

# 2022 DSMY SKYWALK OPEN

Hosted by the DSMY Marlins

DSMY and the Wellmark YMCA have taken enhanced health and safety measures – for you, our other guests, volunteers, and our athletes. You must follow all posted instructions while inside Greater Des Moines YMCA facilities. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious virus that can lead to serious illness and death. According to the Centers for Disease Control and Prevention, individuals with underlying medical conditions are especially vulnerable to COVID-19. You and your athletes are voluntarily assuming all risks related to exposure to COVID-19.

IASI SANCTION: IA-22-036  
Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI).

OQM: OQM# 22-026

RULES: Current USA Swimming and IASI technical and administrative rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

COVID-19 team protocols will be in place for this meet including but not limited to: separate pool entrance and exit, member screening questions, social distancing, face masks, limited locker room access (swimmers are recommended to arrive and leave in swim attire), personal space on the pool deck, and designated lanes for warm-ups. A ready wall will also be in place to avoid congestion behind the starting blocks.

**Face masks are recommended for all attendees but not required. Current facility rules require all on-deck adult staff and volunteers must wear a mask when you are not able to socially distance from athletes under the age of 12.**

DATES: Friday, January 21, Saturday, January 22 & Sunday, January 23, 2022

TIME: All swimmers, coaches, and meet volunteers must enter the facility using the lower level Grand Avenue entrance. Spectators will use the Skywalk level entrance to the MidAmerican Energy Company Aquatic Center which will open at 2:30pm on Friday, 6:30am on Saturday and 6:30am on Sunday.

<u>Sessions</u>	<u>Warm-Ups</u>	<u>Competition</u>
1. Friday Afternoon (11&O Timed Finals)	3:00-3:50pm	4:00pm
2. Friday Evening (All Age Group Timed Finals)	Not before 5:30pm	Not before 6:30pm
3. Saturday Morning (13&O Prelims)	7:00-7:50am	8:00am
4. Saturday Afternoon (10&U TF, 11-12 Prelims)	Not before 11:00am	Not before 12:00pm
5. Saturday Evening (11&O Finals)	Not before 4:30pm	Not before 5:30pm
6. Sunday Morning (13&O Prelims)	7:00-7:50am	8:00am
7. Sunday Afternoon (12&U Timed Finals)	Not before 11:00am	Not before 12:00pm
8. Sunday Evening (13&O Finals)	Not before 3:30pm	Not before 4:30pm

Coaches meeting at 5:15pm Friday, 6:45am Saturday, and as needed for later sessions. All teams should have a coach attend the Friday or Saturday coaches meeting.

Officials briefings will be 1 hour prior to competition each session.

The host club may change the session starting times based on entries received.

**SITE:**

Wellmark YMCA  
501 Grand Avenue  
Des Moines, IA 50309

[www.dymymca.org](http://www.dymymca.org)  
[www.dsmymarlins.com](http://www.dsmymarlins.com)

Live Stream & Replay : [www.dsmytv.com](http://www.dsmytv.com)

**FACILITY:**

The Prairie Meadows Pool (competition pool) is a 20 lane 25-yard short course pool with one moveable bulkhead allowing for an 8 lane 50-meter long course pool or multiple configurations when running short course competition(s). Water depth of the pool ranges from 10 feet 8 inches to 7 feet (minimum 5 feet required at start end). Lane width is 8 feet 3 inches. Colorado electronic timing systems will be used in all configurations.

Pool configuration and number of courses and will be determined once entries have been received. The 4 lane, 25 yard program pool may be made available for warm-up and cool-down if we run two pools.

The competition course has been certified in accordance with Rule 104.2.2C(4) of USA Swimming Rules and Regulations. A copy of the certification is on file with USA Swimming.

**COACHES:**

Only currently registered USA Swimming coach members will be permitted on deck in designated areas. Each coach must sign the Coaches Meet Sign-In (APP-29) to verify that all certifications are current. **Social distance guidelines may limit the number of coaches to a percentage of number of swimmers in each session.** If limits are imposed, teams will be notified after the entry deadline.

Deck Pass is acceptable proof of membership in USA Swimming. Coaches and Officials must produce proof of membership in USA Swimming immediately upon request by the Referee or their delegate or leave the pool deck.

**WARM-UPS:**

The IASI mandatory warm-up procedure will be followed.

