

Colorado Swimming, Inc.
Board of Directors Meeting
Sunday March 12, 2023

(These minutes reflect only the topics presented/discussed at this meeting)

Roll Call: Tristan Cross, Barbie Barker, Eric Eikenbary, Ingrid Briant, Jen Koschmann, Leala Lara, Anna Jorstad, Shawn Smith, Scott Powell, Rich LeDuc, Brian Wixted, David Brown, Ken Ebuna, Jackie Stiff, Debbie Schmidt

The regular meeting of the Colorado Swimming Board of Directors was called to order at 10:15 am, the President being in the chair and the Secretary being present.

Any Changes to the Agenda (New Business, Late or Revised Reports): None

Adoption of Agenda and Acceptance of Consent Agenda: DEI and Governance reports were pulled. **Motion to approve and adopt agenda and accept consent agenda was adopted.**

Reading, Correction, and Adoption of September 10, 2022 Meeting Minutes:
Motion to approve December 18, 2022 board meeting minutes was adopted.

Unfinished (Old) Business:

- 1) BOD Retreat planning status—the board previously identified the Saturday after Labor Day (September 9, 2023) in connection with budget meeting as a target date. Tristan confirmed this timing and requested that the Governance Committee be in charge of planning the content and Jackie should work on the location and logistics. Ken has a potential speaker (John Mann) in mind.
- 2) Board Approval of Open Position Appointment (Tristan Cross)
 - a) Safe Sport – Andy Niemann – Tristan is appointing Andy to fill this position through the end of the year. The new General Chair will appoint a new Safe Sport Coordinator after next year's HOD. Also, per Tristan, the plan is for Andy to reach out to April, who works on Safe Sport issues for USA Swimming, to get a better idea of how we can refine the job description and role to make it the most effective in our LSC. The Board agreed with Tristan's approach and appointment.

New Business:

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- 1) Staff Update – (Jackie Stiff)
 - a) P.O. Box -- Jackie recommends eliminating the P.O. Box after April 1 of this year since there are issues with receiving mail and since we are not using it very much. The board agreed.
 - b) Zoom/google meets -- Discussion ensued regarding whether CSI should use google meets (free) or renew Zoom after the USA Swimming account goes away as of April 1. The consensus was to try google meets initially and, if issues arise, we will consider renewing our Zoom license. Scott will be holding a number of Officials meetings via google meets between now and the May board meeting, so we can get an update on how google meets has been working at the next meeting.
 - c) Birth certificates/registration -- other LSCs require athletes to submit birth certificates with registration, not so much for proof of age but rather to resolve meet recon issues. The question is whether CSI should require or encourage birth certificates as part of registration. After discussion, consensus was reached to encourage, but not require parents to upload birth certificates as part of registration and to roll this change out with seasonal registration. David also noted that the current registration forms no longer have a box to check for disability. He will follow up with USA Swimming on this.
- 2) Meet Awards – language re: how to define large/small teams for P&P? – the board confirmed it made the right call in deciding to award large and small team awards at state with the 60/40 split discussed in the May 2022 board meeting minutes. However, execution was not as expected in this inaugural year due to changes in the SWIMS database that no longer allow reports to be run to identify 14u swimmers easily. The board identified the need to come up with a solution and a process for executing the division of teams into large and small categories moving forward. After much discussion, the consensus was for Technical Planning to come up with a proposal for discussion at the May board meeting. We will likely want to update the P&P to reflect the process once agreed upon as well.
- 3) House of Delegates location – front range/metro Denver only? (Barbie Barker) – given recent lack of attendance at HOD, the board discussed the possibility of holding the HOD alternating between North and South Denver, and allowing financial credit for remote attendance for attendees located more than 150 miles from the meeting location. The overall goal is to increase in person

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(These minutes reflect only the topics presented/discussed at this meeting) attendance by the membership as much as possible, while being mindful of convenience and expenses incurred. Barbie, Ingrid and Jackie will draft a proposal based for further review at our May board meeting and ultimate review and approval at HOD. Ken suggested the board circulate the proposal in advance, in particular to Western Slope teams, for input prior to HOD.

