



MINNESOTA  
SWIMMING

Updated 6.29.2021

2021 MN UofMN Speedo Sectionals LC Champs

July 7-10, 2021

LSC Sanction Requirements: MN21S-06-220M

Time Trial Sanction: MN21S-06-221MTT

## LSC Sanction Requirements

In applying for the sanctioned meet on June 7-10 2021, the Host Team, University of Minnesota, agrees to comply with and to enforce health and safety mandates and guidelines of USA Swimming, Minnesota Swimming, the State of Minnesota and Hennepin County.

## Statement of Local Protocols and Requirements

Guidelines and requirements can be found on the MNSI website [COVID-19 HUB](#). The following guidelines and requirements are as of 5/28/2021 which is the date the sanction request was submitted to MNSI.

- Maximum Capacity: No current limits
- Recommended 6 feet distancing while not actively competing or practicing

**The Host Team will follow all current state, local, health and USA Swimming guidelines and/or requirements on the date(s) of the meet.**

## Plan for Spectators

Due to the current COVID-19 environment and limited pool deck space at the facility, the Host Team IS NOT allowing spectators at this time, however there are many volunteer roles that will be required. The host team will continuously monitor the evolving guidelines pertaining to group size as it relates to COVID-19 and guidelines from various local and state agencies.

## Plan for Ingress and Egress

Volunteers, officials, swimmers, and coaches will use the Lobby Doors to enter and the Lobby Doors to exit the facility.

## Locker Rooms

Locker rooms CAN be used for changing during the meet. The Host Team is recommending that locker room use be minimized during the meet.

## Current Capacity Limitations (updated May 28, 2021)

- We are currently following the Minnesota Department of Health's Organized Sports Recommendations of providing 6-feet of distance between all persons while not actively competing or practicing.
- Warm Up Capacity: Swimming
  - 50-meter lanes: 12 swimmers per lane
  - 25-yard lanes: 8 swimmers per lane
  - Total warm-up capacity for LCM configuration: 144 swimmers
  - Total warm-up capacity for SCM configuration: 184 swimmers
  - Please note: Athletes in the pool count as people "on deck". This means that if you have 144 swimmers in warm ups (LCM) you can have no more than an additional 61 people on deck. If you have 184 swimmers in warm ups (SCY), you can have no more than an additional 21 people on deck.
- Deck Capacity
  - Seating in bleachers: 144 people
  - On deck standing room on race pool: 37 (20 on North Side, 17 on South Side)
  - Volunteer/Officials "Roaming": 24
  - **Total Deck Capacity: 205**
- North Spectator Capacity
  - 151 people (123 in bleacher seats 28 in chairs behind bleachers)
  - No spectators allowed if using this space for athlete seating
  - If you chose to use this space for spectators, you must provide a monitor at all times to manage the capacity limits.
- South Spectator Capacity
  - 151 people (123 in bleacher seats 28 in chairs behind bleachers)
  - No spectators allowed if using this space for athlete seating
  - If you chose to use this space for spectators, you must provide a monitor at all times to manage the capacity limits.
- **Total Facility Capacity**
  - **507 people**

**The Host Team will adjust planned number individuals on the meet date(s) to meet all current guidelines and requirements.**

## Safe Sport Considerations

The Host Team will encourage parents to volunteer during the swim meet to reduce the number of people in the facility. The Host Team will provide areas for parents to ensure they have access to and/or opportunity to observe their swimmer.



## 2021 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES

### CENTRAL ZONE SECTION 1 LONG COURSE CHAMPIONSHIPS

Jean K. Freeman Aquatic Center

July 7-10, 2021 (Wednesday -Saturday)



**SANCTIONED BY:** Minnesota Swimming, Inc. **SANCTION #** MN21S-06-220M **TIME TRIALS SANCTION#** MN21S-06-220MTT

**MEET HOST:** University of Minnesota Recreation and Wellness (UofM)

**START TIMES:** PRELIMS: 9:00 am all days; FINALS: 5:00 pm Wednesday-Saturday

**CHECK IN:** Tuesday, July 6, 11:30am-8:00pm; Wednesday, July 7, 7:00am-9:00am

**VIRTUAL GENERAL MEETING:** Tuesday, July 6, 7:00pm, An email meeting invitation with virtual link will be sent out to registered teams in advance. Additional Coaches Meetings may be held as determined by the Meet Referee. It is the responsibility and obligation of each team or unattached swimmer to be represented at all Coaches Meetings. **Coaches or other team and swimmer representatives are responsible for all information presented at these meetings including changes to the meet format or conduct.**

