

# 2024 DSMY Trudy Hancock Memorial Invitational Hosted by the DSMY Marlins

IASI SANCTION: IA-24-044  
Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI).

OQM: OQM# 24-0xx

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

DATES: Friday, June 7, Saturday, June 8 & Sunday, June 9, 2024

TIME: The Skywalk entrance to the MidAmerican Energy Company Aquatic Center will open at 1:45pm on Friday, 6:30am on Saturday and 6:30am on Sunday. All meet spectators and participants should use this entrance.

<u>Sessions</u>	<u>Warm-Ups</u>	<u>Competition</u>
1. Friday Afternoon (13&O 1500 Freestyle)	2:00-2:50pm	3:00pm
2. Friday Evening (All Age Group Timed Finals)	Not before 4:30pm	Not before 5:30pm
3. Saturday Morning (13&O Prelims)	7:00-7:50am	8:00am
4. Saturday Afternoon (10&U TF, 11-12 Prelims)	Not before 12:00pm	Not before 1:00pm
5. Saturday Evening (11&O Finals)	Not before 5:00pm	Not before 6:00pm
6. Sunday Morning (13&O Prelims)	7:00-7:50am	8:00am
7. Sunday Afternoon (12&U Timed Finals)	Not before 12:00pm	Not before 1:00pm
8. Sunday Evening (13&O Finals)	Not before 4:30pm	Not before 5:30pm

Depending on entries, if warm-ups need to be split or chase starts will be necessary to fit to a timeline, teams will be notified by 12:00 Noon on Tuesday, June 4, 2024.

Coaches meeting at 5:00pm Friday, 6:45am on Saturday and as needed.

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

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

The 4 lane, 25 yard program pool will be available for warm-up and warm-down throughout the meet and specifically for general warm-up for 10&U swimmers during the designated warm-up time in session 2 on Friday. The program pool will be open during competition for warm-down for only 11 & Over swimmers in that session. Swimmers 10 & Under are allowed in the program pool during competition only under the direct supervision of a coach.

The host will ensure the required course dimensions.

**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. The official mobile application of USA Swimming is acceptable proof of USA Swimming membership.

**WARM-UPS:**

The IASI mandatory warm-up procedure will be followed.

Swimmers must be under the supervision of a USA Swimming member-coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist in making arrangements for such 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 at the starting (south) end.**

**RACING STARTS:**

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must begin each race from within the water without the use of a 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. Swimmers must be currently registered as athlete members of USA Swimming. Swimmers that have not been cleared for USA Swimming registration membership (including APT for 18&Over athletes) 24 hours prior to the meet will not be seeded into the meet or allowed on deck until they can show membership in good standing and only able to reenter the meet in available open lanes.
2. All Session 2 swimmers will be allowed to swim in 4 events.
3. Saturday events, Swimmers may enter no more than:
  - **3** individual events and **1** relay per session (13&O Prelims, 11-12 Prelims, 10&U Timed Finals)Sunday events, Swimmers may enter no more than:
  - **3** individual events and **1** relay per session for 13&O Prelims.
  - **4** individual events and **1** relay per session for 11&O Timed Finals.
4. Seed times must be submitted for a 50-meter course. No Time (NT) entries will be allowed. Converted times are not allowed.
5. However, a swimmer still maintains the classification (BB, B, IA Q, A, AA, AAA, AAAA) achieved in a 25-yard or 25-meter pool for an event and may submit the minimum LCM time of their classification for that event as a seed time. For example, if a swimmer has an "A" time in a

25 yard pool but has not swum the event in a 50 meter pool, then the minimum 50 meter "A" time may be submitted as the swimmer's entry time for that event.

**ENTRY LIMITS:** Any combination of events may be limited to ensure the timely completion of a session including cancelling relay events. Teams will be notified by email if swimmers are affected by limits prior to the meet.

