



CENTRAL ZONE 14 & UNDER CHAMPIONSHIP MEET

General Information

July 31 – August 3, 2025 Rochester, MN

Held Under the Sanction of USA Swimming and Minnesota Swimming LSC
MN25S-05-178M

General Rules and Definitions

- Meet entries must be submitted via LSC only.
- Separate entries from individuals or clubs will not be accepted.
- **Qualified Swimmer:** one who has achieved a National AAA time in an event
- **Invited Swimmer:** one who has achieved a National A time in an event to fill an event slot for those events where there are not 2 qualified swimmers from the LSC.
- **Bonus swims:** distances of 50, 100 or 200 are allowed for Qualified Swimmers only. If qualified in 1 event, 2 bonus swims; if qualified in 2 events, 1 bonus swim; if qualified in 3+ events, no bonus swims.
- Site specific information is found in the Site-Specific details at the end of this general pool information.
- All times of day mentioned in this meet announcement are the meet host's time zone.

Hosted By

Rochester Swim Club and Minnesota Swimming, Inc. (MNSI)

Liability Statement

In granting this sanction, it is understood and agreed that USA Swimming and MN LSC shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

Meet Director

Tom Walsh (coachtom@rochesterswimclub.com)

and

Ashleigh Kramer (ashleigh@rochesterswimclub.com)

Entry Chair

Tracy Meece (tmeece@mns swim.org)

Officials

Meet Referee: David Johnson (dmj@hotmail.com)

Administrative Referee: Ann Widdowson (widsona@gmail.com)

Uniform for officials will be a white polo shirt, tucked into black pants, shorts, or skirt, with black shoes. Long pants are preferred for finals. Changes to the uniform may be made at the discretion of the Meet Referee (e.g. weather conditions, different color meet shirt provided by host). Interested officials should apply in advance of the meet, or contact the Meet Referee.

Officials meetings will be held at Bob Fick Room (officials room) 1 hour prior to the start of the session.

This meet will be designated as an Officials Qualifying Meet (OQM)

Meet Site

Rochester Recreation Center, 21 Elton Hills Drive, NW, Rochester, MN 55901

Directions

Approaching Rochester via US Hwy 52 from the North or South, take the Exit 56C.

- From the North, turn left and cross the bridge onto Elton Hills Drive. Continue on Elton Hills Drive for approximately 1.9 miles. The Rec Center will be on your left before the Broadway intersection.
- From the South, veer to the right and proceed through the traffic light onto Elton Hills Drive. Follow Elton Hills Drive for about 1.8 miles. The pool will be on your left.

Please note that during competitions, the entrance to the pool is located on the west side only, door 6.

Facility

Competition Pool: The Rochester Recreation Center Facility holds an 8 lane, 50 meter pool. Depth at the start end is 13 and depth at the turn end is 4'2". The competition pool conforms to USA Swimming Rules and Regulations – Article 103.3.

Warm-Up Pool: A 4-lane, 25 yard pool will be available during competition. Depth is 3.5-5 feet. The warm-up pool is immediately adjacent to the competition pool.

Locker Rooms: Separate male, female and mixed-gender/family locker rooms are available.

Athlete seating: Athlete seating will be on the pool deck. Athletes, when wet, are not allowed in the spectator seating area.

Spectator seating: Spectator Seating for 800 is available on the west side of the competition pool. Stadium seats are not permitted. Athletes, when wet, are not allowed in the spectator seating area. The host reserves the right to assign the first row of spectator seating as "single heat" seating if spectator numbers require this.

Medical Supervision: Medical supervision will be available during warm-up and competition. Lifeguard personnel will be on duty at all times. EMT services will be contacted for serious medical issues.

Spectators

Spectator seating will open 1 hour prior to the scheduled start of each session. Spectators will be admitted through Door #6. Spectator tickets will be required for admission to all sessions. Fees: All-session pass is \$40. Single-session tickets \$10. No spectator charge for those 10 years and younger. Heat sheets will be free on Meet Mobile and posted on-line. All Session and Single Session tickets available online and in person at the Rochester Recreation Center. NO CASH WILL BE ACCEPTED.

Results and Meet Programs

Results and programs will be announced and posted on the host team's website during the meet. Results will be posted on the wall in the gym. Programs will be available on Meet Mobile, but not printed or sold.

