



**SOUTHWEST DISTRICT
9-12 AND 13 & OVER CHAMPIONSHIPS
February 23 – February 25, 2024
SANCTION NO. VS-24-68**

Hosted by:



SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-24-68 • USA Swimming, Inc., Virginia Swimming, Inc., the Town of Christiansburg, the Christiansburg Aquatic Center, the Lynchburg YMCA Swim Team, the YMCA of Central Virginia, and the CCA Marlins 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. • In applying for this sanction, the CCA Marlins and Lynchburg YMCA Swim Team agree to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and the Town of Christiansburg. 						
LOCATION:	Christiansburg Aquatic Center, 595 N. Franklin Street Christiansburg, VA 24073 (540) 381-7665						
FACILITY:	<ul style="list-style-type: none"> • 50 Meter by 25 yard pool, lanes have non-turbulent lane lines, deck-anchored starting blocks and water depth of min. of 7.0 feet at the starting end. • Colorado Timing System with color scoreboard and separate video board will be used. At least one timer per lane will be required. • Two 8 or 10-lane racing courses will be utilized, dependent on participant numbers. • At least 4 lanes of warm-up warm-down space will be available throughout the meet. • The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. • Medical supervision, lifeguards, AED device are available at the facility. • In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming. 						
MEET DIRECTORS:	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Amina Serir</td> <td style="width: 50%;">Ryan Woodruff</td> </tr> <tr> <td>Email: aserir@ccamarlins.com</td> <td>Email: ryan.d.woodruff@gmail.com</td> </tr> <tr> <td>Phone: 540-761-9488</td> <td>Phone: 919-943-6420</td> </tr> </table>	Amina Serir	Ryan Woodruff	Email: aserir@ccamarlins.com	Email: ryan.d.woodruff@gmail.com	Phone: 540-761-9488	Phone: 919-943-6420
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ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all Virginia Swimming registered athletes in Southwest Region registered prior to the first day of the meet. Teams in the Southwest Region are: ACAC, BASS, BHSC, CAST, CA-Y, CCA, FCFY, FUAC, GATR, HAVA, HOKI, LAC, LASO, LY, SMAC, STRM, WW, YMST and VABR. • Unattached athletes in the same geographical district are also eligible to attend. • The qualifying period for this meet is November 1, 2022 through February 22, 2024. • No on deck Virginia Swimming athlete registration will be permitted. • 8 & U Virginia Swimming registered athletes in the Southwest Region may enter the 10 & U 500 Free. • 9-12 year-old athletes may compete in any individual event or relay leg in which they do NOT have a VSI Age Group Championship qualifying time. • Swimmers in the 13-14 age group may compete in any individual event or relay leg in which they have a time that is slower than the age group championship qualifying time except the 400 IM, 500 free, and the 1000 free. • 15 and older swimmers may compete in any individual event or relay leg in which they have a time that is slower than the Senior Champs qualifying time except the 400 IM, 500 free, and the 1000 free. • Swimmers in the 13-14 age group must have at least a 13-14 "B" time to qualify to enter the 400 IM, the 500 free, or the 1000 free. The time for either event entered must be slower than the age group championship time. • 15 and older swimmers must have at least a 15-16 "B" time to qualify to enter the 400 IM, the 500 free, or the 1000 free. The time for either event entered must be slower than the senior championship qualifying time. • 2020-2024 NAG time standards are in effect. • Age on February 23, 2024 will determine age for the entire meet. 						

