



## At the Jenison High School Aquatics Center Hosted by Jenison Area Wildcat Swimming (JAWS)

Friday, March 19      Saturday, March 20      Sunday, March 21

**Sanction:** This meet is sanctioned by Michigan Swimming, Inc., as a Championship prelim/finals and timed finals (selected events) swimming meet on behalf of USA Swimming, Sanction #MI0910042 and will also offer time trials if time permits at the discretion of the Meet Referee and Meet Director. All Michigan Swimming, Inc. rules, safety and warm up procedures will govern the meet as if fully set forth in this meet announcement.

**Location:** The Jenison HS Aquatics Center is located at 2140 Bauer Rd., Jenison, Michigan, 49428. A map to the pool can be found at our website: [www.jenisonaquatics.org](http://www.jenisonaquatics.org). The pool office phone number is 616-667-3571.

**Parking:** The Jenison HS Aquatics Center is located in a high school that will be in session Friday, March 19, 2010. The academic school day begins at 8:00 a.m. Parking will be based on a first come first served basis. The JAWS swim team recommends that when you drop your swimmer(s) off for warm-up at 7:15 a.m., that you park immediately! If you leave and try to park at 9 a.m. when the meet begins, you may have to park at a distance and walk to the building. **Carpooling is recommended for the Friday a.m. session if possible.** Ample parking will be available for all sessions other than the Friday morning session.

**Facilities:** The Jenison HS Aquatics Center is an 8 lane 25 yard pool with 16 lane capability. This competition course has not been certified in accordance with 104.2.2C(4). Eight lanes will be used for competition and an additional eight lanes will be available for warm-up and warm-down in the preliminary sessions. An eight lane championship course may be set-up in the center of the pool for finals (with warm up and warm down lanes on either side). Coaches and officials will determine if we use the championship set up at night or stay in the deep end. JAWS will accommodate what the majority wishes to do. Non-turbulent lane markers will be used. IST timing with an 8 lane display with subtractive splits will be used (16 lane capability). There is ample balcony seating for spectators. Lockers are available (provide your own lock). Jenison High School, Michigan Swimming, Inc., USA Swimming, Inc. and the Jenison Area Wildcats (JAWS) are not responsible for lost or stolen items.

**\*COOLERS AND FOLD-UP CHAIRS WILL NOT BE ALLOWED IN THE SPECTATOR AREA. THE WALKWAY ABOVE THE SPECTATOR AREA MUST REMAIN CLEAR AT ALL TIMES. NO SITTING IN THE STAIRWELL, EITHER. THIS IS A FIRE HAZARD.**

**Eligibility:** All swimmers registered with Michigan Swimming who have achieved an actual short course yards, short course meters or long course meters time equal to or faster than the qualifying standards (referred to as Q1 times) during the qualifying period are eligible to enter an event.

**Times:      Thursday Practice Time:**

7:00 – 9:00 p.m.      Practice time available for any team to use the competition pool.

**THIS IS FOR COACHES AND SWIMMERS, NO PARENTS ON THE DECK!**

The \$15.00, all session wristband can be purchased from 7:00-9:00 p.m. on Thursday night.

**Friday Preliminaries:**

6:30 Balcony doors will open  
7:00 – 7:20 a.m. General Meeting in the hospitality room on the pool deck  
7:30 – 8:50 a.m. Warm-up  
7:35 a.m. Scratch Box Closes for Friday Prelims,  
*Friday's 400 Medley Relay must be Checked In (by Coaches Only) to be seeded.*  
9:00 a.m. Events Start  
10:00 a.m. Relays Declared - 400 Medley Relay  
Swimmers in the 1000 Free on Friday must check in and confirm their intention to compete in order to be seeded

**Friday Finals (No Finals Check In Required):**

4:00 Balcony doors will open  
4:30 – 5:20 p.m. Warm Up  
5:30 p.m. Events Start  
6:00 p.m. Scratch Box Closes for Sat Prelims,  
*Saturday's 800 Free Relay must be Checked In (by Coaches only) to be seeded.*

**Saturday Preliminaries:**

7:00 a.m. Balcony doors will open  
7:30 – 8:50 a.m. Warm Up  
9:00 a.m. Events Start  
10:00 a.m. Relays Declared - 800 Free Relay

