

**IOWA SWIMMING, INC.**  
**2023 WEST WINTER REGIONAL AND 8 & UNDER CHAMPIONSHIPS**  
**February 11 & 12, 2023**

Hosted by:  
DSMY Marlins

- IASI SANCTION: IA-23-050  
Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI).
- RULES: Current USA Swimming technical and administrative rules and IASI policies and procedures will govern this meet.
- DATES: Saturday, February 11 & Sunday, February 12, 2023
- TIME: **On Saturday morning, all spectators, coaches, officials, athletes, meet volunteers must enter the facility using the skywalk entrance.** The Red Flannel Run registration will be taking place on the lower level of the YMCA. Fifth Avenue will be closed from 8:30am until 10:00am. Access to enter the 5<sup>th</sup> & Keo garage will be closed during this time. Skywalk doors will open one half hour prior to each session's warm-up start time.

<u>Sessions</u>	<u>Check-In</u>	<u>Warm-Ups</u>	<u>Competition</u>
1. Saturday Morning (12&U Timed Finals)	7:00am	7:30am	8:30am
2. Saturday Afternoon (8&U Champs)	11:30am	Not before 12:00pm	Not before 1:00pm
3. Saturday Evening (13&O Timed Finals)	TBD	Not before 4:00pm	Not before 5:00pm
4. Sunday Morning (12&U Timed Finals)	7:00am	7:30am	8:30am
5. Sunday Afternoon (13&O Timed Finals)	11:30am	Not before 12:00pm	Not before 1:00pm

Coaches meeting at 7:15am Saturday in the wet classroom.

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

\*Precise timelines and official start times will be determined after all entries have been received.

SITE: Wellmark YMCA  
501 Grand Avenue  
Des Moines, IA 50309

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

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

Coaches and Officials must produce proof of membership in USA Swimming immediately upon request by the Referee or his 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 Referee will assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to ensure such arrangements are made 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.

**RACING STARTS:** All 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:**

1. Athletes must be current IASI registered athletes.
2. If an athlete has not completed USA Swimming Registration 24 hours prior to the start of the meet, proof of USA Swimming membership In Good Standing may be required by the meet host. Acceptable proof shall be online Member Card or Club Roster report from SWIMS.
3. All athletes must be entered into the meet prior to entering the water or competing in an event. If an athlete participates in a relay prior to entering the meet, the relay team shall be disqualified, even if proof of registration is provided after the relay has competed

**ENTRY & SEED TIMES:**

1. Conforming seed times are Short Course Yards. Short Course Meters and Long Course Meters are non-conforming times and will be seeded after Short Course Yards times. Converted times are not allowed.
2. For events requiring an IASI Regional time standard, athletes will have until 30-minutes after the close of the session in which the swim took place to provide proof of time, should the athlete have failed to achieve the IASI Regional time standard.
3. If proof of time is not provided within allotted time, the athlete's club or Unattached athlete, will be assessed a \$50 fine payable to IASI. After the allotted time, clubs may appeal the fine to the Meet Referee by providing proof of time.
4. Clubs may provide proof of time for some or all athletes at any time prior to the Friday, February 10, 2023 scratch deadline.
5. Athletes who age up to a new age group between the Regional Championships and the IASI Age Group and IASI Short Course Championships will be able to swim in the age group corresponding to their age on the first day of the Regional Championships in those events offered in their current age group in which they do not have an Iowa Q-time standard for their new age group, even

if they have an Iowa Q-time standard in those events for their current age group. Athletes who swim events under this rule will not be eligible for awards or points. This rule will not change the current IASI rule regarding relay competition.

### 8 & Under Championship Session

1. There are no qualifying standards for 8 & Under events.
2. Athletes may enter a maximum of five (5) individual events during the 8 & Under session plus relays, provided they do not enter any 10 & Under events on the same day.
3. Athletes entering 10 & Under events on the day of the 8 & Under session must subtract the number of 10 & Under events entered from the allowable amount for the 8 & Under session.
4. Athletes 8 & Under who enter 10 & Under events must achieve the 10 & Under Iowa Regional time standard, if applicable, but cannot have a time faster than a 10 & Under Iowa Q time standard for the event they are entering.

