



2026 Central Region Div 2 SC Championships

Brief Meet Information

MEET NAME	2026 Central Region Division 2 SC Championships
DATE(s):	20-22 February 2026
HOSTED BY:	North York Aquatic Club
LOCATION:	Etobicoke Olympium, 590 Rathburn Road, Toronto ON, M9C 3T3
FACILITY:	Two 8 lane 25 metre competition pools, Swiss Timing electronic timing
PURPOSE & DESCRIPTION:	Central Region Championship Meet
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 – 10 Jan – bonus swims added, qual/de-qual standard corrected, event numbering fixed

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Lynn Wong	jaguar2_3@icloud.com	V
MEET MANAGER(S):	Michelle Amar Daniel Zou	meets@nyacswimming.ca	
ENTRY COORDINATORS:	Steve Goodwin Charlotte Carroll	sdg9@rogers.com charlottecarroll1@gmail.com	
OFFICIALS COORDINATOR:	Lynn Wong	officials@nyacswimming.ca	

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

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

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

Videography & Photography Permissions

Provided the facility permits, registered club coaches on the compliance list, approved sport science contractors, and support staff may record for coaching purposes without additional authorization.

All other individuals — including club photographers, contracted photographers/videographers, and media — must apply for and receive authorization to access the competition deck before recording in any medium. All recordings must comply with Swim Ontario policies, including the [Photography, Videography, and Cellphone Procedure](#) and the [Screening Requirements Procedures](#). Contact Meet Management for the application process. All Official Photographers and Videographers, as approved by Swim Ontario, will be declared within this Meet Package.

ADDITIONAL INFORMATION	A. The following are approved by Swim Ontario Official Photographers/Videographers for this event: to be provided on future release
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Competition Rules

Sanctioned as an Age Group Swimming Invitational by Swim Ontario.

All current [Swimming Canada rules](#) will be followed. All registered para swimmers are subject to the rules defined by their current sport class and codes of exception. The stroke and turn rules apply as per Appendix B of the Swimming Canada rulebook. The Sport Class and Exception Codes should be displayed on heat sheets and must be made available to the Session Referee.

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.

The Starter shall report a swimmer to the Referee for misconduct taking place at the start of a race as per Swimming Canada Part II 2.3.2. The “misconduct” shall include, but is not limited to (C.2.3.2.1):

- Deliberate or negligent acts such as spitting, spouting of water, or blowing the nose in the pool or on the pool deck immediately prior to the start may be considered misconduct.
- Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
- Unsafe or uncontrolled entry into the pool immediately prior to the start of a race. All swimmers must enter the pool with a controlled, feet-first entry.

The Referee may disqualify a swimmer for such misconduct.

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

It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

- **Warm up rules:**
 - No loitering at the end of lane
 - Swimmers must be aware of their surroundings and move over to the lane rope when stopped at the end wall to allow other swimmers to turn
 - Swimmers using sprint and pace lanes must be directly supervised by their coaches
 - Deliberate kicking or striking of the starting platform, including the back plate during the sprint periods is not permitted.

Swimmers must enter the pool FEET FIRST in a cautious and controlled manner, entering from a start or turn end only and from a standing or sitting position.

Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Referee, without warning from their next individual event following the warm-up period in which the violation occurred. The swimmer's name and club shall be registered with the Meet Manager.

AGE UP DATE:	The competitor's age is as the first day of the competition: 20 February 2026
DIVE STARTS:	<p>As per Swimming Canada Part II C4.1.2 and C4.1.3 swimmers are permitted to start in-water or from a standing position on the deck or bulkhead when Starting Platforms (blocks) are available. As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows:</p> <ul style="list-style-type: none"> A. from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from <ul style="list-style-type: none"> a. both ends and/or <ul style="list-style-type: none"> • from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 <ul style="list-style-type: none"> a. from both ends and/or <ul style="list-style-type: none"> • In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 <ul style="list-style-type: none"> a. from both ends
BACSTROKE LEDGES:	<ul style="list-style-type: none"> A. Ledges will be available to use during the following session ONLY: for 13&O events in Sessions 3 and 6.
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 or Varsity swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Athletes may only compete under the age group club or varsity team they are registered with. Registered Para Swimmers are welcome and their current Sport Class must be included in the entries. 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