**MEET REFEREE:** Joe Waller

**OFFICIALS MEETINGS:** Prelims: 1 hour prior to start; Finals: 1 hour prior to start

**LOCATION:** Jean K. Freeman Aquatic Center, 1910 University Avenue SE, Minneapolis, MN 55455

**FACILITY:** The competition pool is an 8-lane, 50-meter indoor pool ranging from 7 feet to 7 feet 10 inches in depth. Lanes are 9 feet wide, separated by 6" Competitor Lane lines with slanted Spectrum starting blocks 29 inches above the water surface. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. A separate six-lane, 25-yard warm-up facility will be available, except during diving practice when there will be 2-3 lanes available. These times will be announced at the General Meeting.

**PARKING:** General parking will be available in the [University Avenue Ramp](#) and the [Washington Avenue Ramp](#). Event parking is \$3 per hour and subject to an increased event rate. General parking is also available in [Lot 37](#) off of 5th St. SE and the [Maroon Lot](#) on Oak St. SE. The rate for these lots is \$5.00 per entry. Prices are subject to change and rates may vary based on specific lots and their events on campus. For the most up-to-date parking information and maps, please visit the University of Minnesota Parking and Transportation website: <http://www1.umn.edu/pts/>.

**METRO DIRECTIONS:** Metro Transit has light rail service from the Minneapolis/St. Paul International Airport to the University! From the airport, you will board the Blue Line train towards downtown Minneapolis. When you reach the "[US Bank Stadium](#)" station, you will transfer to the Green Line train towards Downtown St. Paul. Exit the Green Line at the "[East Bank](#)" station and you are just two blocks from the Aquatic Center. For more information on planning your trip to or from the airport to campus via light rail, please visit [metrotransit.org](http://metrotransit.org).

**SPECTATORS:** Spectators will not be allowed this year in order to leave as much room in the facility for athletes as possible.

**OFFICIALS CERTIFICATION/APPLICATION TO OFFICIATE:** This meet will be submitted for designation as an "Officials Qualifying Meet," for certification and recertification evaluations for N2- and N3-level positions. A combined Request for Evaluation/Application to Officiate is available on the Central Zone website. Opportunities for evaluations may be limited by time and personnel resources. Availability of final evaluations for N-3 Starter and N-3 Deck Referee may be provided at the discretion of USAS Officials Committee designation of the meet.

#### FOR MORE INFORMATION, CONTACT:

Kaiti Goff, Meet Director	612-625-5339	<a href="mailto:kgoff@umn.edu">kgoff@umn.edu</a>
Linda McKee, Facility Director & Meet Manager	612-624-6349	<a href="mailto:lmckee@umn.edu">lmckee@umn.edu</a> <a href="mailto:UMNaquaticsentries@gmail.com">UMNaquaticsentries@gmail.com</a>
Joe Waller, Meet Referee	513-923-7900	<a href="mailto:joseph.waller@pwc.com">joseph.waller@pwc.com</a>

## **ENTRY INTO THE MEET**

**ELIGIBILITY:** All swimmers MUST be current 2021 registered athlete members of USA Swimming. Seasonally registered athletes are not allowed, and there will be no on deck registration. All coaches and officials allowed access on deck MUST be non-athlete members for 2021 and all coaches must have current certifications as a USA Swimming coach. The representative submitting entries shall be responsible for verifying that all swimmers and coaches satisfy these requirements. Deck Pass is acceptable proof of membership in USA Swimming. The meet is open to those USA Swimming athletes registered in the following LSCs: Minnesota, North Dakota, and South Dakota. Registration will also be open no earlier than June 21, 2021 for non-resident athletes from LSCs outside Central Zone Section 1 who have achieved a 2021 USA Swimming Speedo Sectionals Championship time standard for their event on a first-come, first-served reservation process.

**QUALIFYING:** The qualifying period is July 1, 2019, through the entry deadline. Qualifying time standards are included in this packet. Entry times will be accepted in Long Course Meters or Short Course Yards, and all events will be seeded in that order.

**ENTRY LIMITS:** Swimmers may compete in a maximum of three individual events and one relay event per day including time trials.

