



2011 Speedo Championship Series Meet

March 24 -27, 2011

At the Christiansburg Aquatic Center

Hosted by Virginia Swimming

MEET ANNOUNCEMENT UPDATE

REVISED 1/21/2011

The following corrections have been made to the announcement:

- 1) Eligibility – New Jersey is part of Region 1 and, therefore, is ineligible to attend the Region 2 meet.
- 2) Meet Format – Removed the statement that only the fastest two relays can score. It is stated elsewhere in the invitation that teams may only enter two relays per event.
- 3) Entry Information – Corrected the Qualification Period from Jan. 1, 2009 to Jan. 1, 2010.
- 4) Entry Rule – changed the statement concerning the 1650/1000 bonus event.



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Sanctioned by USA Swimming through Virginia Swimming

Meet Sanction # VS – 11 - 33

Time Trials Sanction # VS – 11 – 02T

Meet Directors:	Bob Rustin Cell: 804-387-8736 Mary Turner	Bob.A.Rustin@usa.dupont.com myturner525@gmail.com
Meet Referee:	Cecil Gordon	swimdoc@comcast.net
LSC Officials Chair:	Kevin Hogan	swim@embarqmail.com
Facility Coordinator:	Bill Beecher	wbeecher@christiansburg.org

Eastern Zone Southern Region Sectional Meet

Location: Christiansburg Aquatic Center, 595 North Franklin St, Christiansburg, VA 24073,
Phone (540) 381 – 7665. New, indoor facility with 50 M competition pool.

The 50 M pool with bulkheads will be set to provide the following:

- Pool 1 (Competition Pool): Turn end. 8 lanes, 25 yards. Swum bulkhead to bulkhead. The start end is 7 feet deep sloping toward the bulkhead where the depth is 12 feet deep.
- Pool 2 (Warm-up/Warm-down Pool): Dive end, 14 lanes, 25 yards. Swum wall to wall. The depth of this portion of the pool runs 12 feet deep from the bulkhead sloping to 17 feet deep.
- Colorado Automatic Timing System with digital scoreboard.
- The competition course has not been certified in accordance with USA Swimming Rules and Regulations, Article 104.2.2C.
- Pool 2 will be available each day for continuous warm-up, warm-down from the start of warm-up until 30 minutes after the conclusion of the last event.
- Depending on the number of entries, at the discretion of the meet referee, a 10 lane course or two 8 lane courses may be used for prelims and distance events and an 8 lane course for finals (including the fastest heat of the W 1000/M 1650). These configurations would be swum wall to wall.

Officials: Certified officials wishing to work the meet should submit an application to Jamy Pfister at JamyJayPfi@verizon.net, Eastern Zone Officials Coordinator, by March 1, 2011 for assigned positions. The application form can be found at www.easternzoneswimming.org/meet_info/2011SpringSectionals_SouthRegion_ApplicationtoOfficiate.pdf.

This meet is approved as a National Certification Qualifying Meet for all positions under the National Officials Certification Program. Any official interested in being evaluated should submit an Application to Officiate noting the request for evaluation. Details of the certification program can be found on the [USA swimming website](#).

General Meeting: Thursday, March 24, 2011 at 2:00pm. The General Meeting will take place in the 2nd floor conference room. Coaches are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance.

Facility Schedule:

- Thursday, March 24: 12:00 Noon – 9:00pm (or 30 minutes after the last event, whichever is later)
- Friday – Sunday, March 25-27: 6:00am – 9:00pm (or 30 minutes after last event, whichever is later)

Registration Schedule:

- Thursday, March 24: 12:00 Noon – 9:00pm
- Friday, March 25: 6:00am – 11:00am
- Other times: Contact the Front Desk/Meet Director.