**Saturday Finals (No Finals Check In Required):**

4:00 p.m. Balcony doors will open  
4:30 – 5:20 p.m. Warm Up  
5:30 p.m. Events Start  
6:00 p.m. Scratch Box Closes for Sunday Prelims  
*\*Sunday 1650 Swimmers must be Checked In to be seeded.*  
*\*Sunday 400 Free Relay must be Checked In (by Coaches only) to be seeded.*  
*\*See paragraph on downseeding for the 1650 and/or the 400 Free Relay.*

**Sunday Preliminaries:**

7:00 a.m. Balcony doors will open  
7:30 a.m. – 8:50 a.m. Warm Up  
9:00 a.m. Events Start  
10:00 a.m. Relays Declared -400 Free Relay

**Sunday Finals (No Finals Check In Required):**

**\*Note that Sunday Session starts ½ hour earlier than Fri and Sat Finals Sessions**  
3:30 p.m. Balcony doors will open  
4:00 – 4:50 p.m. Warm Up  
5:00 p.m. Events Start

**Age Group:** A swimmer's age on March 19, 2010, will determine his/her eligibility for a particular age group for the entire meet. You must swim your own age group.

**Format:** All Michigan Swimming, Inc. LSC individual events are offered in the 13/14 age group and Open Division in this three-day meet. All individual events are prelim – final events with two selected timed final exceptions (1000 Free and 1650 Free) with the preliminaries swum in the morning and the finals at night. All relays are timed finals.

**Qualifying Period:** The qualifying time must have been achieved on or since January 1, 2009.

**Conversion/Entry Times:** No time conversions are permitted. Times must be submitted in short course yards, short course meters, or long course meters. Entry times for individual and relay events shall (a) be achieved during the qualifying period (b) be submitted to the hundredths of a second and (c) be the fastest achieved time by

the swimmer/relay during the qualifying period. Exception for the two individual Timed Finals Events and all Relays: A swimmer, if entered in two or more events on the day of the 1000 Free or the 1650 Free, may enter the 1000 Free and/or 1650 Free timed final event at his/her fastest time or at the Q1 time standard at his/her discretion. Relays may enter at either fastest time or at the Q1 time standard. **THIS MUST BE DONE WITH YOUR ORIGINAL ENTRIES AND NOT CHANGED AT THE MEET.**

**Entry Limits:** A swimmer may enter any number of individual events in which the qualifying time standard has been met. However, a swimmer may swim no more than three individual events per day. A swimmer may swim no more than six individual events for the entire three day meet. If a swimmer is entered in more than three individual events per day, he/she must scratch out of the desired excess event(s) by using a scratch card dropped in the scratch box by the stated time. Failure to properly scratch excess events will result in an automatic scratch of all events that exceed the event per day limit.

**Entry Fees : \$5.00 per individual event. Please include a \$3.00 Michigan Swimming Athlete Surcharge for each swimmer entered.**

**Entry Extension: NEW CUTS** achieved at a meet occurring between March 8 and March 15 (including new cuts achieved at the MHSAA High School Boys State Meets and the any Day After Invitationals) must be received no later than Monday, March 15, 2010, at 6:00 p.m. Entries must be emailed on the attached form directly to the Meet Entry Chair at [entries@jenisonaquatics.org](mailto:entries@jenisonaquatics.org). Include all relevant information in the email including the USA registered name, DOB, and USA ID #. Bring your entry fees to the meet and see the Clerk of Course immediately upon arrival.

**Refunds:** There are no refunds in full or in part once a team or individual entry has been received and processed by the Entry Chair.

#### **Finals Info:**

**Individual Events:** There will be two heats of individual finals in both the 13/14 and Open Divisions – each heat is comprised of a maximum of eight (8) swimmers. These will be referred to as “A, B” Finals or “Championship Finals and Consolation Finals.” These will swim in a B-Consolation, A-Championship Finals order. The fastest seeded heat (top eight) after scratches (if any) of the Open 1000 Free (male and female) will swim in the finals session on Friday night. The fastest seeded heat (top eight) after scratches (if any) of the Open 1650 Free (male and female) will swim in the finals session on Sunday night.

**Relay Events:** The fastest seeded heat (top eight) of all relays will swim in the evening finals session. The remainder of the relays swim in the prelims in the morning.

**Order of Events:** Note the order of events as stated in the schedule of events for Finals. Finals are not necessarily swum in the same order as they are swum in the Prelims. Always consult the heat sheet.