- 4) CSI LC Open – Technical Planning – Discussion regarding exemption requested to allow a meet to be held in Grand Junction the weekend of the CSI Long Course Open, as outlined in the Technical Planning report. **Motion to approve Ed's request for exemption for 2023. M/S/P.**

Report of Board of Directors:

- 1) DEI – Rich reported that instead of camps, USA Swimming is considering doing something at Olympic Trials. Rich would like CSI to send 1+ athletes and he will do a further update at the May meeting and ultimately a budget request form, but for now wanted to gauge board support, which he received.
- 2) Governance – Ken raised the possibility of honoring Pat Wall for her contributions to USA Swimming since the 1960s through a \$1000 donation to USA Swimming in her honor. Ken will draft a resolution for further discussion at the May meeting.

Resolutions and Orders: The next scheduled Board meeting will be **May 13, 2023**. Written reports from each Board member/representative/committee are due to Jackie Stiff by Monday, **May 8, 2023**.

Adjournment: **The meeting adjourned at 11:27 am.**

Ingrid Briant, Secretary



Officials Committee Report

Colorado Swimming BOD Meeting March 12, 2023

2022 Officials Committee

Scott Powell Chair, Todd Yee Zone 1, Cheryl Hampton Zone 2, Open Zone 3, Katie McManus Zone 4, Troy Brovold Zone 5, Denise Balicki Seasonal, Officials Coordinator Derigan Silver and Athlete Rep. Emily Aten

REPORT:

The updates to the training requirements and materials based on the changes are being prepared for posting. Teams that want to run meets need to be progressing officials towards Jr Meet Referee and Administrative Official. The committee will ask but cannot warrant we will find volunteers for teams.

The committee met in February. We decided on our nominee for USA Swimming Workshop for New Referees – Eric Hippe from Western Slope. Also, given USA Swimming's OTS status, we are soliciting contact information from all our officials via Google Forms. We also decided to offer Officiating clinics on Saturday, April 8th at the University of Denver (as well as via Google Meet).

We staffed the Senior State meet at the University of Denver. Chris Synsvoll was the Meet Referee.

We staffed the Age Group Championships at VMAC. Todd Yee was the Meet Referee and Linda Seckinger was the Administrative Referee. This meet also served as an Officials Qualifying Meet (OQM) for the N2 level of official. We had officials evaluated in Deck Referee, Starter, Chief Judge, and Stroke and Turn positions.

We staffed the Silver State championships at the University of Denver. Richard Hall was the Meet Referee.

Meet referees for upcoming CSI sponsored meets: CSI LC Open – Lee Lierz (MR)/Derigan Silver (AR), CSI AG LCM Championships – Deb Schmidt (MR)/Eric Hippe (AR), CSI SR LCM Championships – Jeremy Cooper (MR)/Lee Lierz (AR).

The Meet Referee for Four Corners Sectionals is our own Derigan Silver. We also have five officials invited to officiate at the Phillips 66 International Trials in June (Derigan Silver, Kathleen Scandary, Mike Dilli, Robert Scandary, and Scott Powell)

No Action Items.

Scott Powell
Colorado Swimming Officials Committee, Chair
March. 12th, 2023



Administrative Vice Chair – Board Report

Barbie Barker
March 2023

Colorado Swimming House of Delegates rotation - After evaluating the attendance at the HOD meeting, we would request that the rotation remain in the front range and possibly even just Denver metro area. And we believe as the covid restrictions have come to an end that we return to remote option for those that are 6+ hours from the location.

Respectfully Submitted,

Barbie Barker
Colorado Swimming
Administrative Vice Chair

Coaches Reps Report for March 2023 BOD meeting

3/6/23

Jen Koschmann and Meghan Hershey

Accomplished Action Items:

- Surveyed CSI coaches on educational needs and format preferences
- Planned and ran educational webinar on USRPT Training in February 2023 with 16 attendees
- Met with Athlete rep to offer support/help as needed
- Reviewed Coaches Pages on CSI Website to see if updates/corrections were needed

Planned Action Items:

- Educational webinar planned for March 28 on Underwater Training
- Continue to gather info on CSI coaches needs'
- Recommend re-formatting CSI Coaches page

CSI DEI Board Report 3/12/23



Tasks Accomplished Since Last Report

- CSI DEI Meet was on 1/29/23. There were approximately 60 athletes that participated. Leland Brown, Program Director, Diversity, Equity and Inclusion, USA Swimming spoke to the group after the meet. The Disability Chair, David Brown, was the Meet Referee and the Junior Representative, Leala Lara, participated in the meet.
- Participants were given a bag tag to commemorate the 1st DEI Meet.
- Alejandro Barin, a coach from Slip Stream Aquatics, has joined the CSI DEI Committee.
- CSI DEI Committee has 4 athlete members.
- CSI DEI participates in the monthly Zone DEI Meetings, especially athletes Leala Lara and Diego Lara.

