



**IOWA SWIMMING, INC.
2024 SHORT COURSE AGE GROUP CHAMPIONSHIPS**

February 16-18, 2024

**Hosted by
Iowa Flyers Swim Club**

IASI SANCTION IA-24-039r. Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI).

RULES Current USA Swimming technical and administrative rules and IASI policies and procedures will govern this meet.

DATES Friday, February 16, 2024 – Sunday, February 18, 2024

TIMES	Session	Warm-Up	Competition
	1 Friday Morning	7:30 am	8:30 am
	2 Friday Evening	Not before 4:00 pm	Not before 5:00 pm
	3 Saturday Morning	7:30 am	8:30 am
	4 Saturday Afternoon	Not before 12:15 pm	Not before 1:00 pm
	5 Saturday Evening	Not before 4:00 pm	Not before 5:00 pm
	6 Sunday Morning	7:30 am	8:30 am
	7 Sunday Afternoon	Not before 12:45 pm	Not before 1:30 pm
	8 Sunday Evening	Not before 4:00 pm	Not before 5:00 pm

Should warm-up need to be split, clubs will be notified by 6:00 pm on Wednesday, February 14th.

The pool deck will open 30-minutes prior to warm-ups and will close 30-minutes after the conclusion of the last event each day. Athletes must remove all personal items each day. Items left on the pool deck will be collected and placed in lost and found.

TECHNICAL MEETING

Thursday, February 15, 2024 on Zoom at 7:15 p.m.; invite to be sent via email Friday, February 16, 2024, at 7:15 a.m. in the Wet Classroom.

Details and information discussed at this meeting will be emailed to all coaches and available from the Meet Referee following the meeting. Coaches are responsible for all information presented and included in this information.

SITE

Campus Recreation & Wellness Center (CRWC)

309 S Madison St, Iowa City, IA 52242

FACILITY

50-meter, 8-lane, indoor pool with two moveable bulkheads to accommodate two 25-yard courses; a competition pool and a warm up/cool down area.

Competition Pool:

The competition pool depth ranges from 8 feet at the start and turn ends to 9 feet in the center. A Daktronics Timing System with touch pads and push button back-up system will be utilized. A minimum of one manual stopwatch and one push button will be used on each lane for back-up times. Backstroke flags will be placed fifteen feet from each end of the course.

The host will ensure the required course dimensions are met.

Warm Up Pool:

There will be eight 25-yard lanes at the north end of the natatorium for warm-up and cool-down. The diving well will only be used for warmups and cool downs if both the north pool and the south pool are used for competition. Otherwise, the dive well will be closed for meet participants.

Athletes, coaches, meet personnel, and officials will be limited to the natatorium and competitive swimming areas in the facility. Accessing other areas of the building without permission is prohibited. Entry into other areas of the facility could result in expulsion from the meet without entry fees or admission reimbursement.

DECK ACCESS

Only athletes, coaches, meet personnel, and officials are permitted on the pool deck. Team areas will be designated for athletes and coaches. Coaches and athletes must remain behind the ropes alongside the competition pool during competition.

Team Banners & Posters: No hanging of team banners or posters is permitted in the facility.

COACHES

Sign In. Only currently registered USA Swimming member coaches will be permitted on deck in designated areas. Each coach must sign the Coaches Meet Sign-In (APP-29) to verify that all certifications are current and on file with USA Swimming. The official mobile application of USA Swimming is acceptable proof of USA Swimming membership.

Deck Credentials. Deck credentials must be worn and be visible at all times.

WARM UP

The IASI mandatory warm-up procedure will be followed.

Any additional warm up information will be emailed directly to participating clubs in the lead-up to the meet. t

SUPERVISION

All athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any athlete without a coach shall report to the Meet Referee prior to their warm-up. The Meet Referee or designee may assist the athlete in making arrangements for such supervision, but it is the athlete's responsibility to make such arrangements prior to the start of the meet.

MEDICAL SUPERVISION

The facility will have Lifeguard, AED, and CPR trained staff in case of emergencies that arise during this event. Head lifeguards, lifeguards, Rec. Services Professional Staff, and Meet Marshalls will patrol the deck.

RACING STARTS

Any athlete 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 without the use of a backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the athlete or the athlete's legal guardian to ensure compliance with this requirement.

ENTRY

REQUIREMENTS

1. Athletes must be member of USA Swimming and Iowa Swimming.
 - a. The meet host will notify teams if they have entered swimmers whose memberships cannot be verified through pre-meet reconciliation. Those swimmers must prove membership to the meet host by either (i) showing the athlete's member card from the USA Swimming mobile app or website, or (ii) demonstrating that the athlete appears on a current club roster report produced from SWIMS 3.0. Screenshots of the athlete's member card is NOT acceptable proof of membership. Any swimmer who fails to prove membership no later than 10 minutes prior to warmups for the first session in which they are entered to compete will not be permitted to compete, forfeits their entry fees, and will be administratively disqualified from the entire meet.

