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|  | <p align="center"><b>13<sup>th</sup> ANNUAL CARL<br/>WARNER/VETERAN'S DAY<br/>INVITATIONAL</b></p> <p align="center"><b>November 11 - 13, 2022</b></p> <p align="center"><b>SANCTION NO. VS-23-33</b></p> | <p align="center">Hosted by</p>  <p align="center"><b>Coast Guard Blue Dolphins</b></p> |
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*We have taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting the Hampton Virginia Aquaplex. 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 individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.*

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| <p><b>SANCTION:</b></p> | <ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-23-33</b></li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., Coast Guard Blue Dolphin Swim Team and Hampton Virginia Aquaplex 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> <li>• USA Swimming, Inc., Virginia Swimming, Inc., Coast Guard Blue Dolphins Swim Team and the Hampton Virginia Aquaplex cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Virginia 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/Virginia Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</li> <li>• 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 individuals with underlying medical conditions are especially vulnerable.</li> <li>• 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 AND VIRGINIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS 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, FORESEEN, OR UNFORESEEN, IN CONNECTION THEREWITH.</li> </ul> |
| <p><b>LOCATION:</b></p> | <p>Hampton Virginia Aquaplex, 1908 Coliseum Drive, Hampton, Va, 23666. Phone: (757) 263-0999</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |

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| <b>FACILITY:</b>            | <ul style="list-style-type: none"> <li>8-lane, 50-meter indoor pool 6 feet 8 inches deep at one end and 13 feet deep at the diving board end; lanes are 8 feet 2 inches wide; overflow gutters; non-turbulent lane markers; Colorado Timing System.</li> <li>Warm-up/Warm-down Pool: 8-lane, 25-yard indoor pool three feet six inches at one end and four feet six inches at the other end. No Diving is allowed in this pool.</li> <li>The 50-meter pool will be set up into two 25-yard courses.</li> <li>1500 second level seats are available for spectators. Only swimmers, coach's officials and meet staff/volunteers will be allowed on the pool deck.</li> <li>The competition course will be certified before the meet date in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li> </ul>                                  |                                                                                                                              |
| <b>MEET DIRECTOR:</b>       | Name: Sarah Browning<br>Email: <a href="mailto:coachsarahb@cgbdsim.org">coachsarahb@cgbdsim.org</a><br>Phone: (804) 316-6228                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Name: Steve Hennessy<br>Email: <a href="mailto:coachsteveh@cgbdsim.org">coachsteveh@cgbdsim.org</a><br>Phone: (757) 603-7948 |
| <b>ELIGIBILITY:</b>         | <ul style="list-style-type: none"> <li>Open to all Virginia Swimming registered athletes registered prior to the first day of the meet from the following teams: 757, CGBD, CVAC, ECAT, NOVA, ODAC, PSDN and TIDE.</li> <li>Additional teams may be included after consultation with the meet director.</li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li>8-Year-Olds entering the meet must have a 10 &amp; Under "BB" time in each event entered.</li> <li>10-Year-Olds must have the corresponding 11-12 "B" time in the 100 distances of the same stroke to be eligible to swim events #41 &amp; 42 (10-12 200 Fly, #55 &amp; 56 (10-12 200 Breast), and #77 &amp; 78 (10-12 200 Back).</li> <li>2021 – 2024 NAG Time Standards are in effect.</li> <li>Age on November 11, 2022 will determine age for the entire meet.</li> </ul> |                                                                                                                              |
| <b>DISABILITY SWIMMERS:</b> | <ul style="list-style-type: none"> <li>Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                              |
| <b>FORMAT:</b>              | <ul style="list-style-type: none"> <li>All sessions are <b>timed finals</b>.</li> <li>Friday:             <ul style="list-style-type: none"> <li>13 &amp; Older 1000 Free Session.</li> <li>13 &amp; Older Afternoon Session.</li> <li>8 to 12-Year-Old swimmers competing in the 50 Free &amp; 500 Free in the evening.</li> </ul> </li> <li>Saturday &amp; Sunday:             <ul style="list-style-type: none"> <li>A 13 &amp; Older session will be held in the morning.</li> <li>All 9 to 12-Year-Old swimmers will compete in the afternoon.</li> </ul> </li> <li>No relays will be offered at this meet.</li> <li>If entry numbers and the timelines warrant it, CGBD intends to run the meet in two courses (Girls and Boys course.) Teams will be notified NLT Monday, November 7, 2022 if two courses will be utilized.</li> </ul>                                |                                                                                                                              |
| <b>ENTRIES:</b>             | <b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, NOVEMBER 1, 2022</b> <ul style="list-style-type: none"> <li>Entries must be submitted in Short Course Yard times using Commlink-2 software.</li> <li>Team must submit entries via email.</li> <li>A printout of entries must be included with the name, email address, and phone number of the person to contact in case of questions must accompany, regardless of how they are submitted.</li> <li>Both "No Time" and Coaches Times will be accepted for events in which a swimmer does not have a time of record. <b>CT times must be slower than an</b></li> </ul>                                                                                                                                                                                                                                                    |                                                                                                                              |

