

	2023 Ozark Long Course Champs July 20-23, 2023		Hosted by 
SPONSOR/HOST	Metro East Titans Swimming		
SANCTION:	- Held under the sanction of USA Swimming/Ozark Swimming, Inc., SANCTION NO: OZ-6216 - USA Swimming, Inc., Ozark Swimming, Inc., 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. - 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 CDC, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., Ozark Swimming, Inc., 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/Ozark 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 Drive, Edwardsville IL 62025		
FACILITY:	- Indoor 50-meter pool; two 25-yard competition area with eight (8) swimming lanes and an eight (8) lane warm-up area. - The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4). The copy of such certification is on file with USA Swimming. - Pool depth dimensions at the North start end=7', turn end=7'. Pool depth dimensions at the South start end=12.5', turn end=7'. - Parking available in the CFAC lot at the adjoining Sports Complex. - Overhead seating for 499 spectators available, as well as generous on-deck areas for swimmers and coaches.		
MEET DIRECTOR	Name: Bob Rettle	Email: metsswim@gmail.com	Phone: 618-407-7665
ADMIN OFFICIAL/ ENTRY CHAIR	Name: Trish Grant	Email: grantnna@yahoo.com	Phone: 618-570-6117
MEET REFEREE	Name: Jeff Heveroh Name: Bill Rener	Email: Jeff@stonebridgefin.com Email: billrener@gmail.com	Phone: 314-799-5400 Phone: 618-792-1028
MEET MARSHALLS	Names: Tim Samet & Angie Suhre		

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 who have a minimum qualifying time in the 800-meter Freestyle may swim the 1500-meter Freestyle. • No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. • No on deck Ozark Swimming athlete registration will be permitted. • 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 per athlete will be imposed on the swimmer's club, made payable to Ozark. • Unattached Ozark swimmers must check in with the meet director and be assigned a supervising coach to warm-up and compete. • The qualifying period for this meet is July 22, 2022 through July 12, 2023. • Age on July 20, 2023 will determine age for the entire meet.
DISABILITY SWIMMERS:	• Athletes with a disability are welcomed 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.
FORMAT:	• <u>Thursday Evening:</u> 13&O ages swim; The 13&O 1500 Free will be timed finals. The 200 Free Relays and 200 Medley Relays will also be timed finals. • <u>Friday Prelims:</u> 13 &O ages swim; The 400 IM will be timed finals, with the top 8 seeds swimming in finals. All other events will be prelim/final events. • <u>Friday Afternoon:</u> 12&U ages swim; All relay events and 10&U events will be timed finals. All other events will be prelim/final events. • <u>Saturday Prelims:</u> 13&O ages swim; The 400 Free will be timed finals, with the top 8 seeds swimming in finals. All other events will be prelim/final events. • <u>Saturday Afternoon:</u> 12&U ages swim; The 400 Free will be timed finals, with the top 8 seeds swimming in finals. All 10&U events will be timed finals. All other events will be prelim/final events. • <u>Sunday Prelims:</u> 13&O ages swim; The 400 Free Relays will be timed finals. All other events will be prelim/final events. • <u>Sunday Afternoon:</u> 12&U ages swim; The 400 Free Relay and the 200 Free Relay will be timed finals. All 10&U events will be timed finals. All other events will be prelim/final events. • <u>Friday/Saturday/Sunday Finals:</u> ○ 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&O 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", "B", "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. ○ All relays will be timed final events.

SCHEDULE:		Thursday	Fri/Sat/Sun Prelims	Fri/Sat/Sun Afternoon	Fri/Sat Finals	Sunday Finals
	1 st Warm-up	3:15-3:50 pm	6:45-7:15 am	12:50-1:15 pm	5:00-5:30 pm	4:00-4:30 pm
	2 nd Warm-up	N/A	7:15-7:45 am	1:15-1:40 pm	5:30-6:00 pm	4:30-5:00 pm
	Competition Start	4:00 pm	8:00 am	1:50 pm	6:15 pm	5:15 pm
	- Lane assignment and warmup times for individual clubs will be distributed to club contacts after the meet is seeded and timelines are set. - If morning sessions run late, afternoon warm-ups will begin immediately after the morning session ends. - During competition, there will be warm-up/cool down periods scheduled, as noted in the schedule of events.					
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES: Wednesday, July 12th, 2023 by 11:59 pm. - Entries will be accepted beginning July 1, 2023. - Times must be submitted using Hy-Tek compatible format to metsswim@gmail.com. Email confirmation of receipt of entries will be sent within 24 hours. If you do not receive a confirmation of entries, it is your responsibility to confirm receipt of entries. - Times must be submitted in the course the time was achieved. <u>No converted times will be accepted.</u> - Bonus events will not be accepted. <u>Entry Limits:</u> - Individual Events: Athletes may enter all events for which they qualify; however, they may only compete in seven (7) total individual events for the meet and no more than three (3) individual events per day. These limits include time trial events. Any swimmer who enters more than the prescribed number of events will be scratched down to the event limit starting with the highest event number on the day the over-entry occurs. - Relay Events: 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 have no individual events; however, those swimmers' names must be included with team entries and must pay the surcharge for entering the meet. <u>Proof of Times:</u> - All entry times will be confirmed with USA Swimming SWIMS database prior to the meet. Entry times must be validated by SIMS to meet the standard of proof. Any entry time that is not found in SIMS will be flagged, and a report will be emailed to coaches/club contacts 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.					

