

Brief Meet Information

MEET NAME	2025 Central Region Division 1 SC Championships (formerly 'B' Champs)
DATE(s):	7-9 February 2025
HOSTED BY:	Lakeshore Swim Club and Milton Marlins Swim Team
LOCATION:	Etobicoke Olympium, 590 Rathburn Road, Toronto ON, M9C 3T3
FACILITY:	Two 8 lane 25metre competition pools, Swiss Timing electronic timing
PURPOSE & DESCRIPTION:	Central Region Championship Meets
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on www.swimming.ca and the Swimming Canada Registration and Event Management System (REMS).
LAST UPDATE:	Rev 1 – added Para Qual section, corrected dates Rev 2 – added Exhibition swim wording Rev 3 – Schedule changes, split warmup defined, corrected Male 14 Yr 50 Free de-Qual std Rev 4 corrected Friday Distance schedule

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Clark Evans Sandra Rousseau	clark@lakeshoreswimclub.com coc@miltonmarlins.ca	V V
MEET MANAGER(S):	Liz Canrinus Emily Turton	meetmanager@lakeshoreswimclub.com eturton1@hotmail.com	
ENTRY COORDINATORS:	Steve Goodwin Charlotte Carroll	sdg9@rogers.com charlottecarroll1@gmail.com	
OFFICIALS COORDINATOR:	Krishpa Kotecha Brendan O'Sullivan	coc@lakeshoreswimclub.com b_osullivan@hotmail.com	

Safety at Competitions

Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination. Only Swimming Canada registered active participants (swimmers, officials, certified coaches and support staff for the meet), facility personnel and authorized Swim Ontario personnel are allowed on deck during the competition. All participants in this event are reminded that they are bound by Swimming Canada and Swim Ontario Policies and Procedures, including but not limited to Swimming Canada's General Code of Conduct, their Equity, Diversity and Inclusion Policy, their Harassment Policy and the [Swim Ontario Code of Conduct procedure](#) For more information regarding the [Swim Ontario Policies and Procedures](#) or Safe Sport please visit the Swim Ontario website <https://www.swimontario.com/sport-safety> or www.swimming.ca/safesport

The [Swim Ontario Concussion Management](#) & [Swim Ontario Photography, Videography, and Cellphone Procedure](#) will be in effect. For complete details click [HERE](#).

Every club and its participants are responsible for ensuring all facility rules and requirements are followed.

Competition Rules

Sanctioned as an Age Group Swimming Invitational by Swim Ontario.

All current [Swimming Canada rules](#) will be followed.

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Ontario provided the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) and Swim Ontario warm-up safety rules will be in effect. Details [HERE](#)

AGE UP DATE:	The competitor's age is as the first day of the competition 7 February 2025
DIVE STARTS:	<p>As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows:</p> <p>A. from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from</p> <p style="padding-left: 20px;">a. both ends</p>
d/DEAF AND HARD OF HEARING ACCOMMODATION :	<p>This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:</p> <ul style="list-style-type: none"> ● non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff. ● Visual Start hand signals given by the starter/referee. ● Visual Start Strobe Light options <ul style="list-style-type: none"> A. Facility-Provided Strobe Light: An external strobe light is available at this facility B. Personal Strobe Light: a personal strobe light from the swimmer's own club may be used with advance notice to Meet Management to determine compatibility with the starter unit. <p>Clubs are to contact Meet Management by the <u>Entry Deadline</u> of the need for accommodations. Support Staff must be included in the submission of entries process.</p> <p>Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.</p>

Eligibility

All athletes must be registered as Competitive swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Entries submitted without a valid registration number and active status in the Swimming Canada Registration and Event Management System (REMS) at the time of the competition will be denied entry. It is the responsibility of the swimmer's club to provide proof of active registration status in REMS.