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|                 | <p><b>“A” time.</b> All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</p> <ul style="list-style-type: none"> <li>• 13 &amp; Older swimmers may enter a maximum of 10 individual events for the meet, not more than 4 events on Friday and 3 events per day on Saturday and Sunday.</li> <li>• 8 to 12-Year-Olds may enter a maximum of 10 individual events for the meet, no more than 2 events on Friday and 4 events per day on Saturday and Sunday.</li> <li>• Entries will be accepted in the order received and accepted to the greatest extent possible without exceeding the 4-hour timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines.</li> <li>• The Meet Director reserves the right to combine heats and events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which may require reseeding.</li> <li>• Email entries to: Dave Henderson (<a href="mailto:coachdaveh@cgbdsim.org">coachdaveh@cgbdsim.org</a>)</li> </ul>                                                                 |
| <b>FEES:</b>    | <p><b>Individual Events: \$9.00.</b></p> <p><b>Swimmer Fee: \$2.50 per person</b></p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: CGBD</li> <li>• Mail payment to: CGBD Team Office<br/>607 Lotz Drive<br/>Yorktown, Va. 23692</li> <li>• Payment must be received by Tuesday, November 8, 2022, for all entries.<br/><b>Teams with unpaid entry fees for entries received on or before the payment deadline could be removed from the meet.</b></li> <li>• IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure the signature is NOT required for delivery.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>WARM-UP:</b> | <ul style="list-style-type: none"> <li>• <b>ALL TIMES ARE NOT EARLIER THAN.</b></li> <li>• Friday Afternoon Sessions: <ul style="list-style-type: none"> <li>• 13 &amp; Older 1000 Free: Warm-up: Not Earlier Than 11:00 am. Meet starts: Not Earlier Than 11:40 pm</li> <li>• 13 &amp; Older Afternoon session: Warm-up: Not Earlier Than 1:00 pm. Meets starts: Not Earlier Than 2:10 pm</li> <li>• 8 to 12-Year-Old Session: Warm-up: Not Earlier Than 4:00 pm. Meet starts: Not Earlier Than 5:10 pm</li> </ul> </li> <li>• Saturday and Sunday Sessions: <ul style="list-style-type: none"> <li>• 13 &amp; Older Session Warm-up: 7:30. Meet starts: 8:40 am</li> <li>• 8 – 12-Year-Old Session: Warm-up Not Earlier Than 12:00 Noon. Meet starts: Not Earlier Than 1:00 pm</li> </ul> </li> <li>• Session start times, warm-up times and lane assignments will be posted on the CGBD web site no later than Monday, November 7, 2022 and will also be emailed to the contact person of the participating clubs.</li> <li>• If any session runs late, warm-up for the next session will begin immediately after the present session ends.</li> </ul> |
| <b>SEEDING:</b> | <ul style="list-style-type: none"> <li>• All events will be pre-seeded, except 500 Free, 400 IM and 1000 Free, which will be deck seeded.</li> <li>• The following are check-in deadlines for the events requiring a positive check-in: <ul style="list-style-type: none"> <li>• #1 &amp; 2 (13 &amp; Older 1000 Free) by 11:15 am on Friday</li> <li>• #21 &amp; 22 (8-12 500 Free) by 4:30 pm on Friday,</li> <li>• #33, 34,35, 36 (13-14 &amp; 15 &amp; Older 400 IM) by 8:15 am on Saturday.</li> <li>• #73, 74, 75, 76 (13-14 &amp; 15 &amp; Older 500 Free) by 8:15 am on Sunday.</li> </ul> </li> <li>• <b>Swimmers failing to positively check-in will not be seeded.</b></li> <li>• The 1000 Free will be swum fastest to slowest.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>AWARDS:</b>  | <ul style="list-style-type: none"> <li>• Ribbons will be awarded for first through eight places in all 12 &amp; Under events. Separate awards will be given for 8-year old, 9-10 and 11-12 age groups. No</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |

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|                   | <p>awards will be given for 13 &amp; Older events.</p> <ul style="list-style-type: none"> <li>• Heat Winner awards will be given for all ages.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>PENALTIES:</b> | <ul style="list-style-type: none"> <li>• A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as <ul style="list-style-type: none"> <li>• Entries using fraudulent or non-verifiable times.</li> <li>• Athlete competed in the incorrect age group.</li> <li>• Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </li> <li>• If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer.</li> <li>• Any event in which an athlete participated illegally will be re-scored and re-awarded.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>RULES:</b>     | <ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet.</li> <li>• All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>• Any swimmer entered in the meet must be certified by a USA-S 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 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 without written USA Swimming approval.</li> <li>• Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</li> <li>• Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.</li> <li>• In accordance with VSI best practices, all swimmers should shower before entering the pool.</li> <li>• Any athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.</li> <li>• In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul> |
| <b>OFFICIALS:</b> | <p><b>Meet Referee: Tommy Lovell</b><br/> <b>Email: scoutmastertommy@gmail.net</b><br/> <b>Phone: (757) 532-4378</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Training for Officials will be offered in accordance with Training Guidelines and Initial Certification Virginia Swimming Officials Handbook.</li> <li>• Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |

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|                 | <p><b>Carin Barber via email at <a href="mailto:barber.carin@gmail.com">barber.carin@gmail.com</a> no later than Tuesday, November 8, 2022</b></p> <ul style="list-style-type: none"> <li>• Officials' meetings will be held in the Officials briefing room, 45 minutes prior to the start of the main sessions. No meeting will be held before the 1000 Free events.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>SAFETY:</b>  | Virginia Swimming Meet Safety Procedures will be in effect.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>TIMERS:</b>  | <ul style="list-style-type: none"> <li>• Swimmers in the 13 &amp; Older 500 Free, 1000 Free and 9-12-Year-Old 50 Free and 500 Free (all on Friday) must supply their own timer.</li> <li>• Swimmers must supply a person to be their lap counter for the 500 Free and 1000 Free events.</li> <li>• Clubs may be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• The number of timers required per club and their lane assignments will be posted on the CGBD web site no later than Monday, November 7, 2022, and will also be emailed to the contact person for each of the individual clubs.</li> <li>• The timers will meet 20 minutes prior to the start of each session in the behind the starting blocks near the announcer's table.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>GENERAL:</b> | <ul style="list-style-type: none"> <li>• <b>Swimmer/Spectator Conduct:</b> Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates Aquaplex rules (posted at the pool) may be removed from the meet and required to leave the facility.</li> <li>• <b>Deck Access:</b> Access to the pool deck will be strictly controlled. <ul style="list-style-type: none"> <li>• Only coaches, officials, swimmers and meet volunteers will be allowed on the pool deck.</li> <li>• Seating for spectators is available in the 1500 seat above deck seating area.</li> <li>• No seating will be allowed behind the blocks for each course.</li> <li>• Everyone must stay behind the ropes on each side of the pool.</li> <li>• The Hampton Virginia Aquaplex does NOT allow coolers and personal chairs in the facility.</li> </ul> </li> <li>• <b>Team Banners:</b> Permission must be obtained from Aquaplex Management to hang/post team banners or signs.</li> <li>• <b>Heat Sheets:</b> Heat Sheets will be made available to everyone on the Meet Mobile app and will be posted on the CGBD website in a pdf format that can be viewed or printed.</li> <li>• <b>Results:</b> The meet results will be available on Meet Mobile, posted to the CGBD website and will be posted to the Virginia Swimming website after the conclusion of the meet.</li> <li>• <b>Snack Bar:</b> The Hampton Aquaplex will operate a Concessions Stand during the meet in south corner of the building.</li> <li>• <b>Swim Supplies:</b> Aquawear will operate a Swim Shop during the meet.</li> <li>• <b>First Aid:</b> There is a First Aid room on the pool deck and will be staffed by facility lifeguards. If assistance is needed anywhere off the pool deck, see a Meet Marshall or Facility Staff Member.</li> <li>• <b>Lost and Found:</b> The lost and found will be located next to the announcer's table.</li> <li>• <b>Hospitality:</b> CGBD will operate a Hospitality Room for all coaches and officials during the meet. Lunch and Dinner (Friday) and Breakfast and Lunch (Saturday)</li> </ul> |