TIME TRIALS	• At the conclusion of every session excluding Thursday, 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 Morning Preliminaries-10:00 am ○ Friday/Saturday/Sunday Afternoon-Deadline will be determined as the meet progresses. Deadline will be announced and posted. ○ Friday/Saturday/Sunday Finals-Deadlines will be determined as the meet progresses. Deadline will be announced and posted. • Time Trials will begin no earlier than 10 minutes after the conclusion of the session it is following. • Cost: \$10.00 per individual event, \$25 per relay event • Time trial swims will not be seeded until payment is received. • At the Meet Referee's discretion, event may be combined into a single heat. • Swimmers must provide their own timers. • Time trials swims are included in the three events per day limit and the seven events per meet limit.
SEEDING	• <u>Seeding:</u> ○ Seeding of all heats will be in the following order: LCM, SCM, SCY ○ All individual events except for the 400 Free, 400 IM, and 1500 Free will be pre-seeded. ○ The 1500 Free, 400 IMs, and 400 Frees are all timed final, deck seeded events that will be seeded fastest to slowest, alternating girls' and boys' heats. ○ All prelim events will be circle seeded. • <u>Positive Check-in:</u> ○ The following events will require positive check-in: ▪ Thursday: 13&O 1500 Free ▪ Friday Prelims: 13-14 400 IM, 15&O 400 IM ▪ Saturday Prelims: 13-14 400 Free, 15&O 400 Free ▪ Saturday Afternoon: 11-12 400 Free ○ Deadlines for Positive Check-ins: ▪ Thursday: 1500 Free-10 minutes prior to the start of the session ▪ Friday: 400 IMs-1 hour after the start of the session ▪ Saturday: 400 Frees-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 these events will result in a \$50 fine payable to Ozark Swimming per event. • <u>Scratches/Penalties:</u> ○ Any swimmers not reporting for or competing in a preliminary heat or individual timed final event (except for the 1500 Free, 400 IM, and/or the 400 Free after positive check-in) will not be penalized. ○ Any swimmer who qualifies for a consolation or championship final in an individual event who then fails to scratch and fails to show up for said final event shall be ejected from the remainder of the meet. ○ The following will result in NO penalties for failure to scratch and failure to compete in a finals event: ▪ The Meet Referee is notified in the event of illness or injury and accepts proof thereof. ▪ The swimmer scratches the event within thirty (30) minutes after the announcement of the finalists for that event. ▪ It is determined by the Meet Referee that failure to scratch and compete was caused by circumstances beyond the control of the swimmer. • All relay events are timed final events, and coaches must turn in relay entry forms with all swimmers' names by the announced deadlines. Any relays not submitted with all swimmers' names by the deadline will be scratched from the event with no refunds. • The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which may require

