

# 2024 Central Region SC 'C' Champs

|                                   |  |   |  |
|-----------------------------------|--|---|--|
| <b>DATE(s):</b>                   | 23-25 February 2024  | <b>REGION:</b>  | Central  |
| <b>HOSTED BY:</b>                 | North York Aquatic Club  |   |  |
| <b>LOCATION:</b>                  | Etobicoke Olympium, 590 Rathburn Road, Toronto ON, M9C 3T3   |   |  |
| <b>FACILITY:</b>                  | Two 8 lane 25 metre competition pools. Swiss Timing electronic timing.   |   |  |
| <b>PURPOSE &amp; DESCRIPTION:</b> | Central Region Championship Meet   |   |  |
| <b>MEET PACKAGE:</b>              | The only meet package which will be considered as valid must be the most current version found on <a href="http://www.swimming.ca">www.swimming.ca</a>   |   |  |
| <b>COMPETITION COORDINATOR:</b>   | Su Kin Cheong  | Level: V  | Email: <a href="mailto:skcheong@rocketmail.com">skcheong@rocketmail.com</a>  |
|                                   | If Level 3 Referee is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>  |   |  |
| <b>MEET MANAGER:</b>              | Lynn Wong  | Email:  | <a href="mailto:meets@nyacswimming.ca">meets@nyacswimming.ca</a>             |
| <b>ENTRY COORDINATORS:</b>        | Charlotte Carroll  | Email:  | <a href="mailto:charlottecarroll1@gmail.com">charlottecarroll1@gmail.com</a> |
|                                   | Steve Goodwin  |   | <a href="mailto:sdg9@rogers.com">sdg9@rogers.com</a>                         |
| <b>SAFETY AT COMPETITION:</b>     | Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe, welcoming and inclusive sport environment that is free of abuse, harassment and discrimination. The <a href="#">Swim Ontario Concussion Management</a> the <a href="#">Swimming Canada Event Photography and Videography</a> and the Swim Ontario Event Photography procedures will be in effect. For complete details click <a href="#">HERE</a> . |   |  |
| <b>COMPETITION RULES:</b>         | <b>Sanctioned as an invitational by Swim Ontario.</b>  |   |  |
|                                   | All current Swimming Canada rules will be followed.<br>All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Ontario. It is not required to declare the choice of swimwear to the Referee if 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 <a href="#">Swimming Canada Competition Warm-Up Safety Procedures</a> and Swim Ontario warm-up safety rules will be in effect. Details <a href="#">HERE</a> As per the Facility Rules for Dive Starts, this competition will be conducted as follows:   |   |  |
|                                   | World Aquatics II.16.1.4 and 4.1, Swimming Canada C16.1.4.1, C4.1.1 & C4.1.2   | <input checked="" type="checkbox"/>   | Starting Platforms at  |
|                                   | <input type="checkbox"/>   | Deck or Bulkhead at   |  |
|                                   | <input type="checkbox"/>   | In-Water at   |  |
| <b>ELIGIBILITY:</b>               | All athletes must be registered as Competitive swimmers with Swimming Canada and have a valid Swimming Canada registration number. Entries without a valid Swimming Canada registration number and registered status will be declined entry.   |   |  |
|                                   | This event includes participants from the following clubs:   | <b>Central Region Clubs only</b> (of Swim Ontario)  |  |
|                                   | <input checked="" type="checkbox"/>  | 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. |  |
| <b>FOREIGN COMPETITORS:</b>       | <input checked="" type="checkbox"/>  | Foreign competitors' entries will not be accepted   |  |
| <b>AGE UP DATE:</b>               | Ages submitted are to be as  | 25 February 2024  |  |