Tasks to be Undertaken

- With SWIMS not recording demographic information, it will be tricky to figure out what the DEI participation is for athletes and non-athletes. I have asked Leland Brown about this and am awaiting a response.
- There is the possibility of having a DEI Camp in conjunction with US Olympic Trials in 2024. USA Swimming has a number of other programming interests around Trials.



Board Report 3/12/23

Zone 1 Representative

- The 10 and Under Spectacular was in February in Loveland and had approximately 150 athletes
- The Winter Districts were in the first weekend in March at Broomfield Community Center with approximately 400 athletes. The meet is timed finals on Friday and prelims/finals on Saturday and Sunday for 12 and Under, 13-14 and 15 and Over.
- Candace Stone indicated an interest in being Zone 1 Safe Sport Representative. At the Northern League Meeting in March, this was approved.
- Camp with Jason Lezak is scheduled for April in Loveland
- The 10 and Under Spectacular for the summer is scheduled for the beginning of July
- The Gold Districts will be the middle of July at either EPIC or VMAC.



Governance Committee BOD – 03/12/2023

Tasks Accomplished Since Last Board of Directors Meeting

- Committee had scheduled meetings every 2nd Wednesday of each month
- At the January meeting of the Governance Committee – now that Ingrid Briant had been named to complete Chris Synsvold's term:
 - Elect chair of committee – Ken Ebuna was elected for the current year but stated that someone else should take it on for the next year.
 - Standing meeting/time – Recurrence on the 2nd Wednesday of every month at 8:30 pm. We will skip the Feb meeting; next meeting to be held on Wed, March 8.
- New member BOD Orientation still needs to be conducted
 - Members new to the board and those who have not gone through the orientation should contact me with availability (Saturday/Sunday) as we would like this to be done in person
- Consideration of moving CSI annual HOD from October to April
 - Present date was based on annual USA Convention which is no longer to be held
 - Having elections in April – but not having them assume their position until October – would allow a better transition for them taking on actual responsibilities
 - Need BOD to determine any effect on approval of budget/financial year, etc.
 - Month of April is not “written in stone” - could perhaps happen in June
 - BOD member transition continues to be a weakness
- Updates to BOD manual
 - Links (not URLs) not working in the Word document
 - Documents – policies, etc – need to be saved to Team Unify server so they will link correctly
- BOD Manual/Strategic plan – Allyson to send to new members once it's been linked correctly.
- BOD Retreat
 - Date and venue needs to be determined ASAP
 - Executive Committee should make this decision
- Review progress on Governance Committee Tasks as outlined by USA Swimming.
 - Need work on succession plans.
 - Ken suggested a speaker for a retreat... also, plan a BOD retreat.
 - Strategic plan – needs to be developed, implemented and modified by the board
 - Suggest that Executive Committee members be assigned specific sections of the Strategic Plan to ensure work is being done and to report on progress
 - Annual BOD Assessment
 - Lacking buy-in
 - 2021 Assessment – 12 assessments out of 30 returned
 - 2022 Assessment – 8 assessments out of 30 returned
 - Second year in a row where only 1 member of the BOD officers returned their assessment
 - Dependencies for Effectiveness of Governance Committee
 - Contribution/cooperation of entire BOD
 - BOD members must fulfill their duties as a board member, not just their particular job description
 - Need ideas for getting members to be more accountable
- Ken sent Kelly Pacific LSC's “How to be an Athlete Representative” presentation and charged her to work with the CO Athlete Representatives to use it as a model for CO Swimming
- Linda will be updating the website with the 2023 Candidate Interest Form

INTEROFFICE MEMORANDUM

TO: THE BOARD OF DIRECTORS OF COLORADO SWIMMING INC

FROM: BRIAN W. WIXTED, ORGANIZATIONAL RISK & OPERATIONS SAFETY COORDINATOR

SUBJECT: ORGANIZATIONAL RISK & OPERATIONS SAFETY REPORT

DATE: MARCH 06, 2023

During the three-month period ending 2/28/23 there have been seven accidents reported and filed with USA Swimming. The prior three-month period ending 11/30/22 there were seven accident reports filed.

