



**Travel To Nowhere**  
**December 3-6, 2020**  
**Sanction #**

**Invited Team: All clubs in Nassau and Suffolk County any other club interested please contact Ginny Nussbaum @ [gnussbaum@longislandswimming.com](mailto:gnussbaum@longislandswimming.com)**

# Travel To Nowhere

December 3-6, 2020

**SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #

**LOCATION:** Nassau County Aquatic Center & Freedom Pool  
Eisenhower Park, East Meadow, NY 11554

**FACILITY:** 10 Lane by 50 meter competition pool w/ 2 meter min depth  
The pool **Has Not been** certified in accordance with Article 104.2.2C (4)

**SESSIONS:** **Thursday, December 3** Distance Events 3:30 PM 4:30 PM Top 20 seeded Female and Male athletes for each pool in the 1650  
All remaining athletes will receive a warm-up time no later than Monday, November 30 based on entries  
Athletes in the distance session are to warm down and exit the facility in a timely manner to allow for the other athletes to enter and warmup.

**Friday, December 4**

13-14/Open Prelims	7:30 AM 8:30 AM	Aquatic Center
13-14/Open Prelims	8:00 AM 9:00 AM	Freedom Pool
11-12 Prelims	11:15 AM 12:15 PM	Aquatic Center
11-12 Prelims	11:45 AM 12:45 PM	Freedom Pool
10&Under Timed Finals	4:00 PM 4:45 PM	Freedom Pool

**Finals Session 3:30 PM 4:15 PM Aquatic Center events & 6:00PM 6:45 PM Freedom Events**

**Saturday, December 5**

13-14/Open Prelims	7:30 AM 8:30 AM	Aquatic Center
13-14/Open Prelims	8:00 AM 9:00 AM	Freedom Pool
11-12 Prelims	11:15 AM 12:15 PM	Aquatic Center
11-12 Prelims	11:45 AM 12:45 PM	Freedom Pool
10&Under Timed Finals	3:00 PM 3:45 PM	Freedom Pool

**Finals Session 3:30 PM 4:15 PM Aquatic Center events & 6:00PM 6:45 PM Freedom Events**

**Sunday, December 6**

13-14/Open Prelims	7:30 AM 8:30 AM	Aquatic Center
13-14/Open Prelims	8:00 AM 9:00 AM	Freedom Pool
11-12 Prelims	11:15 AM 12:15 PM	Aquatic Center
11-12 Prelims	11:45 AM 12:45 PM	Freedom Pool
Time Trials	2:45 PM 3:30 PM	Freedom Pool

**Finals Session 3:30 PM 3:45 PM Aquatic Center events & 6:00PM 6:45 PM Freedom Events**

- Two pools will be used during the Thursday session, 13 & Over preliminary sessions and the 11-12 preliminary sessions.  
Only the Freedom pool will be used for the 10 & Under Timed Finals sessions. 10 & Under events are Friday and Saturday.  
Each pool has it's own time standards.
- Meet Director reserves the right to adjust times/sessions after entries are received. Timelines will be posted when available.

**FORMAT:** The meet is a Prelim / Final Event for 11 & overs and Timed Final Event for 10 & Unders  
The top 6 swimmers for 11-12 from each pool will qualify for the final session.  
The top 8 swimmers for 13-14 from each pool will qualify for the final session.  
The top 10 swimmers for Open events from each pool will qualify for the final session.

The meet will be Pre Seeded –  
Meet Capacity will be a total of 150 (athletes / coaches / officials and volunteer) for the Freedom Pool – spectators will not be permitted – the event will be live streamed for parental/spectator viewing  
Meet Capacity will be a total of 150 (athletes / coaches / officials and volunteer) for the Aquatic Center Pool – 2 spectators / athlete in the AC session will be permitted to enter with a paid ticket. Freedom pool events will be streamed live.

**ELIGIBILITY:** Open to all USA / Metropolitan Swimming Inc. registered swimmers.  
All swimmers participating in this meet must be registered by the first day of the meet.  
Age on Dec 3, **2020** will determine age for the entire meet.

**ENTRIES:** A contestant may participate in only his or her own age group events or in open events which are open to all ages. Contestants must have equaled or bettered the applicable qualifying times listed.

A contestant may enter a maximum of ten (10) individual events and no more than three (3) individual events per day. Swimmers shall compete at the age attained on the first day of the meet.