All swimmers must be under the supervision of a USA Swimming member-coach during warm-up, competition, and warm-down. Any swimmer without a coach shall report to the Referee prior to his or her warm-up. The Meet Director or Meet Referee may assist the swimmer in making arrangements for supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.

**Facility rules require a 3 point, feet first, sit and slide entry for lanes designated for circle swim during warm-up and warm-down.**

**It is the responsibility of the supervising coach to enforce compliance with entry and exit instructions.**

**RACING STARTS:**

Any swimmers entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. 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.

**ENTRY  
REQUIREMENTS &  
LIMITS:**

1. Swimmers must be currently registered as athlete members of USA Swimming.
2. Swimmers must enter in the age group events corresponding to age as of January 21, 2022.
3. Swimmers (all ages) may enter no more than **3** individual events and **1** relay on Saturday and no more than **4** individual timed final (12&U) or **3** prelim/final events (13&O) and **1** relay per session on Sunday. 11-12 Swimmers will be limited to **1** Freestyle event in Session 1.
4. Seed times must be submitted for a 25-yard course (SCY). No Time (NT) entries will be accepted. Converted times are not allowed.

Pursuant to Article 205.3.1F of USA Swimming Rules and Regulations, the program of for athletes 12 years and younger (except championship meets) shall be planned to be completed in four hours or less for each session.

Any combination of events may be limited to ensure the timely completion of a session. Teams will be notified by email if swimmers are affected by limits prior to the meet.

**ENTRY SUBMISSION:**

Entry fees are as follows:

1. Individual events: \$8.00 per event. Relays: \$16.00 per relay.
2. IASI swimmer surcharge: \$5.00 per swimmer. The surcharge is not assessed to outreach swimmers.
3. The entry fee for each outreach swimmer is \$5.00 and includes the IASI surcharge, program fee and all individual events swum by an outreach swimmer.
4. Program Fee: \$5.00 per swimmer.
5. Handwritten entries: additional \$5.00 per swimmer.

Electronic entries must be submitted in a format compatible with Hy-Tek Meet Manager software. Handwritten entries must be submitted on the IASI Meet Entry Form (APP-7).

Submit entries along with the appropriate IASI Financial Sheet (APP-8.2). If submitting electronic entries, also send a hardcopy of the entry report along with the entry fees report and required financial sheet.

Clubs entering outreach swimmers should only provide the number of outreach swimmers and the number of events being swum by the outreach swimmers to the host club and verified by the IASI Administrative office. The names of the outreach swimmers are not to be provided to the host club.

Payment shall be by check or money order made payable to **Greater Des Moines YMCA, ATTN: John Van Meter**. All entry fees, including IASI swimmer surcharge fee and program fee, should be combined on one check. The host club reserves the right to require payment by money order or cashier's check. Entry fees are non-refundable; IASI swimmer surcharge fees will be refunded only if the entire meet is cancelled.

**ENTRY DATES AND  
DEADLINES:**

1. Entries will be accepted from teams/athletes in the Iowa LSC and from non-IASI teams in attendance last year beginning at **11:00 am, Monday, January 3, 2022**.
2. Entries will be accepted from all teams/athletes at **11:00am, Monday, January 10, 2022**.
3. The meet entry deadline is **NOON on Friday, January 14, 2022**.

4. Handwritten entries, along with entry fees, additional \$5 per swimmer and financial sheet, must be received no later than **Monday, January 17, 2022**. Handwritten entries will not be considered entered in the meet until full payment is received.
5. Once a team's entries have been accepted by the meet host, that team is considered entered into the meet. The host team is not permitted to rescind a team's entries once the meet host sends the email confirmation that the team is entered into the meet. Changes or scratches in a team's entries prior to the meet deadline do not relieve a team of the responsibility to pay for confirmed entries.
6. Once entries are accepted only time updates will be allowed for teams with electronic entries. No time updates will be accepted for handwritten entries. Any additions/substitutions must be made via email to the Meet Director prior to the entry deadline.
7. A hardcopy of the entries, along with entry fees and financial sheet, must be received by **Wednesday, January 19, 2022** unless prior arrangements have been agreed to in writing. *Failure to meet this deadline will result in swimmers remaining in the meet but all confirmed entries will be billed at the late entry fee.* Any unpaid balance remaining at the start of competition for the final session will be assessed an additional 10% late fee.
8. Entries will be confirmed via a return email receipt.
9. Entries will NOT be accepted by phone or fax.