	<p>A. This meet is a Closed Invitational for the following clubs: Central Region Clubs</p> <p>B. This meet has Time Standards</p> <p style="padding-left: 20px;">a. for all individual events (listed in 'Schedule of Event' section and Event File)</p> <p>C. Para swimmers are welcome and are exempt from the above stated standards:</p> <p style="padding-left: 20px;">a. Must be at least Level II</p> <p style="padding-left: 20px;">b. Para Event Qualifying standard is Swim ON Para Regional Motivation Times</p> <p style="padding-left: 20px;">c. De-qualifying standard is Para Ontario Swimming Championships Standard</p> <p>D. Exhibition swims only for swimmers that age up between Central Region Div 1 Champs and Ontario Age Group Championships (and not already qualified at higher age group)</p>
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COACH & SUPPORT STAFF REGISTRATION:	<p>Meet management will cross reference the list of coaches submitted with entries at this competition with the Swim Ontario Compliance lists. If a coach is not on this list, meet management is obligated to enforce the Swimming Canada policy and not permit that coach to attend the meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.</p> <p>Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.</p> <p>Clubs needing Support Staff for Para or d/Deaf/Hard of Hearing swimmers must register them in the Swimming Canada Registration and Event Management System (REMS) to access the deck at competitions. Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.</p>
FOREIGN TEAMS / COMPETITORS:	<p>The following applies to Teams and their competitors not affiliated with Swimming Canada. Swimmers registered as active with a Swimming Canada ID are considered domestic.</p> <p>A. Foreign Teams' / competitors' entries will not be accepted by the host club.</p>

Entry Process

ENTRY SUBMISSIONS:	<p>Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff. Meet management will:</p> <ul style="list-style-type: none"> ● not accept entries via email; ● notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries; ● notify clubs of any meet format changes or designated warm-up times at least 5 days (for TIER II sanctions) and 10 days (for TIER III & IV sanctions) prior to the start of the competition <p>Failure to inform meet management of a no-show / scratch prior to the deadline for changes to entries will result in loss of entry fees.</p> <p>Meet Management reserves the right to further limit individual swims per session and to limit heats if necessary to keep session times to within 4.5 hours.</p>
ENTRY DEADLINE:	<p>The online entry deadline is 24 January 2025</p> <p>A. Changes to entries will be accepted until 3 February 2025 (end of day)</p>
ENTRY FEE:	<p>The following fees will apply for this competition:</p> <p>A. Individual Events: \$15.00 B. Relay Events: \$20.00 C. Swimmer Fee: \$5.00</p> <p>Payment Method:</p> <ul style="list-style-type: none"> ● Cheque payable to Lakeshore Swim Club or ● e-transfer to treasurer@lakeshoreswimclub.com
ENTRY LIMITS:	<p>The following limits are in place for this competition:</p> <p>A. The maximum number of entries per swimmer is 7 individual events (only one distance (800/1500) event</p>

RELAY ENTRIES:	<p>Teams may move up no more than two (2) swimmers from a younger age category to fill a relay. A mixed relay must have 2 girls and 2 boys. No other combination is allowed. The first leg of a mixed relay is not an official time. Requests for official splits are not allowed for mixed relays.</p> <p>A. Relay swimmers must be entered in a non-relay event in order to compete.</p>
ENTRY TIMES & CONVERSION:	<p>A. No Time (NT) entries are not permitted.</p> <p>B. Entry Times can be converted (i.e. LCM to SCM) at 2%</p> <p>C. Entries must be submitted using provable times, recorded during the qualifying period. Please submit times in SCM.</p> <p>a. Times achieved since (Qualifying Period): 1 September 2023</p> <p>b. Qualifying Standards (Time Standards) are as follows:</p> <p>i. Event qualifying OSC plus 10%.</p> <p>ii. Event de-qualifying is OSC</p> <p>iii. See Time Standards in Schedule of Events (and Event File)</p>

Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	Fri 7 Feb	11:30 – 12:25 pm	12:30 pm	4:15 pm	Time Final
2	Fri 7 Feb	A** - 4:15 – 4:40 pm B** - 4:45 – 5:10 pm	5:15 pm	8:45 pm	Time Final & Prelims
3	Sat 8 Feb	B** - 8:00 – 8:25 am A** - 8:30 – 8:55 am	9:00 am	1:00 pm	Prelims
4	Sat 8 Feb	B** - 1:00 – 1:25 pm A** - 1:30 – 1:55 pm	2:00 pm	5:00 pm	Time Finals
5	Sat 8 Feb	5:00 – 5:55 pm	6:00 pm	8:00 pm	Finals
6	Sun 9 Feb	A** - 8:00 – 8:25 am B** - 8:30 – 8:55 am	9:00 am	12:30 pm	Prelims
7	Sun 9 Feb	A** - 12:30 – 12:55 pm B** - 1:00 – 1:25 pm	1:30 pm	5:15 pm	Time Finals
8	Sun 9 Feb	5:15-5:55 pm	6:00 pm	7:30 pm	Finals

