




# 2024 Niagara 14 & Under Championships

March 15-17, 2024  
Sanction # NI-2324-028

Hosted by:



<b>MEET DIRECTORS</b> Courtney Christ <a href="mailto:Meetdirector@medleyaquatics.com">Meetdirector@medleyaquatics.com</a> Rob Wahl (585-230-4530) <a href="mailto:Coach_Rob@wsabluefins.com">Coach_Rob@wsabluefins.com</a>	<b>MEET REFEREE</b> Sharlene Ransford <a href="mailto:sharransford@yahoo.com">sharransford@yahoo.com</a>	<b>ENTRY CHAIR</b> Will Chidsey <a href="mailto:meetentry@medleyaquatics.com">meetentry@medleyaquatics.com</a> 315-430-5481
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<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Niagara Swimming: NI-2324-028.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Niagara Swimming, Syracuse Chargers, Webster Swim Association and Webster 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.</li> </ul>
<b>FACILITY</b>	<p style="text-align: center;"><b>Webster Aquatic Center</b> 875 Ridge Road Webster, NY 14580 585-670-1087</p>  <ul style="list-style-type: none"> <li>50-meter pool will be set up as 6-10 lane, 25-yard pool with non-turbulent lane dividers and electronic timing.</li> <li>Water depth: From start end, pool depth ranges from 6'8" to 7'6" at 1 meter and 6'8" to 7'6" at 5 meters. From turn end, pool depth ranges from 6'8" to 7'6" at 1 meter and 6'8" to 7'6" at 5 meters.</li> <li>The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.</li> <li>Lane(s) will be available for continuous warm-up and cool down.</li> <li>Swimmers will sit with their teams on the pool deck.</li> <li>Facility will open at 6:50 am each day.</li> <li>All patrons are asked to park in designated spots only. Parking in the grass or in the fire lane striping is prohibited at all times. <i>Illegally parked vehicles, including vehicles in handicapped spots without valid permits, may be towed at the owner's expense.</i></li> <li>On Friday, parking is restricted to the lot directly across from the main entrance to the pool.</li> </ul>
<b>HOST SITE</b>	<ul style="list-style-type: none"> <li>A <a href="#">Hosted Meet Page</a> has been created for this meet. Please visit this site to access the event file, session reports, psych sheets, facility layout (with seating assignments), results, team scores and other meet related updates.</li> </ul>
<b>ENTRY DEADLINE AND PROCEDURES</b>	<p style="text-align: center;"><b>Regular Entry Deadline: March 6, 2024 at 11:59 pm</b></p> <p>IMPORTANT: The above date is the deadline for clubs to submit their entries to the Entry Chair. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p> <p>All entries for qualifying swims between September 1<sup>st</sup>, 2022 and March 6<sup>th</sup>, 2024 must be submitted through USA Swimming's website using OME (Online Meet Entry). Ensure that relay only swimmers are included in the team roster entry. All coaches planning to attend 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.</p>



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### **Entry Instructions:**

Payment for entries using OME is accepted using club check only. After you complete your online entry, you will be sent confirmation via email. Bring all communications with you to the meet. You can return to your entry to modify entry times through the March 6<sup>th</sup>, 2024 entry deadline. Once you have checked out 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 from a USA sanctioned, observed, or approved meet, may be entered. All swims entered as a custom time must be proven in hard copy prior to the start of 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 “nonconforming” and will be seeded according to USA Swimming procedures. Do not convert times before entering them.

Invoices will be emailed out to each club a few days after the entry deadline.

Questions Regarding OME? Contact: Trey Freeman at [tfreeman@usaswimming.org](mailto:tfreeman@usaswimming.org)

### **Late Entry Provision:**

Any team or athlete missing the initial entry deadline of March 6, 2024, with entries achieved during the entry qualifying period, will be permitted to enter late, subject to the following requirements.

- Hy-Tek entry file must be submitted to the Meet Entry Chair at [meetentry@medleyaquatics.com](mailto:meetentry@medleyaquatics.com) **no later than 4:00 pm ET, Monday, March 11<sup>th</sup>, 2024.** (Entries must be submitted with PDF proof of time.)
- Team or entrant must pay a one-time processing fee of \$150 plus \$15 per individual event and \$30 per relay event.

