
	<h1 style="text-align: center;">East Coast WinterFest</h1> <p style="text-align: center;"><b>December 12-15, 2024</b> <b>Section No: VS-25-39R</b></p>	<p style="text-align: right;">Hosted by:</p> 
<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc. <b>Sanction No. VS-25-39R</b></li> <li>• USA Swimming, Inc., Virginia Swimming, Inc and Greater Richmond Aquatics Partnership, doing business as 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 Chesterfield County.</li> </ul>	
<b>LOCATION:</b>	<ul style="list-style-type: none"> <li>• SwimRVA-CSAC, 5050 Ridgedale Parkway, Richmond, VA 23234</li> </ul> <p>Phone: (804) 271-8271 (Pool front desk)</p>	
<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.</li> <li>• 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>• The meet host will ensure that the competition course meets the required dimensions are specified in 103.3 USA Swimming Rules and Regulations</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>• 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.</li> </ul>	
<b>MEET DIRECTOR:</b>	<p><b>Adam Kennedy</b>  <a href="mailto:adam.kennedy@swimrichmond.org">adam.kennedy@swimrichmond.org</a>  <b>Phone: (804) 334-7669</b></p>	
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all USA Swimming athletes registered before the first day of the competition.</li> <li>• No on deck athlete registration will be permitted.</li> <li>• Athletes listed as UNAT must check in with the meet director and be assigned a supervising coach in order to warm-up and to compete.</li> <li>• Age on December 12th, 2024, will determine age for the entire meet.</li> </ul>	
<b>ATHLETES WITH A SERIOUS MEDICAL CONDITION</b>	<ul style="list-style-type: none"> <li>• The swimmer (or 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.</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>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>	

**FORMAT:**

**Thursday Distance Session:**

Entries will be limited to ensure no session is longer than four hours. Entries will be taken in order of receipt until session fills. Teams will be notified if entries are not accepted.

The 12 & Under 400 IM and the 11 & Over 1000 Freestyle will be swum in TWO courses concurrently, fastest to slowest, alternating girls then boys as a timed final event. The Meet Director may reduce this to ONE course based on the number of entries. If one course is used, the 400 IM will swim first and the 1000 Freestyle will swim second with both events alternating girls, then boys. Teams will be notified not later than **Monday, December 9th** if a single course is used.

**AM Sessions – 13 & Over Preliminary:**

The Meet Director, in consultation with the meet referee, may choose to swim in dual course for any event depending on the timeline and entries received. **Teams will be notified by Monday, December 9th if dual courses are used.**

Individual events EXCEPT the 1650 Freestyle and the 1000 Freestyle will be swum as prelims and finals.

1650 Freestyle will be swum AFTER the 12 & Under session and will have a 25-minute warmup period, followed by a 5 min course reset.

- The 1650 Freestyle will be swum in TWO courses, slowest to fastest as a timed final event. The Meet Director may reduce this to ONE course based on the number of entries. If one course is used, the 1650 Freestyle heats will alternate girls, then boys. Teams will be notified not later than Monday, December 9th if a single course is used.
- The fastest women's and men's heat will swim in the final session.

The 400 Individual Medley and the 500 Freestyle will be swum in ONE course and will alternate women and men. If the events are swum in TWO courses, the pools will be separated by gender. Teams will be notified not later than **Monday, December 9th** if dual course is used.

In both scenarios:

- The four fastest heats of each gender will be swum first, slowest to fastest.
- The remaining heats will be swum fastest to slowest.

**12 & Under Sessions:**

The Meet Director, in consultation with the Meet Referee, may choose to swim in dual course for any session depending on the timeline and entries received. Teams will be notified by Monday, December 9th if dual courses will be used and for which events.