**ENTRY SUBMISSION:** Entry fees are as follows:

- Individual events: \$8.00 per event.
- Relay events: \$16.00 per event.
- IASI swimmer surcharge: \$6.00 per swimmer.
- Program fee: \$6.00 per swimmer.
- Outreach swimmers: \$5.00 (includes all individual event fees).
- Handwritten entries: \$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 entries with the entry fees and financial sheet.

Outreach members who qualify for LSC benefits may enter the maximum number of individual events for the total fee of \$5.00, including IASI Splash Fee and Facility Fee. 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. 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, 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 teams/athletes in attendance last year (ACE-MW, CBSC-MW, CSC-MV, CUDA-CO, FAST-MW, HWSA-IL, ISWM-MW, LYON-IL, MAC-MW, SO-MW, UOFM-MN) beginning at 10:00am on Tuesday, May 7, 2024.
2. Entries will be accepted from all teams/athletes at 10:00am on Tuesday, May 14, 2024.
3. Electronic entries must be received no later 12:00 Noon on Monday, June 3, 2024.
4. Handwritten entries, along with entry fees, additional \$5 per swimmer and financial sheet, must be received no later than Friday, May 24, 2024. Handwritten entries will not be 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 12:00 noon on Wednesday, June 5, 2024 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 **12:00noon on Thursday, June 6, 2024.** After that time, they will only be accepted on deck until the start of 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 12:00 Noon, Tuesday, June 4, 2024.
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.

Relay events: \$30.00 per event.

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 assistants required. See Article 105 of USA Swimming Rules and Regulations.

MEET ENTRIES:

Send electronic entries by email to:

John Van Meter	515-471-8560 pool
<a href="mailto:john.vanmeter@dmymca.org">john.vanmeter@dmymca.org</a>	515-745-3283 cell

Send all print materials to:

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

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

If sent by rush delivery, indicate no signature required.

MEET DIRECTOR/  
ADMIN REFEREE:

John Van Meter	515-471-8560
<a href="mailto:john.vanmeter@dmymca.org">john.vanmeter@dmymca.org</a>	

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

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 can officiate, please see sign up on the DSMY website under the Hosted Meets/Trudy Hancock Invite 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 #24-0xx) 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
  - Sessions will be seeded after each appropriate Scratch and/or Positive Check-in deadlines.
  - Initial entry limits on distance events, if timeline allows, meet host may add more full heats:
    - Mixed 13&O 1500 Free- top 16 seed times of each gender. (4 heats)
    - Mixed 11-12 800 Free- top 8 seed times of each gender. (2 heats)
    - Mixed 10&U 400 Free- top 16 seed times of each gender. (4 heats)
    - Mixed 11&O 400 IM – top 8 seed times of each gender/age group. (6 heats)
    - 13&O 800 Free- top 32 seed times of each gender. (8 heats)
    - 13&O 400 Free- top 64 seed times of each gender. (16 heats)
  - After the 12 noon entry deadline on Monday, June 3, 2024 - distance events may allow additional entries over the initial gender / age group limits if time lines allow for it.
2. All Timed Final events will swim **Fastest to Slowest**.
3. All Prelim/Final events will be swum Slowest to Fastest with the 3 fastest Prelim heats circle seeded.
4. Results for combined events will be separated by age group and gender for scoring.
5. 13&O Prelim Sessions will be seeded and swam together. The top 16 swimmers in the 13-14 age group will qualify to swim in Finals. Top 24 swimmers in the 15&O age group will swim in Finals with exception of the 400 Free will only be the top 16 in the Finals. 13&O 800 Free will be a Timed Finals event with all heats swimming in the Saturday morning Prelim session.

6. Swimmers in all Timed Final and Consolation Final events shall report directly to the starting blocks.
7. Swimmers must check in for finals no later than 15 minutes prior to the start of their event. Check-in for finals will be available at the start of warmups for the finals session and will remain available until all swimmers have checked in. B&C Finalists will report directly to the blocks. A Finalists must report to the designated check in area, prior to the start of the B Finals, and will be paraded to the blocks.
8. Fly over starts and/or chase starts may be used at the discretion of the referee. If chase starts are used, odd heats will start at the south end, even heats will start on the north end (off bulkhead).
9. Deck Changes are prohibited.
10. Banners, signs or posters are not allowed to be adhered, displayed or affixed anywhere in the aquatic center facility.
- 11. Glass containers of any kind are not permitted in the aquatic center (including spectator seating) at any time.**
12. 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.
13. 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:**

Open 50 meter events on Friday will not be scored or count towards High Point.