Finals, Ready Area, Swimmer Introductions

Swimmers in the 11-12 and 13-14 championship finals shall report to the ready area south-east corner of the gym prior to the Championship final heat of the previous event. Swimmers in the consolation heat shall report behind the blocks. Names shall be announced during the heat. All 10&U swimmers shall report directly to their assigned lanes. Swimmers in the fastest heat shall have their names announced prior to the race; all others will be announced during the swim.

Meet Schedule

Day	Session	Group	Warm-up	Competition
Tues.	General Meeting		All LSCs are expected to have a representative at the General Meeting Tuesday evening, held via Zoom.	
Thurs.	Registration	All Teams	Coaches will notify their team of time and place	
	1	Timed Finals	12:30 PM	2:00 PM
Fri.	2	11 & Over Prelims	7:00 AM	8:40 AM
	3	10 & U Timed Finals	end of session 2	1 hour after end of session 2
	4	11 & Over Finals	TBA	TBA
Sat.	5	11 & Over Prelims	7:00 AM	8:40 AM
	6	10 & U Timed Finals	end of session 5	1 hour after end of session 5
	7	11 & Over Finals	TBA	TBA
Sun.	8	11 & Over Prelims	7:00 AM	8:40 AM
	9	13-14 Timed Finals	end of session 8	1 hour after end of session 8
	10	11 & Over Finals	TBA	TBA

Meet Schedule

The competition pool will be cleared 10 minutes before the start of any session. If necessary, warm-ups may be split for a minimum of 40 minutes per session. At the request of the swimmer's coach and at the discretion of the Meet Referee, a 15-minute break between an individual swimmer's events will be observed.

Rules

Current USA Swimming rules will govern the Meets. Participating athletes must be ages 14 & under, registered with USA Swimming as a premium or outreach athlete in one of the participating LSCs, and have achieved qualifying time standards as described in the Eligibility section of this document. Use of audio or visual recording devices, including a cell phone, is not permitted behind the blocks, in changing areas, rest rooms, or locker rooms during warmups or 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. Flash photography will not be allowed during the start of any heat. Deck changing is prohibited.

LSCs are responsible for ensuring an athlete CODE OF CONDUCT and MEDICAL RELEASE form are complete in accordance with your policies and procedures.

MAAPP

All adults participating in or associated with this meet acknowledge that they are subject to the provisions of USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP), and they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

Team Registration

Registration and team photos will be held on Thursday from 8 AM to 12 PM. All teams should schedule their arrival to register during these hours. Teams may work with hosts to schedule specific times. Teams wishing to have a morning warm-up session on Thursday during registration should let the host team know by 5:00 PM on July 15. Pool availability is at the discretion of the host. This registration period is for Team Managers/Coaches only; swimmers do not need to register individually with the meet host.

Warm-up Procedures

Current MNSI and USA Swimming Rules will govern all aspects of the warm-ups. If warmup procedures have been modified to accommodate the size of the meet, the procedures MUST be prominently posted in the pool area.

Swimmers and coaches are expected to be acquainted with all rules and regulations; the NO Diving and Slip-In Entry rules will be strictly enforced.

Violation of MNSI Meet Warm-up Policy (Policy #250) will result in the offending swimmer being barred from his/her next individual event in the meet.

LSC Representative

Each LSC must have a representative and alternate to act as a liaison between the LSC and the Meet Director. It is recommended that these persons NOT be the LSC's Head Coach. These designated persons must be identified to the Meet Director either with the meet entries or at the General Meeting on Tuesday.

Eligibility

Membership: All athletes must be premium or outreach (not seasonal, not flex) USA Swimming members with the LSC they represent. The USA Swimming App is acceptable proof of USA Swimming membership. No swimmer will be permitted to compete unless the swimmer is a member as provide in Article 302. No on-deck registration will be permitted at this meet.

Swimmer's Age: The age of swimmer shall be as of the first day of the pool competition.

Certification: 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.