- All 8 & under events and 10 & Under 200s events will be swum as timed finals.
- All 9-10 50s & 100s events will be swum as prelim/finals, with the top 8 qualifying for finals.
- The 9-10, 11-12 and 12 & Under 200s plus the 400 IM & 500 Free will be swum as timed finals.
- All remaining 11-12 events will be swum as prelims/finals with the top 8 11-12-year-olds qualifying for finals.
- All 25-yard events will start from the movable bulkhead at the turn end of the pool.
- All 12 & Under events will be swum slowest to fastest.

Entries will be limited to ensure no session is longer than four hours. Entries will be taken in order of receipt until session fills. Teams will be notified if entries are not accepted.

**Finals Sessions:**

Finals events will be swum in finals as 9-10, 11-12, 13-14 & 15 & Over.

The **top 8** 9-10 year old swimmers will qualify in the 50s and 100s

The **top 8** 11-12 year-old swimmers will qualify in the 50s and 100s

The **top 24** 13-14 year-old swimmers will qualify. Except the 400 IM and 500 Freestyle which will qualify the top 8 only.

The **top 24** 15 & Over will qualify. Except the 400 IM and 500 Freestyle which will qualify the top 8 only.

The 9-10 final will be swim first, then the 11-12 year-old final. The 13-14 year-old finals heats will swim, slowest to fastest. The 15 & Over finals heats will swim last, slowest to fastest.

**Relay events:**

All relay events will be timed finals and be swum slowest to fastest in both prelims and finals.

The fastest 2 heats of the 13 & Over 400 Freestyle Relay and the 13 & Over 400 Medley Relay will be swum during the finals session with any other heats swum during the preliminary session.

All the 13 & Over 200 Medley Relays and 13 & Over 200 Free Relays will be swum during the preliminary session.

<b>ENTRIES:</b>	<p><b>ENTRY DEADLINE: 5:00 PM, TUESDAY DECEMBER 3RD</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted using Commlink-2 software.</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>Make sure to include the meet name and your team's name in the subject line.</li> </ul> </li> </ul> <p><b>ENTRY LIMITS:</b> (per swimmer)</p> <ul style="list-style-type: none"> <li>Individual Events: Athletes will be limited to three (3) events per day.</li> <li>Relay Events: Each swimmer is allowed to enter one (1) relay per day.</li> <li>RELAYS: Each Team is allowed a maximum of four (4) Relays per Event</li> </ul> <ul style="list-style-type: none"> <li>The Meet Referee reserves the right to combine heats and events, which may require reseeding.</li> <li>Deck entries will be accepted for athletes already entered the meet to the extent that open lanes are available. No extra heats will be added. <ul style="list-style-type: none"> <li>Coach Times (CT) will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an "A" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> </ul> </li> </ul>
<b>FEES:</b>	<p><b>Individual events- 13 &amp; Over: \$16.50</b>  <b>Individual events- 12 &amp; Under: \$11.00</b>  <b>Relay events: \$22.00</b></p> <ul style="list-style-type: none"> <li>Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</li> <li>Checks should be made payable to SwimRVA.</li> <li>Payment must be received by Thursday, December 12th. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>