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 for 1<sup>st</sup> – 3<sup>rd</sup>** place of each age group (10&U, 11-12, 13-14, 15&O). No awards for Friday’s Open 50 meter events.

**Ribbons will be awarded for 4<sup>th</sup> – 8<sup>th</sup>** place for individual events for the 12&Unders.

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

Speedo “Hot Heat” prizes will also be awarded- randomly picked.

**SCRATCHES:**

1. There is no penalty for failing to compete in a preliminary heat, except an individual event in which a swimmer has not scratched prior to the appropriate deadline will be counted toward that swimmer’s session limit. **A swimmer qualifying for an A, B, or C Final who fails to compete shall be barred from the next event or pay a \$50.00 penalty reinstatement fee.**
2. The scratch deadline for each day is as follows:
  - Friday’s events - 6:00pm Thursday by email.
  - Saturday’s events – by beginning of Session 2 at Scratch Table.
  - Sunday’s Events – by beginning of Saturday’s Finals at Scratch Table.
3. Scratches by email will only be accepted prior to the Friday scratch deadline. After this, all scratches must be completed using the Scratch Table
4. Scratches submitted by e-mail will be confirmed by e-mail.
5. 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. All swimmers not planning to attend Finals should scratch their events to avoid being scratched into finals.
  - ii. 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.
  - iii. 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:**

All swimmers must be members of USA Swimming. The meet host will notify teams if they have entered swimmers whose memberships cannot be verified through pre-meet reconciliation. Those swimmers must prove membership to the meet host by either (i) showing the athlete's member card from the USA Swimming mobile app or website, or (ii) demonstrating that the athlete appears on a current club roster report produced from SWIMS 3.0. Screenshots of the athlete's member card is NOT acceptable proof of membership. Any swimmer who fails to prove membership no later than 10 minutes prior to warm-ups for the first session in which they are entered to compete will not be permitted to compete, forfeits their entry fees, and will be administratively disqualified from the entire meet.

**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) after the scratch deadline for Friday's events on Thursday 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 small stand offering drinks and snacks. A hospitality room will be available for coaches and officials.
4. Swim apparel/merchandise: Elmore 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.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.

SAFE SPORT:

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate at this meet.

Additional information regarding the Required Quality Control System for Safe Sport may be found on the Iowa Swimming Website > Meet Host Resources page

(<https://www.gomotionapp.com/team/lscis/page/competition-resources>)

MEDICAL  
SUPERVISION:

Lifeguards will be 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 are 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 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: Friday Afternoon - 13&Over 1500 Freestyle

Warm-ups: 2:00pm-2:50pm

Competition: 3:00pm

<b><u>Event #</u></b>	<b><u>Event</u></b>	
1	Mixed 13&O 1500 Free	

## Session 2: Evening - All Age Groups Mixed Timed Finals

Warm-ups: Not before 4:30pm

Competition: Not before 5:30pm

<b><u>Event #</u></b>	<b><u>Event</u></b>	
2	Mixed 11-12 800 Free	
3	Open Mixed 50 Back	
4	10&U Mixed 400 Free	
5	Open Mixed 50 Free	
6	11&O Mixed 400 IM	
7	Open Mixed 50 Breast	
8	11-12 Mixed 200 Fly	
9	Open Mixed 50 Fly	

## Session 3: Saturday Morning - 13&Over 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>
38	13&O 200 Free	39
40	13&O 50 Back	41
42	13&O 100 Breast	43
44	13&O 200 Fly	45
46	13&O 50 Free	47
48	13&O 200 Back	49
50	13&O 50 Fly	51
52	13-14 200 Free Relay*	53
54	15&O 200 Free Relay*	55
56	13&O 800 Free*	57

\*Timed finals for 200 Free Relays and 13&O 800 Free.