** Split Warm-up by Club

Group A – AAD, AJAX, APEX, BWSC, COBRA, CREST, CCST, STARS, DUCKS, ESWIM, GRAC, HBBF, JDSS, LSC, MST, MAC, MMST, MSSAC, NEW, ROC

Group B – GGST, NYAC, NORAC, OAK, OSHAC, PICK, RHAC, RSWIM, SCAR, TORCH, TSC, USC, VAC, VVAC, WS, WSSC, YORK

Meet Format & Administration

MIXED-GENDER:	<p>An exemption from the requirement to swim events in gender separated events due to limited time, developmental opportunities or facility requirements and/or due to a missed swim, where on an exception basis, a referee agrees to have the swimmer swim with a heat of an opposite gender event.</p> <p>In spite of these exemptions, any swimmer who achieves a record time at a competition that recognizes records at any level (regional, provincial, national etc, whether age group or open) will not be recognized for that record unless the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken, and the referee ensures that the swimmer competes with competitors of the same gender for his/her heat.</p>
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	In the event that mixed gender swims are permitted; the results must still be posted separately by gender of swimmers.
SEEDING:	<p>After all times are converted as pursuant to the conversion process:</p> <ol style="list-style-type: none"> A. Seeding for Timed Final events will be in order of entry times, slowest to fastest. <ol style="list-style-type: none"> a. with the exception of Distance Events (400/800/1500) which will be seeded fastest to slowest. B. Seeding for Preliminary events will be as per Section II 3.1 with fastest 3 heats circle seeded.
DECK ENTRIES:	Deck Entries are NOT allowed.
RELAY NAME SUBMISSION:	<p>Relay Cards or Forms must be returned to the Admin Desk.</p> <ol style="list-style-type: none"> A. Relay Cards are available at the Admin Desk During Warm-up B. The Relay Name submission deadline is at the start of the session.
SCRATCHES & POSITIVE CHECK IN RULES:	<p>The following are the Scratch deadlines for this competition.</p> <ol style="list-style-type: none"> A. There is no scratch deadline for Prelim Events, and 12&U Time Final Events (not including 400/800/1500 and Relays) B. There is a scratch deadline for: <ol style="list-style-type: none"> a. the following events: <ol style="list-style-type: none"> i. 400/800/1500 and ii. Relay Events b. Scratches are to be made on posted heat sheets at the Admin Desk 30 minutes prior to the start of each session. C. A scratch deadline will apply for FINALS events: <ol style="list-style-type: none"> a. 30 minutes following the posting of results of last preliminary event in that session (Saturday after 200 Fly, Sunday after 50 Free) <p>The following are the Positive Check-in deadlines for this competition.</p> <ol style="list-style-type: none"> A. There is no positive check-in required for this competition.
PENALTIES:	<ol style="list-style-type: none"> A. Failure to participate in an event with a scratch deadline will result in following penalty: <ol style="list-style-type: none"> a. Fee: \$50 fine for each offence payable to _____. This fine applies to all originally named finalists & alternates only for Saturday/Sunday Evening FINAL events.
OFFICIAL SPLIT TIMES:	<p>Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee prior to the commencement of the event.</p> <ol style="list-style-type: none"> A. Official Split Forms are available at the Admin Desk. B. Not all Official Split requests can be accommodated.
SWIM OFFS:	<p>This competition offers preliminary events.</p> <ul style="list-style-type: none"> • All swim-offs are to be run during or at the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials. • Coaches are to report to the Admin Desk when a swim-off is announced.
RECORDS:	<ol style="list-style-type: none"> A. Swim times achieved at this competition will be eligible for Provincial and National Records. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.