ADDITIONAL ELIGIBILITY INFORMATION:	<p>A. This meet is a Closed Invitational for the following clubs: Central Region Clubs ONLY</p> <p>B. This meet has Time Standards (qualifying and de-qualifying)</p> <ul style="list-style-type: none"> a. for all individual events (listed in 'Schedule of Event' section and Event File) <p>C. Para-swimmers are NOT exempt from the time standards. Para swimmers that do not meet the time standards are welcome at Central Region Div 1 SC Championships</p>
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 and pool time available</p>
ENTRY DEADLINE:	<p>The online entry deadline is 3 February 2026</p> <p>A. Changes to entries will be accepted until Monday 16 February 2026</p>

ENTRY FEE:	<p>The following fees will apply for this competition:</p> <ul style="list-style-type: none"> A. Individual Events: \$15.00 B. Relay Events: \$20.00 C. Swimmer Fee: \$5.00 <p>Payment Method:</p> <ul style="list-style-type: none"> • Preferred – e-transfer to treasurer@nyacswimming.ca (include your Club Code and meet name 'Central Region Div 2') – OR • Cheque payable to 'North York Aquatic Club' and brought to the meet
ENTRY LIMITS:	<p>The following limits are in place for this competition:</p> <ul style="list-style-type: none"> A. The maximum number of entries per swimmer is 7 individual events B. Bonus swims are allowed on Sat/Sun as follows: <ul style="list-style-type: none"> - Qualify for 1 event → add 3 bonus events - Qualify for 2 events → add 2 bonus events - Qualify for 3 events → add 1 bonus event - Qualify for 4 or more events → no bonus events - Only Sat & Sun events allowed as Bonus - 400's not allowed as Bonus events - Bonus entries must be slower than qualifying standard. C. No 'Exhibition' swims are allowed
RELAY ENTRIES & MIXED RELAYS:	<p>Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.</p> <ul style="list-style-type: none"> A. Relay swimmers must be entered in a non-relay event in order to compete.
ENTRY TIMES & CONVERSION:	<ul style="list-style-type: none"> A. No Time (NT) entries are not permitted. B. Entry Times can be converted (i.e. LCM to SCM) at 2% C. Entries must be submitted using provable times recorded during the qualifying period. Please submit times in SCM <ul style="list-style-type: none"> a. Times achieved since (Qualifying Period): 1 September 2024 b. Event Qualifying Standards (Time Standards) are as follows: <ul style="list-style-type: none"> i. 400's – qualifying OSCs +15% - de-qualifying OSCs + 5% ii. 200's – qualifying OSCs +20% - de-qualifying OSCs + 7.5% iii. 100/50's – qualifying OSCs +25% - de-qualifying OSCs +10% iv. See Time Standards in Schedule of Events (and Event File)

Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1 (11&O)	Fri 20 Feb	3:00-3:25 pm - Grp A** 3:30-3:55 pm - Grp B**	4:00 pm	8:30 pm	Time Final
2 (11-12)	Sat 21 Feb	8:00 – 8:40 am – Grp B** 8:45-9:25 am – Grp A**	9:30 am	12:30 pm	Time Final
3 (13&O)	Sat 21 Feb	12:30-1:10 pm – Grp B** 1:15-1:55 pm – Grp A**	2:00 pm	6:00 pm	Time Final
4 (11-12)	Sun 22 Feb	8:00 – 8:40 am – Grp A** 8:45-9:25 am – Grp B**	9:30 am	12:30 pm	Time Final
5 (13&O)	Sun 22 Feb	12:30-1:10 pm – Grp A** 1:15-1:55 pm – Grp B**	2:00 pm	6:00 pm	Time Final

