
	<h1>2025 Clover Cup</h1> <h2>March 21-23, 2025</h2> <h3>Sanction No: VS-25-47</h3>		Hosted by: 
<b>SANCTION:</b>	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., <b>SANCTION NO: VS-25-47</b></li><li>USA Swimming, Inc., Virginia Swimming, Inc., and Greater Richmond Aquatics Partnership, DBA SwimRVA 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>In applying for this sanction, the Host, SwimRVA, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and SwimRVA.</li></ul>		
<b>LOCATION:</b>	<ul style="list-style-type: none"><li>SwimRVA-CSAC, 5050 Ridgedale Parkway, Richmond, VA 23234</li><li>Phone: (804) 271-8271 (Pool front desk)</li></ul>		
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>SwimRVA-CSAC Provides 2 indoor pools and supporting amenities including hospitality, a swim shop, and concession stand.</li><li>50-meter competition pool with bulkhead offers 2 eight-lane, 25-yard competition pools with a depth of 7' 7" to 8' 1" end to end. Competition lanes are 8' 3" wide. All sessions will be run in the 25-yard competition pool set up for 8 lanes.</li><li>Myrtha track start blocks and backstroke wedges</li><li>Colorado System 7 timing, Dolphin watches and Colorado 31' video board.</li><li>Indoor 6-lane 25-yard pool for continuous warm-up, cool-down.</li><li>American Red Cross certified lifeguards will be on duty for the duration of the contest. The facility is also equipped with first aid supplies, 2 AEDs and emergency oxygen.</li><li>The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations</li><li>In order to provide family, 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.</li></ul>		
<b>MEET DIRECTOR:</b>	<b>Jacob Wallin</b> <a href="mailto:jacob.wallin@swimrichmond.org">jacob.wallin@swimrichmond.org</a> <b>Phone: (804) 647-1567</b>	<b>Adam Kennedy</b> <a href="mailto:adam.kennedy@swimrichmond.org">adam.kennedy@swimrichmond.org</a> <b>Phone: (804) 334-7669</b>	
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>Open to all USA Swimming athletes registered before the first day of the competition. Athletes 13 &amp; Over must be slower than the time standards for the Shamrock Showdown in any event they enter at the Clover Cup.</li><li>No on deck athlete registration will be permitted.</li><li>Athletes listed as Unattached must check in with the meet director and be assigned a supervising coach in order to warm-up and to compete.</li><li>2024-2028 NAG time standards are in effect.</li><li>Age on <b>March 21, 2025</b>, 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><li>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 accommodation. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support.</li><li>This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion.</li><li>The swimmer/coach shall provide a Personal Assistant(s) as needed.</li></ul>		