Meet Schedule:

Competition Pool

- Thursday, March 24
 - o General Warm-up: 12:00 Noon-3:00pm
 - o Distance Warm-up: 3:20pm-4:20pm
 - o Distance Events Start: 4:30pm
- Friday, March 25 – Sunday, March 27
 - o Prelim Warm-up: 6:30am-8:50am
 - o Prelims Start: 9:00am
 - o Finals Warm-up: 5:00pm-5:50pm
 - o Finals Start 6:00 pm

Warm -Up Procedures: The following Virginia Swimming warm-up procedures and safety policies will be followed:

- Enter the pool only at the start end of the pool. Enter feet-first, unless the lane has been designated for one-way starts.
- Swimmers must be under the supervision of a [USA Swimming credentialed] coach during warm-ups. All warm-up periods shall be supervised by the appointed marshals.
- During preliminary warm-ups, all but the final 30 minutes will be dedicated to general warm-up. Specific warm-ups will be conducted during the last 30 minutes.
- During finals warm-ups, periods are divided equally between general and specific programs. The first half of the warm-up will be dedicated to general warm-up and the last half of the warm-up will be dedicated to specific warm-up.
- During the general warm-up, no pace work or sprinting will be permitted.

Rules: Current USA Swimming rules will govern all competition.

Effective October 1, 2009: In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. For men, the swimsuit shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee. All swimsuits shall be made from textile materials and may not contain zippers or other fastening devices other than a drawstring at the waist of men's suits. For [additional information](#) including the use of modesty wear under swimsuits, see the USA Swimming website, <http://www.usaswimming.org/usasweb/DesktopDefault.aspx>

Eligibility: The Eastern Zone Southern Region Speedo Championship Series Meet is open to any swimmer currently registered with USA Swimming with a qualifying time (Qualifying Standards are attached) *except* swimmers in the Eastern zone Northern region. The qualifying time must have been achieved between January 1, 2010 and the meet entry deadline. The LSCs in the Northern region are Adirondack, Connecticut, Maine, Metropolitan, New England, **New Jersey**, and Niagara.

Timers: It may be necessary to solicit timers from the spectators attending the meet. All visiting teams/LSCs should be prepared to provide meet timers. The meet director reserves the right to assign teams or LSCs with lane assignments for timer coverage depending on entries.

Meet Format: The meet will be swum with circle-seeded preliminary heats in the morning session with C-Final, B-Final, and A-Final (in that order) in the evening session, unless otherwise noted. All relay events, as well as the 1000 freestyle and 1650 freestyle will be swum as timed final events.

- Thursday Distance Events (W 1650/M 1000): The women's 1650 yard Freestyle will be swum slowest-to-fastest, followed by the men's 1000 yard Freestyle swum slowest-to-fastest. These events are timed finals.
- Sunday Distance Events (W 1000/M 1650): The fastest heat of 8 in the women's 1000 yard Freestyle followed by the fastest heat of 8 in the men's 1650 yard Freestyle will be swum at the beginning of the evening final session. The remaining heats will swim on Sunday afternoon, such that the last heat finishes at 4:30pm. The heats will be swum alternating women and men such that the second-fastest men's heat swim last, the second-fastest women's heat swims next-to-last, etc. The heat order and schedule will be published after the scratch deadline on Saturday night. These events are timed finals.
- Relay Events: Relays are timed-final events. The fastest two heats will swim with finals during the evening session. Remaining heats will swim with preliminaries during the morning session. Relays that do not check-in by the appropriate deadline will be scratched. Relay participants must be declared to the Clerk of Course one hour before the relay swims, but may be changed up to the time of the swim. Relay participants may only compete on one relay team per relay event, either the 'A' relay or 'B' relay but not both. ~~Only the fastest two relays per team will score points.~~ Each relay must have at least one swimmer who qualifies and competes in at least one non-bonus individual event. 200 yard Medley Relay entry times must be provable 400 Medley Relay times.
- Sunday Relays (200 free relay, 400 medley relay): The "Sunday Relay Rule" will be in effect. Any relay that wishes to swim with preliminaries during the morning session may do so. All Sunday relays will be asked to indicate a preference for swimming with preliminaries or with finals, when that relay is positively checked-in at the Clerk of Course. The preliminaries/finals preference must be declared by the check-in deadline (Saturday at 6:30pm). The fastest 16 relays that wish to swim during the evening finals will swim during the evening finals. All other Sunday relays will swim during the Sunday morning preliminaries.
- A/B Flight Format: Dependent on the number of entries, and at the discretion of the Meet Referee, the preliminary sessions may be conducted in an "A/B Flight" format. If adopted, details of this procedure, including the number of heats of each event to be swum in the "A Flight" session, will be announced at the general meeting.