<b>WARM-UPS:</b>	<p><b>Thursday Session:</b></p> <ul style="list-style-type: none"> <li>No earlier than 3:00 pm; Competition begins no earlier than 4:00 pm</li> </ul> <p><b>AM Sessions:</b></p> <ul style="list-style-type: none"> <li>No earlier than 6:30 am; Competition begins no earlier than 8:00 am</li> </ul> <p><b>Afternoon Sessions:</b></p> <ul style="list-style-type: none"> <li>Immediately following the prelims session. No earlier than 10:00 am</li> </ul> <p><b>Finals:</b></p> <ul style="list-style-type: none"> <li>No earlier than 4:00 pm; Competition begins no earlier than 5:00 pm</li> </ul> <ul style="list-style-type: none"> <li>Warm up assignments will be sent to teams no later than <b>Monday, December 9<sup>th</sup></b></li> <li>All Finals sessions will be open for general warm-up for the first 35 minutes. For the final 15 minutes the meet director and referee will open pace and sprint lanes based on demand.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded except the 1650 Free, 1000 Free, 500 Free and 400 Individual Medley.</li> <li>Positive check-in deadline for the 500 Free and 13 &amp; over 400 IM will be 30 minutes prior to the start of the AM session of the corresponding day.</li> <li>Positive check-in deadline for the 12 &amp; Under 400 IM and 11 &amp; Over 1000 Free will be 40 minutes prior to the start of the session on Thursday.</li> <li>Positive check-in deadline for the 1650 Free will be at the start of the AM session on Sunday.</li> <li>The scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.11.6, sections D and E, paragraphs 1-3 only, will be in effect and apply to all heats of individual events except for timed final events. Swimmers not adhering to these modified rules shall be barred from further competition for the remainder of the meet.</li> </ul>
<b>SCORING &amp; AWARDS:</b>	<p><b>East Coast WinterFest Medals will be awarded for top-3 athletes in each event.</b>  Heat winner awards will be distributed for <b>ALL sessions</b>.  Ribbons for places 4<sup>th</sup>-16<sup>th</sup> will be awarded for 8 &amp; Under, 9-10, 11-12, 13-14, 15 &amp; Over.  Individual events will be scored in the top 16 in the following age groups, 8 &amp; Under, 9-10, 11-12, 13-14, 15 &amp; Over.</p> <ul style="list-style-type: none"> <li>Individual Events: F – 20-17-16-15-14-13-12-11, C – 9-7-6-5-4-3-2-1</li> </ul> <p>Relay events will be scored top 16 in the following age groups 10 &amp; Under, 11-12 and 13 &amp; Over.</p> <ul style="list-style-type: none"> <li>Relays: F – 40-34-32-30-28-26-24-22, C – 18-14-12-10-8-6-4-2</li> </ul> <p>Team (Overall): Women, Men, Team Combined High Point.  Women's High Point, Men's High Point in the following age groups 8 &amp; Under, 9-10, 11-12, 13-14, 15 &amp; over. Awards will be handed out at the end of finals on Sunday except for the 8 &amp; Under awards which will be handed out at the end of the Sunday AM session.</p>