<b>ATHLETES WITH A SERIOUS MEDICAL CONDITION</b>	<ul style="list-style-type: none"> <li>• 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 accommodation. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support.</li> <li>• This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion.</li> <li>• The swimmer/coach shall provide a Personal Assistant(s) as needed.</li> </ul>
<b>FORMAT:</b>	<p><b>12 &amp; Under Events:</b></p> <ul style="list-style-type: none"> <li>• Meet director, in consultation with the meet referee, may choose to swim in dual courses for any event depending on the timeline and entries received. Teams will be notified NLT <b>Monday, March 17<sup>th</sup></b> if dual courses will be used.</li> <li>• Individual events <b>EXCEPT</b> the 500 Freestyle and 400 Individual Medley will be swum as prelims and finals.</li> <li>• All 8 &amp; Under events will qualify the top 8 swimmers for finals. <ul style="list-style-type: none"> <li>▪ All <b>A-FINALS</b> swimmers will report to the ready room and be marched out with music, their names and team affiliation announced prior to the start of the race.</li> </ul> </li> <li>• All 9-10 and 11-12 50's and 100's events will qualify the top 24 swimmers and will compete in each day's final session in the following order <b>C, B, then A-</b> <ul style="list-style-type: none"> <li>▪ <b>The C FINALS will be reserved for ONLY 9 and 11-year-old athletes respectively.</b></li> <li>▪ <b>C and B FINALS</b> swimmers will report directly to their assigned starting block.</li> <li>▪ <b>A FINAL</b> swimmers will report to the ready room and be marched out with music, their names and team affiliation announced prior to the start of the race.</li> </ul> </li> <li>• All 9-12 200's will qualify the top 16 swimmers and swim in the following order: <ul style="list-style-type: none"> <li>▪ <b>Top 8</b> – 9-10-year-old swimmers</li> <li>▪ <b>Top 8</b> – 11-12-year-old swimmers</li> <li>▪ All <b>A_FINAL</b> swimmers will report to the ready room and be marched out with music, their names and team affiliation announced prior to the start of the race.</li> </ul> </li> <li>• <b>RELAY EVENTS:</b> All relay events will be timed finals. The fastest 8 “A” relays will be swum during the finals session with all other heats swum during the prelim session.</li> </ul> <p><b>13 &amp; Over Events:</b></p> <ul style="list-style-type: none"> <li>• Meet director, in consultation with the meet referee, may choose to swim in dual courses for any event depending on the timeline and entries received. Teams will be notified NLT <b>Monday, March 17<sup>th</sup></b> if dual courses will be used.</li> <li>• <b>Athletes who have the qualifying time for Shamrock Showdown in any individual event may NOT swim that event at Clover Cup.</b> <ul style="list-style-type: none"> <li>○ There are no time standards in the 50s of stroke for Shamrock Showdown and therefore no limitation for entry to Clover Cup in the 50s of stroke.</li> </ul> </li> <li>• All events other than 50s and 100s will be swum as timed finals. <ul style="list-style-type: none"> <li>▪ 50s and 100s will qualify and be swum in the following order: <ul style="list-style-type: none"> <li>○ <b>Top 8</b> 13-14 year-old swimmers, <b>Top 8</b> 15 &amp; Over swimmers</li> </ul> </li> </ul> </li> <li>• <b>RELAY EVENTS:</b> All relay events will be swum as timed finals during the preliminary session.</li> </ul>
<b>ENTRIES:</b>	<ul style="list-style-type: none"> <li>• <b>ENTRY DEADLINE: 5:00 PM, Tuesday, March 11, 2025</b> <ul style="list-style-type: none"> <li>▪ Entries must be submitted using Commlink-2 software.</li> <li>▪ All Short Course Yards will be seeded first followed by Long Course Meters times, Short Course Meters, then Bonus times</li> <li>▪ Teams must submit entries via e-mail to: <a href="mailto:entries@swimrichmond.org">entries@swimrichmond.org</a> <ul style="list-style-type: none"> <li>○ <b>Make sure to include the meet name and team name in the subject line.</b></li> </ul> </li> </ul> </li> <li>• <b>ENTRY LIMITS:</b> <ul style="list-style-type: none"> <li>▪ <b>Individual Events:</b> Athletes may swim no more than <b>three (3)</b> individual events per day. Coach times and NTs are permissible.</li> <li>▪ <b>Relays:</b> Teams are not limited in the number of relays entered. Coach times are permissible. <b>Only</b> the top 2 relays for each team will score.</li> </ul> </li> <li>• The Meet Referee reserves the right to combine heats &amp; events, which may require reseeding.</li> </ul>

<b>FEES:</b>	<p><b>Individual events: \$13.00</b>  <b>Relay events: \$21.00</b>  <b>Swimmer surcharge: \$2.50 per person</b> (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>Payment must be received by <b>Friday, March 21<sup>st</sup></b>. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"> <li><b>12 &amp; Under Prelims:</b> <ul style="list-style-type: none"> <li>Warm-ups: <b>No earlier than 7:00 am</b></li> <li>Competition: <b>No earlier than 8:00 am</b></li> </ul> </li> <li><b>13 &amp; Over Prelims:</b> <ul style="list-style-type: none"> <li>Warm-ups: <b>No earlier than 11:30 am</b></li> <li>Competition: <b>No earlier than 12:30 pm</b></li> </ul> </li> <li><b>Finals:</b> <ul style="list-style-type: none"> <li>Warm-ups: <b>No earlier than 4:00 am</b></li> <li>Competition: <b>No earlier than 5:00 pm</b></li> </ul> </li> <li><b>Lane assignments for warmup will be emailed to teams NLT Monday, March 17<sup>th</sup>.</b></li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded except the 500 Free and 400 IM. They will require positive check-in. Positive check-in will close at the start of the corresponding session.</li> <li><b>No penalty will be applied for missing a preliminary or timed final event. Scratches should be emailed to <a href="mailto:entries@swimrichmond.org">entries@swimrichmond.org</a> by 5:00 pm Thursday, March 20<sup>th</sup>.</b></li> <li><b>The scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.11.6, sections D and E.1-.3 only, will be in effect and apply to all heats of individual events with the exception of timed final events. Swimmers not adhering to these rules shall be barred from further competition for the remainder of the meet.</b></li> <li>No-show athletes who miss their final event will be removed from their next individual event.</li> </ul>
<b>SCORING and AWARDS:</b>	<ul style="list-style-type: none"> <li>Ribbons will be awarded for 1<sup>st</sup> – 16<sup>th</sup> for all 12 &amp; under events</li> <li>Heat winner awards will be distributed for 12 &amp; under sessions</li> <li>Scoring <ul style="list-style-type: none"> <li><b>Individual Events:</b> F – 20-17-16-15-14-13-12-11, C – 9-7-6-5-4-3-2-1.</li> <li><b>Relays:</b> F – 40-34-32-30-28-26-24-22, C – 18-14-12-10-8-6-4-2</li> </ul> </li> <li>Team trophies will be awarded for the top 12 &amp; Under and the top 13 &amp; Over combined team points.</li> <li>All individual events will be scored in the following age groups: 8 &amp; Under, 9-10, 11-12, 13-14 and 15 &amp; Over.</li> <li>All relay events will be scored in the following age groups: 10 &amp; Under, 11-12, 13-14 and 15 &amp; Over. <b>Only</b> the top 2 relays for each team will score.</li> <li>Individual high point awards will be given in the following age groups for both girls and boys: 8 &amp; Under, 9-10, 11-12, 13-14 and 15 &amp; Over.</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>Athletes competed in the incorrect age group.</li> <li>Athlete 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 a 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 rescored and re-awarded</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee:</b>  <b>Name: Ralph Jones</b>  <b>Email: <a href="mailto:ralphvaswim@gmail.com">ralphvaswim@gmail.com</a></b></p> <p>Officials will be needed for all positions and all sessions for this meet and applications to officiate are due by <b>Thursday, March 13<sup>th</sup></b>.  Certified and Apprentice Officials are welcome to apply.  Application to officiate is linked here:  <a href="#">Officials Application to Officiate</a>  Please follow up your application with an email to the Meet Referee.</p>