**Scratch Rules/Individual Events: (1)** All individual events will conform to the USA National Scratch Procedure **with the exception of the 1000 Free and the 1650 Free.** With these rules in effect you are no longer required to “check in” for any individual events – you are already “checked in” by virtue of your entry and thus expected to swim the event. If you are entered in an event you must swim the event or, if desired, scratch the event correctly in order to not be penalized. To scratch a preliminary or timed finals event you must drop a scratch card in a scratch box by the time stated. To scratch from a Finals event (that you have qualified for) you must scratch or declare your intention to scratch within 30 minutes after the qualifiers are announced pursuant to 207.7.9 (E). If you fail to scratch out of any individual event correctly and fail to compete in the event- you will be penalized.

**(2)** Once a scratch card is dropped in the scratch box the swimmer is declared scratched from the event. Only Coaches and swimmers may use a scratch card to scratch an event.

**(3)** A separate scratch card must be used to scratch each individual event a swimmer desires to scratch. Exception: A Coach may use a single scratch card to scratch a swimmer from all events the swimmer is entered in (ie. remove the swimmer from the entire meet).

#### **Penalties for Failure to Compete:**

**Preliminary Events:** If you fail to drop your scratch card by the time stated for the event and fail to compete, the swimmer will be barred from all further preliminary individual and relay events of that day. Additionally, the

swimmer will not be seeded in any further individual events on succeeding days unless that swimmer declares intent to swim prior to the close of the scratch box for that day's event. (See Meet Referee or his/her designee).

**Finals:** If you qualify for finals as a result of your preliminary swim and fail to properly scratch or properly declare your intention to scratch pursuant to the rule within 30 minutes after the final qualifiers are announced and fail to compete in the finals at night, you will be barred from further competition for the remainder of the meet. NOTE: If you declare that you may want to scratch an event but do not return to confirm that scratch within 30 minutes following the conclusion of your last event, you will be seeded into the Finals event and will be similarly penalized if you do not compete in Finals. (See Meet Referee or his/her designee)

**1000 Free and 1650 Free Timed Final events:** If, after you check in for the 1000 Free or the 1650 Free and (A) as a result of top 8 seeding and failing to properly scratch and failing to compete in the evening Finals, the swimmer will be barred from swimming any events for the remainder of the meet, or (B) as a result of being seeded in the heats that swim during the morning sessions and fail to compete, the swimmer will be barred from swimming any further preliminary individual or relay events that day. Additionally, the swimmer will not be seeded in any further individual events on succeeding days unless that swimmer declares intent to swim prior to the close of the scratch box for that day's event. (See Meet Referee or his/her designee).

### **Scratch Deadlines:**

**Scratch deadline for Prelim Events:** All prelim scratch times are listed very specifically above in the "Times" section.

**Scratch deadline for all Final events:** Thirty minutes after the qualifiers for the event are announced. (See USA Rule 207.7.9 D and E).

**Additional \$50 Penalty:** In addition to the procedures and penalties stated above, if a swimmer participates in any event in this meet and then fails to compete in his/her last scheduled individual event of the meet without have properly scratched that event, he/she shall be fined \$50 payable immediately to MS. The swimmer is not allowed to compete in any subsequent MS sanctioned events until the fine is paid.

**Relay Check In:** All relay check in times are listed very specifically above in the "Times" section.

Failure to check in the relay (to be seeded) by the time stated will result in the relay being scratched and the relay will not be allowed to swim. The coaches should declare the actual swimmers (when they check the relays in) that will swim on the relay by writing the names and the order they will swim on the relay card and returning the card to the designated Meet Personnel. Coaches may, at their discretion, delay the declaration of relay swimmers (Relays Declared) until a stated time.

**Declaration Of Relay Swimmers:** In addition to the relay check in requirement, the names and order of relay swimmers and alternates must initially be declared (**Relays Declared**) by accurately writing all the swimmers names and order on a relay card provided for that purpose. The names and order of four relay swimmers must be declared for seeding purposes by **(1)** 10 a.m. Friday for the 400 Medley Relays **(2)** 10 a.m. Saturday for the 800 Free Relays and **(3)** 10 a.m. Sunday for the 400 Free Relays. The order of relay swimmers may be changed (by Coaches Only) up to the start of the heat. If a Coach wishes to change the order of the four swimmers that will actually swim, the Coach must indicate the change to the Deck Referee or his/her designee sufficiently in advance to the start of the heat so as not to delay the heat. The Deck Referee or his/her designee in the Coach's presence will alter the order of swimmers on the relay card. If the relay fails to actually swim in the final order as declared on the relay card - the relay will be disqualified.