	<ul style="list-style-type: none"> • 14 year old swimmers aging up from February 23 to March 7, 2024 with times too fast to qualify for this championship will be allowed to compete in an event at this meet under the following conditions: <ul style="list-style-type: none"> ○ The swimmer does not qualify for the event at Senior Champs ○ The swimmer will be seeded correctly by time however will swim exhibition only and will not be eligible to receive an award or compete in the Finals session. • 10 and 12 year-old swimmers aging up from February 23 to March 7, 2024 with times too fast to qualify for this championship will be allowed to compete in an event at this meet under the following conditions: <ul style="list-style-type: none"> ○ The swimmer does not qualify for the event in his/her new age group at Age Group Champs. ○ The swimmer will be seeded correctly by time but will swim Exhibition only and will not be eligible to receive an award or compete in the finals session.
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> • Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director. • The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
ATHLETES WITH A SERIOUS MEDICAL CONDITION:	<ul style="list-style-type: none"> • The swimmer (or the swimmer's coach) is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodations. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support. • This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion. • The swimmer/coach shall provide a Personal Assistant(s) as needed.
FORMAT:	<p>FOR THE 13 & OVER CHAMPIONSHIPS:</p> <ul style="list-style-type: none"> • All athletes will swim a combined preliminary session in the morning session. • Top 16 13-14 swimmers and the top 16 15&O swimmers from preliminary events will swim in the final session each day. • The 1000 freestyle will be a timed final event with the top heat swimming in finals, regardless of age. All remaining heats will swim during the preliminary session. • All relay events will be timed finals and will be conducted during the preliminary session. <p>FOR THE 9-12 CHAMPIONSHIPS:</p> <ul style="list-style-type: none"> • 11-12 year old swimmers will swim prelim/finals in all individual events except the 400 IM and the 500 free which will be swum as timed finals. The top 16 swimmers in the 11-12 age group from prelims will come back to compete in finals, except for the 200 fly, 200 back, and 200 breast where only the top 8 swimmers will compete in finals. • 9-10 year old swimmers will swim prelim/finals in all individual events with the exception of the 200 IM and 500 Free which will be contested as timed finals. The top 8 swimmers in the 9/10 age group from prelims will come back to compete in finals. The fastest heat of the 200 IM will be swum in finals. • All heats of the 11-12 year old 400 Free Relay will be swum during the preliminary session. All heats of the 11-12 and 9-10 year old 200 Free Relays and 200 Medley Relays will be swum during the Finals sessions. • There will be a 5 minute break at the conclusion of relays swum in Finals before the start of individual events on Saturday and Sunday. <p>READY ROOM FOR FINALS:</p> <ul style="list-style-type: none"> • A Ready Room will be used at this Championship prior to each "A" final heat. • Each Swimmer in the "A" Final (Final heat) should report to the Ready Room 10 minutes preceding the event and participate in the "A" Final parade. <ul style="list-style-type: none"> ○ "A" Final swimmers will be presented with music and their names will be announced prior to the start of the race. ○ "B" Final heats will report directly to their assigned lane.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 13, 2024</p> <ul style="list-style-type: none"> • Conforming and non-conforming times will be used for entry – Short Course Yards then Long Course Meters then Short Course Meters. Non-conforming times will be seeded following all conforming times. • Entries must be submitted using Commlink-2 software. • Teams submit entries via email.

	<ul style="list-style-type: none"> • 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 the entries, regardless of how they are submitted. • Swimmers may enter a maximum of 8 individual events, no more than 3 individual and one relay per day. • Relay teams must be designated A, B, or C, if more than one per club is entered per event. Teams may submit three (3) relays per event. • If a relay seed time cannot be created using the times of 4 swimmers entered in the meet, enter the relay as a NT. • Relay entry times for 9-12 events must be slower than the combined "AG Championship" times for the corresponding relay. See the "slower than" relay times chart on page 6. • The Meet Director reserves the right to combine heats and events, which may require reseeding. • "No Time" (NT) entries will be accepted except in the 13 & over 400 medley, 500 free, and 1000 free, where 13-14 swimmers must have achieved a minimum of a 13-14 "B" time, and 15 & older swimmers must have achieved a minimum of a 15-16 "B" time. • Coach Times (CT) will not be accepted for any event. All entry times must have been achieved in a sanctioned, approved, or observed meet. • Email entries to: aserir@ccamarlins.com • Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, they will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual Events: \$9.00 per event Relay Events: \$18.00 per event Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline. • Checks should be made payable to: CCA Marlins • Mail payment to: CCA Marlins 4069 Postal Drive P.O. Box 21683 Roanoke, VA 24018-9998 • Payment must be received by Tuesday, February 20, 2024, for all entries. Failure to pay entry fees by this deadline may result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees. • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
SEEDING:	<ul style="list-style-type: none"> • The 400 IM, 500 free, and 1000 free will require a positive check-in to be seeded. All other events will be pre-seeded. • Positive check-in will close at 9:00 AM, Friday for events #129 and 130 (400 individual medley). • Positive check-in will close at 9:00 AM, Saturday for events #235, 236, 237, and 238 (500 free). • Positive check-in will close at 9:00 AM, Sunday for events #305 and 306 (1000 free). • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED. • A swimmer who positively checks-in for a distance event and does not show up to compete will not be able to swim his/her next event. • The 400 IM and the 500 free will be swum in preliminaries with the four fastest heats of girls swimming first, slow to fast, followed by the four fastest heats of boys, swimming slow to fast. The remaining heats will be swum fast to slow, alternating girls and boys. • The 1000 free will be swum fastest to slowest, and alternating heats of girls and boys. <ul style="list-style-type: none"> ○ Any athlete entered in the 1000 free will be asked to indicate a preference for swimming with preliminaries or with finals. The preliminaries/finals preference must be declared by the appropriate positive check-in deadline ○ The fastest 8 swimmers who wish to swim during the evening finals will swim during the evening finals.
WARM-UP:	<ul style="list-style-type: none"> • Swimmers, coaches and teams are restricted from being on the pool deck prior to the following times, but may wait on the leisure pool deck or upstairs bleachers: <ul style="list-style-type: none"> ○ Friday, Saturday, and Sunday morning: 6:45 AM. ○ Friday and Saturday afternoon: 4:00 PM.