** Split Warm-up by Club

Group A – TBD

Group B – TBD

Meet Format & Administration

SEEDING:	After all times are converted as pursuant to the conversion process: A. Seeding for Timed Final events will be in order of entry times, slowest to fastest. a. with the exception of Distance Events (400 Free) which will be seeded fastest to slowest.
DECK ENTRIES:	Deck Entries are NOT allowed.
RELAY NAME SUBMISSION:	Relay Cards or Forms: A. Relay Cards are available at the Admin Desk during warm-up B. The Relay Name submission deadline is at the start of the relay event (swimmers bring relay cards with corrected names to the lane to check in) C. If the relay team is being scratched, please return the relay card to the Admin Desk.
SCRATCHES & POSITIVE CHECK IN RULES:	The following are the Scratch deadlines for this competition. A. There is no scratch deadline for any events. Scratches are to be marked on posted heat sheets without penalty. The following are the Positive Check-in deadlines for this competition. A. There is no positive check-in required for this competition.
PENALTIES:	A. No penalty shall be imposed for late or day of scratches and No-Shows
OFFICIAL SPLIT TIMES:	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 Admin Desk at least 30 minutes prior to the commencement of the event. Requests for official splits in gendered and mixed relays are not required, however in mixed relays the official time will not be recognized as a Canadian Age Group record. A. Official Split Forms are available at the Admin Desk. B. Not all Official Split requests can be accommodated.
DISQUALIFICATION & APPEAL PROCEDURE:	<ul style="list-style-type: none"> • Disqualification will be reported within fifteen (15) minutes after the swimmer's race. The disqualification shall stand providing all reasonable efforts have been made to report the disqualification including public address systems. • A club coach representative should discuss the disqualification with the Session Referee and can request to view the disqualification slip. • If not resolved after this discussion, a written appeal may be presented to the Session Referee from the club coach representative. <ul style="list-style-type: none"> ○ A written appeal must be presented within 30 minutes after the conclusion of the <u>event</u> in question. ○ Appeal on Referee Decision forms are available at the Admin Desk. • If not resolved after the decision of the written appeal from the Session Referee the matter may be assigned to a Jury of Appeal. • The decision to go to Jury must be taken within an hour from the moment the decision of the written appeal is communicated to the club coach representative.
RECORDS:	A. Swim times achieved at this competition will be eligible for Provincial and National Records. Coaches are advised to inform Meet Management prior to the start of the session where mixed gender individual events are taking place that there is a possibility of a Canadian Age Group record being broken. The referee can ensure that the swimmer competes with competitors of the same gender for his/her heat. 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 – 20-16-12-10-8-6-4-2
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 – 11, 12, 13, 14, 15, 16&O - Relay events in the following Age groups – 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 EVENING

Split Warm-up: - Grp A 3:00-3:25 pm – Grp B 3:30-3:55 pm
Start: 4:00 pm

GIRLS				EVENTS	BOYS			
<u>Event</u>	<u>Age</u>	<u>De-Qualifying</u>	<u>Qualifying</u>		<u>Event</u>	<u>Age</u>	<u>De-Qualifying</u>	<u>Qualifying</u>
1	11	3:02.89	3:24.15	200 IM	2	11	3:05.95	3:27.58
	12	2:56.29	3:16.79			12	2:48.89	3:08.52
3	13	2:45.07	3:04.27	200 IM	4	13	2:37.17	2:55.45
	14	2:42.88	3:01.82			14	2:32.81	2:50.58
5	15	2:41.25	3:00.00	200 IM	6	15	2:28.65	2:45.93
	16&O	2:38.75	2:57.21			16&O	2:24.87	2:41.71
7	11	5:29.97	6:01.40	400 FREE	8	11	5:34.25	6:06.08
	12	5:17.96	5:48.24			12	5:06.29	5:35.46
9	13	4:55.46	5:23.60	400 FREE	10	13	4:49.71	5:17.31
	14	4:52.50	5:20.36			14	4:41.07	5:07.84
11	15	4:49.58	5:17.16	400 FREE	12	15	4:33.12	4:59.13
	16&O	4:46.69	5:13.99			16&O	4:28.25	4:53.80