### **Seeding:**

**Individual Events:** **(1)** Individual events will be swum in preliminary/final format except for the 13/14 and Open 1000 Free and the 13/14 and Open 1650 Free will be swum in a Timed Finals format possibly using 16 lanes of competition. Other events may be swum using 16 lanes of competition based on the timeline of the meet. Whatever events will be using 16 lanes for competition will be clearly communicated with all coaches and swimmers.

**(2)** The Open 1000 and 1650 events will be seeded after check in closes. The fastest seeded heat (top 8) after scratches (if any) of the Open 1000 and 1650 Free will swim during the finals session. The remaining heats of the Open 1000 and 1650 events will swim in the morning session using 8 or 16 lanes for competition. All swimmers MUST check heat sheets for exact heat and lane assignments. Awards and scoring/place for this event are

determined by all the athletes' performances in all the heats (i.e. times achieved in the preliminary heats are used to determine the top 16 finishers even though the time was not achieved in the Finals).

**(3)** The 13/14 1000 Free and 13/14 1650 Free will be seeded after check in closes. All heats of these events will be swum during the morning sessions using 8 or 16 lanes for competition. Awards and scoring/place for these events are determined by all the athletes' performances in all the heats.

**(4)** The final three heats of all prelim/final events will be circle seeded fastest to slowest. All swimmers MUST check heat sheets for heat and lane assignments.

**Relay Events:** **(1)** All relay events will be timed finals.

**(2)** The fastest seeded heats (top eight) of the relay events will be swum during the finals sessions in the evening as stated in the schedule of events.

**(3)** Relays will be seeded slowest to fastest.

**Down seeding:** Down seeding will only be allowed for the 400 Free Relay and the 1650 Freestyle both swum on Sunday. Down seeding must be declared by the check-in deadline for these events. When you down seed you will be placed in the same relative order in prelims as your seeding would be in finals. Please note that we must have full heats in finals and therefore will only accommodate down seeding until we are jeopardizing the Final heats at night.

**Protests:** USA Swimming Rule 102.11 shall be used.

**Marshaling:** This is a self-marshaled meet. All swimmers will be expected to find their heat and lane independently. Heats will not be delayed. Heat cards will not be used. Heat sheets will be posted underneath the flag on the east side of the pool and underneath the scoreboard on the west side of the pool.

**Awards:** Michigan Swimming, Inc. provides medals for 1<sup>st</sup> – 8<sup>th</sup> place finishers in both individual and relay events and ribbons for 9<sup>th</sup> – 16<sup>th</sup> in all individual events. JBL Engraving will be on site to engrave individual and relay medals. There are individual high point awards for 1<sup>st</sup> – 3<sup>rd</sup> place finishers in each age group. There is an overall Team State Champion and runner-up trophy.

**Award Presentation:** There will be a formal awards presentation in each session as described in the meet program and/or heat sheet. It is expected that athletes will appear on time for awards so as not to delay the meet. Rissley Photography will be at the meet for action photos. They can be purchased on site in the pool balcony.

**Award Distribution:** Awards for 9<sup>th</sup> – 16<sup>th</sup> place will be bagged for each team and available for immediate pickup at the end of the meet on Sunday evening. All awards not picked up by the coach will be available at the JAWS Sun & Fun meet in June. No awards will be mailed. No exceptions.

**Timers:** Participating clubs are no longer required to provide timers for any session of the USA state meet. However, without a volunteer timer for each swimmer in the 13/14 and Open 1000 Free and 1650 Free we will only be able to run one 8 lane course for the distance events as the host club will only have the necessary 18 timers. If each preliminary heat of the 13/14 and Open 1000 Free and 1650 Free are able to provide a volunteer timer we could utilize 16 lanes and get your swimmers done sooner.