	<ul style="list-style-type: none"> ○ Sunday afternoon: 2:45 PM ● Morning sessions: <ul style="list-style-type: none"> ○ Friday: Warmup begins not before 7:00 AM, Meet begins not before 8:30 AM ○ Saturday: Warmup begins not before 7:00 AM, Meet begins not before 8:30 AM ○ Sunday: Warmup begins not before 7:00 AM, Meet begins not before 8:30 AM ● Afternoon sessions: <ul style="list-style-type: none"> ○ Friday and Saturday: Warm-ups at 4:15 PM; competition starts not before 5:15 PM ○ Sunday: Warm-ups at 3:00 PM; competition starts not before 4:00 PM ● 1000 free (Sunday): The pool will be open for 15 minutes of open warm-ups immediately following the finish of the 200 IM, with the 1000 free starting 5 minutes thereafter. <ul style="list-style-type: none"> ○ The approximate start time for the 1000 will be posted on the CCA Marlins website (ccamarlins.com) no later than Monday, February 19, 2024 and will also be emailed to the contact person of the participating clubs. ○ The distance sessions will start no earlier than the estimated times. ● Lane assignment and warm-up times for individual clubs will be posted on the CCA Marlins website no later than Monday, February 19, 2024, and will also be emailed to the contact person of the participating clubs.
AWARDS:	<ul style="list-style-type: none"> ● Individual events will be scored and awarded first through sixteenth place for 9-10, 11-12, 13-14 and 15 & over age groups. Medals will be awarded for first through third place, ribbons for fourth through sixteenth place. ● The 10 & Under 500 Free will be awarded and scored separately for 8 & Under and 9-10 age groups. ● Relay events will be awarded medals for first through third place and ribbons for fourth through eighth place. ● Team awards will be given, first through third place for the 13 & over division and the 9-12 division. Total team points in the 9-12 division will be combined with scores from 8 & Under District Championships. The teams placing will receive a plaque. ● Scoring will be as follows: <ul style="list-style-type: none"> ○ Individual: Finals - 20-17-16-15-14-13-12-11; Consolations - 9-7-6-5-4-3-2-1. ○ Relay: Finals - 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2. ○ Only the top two relays for one team may score in an event.
PENALTIES:	<ul style="list-style-type: none"> ● 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"> ○ Entries using fraudulent or non-verifiable times. ○ Athlete competed in the incorrect age group. ○ Athlete is not registered with USA Swimming prior to the first day of the meet. ● 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. ● Any event in which an athlete participated illegally will be rescored and re-awarded.
RULES:	<ul style="list-style-type: none"> ● The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Prevention Policy, will govern this meet. ● 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. ● 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. ● Any swimmer initially announced as qualifying for an event in finals who fails scratch from the event and fails to compete in the event at finals will be barred from competing in any additional events in that session. Additionally, the athlete will be barred from competing in his/her next individual event in a subsequent session. Alternates will be announced along with final qualifiers but shall not be penalized if unavailable to compete in the finals. Rule 207.11.6.E 1-3, Exceptions for Failure to Compete, will be followed. ● In accordance with VSI best practices, all swimmers should shower before entering the pool.