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|                                     |   |   |   |
|-------------------------------------|---|---|---|
| <b>ENTRY DEADLINE:</b>              | <b>8 February 2024</b>  |   |   |
|                                     | Changes to entries will be accepted until   | Monday 19 February 2024   |   |
| <b>ENTRY FEE:</b>                   | <input checked="" type="checkbox"/>   | Individual Events - \$15.00 per event   |   |
|                                     | <input checked="" type="checkbox"/>   | Relay Events - \$20.00 per relay  |   |
|                                     | Payment Method:   | Cheque payable to 'North York Aquatic Club' and brought to meet or<br>For electronic payment methods please contact Meet Management.  |   |
| <b>COACH'S REGISTRATION:</b>        | Meet management will cross reference the <b>list of coaches submitted with entries</b> at this competition with the <a href="#">Swim Ontario Compliance lists</a> . 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. |   |   |
| <b>ENTRY LIMITS:</b>                | The maximum number of participants per session is   | 600   |   |
|                                     | Each club is limited to the following number of swimmers  | n/a   |   |
|                                     | The maximum number of entries per swimmer is  | 7 individual events   |   |
| <b>ENTRY SUBMISSIONS:</b>           | <b>ENTRIES:</b><br>Entries must be submitted through the Swimming Canada online entries system at <a href="http://www.swimming.ca">www.swimming.ca</a> and must include all attending coaches. Meet management will:  |   |   |
|                                     | <ul style="list-style-type: none"> <li>not accept entries via email;</li> <li>notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries;</li> <li>notify clubs of any meet format changes or designated warm-up times at least 5 days prior to the start of the competition.</li> </ul>   |   |   |
|                                     | 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.  |   |   |
|                                     | <input checked="" type="checkbox"/>   | NT entries are not permitted. (Exception for Bonus Swims.)  |   |
|                                     | <input checked="" type="checkbox"/>   | Entries must be submitted using provable times, recorded during the qualifying period. Swimmers with provable times recorded during the qualifying period must submit those times and not enter swimmers with "NT". |   |
|                                     | <input checked="" type="checkbox"/>   | Qualifying standard for entry is:   | See Times in Order of Events and event file: <ul style="list-style-type: none"> <li>- 16&amp;Over qualifying times are Swim ON E (16-16) and de-qualifying times are Swim On C (17&amp;O)</li> <li>- 13, 14, 15 year old qualifying times are Swim ON E times and de-qualifying times are Swim On C times.</li> <li>- 10&amp;U, 11, 12 year old qualifying times are Swim ON FEST E times and de-qualifying times are Swim ON FEST C times</li> </ul> |
| <input checked="" type="checkbox"/> | <b>Bonus Swims</b> – 2 bonus swims per swimmer are allowed up to the entry limit (7 individual events). 400 Free is NOT eligible for Bonus. All Bonus entries must be slower than the qualifying standard. <b>No exhibition swims are allowed.</b>  |   |   |

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|                    |  |   |                  |
|--------------------|--|---|------------------|
|                    | <input checked="" type="checkbox"/>  | Qualifying period for entry to the meet is:   | 1 Sep 2023       |
| <b>RELAYS:</b>     | 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. |   |                  |
|                    | <input checked="" type="checkbox"/>  | Relay swimmers must be entered in a non-relay event in order to compete.  |                  |
|                    | <input checked="" type="checkbox"/>  | The deadline for relay name submissions is  | Start of Session |
| <b>CONVERSION:</b> | <input checked="" type="checkbox"/>  | Entry times are to be submitted in SCM. LCM entry times are to be converted at 2%. <b>This is a qualifying/de-qualifying meet and must be kept as an 'S' meet</b> (best time converted to SCM). |                  |
| <b>SEEDING:</b>    | <input checked="" type="checkbox"/>  | Seeding will be in order of times entered, slowest to fastest, as converted pursuant to the conversion process as per meet package. Swimmers entered with NT (no time) will be seeded last.     |                  |