It may be necessary to limit entries in certain events due to time constraints. If an event(s) are filled before the entry deadline, and time allows, swimmers/coaches may be able to choose an alternate event if they have a proper qualifying time.

Dive-over starts will be used at this meet at the preliminary sessions and distance session.

Entry times need to have been achieved since January 1, 2019.

NO entries with "NT", (No Time), will be accepted.

Deck entries will not be accepted.

All 11 & over events are trials and finals except for the following which are timed finals:  
400 IM (11-12 & 13-14), 500 freestyle (11-12 & 13-14) 1000 freestyle (13-14 & Open), 1650 freestyle (13-14 & Open), and the 11-12 200 strokes (fly, back and breast).

All 11 & over events will have a "B" final from the Freedom Pool prelim sessions and an "A" final from the Aquatic Center prelim sessions.

The top 6 contestants from the 11-12's, 8 contestants from the 13-14's and 10 contestants from the Open events will qualify for finals, with the exception of the Open 400 IM and 500 freestyle there will be 8 finalist in those events.

All 10 & under events are timed finals

11-12 400 IM, 12&U 200 Breaststroke and 12&U 200 Butterfly will be swum fastest to slowest

13-14 and Open distance events will be swum combined, age groups

1000, 1650, 500 Free and 400 IM, as well as the 12 & Under 500 freestyle will be swum fastest to slowest

All entry times requiring verification must be verified before 5:00 PM on Thursday, December 3rd or they will be dropped from the meet

All swim-offs will be performed before the conclusion of the preliminary session they occur in.

#### **Distance Events**

- Distance Events: Entries for the 500, 1000 and 1650 may be limited to keep manageable timelines on Thursday and Sunday. Clubs will be notified if their athletes do not make the cut and will be offered a chance select an alternate event or receive a refund on the entry for that event.
- All 1000s will be swum at the conclusion of the preliminary session on Sunday.
- All distance entries must be verified with the name & date of the meet where the qualifying time was achieved. This verification of entry times is to be provided with the entry. Entries failing to provide verification will not be accepted. Acceptable verification includes the Hy-Tek entry report.

**Entries will be accepted on a first come first serve basis – scratches will be made in accordance with our COVID numbers**

**Hy-Tek Email entries will be accepted**

U.S. Mail Payment to: Ginny Nussbaum, **750F Stewart Ave., Garden City, NY 11530**  
Email Entries/Confirm Entry Receipt: [entries.liac@gmail.com](mailto:entries.liac@gmail.com)

An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.

- Scratching From Finals** Metro Scratch Rules apply for swimmers scratching from finals.
- If you do not want to swim in the Final, you may “scratch” from the event by following this procedure:
  - You must fill out and sign a Finals Scratch Slip within 30 minutes of the announcement of qualifiers for “A” finals, if scheduled.
  - You may declare intent to “scratch”. You must fill out and sign a Finals Scratch Slip within 30 minutes of the announcement of announcement of qualifiers, marking the appropriate space for “intent”. If you declare an “intent to scratch” and do not wish to swim finals, you must confirm your scratch on the Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or your will be automatically seeded into the event.
  - If an athlete fails to properly scratch from an event and does not appear for the “Final” event, they “shall be barred from further competition of the remainder of the meet.”
- DEADLINE:** **Entries must be received by : November 24, 2020**
- ENTRY FEE:** \$7.00 per individual Timed Final Event  
\$10.00 per individual Prelim/Final Event  
There is a \$15.00 facility fee/athlete  
Make check payable to: **Long Island Swimming**  
Payment must be received by Dec 3, **2020** for email entries.
- WARM-UP:** Athletes will be assigned specific lane and space in accordance with our COVID policies.
- COACHES:** In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.
- AWARDS:** 1<sup>st</sup> – 10th place awards will be given to the 12&U athletes
- OFFICIALS:** **Meet Referee:** Dave Lam, [meetofficials@longislandswimming.com](mailto:meetofficials@longislandswimming.com)  
Meet Admin: Dom Boccio  
Officials wishing to volunteer should contact Meet Referee by Dec 3, **2020**
- MEET DIRECTOR:** **Ginny Nussbaum, [gnussbaum@longislandswimming.com](mailto:gnussbaum@longislandswimming.com) 516.378.8467**
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration. The athlete (or the athlete’s coach) is also responsible for notifying the meet referee of any disability prior to the competition.
- AUDIO/VISUAL STATEMENT:** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, behind the starting blocks or locker rooms
- DRONES:** “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.”
- POLICY:** Any photographer or videographer, who intends to take pictures at a Metropolitan Swimming sanctioned meet, must complete and submit a Photographer Registration Form to the Meet Director before commencing activity. Forms are available on the Metropolitan Swimming website as well as from the Meet Director.
- RULES:** All COVID Policies will be in effect during this event.  
The current USA Swimming Rules and Regulations will apply.  
The USA Swimming Code of Conduct is in effect for the duration of the meet.  
The overhead start procedure may be used at the discretion of the meet Referee.
- SAFETY:** Metropolitan Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules. “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.