### **Second Entry Period (New Qualifying Swims Only):**

- Entries for swimmers achieving new qualifying events between March 7 – 10, 2024 may be submitted by **March 11, 2024 by 4 pm.**
- Updated entry times for previously entered athletes/events will not be accepted after the regular entry deadline except if the athlete achieves a qualifying time in an event previously designated as a bonus event.
- Relays may be added if a team has a swimmer who qualifies during this late qualifying period and his or her entrance to the meet creates a legal relay.
- Hy-Tek entry file must be submitted to the Meet Entry Chair at [meetentry@medleyaquatics.com](mailto:meetentry@medleyaquatics.com) **no later than 4:00 pm ET, Monday, March 11<sup>th</sup>, 2024.** (Entries must be submitted with PDF proof of time.)

### **SCHEDULE**

Date(s)	Session	Session Info	Warm-up start	Event start
March 15, 2024	1	Friday Morning: 11-14 Prelims	9:30 am	10:30 am
	2	Friday Evening: 11-14 Finals, 10 & Under TF	4:00 pm	5:00 pm
March 16, 2024	3	Saturday Morning: 11-14 Prelims	8:00 am	9:00 am
	4	Saturday Afternoon: 10 & Under TF	WU: 12:30 pm, Meet Starts 1:00 pm (Dependent on Session 3)	
	5	Saturday Evening: 11-14 Finals	4:30 pm	5:30 pm
March 17, 2024	6	Sunday Morning: 11-14 Prelims	7:30 am	8:30 am
	7	Sunday Afternoon: 10 & Under TF	WU: 12:30 pm, Meet Starts 1:00 pm (Dependent on Session 6)	
	8	Sunday Evening: 11-14 Finals	4:30 pm	5:30 pm

- Meet Director reserves the right to adjust times/sessions after entries are received.



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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>• Open to all Niagara LSC registered USA Swimmers.</li> <li>• The age of the swimmer on the first day of competition determines eligibility.</li> <li>• No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i>, Article 302.</li> </ul>
<b>DISABILITY SWIMMERS</b>	<p>USA Swimming National Disability Committee released motivational time standards to foster and promote the inclusion of nontraditional athletes in their LSC Championships. The motivational times are designed to provide a fair, equitable and structured path for these athletes. Time Standards will be posted on the Niagara Website.</p> <p>The standards are divided up into three “P” groups. The groups are to place athletes with similar disabilities into the same grouping. The groupings are as follows:</p> <ul style="list-style-type: none"> <li>• P1- non-ambulatory (wheelchair bound) - limited use of all four extremities</li> <li>• P2- dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body</li> <li>• P3- single limb deficiencies, visual impairment, intellectual impairment, ambulatory without significant assistance</li> </ul> <p>If you know of, or are a nontraditional athlete who may be classified in one of the “P” groups, please contact Niagara’s Disability Chair - Courtney Christ (<a href="mailto:disability@niagaraswim.org">disability@niagaraswim.org</a>).</p> <p>Please submit all disability qualifications and any accommodations needed to Niagara’s Disability Chair for Proof of Time. After they are approved the entry and accommodations will be submitted to the host via the Disability Chair.</p>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>• Automatic timing will be used.</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>• Current USA Swimming rules shall govern this meet.</li> <li>• All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.</li> <li>• No on-deck USA-S registration is permitted.</li> <li>• In compliance with <i>USA Swimming Rules and Regulations</i>, use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas, restrooms, or locker rooms. Per NI policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</li> <li>• Deck changes are prohibited.</li> <li>• Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.</li> <li>• Operation of a drone or any other flying devices 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.</li> <li>• Prepare for dive-over starts.</li> <li>• All or part of the meet may be live streamed to the video scoreboard or internet.</li> <li>• All swimmers must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. It is the swimmer’s responsibility to make such arrangements prior to the start of the meet. If assistance is needed, please reach out the Meet Director.</li> </ul>