	reseeding.
FEES	- Individual events: \$5.00 per event - Relay events: \$20.00 - Swimmer Surcharge: \$20 per swimmer (includes relay only swimmers) \$2 of the per swimmer surcharge is paid to Ozark Swimming. The remaining surcharge amount is being retained by the host club. - Checks should be made payable to: METS - Mail payment to: METS Swim c/o Bob Rettle, 6696 Center Grove Rd., Edwardsville IL 62025 - Payment must be received by the start of the meet. Failure to pay entry fees by this deadline could result in teams being barred from the meet. - IMPORTANT: If payment is sent via Express Mail/FedEx/UPS, etc., please ensure that a signature is NOT required for delivery as this will delay the acceptance of your entries. - There will be NO refunds for illness or weather-related absences/cancellations.
SCORING/AWARDS:	<u>Scoring:</u> - Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 - Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 - The 13&O 1500 Free will be scored as 13-14 Girls, 13-14 Boys, 15&O Girls, and 15&O Boys <u>Awards:</u> - Individual Events: Medals-1st through 8th place medals Ribbons- 9th through 16th place - Relay Events: Medals-1st through 3rd place Ribbons-4th through 8th place <u>Penny Taylor Memorial:</u> 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 <u>Ozark Team Sportsmanship Award:</u> This award is presented to the team which displays the best sportsmanship, team support, positive attitudes, and has the best team appearance <u>Individual High Point Awards:</u> 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. <u>Age Group Teams:</u> 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. <u>Overall Team Awards:</u> Trophies will be presented to the 1st, 2nd, and 3rd place teams for combined Genders and Age Groups Awards will not be mailed. Please ensure you make arrangements for picking your awards up after the conclusion of the meet!
SAFETY:	In accordance with the recommendations of USA Swimming and Ozark Swimming, Inc, host club will operate this meet under the guidance of Meet Marshals, as well as lifeguards employed by ECUSD7. Medical assistance will be available to anyone participating in the meet.
RULES:	- The current USA Swimming Rules and Regulations will apply. - Any swimmer entered in the meet must be certified by a USA-S 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. 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. - The flyover start procedure will be used for the all sessions at the discretion of the Referee. - 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 prohibited. - Deck changes are prohibited - Deck access is restricted to USA Swimming athletes, coaches, officials, and meet volunteers. All non-athlete members must have proof of registration or a credential while on deck and present them upon meet management request. USA Swimming app is acceptable proof of USA Swimming membership. Coaches who have valid USA

	Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director. Coaches with expired or non-current credentials will be required to leave the deck. • 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. • 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 • A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. This includes, without limitation, individuals listed on the U.S. Center for SafeSport's Disciplinary Database, USA Swimming's List of Individuals Permanently Suspended or Ineligible for Membership, USA Swimming's List of Individuals Suspended or Ineligible-Specific Date, and all adult members (defined by the SafeSport Code for the Olympic and Paralympic Movement as 18 years and over) of USA Swimming who have not completed athlete protection education as required by the U.S. Center for SafeSport.
OFFICIALS:	• Teams should submit the names and session availability of certified officials to Bill Renner at billrenner@gmail.com. • There will be no apprentice opportunities at this championship meet. • Officials' meetings will occur 30 minutes prior to session times in the hospitality room.
TIMERS:	• Participating clubs may be asked for assistance with timers. • Timers' meetings will occur 15 minutes prior to session times in the lobby. • For all events 400 and longer, swimmers must provide their own timer.
GENERAL:	• Meet Bulletins will be distributed to all club coaches and contacts as needed. Please ensure you give contact information to the Meet Director. • Hospitality will be provided for all coaches and officials. Those who have special dietary concerns or needs must notify the Meet Director as soon as possible. • Concessions will be available during the meet in the adjacent wrestling lobby. • Psych Sheets will be emailed to coaches and club contacts as soon as the meet is seeded and timelines are set. • Heat sheets will be emailed to the contact person of each individual club by Wednesday, July 19 and will also be available on Meet Mobile. • Vendors: B&B Aquatics and Northwest Designs will be available. • Official results will be emailed to all coach contacts and posted on ozarkswimming.com after the conclusion of the meet. Unofficial results will be available on Meet Mobile and may be posted at the facility.
FACILITY RULES:	• Smoking and all tobacco products are prohibited on all ECUSD7 property, including the Chuck Fruit Aquatic Center. • Glass containers/bottles are prohibited. • The upstairs doors leading into the spectator area must always remain closed. • All trash should be properly disposed of, and exit doors and aisled should not be blocked. • No chairs or coolers are allowed in the spectator seating area.