**RELAY ENTRY LIMITS:** Each team may enter a maximum of two relay teams in each relay event. Relay entries must be designated as "A" and "B" Relays.

**ENTRY FEES:** \$100 flat fee per athlete, regardless of the number of events. Included in this fee will be the Central Zone Athlete Surcharge and the Minnesota Swimming Splash Fee.

**BONUS ENTRIES:** Swimmers qualified in 1 individual event can have up to 2 Bonus Events. Swimmers qualified in 2 individual events can have up to 1 Bonus Event. Bonus Events can only be added if they meet the Bonus Event time standards. Swimmers entering 3 or more individual events are not permitted to swim a Bonus Event. Once an event is marked "bonus", it cannot be changed to a qualified event.

**ENTRY PROCEDURE:** All entries must be submitted using USA Swimming OME (online meet entry) at [www.usaswimming.org/ome](http://www.usaswimming.org/ome). Payment method through OME must be Visa, MasterCard, American Express or Discover. Entries are not considered accepted until payment method is validated. A confirmation email will be sent upon completion of your entries. Entrants are responsible for following up if acknowledgement is not received. Please bring a copy of all communications with you to the meet. Once entries are paid for, times can be ~~modified~~ updated and /or events added, but events cannot be deleted. Please contact Macie McNichols at USA Swimming with any questions on the OME system [mmcnichols@usaswimming.org](mailto:mmcnichols@usaswimming.org) 719-866-3506

**PARA ENTRY PROCEDURE:** Para Entries must be submitted via email to [Linda McKee](mailto:LindaMcKee@UMNaquaticsentries@gmail.com) at [UMNaquaticsentries@gmail.com](mailto:UMNaquaticsentries@gmail.com)

**ENTRY DEADLINE:** Entries may be submitted online beginning June 1, 2021 (9:00am Central Time) and will be accepted through **Friday, July 2, 2021 at 11:00pm (Central Time)**. Updates for improved seed times will be allowed on the OME system through 11:50pm (Central Time) on Monday, July 5<sup>th</sup>, 2021.

**NEW ENTRY TIMES ACHIEVED AFTER THE ENTRY DEADLINE:** Entries for athletes achieving qualifying standards for their first time after the entry deadline are permitted subject to the following restrictions:

1. New entries must be achieved between Friday, July 2 and Monday, July 5.
2. New entries must be submitted by email to the Linda McKee, [UMNaquaticsentries@gmail.com](mailto:UMNaquaticsentries@gmail.com), and received no later than 6:59pm CT on Monday, July 5.
3. Confirmation of receipt of New Entries is the sole responsibility of the sender.

**LATE ENTRIES:** Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:

1. Late entries do not result in unreasonable changes to the timeline, as determined by the Meet Referee.
2. Late entries must be received no later than 15 minutes after the conclusion of the general meeting on Tuesday, July 6, 2021.
3. Late entries must be submitted via email to Linda McKee at [UMNaquaticsentries@gmail.com](mailto:UMNaquaticsentries@gmail.com)
4. A one-time processing fee of \$50.00 plus entry fees of \$100per event entry must be paid prior to the start of the meet (9:00 am on Wednesday, July 7, 2021).

**OUT OF SECTION ENTRIES:** If the meet does not fill to capacity with in-section athletes, a new OME will open for out-of-section athletes. This will happen no earlier than June 21st 2021.

**PROOF OF TIME:** In order to accommodate LSC differences and to make entry as easy as possible throughout the Section, we will continue to accept times in the USA Swimming database, printed meet results and published times posted on publicly viewable websites. All "Custom or Override Times" must be verified prior to the scratch deadline for that event. If an entry time is entered into the SWIMS database after the entry deadline, be prepared to prove the time. Computer access will NOT be provided; coaches/swimmers must bring appropriate proof of time to the meet. Times that are not proven prior to seeding will be down-seeded to the lowest nonconforming time standard! Failure to meet the qualification time during the competition and prove that a qualification time was achieved will result in a \$100.00 fine. Fines must be paid before the next session—athletes with unproven times and unpaid fines will not be allowed to compete until the matter is resolved! Fines not paid prior to the final session of the meet shall be automatically doubled!!!

## **RULES AND PROCEDURES**

**RULES:** Current National USA Swimming Rules will govern all competition, except as otherwise specified in this meet information or the Section 1 Competition Manual.