Entries will be accepted in the order received. Once the meet reaches capacity, the host team will inform IASI meet contacts as well as any non-IASI teams with entries already accepted.

**LATE ENTRIES:**

1. Provided space is available, late entries will be accepted by email until 6:00 pm, Thursday, January 20, 2022. After that time, they will only be accepted on deck up to the end of the warm-ups of each session.
2. Only swimmers already entered in the meet that have not reached their session limit will be able to late enter after Tuesday, January 18, 2022.
3. If the meet program has not been printed, swimmers shall be seeded into the meet but will still be charged the late entry fee. If the meet program has been printed, swimmers shall be assigned to an empty lane; no heats will be added.

**Late entry fees:**

Individual events: \$15.00 per event. Relays: \$30.00

For questions regarding late entries or to find out if late entries are being accepted, contact the Meet Director.

**SWIMMERS WITH DISABILITIES:**

Swimmers with disabilities are encouraged to compete. The Information Form for Adapted Competitive Swimmers (APP-21) indicating limitations and requested modifications should be completed and attached to the meet entries. Modifications will be determined by the Referee. The swimmer (or swimmer's coach) is responsible for providing any equipment or assistance required. See Article 105 of USA Swimming Rules and Regulations.

**SEND ENTRIES TO:**

Send electronic entries by email to [john.vanmeter@dymca.org](mailto:john.vanmeter@dymca.org) Send all print materials to the Meet Director. If sent by rush delivery, indicate no signature required.

**MEET DIRECTOR / ADMIN REFEREE:**

John Van Meter  
[john.vanmeter@dymca.org](mailto:john.vanmeter@dymca.org)  
 515-471-8560 pool  
 515-745-3283 cell

Mailing Address: Wellmark YMCA (checks payable to: **Greater Des Moines YMCA**)  
 Attn: John Van Meter

501 Grand Ave  
Des Moines, IA 50309

MEET REFEREE: Art Dinkin 515-201-7591  
[art.dinkin@dmymca.org](mailto:art.dinkin@dmymca.org)

OFFICIALS: **DSMY** welcomes any visiting USA Swimming officials who would like to officiate at this meet. If you are able to officiate, please see sign up details on the DSMY website under the Hosted Events/Skywalk Open tabs. [www.dsmymarlins.com](http://www.dsmymarlins.com). Contact the Meet Referee with any questions or to set up apprentice requests.

This meet has been sanctioned as a USA Swimming N2 Officials Qualifying Meet (OQM #22-026) and a National Evaluator will be in attendance for certification and re-certification evaluations. The sign-up link to be evaluated at this meet can be found on the IASI Officials Website. Some requests might not be able to be accommodated.

MEET COMMITTEE: A meet committee consisting of the Meet Director, Referee, a coach representative, an athlete representative, and a certified official acting at large will be established prior to the start of competition. The committee shall serve as the meet jury to consider any administrative protests filed at the meet. Protests against judgment decisions can only be considered by the Referee and the Referee's decision is final.

MEET OPERATION:

1. All events will be pre-seeded. Positive check-in events may be reseeded if a heat can be eliminated or the Meet Referee deems it necessary.
2. Positive check-in is required for the following events:
  - Session 1: 1000 & 1650 Freestyle
  - Session 2: 500 Freestyle and 400 IM
  - Session 3: 1000 Freestyle
  - Session 6: 500 Freestyle
  - Session 7: 500 FreestylePositive check-in deadline is 30 minutes prior to the start of the event's session.
3. All timed final events will be swum **Fastest to Slowest**. All prelim/final events will be swum Slowest to Fastest.
4. Timed final events may be combined by age group and/or gender at the discretion of the Meet Referee. Results for combined events will be separated by age group and gender for scoring.
5. Session 5 & 8 Finals session will have A/B finals (top 16 qualifiers) for each male and female age group with the exception of the 15&Over boys with only an A final (top 8) and only the A Final for the 500 Free events in Session 8.
6. All relays and the 13&Over 1000 Freestyle will be swum as Timed Final events in the Prelim session.
7. Relay cards will be available at admin table at the beginning of the warm up for the session which a relay team is scheduled to compete. Changes should be indicated on the relay card and returned to admin prior to the start of the session. Once competition begins, changes to relay teams may be made prior to the start of the relay event by notifying the Admin Referee or his designee.
8. Swimmers will use the ready wall and be called to the blocks by the announcer. The ready wall is north of the starting blocks on the west side of the competition pool. "A" finals swimmers will be announced as they head to the blocks.
9. All A finalists must check in at the ready wall prior to the start of the B final in the event they are competing. For events without a B final, A finalists must check in prior to the A final for the event immediately preceding.
10. Fly over starts may be used at the discretion of the referee.
11. **Effective September 1, 2020, Swimmers ages twelve and younger shall not compete while wearing "Tech" suits, even when competing in Senior or Open**