MEET RESULTS:	<p>Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca</p> <ul style="list-style-type: none"> A. Unofficial Results will be posted electronically at the meet. B. Unofficial mobile applications results will be available. C. Unofficial Live Results will be available.
SCORING:	<p>The following scoring will be applied:</p> <ul style="list-style-type: none"> A. Team Points – <ul style="list-style-type: none"> Individual events – 10-8-6-5-4-3-2-1 Relay events – 20-16-12-10-8-6-4-3
AWARDS:	<p>The following will be awarded:</p> <ul style="list-style-type: none"> A. Medals – Gold, Silver, Bronze <ul style="list-style-type: none"> Individual events in the following age groups: 10&U, 11, 12, 13, 14, 15, 16&O Relay events in the following age groups: 10&U, 11-12, 13-14, 15&O <p>There will be no Individual or Team High Point Awards. Scoring will be done but for reporting purposes only.</p>
ADDITIONAL INFORMATION:	<p>ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES</p> <ol style="list-style-type: none"> 1. The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet. 2. Absolutely no food in the bleachers or on the pool deck. 3. No running on the deck, under the bleachers or on the bleachers. 4. No climbing across the railing between the gallery and the bleachers. 5. No climbing over the yellow gates between the pool deck and the bleachers. 6. Shoes must be worn whenever outside the pool or change room areas. 7. No diving off the starting blocks or bulkhead during warm-ups. Please slip or jump into the pool. It is recommended to designate lanes one and eight as sprint lanes in one direction only, for the last part of warm-ups. 8. The use of flippers and hand paddles, during warm-ups is prohibited. 9. Swimmers that are not competing are not to be in other areas of the building and are not to upset the normal operation of the other departments. <p>Coaches are directly responsible for the supervision of their athletes at all times. This includes the pool area, change rooms, hallways, and all other areas of the Etobicoke Olympium</p>

Schedule of Events

FRIDAY AFTERNOON DISTANCE								
Warm-up: 11:30 am				Start: 12:30 pm				
GIRLS				EVENTS	BOYS			
Event	Age	De-Qual	Qualify		Event	Age	De-Qual	Qualify
1	11	10:49.99	11:54.99	800 FREE	2	11	10:10.93	11:12.02
	12	10:43.55	11:47.91			12	10:04.88	11:05.37
	13	10:24.52	11:26.97			13	9:58.89	10:58.78
	14	9:57.79	10:57.57			14	9:28.54	10:25.39
	15	9:51.81	10:50.99			15	9:11.67	10:06.84
	16&O	9:44.39	10:42.83		16&O	9:05.82	10:00.40	
3	13	19:52.76	21:52.04	1500 FREE	4	13	19:02.73	20:57.00
	14	19:48.39	21:47.23			14	18:32.22	20:23.44
	15	19:29.14	21:26.05			15	18:20.82	20:10.90
	16&O	19:17.45	21:13.20			16&O	18:05.06	18:53.57

FRIDAY EVENING								
Warm-up: 4:15 pm				Start: 5:15 pm				
GIRLS				EVENTS	BOYS			
Event	Age	De-Qual	Qual		Event	Age	De-Qual	Qual
5	13	2:38.24	2:54.06	200 IM	6	13	2:32.28	2:47.51
	14	2:32.40	2:47.64			14	2:22.29	2:36.52
	15	2:31.62	2:46.78			15	2:18.16	2:31.98
	16&O	2:27.67	2:42.44			16&O	2:14.75	2:28.23
7	10&U	5:27.17	5:59.89	400 FREE	8	10&U	5:25.43	5:57.97
	11	5:27.17	5:59.89			11	5:25.43	5:57.97
	12	5:07.29	5:38.02			12	5:07.12	5:37.83
9	13	4:58.38	5:28.22	400 FREE	10	13	4:49.16	5:18.08
	14	4:47.09	5:15.80			14	4:28.00	4:54.80
	15	4:42.94	5:11.23			15	4:21.51	4:47.66
	16&O	4:39.70	5:07.67			16&O	4:18.54	4:44.50