2. Athletes must be entered into the meet prior to entering the water or competing in an event. If an athlete participates in a relay prior to entering the meet, the relay team shall be disqualified, even if proof of registration is provided after the relay has competed.

ENTRY & SEED TIMES

1. Entry times must meet or exceed the Iowa Q-Time standard and must be submitted in the same length course in which they were achieved. Conforming seed times are Short Course Yards, Short Course Meters and Long Course Meters are non-conforming times and will be seeded after Short Course Yards times. Converted times are not allowed.
2. An athlete's seed time is the athlete's best time recorded in USA Swimming's database ("SWIMS") achieved in an event since February 18, 2021.
3. Athletes who have a non-conforming time recorded in SWIMS achieved since February 18, 2021 will be seeded at the non-conforming time that is recorded in SWIMS for the length of course in which the entry time was achieved. If an athlete's time is in SWIMS but is achieved before February 18, 2021 the athlete shall be seeded at the slowest qualifying time for the length achieved.
4. If the seed time is not in SWIMS then the athlete shall be seeded at the slowest qualifying time for short course meters. Proof of time is required if the athlete fails to achieve the event's qualifying time at the meet.
 - a. If the athlete fails to achieve the Iowa Q-time Standard during the preliminary round of an event or in a timed finals event, the athlete will have until 30-minutes after the close of the session in which the swim took place to provide proof of time.
 - b. If proof of time is not provided within the allotted time, the athlete's club will be assessed a \$100 fine payable to IASI. After the allotted time, clubs may appeal the fine to the Meet Referee by providing proof of time. Acceptable methods for providing proof of time include a copy of final results from Hy-Tek or an equivalent meet management software, results directly from the Meet Mobile app, or directly from the USA Swimming database.
5. Only relays may enter as a "NO TIME" entry.
6. An athlete who has achieved an Iowa Q time standard in either the 800/1000 Free or the 1500/1650 Free may compete in either event or both events even if they have not met the Iowa Q time standard in both events.

BONUS EVENTS

Athletes that have achieved a qualifying standard in one (1) event and are entered in that event, may enter up to two (2) bonus events. Athletes that have achieved qualifying standards in two (2) events and are entered in those events, may enter one (1) bonus event.

1. Bonus entries are limited to events of 200 yards or less.
2. Bonus entries must meet or exceed the IASI Bonus Time Standard.
3. Clubs must indicate bonus entries on the entry file, or on manual entries.

ENTRY LIMITS

1. There is no entry limit for individual events, provided the athlete has achieved a qualifying standard in the events entered.
2. 10 & Under and 11-12 age group athletes may swim no more than eight (8) individual events for the entire meet and no more than four (4) individual events in a single day of the meet. 13-14 age group athletes may swim no more than seven (7) individual events for the entire meet and no more than three (3) individual events in a single day of the meet.
3. Athletes that are over-entered must scratch events before the scratch deadline. Declared False Starts and 'No Shows' will count against the daily and meet event totals.
4. Time Trials count towards the daily event limit.

RELAY ENTRIES

There is no relay entry limit per individual athlete. Relay entries do not count towards the individual event entry limits per session, per day or for the meet. An athlete may only swim on one relay team per event.

Provided a team has the appropriate number of qualified athletes in at least one individual event, a team may enter no more than three (3) relay teams per gender, per relay event (designated as A, B, C), except a team may enter no more than two (2) 800 Free relays per gender. Each team may score only two relays in each event.

The number of relays allowed per team, per event is determined as follows (relays per number of qualified athletes entered in at least one individual event within a gender specific age group):

- 4 or fewer athletes = 1 relay
- 5-8 athletes = 2 relays
- 9 or more athletes = 3 relays

ENTRIES

Entries Open: Tuesday, January 16th at 12:00 pm (Noon)
Entry Deadline: Friday, February 9th at 12:00 pm (Noon)

**ENTRY
SUBMISSION**

1. Entries may be submitted by:
 - a. Electronic entry file in a format compatible with Hy-Tek Meet Manager software, or
 - b. Manual entries on the IASI Meet Entry Form (APP-7)
2. If submitting electronic entries, the team must include a copy of the entries and a financial summary in PDF format. No team generated electronic entries will be accepted without these attachments.
3. Send electronic entries by email to Jackson Leonard, iflyentries@gmail.com. Receipt will be confirmed by email. Send all printed materials to the Entry Chair at the address listed below. If sent by rush delivery, indicate no signature required. Neither entries nor entry changes will be accepted by phone or fax.
4. Entries for new qualifying times achieved after the entry deadline must be

submitted by 12:00 pm (Noon) on Monday, February 12th via email and will be charged the standard entry fees.