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## EVENT RULES

1. It is the swimmer's responsibility to stand directly behind the correct starting block/lane when called by the referee/starter/announcer for their races by verbal announcement and whistle blasts. Coaches are strongly advised to instruct swimmers to regard the call to compete from the Referee/starter/announcer as the final authority. All instances of confusion will be clarified by the referee prior to the race. Swimmers who miss any race will not be re-seeded into subsequent heats for any race in which they failed to report as above. Swimmers who fail to report for a preliminary or timed-final event that does not require positive check-in will remain eligible to compete in all remaining events in which he/she was properly entered.
2. Any swimmer who may require assistance to properly report for races as stated shall be identified to the referee immediately preceding all sessions in which that swimmer is scheduled to compete.
3. 11-12 200 back, 11-12 200 breast, 11-12 200 fly will use the respective 13-14 time standard and will be combined with the 13-14 using the age group 11-14. The 11-14 events will be scored as 11-14 with no exclusion or separation. This is so swimmers trying to make the zone cut for those events have the ability to swim them.
4. Swimmers may enter and swim no more than **3 individual and 2 relay events per day**, and no more than **6 individual events for the meet**. These limits include bonus events.
5. Relays:
  - Teams may enter no more than 4 relays per event.
  - A total of 3 relay only swimmers are allowed per event, no matter how many relays a team has entered in the meet.
  - Relay only swimmers may only participate in A and B relays and must be included with a team's entry file.
  - Mixed relays must be comprised of two (2) males and two (2) females.
  - Swimmers may participate in only one age group (e.g. 10&U, 12&U, 11-12, 11-14) of the same relay in each session. (This includes all of the 400 Freestyle relays in Session 2.)
6. Entry times submitted (including relays) must be actual best times. All times will be proven through SWIMS. Acceptable proof of time can be obtained at a USA Swimming sanctioned meet, an approved meet, or for an observed swim.
7. Entry times must be equal to or faster than the applicable Niagara Championship time standards for the event. The only exception to this rule is for an event formally designated as a bonus event.
8. Qualifying times must be achieved between September 1, 2022, and March 6, 2024 (see Entry Deadline, Second Entry Period section for qualifying swims after March 6, 2024).
9. BONUS EVENTS
  - Swimmers making 1 qualifying time will be permitted to enter 3 bonus events.
  - 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 will not be permitted to enter bonus events.
  - Events of 400 yards and greater are not eligible for selection as bonus events.
  - Bonus events will be subject to over swim fines if not properly designated as bonus events.
  - Bonus events may be limited depending on meet size after entries are received. This will be determined by the Meet Director, Meet Referee, and Niagara Technical Planning.
10. No late entries after the appropriate deadline or deck entries will be accepted.
11. The "Sunday Rule" will apply to the male and female 13-14 500 freestyle.
  - All swimmers entered in this event will be asked to indicate a preference for swimming with preliminaries or finals by 6 pm Saturday evening.
  - The fastest 10 females and males who wish to swim in the Sunday evening finals will swim during the finals. All other swimmers will swim during the Sunday morning preliminaries. Swimmers will swim prelims fast to slow alternating genders. If a 2-pool course is used, they will not alternate.