- events or Time Trials. A list of suits that considered to be "Tech" suits is posted on the USA Swimming website.
12. Deck Changes are prohibited.
  13. Banners, signs or posters are not allowed to be adhered, displayed or affixed anywhere in the aquatic center facility.
  14. **Glass containers of any kind are not permitted in the aquatic center (including spectator seating) at any time.**
  15. Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
  16. 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.

**SCORING:**

Relay events will not be scored.

Individual events are scored as follows:

Place: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16  
 Points: 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1

**AWARDS:**

**Medals** will be awarded 1<sup>st</sup> - 3<sup>rd</sup> place in individual timed finals and finals sessions for all age groups (10&U, 11-12, 13-14, 15&O).

**Ribbons** will be awarded for 1<sup>st</sup> - 3<sup>rd</sup> place for relays and 4<sup>th</sup> thru 8<sup>th</sup> place for individual events for the 10&Under and 11-12 age groups only.

**A really cool prize yet to be determined** will be awarded to the top scoring male and female swimmer from each age group.

**SCRATCHES:**

The IASI Scratch Rule is in effect, with the following modifications/clarifications:

1. Pre-Seeded Events (Prelims and Timed Finals without positive check-in):
  - a. There is no penalty for failing to compete in prelims or timed finals that do not require positive check-in. However, No-Show and Declared False Starts count toward entry limits.
2. Positive check-in events:
  - a. Swimmers failing to check in by the deadline will be scratched and their spot offered to any alternates. Swimmers who are scratched will be allowed to re-enter only if there are empty lanes available in the slowest heat.
  - b. No heats will be added to accommodate a swimmer failing to check in by the deadline, including any heat eliminated after reseeding the event.
  - c. If a swimmer checks in, then fails to swim the event or declare a false start, the swimmer will not be allowed to compete in their next scheduled individual event.
3. Finals Events:
  - a. A swimmer qualifying for a consolation or championship final will have 30 minutes after the announcement of the preliminary results for that race in which to scratch or declare intent to scratch pending another race.
  - b. A swimmer who declares intent to scratch must declare their final intentions within 30 minutes following the announcement of the

preliminary results for their last individual preliminary event of the session.

c. After the scratch deadline, finals qualifiers will be posted with results.

**d. Failure to compete:**

**i. If a swimmer qualifies for a final and does not scratch and fails to compete in the final, the swimmer will not be allowed to compete in their next scheduled individual event.**

**ii. If a swimmer qualifies for a final and does not scratch and fails to compete in the final on the last night of the meet for which the swimmer is entered, the swimmer's team will be assessed a \$25 fine payable to DSMY.**

e. No penalty shall apply for failure to withdraw or compete in an individual event if this is determined by the Referee to be caused by circumstances beyond the control of the swimmer.

**USA SWIMMING  
REGISTRATION:**

No USA Swimming registrations will be accepted at the meet. Any swimmer who is not a currently registered athlete member at the time of pre-meet reconciliation must ensure that IASI has received the appropriate application and fees at least 24 hours prior to the start of competition. Failure to do so will result in the swimmer's entries being scratched and the swimmer barred from entering the pool.

**CAMERAS:**

**USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING CELL PHONES, IS NOT PERMITTED AT ANY TIME IN CHANGING AREAS, RESTROOMS OR LOCKER ROOMS.**

**NO ALCOHOL OR  
TOBACCO:**

The use of any tobacco or alcohol products is prohibited in the swimming venue.

**IMAGE RELEASE:**

Participants consent to be photographed/filmed by any authorized photographer(s) and/or network(s) of IASI and/or the host club under conditions determined by the host club, and authorize the use of names, pictures, likenesses, and biographical information before, during or after the event to promote swimming. No awards received in this competition may be used for trade or financial gain.

