



2022 Ozark Long Course Championships
July 21-24, 2022
Chuck Fruit Aquatic Center

SANCTION:	- Held under the sanction of USA Swimming/Ozark Swimming, Inc. Sanction No. OZ-6181 - USA Swimming, Inc., Ozark Swimming, Inc., ECUSD7, and Chuck Fruit Aquatic Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. - We have taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting Chuck Fruit Aquatic Center. 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. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19. - USA Swimming, Inc., Ozark Swimming, Inc., ECUSD7, and Chuck Fruit Aquatic Center cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Virginia 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/Ozark 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 OZARK SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS 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.		
LOCATION:	Chuck Fruit Aquatic Center, 6168 Center Grove Road, Edwardsville, IL 62025		
FACILITY:	- The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4). A copy of the certification is on file with USA Swimming. - The Chuck Fruit Aquatic Center pool is an indoor 8 lane 50-meter pool with 2 movable bulkheads and spectator seating capacity of 499, as well deck level seating for coaches and athletes. Parking is located outside the CFAC with additional parking in the adjacent EHS Sports Complex. The minimum water depth for racing starts has been measured in accordance with Article 103.2.32. - Pool depth dimensions at start end = 7', turn end = 12.5'.		
KEY OFFICIALS:	Meet Director Bob Rettle metsswim@gmail.com (618) 407-7665	Meet Referee Stephanie Petersen legos-lb@sbcglobal.net (313) 307-6093	Admin Referee: Jeff McCoskey Jmack6R@hotmail.com (618) 889-1672
	Safety Marshall Brooke Osborn brokelowery@yahoo.com (618) 972-3885	Admin Official/Meet Entry Chair Trish Grant Ozarklsc.treasurer@hotmail.com (618) 570-6117	

ELIGIBILITY:	- Open to all Ozark Swimming athletes registered before the first day of the competition that meet the qualifying time in each event entered. - Swimmers entered in the meet who do not hold current membership will be dropped from the meet, and entry fees will not be refunded. - If a swimmer swims and is not registered, a \$100 fine will be imposed. - Swimmers who have a minimum qualifying time in the 800-meter Freestyle may swim the 1500-meter Freestyle. - No on deck Ozark Swimming athlete registration will be permitted. - Athletes listed as UNAT must check in with the meet director and be assigned a supervising coach to warm-up and to compete. - The qualifying period for this meet is July 23, 2021 through July 13, 2022. - Age on July 21, 2022 will determine age for the entire meet.
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DISABILITY SWIMMERS:	• Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director. • The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
MEET FORMAT & PROCEDURES	Timed Finals: • All 10&U events will be timed finals. • The 11-12 and 13-14 400 IM, 400 Free, and 13&O 1500 Free will be timed finals. • All relay events will be timed finals. • The 1500 Freestyle will be swum fastest to slowest as a timed final event, alternating women and men. Preliminary Sessions: • All 11-12, 13-14, and 15 & Over events except for the distance events will be swum as prelim/final events, circle seeded. Finals Sessions: • 11-12 and 13-14 events will include an "A" (championship) final and a "B" (consolation) final for the Top 16 swimmers from the morning's preliminary heats in all events except the 400 IM, 400 Free, and 1500 Free. • 15 & Over events will include an "A" (championship) final, "B" (consolation) final, and "C" (bonus) final for the Top 24 swimmers from the morning's preliminary heats in all events except the 400 IM, 400 Free, and 1500 Free. • The top 8 seeds from the 400 Free and the 400 IM will swim during finals. • Heats will be swum in the following order: "C", then "B", then "A." • There will be a "ready room" and parade of finalists for the "A" final of each event. All finalists of the "B" and "A" heats will be asked to check in with the ready room at least 2 events before their race. "A" finalists will be paraded out to music and have their names announced while the music plays prior to stepping up on the blocks. • "B" finalists will have their names announced during their event. • Any swimmer who does not show up to the ready room in a timely fashion will be called once over the loud speakers. If they do not show up immediately, the alternate will swim. • Alternates will not be penalized for failure to show up for a finals event. • "C" heats should report behind the blocks.
ENTRIES:	• REGULAR ENTRY DEADLINE: 11:59 PM, WEDNESDAY, JULY 13th. • ENTRY LIMITS: ○ Individual Events: Athletes may enter all events for which they qualify; however, they may only compete in seven (7) individual events for the meet, and no more than three (3) individual events per day. (This limit includes time trials). Any swimmer who enters more than the prescribed number of events will be scratches down to the event limit starting with the highest event number on the day the over-entry occurs. ○ Relays: Two (2) scoring relays per team per event. Teams may enter exhibition relays, but they must be entered at "NT." "Relay Only" swimmers may be entered in the meet, even if they do not have individual events, but those swimmers' names must be included with team entries and must pay the surcharge for entering the meet. • PROOF OF TIMES: ○ All entry times will be confirmed with USA Swimming SWIMS database prior to the meet. Entry times must be validated by SWIMS to meet the standard of proof. Any entry time that is not found in SWIMS will be flagged and a report will be emailed to all club coaches/contacts with flagged times prior to the meet. Proof of time may then be proved by other means. If a swimmer on the report chooses to compete and fails to achieve the BB time standard in a flagged event at the meet, a \$50 fine will be assessed, and the swimmer will be ejected from the remainder of the meet. • RELAYS: Two (2) scoring relays per team per event. Teams may enter exhibition relays, but they must be entered at "NT." • SUBMISSIONS: ○ No Conforming Times are allowed. Please submit all entry times in the course they were achieved. ○ Please submit TM entry file to metsswim@gmail.com. No manual entries will be accepted. ○ If you do not receive an email confirmation that your entries were received within 24 hours, please email metsswim@gmail.com.