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|                        | <p>and Sunday) will be provided. Drinks and light snacks will be available between meals.</p> <ul style="list-style-type: none"> <li>Only Coaches, officials and meet staff are allowed in the Hospitality Room.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>FACILITY RULES:</b> | <ul style="list-style-type: none"> <li>Park only in designated (marked) parking spots. See overflow parking information below.</li> <li>No glass, food, chewing gum, or open drinks allowed in the pool area. Drinks in closed containers (e.g., sports bottles with screw-on tops, plastic bottles with screw-on tops) are acceptable.</li> <li>All drink cups/containers must have a lid.</li> <li>No coolers allowed in the facility.</li> <li>No shaving anywhere in the venue.</li> <li>No running or horseplay in the facility.</li> <li>NO SMOKING in the anywhere inside the Aquaplex.</li> </ul>                                                                             |
| <b>DIRECTIONS:</b>     | <p>From the EAST, take exit 263B off of I-64 towards Rt. 258 North/Rt. 134 South onto Mercury Blvd. Make a right turn onto Coliseum Drive.</p> <p>From the WEST, take exit 263B off of I-64. When exiting stay to the right and take the flyover towards Rt. 258 North/Rt. 134 South - Coliseum onto Mercury Blvd. Make a right turn onto Coliseum Drive.</p> <p>Aquaplex Entrance: Make a left turn onto Pine Chapel Road. The Aquaplex entrance driveway will be on your left.</p> <p>Overflow Parking: Will be available within a short walking distance. More information on the specific location will be posted to the CGBD website and emailed to all participating teams.</p> |

## CGBD Carl Warner/Veterans Day Invitational November 11 - 13, 2022 Order of Events

### Friday, November 11, 2022

| Session #1: 13 & Older 1000 Free<br>Warm-up: 11:00 am; Start: 11:40 am<br>(Times Are Not Earlier Than) |                           |      | Session #2: 13 & Older<br>Warm-up: 1:00 pm; Start: 2:10 am<br>(Times Are Not Earlier Than) |                               |      |
|--------------------------------------------------------------------------------------------------------|---------------------------|------|--------------------------------------------------------------------------------------------|-------------------------------|------|
| Girls                                                                                                  | Events                    | Boys | Girls                                                                                      | Events                        | Boys |
| 1                                                                                                      | 13 & Older 1000 Freestyle | 2    | 3                                                                                          | 13 – 14 50 Freestyle          | 4    |
|                                                                                                        |                           |      | 5                                                                                          | 15 & Older 50 Freestyle       | 6    |
|                                                                                                        |                           |      | 7                                                                                          | 13 – 14 200 Breaststroke      | 8    |
|                                                                                                        |                           |      | 9                                                                                          | 15 & Older 200 Breaststroke   | 10   |
|                                                                                                        |                           |      | 11                                                                                         | 13 -14 100 Backstroke         | 12   |
| 19                                                                                                     | 8 - 12 YO 50 Freestyle    | 20   | 13                                                                                         | 15 & Older 100 Backstroke     | 14   |
| 21                                                                                                     | 8 - 12 YO 500 Freestyle   | 22   | 15                                                                                         | 13 – 14 200 Ind. Medley (IM)  | 16   |
|                                                                                                        |                           |      | 17                                                                                         | 15 & Older 200 Ind. Med. (IM) | 18   |