SATURDAY MORNING

Warm-up: 8:00 am Start: 9:00 am

WOMEN				EVENTS	MEN			
<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>		<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>
11	13	1:03.42	1:09.76	100 FREE	12	13	1:00.64	1:06.70
	14	1:01.37	1:07.51			14	56.81	1:02.49
	15	1:00.27	1:06.30			15	54.99	1:00.49
	16&O	59.28	1:05.21			16&O	53.94	59.33
13	13	3:02.20	3:20.42	200 BREAST	14	13	2:54.38	3:11.82
	14	2:54.74	3:12.21			14	2:44.40	3:00.84
	15	2:53.49	3:10.84			15	2:35.70	2:50.58
	16&O	2:52.12	3:09.33			16&O	2:33.86	2:49.25
15	13	1:13.92	1:21.31	100 BACK	16	13	1:10.21	1:17.23
	14	1:10.13	1:17.14			14	1:04.93	1:11.42
	15	1:08.81	1:15.69			15	1:04.05	1:10.46
	16&O	1:07.41	1:14.15			16&O	1:01.25	1:07.38
17	13	3:00.53	3:18.58	200 FLY	18	13	2:47.02	3:03.72
	14	2:38.64	2:54.50			14	2:27.03	2:41.73
	15	2:35.23	2:50.75			15	2:21.21	2:35.33
	16&O	2:34.26	2:49.69			16&O	2:15.08	2:28.59
19	13-14			4x50 FREE	20	13-14		
21	15&O			4x50 FREE	22	15&O		
23	13	5:49.83	6:24.81	400 IM	24	13	5:32.31	6:05.54
	14	5:31.33	6:04.46			14	5:08.63	5:39.49
	15	5:28.55	6:01.41			15	4:58.97	5:28.87
	16&O	5:21.96	5:54.16			16&O	4:53.27	5:22.60

SATURDAY AFTERNOON

Warm-up: 1:00 pm Start: 2:00 pm

GIRLS				EVENTS	BOYS			
<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>		<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>
25	10&U	2:52.99	3:10.29	200 IM	26	10&U	2:54.51	3:11.96
27	11	2:52.99	3:10.29		28	11	2:54.51	3:11.96
	12	2:44.59	3:01.05		12	2:42.97	2:59.27	
29	10&U	1:09.45	1:16.40	100 FREE	30	10&U	1:09.56	1:16.52
31	11	1:09.45	1:16.40		32	11	1:09.56	1:16.52
	12	1:05.94	1:12.53		12	1:05.12	1:11.63	
33	10&U		50.00	50 BREAST	34	10&U		50.00
35	11	3:17.17	3:36.89	200 BREAST	36	11	3:20.44	3:40.48
	12	3:08.11	3:26.92			12	3:05.61	3:24.17
37	10&U	1:21.26	1:29.39	100 BACK	38	10&U	1:21.51	1:29.66
39	11	1:21.26	1:29.39		40	11	1:21.51	1:29.66
	12	1:16.49	1:24.14			12	1:16.03	1:23.63
41	10&U		45.00	50 FLY	42	10&U		45.00
43	11	3:20.82	3:40.90	200 FLY	44	11	3:04.75	3:23.23
	12	3:01.05	3:19.16			12	3:02.92	3:21.21
45	10&U			4x50 FREE	46	10&U		
47	11-12			4x50 FREE	48	11-12		

SATURDAY FINALS (A finals only)								
Warm-up: 5:00 pm				Start: 6:00 pm				
WOMEN				EVENTS	MEN			
Event	Age				Event	Age		
5	13			200 IM	6	13		
	14					14		
	15					15		
	16&O					16&O		
11	13			100 FREE	12	13		
	14					14		
	15					15		
	16&O					16&O		
13	13			200 BREAST	14	13		
	14					14		
	15					15		
	16&O					16&O		
15	13			100 BACK	16	13		
	14					14		
	15					15		
	16&O					16&O		
17	13			200 FLY	18	13		
	14					14		
	15					15		
	16&O					16&O		