**MEET CONDUCT:**

Attending clubs, swimmers, and spectators are the guests of the Wellmark YMCA. Any report of inappropriate behavior will be dealt with immediately. DSMY / Wellmark YMCA Staff reserve the right to remove any offending individuals or groups. Any swimmer found swimming under the bulkhead will be ejected from the facility and be barred for the remainder of the meet.

Clubs will be financially responsible for any damage to the premises caused by their club, swimmers and/or parents & spectators.

**ADDITIONAL  
INFORMATION:**

1. **Program:** Programs/heat sheets will be uploaded to the DSMY website [www.dsmymarlins.com](http://www.dsmymarlins.com) by 6pm on Thursday of the meet weekend and uploaded to Meet Mobile prior to each session starting.
2. **Results:** Electronic results will be provided to all teams participating in the meet. Final results will also be posted on the DSMY website. A hardcopy of the final results may be requested on the IASI Financial Sheet for an additional \$5.00.
3. **Concessions:** There will be a limited concession stand offering light snack options and cold drinks. A hospitality room will be available for coaches and officials.
4. **Swim apparel/merchandise:** Elsmore Swim Shop will be on site and will be offering a variety of swimming apparel & equipment.

5. **Seating/Spectator Information:** No admission charge for spectators. The MidAmerican Energy Company Aquatic Center provides seating for 1,200 spectators. Free wi-fi is available.
6. **Deck:** Only registered swimmers, coaches and meet personnel will be allowed on deck. On deck seating is available for 300+ swimmers. **Glass containers of any kind are not permitted in the aquatic center (including spectator seating) at any time.**
7. **Parking information:** Parking meters charge from 9am to 9pm Monday thru Saturday. The 5<sup>th</sup> & Keo Parking Garage is closest to the facility and provides Skywalk access. Parking is free on Sunday.
8. **Hotel blocks:** Info available on [www.dsmyarmlins.com](http://www.dsmyarmlins.com)

**MAAPP:**

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.

**INDEMNITY:**

It is understood and agreed that USA Swimming and IASI shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

USA Swimming, Inc., IASI and DSMY cannot prevent you and your athlete from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming and IASI sanctioned events. It is not possible to prevent against the presence of the virus. Therefore, if you choose to participate or permit your swimmer to participate in a USA Swimming or IASI sanctioned event, you may be exposing yourself and your athlete to and increasing you and your athlete’s risk of contracting and spreading COVID-19.

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, IOWA SWIMMING, INC., AND DSMY AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSS OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU OR YOUR ATHLETE MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORSEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.**



# Order of events

## Session 1: Friday Afternoon 11&Over Timed Finals

Warm-ups: 3:00pm-3:50pm

Competition: 4:00pm

<u>Girls Event #</u>	<u>Event</u>	<u>Boys Event #</u>
1	11&Over 1650 Free	2
3	11-12 1000 Free	4

## Session 2: Friday Evening All Age Groups Timed Finals

Warm-ups: not before 5:30pm

Competition: not before 6:30pm

<u>Girls Event #</u>	<u>Event</u>	<u>Boys Event #</u>
5	10&U 500 Free	6
7	11-12 400 IM	8
9	13-14 400 IM	10
11	15&O 400 IM	12
13	11-12 200 Fly	14

## Session 3: Saturday Morning 13&Over Prelims

Warm-ups: 7:00am-7:50am

Competition: 8:00am

<u>Girls Event #</u>	<u>Event</u>	<u>Boys Event #</u>
45	13-14 100 IM	46
47	15&O 100 IM	48
49	13-14 200 Free	50
51	15&O 200 Free	52
53	13-14 50 Back	54
55	15&O 50 Back	56
57	13-14 100 Breast	58
59	15&O 100 Breast	60
61	13-14 200 Fly	62
63	15&O 200 Fly	64
65	13-14 50 Free	66
67	15&O 50 Free	68
69	13-14 200 Back	70
71	15&O 200 Back	72
73	13-14 50 Fly	74
75	15&O 50 Fly	76
77	13-14 200 Free Relay*	78
79	15&O 200 Free Relay*	80
81	13&O 1000 Free*	82