** Split Warm-up by Club

Group A - TBD

Group B – TBD

SATURDAY MORNING – 11-12 YR OLD

Split Warm-up: - Grp B 8:00-8:40 am – Grp A 8:45-9:25 am
Start: 9:30 am

GIRLS				EVENTS	BOYS			
<u>Event</u>	<u>Age</u>	<u>De-Qualifying</u>	<u>Qualifying</u>		<u>Event</u>	<u>Age</u>	<u>De-Qualifying</u>	<u>Qualifying</u>
13	11	1:15.97	1:26.33	100 Free	14	11	1:16.28	1:26.68
	12	1:12.11	1:21.94			12	1:09.26	1:18.71
15	11	38.33	43.56	50 Fly	16	11	38.70	43.98
	12	35.89	40.78			12	34.72	39.46
17	11	3:28.58	3:52.84	200 Breast	18	11	3:31.11	3:55.66
	12	3:18.09	3:42.23			12	3:14.57	3:37.20
19	11	1:26.96	1:38.82	100 Back	20	11	1:28.67	1:40.76
	12	1:23.59	1:34.99			12	1:21.31	1:32.40
21	11	3:28.22	3:52.44	200 Fly	22	11	3:18.61	3:41.70
	12	3:09.82	3:31.89			12	3:03.77	3:25.14
23	11	46.18	52.48	50 Breast	24	11	45.85	52.10
	12	43.40	49.32			12	42.63	48.45
25	11-12			4x50 Free Relay	26	11-12		

SATURDAY AFTERNOON – 13&Over

Split Warm-up: Grp B 12:30-1:10 pm – Grp A 1:15-1:55 pm
Start: 2:00 pm

WOMEN				EVENTS	MEN			
Event	Age	De-Qualifying	Qualifying		Event	Age	De-Qualifying	Qualifying
27	13	1:08.04	1:17.32	100 FREE	28	13	1:05.21	1:14.10
	14	1:07.17	1:16.33			14	1:02.49	1:11.01
29	15	1:06.31	1:15.35		30	15	1:00.50	1:08.75
	16&O	1:06.21	1:14.10			16&O	59.34	1:07.44
31	13	33.19	37.72	50 FLY	32	13	32.02	36.30
	14	32.86	37.34			14	30.95	35.17
33	15	32.19	36.58		34	15	29.52	33.54
	16&O	31.87	36.21			16&O	29.13	33.10
35	13	3:06.63	3:28.33	200 BREAST	36	13	2:58.14	3:18.85
	14	3:03.76	3:26.25			14	2:54.44	3:14.72
37	15	3:02.92	3:24.19		38	15	2:46.71	3:06.09
	16&O	3:01.09	3:22.14			16&O	2:44.82	3:03.99
39	13	1:17.59	1:28.18	100 BACK	40	13	1:14.74	1:24.93
	14	1:16.82	1:27.29			14	1:11.43	1:21.17
41	15	1:15.70	1:26.02		42	15	1:09.15	1:18.58
	16&O	1:14.16	1:24.27			16&O	1:07.38	1:16.56
43	13	2:49.79	3:08.42	200 FLY	44	13	2:41.84	3:00.66
	14	2:47.11	3:06.54			14	2:38.07	2:56.45
45	15	2:45.43	3:04.67		46	15	2:31.81	2:49.46
	16&O	2:43.38	3:02.37			16&O	2:25.21	2:42.10
47	13	39.43	44.81	50 BREAST	48	13	37.91	43.08
	14	39.03	44.36			14	36.60	41.59
49	15	38.65	43.92		50	15	35.35	40.17
	16&O	38.26	43.48			16&O	34.24	38.91
51	13-14			4x50 FREE	52	13-14		
53	15&O			4x50 FREE	54	15&O		
55	13	5:40.49	6:23.60	400 IM	56	13	5:26.15	5:57.21
	14	5:37.08	6:20.36			14	5:17.65	5:47.90
57	15	5:33.70	6:17.16		58	15	5:08.84	5:38.26
	16&O	5:30.37	6:13.99			16&O	5:04.45	5:33.45