### All Other Sessions

1. Athletes may enter events in which they have not achieved the IASI Q-time standard. Additionally, for events shorter than 200, athletes may enter with a "NO TIME" (NT). For the 200 Free and 200 I.M., a seed time MUST be entered from a previous legally contested swim. For 200 stroke (Back, Breast, Fly) events and races 400 or longer, the IASI Regional time standard must have been achieved.
2. Athletes may not enter more than four (4) individual events per day plus relays.
3. An athlete who has achieved an IASI Regional time standard for either the 800/1000 Free or 1500/1650 Free may compete in either event, even if they have not achieved the time standard in the other event. This includes if they have a IASI Q-time standard in one distance but no time in the other. The seed time for the event in which the athlete has not achieved the time standard will be the slowest non-conforming seed time for the event (LCM).

RELAY ENTRIES: There is no relay entry limit per individual athlete. Relay entries do not count towards the individual event entry limits per session, per day or for the meet. An athlete may only swim on one relay team per event. Unattached athletes may not swim on relays.

Athletes who have an Iowa Q-Time standard in the 50 yard or meter distance of a stroke may not swim that leg in a 200 relay. Athletes 13 & Over who have an Iowa Q-Time standard in the 100 yard or meter Back, Breast, or Fly may not swim the leg of that particular stroke in the 200 medley relay.

Each team may score only two relays in each event.

ENTRIES: Entries Open: Tuesday, January 10, 2023 at 12:00 pm (Noon)  
Entry Deadline: Friday, February 3, 2023 at 12:00 pm (Noon)

ENTRY SUBMISSION: 1. Entries may be submitted by:  
a. Electronic entry file in a format compatible with Hy-Tek Meet Manager

- software, or
- b. Manual entries on the IASI Meet Entry Form (APP-7)
2. If submitting electronic entries, the team must include a copy of the entries and a financial summary in PDF format. No team generated electronic entries will be accepted without these attachments.
  3. Send electronic entries by email to John Van Meter (john.vanmeter@dmymca.org). Receipt will be confirmed by email. Send all printed materials to the Entry Chair at the address listed below. If sent by rush delivery, indicate no signature required. Neither entries nor entry changes will be accepted by phone or fax.
  4. Entries for new qualifying times achieved after the entry deadline must be submitted by 12:00 pm (Noon) on Monday, February 6, 2023 via email and will be charged the standard entry fees.
  5. If an athlete entered in an event achieves an Iowa Q-Time standard after the entry deadline and the athlete or coach notifies the entry chair by Noon on Monday, February 6, 2023, the athlete may change the event without the entry being a late entry. The athlete will be refunded for the individual event entry fee should there be no other events eligible due to having achieved Iowa Q-Time standards in all available events.

ENTRY FEES:	Individual events:	\$6.00 per event
	Relay Events:	\$10.00 per relay
	IASI swimmer surcharge:	\$6.00 per athlete
	Outreach Athletes:	\$5.00 total per athlete
	Manual Entries:	\$2.00 per athlete

Outreach Athletes. Athletes qualifying as USA Swimming and IASI Outreach Athletes may enter all individual events for \$5.00 total, including the IASI Swimmer Surcharge. Entries must be submitted by the listed entry deadline. To qualify for the reduced entry fee, teams must provide the total number of Outreach Athletes and their individual entries by 12:00 pm (Noon) on Monday, February 6, 2023. Names of Outreach Athletes must not be provided to host clubs.

- Manual Entries. An additional fee of \$2.00 per athlete will be assessed for:
- a. Teams using APP-7 to enter five (5) or more athletes on or before the first day of the meet,
  - b. Teams using APP-7 for entries submitted after the first day of the meet, or
  - c. For IASI-affiliated unattached athletes who use APP-7 for entry.

Payment Deadline. Entry fees are due 15 minutes before the start of warmups of the first session in which the team is competing. A hard copy of the financial sheet (APP-8) must accompany entry fees.