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

Warm-ups: Not before 12:00pm

Competition: Not before 1:00pm

<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
10	11-12 200 Free Relay*	11
12	10&U 200 Free Relay	13
14	11-12 200 IM	15
16	10&U 100 Free	17
18	11-12 50 Free	19
20	11-12 200 Back	21
22	10&U 50 Fly	23
24	11-12 50 Fly	25
26	10&U 100 Breast	27
28	11-12 100 Breast	29
30	10&U 50 Back	31
32	11-12 50 Back	33
34	10&U 200 Free	35
36	11-12 200 Free	37

## Session 5: Saturday Evening - 11&Over Finals

Warm-ups: not before 5:00pm

Competition: not before 6:00pm

<b>Girls Event</b>	<b>Heats</b>	<b>Event</b>	<b>Heats</b>	<b>Boys Event</b>
14	1	11-12 200 IM	1	15
38	3	15&O 200 Free	3	39
	2	13-14 200 Free	2	
18	1	11-12 50 Free	1	19
40	3	15&O 50 Back	3	41
	2	13-14 50 Back	2	
20	1	11-12 200 Back	1	21
42	3	15&O 100 Breast	3	43
	2	13-14 100 Breast	2	
28	1	11-12 100 Breast	1	29
44	3	15&O 200 Fly	3	45
	2	13-14 200 Fly	2	
24	1	11-12 50 Fly	1	25
46	3	15&O 50 Free	3	47
	2	13-14 50 Free	2	
36	1	11-12 200 Free	1	37
48	3	15&O 200 Back	3	49
	2	13-14 200 Back	2	
32	1	11-12 50 Back	1	33
50	3	15&O 50 Fly	3	51
	2	13-14 50 Fly	2	

### Session 6: Sunday Morning - 13&Over 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>
84	13&O 400 Free	85
86	13&O 50 Breast	87
88	13&O 100 Fly	89
90	13&O 100 Free	91
92	13&O 200 Breast	93
94	13&O 100 Back	95
96	13&O 200 IM	97
98	13-14 200 Medley Relay*	99
100	15&O 200 Medley Relay*	101

\*Timed finals for 200 Medley Relays

### Session 7: Sunday Afternoon - 12&Under Timed Finals

Warm-ups: Not before 12:00pm

Competition: Not before 1:00pm

<b><u>Girls Event #</u></b>	<b><u>Event</u></b>	<b><u>Boys Event #</u></b>
58	11-12 400 Free	59
60	10&U 50 Breast	61
62	11-12 50 Breast	63
64	10&U 100 Back	65
66	11-12 100 Back	67
68	10&U 200 IM	69
70	11-12 200 Breast	71
72	10&U 100 Fly	73
74	11-12 100 Fly	75
76	10&U 50 Free	77
78	11-12 100 Free	79
80	10&U 200 Medley Relay	81
82	11-12 200 Medley Relay	83

### Session 8: Sunday Evening - 13&Over Finals

Warm-ups: not before 4:30pm

Competition: not before 5:30pm

<b><u>Girls Event</u></b>	<b><u>Heats</u></b>	<b><u>Event</u></b>	<b><u>Heats</u></b>	<b><u>Boys Event</u></b>
84	2	13-14 400 Free	2	85
	2	15&O 400 Free	2	
86	2	13-14 50 Breast	2	87
	3	15&O 50 Breast	3	
88	2	13-14 100 Fly	2	89
	3	15&O 100 Fly	3	
90	2	13-14 100 Free	2	91
	3	15&O 100 Free	3	
92	2	13-14 200 Breast	2	93
	3	15&O 200 Breast	3	
94	2	13-14 100 Back	2	95
	3	15&O 100 Back	3	
96	2	13-14 200 IM	2	97
	3	15&O 200 IM	3	