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. 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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the blocks during racing starts.

**CREDENTIALS:** Credentials are required for all Coaches, Athletes, Officials, Volunteers, and Event Staff. No one is allowed to enter the venue without a credential. Doors will be staffed with event security from open to close. There will be a \$50 replacement fee for any lost credentials. ***Credentials will be labeled with names and there will be a \$500 fine for any Coach, Athlete, Official, Volunteer, or Staff member who's credential is found on another person.***

### **COACHES CREDENTIALS:**

- 1-10 Swimmers = 1 Coaches Credential
- 11-25 Swimmers = 2 Coaches Credentials
- 26+ Swimmers = 3 Coaches Credentials

Coaches credentials have been reduced to allow more space for athletes. If there is a special circumstance where extra credentials may be needed, please reach out to the meet director, [kgoff@umn.edu](mailto:kgoff@umn.edu)

**HEALTH CHECK:** Before entry, all Coaches, Athletes, Officials, Volunteers, and Staff will be asked a simple survey of questions regarding symptoms. Specific information will be distributed after entries close.

**COVID PROTOCOLS:** The University of Minnesota, the Minnesota Department of Health, and the Center for Disease Control all strongly recommend that all unvaccinated persons wear masks in public indoor spaces. It will be strongly recommended that all unvaccinated persons in attendance at this event wear a mask covering their nose and mouth.

This event is held under the sanction of USA Swimming. It is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries, including exposure to or infected with COVID-19 which may result in illness, personal injury, permanent disability, and/or death, to anyone during the conduct of the event.

It is further understood and agreed that Minnesota Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries, including exposure or and infected with COVID-19 which may result in illness, personal injury, permanent disability, and/or death, to anyone during the conduct of the event.

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 the 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 MINNESOTA SWIMMING, UNIVERSITY OF MINNESOTA 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 THEREWITH.

You acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that your family, including child(ren), may be exposed to or infected by COVID-19 while on site at the pool or facility and that such exposure or infection may result in the personal injury, illness, permanent disability, and death. You understand that the risk of becoming exposed to or infected by COVID-19 at the pool or facility may result from the actions, omissions, or negligence of myself and others, including, but not limited to, the University of Minnesota and other swim teams participating in the meet and pool management company's employees, volunteers, and program participants and their families.

University of Minnesota and participating teams will include the above information in meet announcements, heat sheets and posted around the pool facility. University of Minnesota reserves the right to cancel this meet at any time.

**LOCKER ROOMS:** Currently the locker rooms are restricted to 6 people each. An additional 44 changing rooms have been added upstairs in the concourses. If distancing restrictions are lifted, there will be fewer changing rooms available. Gender-neutral restrooms and additional changing rooms available upon request: please contact the meet director, [kgoff@umn.edu](mailto:kgoff@umn.edu).

**DECK CHANGING:** Except where venue facilities require otherwise, changing into or out of swimsuits, other than in locker rooms or changing rooms, is not appropriate and is prohibited.

**ATHLETE SEATING:** Athletes and Coaches will be seated both upstairs in the concourses and down on deck to allow for distancing. An official seating map will be distributed after entries close.

**WARM UP:** Feet-first entries only, except in designated lanes and times. Violations may result in disqualification from the next individual event or expulsion from the meet. More detailed warm up procedures will be distributed after the entry deadline. The specific COVID safety measures for warm up will be determined at that time, including lane capacity. *FINS AND PADDLES ARE NOT ALLOWED IN THE COMPETITION POOL.*

**POOL HOURS:** Tuesday, July 6 from 9:00am to 3:00pm. Wednesday, Thursday, Friday, and Saturday doors open at 6:50am and the pool will open for general warm-up at 7:00am. The structured warm-up schedule is listed below. The pool will close 30 minutes after the competition is completed each night.

<u>DAY</u>	<u>WARM-UP</u>	<u>PRELIMS</u>	<u>WARM-UP</u>	<u>FINALS</u>
Tuesday	9:00am-3:00pm		5:00-6:30pm	
Wednesday	7:00-8:50am	9:00am	3:30-4:50pm	5:00pm
Thursday	7:00-8:50am	9:00am	3:30-4:50pm	5:00pm
Friday	7:00-8:50am	9:00am	3:30-4:50pm	5:00pm
Saturday	7:00-8:50am	9:00am	3:30-4:50pm	5:00pm

Anyone interested in pool time prior to Tuesday July 6<sup>th</sup> should contact the facility director directly. Arrangements should be made at least two full weeks in advance.