FEES:	Individual events: \$5.00 Relay events: \$20.00 Swimmer surcharge: \$20.00 per person (includes relay only swimmers) (\$2.00 of every surcharge fee goes to Ozark Swimming, Inc.) • Payment must be made by check. Checks should be made payable to METS Swim and sent to: METS SWIM 6696 Center Grove Road #235 Edwardsville, IL 62025 • The total fees for all entries must be paid prior to the first session of the meet (Thursday, July 21, 2022). Failure to pay entry fees by this deadline could result in teams being barred from the meet. Payment for all additions at the meet and all time trial events must be paid to the Admin Official at the time of request. • There are no refunds for illness or weather-related absences/cancellations.
SCHEDULE:	THURSDAY (Distance/Sprint Relays for 13&O) Warm-up-3:15-3:50 pm Competition begins-4:00 pm FRIDAY/SATURDAY/SUNDAY PRELIMS (13&O) 1st warm-up-6:45-7:15 am 2nd warm-up-7:15-7:45 am Competition begins-8:00 am FRIDAY/SATURDAY/SUNDAY AFTERNOON (11-12 PRELIMS, 10&U Timed Finals) 1st warm-up-12:50-1:15 pm 2nd warm-up-1:15-1:40 pm Competition begins-1:50 pm FRIDAY/SATURDAY FINALS (11&O) 1st warm-up-5:00-5:30 pm 2nd warm-up-5:30-6:00 pm Competition begins-6:15 pm SUNDAY FINALS (11&O) 1st warm-up-4:00-4:30 pm 2nd warm-up-4:30-5:00 pm Competition begins-5:15 pm ***Additional information about lane designations/times for warm-ups will be emailed to coaches/club contacts by July 19. *** During competition, there will be warm-up/cool down periods are scheduled as noted in the schedule of events.