	<ul style="list-style-type: none"> 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 the requirement. 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>. In accordance with VSI best practices, all swimmers should shower before entering the pool. 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. 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. 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.
OFFICIALS:	<p>Meet Referee: Susan Munson Email: susmunson@gmail.com Phone: (540) 314-5723</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook. Team Officials Chairpersons should submit the names and session availability of certified officials to Sue Munson no later than Tuesday, February 20, 2024 There will be an official's meeting in hospitality one hour prior to the start of each session. There will be coaches meeting in the hospitality room not before 8:15 am on Friday February 24, 2024.
SAFETY:	<p>Meet Safety Officer: Karen Williams Email: vwbeetlebug72@gmail.com Phone: 540-597-6343</p> <p>Virginia Swimming Meet Safety Procedures will be in effect.</p>
TIMERS:	<ul style="list-style-type: none"> Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. The number of timers required per club and their lane assignments will be posted on the CCA Marlins Website (ccamarlins.com) no later than Monday, February 19, 2024 and will also be emailed to the contact person of each of the individual clubs. Swimmers competing in the 400 medley, 500 free, and 1000 free are responsible for providing their own timers. Swimmers competing in the 1000 free and 500 free are responsible for providing their own lap counters.
GENERAL:	<ul style="list-style-type: none"> Breakfast, lunch, and dinner as well as light snacks will be provided for coaches and officials each day. Concessions will be provided for the swimmers and parents. Heat sheets will be available at no additional charge pdf and Meet Mobile formats. Finals heat sheets will be provided prior to Finals. Electronic heat sheets will be available at ccamarlins.com
FACILITY RULES:	<p>CHRISTIANSBURG AQUATIC CENTER RULES:</p> <ul style="list-style-type: none"> Concessions will be allowed in designated areas only. Drinks are permitted in plastic bottles or covered cups. Young children must be supervised by an adult. Observers and spectators are to stay in designated areas. No tape of any kind is to be used inside to hang signs, banners or decorations. Please consult with the Aquatic Tournaments Coordinator prior to hanging up any relevant decorations. Only Aquatic Center staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Center staff or management. No smoking is permitted within the Center Facilities. The Aquatic Center is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings.

	<ul style="list-style-type: none"> • No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Center Director. • No glass containers of any kind are to be brought into the pool complex. • Parking violators will be subject to fines and/or towing as posted. <ul style="list-style-type: none"> ○ <i>No Parking in the skatepark parking lot</i> ○ <i>No Parking in areas marked by yellow curb</i> • Overflow parking will be pre-arranged with Kroger or Christiansburg High School on weekends. • The Aquatic Center strongly encourages showering prior to entering the pool. • All emergency exits and walkways must remain clear throughout the meet. • <i>In compliance with USA Swimming Safe Sport the back building entrance, under the diving tower is a secure entrance reserved for facility staff and essential personnel with access cards or swim meet credentials.</i> • All rules and regulations of the Aquatic Center are in effect and shall be followed. • Any individual or team member that fails to comply with any rule or regulation of the Aquatic Center or any of the terms and conditions of this Contract will not be permitted to participate in the Event and will be asked to leave the Center Facilities
DIRECTIONS:	<ul style="list-style-type: none"> • Directions are available on the Virginia Swimming website virginiaswimming.org

RELAY “SLOWER THAN TIMES” CHART

Age Group	Gender	Free		Medley
9-10	Girls	2:05.16		2:25.56
	Boys	2:03.96		2:23.86
11-12	Girls	1:49.96 (200)	4:01.96 (400)	2:05.56
	Boys	1:49.96 (200)	4:00.76 (400)	2:06.66

2024 Southwest District 9-12 and 13 & Over Championship

ORDER OF EVENTS

Friday, February 23, 2024

PRELIMS - Warmup not before 7:30 AM, Meet starts not before 8:45 AM					
Ev # Girls	DEEP END – 13 & O	Ev # Boys	Ev # Girls	SHALLOW END – 12&U	Ev # Boys
105	13 & Over 100 Breast	106	101	11-12 200 Free	102
113	13 & Over 200 Free	114	103	9-10 200 Free	104
119	13 & Over 100 Butterfly	120	107	11-12 50 Fly	108
125	13-14 400 Free Relay (TF)	126	109	9-10 50 Fly	110
127	13 & Over 400 Free Relay (TF)	128	111	11-12 200 Back	112
129	13 & Over 400 IM	130	115	9-10 100 Breast	116
			117	11-12 100 Breast	118
			121	9-10 100 IM	122
			123	11-12 100 IM	124
			131	11-12 400 Free Relay (TF)	132

FINALS - Warmup not before 4:15 PM, Meet starts not before 5:15 PM					
Ev #	DEEP END - BOYS		Ev #	SHALLOW END - GIRLS	
102	11-12 200 Free		101	11-12 200 Free	
104	9-10 200 Free*		103	9-10 200 Free*	
106	13 & Over 100 Breast		105	13 & Over 100 Breast	
108	11-12 50 Fly		107	11-12 50 Fly	
110	9-10 50 Fly*		109	9-10 50 Fly*	
112	11-12 200 Back*		111	11-12 200 Back*	
114	13 & Over 200 Free		113	13 & Over 200 Free	
116	9-10 100 Breast*		115	9-10 100 Breast*	
118	11-12 100 Breast		117	11-12 100 Breast	
120	13 & Over 100 Fly		119	13 & Over 100 Fly	
122	9-10 100 IM*		121	9-10 100 IM*	
124	11-12 100 IM		123	11-12 100 IM	
130	13 & Over 400 IM		129	13 & Over 400 IM	
	*Top 8 only			*Top 8 only	