## SCHEDULE OF SESSIONS

| <u>Session #</u> | <u>Date</u> | <u>Warm-up period</u> | <u>Start of session</u> | <u>Approx. Finish of session</u> | <u>Time Final/Heats /Finals</u> |
|------------------|-------------|-----------------------|-------------------------|----------------------------------|---------------------------------|
| 1                | Fri 23 Feb  | 4:00-4:55 pm          | 5:00 pm                 | 8:30 pm                          | Time Final                      |
| 2                | Sat 24 Feb  | 8:00 – 8:40 am        | 8:45 am                 | 10:30 am                         | Time Final                      |
| 3                | Sat 24 Feb  | 10:30-11:10 am        | 11:15 am                | 2:30 pm                          | Time Final                      |
| 4                | Sat 24 Feb  | 2:30-3:55 pm **       | 4:00 pm                 | 8:30 pm                          | Time Final                      |
| 5                | Sun 25 Feb  | 8:00 – 8:40 am        | 8:45 am                 | 10:30 am                         | Time Final                      |
| 6                | Sun 25 Feb  | 10:30-11:10 am        | 11:15 am                | 2:30 pm                          | Time Final                      |
| 7                | Sun 25 Feb  | 2:30-3:55 pm **       | 4:00 pm                 | 8:30 pm                          | Time Final                      |

\*\* Expecting Split warm-up (45 min each) – clubs in each split to be communicated after entry deadline.

|                               |  |  |  |
|-------------------------------|--|--|--|
| <b>MIXED-GENDER:</b>          | 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.<br>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 insures that the swimmer competes with competitors of the same gender for his/her heat.<br>In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers. |  |  |
| <b>CHECKIN AND SCRATCHES:</b> | <input checked="" type="checkbox"/>  | There will be no scratch deadline for the following:                         | Any events – scratches are to be marked on posted heat sheets without penalty. |
| <b>PENALTIES:</b>             | <input checked="" type="checkbox"/>  | No scratch penalty shall be imposed for late or day of scratches or No-Shows |  |

|                                |   |  |
|--------------------------------|---|--|
| <b>DECK ENTRIES:</b>           | <input checked="" type="checkbox"/>   | No Deck Entries are permitted  |
| <b>OFFICIAL SPLIT TIMES:</b>   | <input checked="" type="checkbox"/>   | 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 session (or event) in question. Not all requests may be possible.                        |
| <b>RECORDS:</b>                | <input checked="" type="checkbox"/>   | Swim times achieved at this event will be eligible for Provincial and National Records. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.  |
| <b>MEET RESULTS:</b>           | Official Results will be posted within 48 hours of completion of the meet to <a href="http://www.swimming.ca">www.swimming.ca</a>   |  |
|                                | <input checked="" type="checkbox"/>   | The meet program will be run on Hy-Tek Meet Manager.   |
|                                | <input checked="" type="checkbox"/>   | Results will be posted electronically as quickly as possible at the meet.  |
|                                | <input checked="" type="checkbox"/>   | Live Results / Meet Mobile are available.  |
| <b>SCORING:</b>                | <input checked="" type="checkbox"/>   | <p>The following will be scored:</p> <p>Team Points</p> <ul style="list-style-type: none"> <li>- Individual Events – 10-8-6-5-4-3-2-1</li> <li>- Relay Events – 20-16-12-10-8-6-4-2</li> </ul>   |
| <b>AWARDS:</b>                 | <input checked="" type="checkbox"/>   | <p>The following will be awarded:</p> <p>Medals – Gold, Silver, Bronze</p> <ul style="list-style-type: none"> <li>- Individual Events in the following age groups – 10&amp;U, 11, 12, 13, 14, 15, 16&amp;O</li> <li>- Relay Events in the following age groups – 10&amp;U, 11-12, 13-14, 15&amp;O</li> </ul> |
| <b>ADDITIONAL INFORMATION:</b> | <p><b>ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES</b></p> <ol style="list-style-type: none"> <li>1. The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet.</li> <li>2. Absolutely no food in the bleachers or on the pool deck.</li> <li>3. No running on the deck, under the bleachers or on the bleachers.</li> <li>4. No climbing across the railing between the gallery and the bleachers.</li> <li>5. No climbing over the yellow gates between the pool deck and the bleachers.</li> <li>6. Shoes must be worn whenever outside the pool or change room areas.</li> <li>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.</li> <li>8. The use of flippers and hand paddles, during warm-ups is prohibited.</li> <li>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.</li> </ol> <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 and Time Standards:

| <b>FRIDAY EVENING</b>              |      |               |            |               |             |         |               |            |
|------------------------------------|------|---------------|------------|---------------|-------------|---------|---------------|------------|
| Warm-up: 4:00 pm<br>Start: 5:00 pm |      |               |            |               |             |         |               |            |
| <b>GIRLS</b>                       |      |               |            | <b>EVENTS</b> | <b>BOYS</b> |         |               |            |
| Event                              | Age  | De-Qualifying | Qualifying |               | Event       | Age     | De-Qualifying | Qualifying |
| 1                                  | 13   | 2:49.77       | 3:05.21    | 200 IM        | 2           | 13      | 2:43.38       | 2:58.24    |
|                                    | 14   | 2:45.07       | 3:00.07    |               |             | 14      | 2:37.49       | 2:51.80    |
| 3                                  | 15   | 2:43.37       | 2:58.22    |               | 4           | 15      | 2:33.48       | 2:47.44    |
|                                    | 16&O | 2:39.47       | 2:55.60    |               |             | 16&O    | 2:26.17       | 2:42.36    |
| 5                                  | 10&U | 7:00.73       | 7:38.98    | 400 FREE      | 6           | 10&U    | 7:11.45       | 7:50.68    |
| 7                                  | 11   | 6:14.22       | 6:48.24    |               | 8           | 11      | 6:21.15       | 6:55.80    |
|                                    | 12   | 5:49.97       | 6:21.78    |               |             | 12      | 5:51.12       | 6:23.04    |
| 9                                  | 13   | 5:14.90       | 5:43.52    | 400 FREE      | 10          | 13      | 5:06.38       | 5:34.24    |
|                                    | 14   | 5:06.59       | 5:34.46    |               |             | 14      | 4:56.84       | 5:23.82    |
| 11                                 | 15   | 5:04.88       | 5:32.59    |               |             | 12      | 15            | 4:48.72    |
|                                    | 16&O | 4:57.33       | 5:28.16    |               | 16&O        | 4:37.95 | 5:07.54       |            |

| <b>SATURDAY MORNING – 10&amp; Under</b> |      |               |            |               |             |      |               |            |
|---|------|---------------|------------|---------------|-------------|------|---------------|------------|
| Warm-up: 8:00 am<br>Start: 8:45 am      |      |               |            |               |             |      |               |            |
| <b>GIRLS</b>                            |      |               |            | <b>EVENTS</b> | <b>BOYS</b> |      |               |            |
| Event                                   | Age  | De-Qualifying | Qualifying |               | Event       | Age  | De-Qualifying | Qualifying |
| 13                                      | 10&U | 3:48.69       | 4:09.48    | 200 IM        | 14          | 10&U | 3:52.32       | 4:13.44    |
| 17                                      | 10&U | 1:31.18       | 1:39.47    | 100 FREE      | 18          | 10&U | 1:32.96       | 1:41.41    |
| 21                                      | 10&U | 50.00         | 55.00      | 50 BREAST     | 22          | 10&U | 50.00         | 55.00      |
| 25                                      | 10&U | 1:44.29       | 1:53.77    | 100 BACK      | 26          | 10&U | 1:47.27       | 1:57.02    |
| 29                                      | 10&U | 45.00         | 50.00      | 50 FLY        | 30          | 10&U | 45.00         | 50.00      |
| 33                                      | 10&U |               |            | 4x50 FREE     | 34          | 10&U |               |            |