SCRATCHES	- Any swimmers not reporting for or competing in a preliminary heat or individual timed final event (except the 1500 Free, 400 Free, and 400 IM after positive check-in) shall not be penalized. Any swimmer who qualifies for a consolation or championship final in an individual event who then fails to show up for said consolation or championship final event shall be ejected from the remainder of the meet. The following will result in NO PENALTIES for failure to compete in finals: - The Meet Referee is notified in the event of illness or injury and accepts proof thereof. - A swimmer qualifying for a consolation or championship finals event notifies the Meet Referee within thirty (30) minutes after the announcement of the finalist for that event that he or she may not intend to compete and further declares his or her intention within thirty (30) minutes following his last individual preliminary event. This is called a “declaring an intent to scratch.” - The swimmer “scratches” his or her finals event within thirty (30) minutes following the announcement of the finalist for that event. The swimmer or coach of that swimmer must report to the announcer in order to “scratch” an event. - It is determined by the Meet Referee that failure to compete was caused by circumstances beyond the control of the swimmer.
SEEDING/ POSITIVE CHECK-IN	- The meet will be seeded in the following priority order: LCM, SCM, SCY - All individual events except for the 400 Free, 400 IM, and 1500 Free will be pre-seeded - The 400 Free, 400 IM, and 1500 Free will be positive check-in. - All relay events are timed final events, and coaches must turn in relay cards with all swimmers’ names by the announced deadlines. All relay cards turned in by the deadline will be considered a positive check-in for that event. All relay events that do not have a relay card with swimmer names turned in by the deadline will be scratched from the event, with no refunds. - The 1500 meter Free, 400 meter Free, and 400 IM is a combined age group, timed final, deck seeded event. It will be seeded fastest to slowest, alternating girl’s and boy’s heats. - Positive check-in deadlines: 1500 Free: Thursday: 10 minutes prior to the start of the session 400 IM: Friday: 1 hour after the start of the session 400 Free: Saturday: 1 hour after the start of the session All swimmers failing to positively check-in by the deadline will NOT be seeded. Additionally, any scratch after positively checking in for the 1500 Free, 400 Free, and/or 400 IM will result in a \$50 fine payable to Ozark Swimming per event. - Swimmers must provide their own timers (2) and lap-counter for the 1500 Free. - The Meet Referee reserves the right to combine heats and events, which may require reseeding.
SCORING/ AWARDS:	Scoring: - Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 - Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 - The 1500 Free will be scored as 13-14 Boys and 13-14 Girls and 15&O Boys and 15&O Girls. Awards: Individuals: 1st through 8th-Medals, 9th through 16th-Ribbons Relays: 1st through 3rd-Medals, 4th through 8th-Ribbons Penny Taylor Memorial: presented to the outstanding swimmer of the meet as voted on by the coaches and through the following point system: 1 point for an Ozark Record, 1 point for winning an individual event, and 1 point for each coaches’ vote. Ozark Team Sportsmanship Award: This award is presented to the team which displays the best sportsmanship, team support, positive attitudes, and has the best team appearance. Individual High Point Plaques: The top three (3) swimmers scoring the highest number of individual points in each age group and gender will be awarded a high point plaque. Age Group Team Awards: The team scoring the most points in each age group and gender will be announced at the conclusion of the meet. No awards will be given for these categories. Overall Team Awards (combined Gender and Age Groups): Trophies will be presented to 1st, 2nd, and 3rd places.

TIME TRIALS	- At the conclusion of every session excluding Thursday's session, time permitting and per the Meet Referee's discretion, time trials will be offered to any swimmer entered in an individual event in the meet. - Any event except the 1500 Free will be offered as time trial events. - Deadlines for requesting a time trial: - Friday/Saturday/Sunday AM – 10:00 AM - Friday/Saturday/Sunday Afternoon – Deadline will be determined as the meet progresses and announced and posted. - Friday/Saturday/Sunday Finals – Deadline will be determined as the meet progresses and announced and posted. - Times Trials will begin no earlier than 10 minutes after the conclusion of the session it is following. - Cost: \$10.00 per individual event, \$25.00 per relay. Time Trials swims will not be seeded until payment is received. - The Referees, at their discretion, may combine events into a single heat. - Each swimmer participating in these events should provide a timer and/or a counter. - Time Trials are included in the three events per day limit.
RULES:	- The current <i>USA Swimming Rules and Regulations</i>, including the Minor Athlete Abuse Protection Policy, will govern this meet. - 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. - 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 without written USA swimming permission. - Any swimmer entered in the meet must be certified by a USAS coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. - Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. The use of equipment capable of taking pictures or videos (i.e., cell phones, cameras, tablets, et cetera.) are banned from behind the starting blocks during the entire meet, including warm-up, competition, and warm-down periods. Violators will be reported to law enforcement or other government authorities and will be barred from the facility for the duration of the meet. - Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED. - The Meet Referee in accordance with 102.23.2 in the USA Swimming Rules and Regulations will appoint a Meet Jury. - Any athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. - Only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	Meet Referee: Stephanie Petersen Email: legos-lb@sbcglobal.net Phone: (313) 307-6093 Officials are needed for every session. Please contact Stephanie Petersen with your availability.