Qualifying Time/Eligibility:

- a. Swimmers must have achieved a National AAA (LCM, SCM, SCY) time between the first day of the first Central Zone Meet of the previous year and the entry deadline date for the current Central Zone meet.
- b. Swimmers who have achieved the short course National AAA time, but not the long course time during the qualification period, must enter with the time they have actually achieved annotating that it is a SCY or SCM time.
- c. Those who have achieved a AAA qualifying time in the 1500/1650 are eligible to swim the 800 and those who have achieved a AAA time in the 800/1000 are also eligible to swim the 1500. Entry times should be submitted with a time the athlete has achieved. *Note: athletes who elect to swim the 800 by virtue of a 1500/1650 qualifying time standard, or athletes who elect to swim the 1500 by virtue of an 800/1000 qualifying time standard are deemed qualified swimmers in both events.*
- d. Athletes aged 13-14 who have achieved a National AAA (LCM, SCM, SCY) time standard in the 50 strokes (back, breast, fly) are eligible to swim the event. For 2025 only: Athletes aged 13-14 who have achieved a AAA qualifying time in the 100 strokes (back, breast, butterfly) are also eligible for the corresponding 50. Entry times for the 50 achieved by virtue of a qualifying time in a 100 will be submitted as the slowest possible qualifying AAA 50 time. *Note: athletes who elect to swim the 50 by virtue of a 100 qualifying time standard are deemed qualified swimmers in both events.*
- e. Swimmers who achieve individual qualifying times for meets listed in (.f) prior to July 15th shall not be eligible to compete in that particular stroke and distance, including relay events.
- f. Swimmers who have achieved an individual qualifying time for the meets listed below prior to their respective assigned Zone Championship entry deadline in the 100 of backstroke, breaststroke, or butterfly stroke shall not be eligible to enter the corresponding 50 stroke or swim that stroke in the 200 medley relay:
 - i. National Championships
 - ii. Summer or Winter Junior National Championships
 - iii. US Open
- g. Entry times must be verifiable in SWIMS.
- h. If the LSC has no Qualified Swimmers or fewer than two (2) Qualified Swimmers in an event, the LSC may enter up to the two (2) maximum Invited Swimmers in that event who meet the National A minimum qualifying time. The Invited swimmers shall be entered with their fastest time in SWIMS. *Exception: for 50s of stroke, Invited swimmers may enter at the lowest possible qualifying A time standard if they have achieved the A standard in the 100 but not the 50 of that stroke.*

Relay Entries

The LSC must coordinate relay entries. Determination of the swimmers composing the relays is at the discretion of the LSC.

Disability Entries	Disability Swimmers: Each LSC may enter unlimited swimmers with a disability age 14 and Under in any manner deemed appropriate who have achieved the AAA parallel qualifying standards for their age group/events. Entries for swimmers with a disability should be sent on a separate entry form indicating preference for seeding. Accommodation and modification requests should also be communicated with their entries.
Entry Limits	Swimmers may enter no more than six (6) individual events of which no more than three (3) may occur on any given day. Each LSC may enter two (2) relays per event. No limit exists on the number of swimmers that an LSC may enter in an individual event.
Entry Responsibility	The LSC coach, swimmer, or swimmer representative who enters any Central Zone Championship Meet thereby attests that all times on the entry are true and correctly achieved qualifying times for each event entered and that all entered swimmers are eligible under current rules. They assume all responsibility for false or incorrect times or times which are unacceptable under USA swimming or Central Zone rules and shall be assessed a \$100 penalty payable to the Central Zone for each false or incorrect entry unless absolved of the fine by the elected officers of the Central Zone, their designee, or a National Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by the Central Zone or USA Swimming. Appeal of fines or penalties imposed is to be made to the elected officers of the Central Zone and/or their designee.
Entry Fees	\$10.00 per individual event. \$16.00 per relay. \$1.25 per swimmer Central Zone surcharge Rec Center Facilities Fee \$5.00
Entry Deadlines	Entries must be verified and submitted to the host entry chairperson electronically by 12:00 PM (noon) the Monday preceding the meet. A \$200 fine for missing the entry deadline will be submitted to the host. The completed Swimmers with a Disability Entry Form, Meet Staff Form, and PDF of the entry file must accompany the team entry file and be sent electronically. The Meet Entry Chair must verify receipt of entries by email or follow-up phone call to the host entry chair. Each LSC shall receive a team entry report and psych sheet including an exception report of the LSC team entries by 9:00 PM Monday preceding the meet. Any corrections to the original entries should be formatted in a new entry file and sent to the entry chair via email by 12:00 PM (noon) on Tuesday. Justification of the exception report should be included in a word document or PDF file. Entry fees are due before the start of the General Meeting. No new swimmers may be added to LSC entries after the Tuesday deadline. Any corrections or updates after Noon on Tuesday shall go to the eligibility jury. There will be no deck entries at this meet.