** Split Warm-up by Club

Group A - TBD

Group B – TBD

SUNDAY MORNING – 11-12 YR OLD

Split Warm-up: - Grp A 8:00-8:40 am – Grp B 8:45-9:25 am
Start: 9:30 am

GIRLS				EVENTS	BOYS			
	<u>Age</u>	<u>De-Qualifying</u>	<u>Qualifying</u>		<u>Event</u>	<u>Age</u>	<u>De-Qualifying</u>	<u>Qualifying</u>
59	11	2:40.71	2:59.40	200 FREE	60	11	2:44.51	3:03.64
	12	2:34.89	2:52.90			12	2:29.18	2:46.52
61		40.86	46.43	50 BACK	62		41.50	47.16
		38.73	44.01				37.62	42.75
63	11	1:27.54	1:39.48	100 FLY	64	11	1:29.14	1:41.30
	12	1:22.46	1:33.70			12	1:19.14	1:29.93
65	11	3:02.04	3:23.21	200 BACK	66	11	3:03.49	3:24.82
	12	2:56.03	3:16.50			12	2:52.39	3:12.44
67	11	1:39.92	1:53.33	100 BREAST	68	11	1:40.43	1:54.12
	12	1:35.03	1:47.98			12	1:31.99	1:44.53
69	11	34.51	39.21	50 FREE	70	11	34.57	39.29
	12	32.84	37.31			12	31.66	35.98
71	11-12			4x50 MEDLEY	72	11-12		
73	11	6:18.30	6:54.33	400 IM	74	11	6:14.45	6:50.12
	12	6:04.26	6:38.95			12	5:52.09	6:25.63

** Split Warm-up by Club

Group A - TBD

Group B – TBD

SUNDAY AFTERNOON – 13&Over

Split Warm-up: Grp A 12:30-1:10 pm – Grp B 1:15-1:55 pm

Start: 2:00 pm

WOMEN				EVENTS	MEN			
Event	Age	De-Qualifying	Qualifying		Event	Age	De-Qualifying	Qualifying
75	13	2:24.98	2:41.84	200 FREE	76	13	2:20.06	2:36.35
	14	2:23.53	2:40.22			14	2:15.30	2:31.03
77	15	2:22.10	2:38.62		78	15	2:10.99	2:26.22
	16&O	2:20.41	2:36.74			16&O	2:08.41	2:23.34
79	13	36.01	40.92	50 BACK	80	13	34.66	39.38
	14	35.21	40.13			14	33.00	37.50
81	15	34.65	39.37		82	15	31.80	36.14
	16&O	34.26	38.93			16&O	31.15	35.40
83	13	1:15.18	1:25.43	100 FLY	84	13	1:11.82	1:21.61
	14	1:14.43	1:24.57			14	1:09.73	1:19.23
85	15	1:13.17	1:23.15		86	15	1:06.76	1:15.86
	16&O	1:12.28	1:22.14			16&O	1:04.83	1:13.67
87	13	2:44.93	3:04.10	200 BACK	88	13	2:37.70	2:56.04
	14	2:42.69	3:01.61			14	2:33.93	2:51.83
89	15	2:40.44	2:59.09		90	15	2:28.49	2:45.76
	16&O	2:38.08	2:56.46			16&O	2:26.10	2:43.09
91	13	1:27.19	1:39.08	100 BREAST	92	13	1:24.35	1:35.86
	14	1:26.32	1:38.09			14	1:21.94	1:32.10
93	15	1:25.45	1:37.11		94	15	1:17.55	1:28.13
	16&O	1:24.60	1:36.14			16&O	1:16.35	1:26.77
95	13	31.18	35.43	50 FREE	96	13	29.65	33.69
	14	30.86	35.07			14	28.45	32.33
97	15	30.45	34.61		98	15	27.69	31.47
	16&O	30.15	34.26			16&O	27.13	30.83
99	13-14			4x50 MEDLEY	100	13-14		
101	15&O			4x50 MEDLEY	102	15&O		

** Split Warm-up by Club

Group A - TBD

Group B – TBD