<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>There will be two (2) timers per lane. Clubs will be required to provide timers for all sessions 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 sent to teams no later than <b>Monday, March 17<sup>th</sup></b>.</li> </ul> <p><b>Swimmers competing in the 400 IM and 500 Freestyle events will need to provide their own timers and lap counters.</b></p>
<b>SAFETY:</b>	<p><b>MEET SAFETY OFFICER:</b>  <b>Name:</b> Jacob Wallin  <b>Email:</b> <a href="mailto:jacob.wallin@swimrichmond.org">jacob.wallin@swimrichmond.org</a>  <b>Phone:</b> (804)-647-1567</p> <ul style="list-style-type: none"> <li>VSI Safety and Warm-up procedures will be in effect.</li> <li>During general warm-up, feet first entry only. There will be NO DIVING OR RACING STARTS from the blocks or end of the pool during general warm-ups.</li> <li>Use of training equipment other than snorkels is not permitted during warm-ups.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The current <i>USA Swimming Rules and Regulations</i>, including the Minor Athlete Abuse Prevention Policy, will govern this meet.</li> <li>All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.</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 permission.</li> <li>Any swimmer entered in the meet must be certified by a USAS 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>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 a 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, 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>GENERAL:</b>	<ul style="list-style-type: none"> <li><b>Hospitality:</b> A light breakfast, lunch and dinner will be provided for coaches and officials. Coaches and officials who have special dietary concerns or needs should bring their own food and beverages.</li> <li><b>Meet Program:</b> A Psych Sheet will be sent to all teams prior to the contest. Heat Sheets will be emailed prior to each session, printed for coaches and available via meet mobile.</li> <li><b>Photography:</b> In accordance with J.3 of VSI Policies and Procedures, photography will not be permitted without the express permission of the Meet Director.</li> <li><b>Results:</b> The meet results will be available on the Meet Mobile app. The results will also be posted to the Virginia Swimming website after the conclusion of the meet.</li> <li><b>Meet Event Apparel:</b> A vendor will be on site selling Clover Cup t-shirt and sweatshirts.</li> <li><b>A swim shop vendor will be</b> onsite offering full-service equipment such as goggles and swim suits.</li> <li><b>Concession:</b> Full Rapids Café menu available in the community room</li> </ul>
<b>Facility Rules:</b>	<ul style="list-style-type: none"> <li>Access to the deck is limited to coaches, athletes, meet officials, and event staff. Spectators will not be allowed on deck unless volunteering as timers, lap counters, or at other needed volunteer positions.</li> </ul>