<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations, 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 not permitted.</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, 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>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>◦ Athletes 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 the 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: Bryan Wallin</b>  <b>Email: <a href="mailto:thewallin5@comcast.net">thewallin5@comcast.net</a></b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet and applications to officiate are due by Thursday, December 5<sup>th</sup>.</li> <li>• Certified and Apprentice Officials are welcome to apply.</li> <li>• Application to officiate is linked here:  <a href="#">Officials Application to Officiate</a>  Please follow up your application with an email the Meet Referee <a href="mailto:thewallin5@comcast.net">thewallin5@comcast.net</a>.</li> </ul>
<b>SAFETY:</b>	<p><b>Meet Safety Officer: Jacob Wallin</b>  <b>Email: <a href="mailto:jacob.wallin@swimrichmond.org">jacob.wallin@swimrichmond.org</a></b>  <b>Phone: (804)-647-1567</b></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>TIMERS:</b>	<ul style="list-style-type: none"> <li>• 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>Sunday, December 8th</b>.</li> <li>• Swimmers competing in the distance events 12 &amp; Under 400 IM, 11 &amp; Over 1000 Free, and 13 &amp; Over 1650 Free, are responsible for providing their own timers and lap counter (except for 1650 Finals, a timer will be provided).</li> </ul>

<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>● <b>Spectator Admission:</b> <ul style="list-style-type: none"> <li>○ All-Session Pass - \$20.00</li> <li>○ Session Pass - \$8.00</li> <li>○ Tickets can be purchased online at:  <a href="https://www.eventbee.com/v/2024-swimrva-eastcoast-winterfest/event?eid=249514675">https://www.eventbee.com/v/2024-swimrva-eastcoast-winterfest/event?eid=249514675</a> </li> </ul> </li> <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>● A swim shop vendor will be onsite offering full-service equipment such as goggles and swimsuits.</li> </ul>
<b>VIDEO SERVICE:</b>	<ul style="list-style-type: none"> <li>● SwimRVA will be using our state-of-the-art video streaming system for this contest. The 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>
<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 other needed volunteer positions.</li> <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 must 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>	<p>Parking at the facility is available to patrons of the pool associated with the meets, employees, coaches and officials.</p>
<b>HOTELS:</b>	<ul style="list-style-type: none"> <li>● SwimRVA has a travel team ready to support you and your needs.</li> </ul> <p>The 288 Travel Group is a Richmond-based housing specialist and standing by to help you secure team blocks!</p> <p><b>Contact:</b>  Tina Bland  <b><a href="mailto:tbland@288travel.com">tbland@288travel.com</a></b>  804.505.3005 ext. 704</p>
<b>KINGS DOMINION:</b>	<ul style="list-style-type: none"> <li>● Participants in this meet will be sent information about redeeming tickets to Kings Dominion WinterFest. Included in this offer is:</li> <li>● 1 complimentary ticket per participating USA Swimming registered athlete</li> <li>● Teams will need to submit the excel spreadsheet provided by SwimRVA with each athlete's name and email address to <a href="mailto:entries@swimrichmond.org">entries@swimrichmond.org</a> by <b>Tuesday November 28th</b> to ensure tickets arrive in time. Any last-minute additions are not guaranteed to secure a free ticket.</li> </ul>

# **SCHEDULE OF EVENTS**

## **East Coast WinterFest - 2024**

<b>THURSDAY Timed Final</b>		
<b>Women</b>	<b>December 12</b>	<b>Men</b>
<b>1</b>	12 & Under 400 INDIVIDUAL MEDLEY	<b>2</b>
<b>3</b>	11& Over 1000 FREESTYLE	<b>4</b>

<b>FRIDAY 13 &amp; Over Preliminary</b>		
<b>Women</b>	<b>December 13</b>	<b>Men</b>
<b>5</b>	13 & Over 200 MEDLEY RELAY†	<b>6</b>
	<b>10 min. break</b>	
<b>7</b>	13 & Over 200 FREESTYLE	<b>8</b>
<b>9</b>	13 & Over 100 BREASTSTROKE	<b>10</b>
<b>11</b>	13 & Over 100 BUTTERFLY	<b>12</b>
<b>13</b>	13 & Over 400 INDIVIDUAL MEDLEY	<b>14</b>
	<b>10 min. break</b>	
<b>15</b>	13 & Over 400 FREE RELAY‡	<b>16</b>
† All heats swim in prelims ‡ Fastest two heats will be swum in finals		

<b>SATURDAY 13 &amp; Over Preliminary</b>		
<b>Women</b>	<b>December 14</b>	<b>Men</b>
<b>43</b>	13 & Over 200 FREE RELAY†	<b>44</b>
	<b>10 min. break</b>	
<b>45</b>	13 & Over 50 FREESTYLE	<b>46</b>
<b>47</b>	13 & Over 200 BREASTSTROKE	<b>48</b>
<b>49</b>	13 & Over 200 BACKSTROKE	<b>50</b>
<b>51</b>	13 & Over 500 FREESTYLE	<b>52</b>
	<b>10 min. break</b>	
<b>53</b>	13 & Over 400 MEDLEY RELAY‡	<b>54</b>
† All heats swim in prelims. ‡ Fastest two heats will be swum in finals.		