Entry Information:

Meet Entry Officer: Terry Randolph, (757) 887-0868 – randtb@msn.com

- Qualification Period: January 1, 2010 through deadline for meet.
- Seeding Order: SCY, LCM, SCM. Bonus events are seeded last.
- Entry Fees: \$12.50 for individual events, \$25.00 for relay events.
- Time Trials Fees: \$10.00 for individual events, \$25.00 for relay events.
- Regular Entry Deadline: Tuesday, March 15, 2011 at 11:59 PM EST. OME will open for this meet on February 1, 2011 at <http://www.usaswimming.org/ome>.

Entry Rules: A swimmer may enter any number of individual events in which the qualifying time standard has been met. A swimmer may only swim a maximum of three (3) individual events per day (including time trials) and a maximum of seven (7) individual events (including time trials) for the meet. Each team is allowed to enter up to 2 relays in each event.

- **Bonus Events:** Swimmers making 1 qualifying time will be permitted to enter one bonus event. Swimmers making 2 qualifying times will be permitted to enter 2 bonus events. Swimmers making 3 qualifying times will be permitted to enter 1 bonus event. Swimmers making 4 or more qualifying times are not permitted to enter bonus events. Bonus entries are seeded last. There shall be no bonus swims for the 1000 freestyle or 1650 freestyle except for the following condition. **Any Swimmer achieving a qualifying time in the 1000 freestyle or the 1650 freestyle may choose to enter the other distance event as a bonus entry.** Swimmers entering with a non-conforming time shall be seeded last.
- At least one swimmer participating on each relay team must also be entered and compete in at least one, non-bonus, individual event. All relay-only swimmers must be listed on the meet entry.

Online Meet Entry: Except for qualifying times achieved for the first time between March 16 and March 21, all entries must be submitted through USA Swimming's website using OME (Online Meet Entry). All coaches planning on attending the meet **MUST** be included with the entry for the confirmation of coach credentials prior to arriving at the meet. Any coach not on the original entry **MUST** show proof of current credentials prior to receiving coach's packets or deck credentials.

- **Entry Instructions:** Payment for entries using OME is accepted using Visa, MasterCard, American Express or Discover. After you complete your online entry, you will be sent confirmation via e-mail. Bring all communications with you to the meet. You can return to your entry to modify entry times through the initial March 16, 2011 entry deadline. Once you have paid for your entry, you may add events to your entry but you cannot delete events. Entries will not be considered accepted until entry fees are received. Entry times, under OME, are taken from the SWIMS national database, or a custom time may be entered. All swims entered as a custom time must be proven in hard copy, at the meet. Times must be entered in the proper course in which achieved; converted times will not be accepted. Times other than short course yards will be treated as "non-conforming" and will be seeded according to USA Swimming procedures. Do not convert times before entering them. Entries that have NOT used the OME entry process will not be accepted, except for those times achieved during the extended entry period (March 16-21, 2011). These times must be submitted using Hy-Tek Team Manager. No fax entries will be accepted at any time.
- **Questions Regarding OME?** Contact: Susan Woessner, Office: 719-866-3589; Cell: 719-332-0184.
- **Late Qualifying Times:**
 - Additional entries from meets occurring between March 16, 2011 and March 21, 2011 are due by 5:00 PM (EST) on Monday, March 22, 2011.
 - Entries desired after the Entry Deadline and prior to the start of the meet, must be sent to the Meet Entry Officer for input.
 - All late entries must submit proof of time.
 - Late entries may not be used to improve the seed time of an earlier entry.

FEES:

- Emails must include reports by name and by event with proof of times.
- Payment for these entries must be received at the pre-meet general meeting on Thursday, March 24, 2011. If payment is not received at this time, these entries will be scratched from the meet. Please remember that this is only for new qualifying times that occur between March 16, 2011 and March 21, 2011. Once the OME deadline passes no time updates are permitted.
- Entry Fee Payable To: Virginia Swimming Inc.