SAFETY:	• In accordance with the recommendations of USA Swimming and Ozark Swimming, this meet will operate under the guidance of a Safety Marshal. • During general warm-up, feet first entry only. There will be NO DIVING OR RACING STARTS from the blocks or end of the pool during general warm-ups. • Use of training equipment other than snorkels is not permitted during warm-ups.
TIMERS:	• Clubs may be asked to provide timers for each session in proportion to the number of swimmers they have entered in each session. • Timer assignments will be posted on metsswim.com and emailed to the coaches/contacts of each club by Tuesday, July 19.
GENERAL:	• Meet Bulletins will be distributed with to all club coaches and contacts as needed. Please ensure you give contact information to the Meet Director. • Hospitality: Hospitality will be provided for coaches and officials. Coaches and officials who have special dietary concerns or needs should notify the meet director as soon as possible. • Concessions: Concessions will be available during the meet. • Meet Program: A Psych Sheet will be posted to metsswim.com and emailed to club coaches and contact by July 14th. Heat sheets will be posted to Meet Mobile, posted on metsswim.com and emailed to club coaches and contacts. • Photography: Flash photography is not authorized at any time during this meet. Unless approved in advance by the Meet Director and stated in the Meet Announcement, photographers/videographers are not permitted on deck at any time. As an approved exception, USA Swimming registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training, subject to the location restrictions of this statement, so long as they do not interfere with meet operations. In the event of any disputes regarding video recording, the Meet Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes. • Meet Event Apparel: Northwest Designs will be on site selling t-shirt and sweatshirts. • Other Vendors: B&B Aquatics will be available.
FACILITY RULES:	• Access to the deck is limited to coaches, athletes, meet officials, and event staff. Spectators will not be allowed on deck unless volunteering as timers, lap counters, or at other needed volunteer positions. • The upstairs doors leading into the spectator area must remain closed at all times per Fire Marshall order. • Family rest room on deck is reserved for coaches and officials use only. Individuals needing access should make arrangements with the meet director. • No glass containers of any kind are allowed in the facility. • Lawn/deck chairs are prohibited in the mezzanine/spectator area. • Objects are not to be passed over the spectator area railing. • Smoking/vaping is prohibited everywhere on ECUSD7 property. • Shoes are suggested to be worn in all areas outside the pool deck including locker rooms. • All trash should be picked up and disposed of properly. • Do NOT block exit doors and aisles. • No coolers are allowed on the pool deck or in spectator seating. • No tape of any kind is to be used inside to hang signs, banners or decorations unless granted authorization by the Meet Director.
PARKING:	• Parking is available in the Chuck Fruit Aquatic Center lot. Additional parking is located in the EHS Sports Complex that houses the Aquatic Center and across the street at Edwardsville High School. There is an underground tunnel connecting EHS to the Sports Complex/CFAC.