Payment shall be made by check payable to **Greater Des Moines YMCA, Attn: John Van Meter**. The meet host 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 canceled.

- LATE ENTRIES:
1. Late entry deadline is 6:00 pm on the day prior to the event via email or on deck at the administration table. Athletes who late enter the meet will be required to provide proof of USA Swimming registration in the Iowa LSC.

2. Late entries, submitted with proof of time, will be seeded with their entry time or at the slowest non-conforming seed time, unless heat sheets have been printed. If necessary, a zero heat will be created.
3. All late entry relays will be seeded with a No Time.
4. Late entry fees:
  - Individual events: \$12.00 per event
  - Relay Events: \$20.00 per relay

PSYCH SHEETS: Psych Sheets will be posted on the DSMY website ([www.dsmymarlins.com](http://www.dsmymarlins.com)) meet landing page under HOSTED MEETS by 5:00 pm on Wednesday, February 8, 2023.

ATHLETES WITH DISABILITIES: Athletes with disabilities are encouraged to compete. There are no qualifying time requirements for such athletes. Athletes with disabilities may not compete in events in which they hold an Iowa Q-Time standard.

The information Form for Adapted Competitive Athletes (APP-21) indicating limitations and requested modifications should be completed and attached to the meet entries. Modifications will be determined by the Meet Referee. The athlete (or athletes' coach) is responsible for providing any equipment or assistance required. See Article 105 of USA Swimming Rules.

SEND ENTRIES TO: Send electronic entries by email to [john.vanmeter@dmymca.org](mailto:john.vanmeter@dmymca.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 515-471-8560 pool  
[john.vanmeter@dmymca.org](mailto:john.vanmeter@dmymca.org) 515-745-3283 cell

Mailing Address: Wellmark YMCA  
Attn: John Van Meter  
501 Grand Ave  
Des Moines, IA 50309

(checks payable to: **Greater Des Moines YMCA**)

SAFETY DIRECTOR: Crystal Brugman 515-471-8546  
[crystal.brugman@dmymca.org](mailto:crystal.brugman@dmymca.org)

MEET REFEREE: Cam Naylor 515-494-6541  
[cbnaylor@icloud.com](mailto:cbnaylor@icloud.com)

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/IASI Regional Champs tabs.

Officials must be signed up by **12:00 pm (Noon), Monday, February 6, 2023**, for those sessions to count towards their club's number of required positions.

Officials meetings for each session will commence one hour prior to the start of competition for each session.

TIMERS: Teams will be informed of the number of timers needed and sessions to be worked by **8:00 pm on Tuesday, February 7, 2023**. Teams may divide timing assignments among more than one person, provided everyone participating attends the timer's briefing for that session. The timer briefing will be held 25

minutes before the start of the competition for each session.

Additionally, each club (or unattached athlete) must provide one (1) timer for each athlete competing in the 1000 Free or 1650 Free.

**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. Heat sheets will be posted on the ([www.dsmyanmarlins.com](http://www.dsmyanmarlins.com)) meet landing page under HOSTED MEETS.
  2. All events are timed finals.
  3. Athletes shall report directly to the blocks.
  4. Events may be combined to facilitate meet operations and separated afterward for scoring and results.
  5. FINA whistle starts and no recall on false starts policy will be used. Flyover starts may be used during all events.
  6. All events will be pre-seeded, except for the 1000 Free and 1650 Free. Positive check-in closes 30 minutes before the start of competition for the event's session. Athletes who fail to check in by the deadline and want to swim the event will be down-seeded to the slowest heats and the slowest lanes if lanes are available, however, additional heats will not be added.
  7. The 13-14 and 15 & Over 1000 Free and 1650 Free will each be seeded together, alternating girls and boys heats, fastest to slowest. For results and scoring, the events will be separated later. The 11-12 1000 Free will be swum fastest to slowest, alternating girls and boys.
  8. If names are on entry sheets for relays, those names will be on the relay cards at the meet. All relay cards for each day will be distributed before morning warm-ups. All four (4) full athlete names, ages, and order of swimming must be listed on each card and order should be verified by the coach. All relay cards should be submitted at least thirty (30) minutes before the relay event is scheduled to swim. Submission times are based on the published timeline of the session's events. Relay cards are submitted to the administration table. Any relay that enters the water before a relay card is presented to the administration table will be disqualified. Once recorded by the administration table, teams may change names and/or order of athletes with the timers prior to the start of the heat.
  9. Deck changes are prohibited.
  10. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athletes/coach areas, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and / or spectators are present.