ENTRY FEES

Individual Events	\$8.00 per event
Relay Events	\$12.00 per relay
IASI Swimmer Surcharge	\$6.00 per athlete
Outreach Swimmers	\$5.00 total fee per athlete
Manual Entries	\$2.00 per athlete

Outreach Athletes. Athletes qualifying as USA Swimming and IASI Outreach Athletes may enter all individual events for \$5.00 total, including the IASI Swimmer Surcharge. Entries must be submitted by the listed entry deadline. To qualify for the reduced entry fee, teams must provide the total number of Outreach Athletes and their individual entries by 12:00 pm (Noon) on Monday, February 12th. Names of Outreach Athletes must not be provided to host clubs.

Manual Entries. An additional fee of \$2.00 per athlete will be assessed for:

- a. Teams using APP-7 to enter five (5) or more athletes on or before the first day of the meet,
- b. Teams using APP-7 for entries submitted after the first day of the meet, or
- c. For IASI-affiliated unattached athletes who use APP-7 for entry.

Payment Deadline. Entry fees are due 15 minutes before the start of warmups of the first session in which the team is competing. A hard copy of the financial sheet (APP-8) must accompany entry fees.

Payment shall be made by check payable to “Iowa Flyers Swim Club.” The meet host reserves the right to require payment by money order or cashier’s check. Entry fees are non-refundable. IASI swimmer surcharge fees will be refunded only if the entire meet is canceled.

LATE ENTRIES

1. Late entry deadline is 6:00 pm on Wednesday, February 14, 2024.
2. Following the deadline, late entries will only be taken on deck. Deck entries must be submitted no later than the scratch deadline of the day prior to the event. Athletes who late enter the meet will be required to provide proof of USA Swimming registration in the Iowa LSC.
3. Late entries in prelim/final events, submitted with proof of time, will be seeded with their entry time. All other late entries will be seeded at the slowest non-conforming qualifying time. If necessary, a zero heat will be created.
4. Late entry fees are:

Individual Events	\$16.00 per event
Relay Events	\$24.00 per relay

PSYCH SHEETS

Psych Sheets will be posted on the meet landing page on the IFLY team website by 10:00 pm on Tuesday, February 13, 2024.

ATHLETES WITH Athletes with disabilities are encouraged to compete. There are no qualifying

DISABILITIES time requirements for such athletes.

The information Form for Adapted Competitive Athletes (APP-21) indicating limitations and requested modifications should be completed and attached to the meet entries. Modifications will be determined by the Meet Referee. The athlete (or athletes' coach) is responsible for providing any equipment or assistance required. See Article 105 of USA Swimming Rules.

SEND ENTRIES TO Send electronic entries by email to the Entry Chair. Receipt will be confirmed by email.

Mail all printed materials to:
Iowa Flyers Swim Club

ATTN: Jackson Leonard

309 S Madison St

Iowa City, IA 52242

If sent by rush delivery, indicate no signature required.

ENTRY CHAIR Jackson Leonard

(954) 240- 3014

iflyentries@gmail.com

MEET DIRECTOR Jackson Leonard
(954) 240- 3014
Jackson-Leonard@uiowa.edu

MEET REFEREE Jason Wenger
jwenger74@gmail.com

ADMIN REFEREE TBD

OFFICIALS Officials must be signed up by **12:00 pm (Noon), Monday, February 12, 2024** for those sessions to count towards their club's number of required positions as well as to be guaranteed a meet shirt. An official must work at least four sessions to qualify for a meet shirt.

Officials meetings for each session will commence one hour prior to the start of competition for each session.

TIMERS Teams entered in the meet will provide 50% of the Timer Volunteers. Allocation of required volunteers needed is based on total athletes entered and credit for Official volunteers at the meet. Teams will be informed of the number of timers needed and sessions to be worked by **8:00 pm on Tuesday, February 13th**. Teams

may divide timing assignments among more than one person, provided everyone participating attends the timer's briefing for that session. The timer briefing will be held 25 minutes before the start of the competition for each session.

Additionally, each club (or unattached athlete) must provide one (1) timer for each athlete competing in the 1000 Freestyle and for each athlete competing in the 1650 Free morning prelims. Timers will be provided for athletes competing in the 1650 Free during finals.

LAP COUNTERS Each athlete competing in the 500 freestyle, 1000 freestyle and 1650 freestyle are responsible for providing their own lap counter, if desired. Lap counting cards will be provided by the host club.