### Saturday, November 12, 2022

| Session #4: 13 & Older<br>Warm-up: 7:30 am; Start: 8:40 am |                          |    | Session #5: 9 to 12-Year-Old<br>Warm-up: 12:00 noon; Start: 1:00 pm<br>(Times Are Not Earlier Than) |                         |    |
|------------------------------------------------------------|--------------------------|----|-----------------------------------------------------------------------------------------------------|-------------------------|----|
| 23                                                         | 13 & Older 200 Butterfly | 24 | 37                                                                                                  | 8 – 10 YO 100 Freestyle | 38 |

|    |                           |    |    |                             |    |
|----|---------------------------|----|----|-----------------------------|----|
| 25 | 13 – 14 100 Freestyle     | 26 | 39 | 11 – 12 YO 100 Freestyle    | 40 |
| 27 | 15 & Older 100 Freestyle  | 28 | 41 | 10 – 12 YO 200 Butterfly    | 42 |
| 29 | 13 – 14 200 Backstroke    | 30 | 43 | 8 – 10 YO 100 IM            | 44 |
| 31 | 15 & Older 200 Backstroke | 32 | 45 | 11 – 12 YO 100 IM           | 46 |
| 33 | 13 – 14 400 Ind. Med (IM) | 34 | 47 | 8 – 10 YO 50 Breaststroke   | 48 |
| 35 | 15 & Older 400 (IM)       | 36 | 49 | 11 – 12 YO 50 Breaststroke  | 50 |
|    |                           |    | 51 | 8 – 10 YO 100 Backstroke    | 52 |
|    |                           |    | 53 | 11 – 12 YO 100 Backstroke   | 54 |
|    |                           |    | 55 | 10 – 12 YO 200 Breaststroke | 56 |
|    |                           |    | 57 | 8 – 10 YO 50 Butterfly      | 58 |
|    |                           |    | 59 | 11 – 12 YO 50 Butterfly     | 60 |

### Sunday, November 13, 2022

| Session #6: 13 & Older<br>Warm-up: 7:30 am; Start: 8:40 am |                          |    | Session #7: 9 to 12-Year-Old<br>Warm-up: 12:00 noon; Start: 1:00 pm<br>(Times Are Not Earlier Than) |                              |     |
|------------------------------------------------------------|--------------------------|----|-----------------------------------------------------------------------------------------------------|------------------------------|-----|
| 61                                                         | 13 – 14 100 Butterfly    | 62 | 77                                                                                                  | 10 – 12 YO 200 Backstroke    | 78  |
| 63                                                         | 15 & Older 100 Butterfly | 64 | 79                                                                                                  | 8 – 10 YO 100 Butterfly      | 80  |
| 65                                                         | 13 – 14 200 Freestyle    | 66 | 81                                                                                                  | 11 – 12 YO 100 Butterfly     | 82  |
| 67                                                         | 15 & Older 200 Freestyle | 68 | 83                                                                                                  | 8 – 10 YO 200 Ind. Med (IM)  | 84  |
| 69                                                         | 13 – 14 100 Breaststroke | 70 | 85                                                                                                  | 11 – 12 YO 200 Ind Med (IM)  | 86  |
| 71                                                         | 15 & Older 100 Breast    | 72 | 87                                                                                                  | 8 – 10 YO 100 Breaststroke   | 88  |
| 73                                                         | 13 – 14 500 Freestyle    | 74 | 89                                                                                                  | 11 – 12 YO 100 Breaststroke  | 90  |
| 75                                                         | 15 & Older 500 Freestyle | 76 | 91                                                                                                  | 8 – 10 YO 200 Freestyle      | 92  |
|                                                            |                          |    | 93                                                                                                  | 11 – 12 YO 200 Freestyle     | 94  |
|                                                            |                          |    | 95                                                                                                  | 8 -10 YO 50 Backstroke       | 96  |
|                                                            |                          |    | 97                                                                                                  | 11 – 12 YO 50 Backstroke     | 98  |
|                                                            |                          |    | 99                                                                                                  | 11 – 12 YO 400 Ind. Med (IM) | 100 |