40-34-32-30-28-26-24-22</p>
<b>AWARDS</b>	<p><b>INDIVIDUAL:</b> Medals 1<sup>st</sup>-3<sup>rd</sup>, Ribbons 4<sup>th</sup>-8<sup>th</sup></p> <p><b>RELAY:</b> Medals 1<sup>st</sup>-3<sup>rd</sup></p> <p><b>INDIVIDUAL HIGH POINT:</b> 1<sup>st</sup>-3<sup>rd</sup> (10&amp;U, 11/12, 13/14, 15&amp;O) in each gender</p> <p><b>TEAM AWARDS:</b></p> <p>1<sup>st</sup>-3<sup>rd</sup> Combined Team</p> <p>Most Points per Swimmer (minimum 6 swimmers)</p> <p>Best Time Percentage (minimum 6 swimmers)</p>
<b>MEET PROGRAMS AND RESULTS</b>	Coach's heat sheet will be available at the beginning of warm ups. Live results will be available on Meet Mobile and the ASI website. Final results will be posted on the ASI websites.
<b>LIABILITY</b>	<ul style="list-style-type: none"> <li>It is understood and agreed that <b>USA Swimming</b> shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</li> <li>It is understood and agreed that <b>Alaska Swimming</b> shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</li> </ul>
<b>POOL RULES</b>	<ul style="list-style-type: none"> <li>No glass on deck at any time. No shaving allowed on site.</li> <li>Smoking or use of other tobacco products in not permitted before, during or after the meet within the facility of adjacent outdoor areas.</li> <li>Municipality of Anchorage lifeguards are first responders to any emergency.</li> <li><b>Swimming under the bulkhead will result in immediate disqualification and ejection from the entire meet.</b></li> </ul>
<b>DECK CHANGING</b>	Deck Changes are prohibited.
<b>RECORDING BAN</b>	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Visual recording devices are not



	permitted behind the blocks during the start sequence throughout the meet.
<b>DRONES</b>	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.
<b>MINOR ATHLETE ABUSE PREVENTION POLICY (MAAPP)</b>	All USA Swimming athletes 18 years of age and older must complete Athlete Protection Training prior to competition. Those who have not completed Athlete Protection Training, with training completion loaded into SWIMS, prior to this meet will not be allowed to compete. Athlete Protection Training can be found here: <a href="https://www.usaswimming.org/utility/landing-pages/safe-sport/apt">https://www.usaswimming.org/utility/landing-pages/safe-sport/apt</a>
<b>TIME TRIALS</b>	Time trials will be offered on Friday, Saturday and Sunday at the discretion of Meet Management. Tentative time trial schedule and procedure for entry shall be established at the first coach's meeting.
<b>CONCESSIONS</b>	A concession stand will be offered
<b>HOSPITALITY</b>	Hospitality will be offered for coaches, officials and volunteers only
<b>OFFICIALS</b>	<p>All certified officials would be appreciated and are encouraged to help. If interested, please email Meet Referee Cathy Foy.</p> <p>This meet will be a National Certification Qualifying meet. If interested in N2 or N3 Certification, applications for observation must be submitted to Cathy Foy (<a href="mailto:catherinefoy.alaska@gmail.com">catherinefoy.alaska@gmail.com</a>) prior to the end of the first session.</p> <p>An N3 evaluation must be done over four (4) sessions in the position to be valid. N2 evaluations must be done over three (3) sessions in the position. Recertification evaluations must each be done over two (2) sessions. However, the official must work at least four (4) sessions at the meet for advancement or recertification evaluation(s) to be valid.</p>
<b>HOUSING</b>	Discounted hotel rates will be available via booking link on the ASI website by Feb. 1, 2020
<b>TRAVEL ASSISTANCE</b>	<p>Travel assistance for the Alaska Junior Olympic Championship will be distributed on an equitable basis for all qualified participants attending the meet from areas outside the host area. Travel assistance forms are available on the Alaska Swimming Website.</p> <p>Per the amended ASI Rules &amp; Regulations at the 2019 House of Delegates meeting, swimmers from outside the host area who have a parent officiate at least 75% of the meet will be eligible for an additional 25% travel assistance.</p>
<b>PARKING</b>	<p>Will be available in the Bartlett High School parking lot. <b>School will be in session on Friday. Please park in the far west half of the lot on Friday (as far from the Bartlett gym as possible), as the nearer lot will be in use for school buses during the day. Vehicles parked in the area used by school buses will be towed at the owner's expense.</b></p> <p>On Friday, Bartlett High School JROTC will be helping with parking. <b>There will be a small fee for parking Friday only as a fundraiser for JROTC.</b></p>
<b>NOTE TO COACHES</b>	After-meet clean-up costs have increased, and we may be charged to dispose of the garbage/trash that is generated. Please encourage all in attendance to utilize refillable beverage containers and to recycle disposable items such as paper, aluminum and plastic in the appropriate receptacles located around the facility. Please be certain your area has been cleaned