MEET COMMITTEE A meet committee consisting of the Meet Director, Meet Referee, a coach representative, an athlete representative, and a certified official acting at large will be established.

MEET OPERATIONS

1. There will be no athlete check-in required for any preliminary event or timed final event and athletes shall report directly to the starting blocks.
2. All 10 & Under and 11-12 age group events are timed finals.
 - a. For individual events, the fastest eight (8) seeded athletes in each 11-12 event will swim during the evening session, except the 11/12 1000 freestyle during Session 1.
 - b. All non-top eight (8) seeded athletes will swim during the morning session.
3. All individual events for the 13-14 age group will be prelims/finals with the fastest eight (8) qualifying for the Championship (A) Final and the next fastest eight (8) qualifying for the Consolation (B) Final, except for the 1000 Free, 1650 Free, and all relays. In finals, the Consolation Final will swim first, followed by the Championship Final.
4. For the 1000 Free, the single fastest heat for 11-12 girls and 11-12 boys swim first during Session 1. The single fastest heat for 13-14 girls and 13-14 boys will compete during the evening Session 2. All non-top 8 11/12 and 13/14 entries will be combined and swum alternating girls and boys, fastest to slowest, during Session 1, results will be separated for awards and scoring.
5. For the 1650 Free, the single fastest heat for 13-14 girls and 13-14 boys will compete during the evening session, with all remaining heats alternating girls and boys, fastest to slowest, Session 6 Prelims.
6. Athletes in the 13-14 1000 Free and 1650 Free, scheduled to swim in the evening heat, may request to down seed to compete during the morning session. Requests must be made prior to the scratch deadline for that event and is subject to approval by the Meet Referee.
7. The 13-14 800 Free Relay will swim alternating girls and boys heats, fastest to slowest, during the Thursday evening session.

8. If necessary, the 1000 Free, 1650 Free, and 800 Free Relay may be swum in two pools, simultaneously. If implemented, teams will be informed by Tuesday, February 13th.
9. Athletes must check-in for Finals no later than ten (10) minutes before the start of their heat as published in the timeline of the session's events. All athletes competing in finals will check-in at the Race Ready area. Coaches may check-in athletes for finals. If needed, a final call to check-in will be made.
12. After checking-in, athletes in the Consolation Final will report to the starting blocks and athletes in the Championship Final will parade from the Race Ready area. Athletes do not need to remain in race ready.
13. Alternates will not be penalized if unavailable to compete in finals.
14. If names are on entry sheets for relays, those names will be on the relay cards at the meet. All relay cards for each day will be distributed before morning warm-ups. All four (4) full athlete names, ages, and order of swimming must be listed on each card and order should be verified by the coach. For relay events at the beginning of a session, relay cards should be submitted at least thirty (30) minutes before the relay event is scheduled to swim. For relay events at the end of a session, relay cards should be submitted at least sixty (60) minutes before the relay event is scheduled to swim. Submission times are based on the published timeline of the session's events. Relay cards are submitted to the administration table. Any relay that enters the water before a relay card is presented to the administration table will be disqualified. Once recorded by the administration table, teams may change names and/or order of athletes with the timers prior to the start of the heat.
15. Deck changes are prohibited.
16. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athletes/coach areas, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and / or spectators are present.

SCRATCHES

1. Except for events on Friday, the Scratch Deadline for an event shall be 5:30 pm of the day prior to the event.
For the Friday events, the scratch deadline will be 30 minutes prior to the start of the technical meeting.
2. If an athlete has over-entered events and does not scratch down to the maximum allowable number of entries for a session, day and/or meet, then the athlete shall be scratched from the session's events for the last chronological event to the earliest until the maximum number of allowed events is achieved.
3. In the case that a swimmer misses an individual event during a preliminary session, that swimmer is disqualified from their next entered individual event. Declared false starts are considered reporting, but will count toward entry limits for the day and the meet. When a swimmer misses an individual event during a

finals session, that swimmer is disqualified from the remainder of the meet, including relay events.

4. Re-Entry Procedure. Swimmers are permitted to re-enter the meet immediately for all remaining events by submitting the corresponding non-refundable fee to the Clerk of Course:

Age Category	Prelims	Finals
14 & Under	\$50	\$100

5. When a swimmer misses an individual event and is not entered to swim another event during the meet, a \$50 fine will be assessed to the swimmer or their club by IASI, unless extenuating circumstances exist for not applying the fine, at the discretion of the Meet Referee.
6. All scratches or intent to scratch from finals (Championship & Consolation) must be completed at the scratch table on deck within the prescribed time after the preliminary event.
7. To scratch by phone or email contact Jackson Leonard by phone at (954) 240-3014 or by email at iflyentries@gmail.com. Scratches by email and phone will only be accepted prior to the Friday scratch deadline. After this, all scratches must be completed using the scratch box. Scratches submitted by email will be confirmed via email.