Proof of Time: Verification of times for all events (including relays) is required. Times submitted through OME will be automatically verified through the USA Swimming SWIMS database unless a custom time is used. Coaches entering with custom times (those not in the SWIMS database) or times achieved during the late qualifying period must be prepared to prove the times with a copy of the official meet result. High School, College, YMCA and similar non-USAS swims must be a swim officially authorized by USA Swimming.

Warning: Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100.00, and no further entries will be accepted from the club until the said fine is paid. All swimmers, coaches and officials must be properly registered with USA Swimming for 2011.

Scratch Procedures/Positive Check In: The scratch box and positive check in will be located at the Registration Table until the General Meeting. The scratch box and positive check in will then be at the General Meeting. Following the General Meeting, the scratch box and positive check in will be located with the Clerk of Course on deck.

This meet will follow the National Championship Scratch Rules as specified in rule 207.12.6. Specific procedures will be explained at the General Meeting on Thursday afternoon. Scratches from finals can only be done directly with the Administrative Referee. Do not use the scratch box. **A \$50.00 fine, per no show, will be given for No Shows in Sunday's finals.**

After the preliminaries and/or timed finals have been seeded, any swimmer who fails to compete in an individual event preliminary or timed final heat in which they have been entered and have not been scratched will be barred from further individual and relay events that day. In order to swim any events on remaining days the coach and/or swimmer must positively check-in with the Administrative Referee prior to the scratch deadline of that day's events. Relays that do not check-in by the appropriate deadline will be scratched.

Scratch deadlines are as follows:

- Thursday, 3:00pm: Thursday distance events (W 1650/M 1000).
- Thursday, 5:00pm: All Friday events (including positive check-in for 800 free relay).
- Friday, 6:30pm: All Saturday events (including positive check-in for 200 medley relay and 400 free relay).
- Saturday, 6:30pm: All Sunday events (including W 1000/M 1650 and positive check-in for 200 free relay and 400 medley relay).

Time Trials: Time trial fees: \$10.00 for individual events; \$25.00 for relays. Time Trials will start 15 minutes after the conclusion of timed finals on Thursday, and 30 minutes after the conclusion of the preliminaries session on Friday, Saturday and Sunday (time permitting). Time trials are open to all swimmers entered into the meet, including relay- only swimmers. Each swimmer is limited to a maximum of two time trials during the meet. Also, please be aware that time trials count towards the daily maximum of three events. Registration for time trials will close at 5:00pm on Thursday, and 10:00am on Friday, Saturday and Sunday, unless otherwise announced at the General Meeting. Time trials will be conducted as long as there is time available. Time trials will end no later than 4:30pm on Friday and Saturday. Time trials on Sunday will end 30 minutes prior to the start of the heats of the Women's 1000 free/Men's 1650 free. The order of events for time trials is listed below.

Note that the 1000 freestyle and 1650 freestyle are only offered on Thursday.

- Thursday time trials: 1000 free, 1650 free events only.
- Friday time trials: Friday/Saturday/Sunday events, in that order.
- Saturday time trials: Saturday/Sunday/Friday events, in that order.
- Sunday time trials: Sunday/Friday/Saturday events, in that order.

Deck Access: All participating swimmers, coaches, and working officials will be issued deck credentials. These must be visible at all times when on deck. Please use designated pool entry areas.

Deck passes will only be issued to individuals listed on the official entry summary form, and must be registered with USA Swimming. All coaches must be prepared to show a current USA Swimming registration card at the registration table to receive their deck pass. Replacements for lost credentials will cost \$10.00.

No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, swimmer must be assigned a supervising coach (per USA Swimming rule 202.3.2). Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

Scoring: Scoring will be to 16 places. Only the fastest two relays from each team will be scored.

Place:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Individual:	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Relay	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

Awards: Awards will be presented during the evening finals. A full sequencing of events and awards will be published with the heat sheet for each finals session. Awards for the Thursday distance events will be presented during the Friday evening finals.

- Individual events: Top 5 finishers
- Relay events: Top 3 relay teams
- Team awards (female, male, and combined scores): Top 3 teams
- Individual high point: Top 3 female and top 3 male

Concessions: There will be a concession stand open for the duration of the meet. The concession area is on the upper level of the pool, near the restrooms.