**CREDENTIALS:** 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.

**MEET DECORUM:** Each club is requested to handle its own team and discipline problems. Anyone found vandalizing county property; stealing or displacing disorderly conduct will be subject to disqualification, ejection from the meet and possible criminal prosecution.

**DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Nassau County Aquatic Center, Long Island Aquatic Club, Long Island Swimming,** Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet. It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

**DECK CHANGING:** Is Prohibited

**ADMISSION to Aquatic Center Session Only:** \$20.00/session at the door if space is available  
A discounted ticket is available online for \$8.35 / Session at <http://www.longislandswimming.com/hosted-meets.html>  
All children over the age of 3 require a ticket  
Meet heat sheets will be available on meet mobile only  
Freedom Pool Session will be streamed live

**OPERATIONS PROCEDURE:** Athletes, Coaches, Officials and Volunteers will enter the Freedom Pool through the North Gate with face masks covering mouth and nose on. PPE Masks are always required to be worn out of the pool. Athletes, Coaches, Officials and Volunteers will only be permitted to enter area 5 minutes before scheduled warm-up. Athletes, Coaches, Officials and Volunteers will leave the Freedom Pool immediately at the completion of their warm-down. Athletes, Coaches, Officials and Volunteers will observe social distancing waiting in the check-in line to undergo a temperature check and informational screening.

- Do they have a fever?
- Do they have a cough?
- Do they have shortness of breath or difficulty breathing?
- Have they had the chills, headaches, sore throat in the last 24 hours?
- Do they have new loss of taste or smell or other symptoms listed by the CDC?
- Have they traveled or been with anyone who has traveled to a state on the NY quarantine list?

Any person with temperature above 100.4 will be sent home. Athletes, Coaches, Officials and Volunteers who are experiencing any symptoms of COVID-19 should remain home and see their physician. There will be no locker room use. Athletes will come and leave the pool in suits and sweats. Showering will be done at home.

Athletes will bring their own labeled water bottles and healthy snacks.

Upon entrance to pool deck athletes will place belongings in grid space and head to assigned lane.

No sharing equipment, food and/or drinks.

No congregation after swimming – THIS INCLUDES IN FRONT OF AQUATIC CENTER AND PARKING LOT

Athletes, Coaches, Officials and Volunteers will leave through the North Gate under the direction of a monitor.

**ATTESTATION STATEMENT:** In applying for this sanction, LIAC, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Metropolitan Swimming, the State of New York, and local jurisdictions.

**ASSUMPTION OF RISK DISCLAIMER:** We have taken enhanced health and safety measures – for our staff, volunteers, family members and all guests. You must follow all posted instructions while visiting the Freedom Pool. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and

Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting the Freedom Pool, you voluntarily assume all risks related to exposure to COVID-19.

USA Swimming, Metropolitan Swimming, Long Island Swimming, Long Island Aquatic Club, Nassau County, Nassau County Aquatic Center cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, METROPOLIAN SWIMMING, LONG ISLAND SWIMMING, LONG ISLAND AQUATIC CLUB, NASSAU COUNTY, NASSAU COUNTY AQUATIC CENTER AND EACH OFF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORSEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND / OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

**PARKING:** There is ample free parking available in the park

**MERCHANTS:** Hobieswim will be available throughout the entire meet

**PARKING:** There is ample free parking available in the park





**LONG ISLAND AQUATIC CLUB**

Presents  
**Travel to Nowhere**  
**December 3-6, 2020**

**Thursday 12/3 warm-up 3:30 pm Start 4:30 pm Aquatic Center**

Girls Event #	=TO or Faster SCY		=TO or Faster SCY	Boys Event #
1	18:55.99	<b>Open 1650 freestyle</b>	16:59.99	2
3	19:04.99	<b>13-14 1650 freestyle</b>	18:18.99	4
5	5:58.99	<b>12 &amp; U 500 freestyle</b>	5:53.99	6