TIME TRIALS Refer to the Time Trials Invitation (IA-24-039TT) issued in conjunction with this meet announcement.

SCORING Individual Events	
Place	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16
Points	20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1
Relay Events – only 2 relay teams/club may score in each event	
Place	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16
Points	40 34 32 30 28 26 24 22 18 14 12 10 8 6 4 2

AWARDS Individual Events	
1st - 3rd	Large Medals
4th - 8th	Small Medals
9th - 16th	Ribbons
Relay Events	
1st - 3rd	Large Medals
4th - 8th	Ribbons (10 & Under relays only)

Para Swimmers. For medals and ribbons, para swimmers will be awarded

individually based on classification.

High Point. An award will be presented to the top three (3) athletes, boys and girls, in each age group.

Team Age Group Awards. A team award will be presented to the team champion of each gender's age group.

Team Awards. A traveling team trophy will be presented to the team scoring the most combined points.

IASI Sportsmanship & Spirit Award. IASI will provide and present this award. One coach and one athlete from each team will vote, as well as the Meet Referee. Criteria to use will be included in the coaches' packet.

**AWARDS
PRESENTATION**

For the 11-12 and 13-14 age groups, awards for the top three (3) place finishers shall be presented immediately following the completion of the championship heat for prelim/final events or the fastest heat for timed finals events, of each event. For the 10 & Under age group, awards will be presented during designated awards breaks following each event cycle.

The top three (3) individual high point awards and the team high point awards will be presented at the end of the awards presentation held at the conclusion of the last session for which that age group is competing. The combined team award will be presented at the conclusion of the final session of the meet.

RESULTS

Electronic results will be provided to all teams participating in the meet. Final results will be posted on the IASI website and on the meet landing page. A hardcopy of the final results may be requested on the IASI Financial Sheet for an additional \$5.00.

TICKETS

Admission fees: Entire Meet = \$20.00, Single Session = \$5.00

CONCESSIONS

Food concessions will be available near the spectator seating area and from Power Café, which is located on the first floor of the CRWC.

MERCHANDISE

Meet specific apparel (t-shirts, hoodies, jackets) can be purchased via Pre-Order through Underground Printing (UGP). Link: [HERE](#)

Meet specific, commemorative IASI Champs caps can be purchased by filling out Pre-Order information [HERE](#).

Apparel items can be picked up Saturday and Sunday during Prelims by the A3 vendor area. The meet host is not responsible for orders not placed before the store deadline *or* for orders not picked up by the end of the meet.

A3 Performance will be on site with suits, equipment, and more.

MEET PROGRAMS

Meet programs will be available online on the IFLY website.

- PARKING** Parking is available on block east of the CRWC on Madison Street (Lot 11/Recreation Center Lot) as well as the Old Capital Mall parking ramp one block north on Burlington Street.
- CAMERAS** **Use of audio or visual recording devices, including cell phones, is not permitted at any time in changing areas, restrooms, or locker rooms.**
- NO TOBACCO OR ALCOHOL** The use of any tobacco products or the consumption of alcohol is not permitted anywhere in the swimming venue.
- IMAGE AUTHORIZATION** All participants agree to be filmed and photographed by the official photographer(s) and network(s) of IASI. Participants authorize the use of names, pictures, likenesses, and biographical information before, during, or after the meet to promote competitive swimming. All participants agree not to use awards received in the competition for the purpose of trade or financial gain.
- DISCLOSURES** It is understood and agreed that USA Swimming and IASI shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- All 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 MAAPP is a condition of participation in the conduct of this competition.

EVENT ORDER

Session 1 – Friday Morning February 16, 2024

Warm Up: 7:30 am

Competition: 8:30 am

Girl's Event #	Event	Boy's Event #
3t	11-12 100 IM	4t
5p	13-14 100 IM	6p
7t	11-12 50 Backstroke	8t
9p	13-14 200 Freestyle	10p
11t	11-12 200 Freestyle	12t
13p	13-14 200 Butterfly	15p
15t	11-12 200 Butterfly	16t
17p	13-14 100 Breaststroke	18p
19t	11-12 100 Breaststroke	20t
21t	11-12 1000 Freestyle (fastest 8)	22t
21t & 23t	11-12 1000 Freestyle & 13-14 1000 Freestyle (non-top 8)	22t & 24t