The following accidents for our LSC are:

Competition – meet – completed race, very weak, breathing very quickly – recovered, paramedics called and transported to the ER

Practice – swimmer underwater coming into the wall, another swimmer jumped in and knee hit the other swimmer's head

Practice – swimmer trying to avoid another swimmer jammed their arm into the lane line

Practice – swimmer launched – backstroke start and landed on swimmer coming into the wall during backstroke, landed on incoming swimmer's face

Practice -athlete slipped turning a corner around the diving board

Practice – backstroke head collision

Meet – competition – during race swimmer became dizzy, lost vision & orientation, was hyperventilating, numb tongue, fingers tingling. Vision and feeling in the tongue restored after athlete calmed down and sat for a period of time.

Attached is a summary of report of occurrences (accident reports) for our LSC for 2022 for your review and reference.



General Chair- Board Report

Tristan Cross

March 2023

- The 2023 USA Swimming Workshop will again be held in Denver on April 20-23. This workshop, formally known as the Zone Workshop and the replacement to the annual US Aquatic Sports Convention, will be a great opportunity for all LSC leaders, coaches, non-athlete and athlete members to meet and collaborate in person.
 - This year there will be specific tracks available for new referees/LSC Officials Chairs, coaches technical information, Safe Sport chairs/coordinators and also athletes.
 - Officially invited CSI members are- Admin Vice-Chair, Age Group Vice-Chair, Senior Vice-Chair, Executive Business Manager, General Chair, Junior Athlete Reps, Officials Chair, Safe Sport Chair, Senior Athlete Reps, Tech Planning Chair, and Club Safe Sport Chairs.
 - Registration for the upcoming workshop is currently open.
- Appointment recommendations for Board approval—
 - Interim Safe Sport Chair- Andy Niemann
- Over the several months, I've been working on identifying individuals who would be interested, available and qualified to run for the General Chair position in the fall. My goal is to have at least two people on the ballot at our HOD meeting, to ensure this role is successfully filled with an individual who can take our organization to the next level.
- Board Meeting Dates for 2023
 - **Dates may change due to BOD and meeting location availability**
 - April 3rd- CSI Scheduling Meeting
 - April 20th-23rd- USAS Workshop in Denver
 - May 13th
 - July 22nd
 - September 9th
 - September 21-23— USAS Annual Business Meeting
 - October 7-8— Swimposium and HOD

Colorado Swimming Inc.
Disability Report – 3/8/2023

Colorado Officials Activities

- Mini clinics on officiating swimmers with disabilities were presented prior to the CSI DEI and the CSI Silver State meets. Approximately 25 officials received training.
- Five Colorado officials attended the US National Para Swimming Championship held in Charlotte. Officials participating in the meet were:
 - o Dwight Martin
 - o Alice Coffman
 - o Candace Cassaday
 - o Wayne Sherman
 - o David Brown

Upcoming Para Meets

- The Jimi Flowers meet will be held at the USOPC June 17-18. An official's certification course is being offered at the meet and 2 Colorado officials have been accepted to participate.
- The 2023 World Para Swimming World Series meet will be held in Minneapolis April 20-22.

2023 CSI Disability Awards

It is proposed to use the following principles in the selection of 2023 CSI Disability Swimmer of the Year.

- The swimmers should actively participate in CSI meets.
- Consideration should be given to all levels of the sport, including grass roots.
- Coaches will be asked to recommend individuals and provide a short explanation of why they should be considered.
- Criteria for recommendation can be based on:
 - o Achievement
 - o Perseverance and/or overcoming adversity.

Registration of Swimmers with Disabilities

It has been noted that for the 2023 season athlete registration no longer includes an opportunity to indicate that the individual has a disability. However, the athlete database still includes a disability flag for any athletes registered in previous years.

Eric Eikenbary
Senior Vice Chair Report
Colorado Swimming Board of Directors
March 12, 2023

REPORT-

- After a busy end to short course season I have nothing to report

No action items

Respectfully -
Eric Eikenbary
Senior Vice Chair



Mission Statement:

Colorado Swimming provides our athlete and swimming community opportunities to succeed.
CSI P.L.E.D.G.E.S to keep swimming fun.
Performance***Leadership***Education***Diversity***Growth***Empowerment***Safety

Vision Statement:

Colorado Swimming aspires to enable our members to achieve excellence in the sport of swimming and in life.