**Thursday 12/3 warm-up 3:30 pm Start 4:30 pm Freedom Pool**

Girls Event #	=TO or Faster SCY	No faster than SCY		=TO or Faster SCY	No faster than SCY	Boys Event #
7	19:40.99	18:55.99	<b>Open 1650 freestyle</b>	18:19.99	16:59.99	8
9	19:59.99	19:04.99	<b>13-14 1650 freestyle</b>	19:30.99	18:18.99	10
11	6:36.99	5:58.99	<b>12 &amp; U 500 freestyle</b>	6:16.99	5:53.99	12

**Friday 12/4 warm-up 7:30 am Start 8:30 am Aquatic Center**

Girls Event #	=TO or Faster SCY		=TO or Faster SCY	Boys Event #
13	1:16.59	<b>13-14 100 breaststroke</b>	1:12.49	14
15	1:11.99	<b>Open 100 breaststroke</b>	1:03.49	16
17	2:05.79	<b>13-14 200 freestyle</b>	1:59.99	18
19	1:58.29	<b>Open 200 freestyle</b>	1:48.69	20
21	1:04.55	<b>13-14 100 butterfly</b>	1:01.99	22
23	1:00.75	<b>Open 100 butterfly</b>	54.59	24
25	4:59.99	<b>13-14 400 IM</b>	4:49.79	26
27	4:41.99	<b>Open 400 IM</b>	4:21.99	28

**Friday 12/4 warm-up 8:00 am Start 9:00 am Freedom Pool**

Girls Event #	=TO or Faster SCY	No faster than SCY		=TO or Faster SCY	No faster than SCY	Boys Event #
29	1:22.39	1:16.59	<b>13-14 100 breaststroke</b>	1:16.49	1:12.49	30
31	1:20.59	1:11.99	<b>Open 100 breaststroke</b>	1:12.09	1:03.49	32
33	2:21.49	2:05.79	<b>13-14 200 freestyle</b>	2:10.39	1:59.99	34
35	2:18.79	1:56.99	<b>Open 200 freestyle</b>	2:07.09	1:48.69	36
37	1:11.29	1:04.55	<b>13-14 100 butterfly</b>	1:06.39	1:01.99	38
39	1:09.09	1:00.75	<b>Open 100 butterfly</b>	1:02.09	54.59	40
41	5:34.29	4:59.99	<b>13-14 400 IM</b>	5:17.39	4:49.79	42
43	5:06.09	4:41.99	<b>Open 400 IM</b>	4:46.09	4:21.99	44



**Friday 12/4 warm-up 11:15 am start 12:15 pm Aquatic Center**

Girls Event #	=TO or Faster SCY		=TO or Faster SCY	Boys Event #
45	5:36.09	<b>11-12 400 IM</b>	5:28.89	46
47	37.79	<b>11-12 50 breaststroke</b>	37.99	48
49	1:03.59	<b>11-12 100 freestyle</b>	1:03.59	50
51	31.99	<b>11-12 50 butterfly</b>	32.59	52
53	3:02.19	<b>12 &amp; U 200 breaststroke</b>	3:02.19	54
55	1:12.99	<b>11-12 100 backstroke</b>	1:13.59	56

**Friday 12/4 warm-up 11:45 am start 12:45 pm Freedom Pool**

Girls Event #	=TO or Faster SCY	No faster than SCY		=TO or Faster SCY	No faster than SCY	Boys Event #
57		5:36.09	<b>11-12 400 IM</b>		5:28.89	58
59	39.99	37.79	<b>11-12 50 breaststroke</b>	39.59	37.99	60
61	1:08.29	1:03.59	<b>11-12 100 freestyle</b>	1:06.79	1:03.59	62
63	34.29	31.99	<b>11-12 50 butterfly</b>	34.29	32.59	64
65		3:02.19	<b>12 &amp; U 200 breaststroke</b>		3:02.19	66
67	1:18.79	1:12.99	<b>11-12 100 backstroke</b>	1:18.79	1:13.59	68