Session 2 Friday Evening February 16, 2024

Warm Up: Not before 4:00 pm

Competition: Not before 5:00 pm

Girl's Event #	Event	Boy's Event #
1t	13-14 800 Free Relay	2t
3t	11-12 100 Individual Medley (fastest 8)	4t
5f	13-14 100 Individual Medley	6t
7t	11-12 50 Backstroke (fastest 8)	8t
9f	13-14 200 Freestyle	10f
11t	11-12 200 Freestyle (fastest 8)	12t
13f	13-14 200 Butterfly	14f
15t	11-12 200 Butterfly (fastest 8)	16t
17f	13-14 100 Breaststroke	18f
19t	11-12 100 Breaststroke (fastest 8)	20t
23t	13-14 1000 Freestyle (fastest 8)	24t
25t	11-12 200 Medley Relay	26t
27t	13-14 200 Medley Relay	28t

Session 3 - Saturday Morning
February 17, 2024

Warm-ups: 7:30 am

Competition: 8:30 am

Girl's Event #	Event	Boy's Event #
43t	11-12 400 Individual Medley	46t
45p	13-14 400 Individual Medley	48p
47t	11-12 50 Freestyle	48t
49p	13-14 50 Freestyle	50p
51t	11-12 200 Breaststroke	52t
53p	13-14 200 Breaststroke	54p
55t	11-12 100 Backstroke	56t
57p	13-14 100 Backstroke	58p
59t	11-12 500 Freestyle	60t
61p	13-14 500 Freestyle	62p
63t	11-12 100 Butterfly	64t
65p	13-14 100 Butterfly	66p

Session 4 - Saturday Afternoon
February 17, 2024

Warm-ups: Not before 12:15 pm

Competition: Not before 1:00 pm

Girl's Event #	Event	Boy's Event #
29	10 & Under 100 Freestyle	30
Awards Break		
31	10 & Under 50 Breaststroke	32
Awards Break		
33	10 & Under 100 Backstroke	34
Awards Break		
35	10 & Under 100 Butterfly	36
Awards Break		
37	10 & Under 100 Individual Medley	38
Awards Break		
39	10 & Under 500 Freestyle	40
Awards Break		
41	10 & Under 200 Medley Relay	42

Session 5 - Saturday Evening
February 17, 2024

Warm-ups: Not before 4:00 pm

Competition: Not before 5:00 pm

Girl's Event #	Event	Boy's Event #
43t	11-12 400 Individual Medley (fastest 8)	44t
45f	13-14 400 Individual Medley	46f
47t	11-12 50 Freestyle (fastest 8)	48t
49f	13-14 50 Freestyle	50f
51t	11-12 200 Breaststroke (fastest 8)	52t
53f	13-14 200 Breaststroke	54f
55t	11-12 100 Backstroke (fastest 8)	56t
57f	13-14 100 Backstroke	58f
59t	11-12 500 Freestyle (fastest 8)	60t
61f	13-14 500 Freestyle	62f
63t	11-12 100 Butterfly (fastest 8)	64t
65f	13-14 100 Butterfly	66f
67t	11-12 400 Freestyle Relay	68t
69t	13-14 400 Freestyle Relay	70t

Session 6 - Sunday Morning
February 18, 2024

Warm-ups: 7:30 pm

Competition: 8:30 pm

Girl's Event #	Event	Boy's Event #
91t	11-12 50 Butterfly	92t
93p	13-14 100 Freestyle	94p
95t	11-12 100 Freestyle	96t
97p	13-14 200 Backstroke	98p
99t	11-12 200 Backstroke	100t
101t	11-12 50 Breaststroke	102t
103p	13-14 200 Individual Medley	104p
105t	11-12 200 Individual Medley	106t
85t	13-14 1650 Freestyle (non-fastest 8)	86t

Session 7 - Sunday Afternoon
February 18, 2024

Warm-ups: Not before 12:45 pm

Competition: Not before 1:30 pm

Girl's Event #	Event	Boy's Event #
71	10 & Under 200 Freestyle	72
Awards Break		
73	10 & Under 100 Breaststroke	74
Awards Break		
75	10 & Under 50 Backstroke	76
Awards Break		
77	10 & Under 50 Butterfly	78
Awards Break		
79	10 & Under 200 Individual Medley	80
Awards Break		
81	10 & Under 50 Freestyle	82
Awards Break		
83	10 & Under 200 Freestyle Relay	84