	<ul style="list-style-type: none"> <li>• All air flow intake vents on deck are not to be blocked by chairs, benches, spectators or towels!</li> <li>• Family restrooms are reserved for coaches and officials use only. Individuals needing access should make arrangements with the meet director.</li> <li>• No glass containers of any kind are allowed in the facility.</li> <li>• No lawn/deck chairs allowed in the grandstand.</li> <li>• Objects are not to be passed over the grandstand railing.</li> <li>• No smoking on the campus.</li> <li>• Shoes are suggested to be worn in all areas outside the pool deck including locker rooms.</li> <li>• Doors are not to be propped open (HVAC).</li> <li>• No tape of any kind is to be used inside to hang signs, banners or decorations.</li> </ul>
<b>Parking:</b>	<ul style="list-style-type: none"> <li>• Parking at the facility is available to patrons of the pool associated with the meets, employees, coaches and officials.</li> </ul>
<b>Streaming:</b>	<ul style="list-style-type: none"> <li>• SwimRVA will be using our state-of-the-art video streaming system for this contest. Athlete's name, team and time will be displayed in an overlay of their lane, just like in the Olympics! Spectators will be able to go back and watch races over and over again. Visit our streaming site <a href="https://swimrva.vhx.tv/browse">https://swimrva.vhx.tv/browse</a> for product information.</li> </ul>

SwimRVA Shamrock Showdown Qualifying Times 2024-2025				
13-14 Girls	15 & Over Girls		13-14 Boys	15 & Over Boys
27.59	26.69	50 Free	25.29	23.69
1:00.19	57.69	100 Free	55.09	52.09
2:10.29	2:05.09	200 Free	2:00.89	1:54.19
5:49.79	5:36.79	500 Free	5:27.19	5:09.39
12:02.09	11:39.69	1000 Free	11:17.09	10:48.29
20:07.29	19:32.49	1650 Free	18:59.49	18:00.69
1:05.19	1:02.79	100 Back	1:00.39	56.69
2:21.09	2:16.29	200 Back	2:11.39	2:03.99
1:15.19	1:12.19	100 Breast	1:08.29	1:04.49
2:42.09	2:36.19	200 Breast	2:28.29	2:20.29
1:05.19	1:02.49	100 Fly	59.69	56.39
2:25.19	2:19.19	200 Fly	2:12.99	2:04.89
2:25.69	2:19.49	200 IM	2:13.99	2:06.79
5:10.29	4:58.19	400 IM	4:46.49	4:30.59

# SCHEDULE OF EVENTS

## 2024 Clover Cup

Friday 12 & Under Preliminary		
Girls	March 21	Boys
1	8 & Under 100 Freestyle	2
3	9-12 200 Freestyle	4
5	8 & Under 50 Butterfly	6
7	9-10 50 Butterfly	8
9	11-12 50 Butterfly	10
11	8 & Under 100 Backstroke	12
13	9-12 200 Backstroke	14
15	8 & Under 50 Breaststroke	16
17	9-10 100 Breaststroke	18
19	11-12 100 Breaststroke	20
21	11-12 400 Individual Medley†	22
10-minute break		
23	10 & Under 200 Free Relay‡	24
25	11-12 200 Free Relay‡	26
† All heats swim in prelims ‡ Top 8 "A" Relays will be swum in finals		

Friday PM 13 & Over Preliminary		
Girls	March 21	Boys
27	13 & Over 50 Backstroke	28
29	13 & Over 100 Breaststroke	30
31	13 & Over 200 Freestyle	32
33	13 & Over 100 Butterfly	34
35	13 & Over 400 Individual Medley	36
10-minute break		
37	13-14 400 Freestyle Relay†	38
39	15 & Over 400 Freestyle Relay†	40
† All heats swim in prelims		

Friday Finals		
Girls	March 21	Boys
23	10 & Under 200 Free Relay	24
25	11-12 200 Free Relay	26
10-minute break		
27	13-14 50 Backstroke	28
27	15 & Over 50 Backstroke	28
1	8 & Under 100 Freestyle	2
3	9-10 200 Freestyle	4
3	11-12 200 Freestyle	4
5	8 & Under 50 Butterfly	6
7	9-10 50 Butterfly	8
9	11-12 50 Butterfly	10
33	13-14 100 Butterfly	34
33	15 & Over 100 Butterfly	34
11	8 & Under 100 Backstroke	12
13	9-10 200 Backstroke	14
13	11-12 200 Backstroke	14
15	8 & Under 50 Breaststroke	16
17	9-10 100 Breaststroke	18
19	11-12 100 Breaststroke	20
29	13-14 100 Breaststroke	30
29	15 & Over 100 Breaststroke	30