SUNDAY MORNING								
Warm-up: 8:00 am					Start: 9:00 am			
WOMEN				EVENTS	MEN			
Event	Age	De-Qual	Qual		Event	Age	De-Qual	Qual
49	13	2:20.15	2:34.17	200 FREE	50	13	2:14.34	2:27.77
	14	2:13.74	2:27.11			14	2:05.86	2:18.45
	15	2:12.32	2:25.55			15	2:01.85	2:14.04
	16&O	2:11.00	2:24.10			16&O	1:59.45	2:11.40
51	13	1:11.58	1:18.74	100 FLY	52	13	1:08.88	1:15.77
	14	1:08.20	1:15.02			14	1:03.38	1:09.72
	15	1:06.52	1:13.17			15	1:00.69	1:06.76
	16&O	1:05.93	1:12.52			16&O	58.93	1:04.82
53	13	2:39.49	2:55.44	200 BACK	54	13	2:33.69	2:49.06
	14	2:31.93	2:47.12			14	2:23.18	2:37.50
	15	2:29.24	2:44.16			15	2:18.53	2:32.28
	16&O	2:27.04	2:41.74			16&O	2:15.90	2:29.49
55	13	1:23.67	1:32.04	100 BREAST	56	13	1:19.97	1:27.97
	14	1:20.06	1:28.07			14	1:13.07	1:20.38
	15	1:18.30	1:26.13			15	1:10.50	1:17.55
	16&O	1:17.51	1:25.26			16&O	1:09.47	1:16.42
57	13	28.98	31.88	50 FREE	58	13	27.63	30.39
	14	28.05	30.85			14	25.86	28.45
	15	27.68	30.45			15	25.17	27.69
	16&O	27.44	30.18			16&O	24.66	27.13
59	13-14			4x50 MEDLEY	60	13-14		
61	15&O			4x50 MEDLEY	62	15&O		

SUNDAY AFTERNOON									
Warm-up: 12:30 pm					Start: 1:30 pm				
GIRLS				EVENTS	BOYS				
Event	Age	De-Qual	Qual		Event	Age	De-Qual	Qual	
63	10&U	2:33.46	2:48.81	200 FREE	64	10&U	2:33.03	2:48.33	
65	11	2:33.46	2:48.81		66	11	2:33.03	2:48.33	
	12	2:24.55	2:39.01			12	2:24.74	2:39.21	
67	10&U	1:22.97	1:31.27	100 FLY	68	10&U	1:23.49	1:31.84	
69	11	1:22.97	1:31.27		70	11	1:23.49	1:31.84	
	12	1:16.11	1:23.72			12	1:16.53	1:24.18	
71	10&U	2:53.04	3:10.34	200 BACK	72	10&U	2:53.49	3:10.84	
73	11	2:53.04	3:10.34		74	11	2:53.49	3:10.84	
	12	2:43.74	3:00.11			12	2:43.15	2:59.47	
75	10&U	1:32.73	1:42.00	100 BREAST	76	10&U	1:33.10	1:42.41	
77	11	1:32.73	1:42.00		78	11	1:33.10	1:42.41	
	12	1:27.16	1:35.88			12	1:26.26	1:34.89	
79	10&U	31.38	34.52	50 FREE	80	10&U	31.42	34.56	
81	11	31.38	34.52		82	11	31.42	34.56	
	12	29.88	32.87			12	29.43	32.37	
83	10&U			4x50 MEDLEY	84	10&U			
85	11-12				86	11-12			
87	10&U		1:50.00	100 IM	88	10&U		1:50.00	
89	11	6:00.28	6:36.31	400 IM	90	11	5:56.62	6:32.28	
	12	5:56.72	6:32.39			12	5:53.09	6:28.40	

SUNDAY FINALS (A finals only)									
Warm-up: 5:15 pm					Start: 6:00 pm				
WOMEN				EVENTS	MEN				
Event	Age				Event	Age			
49	13			200 FREE	50	13			
	14					14			
	15					15			
	16&O					16&O			
51	13			100 FLY	52	13			
	14					14			
	15					15			
	16&O					16&O			
53	13			200 BACK	54	13			
	14					14			
	15					15			
	16&O					16&O			
55	13			100 BREAST	56	13			
	14					14			
	15					15			
	16&O					16&O			
57	13			50 FREE	58	13			
	14					14			
	15					15			
	16&O					16&O			