Session 8 - Sunday Evening
February 18, 2024

Warm-ups: Not before 4:00 pm

Competition: Not before 5:00 pm

Girl's Event #	Event	Boy's Event #
85t	13-14 1650 Freestyle (fastest 8)	86t
87t	11-12 400 Medley Relay	88t
89t	13-14 400 Medley Relay	90t
91t	11-12 50 Butterfly (fastest 8)	92t
93f	13-14 100 Freestyle	94f
95t	11-12 100 Freestyle (fastest 8)	96t
97f	13-14 200 Backstroke	98f
99t	11-12 200 Backstroke (fastest 8)	100t
101t	11-12 50 Breaststroke (fastest 8)	102t
103f	13-14 200 Individual Medley	104f
105t	11-12 200 Individual Medley (fastest 8)	106t
107t	13-14 200 Freestyle Relay	108t
109t	11-12 200 Freestyle Relay	110t

IASI CHAMPIONSHIP QUALIFYING STANDARDS

LCM	SCM	SCY	EVENT	SCY	SCM	LCM
Girls			10 & UNDER		Boys	
40.99	39.99	36.19	50 Freestyle	35.39	39.09	40.59
1:31.19	1:28.39	1:19.99	100 Freestyle	1:18.79	1:26.99	1:30:19
3:20.99	3:15.99	2:57.19	200 Freestyle	2:47.99	3:05.69	3:12.09
6:51.09	6:38.59	7:34.89	400/500 Freestyle	7:26.99	6:31.19	6:44.49
50.39	47.79	43.19	50 Backstroke	43.59	48.29	50.79
1:45.99	1:40.19	1:30.69	100 Backstroke	1:29.29	1:39.09	1:43.09
57.29	55.69	50.39	50 Breaststroke	49.39	54.49	56.49
1:59.79	1:55.99	1:44.99	100 Breaststroke	1:41.69	1:52.59	1:55.99
50.29	49.29	44.59	50 Butterfly	43.09	47.69	48.89
1:52.99	1:49.49	1:39.09	100 Butterfly	1:37.09	1:48.29	1:50.79
	1:41.29	1:31.69	100 I.M.	1:28.89	1:38.79	
3:43.19	3:36.19	3:15.59	200 I.M.	3:13.19	3:33.49	3:40.79
Girls			11 - 12		Boys	
34.39	33.49	30.19	50 Freestyle	29.69	32.79	34.09
1:15.09	1:12.59	1:05.69	100 Freestyle	1:05.89	1:12.89	1:15.49
2:45.99	2:42.29	2:26.19	200 Freestyle	2:23.49	2:39.79	2:44.89
5:49.69	5:41.99	6:30.59	400/500 Freestyle	6:27.49	5:39.09	5:48.69
12:26.69	12:01.69	13:44.69	800/1000 Freestyle	13:30.19	11:49.09	12:15.19
40.09	38.59	34.79	50 Backstroke	34.99	38.99	40.39
1:27.09	1:22.99	1:14.79	100 Backstroke	1:15.69	1:23.69	1:27.99
3:09.89	3:01.29	2:43.99	200 Backstroke	2:39.69	2:57.19	3:05.19
45.49	44.19	39.99	50 Breaststroke	39.49	43.69	45.19
1:40.89	1:36.59	1:27.19	100 Breaststroke	1:24.49	1:34.39	1:38.39
3:35.99	3:28.39	3:06.59	200 Breaststroke	3:00.19	3:19.99	3:28.69
38.29	37.69	33.89	50 Butterfly	34.19	37.79	38.59
1:28.49	1:26.49	1:17.59	100 Butterfly	1:16.09	1:24.49	1:26.29
3:10.19	3:05.39	2:47.19	200 Butterfly	2:40.79	3:01.19	3:06.19
	1:24.99	1:16.59	100 I.M.	1:14.99	1:22.89	
3:11.39	3:05.39	2:47.29	200 I.M.	2:43.99	3:01.49	3:08.49
6:48.29	6:34.19	5:56.79	400 I.M.	5:46.39	6:22.79	6:39.19
Girls			13 - 14		Boys	
31.79	30.89	27.89	50 Freestyle	25.69	28.39	29.49
1:08.99	1:07.09	1:00.49	100 Freestyle	56.29	1:02.19	1:04.49
2:32.49	2:28.19	2:13.19	200 Freestyle	2:05.19	2:18.29	2:23.59
5:20.99	5:13.49	5:56.89	400/500 Freestyle	5:38.29	4:56.09	5:05.49
11:01.49	10:44.79	12:16.79	800/1000 Freestyle	11:55.29	10:26.09	10:48.09
21:05.69	20:20.99	20:28.09	1500/1650 Freestyle	19:55.39	19:48.49	20:37.89
1:20.39	1:16.19	1:08.49	100 Backstroke	1:05.19	1:12.49	1:16.39
2:51.79	2:45.09	2:28.99	200 Backstroke	2:22.39	2:38.09	2:45.89
1:31.19	1:27.49	1:18.59	100 Breaststroke	1:14.09	1:21.89	1:26.39
3:16.19	3:09.49	2:50.49	200 Breaststroke	2:40.89	2:59.49	3:07.19
1:17.39	1:15.89	1:08.19	100 Butterfly	1:04.89	1:11.89	1:14.09
2:59.19	2:54.49	2:36.89	200 Butterfly	2:26.89	2:42.49	2:47.99
	200 IM Q Time	200 IM Q Time	100 I.M.	200 IM Q Time	200 IM Q Time	
2:51.29	2:45.79	2:28.59	200 I.M.	2:22.79	2:37.89	2:44.89
6:11.09	6:00.99	5:24.69	400 I.M.	5:10.99	5:43.99	5:57.69