<b>FRIDAY 12 &amp; Under</b>		
<b>Girls</b>	<b>December 13</b>	<b>Boys</b>
<b>17</b>	10 & Under 200 Y MEDLEY RELAY	<b>18</b>
<b>19</b>	11-12 200 Y MEDLEY RELAY	<b>20</b>
	<b>10 min. break</b>	
<b>21</b>	10 & Under 200 INDIVIDUAL MEDLEY	<b>22</b>
<b>23</b>	11-12 100 INDIVIDUAL MEDLEY	<b>24</b>
<b>25</b>	8 & Under 50 BUTTERFLY	<b>26</b>
<b>27</b>	9-10 50 BUTTERFLY	<b>28</b>
<b>29</b>	11-12 50 BUTTERFLY	<b>30</b>
<b>31</b>	8 & Under 50 FREESTYLE	<b>32</b>
<b>33</b>	9-10 100 FREESTYLE	<b>34</b>
<b>35</b>	11-12 100 FREESTYLE	<b>36</b>
<b>37</b>	8 & Under 100 BACKSTROKE	<b>38</b>
<b>39</b>	12 & Under 200 BACKSTROKE	<b>40</b>
<b>41</b>	12 & Under 500 FREESTYLE	<b>42</b>

<b>SATURDAY 12 &amp; Under</b>		
<b>Girls</b>	<b>December 14</b>	<b>Boys</b>
<b>55</b>	10 & Under 200 FREE RELAY	<b>56</b>
<b>57</b>	11-12 200 FREE RELAY	<b>58</b>
	<b>10 min. break</b>	
<b>59</b>	8 & Under 25 BACKSTROKE	<b>60</b>
<b>61</b>	9-10 100 BACKSTROKE	<b>62</b>
<b>63</b>	11-12 100 BACKSTROKE	<b>64</b>
<b>65</b>	8 & Under 25 BUTTERFLY	<b>66</b>
<b>67</b>	12 & Under 200 BUTTERFLY	<b>68</b>
<b>69</b>	8 & Under 100 BREASTSTROKE	<b>70</b>
<b>71</b>	9-10 100 BREASTSTROKE	<b>72</b>
<b>73</b>	11-12 100 BREASTSTROKE	<b>74</b>
<b>75</b>	8 & Under 100 FREESTYLE	<b>76</b>
<b>77</b>	9-10 50 FREESTYLE	<b>78</b>
<b>79</b>	11-12 50 FREESTYLE	<b>80</b>
<b>81</b>	8 & Under 25 BREASTSTROKE	<b>82</b>
<b>83</b>	12 & Under 200 BREASTSTROKE	<b>84</b>



SUNDAY 13 & Over Preliminary		
Women	December 15	Men
<b>85</b>	13 & Over 200 INDIVIDUAL MEDLEY	<b>86</b>
<b>87</b>	13 & Over 100 BACKSTROKE	<b>88</b>
<b>89</b>	13 & Over 200 BUTTERFLY	<b>90</b>
<b>91</b>	13 & Over 100 FREESTYLE	<b>92</b>
*1650 Freestyle will be swum AFTER the 12 & Under session and will have a 30-minute warmup period. It will be swum slowest to fastest with the last heat finishing 50 minutes prior to the start of finals.		
<b>93</b>	13 & Over 1650 FREESTYLE*	<b>94</b>
Swimmers must provide their own Timers for the afternoon session <b>ONLY</b> <b>Swimmers must provide their own lap counters for all sessions.</b>		