**Friday 12/4 warm-up 4:00 pm Start 4:45 pm Freedom Pool**

Girls Event #	=TO or Faster SCY		=TO or Faster SCY	Boys Event #
69	2:57.29	<b>10 &amp; U 200 freestyle</b>	2:51.19	70
71	53.29	<b>10 &amp; U 50 breaststroke</b>	52.29	72
73	1:50.29	<b>10 &amp; U 100 butterfly</b>	1:05.29	74
75	38.29	<b>10 &amp; U 50 freestyle</b>	38.09	76
77	1:40.99	<b>10 &amp; U 100 backstroke</b>	1:39.99	78
79	1:45.29	<b>10 &amp; U 100 IM</b>	1:41.29	80

**Friday 12/4 warm-up 3:30 pm Start 4:15 pm Aquatic Center Final Session**

Girls Final Event #				Boys Final Event #
13	Top 8		<b>13-14 100 breaststroke</b>	Top 8 14
15	Top 10		<b>Open 100 breaststroke</b>	Top 10 16
47	Top 6		<b>11-12 50 breaststroke</b>	Top 6 48
17	Top 8		<b>13-14 200 freestyle</b>	Top 8 18
19	Top 10		<b>Open 200 freestyle</b>	Top 10 20
49	Top 6		<b>11-12 100 freestyle</b>	Top 6 50
21	Top 8		<b>13-14 100 butterfly</b>	Top 8 22
23	Top 10		<b>Open 100 butterfly</b>	Top 10 24
51	Top 6		<b>11-12 50 butterfly</b>	Top 6 52
27	Top 10		<b>Open 400 IM</b>	Top 10 28
55	Top 6		<b>11-12 100 backstroke</b>	Top 6 56





**Friday 12/4 warm-up 6:00 pm Start 6:45 pm Aquatic Center Final Session**

Girls Final Event #					Boys Final Event #
29	Top 8		<b>13-14 100 breaststroke</b>		Top 8 30
31	Top 10		<b>Open 100 breaststroke</b>		Top 10 32
59	Top 6		<b>11-12 50 breaststroke</b>		Top 6 60
33	Top 8		<b>13-14 200 freestyle</b>		Top 8 34
35	Top 10		<b>Open 200 freestyle</b>		Top 10 36
61	Top 6		<b>11-12 100 freestyle</b>		Top 6 62
37	Top 8		<b>13-14 100 butterfly</b>		Top 8 38
39	Top 10		<b>Open 100 butterfly</b>		Top 10 40
63	Top 6		<b>11-12 50 butterfly</b>		Top 6 64
43	Top 10		<b>Open 400 IM</b>		Top 10 44
67	Top 6		<b>11-12 100 backstroke</b>		Top 6 68

**Saturday 12/5 warm-up 7:30 am Start 8:30 am Aquatic Center**

Girls Event #	=TO or Faster SCY		=TO or Faster SCY	Boys Event #
81	2:26.79	<b>13-14 200 butterfly</b>	2:24.79	82
83	2:15.99	<b>Open 200 butterfly</b>	2:03.99	84
85	27.19	<b>13-14 50 freestyle</b>	25.89	86
87	25.79	<b>Open 50 freestyle</b>	23.29	88
89	2:44.69	<b>13-14 200 breaststroke</b>	2:39.09	90
91	2:37.59	<b>Open 200 breaststroke</b>	2:18.99	92
93	1:04.99	<b>13-14 100 backstroke</b>	1:02.99	94
95	1:00.99	<b>Open 100 backstroke</b>	55.99	96
97	5:26.99	<b>13-14 500 freestyle</b>	5:15.99	98
99	5:14.00	<b>Open 500 freestyle</b>	4:52.99	100

**Saturday 12/5 warm-up 8:00 am Start 9:00 am Freedom Pool**

Girls Event #	=TO or Faster SCY	No faster than SCY		=TO or Faster SCY	No faster than SCY	Boys Event #
101	2:37.49	2:26.79	<b>13-14 200 butterfly</b>	2:35.49	2:24.79	102
103	2:33.29	2:15.99	<b>Open 200 butterfly</b>	2:20.29	2:03.99	104
105	30.19	27.19	<b>13-14 50 freestyle</b>	28.19	25.89	106
107	29.19	25.79	<b>Open 50 freestyle</b>	26.19	23.29	108
109	2:58.19	2:44.69	<b>13-14 200 breaststroke</b>	2:52.19	2:39.09	110
111	2:50.29	2:37.59	<b>Open 200 breaststroke</b>	2:35.29	2:18.99	112
113	1:11.79	1:04.99	<b>13-14 100 backstroke</b>	1:08.29	1:02.99	114
115	1:10.19	1:00.99	<b>Open 100 backstroke</b>	1:04.29	55.99	116
117	6:19.29	5:26.99	<b>13-14 500 freestyle</b>	6:09.29	5:15.99	118
119	6:09.29	5:14.00	<b>Open 500 freestyle</b>	5:44.29	4:52.99	120