BONUS EVENT QUALIFYING STANDARDS

LCM	SCM	SCY	EVENT	SCY	SCM	LCM
Girls			10 & UNDER		Boys	
44.09	42.99	38.89	50 Freestyle	38.09	41.99	43.59
1:41.99	1:38.99	1:29.59	100 Freestyle	1:27.79	1:36.99	1:40.59
3:45.79	3:40.09	3:18.99	200 Freestyle	3:06.69	3:26.29	3:33.49
54.89	51.99	46.99	50 Backstroke	47.49	52.69	55.29
1:59.19	1:52.69	1:41.99	100 Backstroke	1:39.79	1:50.69	1:55.09
1:00.49	58.89	53.19	50 Breaststroke	52.09	57.59	59.69
2:14.79	2:10.49	1:58.09	100 Breaststroke	1:53.39	2:05.59	2:09.39
53.39	52.39	47.39	50 Butterfly	45.69	50.49	51.79
2:09.99	2:05.99	1:53.99	100 Butterfly	1:51.39	2:04.19	2:07.09
	1:53.39	1:42.59	100 I.M.	1:38.79	1:49.79	
4:09.39	4:01.49	3:38.49	200 I.M.	3:35.49	3:58.09	4:06.19
Girls			11 - 12		Boys	
38.39	37.29	33.59	50 Freestyle	32.59	35.99	37.29
1:24.09	1:21.29	1:13.59	100 Freestyle	1:10.99	1:18.49	1:21.29
3:02.29	2:58.09	2:40.39	200 Freestyle	2:34.59	2:52.09	2:57.49
43.99	42.39	38.09	50 Backstroke	37.89	42.19	43.69
1:38.69	1:34.19	1:24.79	100 Backstroke	1:22.19	1:30.89	1:35.49
3:24.49	3:15.19	2:56.59	200 Backstroke	2:51.99	3:10.79	3:19.49
48.99	47.59	42.99	50 Breaststroke	42.89	47.39	48.99
1:48.89	1:44.29	1:34.09	100 Breaststroke	1:31.39	1:42.29	1:46.59
3:52.59	3:44.49	3:20.89	200 Breaststroke	3:14.09	3:35.39	3:44.69
41.29	40.59	36.49	50 Butterfly	37.09	40.99	41.89
1:36.19	1:33.99	1:24.39	100 Butterfly	1:22.89	1:32.09	1:33.99
3:24.89	3:19.79	2:59.99	200 Butterfly	2:53.19	3:15.19	3:20.49
	1:33.19	1:24.09	100 I.M.	1:20.89	1:29.39	
3:26.09	3:19.69	3:00.19	200 I.M.	2:57.29	3:16.19	3:23.79
Girls			13 - 14		Boys	
37.09	36.09	32.59	50 Freestyle	29.89	33.19	34.39
1:20.49	1:18.29	1:10.59	100 Freestyle	1:05.59	1:12.49	1:15.29
2:54.29	2:49.29	2:32.09	200 Freestyle	2:22.99	2:37.99	2:44.09
1:29.99	1:25.29	1:16.69	100 Backstroke	1:11.49	1:19.59	1:23.89
3:12.39	3:04.89	2:46.79	200 Backstroke	2:36.29	2:53.59	3:02.09
1:42.09	1:37.99	1:27.99	100 Breaststroke	1:21.29	1:29.89	1:34.89
3:39.69	3:32.19	3:10.89	200 Breaststroke	2:56.59	3:17.09	3:25.49
1:26.59	1:24.99	1:16.39	100 Butterfly	1:11.19	1:18.89	1:21.29
3:12.99	3:07.89	2:48.99	200 Butterfly	2:38.19	2:54.99	3:00.89
200 IM Bonus Time	200 IM Bonus Time	200 IM Bonus Time	100 I.M.	200 IM Bonus Time	200 IM Bonus Time	200 IM Bonus Time
3:15.79	3:09.49	2:49.79	200 I.M.	2:39.99	2:56.79	3:04.59