	of all debris prior to leaving each day, including team decorations. We are now being charged pool time until the LAST individual leaves the building. Please clean your area and instruct your team members to leave the building promptly upon completion of the meet each day.			
<b>VOLUNTEER ASSIGNMENTS</b>	As a State hosted championship meet, volunteers will be needed from all participating clubs. Questions/concerns about volunteer assignments should be directed to Josh Gregory ( <a href="mailto:coachjosh@aksst.com">coachjosh@aksst.com</a> ). Volunteer assignments are based off participation at the 2019 Alaska Junior Olympic Championships. If your club would like to increase your volunteer participation please contact Josh Gregory ( <a href="mailto:coachjosh@aksst.com">coachjosh@aksst.com</a> ).			
	The below volunteer positions include: lane timers, concession staff, hospitality staff, deck runners, awards table, door guards, and safety marshals. Meet management personnel will be selected by the AK Senior Champ Planning Committee.			
		<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
	<b>AST</b>	4	5	5
	<b>BBSC</b>	1	1	1
	<b>CAC</b>	4	5	5
	<b>CI</b>	0	1	1
	<b>CWSC</b>	1	1	1
	<b>GWCST</b>	0	1	1
	<b>GSC</b>	4	4	4
	<b>HDST</b>	1	1	1
	<b>KSC</b>	0	1	1
	<b>KKW</b>	1	1	1
	<b>KKF</b>	1	1	1
	<b>MSST</b>	3	3	3
	<b>NPAC</b>	1	1	1
	<b>NLSC</b>	4	5	5
	<b>PPST</b>	0	1	1
	<b>STSC</b>	0	1	1
	<b>SSS</b>	0	1	1
	<b>SST</b>	4	4	4
	<b>VTSC</b>	1	1	1
	<b>VSC</b>	0	1	1
	<b>WWSC</b>	0	1	1
	<b>WSC</b>	1	1	1
	<b>YMCA</b>	3	3	3
	<b>TOTALS</b>	34	45	45

## EVENT SCHEDULE

<b>THURSDAY, APRIL 23 TIMED FINALS</b> Warm Up @ 3:50p, Races @ 5:00p		
<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>



1	11&O 1650 FREE*	2
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\*Timed Final – fastest to slowest. Positive check-in due by 4:30p