**Saturday 12/5 warm-up 11:15 am start 12:15 pm Aquatic Center**

Girls Event #	=TO or Faster SCY		=TO or Faster SCY	Boys Event #
121	28.79	<b>11-12 50 freestyle</b>	28.99	122
123	1:22.79	<b>11- 12 100 breaststroke</b>	1:22.39	124
125	2:51.99	<b>11-12 200 butterfly</b>	2:50.29	126
127	33.99	<b>11-12 50 backstroke</b>	33.99	128
129	2:34.19	<b>11-12 200 IM</b>	2:37.59	130

**Saturday 12/5 warm-up 11:45 am start 12:45 pm Freedom Pool**

Girls Event #	=TO or Faster SCY	No faster Than SCY		=TO or Faster SCY	No faster than SCY	Boys Event #
131	31.49	28.79	<b>11-12 50 freestyle</b>	30.29	28.99	132
133	1:27.79	1:22.79	<b>11- 12 100 breaststroke</b>	1:25.79	1:22.39	134
135		2:51.99	<b>11-12 200 butterfly</b>	2:50.29	2:50.29	136
137	35.89	33.99	<b>11-12 50 backstroke</b>	35.29	33.99	138
139	2:47.59	2:34.19	<b>11-12 200 IM</b>	2:45.29	2:37.59	140

**Saturday 12/5 warm-up 3:30 pm Start 4:15 pm Freedom Pool**

Girls Event #	=TO or Faster SCY		=TO or Faster SCY	Boys Event #
141	1:27.89	<b>10 &amp; U 100 freestyle</b>	1:25.99	142
143	46.19	<b>10 &amp; U 50 butterfly</b>	45.79	144
145	1:53.29	<b>10 &amp; U 100 breaststroke</b>	1:52.29	146
147	46.89	<b>10 &amp; U 50 backstroke</b>	46.89	148
149	3:13.39	<b>10 &amp; U 200 IM</b>	3:13.39	150

**Saturday 12/5 warm-up 3:30 pm Start 4:15 pm Aquatic Center Final Session**

Girls Final Event #					Boys Final Event #
81	Top 8		<b>13-14 200 butterfly</b>	Top 8	82
83	Top 10		<b>Open 200 butterfly</b>	Top 10	84
121	Top 6		<b>11-12 50 freestyle</b>	Top 6	122
85	Top 8		<b>13-14 50 freestyle</b>	Top 8	86
87	Top 10		<b>Open 50 freestyle</b>	Top 10	88
123	Top 6		<b>11- 12 100 breaststroke</b>	Top 6	124
89	Top 8		<b>13-14 200 breaststroke</b>	Top 8	90
91	Top 10		<b>Open 200 breaststroke</b>	Top 10	92
127	Top 6		<b>11-12 50 backstroke</b>	Top 6	128
93	Top 8		<b>13-14 100 backstroke</b>	Top 8	94
95	Top 10		<b>Open 100 backstroke</b>	Top 10	96
129	Top 6		<b>11-12 200 IM</b>	Top 6	130
99	Top 10		<b>Open 500 freestyle</b>	Top 10	100



**Saturday 12/5 6:00 pm Start 6:45 pm Aquatic Center Final Session**

Girls Final Event #					Boys Final Event #
101	Top 8		<b>13-14 200 butterfly</b>		102
103	Top 10		<b>Open 200 butterfly</b>		104
131	Top 6		<b>11-12 50 freestyle</b>		132
105	Top 8		<b>13-14 50 freestyle</b>		106
107	Top 10		<b>Open 50 freestyle</b>		108
133	Top 6		<b>11- 12 100 breaststroke</b>		134
109	Top 8		<b>13-14 200 breaststroke</b>		110
111	Top 10		<b>Open 200 breaststroke</b>		112
137	Top 6		<b>11-12 50 backstroke</b>		138
115	Top 8		<b>13-14 100 backstroke</b>		116
117	Top 10		<b>Open 100 backstroke</b>		118
139	Top 6		<b>11-12 200 IM</b>		140
119	Top 10		<b>Open 500 freestyle</b>		120