Entry Procedures	The LSC must submit its entries as one team, using the LSC as the Club designation. All individual and relay entries shall be consolidated and submitted as one entry. Separate entries from individuals or clubs will not be accepted. The LSC entry chair shall verify times and eligibility of swimmers before submitting entries to the host. Each LSC must identify on the official entry form the name of the LSC and the name, address, telephone number, and email of the person in charge of the entries for that LSC. Each LSC must submit the following for each athlete on their roster: First and last name, Age as of the first day of the meet, Complete USA Swimming registration number
Eligibility Protests	Eligibility protests pertaining to the eligibility of any swimmer to compete or represent an organization shall be submitted to the Eligibility jury. Details on the process for an eligibility protest can be found in the Central Zone Policies and Procedures Manual.
Divisions	The competition shall be divided into two divisions: (a) D1 Able-bodied Swimmers and (b) D2 Swimmers with a Disability. Divisions shall be seeded together in prelims but swum separately at finals. D2 shall have A finals only in the same events as D1. The Referee, in consultation with the swimmer and/or the swimmer's coach, shall have the authority to make special seeding accommodations during prelim and/or timed final events for D2. The Meet Referee, Administrative Referee, and Central Zone Director of Championship Meets, in consultation with the swimmer, and/or swimmer's coach, will determine the placement and order of D2 events in Finals. This includes, but is not limited to, combining gender, age group, distance or event. Once entries have been closed and D2 entries have been identified, the Meet Referee, Administrative Referee, and Central Zone Director of Championship Meets from each meet site shall ensure consistency in format and procedure throughout the Central Zone 14 and Under Championship Meets. D2 events shall be scored. D2 events shall be included in the awards ceremony. Prior to all sessions of the meet, if deemed necessary for the safety of the D2 swimmers, a separate warm-up lane shall be designated for D2 swimmers.
Seeding/Conduct	Conduct. Preliminary/Finals format except for the following events identified in the table below and 10U events. In finals, the consolation heat shall precede the championship heat. Fly-over starts will be used for the prelim sessions. Fly-over starts will only be used in the 10U timed final session if necessary because of timeline concerns and if agreed upon by the Meet Director, Meet Referee, and Director of Championship Meets. Seeding Order - Qualified swims (LCM, then SCM, then SCY) - If applicable, LCM, then SCM, then SCY non-conforming times for alternative distances (e.g. 50s, 800 and 1500 freestyle). - Bonus and Invited Swimmers (LCM, then SCM, then SCY)

Relays. 11-12 and 13-14 relays will be timed finals. All heats of a particular event will be swum in one session. 10 and Under relays will be swum as timed finals during their sessions.

Distance Events

<i>Distance</i>	<i>Age Group</i>	<i>Description</i>
1500 Free	11-12	Swum fastest to slowest, alternating gender Thursday evening.
1500 Free	13-14	Swum fastest to slowest, alternating gender Sunday following prelims.
800 Free	11-12	The top 8 of each age/gender shall swim in finals on Friday, with preliminary heats swimming fastest to slowest alternating by gender.
800 Free	13-14	Swum fastest to slowest, alternating gender Thursday evening.
400 Free	10 and Under	Swum slowest to fastest. Genders will not alternate.
400 Free	11-12	Top 8 of each age/gender shall swim in finals on Saturday, with preliminary heats swimming fastest to slowest alternating by gender.
400 IM	11-12 13-14	Swum slowest to fastest. Genders will not alternate.
200 strokes (back, breast, fly)	11-12	Top 8 of each age/gender shall swim in finals with preliminary heats swimming slowest to fastest.

Scratches and Check In

Scratch Rules. All individual events will conform to USA Swimming National Scratch Procedure Rules (207.11.6 A-E).—There is no penalty for failure to compete in a timed final event. A coach or swimmer may declare a false start for an event swum in the preliminary sessions and for timed finals events.

Scratch Procedure. This applies to all events including timed finals, preliminary, and relays. Please see section G below for additional information about scratches from finals events.