| <b>SATURDAY LATE MORNING – 11-12 YR OLD</b> |       |               |            |               |             |       |               |            |
|---|-------|---------------|------------|---------------|-------------|-------|---------------|------------|
| Warm-up: 10:30 am<br>Start: 11:15 am        |       |               |            |               |             |       |               |            |
| <b>GIRLS</b>                                |       |               |            | <b>EVENTS</b> | <b>BOYS</b> |       |               |            |
| Event                                       | Age   | De-Qualifying | Qualifying |               | Event       | Age   | De-Qualifying | Qualifying |
| 15  | 11    | 3:19.82       | 3:37.98    | 200 IM        | 16          | 11    | 3:22.13       | 3:40.50    |
|   | 12    | 3:08.27       | 3:25.38    |               |             | 12    | 3:08.27       | 3:25.38    |
| 19  | 11    | 1:19.64       | 1:26.88    | 100 FREE      | 20          | 11    | 1:20.78       | 1:28.13    |
|   | 12    | 1:15.09       | 1:21.91    |               |             | 12    | 1:14.53       | 1:21.30    |
| 23  | 11    | 3:46.40       | 4:06.98    | 200 BREAST    | 24          | 11    | 3:56.63       | 4:18.14    |
|   | 12    | 3:32.74       | 3:52.08    |               |             | 12    | 3:33.74       | 3:52.08    |
| 27  | 11    | 1:31.58       | 1:39.90    | 100 BACK      | 28          | 11    | 1:32.72       | 1:41.15    |
|   | 12    | 1:25.90       | 1:33.71    |               |             | 12    | 1:27.03       | 1:34.94    |
| 31  | 11    | 3:38.44       | 3:58.30    | 200 FLY       | 32          | 11    | 4:04.61       | 4:26.84    |
|   | 12    | 3:20.23       | 3:38.44    |               |             | 12    | 3:23.65       | 3:42.17    |
| 35  | 11-12 |               |            | 4x50 FREE     | 36          | 11-12 |               |            |

# 2024 Central Region SC 'C' Champs

## SATURDAY AFTERNOON – 13&Over

Warm-up: 2:30 pm  
Start: 4:00 pm

| <b>WOMEN</b> |            |                      |                   | <b>EVENTS</b> | <b>MEN</b>   |            |                      |                   |
|--------------|------------|----------------------|-------------------|---------------|--------------|------------|----------------------|-------------------|
| <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> |
| 37           | 13         | 1:08.17              | 1:14.36           | 100 FREE      | 38           | 13         | 1:05.36              | 1:11.30           |
|              | 14         | 1:06.72              | 1:12.78           |               |              | 14         | 1:03.12              | 1:08.86           |
| 39           | 15         | 1:05.98              | 1:11.98           |               | 40           | 15         | 1:01.63              | 1:07.24           |
|              | 16&O       | 1:04.60              | 1:11.54           |               |              | 16&O       | 58.78                | 1:05.10           |
| 41           | 13         | 3:09.89              | 3:27.16           | 200 BREAST    | 42           | 13         | 3:04.76              | 3:21.55           |
|              | 14         | 3:07.52              | 3:24.56           |               |              | 14         | 2:59.76              | 3:16.10           |
| 43           | 15         | 3:06.96              | 3:23.95           |               | 44           | 15         | 2:57.21              | 3:13.32           |
|              | 16&O       | 3:04.58              | 3:22.38           |               |              | 16&O       | 2:48.03              | 3:05.17           |
| 45           | 13         | 1:16.93              | 1:23.93           | 100 BACK      | 46           | 13         | 1:14.53              | 1:21.30           |
|              | 14         | 1:15.61              | 1:22.49           |               |              | 14         | 1:12.49              | 1:19.08           |
| 47           | 15         | 1:14.53              | 1:21.30           |               | 48           | 15         | 1:10.60              | 1:17.02           |
|              | 16&O       | 1:12.20              | 1:20.08           |               |              | 16&O       | 1:06.79              | 1:13.69           |
| 49           | 13         | 2:54.27              | 3:10.12           | 200 FLY       | 50           | 13         | 2:48.09              | 3:03.37           |
|              | 14         | 2:51.20              | 3:06.77           |               |              | 14         | 2:44.77              | 2:59.75           |
| 51           | 15         | 2:49.87              | 3:05.32           |               | 52           | 15         | 2:40.31              | 2:54.89           |
|              | 16&O       | 2:42.02              | 2:59.42           |               |              | 16&O       | 2:28.89              | 2:44.08           |
| 53           | 13-14      |                      |                   | 4x50 FREE     | 54           | 13-14      |                      |                   |
| 55           | 15&O       |                      |                   | 4x50 FREE     | 56           | 15&O       |                      |                   |
| 57           | 13         | 5:58.74              | 6:31.36           | 400 IM        | 58           | 13         | 5:47.80              | 6:19.42           |
|              | 14         | 5:55.69              | 6:28.02           |               |              | 14         | 5:38.60              | 6:09.38           |
| 59           | 15         | 5:45.79              | 6:17.22           |               | 60           | 15         | 5:33.28              | 6:03.58           |
|              | 16&O       | 5:39.45              | 6:14.80           |               |              | 16&O       | 5:22.05              | 5:54.88           |