SUNDAY 12 & Under		
Girls	December 15	Boys
<b>95</b>	8 & Under 50 BACKSTROKE	<b>96</b>
<b>97</b>	9-10 50 BACKSTROKE	<b>98</b>
<b>99</b>	11-12 50 BACKSTROKE	<b>100</b>
<b>101</b>	8 & Under 100 INDIVIDUAL MEDLEY	<b>102</b>
<b>103</b>	9-10 100 INDIVIDUAL MEDLEY	<b>104</b>
<b>105</b>	11-12 200 INDIVIDUAL MEDLEY	<b>106</b>
<b>107</b>	8 & Under 100 BUTTERFLY	<b>108</b>
<b>109</b>	9-10 100 BUTTERFLY	<b>110</b>
<b>111</b>	11-12 100 BUTTERFLY	<b>112</b>
<b>113</b>	8 & Under 50 BREASTSTROKE	<b>114</b>
<b>115</b>	9-10 50 BREASTSTROKE	<b>116</b>
<b>117</b>	11-12 50 BREASTSTROKE	<b>118</b>
<b>119</b>	8 & Under 25 FREESTYLE	<b>120</b>
<b>121</b>	10 & Under 200 FREESTYLE	<b>122</b>
<b>123</b>	11-12 200 FREESTYLE	<b>124</b>

## **FINALS-SCHEDULE OF EVENTS**

	<b>FRIDAY FINALS</b>	
<b>Women</b>	<b>December 13</b>	<b>Men</b>
<b>23</b>	11-12 100 INDIVIDUAL MEDLEY	<b>24</b>
<b>7</b>	13 & Over 200 FREESTYLE	<b>8</b>
<b>27</b>	9-10 50 BUTTERFLY	<b>28</b>
<b>29</b>	11-12 50 BUTTERFLY	<b>30</b>
<b>9</b>	13 & Over 100 BREASTSTROKE	<b>10</b>
<b>33</b>	9-10 100 FREESTYLE	<b>34</b>
<b>35</b>	11-12 100 FREESTYLE	<b>36</b>
<b>11</b>	13 & Over 100 BUTTERFLY	<b>12</b>
<b>13</b>	13 & Over 400 INDIVIDUAL MEDLEY	<b>14</b>
	<b>10 minute break</b>	
<b>15</b>	13 & Over 400 FREE RELAY	<b>16</b>

	<b>SATURDAY FINALS</b>	
<b>Girls</b>	<b>December 14</b>	<b>Boys</b>
<b>61</b>	9-10 100 BACKSTROKE	<b>62</b>
<b>63</b>	11-12 100 BACKSTROKE	<b>64</b>
<b>45</b>	13 & Over 50 FREESTYLE	<b>46</b>
<b>47</b>	13 & Over 200 BREASTSTROKE	<b>48</b>
<b>71</b>	9-10 100 BREASTSTROKE	<b>72</b>
<b>73</b>	11-12 100 BREASTSTROKE	<b>74</b>
<b>49</b>	13 & Over 200 BACKSTROKE	<b>50</b>
<b>77</b>	9-10 50 FREESTYLE	<b>78</b>
<b>79</b>	11-12 50 FREESTYLE	<b>80</b>
<b>51</b>	13 & Over 500 FREESTYLE	<b>52</b>
	<b>10 minute break</b>	
<b>53</b>	13 & Over 400 MEDLEY RELAY	<b>54</b>

	<b>SUNDAY FINALS</b>	
<b>Women</b>	<b>December 15</b>	<b>Men</b>
<b>93</b>	13 & Over 1650 Freestyle	<b>94</b>
<b>97</b>	9-10 50 BACKSTROKE	<b>98</b>
<b>99</b>	11-12 50 BACKSTROKE	<b>100</b>
<b>85</b>	13 & Over 200 INDIVIDUAL MEDLEY	<b>86</b>
<b>103</b>	9-10 100 INDIVIDUAL MEDLEY	<b>104</b>
<b>87</b>	13 & Over 100 BACKSTROKE	<b>88</b>
<b>109</b>	9-10 100 BUTTERFLY	<b>110</b>
<b>111</b>	11-12 100 BUTTERFLY	<b>112</b>
<b>89</b>	13 & Over 200 BUTTERFLY	<b>90</b>
<b>115</b>	9-10 50 BREASTSTROKE	<b>116</b>
<b>117</b>	11-12 50 BREASTSTROKE	<b>118</b>
<b>91</b>	13 & Over 100 FREESTYLE	<b>92</b>