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<p><b>SEEDING</b></p>	<ul style="list-style-type: none"> <li>• Seeding will be SCY, LCM, and SCM.</li> <li>• The meet is pre-seeded except for positive check-in events. It is the swimmer’s responsibility to be at the blocks when their event and heat are called.</li> <li>• To minimize empty lanes during prelims and timed final events, there will be courtesy scratch deadlines for all events, including relays, as follows:             <ul style="list-style-type: none"> <li>• Thursday 6 pm for all Friday events via email</li> <li>• Friday 6 pm for all Saturday events at the scratch table</li> <li>• Saturday 6 pm for all Sunday events at the scratch table</li> </ul> <p>There is no penalty for no-show of prelim events that do not require positive check-in.</p> </li> <li>• Positive check-in events may be seeded and swum together.</li> <li>• The 1650 Freestyle will be swum FASTEST to SLOWEST, alternating Female and Male by event number, with the fastest heat swimming in finals.</li> <li>• The 13-14 400 IM will be seeded Fast to Slow, alternating Women’s and Men’s heats. All heats will be swum in Session 1.</li> <li>• The 13-14 1000 Freestyle will be swum Slow to Fast, all heats will be swum in Session 2, and combined Men’s and Women’s heats where possible.</li> <li>• All relays will be timed finals and swim in the prelims session except for the 400 Freestyle relay, which will be swum in the finals session on Friday.</li> <li>• Timed Finals format will be used for all 10 &amp; Under events. A prelims/final championship format will be used for 11-12 and 13-14 except for events designated as “Timed Finals.”</li> <li>• The top 30 swimmers in each age-group category (11-12 and 13-14) for both male and female will advance to swim in the finals sessions.</li> <li>• The Meet Director reserves the right to combine 200 yard and longer events to keep the meet manageable.</li> <li>• Finals will be comprised of a C (Bonus Consolation) Final, B (Consolation) Final, followed by an A (Championship) Final for each event competed.</li> <li>• Final heats may be combined. A Final heats will be paraded out with music, time permitting.</li> </ul>
<p><b>POSITIVE CHECK-IN</b></p>	<ul style="list-style-type: none"> <li>• The meet will be pre-seeded except for the 400 IM, 1000 freestyle and 1650 freestyle events. Positive check-in will be required for these events 30 minutes prior to the start of the session. Failure to swim after positive check-in will result in disqualification from their immediate next individual event.             <ul style="list-style-type: none"> <li>• Any swimmer who fails to check-in by the designated time will not be seeded in that event with no further penalty.</li> <li>• Any swimmer who positively checks in but does not compete in that event will be barred from their immediate net individual event or a \$50 fine payable to host.</li> </ul> </li> </ul>
<p><b>SCRATCHES</b></p>	<p>Niagara Swimming’s Scratch Rule is in effect for this meet (referenced below). Scratches <b>MUST BE MADE BY THE COACH</b>; swimmers may not scratch themselves from an event.</p> <p><b>Niagara Swimming’s SCRATCH RULE:</b></p> <p>Swimmers will advance to the final’s session in each prelim/finals event. Any swimmer initially qualifying prior to scratches, for a final’s session race in an individual event who fails to compete in that race will either be:</p> <ul style="list-style-type: none"> <li>• Barred from further competition in the meet, or</li> <li>• Assessed a \$50 fine, payable to the host.</li> </ul> <p>If the race falls on the last day of the meet on which the swimmer is entered, the swimmer or team will be fined \$50 by Niagara LSC if failure to show.</p>



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	<p>Exceptions for failure to compete - no penalty shall apply if:</p> <ul style="list-style-type: none"> <li>The Referee is notified in the event of illness or injury and accepts proof of the same.</li> <li>The swimmer qualifying for a Consolation or Championship Final heat formally scratches from the finals within thirty (30) minutes after announcement of the qualifiers for finals.</li> <li>It is determined by the Referee that failure to compete is caused by a circumstance beyond the control of the swimmer.</li> </ul>	
<b>SCORING</b>	<ul style="list-style-type: none"> <li>The top 20 finishers per event will score points per the outline below.</li> </ul>	
	Individual Events:	<p>A Final: 24-21-20-19-18-17-16-15-14-13  B Final: 11-9-8-7-6-5-4-3-2-1</p>
	Relay Events:	<p>48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2  *Only the A &amp; B relays for each team will score.</p>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>Individual events: Medals 1<sup>st</sup> – 10<sup>th</sup></li> <li>Relays: Medals 1<sup>st</sup> – 3<sup>rd</sup></li> <li>Age Group High Point: Male and Female 10&amp;U, 11-12, 13-14 based on individual points scored during competition.</li> <li>Team High Point: To 3 overall Team (Highest scores) and Small Teams Champion. Small Team is designated by having &lt;100 registered swimmers.</li> </ul>	
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>The prescribed NI warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments.</li> </ul>	
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>Coaches are responsible for the conduct of their swimmers in all areas throughout the duration of the meet and cleaning up the team area.</li> <li>Cooperation with the request of a Meet Marshal is expected.</li> <li>The meet area is restricted to the pool and adjoining locker rooms, the adjacent hallway and balcony area. Any swimmer found in an area designated out-of-bounds will be barred from participating in the remainder of the meet.</li> </ul>	
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Programs will be available free of charge on our <a href="#">Host Page</a>. Programs will be provided for coaches and officials and will be made available electronically to spectators.</li> </ul>	
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.</li> </ul>	
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>None.</li> </ul>	
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>Officials interested in volunteering should contact the Meet Referee listed above.</li> <li>Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-ups.</li> </ul>	
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>Participating clubs are expected to supply timers for all Prelims and Timed Finals sessions excluding the events below.</li> <li>The host clubs will provide timers for Friday Finals, Saturday Finals and Sunday Finals.</li> <li>Swimmers in the 400 IM, 13-14 500 Free and 1650 Freestyle events must provide their own timers and counters. The fastest heat of the 13-14 500 freestyle and 1650 freestyle will swim in finals and do not need to supply your own timers for those heats.</li> </ul>	