FRIDAY, APRIL 24 PRELIMS Warm Up @ 8:30a, Races @ 10:00a		
GIRLS	EVENT	BOYS
9	10&U 50 BREAST	10
11	11/12 50 BREAST	12
13	13/14 100 BREAST	14
15	15&O 100 BREAST	16
17	10&U 50 BACK	18
19	11/12 50 BACK	20
21	13/14 200 BACK	22
23	15&O 200 BACK	24
25	10&U 100 FLY	26
27	11/12 100 FLY	28
29	13/14 200 FLY	30
31	15&O 200 FLY	32
33	10&U 50 FREE	34
35	11/12 50 FREE	36
37	13/14 50 FREE	38
39	15&O 50 FREE	40
41	11/12 200 BREAST	42
43	OPEN 500 FREE*	44
FRIDAY, APRIL 24 FINALS Warm Up @ 3:20p, Races @ 4:30p		
GIRLS	EVENT	BOYS
3	11/12 200 MEDLEY RELAY	4
5	13/14 200 MEDLEY RELAY	6
7	15&O 200 MEDLEY RELAY	8
11	11/12 50 BREAST	12
13	13/14 100 BREAST	14
15	15&O 100 BREAST	16
19	11/12 50 BACK	20
21	13/14 200 BACK	22
23	15&O 200 BACK	24
27	11/12 100 FLY	28
29	13/14 200 FLY	30
31	15&O 200 FLY	32
35	11/12 50 FREE	36
37	13/14 50 FREE	38
39	15&O 50 FREE	40
41	11/12 200 BREAST	42

\*Timed Final – fastest to slowest. Positive check-in due by 9:30a

SATURDAY, APRIL 25 PRELIMS Warm Up @ 7:30a, Races @ 9:00a		
GIRLS	EVENT	BOYS





45	10&U 200 MEDLEY RELAY	46
47	11/12 400 MEDLEY RELAY	48
49	13/14 400 MEDLEY RELAY	50
51	15&O 400 MEDLEY RELAY	52
59	10&U 200 FREE	60
61	11/12 100 FREE	62
63	13/14 100 FREE	64
65	15&O 100 FREE	66
67	10&U 100 BREAST	68
69	11/12 100 BREAST	70
71	13/14 200 BREAST	72
73	15&O 200 BREAST	74
75	10&U 100 BACK	76
77	11/12 100 BACK	78
79	13/14 100 BACK	80
81	15&O 100 BACK	82
83	10&U 100 IM	84
85	11/12 200 FLY	86
87	11&O 400 IM*	88
<b>SATURDAY, APRIL 25 FINALS</b> Warm Up @ 2:20p, Races @ 3:30p		
<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
53	11/12 200 FREE RELAY	54
55	13/14 200 FREE RELAY	56
57	15&O 200 FREE RELAY	58
61	11/12 100 FREE	62
63	13/14 100 FREE	64
65	15&O 100 FREE	66
69	11/12 100 BREAST	70
71	13/14 200 BREAST	72
73	15&O 200 BREAST	74
77	11/12 100 BACK	78
79	13/14 100 BACK	80
81	15&O 100 BACK	82
85	11/12 200 FLY	86

\*Timed Final – fastest to slowest. Positive check-in due by 8:30a

<b>SUNDAY, APRIL 26 PRELIMS</b> Warm Up @ 7:30a, Races @ 9:00a		
<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
89	10&U 200 FREE RELAY	90





91	11/12 400 FREE RELAY	92
93	13/14 400 FREE RELAY	94
95	15&O 400 FREE RELAY	96
97	11/12 200 BACK	98
99	10&U 200 IM	100
101	11/12 200 IM	102
103	13/14 200 IM	104
105	15&O 200 IM	106
107	10&U 100 FREE	108
109	11/12 200 FREE	110
111	13/14 200 FREE	112
113	15&O 200 FREE	114
115	10&U 50 FLY	116
117	11/12 50 FLY	118
119	13/14 100 FLY	120
121	15&O 100 FLY	122
123	11/12 100 IM	124
125	11&O 1000 FREE*	126
<b>SUNDAY, APRIL 26 FINALS</b> Warm Up @ 2:20p, Races @ 3:30p		
GIRLS	EVENT	BOYS
97	11/12 200 BACK	98
101	11/12 200 IM	102
103	13/14 200 IM	104
105	15&O 200 IM	106
109	11/12 200 FREE	110
111	13/14 200 FREE	112
113	15&O 200 FREE	114
117	11/12 50 FLY	118
119	13/14 100 FLY	120
121	15&O 100 FLY	122
123	11/12 100 IM	124