BB Qualifying Time Standards						
GIRLS				BOYS		
LCM	SCM	SCY	10 & Under	SCY	SCM	LCM
35.69	38.89	35.19	50 Free	34.49	38.09	39.49
1:18.09	1:28.39	1:19.99	100 Free	1:18.79	1:26.99	1:30.19
2:49.19	3:15.99	2:57.19	200 Free	2:47.99	3:05.69	3:12.09
40.79	46.29	41.89	50 Back	42.29	46.79	49.19
1:30.99	1:40.19	1:30.69	100 Back	1:29.29	1:39.09	1:43.09
3:09.89	52.49	47.49	50 Breast	46.59	51.39	53.29
1:59.79	1:55.99	1:44.99	100 Breast	1:41.69	1:52.59	1:55.99
47.09	46.19	41.79	50 Fly	40.49	44.79	45.99
1:52.99	1:49.49	1:39.09	100 Fly	1:37.09	1:48.29	1:50.79
3:43.19	3:36.19	3:15.59	200 IM	3:13.19	3:33.49	3:40.79
LCM	SCM	SCY	11-12	SCY	SCM	LCM
35.69	34.69	31.29	50 Free	30.29	33.39	34.69
1:18.09	1:15.49	1:08.29	100 Free	1:05.89	1:12.89	1:15.49
2:49.19	2:45.39	2:28.99	200 Free	2:23.49	2:39.79	2:44.89
5:56.49	5:48.69	6:38.19	400 Free	6:27.49	5:39.09	5:48.69
40.79	39.29	35.39	50 Back	34.99	38.99	40.39
1:30.99	1:26.69	1:18.09	100 Back	1:15.69	1:23.69	1:27.99
45.49	44.19	39.99	50 Breast	39.49	43.69	45.19
1:40.89	1:36.59	1:27.19	100 Breast	1:24.49	1:34.39	1:38.39
38.29	37.69	33.89	50 Fly	34.19	37.79	38.59
1:28.49	1:26.49	1:17.59	100 Fly	1:16.09	1:24.49	1:26.29
3:11.39	3:05.39	2:47.29	200 IM	2:43.99	3:01.49	3:08.49
LCM	SCM	SCY	13-14	SCY	SCM	LCM
34.49	33.49	30.19	50 Free	27.79	30.79	31.99
1:14.79	1:12.69	1:05.49	100 Free	1:00.89	1:07.29	1:09.89
2:41.79	2:37.19	2:21.29	200 Free	2:12.79	2:26.69	2:32.29
5:40.59	5:32.69	6:18.69	400/500 Free	5:58.99	5:14.19	5:24.09
22:23.09	21:35.69	21:43.19	1500/1650 Free	20:43.19	20:35.99	21:27.39
1:23.59	1:19.19	1:11.19	100 Back	1:06.39	1:13.89	1:17.89
2:58.69	2:51.69	2:34.89	200 Back	2:25.09	2:41.19	2:49.09
1:34.79	1:30.99	1:21.69	100 Breast	1:15.49	1:23.49	1:28.09
3:23.99	3:16.99	2:57.29	200 Breast	2:43.99	3:02.99	3:10.79
1:20.39	1:18.89	1:10.89	100 Fly	1:06.09	1:13.29	1:15.49
2:59.19	2:54.49	2:36.89	200 Fly	2:26.89	2:42.49	2:47.99
3:01.79	2:55.89	2:37.59	200 IM	2:28.49	2:44.19	2:51.39
6:25.89	6:15.39	5:37.59	400 IM	5:17.09	5:50.69	6:04.69
LCM	SCM	SCY	15&O	SCY	SCM	LCM
33.79	32.89	29.49	50 Free	26.39	29.59	30.19
1:13.49	1:11.39	1:03.99	100 Free	57.89	1:04.49	1:06.89
2:38.29	2:33.79	2:18.69	200 Free	2:06.79	2:20.89	2:26.09
5:32.89	5:25.59	6:11.99	400/500 Free	5:44.09	5:02.79	5:09.89
22:02.19	21:18.69	21:26.19	1500/1650 Free	20:02.89	19:55.89	20:33.99
1:21.09	1:17.39	1:09.39	100 Back	1:03.19	1:10.19	1:14.39
2:54.99	2:48.39	2:31.39	200 Back	2:17.49	2:33.79	2:41.39
1:32.39	1:29.19	1:19.69	100 Breast	1:11.09	1:19.59	1:23.49
3:20.49	3:13.09	2:52.79	200 Breast	2:36.19	2:53.09	3:01.39
1:19.29	1:17.29	1:09.39	100 Fly	1:02.69	1:10.09	1:11.79
2:53.99	2:51.09	2:33.49	200 Fly	2:20.49	2:35.39	2:39.99
2:58.19	2:52.59	2:34.89	200 IM	2:20.89	2:36.69	2:43.99
6:18.79	6:06.89	5:30.49	400 IM	5:03.69	5:37.69	5:47.29

SCHEDULE OF EVENTS

2022 OZARK SWIMMING LONG COURSE CHAMPIONSHIPS

Girls	THURSDAY	Boys
1	13-14 200 Free Relay	2
3	15&O 200 Free Relay	4
5 Minute Break		
5	13&O 1500 Free	6
***5 Minute Break		
7	13-14 200 Medley Relay	8
9	15&O 200 Medley Relay	10

Girls	FRIDAY PRELIMS	Boys
11	13-14 200 Free	12
13	15&O 200 Free	14
10 Minute Break		
15	13-14 100 Breast	16
17	15&O 100 Breast	18
19	13-14 100 Fly	20
21	15&O 100 Fly	22
10 Minute Break		
23	13-14 400 IM (top 8 seeds swim in finals)	24
25	15&O 400 IM (top 8 seeds swim in finals)	26