**SCORING:** 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

Relay events are scored as follows:

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Points	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

Only two relays per team, per event, per gender may score points.

AWARDS:

8 & Under Individual Events

1<sup>st</sup>-8<sup>th</sup> Medals

9<sup>th</sup>-16<sup>th</sup> Ribbons

9 & Over Age Groups Individual Events

1<sup>st</sup>-3<sup>rd</sup> Medals

4<sup>th</sup>-8<sup>th</sup> Ribbons

8 & Under Relay Events

1<sup>st</sup>-3<sup>rd</sup> Medals

4<sup>th</sup>-8<sup>th</sup> Ribbons

9 & Over Age Groups Relay Events

1<sup>st</sup>-3<sup>rd</sup> Ribbons

Presentation. Awards for the 8 & Under Championships will be presented on the pool deck following every two event cycles for the top eight (8) finishing athletes in each event.

Para Swimmers. For medals and ribbons, para swimmers will be awarded individually based on classification.

Individual 8 & Under High Point. An award will be presented to the top three (3) athletes, boys and girls, for the 8 & Under age group only.

Team 8&U Award. An 8 & Under Championship banner will be presented to the team scoring the most combined points during the 8 & Under Championship session. No other age groups will be awarded.

Team Award. A Regional Team Championship banner will be presented to the team scoring the most combined points, excluding the points scored during the 8 & Under Championship session.

IASI Sportsmanship & Spirit Award. IASI will provide and present this award. One coach and one athlete from each team will vote, as well as the Meet Referee. Criteria to use will be included in the coaches' packet.

SCRATCHES:

The IASI scratch rule is in effect.

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 noon on Thursday the day before the meet 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 IASI 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 concession stand. A hospitality room will be available for coaches and officials.
4. *Swim apparel/merchandise:* Elsmore Swim Shop will be onsite 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 1200 spectators. Free wi-fi is available.
6. *Deck:* Only registered swimmers, coaches and meet personnel will be allowed on deck. On deck seating for 300+ swimmers. **Glass containers of any kind are not permitted on the pool deck or spectator area 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.dsmymarlins.com](http://www.dsmymarlins.com)

MAAPP:

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.

MEDICAL  
SUPERVISION:

Lifeguards on duty and will supervise all warmup, competition, and cool down swimming and must be present whenever the pool deck is open. AED devices are available on premises. All facility staff are Red Cross trained in CPR for the Emergency Response Personnel. Emergency buttons located near the pool which summon additional emergency response including Des Moines Fire Department medical responders.

INDEMNITY:

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



# Order of events

## Session 1 - Saturday Morning February 11, 2023

Warm Up: Not before 7:00 am

Competition: 8:30 am

<b>Girl's Event #</b>	<b>Event</b>	<b>Boy's Event #</b>
1	11-12 100 Freestyle	2
3	11-12 400 I.M.	4
5	10 & Under 100 Freestyle	6
7	11-12 100 Breaststroke	8
9	10 & Under 50 Breaststroke	10
11	11-12 200 Backstroke	12
13	10 & Under 100 Backstroke	14
15	11-12 50 Butterfly	16
17	10 & Under 50 Butterfly	18
19	11-12 100 I.M.	20
21	10 & Under 100 I.M.	22
23	11-12 50 Backstroke	24
25	11-12 200 Butterfly	26
27	10 & Under 200 Medley Relay	28
29	11-12 200 Medley Relay	30
	15 Minute Break	
31	10 & Under 500 Freestyle	32
33	11-12 500 Freestyle	34