\*Timed Final – fastest to slowest. Positive check-in due by 8:30a

## Time Standards



			10 & Under			
Girls			Event	Boys		
LCM	SCM	SCY		SCY	SCM	LCM
:39.89	:38.89	:35.19	50 FREE	:34.49	:38.09	:39.49
1:31.49	1:28.39	1:19.99	100 FREE	1:18.79	1:26.99	1:30.29
3:20.99	3:15.99	2:57.39	200 FREE	2:47.99	3:05.69	3:12.09
6:51.09	6:38.59	7:35.49	400/500 FREE	7:26.99	6:31.19	6:44.59
:48.89	:46.29	:41.89	50 BACK	:42.39	:46.79	:49.19
1:45.99	1:40.19	1:30.69	100 BACK	1:29.69	1:39.09	1:43.59
:53.99	:52.49	:47.49	50 BREAST	:46.59	:51.39	:53.29
2:01.49	1:55.99	1:44.99	100 BREAST	1:41.89	1:52.59	1:57.69
:47.29	:46.19	:41.79	50 FLY	:40.49	:44.79	:45.99
1:52.99	1:49.49	1:39.09	100 FLY	1:37.99	1:48.29	1:51.39
	1:41.29	1:31.69	100 IM	1:29.39	1:38.79	
3:43.19	3:36.19	3:15.59	200 IM	3:13.19	3:33.49	3:40.79

			11-12			
Girls			Event	Boys		
LCM	SCM	SCY		SCY	SCM	LCM
:35.79	:34.69	:31.49	50 FREE	:30.29	:33.39	:34.69
1:18.49	1:15.49	1:08.29	100 FREE	1:05.89	1:12.89	1:15.69
2:50.39	2:45.39	2:29.69	200 FREE	2:24.59	2:39.79	2:45.19
5:56.49	5:48.69	6:38.39	400/500 FREE	6:27.49	5:39.09	5:48.69
12:29.19	12:01.69	13:44.69	800/1000 FREE	13:30.19	11:49.09	12:15.19
23:55.39	22:59.19	23:07.09	1500/1650 FREE	22:37.49	22:29.59	23:25.49
:41.19	:39.29	:35.59	50 BACK	:35.29	:38.99	:40.89
1:31.09	1:26.69	1:18.49	100 BACK	1:15.79	1:23.69	1:29.09
3:10.19	3:01.29	2:43.99	200 BACK	2:40.29	2:57.19	3:06.49
:45.49	:44.19	:39.99	50 BREAST	:39.59	:43.69	:45.39
1:41.39	1:36.59	1:27.39	100 BREAST	1:25.49	1:34.39	1:38.49
3:36.09	3:28.39	3:08.59	200 BREAST	3:00.99	3:19.99	3:28.69
:38.29	:37.69	:34.09	50 FLY	:34.19	:37.79	:38.69
1:28.49	1:26.49	1:18.79	100 FLY	1:16.49	1:24.49	1:26.29
3:10.10	3:05.59	2:47.79	200 FLY	2:43.99	3:01.19	3:07.69
	1:26.59	1:18.39	100 IM	1:14.99	1:22.89	
3:11.49	3:05.39	2:47.79	200 IM	2:44.19	3:01.19	3:09.29
6:48.29	6:34.19	5:56.79	400 IM	5:46.39	6:22.79	6:39.39