**Sunday 12/6 warm-up 7:30 am Start 8:30 am Aquatic Center**

Girls Event #	=TO or Faster SCY		=TO or Faster SCY	Boys Event #
151	2:19.99	<b>13-14 200 backstroke</b>	2:19.79	152
153	2:12.99	<b>Open 200 backstroke</b>	2:01.99	154
155	57.99	<b>13-14 100 freestyle</b>	54.49	156
157	54.69	<b>Open 100 freestyle</b>	49.99	158
159	2:22.19	<b>13-14 200 IM</b>	2:13.99	160
161	2:12.59	<b>Open 200 IM</b>	2:01.39	162
163	11:19.99	<b>13-14 1000 freestyle</b>	10:59.99	164
165	10:59.99	<b>Open 1000 freestyle</b>	10:09.99	166

**Sunday 12/6 warm-up 8:00 am Start 9:00 am Freedom Pool**

Girls Event #	=TO or Faster SCY	No faster than SCY		=TO or Faster SCY	No faster Than SCY	Boys Event #
167	2:35.39	2:19.99	<b>13-14 200 backstroke</b>	2:30.39	2:19.79	168
169	2:32.59	2:12.99	<b>Open 200 backstroke</b>	2:20.59	2:01.99	170
171	1:05.69	57.99	<b>13-14 100 freestyle</b>	1:01.59	54.49	172
173	1:03.29	54.69	<b>Open 100 freestyle</b>	58.89	49.99	174
175	2:39.29	2:22.19	<b>13-14 200 IM</b>	2:32.29	2:13.99	176
177	2:34.29	2:12.59	<b>Open 200 IM</b>	2:23.29	2:01.39	178
179		11:19.99	<b>13-14 1000 freestyle</b>		10:59.99	180
181		10:59.99	<b>Open 1000 freestyle</b>		10:09.99	182



**Sunday 12/6 warm-up 11:15 am start 12:15 am Aquatic Center**

Girls Event #	=TO or Faster SCY		=TO or Faster SCY	Boys Event #
183	1:15.59	<b>11-12 100 IM</b>	1:12.39	184
185	2:40.99	<b>12 &amp; U 200 backstroke</b>	2:39.19	186
187	1:14.99	<b>11-12 100 butterfly</b>	1:14.99	188
189	2:18.29	<b>11-12 200 freestyle</b>	2:18.79	190

**Sunday 12/6 warm-up 11:45 am start 12:45 am Freedom Pool**

Girls Event #	=TO or Faster SCY	No faster than SCY		=TO or Faster SCY	No faster than SCY	Boys Event #
191	1:19.59	1:15.59	<b>11-12 100 IM</b>	1:17.29	1:12.39	192
193		2:40.99	<b>12 &amp; U 200 backstroke</b>		2:39.19	194
195	1:18.29	1:14.99	<b>11-12 100 butterfly</b>	1:18.29	1:14.99	196
197	2:29.29	2:18.29	<b>11-12 200 freestyle</b>	2:27.19	2:18.79	198

**Sunday 12/6 warm-up 3:30 pm start 4:15 pm Aquatic Center Final Session**

Girls Final Event #					Boys Final Event #
151	Top 8		<b>13-14 200 backstroke</b>		152
153	Top 10		<b>Open 200 backstroke</b>		154
183	Top 6		<b>11-12 100 IM</b>		184
155	Top 8		<b>13-14 100 freestyle</b>		156
157	Top 10		<b>Open 100 freestyle</b>		158
187	Top 6		<b>11-12 100 butterfly</b>		188
159	Top 8		<b>13-14 200 IM</b>		160
161	Top 10		<b>Open 200 IM</b>		162
189	Top 6		<b>11-12 200 freestyle</b>		190

**Sunday 12/6 warm-up 6:00 pm start 6:45 pm Aquatic Center Final Session**

Girls Final Event #					Boys Final Event #
167	Top 8		<b>13-14 200 backstroke</b>		168
169	Top 10		<b>Open 200 backstroke</b>		170
191	Top 6		<b>11-12 100 IM</b>		192
171	Top 8		<b>13-14 100 freestyle</b>		172
173	Top 10		<b>Open 100 freestyle</b>		174
195	Top 6		<b>11-12 100 butterfly</b>		196
175	Top 8		<b>13-14 200 IM</b>		176
177	Top 10		<b>Open 200 IM</b>		178
197	Top 6		<b>11-12 200 freestyle</b>		198