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

**2023 Ozark Long Course Champs
ORDER OF EVENTS**

Thursday, July 20								
Evening Session 13&O Warm-up-3:15 pm; Start-4:00 pm								
Girls			Event			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		
Friday, July 21								
Morning Prelim Session 13&O Warm-up-6:45 am; Start-8:00 am			Afternoon Session 13&O Warm-up-12:50pm; Start-1:50 pm			Finals Session 13&O Warm-up-5:00 pm; Start-6:15 pm		
Girls	Event	Boys	Girls	Event	Boys	Girls	Event	Boys
11	13-14 200 Free	12	27	10&U 200 Free	28	43	11-12 200 Free Relay	44
13	15&O 200 Free	14	29	11-12 200 Free	30	11	13-14 200 Free	12
10 Minute Break			***10 Minute Break***			13	15&O 200 Free	14
15	13-14 100 Breast	16	31	10&U 100 Breast	32	29	11-12 200 Free	30
17	15&O 100 Breast	18	33	11-12 100 Breast	34	***10 Minute Break***		
19	13-14 100 Fly	20	35	10&U 50 Fly	36	15	13-14 100 Breast	16
21	15&O 100 Fly	22	37	11-12 50 Fly	38	17	15&O 100 Breast	18
10 Minute Break			***10 Minute Break***			33	11-12 100 Breast	34
23	13-14 400 IM (top 8 swim in finals)	24	39	10&U Medley Relay	40	19	13-14 100 Fly	20
25	15&O 400 IM (top 8 swim in finals)	26	41	11-12 400 Medley Relay	42	21	15&O 100 Fly	22
						37	11-12 50 Fly	38
						10 Minute Break		
						23	13-14 400 IM (top 8 seeds)	24
						25	15&O 400 IM (top 8 seeds)	26
						5 Minute Break		
						45	13-14 800 Free Relay	46
						47	15&O 800 Free Relay	48

Saturday, July 22								
Morning Prelim Session 13&O Warm-up-6:45 am; Start-8:00 am			Afternoon Session 13&O Warm-up-12:50pm; Start-1:50 pm			Finals Session 13&O Warm-up-5:00 pm; Start-6:15 pm		
Girls	Event	Boys	Girls	Event	Boys	Girls	Event	Boys
49	13-14 200 IM	50	65	11-12 200 IM	66	79	11-12 200 M.R.	80
51	15&O 200 IM	52	67	10&U 200 IM	68	49	13-14 200 IM	50
10 Minute Break			69	11-12 50 Free	70	51	15&O 200 IM	52
53	13-14 50 Free	54	71	10&U 50 Free	72	65	11-12 200 IM	66
55	15&O 50 Free	56	***10 Minute Break***			***10 Minute Break***		
10 Minute Break			73	11-12 100 Back	74	53	13-14 50 Free	54
57	13-14 100 Back	58	75	10&U 100 Back	76	55	15&O 50 Free	56
59	15&O 100 Back	60	***10 Minute Break***			69	11-12 50 Free	70
10 Minute Break			77	11-12 400 Free (top 8 swim in finals)	78	***10 Minute Break***		
61	3-14 400 Free (top 8 swim in finals)	62				57	13-14 100 Back	58
63	5&O 400 Free (top 8 swim in finals)	64				59	15&O 100 Back	60
		73				11-12 100 Back	74	
		10 Minute Break						
		61				13-14 400 Free (top 8 seeds)	62	
		63				15&O 400 Free (top 8 seeds)	64	
		77				11-12 400 Free (top 8 seeds)	78	
		81				13-14 400 M.R.	82	
		83	15&O 400 M.R.	84				
Sunday, July 23								
Morning Prelim Session 13&O Warm-up-6:45 am; Start-8:00 am			Afternoon Session 13&O Warm-up-12:50pm; Start-1:50 pm			Finals Session 13&O Warm-up-4:00 pm; Start-5:15 pm		
Girls	Event	Boys	Girls	Event	Boys	Girls	Event	Boys
85	13-14 200 Back	86	105	11-12 50 Back	106	105	11-12 50 Back	106
87	15&O 200 Back	88	107	10&U 50 Back	108	85	13-14 200 Back	86
89	13-14 200 Breast	90	***10 Minute Break***			87	15&O 200 Back	88
91	15&O 200 Breast	92	109	11-12 50 Breast	110	109	11-12 50 Breast	110
10 Minute Break			111	10&U 50 Breast	112	89	13-14 200 Breast	90
93	13-14 100 Free	94	***10 Minute Break***			91	15&O 200 Breast	92
95	15&O 100 Free	96	113	11-12 100 Free	114	***10 Minute Break***		
10 Minute Break			115	10&U 100 Free	116	113	11-12 100 Free	114
97	13-14 200 Fly	98	***10 Minute Break***			93	13-14 100 Free	94
99	15&O 200 Fly	100	117	11-12 100 Fly	118	95	15&O 100 Free	96
5 Minute Break			119	10&U 100 Fly	120	***10 Minute Break***		
101	13-14 400 Free Relay	102	***5 Minute Break***			117	11-12 100 Fly	118
103	15&O 400 F. R.	104	121	11-12 400 F. R.	122	97	13-14 200 Fly	98
			123	10&U 200 F.R.	124	99	15&O 200 Fly	100