**SIGN UP FOR WARMUP TIME TUESDAY JULY 6th:** Teams and athletes will sign up for a warm-up slot for Tuesday July 6th. Information about signing up for a warmup time will be sent after entries close.

**COVID CHANGES TO HOURS:** We expect capacity limits to allow all athletes to compete in a single prelim session. If capacity limits do not allow a single prelims session based upon entries as of June 21st, the meet format will be changed to 2 prelim sessions. The first beginning at 8am each day and the second beginning at 1pm each day. This would push each finals to start at 6pm.

**CONDUCT OF THE MEET:** This meet is a prelim/final meet. 24 athletes will advance to the finals in events 400m or less with the "C" final reserved for the fastest remaining athletes who are 18 years or younger. The top 8, 18 & Under swimmers who do not qualify for the Consolation (B) or Championship (A) heats will advance to the "C" final. If there are not enough 18 & Under swimmers to fill the "C" final in an event, the heat will be filled with the next fastest 19 & Over swimmers who do not qualify for the Consolation or Championship heats. Finals will be in the following order: Protected Final(C), Consolation(B), Championship(A). Each event during finals will consist of a Protected Final, Consolation, and Championship Final heat except for the 800m and 1500m Freestyles and all relays. These events will be conducted as timed final events. Preliminaries of events will be conducted using fly-over starts. Additionally, prelims may be flighted at the discretion of the Meet Referee and will be announced at the Coaches Meeting. Para-Athletes will be combined into events for prelims and compete in a separate Para event during finals.

**RACE READY AREA:** The race ready area will be used in both prelims and finals to prevent too many people in the start area. Two heats can line up in the race ready area. There will be an additional waiting area nearby that fits 2 more heats. Please refer to the map for staging.

**Tuesday:** The 800 Freestyle will be deck seeded with a positive check-in deadline 30 minutes after the conclusion of the General Meeting on Tuesday night.

**Wednesday:** The fastest heat of 800 Freestyle for women and men will be seeded into the finals; all other heats will be swum during the Wednesday prelim session fastest to slowest alternating heats of women/men. Athletes must provide their own lap counter.

**Thursday:** The 400 Freestyle Relays will be timed final events, and all heats will be swum at the end of the prelim session. Positive check-in is required by 30 min after the start of finals Wednesday.

**Friday:** The 800 Freestyle Relays will be timed final events, and all heats will be swum at the end of the prelim session, fastest to slowest alternating heats of women/men. Positive check-in is required by 30 min after the start of finals Thursday.

**Saturday:** The 1500 Freestyle will be deck seeded with a positive check-in 30 min after the start of finals Friday. The fastest heat of women and men will be seeded into finals. All other heats will be swum at the end of prelims (following the 400 Medley Relays) fastest to slowest alternating heats of women/men. Athletes must provide their own lap counter. The 400 Medley Relays will be timed final events, and all heats will be swum at the end of prelims. Positive check-in is required by 30 min after the start of finals Friday.

**SCRATCHES:** The following are the scratch deadlines for each day's events:

Deadline for Wednesday's events:	30 minutes after general meeting
Deadline for Thursday's events:	Wednesday 30 minutes after Finals begins
Deadline for Friday's events:	Thursday 30 minutes after Finals begins
Deadline for Saturday's events:	Friday 30 minutes after Finals begins

The meet will be administered according to the National Championship scratch procedures (2021 Rulebook, Section 207). More information on check in deadlines, scratch procedures and deadlines, and the location of the scratch box will be distributed at registration. If you will not be arriving in time to make the deadline, coaches scratch events via email to [lmkee@umn.edu](mailto:lmkee@umn.edu). Scratches submitted by email must be completed by the deadlines listed above.

**POSITIVE CHECK-IN:** Positive check-in is required for the 800m and 1500m Freestyle and all relays. Swimmers and relays who fail to positive check-in will be down-seeded to the slowest heat. Positive check-in deadlines follow scratch deadlines. If you will not be arriving in time to make the deadline, coaches may check-in for events via email to [UMNagaticsentries@gmail.com](mailto:UMNagaticsentries@gmail.com). Positive check-ins submitted by email must be completed by the deadlines listed above.