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<p><b>COACHES MEETING</b></p>	<ul style="list-style-type: none"> <li>There will be a coaches' meeting Friday, March 15<sup>th</sup>, 2024 at 9:15 am. Coaches and teams are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance. Additional coaches' meetings will be scheduled throughout the meet as needed.</li> </ul>																
<p><b>COACH INFORMATION AND DECK ACCESS</b></p>	<ul style="list-style-type: none"> <li>Please use designated pool entry areas. Any coach not on the original entry MUST show proof of current credentials prior to receiving coach's packets or deck credentials. Only swimmers, coaches, officials and meet staff with proper credentials will be permitted on the pool deck. These must be visible at all times when on deck. Teams will be allocated deck passes for coaches using the following Niagara LSC formula based on the number of athletes entered into individual events: <table style="margin-left: 40px; width: 100%;"> <tr> <td>1-5 swimmers in individual events</td> <td>2 coaching passes</td> </tr> <tr> <td>6-12 swimmers in individual events</td> <td>3 coaching passes</td> </tr> <tr> <td>13-22 swimmers in individual events</td> <td>4 coaching passes</td> </tr> <tr> <td>23-30 swimmers in individual events</td> <td>5 coaching passes</td> </tr> <tr> <td>31-39 swimmers in individual events</td> <td>6 coaching passes</td> </tr> <tr> <td>40-49 swimmers in individual events</td> <td>7 coaching passes</td> </tr> <tr> <td>50+ swimmers in individual events</td> <td>8 coaching passes</td> </tr> <tr> <td>Unattached swimmers entered without a team</td> <td>1 coaching pass</td> </tr> </table> </li> <li>Unattached swimmers with a team will be counted in the numbers for the team.</li> </ul>	1-5 swimmers in individual events	2 coaching passes	6-12 swimmers in individual events	3 coaching passes	13-22 swimmers in individual events	4 coaching passes	23-30 swimmers in individual events	5 coaching passes	31-39 swimmers in individual events	6 coaching passes	40-49 swimmers in individual events	7 coaching passes	50+ swimmers in individual events	8 coaching passes	Unattached swimmers entered without a team	1 coaching pass
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<p><b>ENTRY FEES</b></p>	<p style="text-align: center;">Per Swimmer Surcharge: \$10.00      Relay event fee: \$15.00 Individual event fee: \$9.00</p> <ul style="list-style-type: none"> <li>Make checks payable to <b>Webster Swim Association</b> and mail to the following address: <p style="text-align: center;">Webster Swim Association Treasurer P.O. Box 262 Webster, NY 14580</p> </li> <li>Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check.</li> <li>Entry fees are due with meet entry. Unpaid fees will be reported to the NI Administrative Office at the conclusion of the meet.</li> </ul> <p style="text-align: center;"><b><u>Do not</u></b> send entries by registered mail.</p>																
<p><b>AVAILABLE MEDICAL SUPERVISION / EQUIPMENT</b></p>	<ul style="list-style-type: none"> <li>The Webster Aquatic Center (WAC) has lifeguards stationed on the pool deck monitoring the competition and warm up pool. A lifeguard office is located off the pool deck with medical supplies. AEDs are available in the facility.</li> </ul>																
<p><b>ON-SITE VENDORS</b></p>	<ul style="list-style-type: none"> <li>Concessions will be available for sale.</li> <li>Northwest Design will be selling official meet merchandise.</li> <li>Ultimate Swim Shop will be on-site for equipment needs. Please call them at (800) 628-SWIM to pre-order or special requests.</li> </ul>																

# ORDER OF EVENTS

Breaks may be added at the discretion of the Meet Director.