\*Timed Finals for 200 Free Relays and 13&O 1000 Free

**Session 4: Saturday Afternoon**  
**10&Under Timed Finals, 11-12 Prelims**

Warm-ups: not before 11:00 am

Competition: not before 12:00pm

<b><u>Girls Event #</u></b>	<b><u>Event</u></b>	<b><u>Boys Event #</u></b>
15	10&U 200 Free Relay	16
17	11-12 200 Free Relay*	18
19	10&U 100 IM	20
21	11-12 200 IM	22
23	10&U 100 Free	24
25	11-12 50 Free	26
	-Break-	
27	11-12 200 Back	28
29	10&U 50 Fly	30
31	11-12 50 Fly	32
33	10&U 100 Breast	34
35	11-12 100 Breast	36
37	10&U 50 Back	38
39	11-12 50 Back	40
41	10&U 200 Free	42
43	11-12 200 Free	44

\*Timed Finals for 200 Free Relays

**Session 5: Saturday Evening**  
**11&Over Finals**

Warm-ups: not before 4:30pm

Competition: not before 5:30pm

<b><u>Girls Event #</u></b>	<b><u>Event</u></b>	<b><u>Boys Event #</u></b>
21	11-12 200 IM	22
45	13-14 100 IM	46
47	15&O 100 IM	48
25	11-12 50 Free	26
49	13-14 200 Free	50
51	15&O 200 Free	52
27	11-12 200 Back	28
53	13-14 50 Back	54
55	15&O 50 Back	56
35	11-12 100 Breast	36
57	13-14 100 Breast	58
59	15&O 100 Breast	60
31	11-12 50 Fly	32
61	13-14 200 Fly	62
63	15&O 200 Fly	64
43	11-12 200 Free	44
65	13-14 50 Free	66
67	15&O 50 Free	68
39	11-12 50 Back	40
69	13-14 200 Back	70
71	15&O 200 Back	72
73	13-14 50 Fly	74
75	15&O 50 Fly	76

## **Session 6: Sunday Morning**

### **13&O Prelims**

Warm-ups: 7:00am-7:50am

Competition: 8:00am

<b><u>Girls Event #</u></b>	<b><u>Event</u></b>	<b><u>Boys Event #</u></b>
111	13-14 500 Free	112
113	15&O 500 Free	114
115	13-14 50 Breast	116
117	15&O 50 Breast	118
119	13-14 100 Fly	120
121	15&O 100 Fly	122
123	13-14 100 Free	124
125	15&O 100 Free	126
127	13-14 200 Breast	128
129	15&O 200 Breast	130
131	13-14 100 Back	132
133	15&O 100 Back	134
135	13-14 200 IM	136
137	15&O 200 IM	138
139	13-14 200 Medley Relay*	140
141	15&O 200 Medley Relay*	142

\*Timed Finals for 200 Medley Relays

## **Session 7: Sunday Afternoon**

### **12&U Timed Finals**

Warm-ups: not before 11:00am

Competition: not before 12:00pm

<b><u>Girls Event #</u></b>	<b><u>Event</u></b>	<b><u>Boys Event #</u></b>
83	11-12 500 Free	84
85	10&U 50 Breast	86
87	11-12 50 Breast	88
89	10&U 100 Back	90
91	11-12 100 Back	92
	-Break-	
93	11-12 200 Breast	94
95	10&U 100 Fly	96
97	11-12 100 Fly	98
99	10&U 50 Free	100
101	11-12 100 Free	102
103	10&U 200 IM	104
105	11-12 100 IM	106
107	10&U 200 Medley Relay	108
109	11-12 200 Medley Relay	110

## **Session 8: Sunday Evening**

### **13&O Finals**

Warm-ups: Not before 3:30pm

Competition: Not before 4:30pm

<b><u>Girls Event #</u></b>	<b><u>Event</u></b>	<b><u>Boys Event #</u></b>
111	13-14 500 Free	112
113	15&O 500 Free	114
115	13-14 50 Breast	116
117	15&O 50 Breast	118
119	13-14 100 Fly	120
121	15&O 100 Fly	122
123	13-14 100 Free	124
125	15&O 100 Free	126
127	13-14 200 Breast	128
129	15&O 200 Breast	130
131	13-14 100 Back	132
133	15&O 100 Back	134
135	13-14 200 IM	136
137	15&O 200 IM	138