**Jackie Stiff
Staff
March 2023 (as of 3-9-23)**

Membership Type	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Athletes (all types)	6057	6325	7216	7303	8688	8547	9125	8876	8979	7399	7886	9011	6646
National percentage growth (premium/outreach)	1.5%	3.3%	about 13%	-0.2%	-.99%	-.3%	5.54%	-2.2%	-.066	- 10.2%	- 19.05%		
Colorado percentage growth (all athletes)	3.2%	4.4%	14%	1.2%	8.4%	-5.1%	6%	-2.8%	1.1%	- 17.6%	.06%		
Individuals—coaches, officials, other non-athletes	711	718	697	817	856	930	925	969	1057	917	972	1063	906
Coaches	291	361	379	353	366	430	424	436	494	425	439	462	363
Junior Coach													36
Officials	239	246	227	310	303	392	402	420	428	366	422	433	354
Other non-athletes	181	111	98	89	92	139	110	132	159	126	152	211	137
Administrator													52
Y-R Clubs	71	72	69	70	67	64	66	65	67	69	61	60	60
Season 1 clubs	23	24	20	20	21	21	19	22	24	10	20	21	
Season 2 clubs	7	5	1	1	3	2	3	4	5	1	1	0	0
Organizations/Leagues		6	5	6	6	6	6	7	5	4	4	5	
YR athletes (Premium)					7479	7180	7564	7431	7184	6553	5806	7148	6028
FLEX YR athletes									612	392	1099	806	595
Outreach	119	131	122	84	88	101	90	85	98	52	51	54	19
Athletes with a Disability	34	37	43		46	71	84	88	119	102	119	145	
Open Water Athletes	4	2	28	0	0	0	0	11	0	10	2	14	
Season 1 athletes	1500	1579	1546	1395	1063	1184	1249	1254	1084	354	928	989	4
Season 2 athletes	243	241	259	112	173	189	199	113	101	38	9	0	

Zoom or virtual meeting options: USA Swimming has eliminated their zoom option for LSC and clubs. We need to decide if we are going to renew our zoom license (we had it prior to covid) or stick with some free options.

SWIMS 3.0: Please be patient with the process. Changes happening, lots of birthday errors. APT, must be completed by the 18th birthday and the must be the course that the coaches take no safe sport of adult athletes.

PO BOX: The PO BOX is really utilized as we are no longer accepting check payments. I recommend we cancel the PO BOX. We will use my home address for any pressing mail items. (only things credit cards, maybe USA swimming communication).

Birth Certificate: Should the LSC require birth certificates. It would help us with the name issues and birthday issues were are having.

Technical Planning Report March 2023

SCY State Meets 2023:

CSI SCY Pioneer Meet- 844 athletes

CSI Sr Meet-514 athletes

CSI AG State- over 1,075 with relay only. 436 Relay Only, 639 Individual qualifiers.

CSI Silver State- 834 participants.

Overall, time standards adjustments (slower) helped repopulate events/age groups affected by the pandemic.

Age Group State Qual Times By age group:

Post-pandemic 10 + Under standards are SIGNIFICANTLY slower than any year since I took over as Technical Planning Chair.

Post-Pandemic 12 + Under Standards are in universal regression from 2016-2020 pre-pandemic era, but not as severe as 10 & U (yet). Some events are slower than we were in 2008-2009, some are similar. Depth and development of 11-12 swimmers was significantly impacted by pandemic.

Post Pandemic 13-14 Standards are in regression from 2016-2020 pre-pandemic era. However, the adjustments are universal on the women's side, and mixed on the men's side.

Challenges for 2024: As the 9-12 year olds age up, the lack of competitive depth will need to be anticipated vs the ability of our teams to overcome the performance gaps. This is a difficult prediction to make.