Saturday - 12 & Under Preliminary		
Girls	March 22	Boys
41	8 & Under 50 Backstroke	42
43	9-10 100 Backstroke	44
45	11-12 100 Backstroke	46
47	8 & Under 25 Breaststroke	48
49	9-10 50 Breaststroke	50
51	11-12 50 Breaststroke	52
53	8 & Under 100 Butterfly	54
55	9-12 200 Butterfly	56
57	8 & Under 25 Freestyle	58
59	9-10 50 Freestyle	60
61	11-12 50 Freestyle	62
63	8 & Under 100 Individual Medley	64
65	9-12 200 Individual Medley	66
10-minute break		
67	10 & Under 200 Medley Relay <sup>‡</sup>	68
69	11-12 200 Medley Relay <sup>‡</sup>	70
‡ Top 8 "A" Relays will be swum in finals		

Saturday PM – 13 & Over Preliminary		
Girls	March 22	Boys
71	13 & Over 200 Butterfly	72
73	13 & Over 50 Freestyle	74
75	13 & Over 200 Breaststroke	76
77	13 & Over 100 Backstroke	78
79	13 & Over 50 Butterfly	80
81	13 & Over 200 Individual Medley	82
10-minute break		
83	13-14 400 Medley Relay <sup>†</sup>	84
85	15 & Over 400 Medley Relay <sup>†</sup>	86
† All heats swim in prelims		

Saturday Finals		
Girls	March 22	Boys
67	10 & Under 200 Medley Relay	68
69	11-12 200 Medley Relay	70
10-minute break		
41	8 & Under 50 Backstroke	42
43	9-10 100 Backstroke	44
45	11-12 100 Backstroke	46
77	13-14 100 Backstroke	78
77	15 & Over 100 Backstroke	78
47	8 & Under 25 Breaststroke	48
49	9-10 50 Breaststroke	50
51	11-12 50 Breaststroke	52
53	8 & Under 100 Butterfly	54
55	9-10 200 Butterfly	56
55	11-12 200 Butterfly	56
57	8 & Under 25 Freestyle	58
59	9-10 50 Freestyle	60
61	11-12 50 Freestyle	62
73	13-14 50 Freestyle	74
73	15 & Over 50 Freestyle	74
63	8 & Under 100 Individual Medley	64
65	9-10 200 Individual Medley	66
65	11-12 200 Individual Medley	66
79	13-14 50 Butterfly	80
79	15 & Over 50 Butterfly	80

Sunday - 12 & Under Preliminary		
Girls	March 23	Boys
87	8 & Under 100 Breaststroke	88
89	9-12 200 Breaststroke	90
91	8 & Under 25 Butterfly	92
93	9-10 100 Butterfly	94
95	11-12 100 Butterfly	96
97	8 & Under 25 Backstroke	98
99	9-10 50 Backstroke	100
101	11-12 50 Backstroke	102
103	8 & Under 50 Freestyle	104
105	9-10 100 Freestyle	106
107	11-12 100 Freestyle	108
109	9-10 100 Individual Medley	110
111	11-12 100 Individual Medley	112
113	12 & Under 500 Freestyle†	114
10-minute break		
115	10 & Under 400 Freestyle Relay‡	116
117	11-12 400 Freestyle Relay‡	118
† All heats swim in prelims ‡ Top 8 "A" Relays will be swum in finals		

Sunday PM – 13 & Over Preliminary		
Girls	March 23	Boys
119	13 & Over 50 Breaststroke	120
121	13 & Over 200 Backstroke	122
123	13 & Over 100 Freestyle	124
125	13 & Over 100 Individual Medley	126
127	13 & Over 500 Freestyle	128
10-minute break		
129	13-14 200 Freestyle Relay†	130
131	15 & Over 200 Freestyle Relay†	132
† All heats swim in prelims		

Sunday Finals		
Girls	March 23	Boys
115	10 & Under 400 Freestyle Relay	116
117	11-12 400 Freestyle Relay	118
10-minute break		
87	8 & Under 100 Breaststroke	88
89	9-10 200 Breaststroke	90
89	11-12 200 Breaststroke	90
119	13-14 50 Breaststroke	120
119	15 & Over 50 Breaststroke	120
91	8 & Under 25 Butterfly	92
93	9-10 100 Butterfly	94
95	11-12 100 Butterfly	96
97	8 & Under 25 Backstroke	98
99	9-10 50 Backstroke	100
101	11-12 50 Backstroke	102
103	8 & Under 50 Freestyle	104
105	9-10 100 Freestyle	106
107	11-12 100 Freestyle	108
123	13-14 100 Freestyle	124
123	15 & Over 100 Freestyle	124
109	9-10 100 Individual Medley	110
111	11-12 100 Individual Medley	112
125	13-14 Individual Medley	126
125	15 & Over Individual Medley	126