Scratch Deadlines

- a. Scratch and positive check in deadline for the first day's events shall be 90 minutes prior to the start of the first day's session.

- b. Scratch and positive check in deadline for the second day's events shall be 30 minutes after the start of the first day's evening session.
- c. Scratch and positive check in deadline for the third day's events shall be 30 minutes after the start of the second days evening session.
- d. Scratch and positive check in deadline for the fourth day's events shall be 30 minutes after the start of the third day's evening session.

Positive Check-in. Entrants in the 800 and 1500 free must check in and confirm their intent to compete prior to the scratch deadline in order to be seeded.

Downseeding. Entrants in the 800 shall declare at check-in their desire for an early swim by clearly marking AM on the check-in sheet next to their name. Entrants in the 11-12 200s of stroke shall indicate their desire for an early swim by the scratch deadline for that day's events.

Relay Check-in. Teams shall check in relays and confirm their intention to compete prior to the scratch deadline for the day of the meet in which the relay is scheduled in order to be seeded Relay cards designating the swimmers' names shall be submitted to the meet management on the day of the relay. Names and order of swimmers many be changed up to the time of the swim.

Scratching from Finals. USA Swimming National Scratch Procedure Guidelines (207.11.6D) will be followed. LSCs whose swimmers in the Final or Consolation heats on Sunday evening fail to scratch shall be fined a \$100 penalty per swim unless excused under the Exemptions for Failure to Compete section within the USA Swimming Rulebook. All funds shall remain with the meet host. Failure on the part of the LSC to pay imposed penalties shall result in that LSC being barred from future zone championships until such time as the penalty(ies) are resolved.

Scoring	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
Awards	Individual Events: 1 – 8 place medals with neck ribbons. 9 – 16 place ribbons Relay Events: 1 – 3 place medals with neck ribbons, 4 – 8 place ribbons High Point Award: 1 – 3 for each age group and each competition category Team Awards: 1 – 3 combined points
Credentials and Deck Passes	Deck Passes/Credentials for LSC coaches and team managers will be issued to the representative of each LSC according to the list submitted with the entry form, not to exceed one (1) per ten (10) swimmers, with a minimum of five (5) passes. USA Swimming registration must be valid at check-in to receive a deck pass. Each athlete, coach, official, and volunteer will be issued a meet credential. Credentials must be displayed at all times while in the venue.
Complimentary Tickets	Each LSC will receive six (6) complimentary admission tickets and programs per session. These are not deck passes or hospitality passes, strictly an admission pass.

General Meeting

A General Meeting will be scheduled for the Tuesday evening prior to the meet via Zoom. The Link will be provided to the LSC contact before the meeting. Meet procedures and meet information will be discussed. At least one representative from each LSC must be present for this meeting. Members of the Technical and Eligibility Jury will be identified. No deviation from the published Meet Information may occur without unanimous agreement by all designated LSC representatives. Warm-up lanes and times will be assigned at this meeting. Procedures will be distributed.

**Order of Entries
Submissions**

- A. Enter qualified swimmers.
- B. Fill open events with eligible invited swimmers.
- C. Select bonus events for qualified swimmers who have not met 3 individual qualified events. Mark these as "bonus."
- D. Save as a PDF, organized as event list (not by athlete), to submit along with the entry file.
- E. Identify athletes eligible for disability participation. These athletes will compete under their own event number.
- F. Please review FAQ document for common entry questions

ORDER OF EVENTS – 2025 CENTRAL ZONE 14&UNDER CHAMPIONSHIP

Thursday Evening Timed Finals – Session 1		
Girls	Event	Boys
1	Mixed 11-12 200 MR	1
2	Mixed 13-14 200 MR	2
<i>Awards: Mixed 200 Medley Relay</i>		
3	10 and Under 200 IM	4
5	11-12 400 IM	6
7	13-14 400 IM	8
<i>Awards: 200 IM, 400 IM</i>		
9	10 and Under 400 Free	10
<i>Awards: 400 Free</i>		
11	11-12 1500 Free	12
13	13-14 800 Free	14

Friday Morning 11-14 Prelims – Session 2		
Girls	Event	Boys
19	11-12 200 IM	20
21	13-14 200 IM	22
23	11-12 50 Back	24
25	13-14 50 Back	26
29	11-12 100 Breast	30
31	13-14 100 Breast	32
33	11-12 100 Free	34
35	13-14 200 Free	36
37	11-12 200 Fly	38
39	13-14 100 Fly	40
27	11-12 800 Free	28