			13-14			
Girls			Event	Boys		
LCM	SCM	SCY		SCY	SCM	LCM
:34.59	:33.49	:30.29	50 FREE	:27.89	:30.79	:31.99
1:55.39	1:12.69	1:05.79	100 FREE	1:00.89	1:07.29	1:09.99
2:42.59	2:37.19	2:22.19	200 FREE	2:12.79	2:26.69	2:32.29
5:40.89	5:32.69	6:20.09	400/500 FREE	5:58.99	5:14.19	5:24.09
11:41.99	11:24.19	13:01.79	800/1000 FREE	12:23.89	10:51.09	11:13.99
22:23.09	21:35.69	21:43.19	1500/1650 FREE	20:43.19	20:35.99	21:37.39
1:23.59	1:19.19	1:11.69	100 BACK	1:06.89	1:13.89	1:18.29
2:59.39	2:51.69	2:35.39	200 BACK	2:25.89	2:41.19	2:49.69
1:34.99	1:30.99	1:22.39	100 BREAST	1:15.59	1:23.49	1:28.09
3:25.59	3:16.99	2:58.29	200 BREAST	2:45.59	3:02.99	3:11.59
1:21.09	1:18.89	1:11.39	100 FLY	1:06.39	1:13.29	1:15.49
2:59.49	2:54.49	2:37.89	200 FLY	2:26.99	2:42.49	2:49.19
3:03.39	:25.58	2:39.19	200 IM	2:28.59	2:44.19	2:51.99
6:27.59	6:15.39	5:39.69	400 IM	5:17.39	5:50.69	6:04.69

			15 & Over			
Girls			Event	Boys		
LCM	SCM	SCY		SCY	SCM	LCM
:33.79	:32.89	:29.79	50 FREE	:26.79	:29.59	:30.19
1:33.59	1:11.39	1:04.59	100 FREE	:58.39	1:04.49	1:07.09
2:38.69	2:33.79	2:19.19	200 FREE	2:07.49	2:20.89	2:26.09
5:32.89	5:25.59	6:12.09	400/500 FREE	5:45.99	5:02.79	5:09.89
11:28.39	11:13.89	12:49.99	800/1000 FREE	11:57.79	10:28.19	10:50.39
22:02.19	21:18.69	21:26.19	1500/1650 FREE	20:02.89	19:55.89	20:33.99
1:21.99	1:17.39	1:10.09	100 BACK	1:03.49	1:10.19	1:14.69
2:55.59	2:48.39	2:32.39	200 BACK	2:19.19	2:33.79	2:41.39
1:32.49	1:29.19	1:20.69	100 BREAST	1:12.09	1:19.59	1:23.49
3:20.79	3:13.09	2:54.69	200 BREAST	2:36.59	2:53.09	3:02.49
1:19.49	1:17.29	1:09.99	100 FLY	1:03.39	1:10.09	1:11.79
2:54.79	2:51.09	2:34.89	200 FLY	2:20.59	2:35.39	2:40.39
2:59.69	2:52.59	2:36.19	200 IM	2:21.79	2:36.69	2:43.99
6:18.79	6:06.89	5:31.99	400 IM	5:05.59	5:37.69	5:47.29



**APPENDIX A**  
**Swim Meet Warm-up/Warm-down Procedures**

**I. RULES FOR GENERAL WARM-UP**

A. Overview

1. The accepted method for entering the water is one hand on the wall, feet first, from the end of the pool. At no time should the athlete enter the water head -first unless starts are being directly supervised by their coach.
2. All swimming should be done in a counter-clockwise swimming direction.
3. No equipment including, but not limited to, paddles, pull buoys, fins, assisted or resisted cords and/or similar such devices that could result in injuries to swimmers.

**II. GENERAL WARM-UP PERIOD**

A. Overview

1. *Recommended* for first 30 – 45 min. of the warm-up session.
2. NO DIVING... Swimmers must enter the water using the accepted pool entry method.
3. No sprinting or pace work.
4. All lanes will be used for general warm-up.

**III. SPECIFIC WARM-UP PERIOD**

A. Overview

1. *Recommended* for last 30-45 minutes of the warm-up session.
2. Push pace lanes: Push-off one or two lengths from the starting end, circle swimming only (counter-clockwise). NO DIVING...Swimmers must enter the water using the accepted pool entry method.
3. Racing starts: Sprint lanes for race starts from blocks, sides, or from in the water (as for backstroke). Starts initiated from coach's signal.
4. The meet referee or designee will post team assigned lanes for warm-ups.