Hospitality: A hospitality area will be available for coaches and meet staff. Coaches and meet staff must have appropriate credentials to enter the hospitality area. The Hospitality Area will be in the Wet Classroom located just off the Competition Pool deck.

Spectator Admission and Heat Sheets: The spectator seating area will open one hour before the start of each session. The spectator entrance is on the upper level of Christiansburg Aquatic Center. Prices are as follows:

- No charge for admission
- Prelims Heat Sheet: \$5.00 / session
- Finals Heat Sheet: \$3.00 / session

THE FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT TOGETHER WITH THE TOWN OF CHRISTIANSBURG AQUATIC CENTER RULES:

- FOOD is not permitted in the pool area. Concessions will be allowed in designated areas only. Drinks are only permitted if in plastic bottles or covered plastic/paper cups.
- Young children must be supervised by an adult.
- Observers are to stay in designated areas.
- No tape of any kind is to be used inside to hang signs, banners or decorations. Please consult with the Director of Aquatics prior to hanging up any signs, banners or decorations.
- Only Aquatic Staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Staff Management.
- No smoking is permitted within the Town of Christiansburg Aquatic Center.
- The Town of Christiansburg Aquatic Center is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings.
- No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Director.
- No glass containers of any kind are to be brought into the pool complex.

- Parking violators will be subject to fines and/or towing as posted.
- The Aquatic Center strongly encourages showering prior to entering the pool.
- All emergency exits and walkways must remain clear.

Locker Rooms: Day lockers will be available for athletes, coaches and officials. Do not leave locks on lockers overnight. Do not leave valuables in your locker. Christiansburg Aquatic Center and Virginia Swimming are NOT responsible for lost or stolen property. The Virginia Tech Varsity locker room is off-limits to all participants.

Medical Assistance: Medical assistance will be provided at the facility. If you require medical assistance, please notify a facility lifeguard, or a member of the meet staff. [1](#).

Parking: Parking will be available at the Christiansburg Aquatic Center for officials and coaches. Meet Credentials **MUST** be shown in order to get into the lower parking lot at the swim center. Parking for everyone else is available in the designated lots surrounding the swim center. Handicap vehicles will be permitted to park in the swim center lot. Bus parking will be available in designated lots. All vehicles must be in appropriately marked parking spaces. Overflow parking will be available at Christiansburg High School approximately ½ mile from the Center. Shuttle van will be available.

Directions to Christiansburg Aquatic Center

From I-81 Southbound:

- Take the US-11/US-460 exit, Exit 118C-B-A, toward Christiansburg/Blacksburg. 1.6 mi.
- Merge onto US-460 W via Exit 118B toward Blacksburg. 2.7 mi.
- Take the US 460 Business exit, Exit 3AB, toward Christiansburg. 0.4 mi.
- Merge onto US-460 BR E/N Franklin St via Exit 3A toward US-460-BR E/VA-111/Downtown. 0.8 mi
- Stay in the right lane, proceed thru the next two stop lights. The Aquatic Center will be on your left. 0.6 mi.

From I-81 Northbound:

- Take the VA-8 exit, Exit 114, toward Christiansburg/Floyd. 0.2 mi.
- Turn left onto VA-8 N/W Main St.
- Turn left onto N Franklin St/US-460 BR W. 0.6 mi.
- The Aquatic Center will be on the right.

From 460-Eastbound

- Take the US-460-BR E Exit toward Downtown. 0.5mi.
- Merge onto US-460 BR E/N Franklin St. 1.1 mi.
- Stay in the right lane. Proceed thru the next two stop lights. The Aquatic Center will be on the left..