Girls	FRIDAY AFTERNOON	Boys
27	10&U 200 Free	28
29	11-12 200 Free	30
10 Minute Break		
31	10&U 100 Breast	32
33	11-12 100 Breast	34
35	10&U 50 Fly	36
37	11-12 50 Fly	38
10 Minute Break		
39	10&U 200 Medley Relay	40
41	11-12 400 Medley Relay	42

Girls	FRIDAY FINALS	Boys
43	11-12 200 Free Relay	44
11	13-14 200 Free	12
13	15&O 200 Free	14
29	11-12 200 Free	30
10 Minute Break		
15	13-14 100 Breast	16
17	15&O 100 Breast	18
33	11-12 100 Breast	34
19	13-14 100 Fly	20
21	15&O 100 Fly	22
37	11-12 50 Fly	38
10 Minute Break		
23	13-14 400 IM (top 8 seeds swim)	24
25	15&O 400 IM (top 8 seeds swim)	26
***5 Minute Break		
45	13-14 800 Free Relay	46
47	15&O 800 Free Relay	48

Girls	SATURDAY AM	Boys
49	13-14 200 IM	50
51	15&O 200 IM	52
10 Minute Break		
53	13-14 50 Free	54
55	15&O 50 Free	56
***10 Minute Break		
57	13-14 100 Back	58
59	15&O 100 Back	60
10 Minute Break		
61	13-14 400 Free (top 8 seeds swim in finals)	62
63	15&O 400 Free (top 8 seeds swim in finals)	64

Girls	SATURDAY AFTERNOON	Boys
65	11-12 200 IM	66
67	10&U 200 IM	68
69	11-12 50 Free	70
71	10&U 50 Free	72
10 Minute Break		
73	11-12 100 Back	74
75	10&U 100 Back	76
10 Minute Break		
77	11-12 400 Free (top 8 seeds swim in finals)	78

Girls	SATURDAY FINALS	Boys
79	11-12 200 Medley Relay	80
49	13-14 200 IM	50
51	15&O 200 IM	52
65	11-12 200 IM	66
10 Minute Break		
53	13-14 50 Free	54
55	15&O 50 Free	56
69	11-12 50 Free	70
10 Minute Break		
57	13-14 100 Back	58
59	15&O 100 Back	60
73	11-12 100 Back	74
10 Minute Break		
61	13-14 400 Free (top 8 seeds swim)	62
63	15&O 400 Free (top 8 seeds swim)	64
77	11-12 400 Free (top 8 seeds swim)	78
81	13-14 400 Medley Relay	82
83	15&O 400 Medley Relay	84

Girls	SUNDAY FINALS	Boys
105	11-12 50 Back	106
85	13-14 200 Back	86
87	15&O 200 Back	88
109	11-12 50 Breast	110
89	13-14 200 Breast	90
91	15&O 200 Breast	92
10 Minute Break		

113	11-12 100 Free	114
93	13-14 100 Free	94
95	15&O 100 Free	96
10 Minute Break		
117	11-12 100 Fly	118
97	13-14 200 Fly	98
99	15&O 200 Fly	100

Girls	SUNDAY AM	Boys
85	13-14 200 Back	86
87	15&O 200 Back	88
89	13-14 200 Breast	90
91	15&O 200 Breast	92
10 Minute Break		
93	13-14 100 Free	94
95	15&O 100 Free	96
10 Minute Break		
97	13-14 200 Fly	98
99	15&O 200 Fly	100
***5 Minute Break		
101	13-14 400 Free Relay	102
103	15&O 400 Free Relay	104

Girls	SUNDAY AFTERNOON	Boys
105	11-12 50 Back	106
107	10&U 50 Back	108
10 Minute Break		
109	11-12 50 Breast	110
111	10&U 50 Breast	112
10 Minute Break		
113	11-12 100 Free	114
115	10&U 100 Free	116
10 Minute Break		
117	11-12 100 Fly	118
119	10&U 100 Fly	120
5 Minute Break		
121	11-12 400 Free Relay	122
123	10&U 200 Free Relay	124