<b>Friday</b>					
<b>Session 1: 11-14 Prelims</b>			<b>Session 2: 11-14 Finals, 10 &amp; Under Timed Finals</b>		
Female	Event	Male	Female	Event	Male
7	11-12 500 Freestyle (TF) <i>Fastest Heats Swimming in Finals</i>	8	1	13-14 1000 Freestyle (TF)	2
9	11-12 100 Breaststroke	10	101	10&U Mixed 400 Freestyle Relay (TF)	101
11	13-14 100 Breaststroke	12	3	12&U 400 Freestyle Relay (TF)	4
13	11-12 50 Backstroke	14	5	11-14 400 Freestyle Relay (TF)	6
15	11-14 200 Backstroke	16	103	10&U 200 IM (TF)	104
17	11-12 200 IM	18	7	11-12 500 Freestyle <i>Fastest 10 Men/Fastest 10 Women Only</i>	8
19	13-14 400 IM (TF)	20	9	11-12 100 Breaststroke	10
			11	13-14 100 Breaststroke	12
			105	10&U 200 Freestyle (TF)	106
			13	11-12 50 Backstroke	14
			15	11-14 200 Backstroke	16
			17	11-12 200 IM	18

<b>Saturday</b>		
<b>Session 3: 11-14 Prelims</b>		
Female	Event	Male
21	11-12 200 Freestyle Relay (TF)	22
23	11-14 200 Freestyle Relay (TF)	24
25	11-12 200 Freestyle	26
27	13-14 200 Freestyle	28
29	11-12 100 IM	30
31	13-14 100 IM	32
33	11-12 50 Freestyle	34
35	13-14 50 Freestyle	36
37	11-12 100 Butterfly	38
39	13-14 100 Butterfly	40
41	11-12 200 Medley Relay	42
43	11-14 200 Medley Relay	44
45	13-14 1650 Freestyle (TF) <i>Fastest Heats Swimming in Finals</i>	46
<b>Session 4: 10 &amp; Under Timed Finals</b>		
Female	Event	Male
107	10&U 200 Medley Relay	108
109	10&U 100 IM	110
111	10&U 100 Butterfly	112
113	10&U 50 Backstroke	114
115	10&U 100 Breaststroke	116
117	10&U 50 Freestyle	118
119	10&U 200 Mixed Freestyle Relay	119
<b>Session 5: 11-14 Finals</b>		
Female	Event	Male
45	13-14 1650 Freestyle <i>Fastest 10 Men/Fastest 10 Women Only</i>	46
25	11-12 200 Freestyle	26
27	13-14 200 Freestyle	28
29	11-12 100 IM	30
31	13-14 100 IM	32
33	11-12 50 Freestyle	34
35	13-14 50 Freestyle	36
37	11-12 100 Butterfly	38
39	13-14 100 Butterfly	40

<b>Sunday</b>		
<b>Session 6: 11-14 Prelims</b>		
Female	Event	Male
47	11-12 200 Mixed Freestyle Relay (TF)	47
48	11-14 200 Mixed Freestyle Relay (TF)	48
49	13-14 200 IM	50
51	11-12 100 Backstroke	52
53	13-14 100 Backstroke	54
55	11-12 50 Breaststroke	56
57	11-14 200 Breaststroke	58
59	11-12 100 Freestyle	60
61	13-14 100 Freestyle	62
63	11-12 50 Butterfly	64
65	11-14 200 Butterfly	66
67	11-12 400 Medley Relay (TF)	68
69	11-14 400 Medley Relay (TF)	70
71	13-14 500 Freestyle (TF) <i>Fastest Heats Swimming in Finals</i>	72
<b>Session 7: 10 &amp; Under Timed Finals</b>		
Female	Event	Male
121	10&U 200 Mixed Medley Relay	121
123	10&U 50 Butterfly	124
125	10&U 100 Freestyle	126
127	10&U 50 Breaststroke	128
129	10&U 100 Backstroke	130
131	10&U 200 Freestyle Relay	132
<b>Session 8: 11-14 Finals</b>		
Female	Event	Male
71	13-14 500 Freestyle <i>Fastest 10 Men/Fastest 10 Women Only</i>	72
49	13-14 200 IM	50
51	11-12 100 Backstroke	52
53	13-14 100 Backstroke	54
55	11-12 50 Breaststroke	56
57	11-14 200 Breaststroke	58
59	11-12 100 Freestyle	60
61	13-14 100 Freestyle	62
63	11-12 50 Butterfly	64
65	11-14 200 Butterfly	66