**RELAY JUDGING EQUIPMENT:** Automatic relay take off platforms will be used for all relays as verification.

**MEET COMMITTEE:** A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters.

**SWIMMER WITHOUT A COACH:** USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.

**SCORING:** All events will be scored to 16 places using the following point system:

Individual Scoring: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1;

Relay Scoring: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

**AWARDS:** There will be distanced award ceremonies for the top 3 athletes in each event.

Individual: Top 3 Awarded (medals)

Relays: Top 3 Awarded (medals)

**TIME TRIALS:** Time permitting, time trials will be offered each day 15 minutes after the completion of the preliminary session. The entry fee is \$20.00 per individual event and \$60.00 for relays. Time Trial signup times will be announced at the coaches meeting. Athletes must provide their own lane timer and lap counter for all time trial events. The 800m and 1500m TT may be swum in the open lanes of the timed final heats, based on the number of time trial requests and at the discretion of the meet referee as per the Order of Events below. Per 2016 convention, all swimmers, including relay only swimmers, are limited to two Time Trial events at the meet.

<u>TIME TRIAL SCHEDULE</u> (Time Permitting)	<u>ORDER OF EVENTS</u>
Wednesday afternoon following 800 Freestyle	Wednesday events/Thursday events/Friday events/Saturday events *800 Freestyle time trials Wednesday only (time permitting)
Thursday afternoon following 400 Freestyle Relay	Thursday Events/ Friday events/Saturday events/Wednesday Events
Friday afternoon following 800 Freestyle Relay	Friday events/Saturday events/Wednesday events/Thursday events
Saturday afternoon following 1500 Freestyle	Saturday events/Wednesday events/Thursday events/Friday events  *1500 Freestyle time trials Saturday afternoon only (time permitting)

**Updated Qualifying Times (Original Bonus Standards)**  
**OME Opens to new swimmers achieving these times on June 29, 2021 at 10AM**  
**OME Closes July 2, 2021 at 11PM**

WOMEN					MEN			
LCM	SCY	LCM Bonus	SCY Bonus		LCM	SCY	LCM Bonus	SCY Bonus
28.49	24.99	29.09	25.49	<b>50 Free</b>	25.69	22.29	26.29	22.79
1:01.29	53.99	1:02.59	55.09	<b>100 Free</b>	56.09	49.49	57.29	49.49
2:12.09	1:56.89	2:14.79	1:59.29	<b>200 Free</b>	2:02.49	1:46.49	2:04.99	1:48.69
4:38.39	5:09.99	4:43.99	5:16.19	<b>500 Free</b>	4:18.19	4:47.89	4:23.39	4:53.69
9:33.39	10:38.39	9:44.89	10:51.19	<b>1000 Free</b>	9:02.79	9:58.49	9:13.69	10:26.39
18:21.49	17:59.99	18:43.59	18:20.99	<b>1650 Free</b>	17:24.99	16:46.79	17:44.89	17:06.99
1:09.99	59.99	1:11.39	1:01.19	<b>100 Back</b>	1:03.89	55.59	1:05.19	56.79
2:30.39	2:10.49	2:33.39	2:13.09	<b>200 Back</b>	2:18.79	2:00.39	2:21.59	2:02.79
1:19.49	1:08.99	1:21.09	1:10.39	<b>100 Breast</b>	1:12.29	1:03.09	1:13.79	1:04.39
2:51.79	2:29.99	2:55.29	2:32.99	<b>200 Breast</b>	2:38.79	2:17.59	2:41.99	2:20.39
1:07.59	59.09	1:08.99	1:00.29	<b>100 Fly</b>	1:00.99	53.49	1:02.29	54.59
2:30.89	2:12.09	2:33.99	2:14.79	<b>200 Fly</b>	2:18.49	2:01.79	2:21.29	2:04.29
2:30.29	2:11.99	2:33.29	2:14.69	<b>200 IM</b>	2:18.39	1:59.99	2:21.19	2:02.39
5:20.39	4:39.99	5:26.79	4:45.59	<b>400 IM</b>	4:57.89	4:19.99	5:03.89	4:25.19