## SUNDAY MORNING – 10&U

Warm-up: 8:00 am  
Start: 8:45 am

| <b>GIRLS</b> |            |                      |                   | <b>EVENTS</b> | <b>BOYS</b>  |            |                      |                   |
|--------------|------------|----------------------|-------------------|---------------|--------------|------------|----------------------|-------------------|
| <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> |
| 61           | 10&U       | 3:20.86              | 3:39.12           | 200 FREE      | 62           | 10&U       | 3:26.91              | 3:45.72           |
| 65           | 10&U       | 1:50.24              | 2:00.26           | 100 FLY       | 66           | 10&U       | 1:55.62              | 2:06.13           |
| 69           | 10&U       | 3:45.26              | 4:05.74           | 200 BACK      | 70           | 10&U       | 3:55.98              | 4:17.44           |
| 73           | 10&U       | 1:58.00              | 2:08.72           | 100 BREAST    | 74           | 10&U       | 2:02.77              | 2:13.93           |
| 77           | 10&U       | 41.12                | 44.86             | 50 FREE       | 78           | 10&U       | 40.35                | 44.02             |
| 81           | 10&U       |                      |                   | 4x50 MEDLEY   | 82           | 10&U       |                      |                   |
| 85           | 10&U       | 1:43.53              | 1:52.94           | 100 IM        | 86           | 10&U       | 1:45.81              | 1:55.43           |

## SUNDAY LATE MORNING – 11-12 YR OLD

Warm-up: 10:30 am

Start: 11:15 am

| <b>GIRLS</b> |       |                   |            | <b>EVENTS</b> | <b>BOYS</b> |       |                   |            |
|--------------|-------|-------------------|------------|---------------|-------------|-------|-------------------|------------|
| Event        | Age   | De-<br>Qualifying | Qualifying |               | Event       | Age   | De-<br>Qualifying | Qualifying |
| 63           | 11    | 2:54.08           | 3:09.90    | 200 FREE      | 64          | 11    | 2:57.47           | 3:13.61    |
|              | 12    | 2:43.82           | 2:58.72    |               |             | 12    | 2:42.69           | 2:57.48    |
| 67           | 11    | 1:35.00           | 1:43.63    | 100 FLY       | 68          | 11    | 1:37.85           | 1:46.74    |
|              | 12    | 1:28.18           | 1:36.19    |               |             | 12    | 1:27.60           | 1:35.57    |
| 71           | 11    | 3:15.68           | 3:33.47    | 200 BACK      | 72          | 11    | 3:20.23           | 3:38.44    |
|              | 12    | 3:04.31           | 3:21.06    |               |             | 12    | 3:04.87           | 3:21.67    |
| 75           | 11    | 1:45.81           | 1:55.43    | 100 BREAST    | 76          | 11    | 1:48.08           | 1:57.90    |
|              | 12    | 1:39.55           | 1:48.60    |               |             | 12    | 1:38.99           | 1:47.99    |
| 79           | 11    | 36.41             | 39.72      | 50 FREE       | 80          | 11    | 36.70             | 40.03      |
|              | 12    | 34.69             | 37.85      |               |             | 12    | 33.90             | 36.98      |
| 83           | 11-12 |                   |            | 4x50 MEDLEY   | 84          | 11-12 |                   |            |
| 87           | 11    | 7:00.94           | 7:39.20    | 400 IM        | 88          | 11    | 7:29.38           | 8:10.24    |
|              | 12    | 6:36.17           | 7:12.18    |               |             | 12    | 6:44.25           | 7:21.00    |