Eastern Zone Southern Region Sectional Meet 2011 Speedo Championship Series Meet

March 24 -27, 2011

Order of Events

Thursday, March 24, 2011

Timed Finals: 4:30pm start

Women			#	Event	#	Men		
LCM	SCM	SCY				SCY	SCM	LCM
18:16.79	17:43.19	17:54.39	1	1650 yard Freestyle				
				1000 yard Freestyle	2	10:09.89	8:58.59	9:11.39

Friday, March 25, 2011

Prelims: 9:00am start Finals: 6:00pm start

Women			#	Event	#	Men		
LCM	SCM	SCY				SCY	SCM	LCM
2:12.69	2:10.79	1:57.49	3	200 yard Freestyle	4	1:46.49	1:58.09	2:01.49
1:18.29	1:16.49	1:08.89	5	100 yard Breaststroke	6	1:02.19	1:09.09	1:10.39
1:07.49	1:06.79	1:00.09	7	100 yard Butterfly	8	54.09	1:00.09	1:00.89
5:22.19	5:09.69	4:39.99	9	400 yard IM	10	4:15.09	4:43.19	4:49.89
9:06.29	8:58.89	8:05.39	11	800 yard Free Relay	12	7:22.39	8:06.69	8:14.79

Saturday, March 26, 2011

Prelims: 9:00am start Finals: 6:00pm start

Women			#	Event	#	Men		
LCM	SCM	SCY				SCY	SCM	LCM
4:44.09	4:40.29	4:12.29	13	200 yard Medley Relay	14	3:46.99	4:15.59	4:19.69
2:29.49	2:28.19	2:13.49	15	200 yard Butterfly	16	2:01.49	2:14.89	2:16.29
28.59	28.19	25.39	17	50 yard Freestyle	18	22.49	24.99	25.59
2:49.39	2:47.09	2:30.49	19	200 yard Breaststroke	20	2:15.39	2:30.29	2:32.99
1:09.39	1:07.89	1:01.09	21	100 yard Backstroke	22	55.09	1:01.19	1:02.89
4:38.19	4:32.59	5:12.49	23	500 yard Freestyle	24	4:48.39	4:10.89	4:18.59
4:14.99	4:10.89	3:45.79	25	400 yard Free Relay	26	3:21.89	3:44.09	3:48.69

Sunday, March 27, 2011

Prelims: 9:00am start Finals: 6:00pm start

Women			#	Event	#	Men		
LCM	SCM	SCY				SCY	SCM	LCM
1:57.79	1:56.19	1:44.59	27	200 yard Free Relay	28	1:32.69	1:42.19	1:45.49
9:34.99	9:19.99	10:40.29	29	1000 yard Freestyle				
				1650 yard Freestyle	30	16:43.99	16:35.19	17:21.99
2:28.99	2:26.49	2:11.89	31	200 yard Backstroke	32	1:59.39	2:12.59	2:15.39
1:01.89	1:00.89	54.79	33	100 yard Freestyle	34	48.99	54.39	55.69
2:30.59	2:26.59	2:12.49	35	200 yard IM	36	1:59.79	2:12.99	2:16.59
4:44.09	4:40.29	4:12.29	37	400 yard Medley Relay	38	3:46.99	4:15.59	4:19.69

Scratch deadlines:

- Thursday, 3:00pm: Thursday distance events (W 1650/M 1000).
- Thursday, 5:00pm: All Friday events (including positive check-in for 800 free relay).
- Friday, 6:30pm: All Saturday events (including positive check-in for 200 medley relay and 400 free relay).
- Saturday, 6:30pm: All Sunday events (including W 1000/M 1650 and positive check-in for 200 free relay and 400 medley relay).

Relay Events: Relays are timed-final events. The fastest two heats will swim the finals during the evening session. The Sunday Relay Rule will be in effect for Sunday relays. Remaining heats will swim with preliminaries during the morning session. All relays must be positively checked-in by the appropriate scratch deadline. Relay participants must be declared to the Clerk of Course one hour before the relay swims, but may be changed up to the time of the swim. 200 yard Medley Relay entry times must be provable 400 Medley Relay times.

Thursday Distance Events: The Women's 1650 yard Freestyle will be swum slowest-to-fastest, followed by the Men's 1000 yard Freestyle swum slowest-to-fastest. These events are timed finals.

Sunday Distance Events: The fastest heat of the Women's 1000 yard Freestyle and the fastest heat of the Men's 1650 yard Freestyle will be swum at the beginning of the evening finals session. The remaining heats will swim on Sunday afternoon, such that the last heat finishes at 4:30pm. The heats will be swum alternating women and men such that the second-fastest men's heat swims last, the second-fastest women's heat swims next-to-last, etc. The heat order will be published after the scratch deadline. These events are timed finals.