ACTION ITEM: Request for exemption of Protected Weekend by Grand Junction

[P&P Link: Page 19-20](#) (Click ← for reference)

Grand Junction Invite

From Ed Stehlin

I would like to address the committee and ask that you allow Maverick Aquatics to host their meet the same weekend as the CSI LC Open. The invite has been a long standing meet for over 60 years being held originally on this weekend. When Country Jam came to the Valley the Chamber of Commerce asked us to move our meet to accommodate that event. The valley could not provide enough hotel space for both events. We moved to the third weekend , and it has been there until COVID hit. During that time Country Jam decided to move there event to the third weekend. This was a last minute decision and we were unable to change our meet. We hosted our meet the same weekend. Needless to say it was a bad situation for the teams coming to the meet being unable to find lodging. I contacted the cooperate office to see if they were going to move it back. They couldn't give me an answer, so we left it on the schedule for the second week. Unfortunately Special Olympics created a scheduling

problem last year and we had to move the meet to the fourth of July weekend. This is not an ideal situation for the West Slope teams as we host the WSL Championship the following week, and this year we will host 12& Under Championship. That is a great burden to put on our families to host multiple meets in a short period of time and for the teams on the West Slope to travel multiple times in a month. We do a lot of traveling over here, most meets are 3 plus hours away. As you can see we have had some uncontrollable circumstances we have to deal with.

It is unclear to me why we would have a protected weekend for that meet. It is not a Championship meet. In my opinion the only meets that should be protected are the State Championship meets. I am probably not alone on this. Historically the GJ Invite only has a dozen or less swimmers fast enough to swim in the CSI meet. Hardly enough to justify not giving an opportunity to 300 plus swimmers to compete in a long course meet, especially when there are limited opportunities during the summer as it is. I believe that if you were to ask the coaches state wide that a majority would agree with me on the fact that there are not enough opportunities for long course meets during the long course season. The GJ Invite would not impact the numbers for the CSI Open enough to make a difference. There are enough swimmers in our LLC to support both meets and we are providing an opportunity to a larger group of swimmers, not just a select group. Is that not what we as an LLC are trying to accomplish? Provide as many opportunities as possible to our swimmers as a whole, not just a select few. Provide as many positive experiences for the entire community to keep them involved. We need to remind ourselves why we are here, for the Athletes. ALL OF THE ATHLETES AT EVERY LEVEL!!!

There are just not enough weekends in the summer for us over here, actually state wide. If we are not allowed to host our meet this weekend, we will not be able to have the meet at all. It would be unfortunate for the swimming community in Colorado and also a large loss of resources for our team. We rely heavily on these meets to cover operating costs. We are not subsidized by the University in any way. I would ask the committee to strongly consider this. If you feel strongly about not allowing it, please come up with some alternative suggestions as to how we can still host our meet on the weekend in question.

Thank you for your consideration;

Ed Stehlin

Head Coach, Maverick Aquatics

PROPOSED FORMAT BELOW

2023 Grand Junction Invite June 16,17,18

Meet format: The meet is a TF distance events on Friday with 200 fr and Medley relays. The 200 medley relay at the beginning and the 200 fr relay at the end. Saturday will be a sprint eliminator format with 50's and 25's seeded fastest to slowest by age groups. Round one will be pre-seeded, round two will be top 16, round three will be top 8, and round 4 will be top 4. All 10&U and 11-12 will be timed final, 13 & over will swim the eliminator format. Fifteen to Twenty minute break between rounds to allow for rest and seeding of next round. 400 medley relay will be swum at the end of sprint eliminator session. Sunday will be Timed final events seeded slowest to fastest with 400 free relay at the end.

Friday

Open 200 Medley relay

Open 800 free

Open 400 IM

Open 400 free

Open 200 free relay

Saturday Sprint eliminator

10 & U 50 fly

11-12 50 fly

13 & over 50 fly

10 & U 50 back

11-12 50 back

13 & over 50 back

10 & U 50 breast

11-12 50 Breast

13 & over 50 breast

10 & U 50 free

112-12 50 free

13 & Over 50 free

Open 400 Medley relay

Sunday

12 & U 200 IM

13 & over 200 IM

12 & U 100 free

13 & Over 100 free

12 & U 200 fly

13 & Over 200 fly

12 & U 100 breast

13 & over 100 breast

12 & U 200 back

13 & over 200 back

12 & U 100 fly

13 & over 100 fly

12 & U 200 breast

13 & over 200 breast

12 & U 100 back

13 & over 100 back

12 & under 200 free

13 & over 200 free

Open 400 free relay

Swimmers may enter 2 individual events and 2 relays on Friday, 3 individual event and one relay on Saturday and Sunday.