## Session 2 - Saturday Afternoon February 11, 2023

Warm Up: Not before 12:00 pm

Competition: Not before 1:00 pm

<b>Girl's Event #</b>	<b>Event</b>	<b>Boy's Event #</b>
35	8 & Under 100 Medley Relay	36
	5 Minute Break	
37	8 & Under 100 Freestyle	38
	Awards Break	
39	8 & Under 25 Breaststroke	40
	5 Minute Break	
41	8 & Under 50 Backstroke	42
	Awards Break	
43	8 & Under 25 Butterfly	44
	5 Minute Break	
45	8 & Under 50 Freestyle	46
	Awards Break	
47	8 & Under 100 I.M.	48
	5 Minute Break	
49	8 & Under 50 Breaststroke	50
	Awards Break	
51	8 & Under 25 Backstroke	52
	5 Minute Break	
53	8 & Under 25 Butterfly	54
	Awards Break	
55	8 & Under 25 Freestyle	56
	5 Minute Break	
57	8 & Under 100 Freestyle Relay	58
	Awards	

**Session 3 - Saturday Evening**  
February 11, 2023

Warm Up: Not before 4:00 pm      Competition: Not before 5:00 pm

<b>Girl's Event #</b>	<b>Event</b>	<b>Boy's Event #</b>
59	13-14 100 Freestyle	60
61	15 & Over 100 Freestyle	62
63	13-14 400 I.M.	64
65	15 & Over 400 I.M.	66
67	13-14 100 Breaststroke	68
69	15 & Over 100 Breaststroke	70
71	13-14 200 Backstroke	72
73	15 & Over 200 Backstroke	74
75	13-14 100 Butterfly	76
77	15 & Over 100 Butterfly	78
79	13-14 200 Medley Relay	80
81	15 & Over 200 Medley Relay	82
83	13-14 500 Freestyle	84
85	15 & Over 500 Freestyle	86

**Session 4 - Sunday Morning**  
February 12, 2023

Warm-ups: Not before 7:00 am      Competition: Not before 8:30 am

<b>Girl's Event #</b>	<b>Event</b>	<b>Boy's Event #</b>
87	11-12 50 Freestyle	88
89	10 & Under 50 Freestyle	90
91	11-12 200 I.M.	92
93	10 & Under 200 I.M.	94
95	11-12 200 Breaststroke	96
97	10 & Under 100 Breaststroke	98
99	11-12 100 Backstroke	100
101	10 & Under 50 Backstroke	102
103	11-12 100 Butterfly	104
105	10 & Under 100 Butterfly	106
107	11-12 200 Freestyle	108
109	10 & Under 200 Freestyle	110
111	11-12 50 Breaststroke	112
113	10 & Under 200 Freestyle Relay	114
115	11-12 200 Freestyle Relay	116
	15 Minute Break	
117	11-12 1000 Freestyle	118

**Session 5 - Sunday Afternoon**  
February 12, 2023

Warm-ups: Not before 12:00 pm      Competition: Not before 1:00 pm

<b>Girl's Event #</b>	<b>Event</b>	<b>Boy's Event #</b>
119	13-14 200 I.M.	120
121	15 & Over 200 I.M.	122
123	13-14 50 Freestyle	124
125	15 & Over 50 Freestyle	126
127	13-14 200 Breaststroke	128
129	15 & Over 200 Breaststroke	130
131	13-14 100 Backstroke	132
133	15 & Over 100 Backstroke	134
135	13-14 200 Freestyle	136
137	15 & Over 200 Freestyle	138
139	13-14 200 Butterfly	140
141	15 & Over 200 Butterfly	142
143	13-14 200 Freestyle Relay	144
145	15 & Over 200 Freestyle Relay	146
	15 Minute Break	
147	13-14 1000 Freestyle	148
149	15 & Over 1000 Freestyle	150
151	13-14 1650 Freestyle	152
153	15 & Over 1650 Freestyle	154