## Time Standards for Swimmers Registered in ALL LSCs:

WOMEN					Wed July 7th	MEN				
Event#	LCM	SCY	Bonus LC	Bonus SCY	EVENT	Bonus SCY	Bonus LC	SCY	LCM	Event#
1	1:00.69	53.09	1:01.29	53.99	100 Freestyle	48.49	56.09	47.39	54.79	2
3	2:48.79	2:24.69	2:51.79	2:29.99	200 Breast	2:17.59	2:38.79	2:14.99	2:37.99	4
<i>Awards for 100 Freestyle and 200 Breaststroke</i>										
5	2:29.99	2:09.99	2:30.89	2:12.09	200 Butterfly	2:01.79	2:18.49	1:59.19	2:17.89	6
+7*	9:29.99	10:29.99	9:33.39	10:38.39	800 Freestyle	9:58.49	9:02.79	9:49.99	8:59.99	*8+
<i>Awards for 200 Butterfly and 800 Freestyle</i>										

WOMEN					Thurs, July 8th	MEN				
Event#	LCM	SCY	Bonus LC	Bonus SCY	EVENT	Bonus SCY	Bonus LC	SCY	LCM	Event#
9	2:10.99	1:53.79	2:12.09	1:56.89	200 Freestyle	1:46.49	2:02.49	1:43.79	2:00.49	10
11	5:19.09	4:34.99	5:20.39	4:39.99	400 IM	4:19.99	4:57.89	4:14.99	4:56.99	12
<i>Awards for 200 Freestyle and 400 Individual Medley</i>										
13	1:08.89	58.99	1:09.99	59.99	100 Backstroke	55.59	1:03.89	53.39	1:03.09	14
<i>10 MINUTE BREAK</i>										
+15	A&B per team ONLY				400 Free Relay	A&B per team ONLY				16+
<i>Awards for 100 Backstroke and 400 Freestyle Relay</i>										

WOMEN					Fri, July 9th	MEN				
Event #	LCM	SCY	Bonus LC	Bonus SCY	EVENT	Bonus SCY	Bonus LC	SCY	LCM	Event #
17	2:26.99	2:07.19	2:30.39	2:10.49	200 Backstroke	2:00.39	2:18.79	1:58.49	2:18.09	18
19	4:36.29	5:05.09	4:38.39	5:09.99	400 Freestyle	4:47.89	4:18.19	4:42.79	4:16.99	20
<i>Awards for 200 Backstroke and 400 Freestyle</i>										
21	1:17.49	1:06.89	1:19.49	1:08.99	100 Breast	1:03.09	1:12.29	1:00.99	1:11.99	22
23	1:05.89	58.19	1:07.59	59.09	100 Butterfly	53.49	1:00.99	52.09	59.79	24
<i>Awards for 100 Breaststroke and 100 Butterfly</i>										
+25*	A&B per team ONLY				800 Free Relay	A&B per team ONLY				*26+
<i>Awards for 800 Freestyle Relay</i>										

WOMEN					Sat July 10th	MEN				
Event #	LCM	SCY	Bonus LC	Bonus SCY	EVENT	Bonus SCY	Bonus LC	SCY	LCM	Event#
27	2:28.99	2:09.29	2:30.29	2:11.99	200 IM	1:59.99	2:18.39	1:57.09	2:17.19	28
+29*	18:19.99	17:39.99	18:21.49	17:59.99	1500 Freestyle	-	-	-	-	-
30	28.09	24.49	28.49	24.99	50 Freestyle	22.29	25.69	21.69	25.29	31
-	-	-	-	-	1500 Freestyle	16:46.79	17:24.99	16:39.99	17:19.99	*32+
<i>Awards for 200 Individual Medley, 1500 Freestyle, and 50 Freestyle</i>										
+33	A&B per team ONLY				400 Medley Relay	A&B per team ONLY				34+
<i>Awards for 400 Medley Relay</i>										

\* Swum at the end of prelims fastest to slowest alternating women/men, fastest heat of men and women will be swum during finals

+ Timed Finals, positive check-in is required



### Parallel Time Standards for Swimmers With A Disability

PARA 1	WOMEN				P1	MEN				Event #
	LCM	SCY	Bonus LC	Bonus SCY	EVENT	Bonus SCY	Bonus LC	SCY	LCM	W/M
	1:18.39	1:18.39	1:21.59	1:21.59	50 Free	1:15.29	1:15.29	1:12.29	1:12.29	30/31
2:44.39	2:44.39	2:51.19	2:51.19	100 Free	2:49.89	2:49.89	2:43.09	2:43.09	1/2	
6:33.69	6:33.69	6:50.09	6:50.09	200 Free	4:39.69	4:39.69	4:28.49	4:28.49	9/10	
2:50.39	2:50.39	2:57.49	2:57.49	100 Back	2:17.29	2:17.29	2:11.79	2:11.79	13/14	
4:04.79	4:04.79	4:14.99	4:14.99	100 Breast	3:16.99	3:16.99	3:09.09	3:09.09	21/22	