Friday Midday 10U Timed Finals – Session 3		
Girls	Event	Boys
41	100 Free	42
43	50 Breast	44
<i>Awards: 100 Free, 50 Breast</i>		
45	100 Fly	46
47	50 Back	48
<i>Awards: 100 Free, 50 Back</i>		
49	200 Free Relay	50
<i>Awards: 200 Free Relay</i>		

Friday Evening 11-14 Finals – Session 4		
Girls	Event	Boys
15	11-12 200 Free Relay	16
17	13-14 200 Free Relay	18
<i>Awards: Thursday Events, 200 Free Relays</i>		
19	11-12 200 IM	20
21	13-14 200 IM	22
23	11-12 50 Back	24
25	13-14 50 Back	26
27	11-12 800 Free	28
<i>Awards: 200 IM, 50 Back, 800 Free</i>		
29	11-12 100 Breast	30
31	13-14 100 Breast	32
33	11-12 100 Free	34
35	13-14 200 Free	36
<i>Awards: 100 Breast, 100 & 200 Free</i>		
37	11-12 200 Fly	38
39	13-14 100 Fly	40

Saturday Morning 11-14 Prelims – Session 5		
Girls	Event	Boys
51	11-12 400 Medley Relay	52
53	13-14 400 Medley Relay	54
55	11-12 50 Fly	56
57	13-14 50 Fly	58
59	11-12 200 Breast	60
61	13-14 200 Breast	62
63	11-12 50 Free	64
65	13-14 50 Free	66
67	11-12 100 Back	68
69	13-14 100 Back	70
71	11-12 400 Free	72
73	13-14 400 Free	74

Saturday Midday 10U Timed Finals – Session 6		
Girls	Event	Boys
79	200 Medley Relay	80
<i>Awards: 200 Medley Relays</i>		
81	200 Free	82
83	100 Breast	84
<i>Awards: 200 Free, 100 Breast</i>		
85	100 Back	86
87	50 Fly	88
<i>Awards: 100 Back, 50 Fly</i>		
89	50 Free	90
<i>Awards: 50 Free, 10U Hi Pt</i>		

Saturday Evening 11-14 Finals – Session 7		
Girls	Event	Boys
75	11-12 200 Medley Relay	76
77	13-14 200 Medley Relay	78
<i>Awards: 100 & 200 Fly, 400 & 200 Med Relays</i>		
55	11-12 50 Fly	56
57	13-14 50 Fly	58
59	11-12 200 Breast	60
61	13-14 200 Breast	62
63	11-12 50 Free	64
65	13-14 50 Free	66
<i>Awards: 50 Fly, 200 Breast, 50 Free</i>		
67	11-12 100 Back	68
69	13-14 100 Back	70
71	11-12 400 Free	72
73	13-14 400 Free	74
<i>Awards: 100 Back, 400 Free</i>		

Sunday Morning 11-14 Prelims – Session 8		
Girls	Event	Boys
91	11-12 400 Free Relay	92
93	13-14 400 Free Relay	94
95	11-12 100 Fly	96
97	13-14 200 Fly	98
99	11-12 200 Back	100
101	13-14 200 Back	102
103	11-12 50 Breast	104
105	13-14 50 Breast	106
107	11-12 200 Free	108
109	13-14 100 Free	110

Sunday Midday Timed Finals – Session 9		
Girls	Event	Boys
111	13-14 1500 Free	112
<i>Awards: 1500 Free</i>		

Sunday Evening 11-14 Finals – Session 10		
Girls	Event	Boys
95	11-12 100 Fly	96
97	13-14 200 Fly	98
<i>Awards: 400 Fr Relays, 100 & 200 Fly</i>		
99	11-12 200 Back	100
101	13-14 200 Back	102
<i>Awards: 200 Back</i>		
103	11-12 50 Breast	104
105	13-14 50 Breast	106
107	11-12 200 Free	108
109	13-14 100 Free	110
<i>Awards: 50 Breast, 100 & 200 Free</i>		
<i>Awards: 11-12, 13-14 Hi Points and Team</i>		