## SUNDAY AFTERNOON – 13&Over

Warm-up: 2:30 pm

Start: 4:00 pm

| <b>WOMEN</b> |       |                   |            | <b>EVENTS</b> | <b>MEN</b> |       |                   |            |
|--------------|-------|-------------------|------------|---------------|------------|-------|-------------------|------------|
| Event        | Age   | De-<br>Qualifying | Qualifying |               | Event      | Age   | De-<br>Qualifying | Qualifying |
| 89           | 13    | 2:28.07           | 2:41.53    | 200 FREE      | 90         | 13    | 2:23.15           | 2:36.17    |
|              | 14    | 2:24.83           | 2:37.99    |               |            | 14    | 2:18.81           | 2:31.43    |
| 91           | 15    | 2:23.52           | 2:36.56    |               | 92         | 15    | 2:14.30           | 2:26.51    |
|              | 16&O  | 2:19.83           | 2:34.52    |               |            | 16&O  | 2:08.84           | 2:22.28    |
| 93           | 13    | 1:16.73           | 1:23.70    | 100 FLY       | 94         | 13    | 1:14.50           | 1:21.28    |
|              | 14    | 1:15.54           | 1:22.40    |               |            | 14    | 1:11.40           | 1:17.89    |
| 95           | 15    | 1:14.38           | 1:21.14    |               | 96         | 15    | 1:09.18           | 1:15.47    |
|              | 16&O  | 1:12.67           | 1:20.09    |               |            | 16&O  | 1:06.19           | 1:12.95    |
| 97           | 13    | 2:46.05           | 3:01.14    | 200 BACK      | 98         | 13    | 2:41.06           | 2:55.70    |
|              | 14    | 2:41.83           | 2:56.54    |               |            | 14    | 2:37.05           | 2:51.32    |
| 99           | 15    | 2:40.04           | 2:54.59    |               | 100        | 15    | 2:33.41           | 2:47.35    |
|              | 16&O  | 2:35.99           | 2:53.12    |               |            | 16&O  | 2:25.30           | 2:40.22    |
| 101          | 13    | 1:28.15           | 1:36.17    | 100 BREAST    | 102        | 13    | 1:25.58           | 1:33.36    |
|              | 14    | 1:27.09           | 1:35.00    |               |            | 14    | 1:22.45           | 1:29.94    |
| 103          | 15    | 1:26.43           | 1:34.28    |               | 104        | 15    | 1:21.52           | 1:28.93    |
|              | 16&O  | 1:25.09           | 1:33.77    |               |            | 16&O  | 1:17.12           | 1:24.98    |
| 105          | 13    | 31.47             | 34.33      | 50 FREE       | 106        | 13    | 29.87             | 32.58      |
|              | 14    | 30.92             | 33.73      |               |            | 14    | 28.97             | 31.61      |
| 107          | 15    | 30.47             | 33.24      |               | 108        | 15    | 28.45             | 31.03      |
|              | 16&O  | 29.90             | 33.02      |               |            | 16&O  | 27.05             | 29.88      |
| 109          | 13-14 |                   |            | 4x50 MEDLEY   | 110        | 13-14 |                   |            |
| 111          | 15&O  |                   |            | 4x50 MEDLEY   | 112        | 15&O  |                   |            |