### Parallel Time Standards for Swimmers With A Disability

PARA 2	WOMEN				P2	MEN				Event #
	LCM	SCY	Bonus LC	Bonus SCY	EVENT	Bonus SCY	Bonus LC	SCY	LCM	W/M
	44.89	42.69	46.79	44.49	50 Free	40.89	43.09	39.29	41.39	30/31
1:39.89	1:34.89	1:44.09	1:38.89	100 Free	1:30.19	1:34.99	1:26.59	1:31.19	1/2	
3:25.69	3:15.39	3:34.29	3:23.59	200 Free	3:10.79	3:20.89	3:03.19	3:12.79	9/10	
6:29.89	7:57.69	6:46.09	8:17.49	400 Free	6:33.09	8:01.59	7:42.39	6:17.39	19/20	
2:06.19	1:59.89	2:11.39	2:04.89	100 Back	1:55.79	2:01.89	1:51.19	1:56.99	13/14	
4:20.29	4:07.29	4:31.19	4:17.69	200 Back	3:37.39	3:48.79	3:28.79	3:39.69	17/18	
2:06.29	1:59.99	2:11.59	2:05.09	100 Breast	1:56.16	2:02.39	1:51.59	1:57.49	21/22	
4:36.59	4:22.79	4:48.19	4:33.79	200 Breast	4:10.79	4:23.99	4:00.79	4:13.49	3/4	
2:21.19	2:14.19	2:27.09	2:19.79	100 Fly	2:12.79	2:19.79	2:07.49	2:14.19	23/24	
4:21.89	4:08.79	4:32.79	4:19.19	200 IM	3:56.69	4:09.19	3:49.19	3:59.19	27/28	

### Parallel Time Standards for Swimmers With A Disability

PARA 3	WOMEN				P3	MEN				Event #
	LCM	SCY	Bonus LC	Bonus SCY	EVENT	Bonus SCY	Bonus LC	SCY	LCM	W/M
	36.69	33.09	38.19	34.39	50 Free	30.09	33.49	28.89	32.19	30/31
1:18.19	1:10.39	1:21.49	1:13.39	100 Free	1:05.49	1:12.79	1:02.89	1:09.89	1/2	
3:12.89	2:53.69	3:20.99	3:00.89	200 Free	2:29.79	2:46.39	2:23.79	2:39.79	9/10	
5:47.39	6:35.19	6:01.89	6:51.69	400 Free	6:27.89	5:40.99	6:12.49	5:27.39	19/20	
12:54.79	15:10.39	13:23.79	15:44.49	800 Free	15:17.89	13:01.19	14:41.29	12:29.99	7/8	
25:57.49	27:41.99	26:52.09	28:40.09	1500 Free	28:23.49	26:36.49	27:15.29	25:32.59	29/32	
1:33.79	1:24.49	1:37.69	1:27.99	100 Back	1:12.79	1:20.89	1:09.89	1:17.69	13/14	
3:45.09	3:22.59	3:56.39	3:32.79	200 Back	2:54.59	3:13.99	2:47.59	3:06.19	17/18	
1:39.69	1:29.79	1:43.89	1:33.49	100 Breast	1:23.79	1:33.09	1:20.49	1:29.39	21/22	
3:38.39	3:16.29	3:49.29	3:29.39	200 Breast	3:03.39	3:23.79	2:56.09	3:15.59	3/4	
1:24.69	1:16.29	1:28.19	1:19.39	100 Fly	1:08.89	1:16.49	1:06.09	1:13.49	23/24	
3:34.29	3:12.89	3:44.89	3:22.49	200 Fly	2:44.29	3:13.69	2:47.39	3:05.89	5/6	
3:18.29	2:58.49	3:26.59	3:05.99	200 IM	2:38.89	2:56.49	2:32.49	2:38.89	27/28	
7:01.19	7:47.99	8:11.39	7:22.29	400 IM	6:56.79	6:56.79	6:06.79	6:40.09	11/12	