Saturday, February 24, 2024

PRELIMS - Warmup not before 8:00 AM, Meet starts not before 9:15 AM					
Ev # Girls	DEEP END – 13 & O	Ev # Boys		Ev # Girls	SHALLOW END 12 & U
205	13 & Over 200 Fly	206		207	11-12 100 Back
211	13 & Over 50 Free	212		209	9-10 100 Back
217	13 & Over 200 Breast	218		213	11-12 50 Breast
225	13 & Over 100 Back	226		215	9-10 50 Breast
231	13-14 400 Medley Relay	232		219	11-12 200 Fly
233	13 & Over 400 Medley Relay (TF)	234		221	9-10 50 Free
237	13 & Over 500 Free	238		223	11-12 50 Free
				227	9-10 200 IM**
				229	11-12 200 IM
				235	11-12 500 Free (TF)

**Timed final event. Top 8 seeds at Finals

FINALS - Warmup not before 4:15 PM, Meet starts not before 5:15 PM					
Ev #	DEEP END - BOYS			Ev #	SHALLOW END - GIRLS
202	11-12 200 Free Relay			201	11-12 200 Free Relay
204	9-10 200 Free Relay			203	9-10 200 Free Relay
206	13 & Over 200 Fly			205	13 & Over 200 Fly
208	11-12 100 Back			207	11-12 100 Back
210	9-10 100 Back*			209	9-10 100 Back*
212	13 & Over 50 Free			211	13 & Over 50 Free
214	11-12 50 Breast			213	11-12 50 Breast
216	9-10 50 Breast*			215	9-10 50 Breast*
218	13 & Over 200 Breast			217	13 & Over 200 Breast
220	11-12 200 Fly*			219	11-12 200 Fly*
222	9-10 50 Free*			221	9-10 50 Free*
224	11-12 50 Free			223	11-12 50 Free
226	13 & Over 100 Back			225	13 & Over 100 Back
228	9-10 200 IM*			227	9-10 200 IM*
230	11-12 200 IM			229	11-12 200 IM
238	13 & Over 500 Free			237	13 & Over 500 Free
	*Top 8 only				*Top 8 only

Sunday, February 25, 2025

PRELIMS - Warmup not before 7:30 AM, Meet starts not before 8:45 AM					
Ev # Girls	DEEP END – 13 & O	Ev # Boys		Ev # Girls	SHALLOW END 12&U
311	13 & Over 200 Back	312		307	11-12 100 Fly
317	13 & Over 100 Free	318		309	9-10 100 Fly
325	13 & Over 200 IM	326		313	11-12 50 Back
329	13-14 200 Free Relay (TF)	330		315	9-10 50 Back
333	13 & Over 200 Free Relay (TF)	334		319	11-12 200 Breast
20-minute break					
305	13 & Over 1,000 Free*	306		321	9-10 100 Free
				323	11-12 100 Free
				327	10 & Under 500 Free (TF)
				331	11-12 400 IM (TF)

*Timed Final Event - top heat to swim at finals

FINALS - Warmup not before 4:00 PM, Meet starts not before 5:00 PM					
Ev #	DEEP END - BOYS			Ev #	SHALLOW END - GIRLS
302	11-12 200 Medley Relay			301	11-12 200 Medley Relay
304	9-10 200 Medley Relay			303	9-10 200 Medley Relay
306	13 & Over 1,000 Free*			305	13 & Over 1,000 Free*
308	11-12 100 Fly			307	11-12 100 Fly
310	9-10 100 Fly*			309	9-10 100 Fly*
312	13 & Over 200 Back			311	13 & Over 200 Back
314	11-12 50 Back			313	11-12 50 Back
316	9-10 50 Back*			315	9-10 50 Back*
318	13 & Over 100 Free			317	13 & Over 100 Free
320	11-12 200 Breast*			319	11-12 200 Breast*
322	9-10 100 Free*			321	9-10 100 Free*
324	11-12 100 Free			323	11-12 100 Free
326	13 & Over 200 IM			325	13 & Over 200 IM
*Top 8 only					