**Volunteers:** If you would like to volunteer for any session you may email [volunteer@jenisonaquatics.org](mailto:volunteer@jenisonaquatics.org). You will receive an email response back within 24 hours. If you do not hear from us please email us again to ensure that the email was received by the JAWS staff. ***If you volunteer for two or more sessions you will receive a free volunteer t-shirt with the state meet logo on it 😊!***

**Programs:** Programs for the entire meet are \$8.00. Coupons for preliminary heat sheets will be located on the back page of the program. Return your heat sheet coupon, which you will find in our program, to the concession stand when announced that they are available. Preliminary heat sheets are \$2.00 (without a coupon). Final session heat sheets are \$1.00 and can be purchased at admissions. An evaluation form will also be located in the program. Please fill this out at your convenience and return it to admissions.

**Admissions:** \$5.00 per person, per day (one time fee for prelims and finals), under ten are free. The option to purchase a wrist band for \$15.00 (all session pass) on Thursday night (during the open lap swimming time) and all day on Friday will be available. There is no discount with the wristband, but

you will not have to wait in line for any sessions if you have the wristband affixed to your wrist. The wristband must be worn on one of your wrists. No exceptions. Please do not abuse this family friendly policy.

**Bag tags:** Bag tags will be available for pick up near the admissions table during all prelim sessions. If bag tag distribution is at admissions, signs will be posted, and bag tags may not be available until after the morning rush.

**Scoring:** Individual events points: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1 for 1<sup>st</sup>-16<sup>th</sup> respectively.  
Relays: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2 for 1<sup>st</sup>-16<sup>th</sup> respectively. Relay points affect team scoring only and are not counted toward individual high point.

**Results:** Complete meet results will be posted as soon as possible after each heat on [www.jenisonaquatics.org](http://www.jenisonaquatics.org) (Live Time results). Results will also be posted following the conclusion of the meet on the Michigan Swimming Website at [www.uss-michigan.com](http://www.uss-michigan.com). Results will also be available (HY-TEK Meet Manager) to coaches only (Coaches must provide a flash drive).

**Concessions/Hospitality:** Full concessions will be available in the pool balcony for swimmers and spectators. Food and beverages in plastic containers will be allowed on the deck. NO glass containers will be allowed on the pool deck and will be confiscated if found. Violators of the No Glass rule face ejection from the meet (either spectator or athlete) in the discretion of the Meet Referee. You may also expose yourself to further sanctions from Michigan Swimming, Inc. [Glass on deck or in the pool) can close down the meet.] Trash receptacles will be available all over the pool deck and balcony area. Please use them ☺! A hospitality area will be available for coaches & officials.

**Lost and Found:** Articles may be turned in to a designated lost and found area on the pool deck. The Meet host will retain articles not picked up by the end of the meet for 14 days. Articles will be donated to a charitable organization after 14 days.

**Safety:** Michigan Swimming safety and warm up rules will be followed. In the event of a medical emergency the swimmer's coach is responsible for the care of the athlete. The participating athlete and/or the athlete's USA Swim Club will be responsible for any costs incurred if it is necessary to call 911, EMS, etc. If the athlete is participating without a parent present it is highly suggested that the coach have the athlete's insurance cards and signed releases allowing them to direct medical care.

**Deck Personnel:** Only swimmers, registered and certified coaches and meet officials/workers are allowed on the deck. Coaches must be current in all certifications through the final date of the meet. *NO PARENTS ON DECK EXCEPT IN CASES OF MEDICAL EMERGENCY.*

**Gen Info:** Any errors or omissions in this meet announcement will be documented by the Meet Referee and available for review at the Clerk of Course. Information will also be covered at the Coaches' Meeting.

**Facility Items:**

- (A) First Aid supplies will be kept with the lifeguard on duty and at concessions
- (B) No smoking is allowed in the building or on the grounds.
- (C) No glass or coolers are allowed anywhere in the aquatics center.
- (D) No folding chairs/bag chairs/camping chairs will be allowed in the balcony.
- (E) No bare feet allowed outside of the pool area.
- (F) An Emergency Action Plan is available for review near the Clerk of the Course.

**Meet Referee:** Paul Jones

**Meet Directors:** Jennifer Coffey (616-667-3571) Caroline Clement (616-450-1357)  
[JAWS@jenisonaquatics.org](mailto:JAWS@jenisonaquatics.org)  
Coaches only may contact the meet directors

**Meet Manager:** Julie Ray (616-538-8771)  
[Julie@jenisonaquatics.org](mailto:Julie@jenisonaquatics.org)  
 Coaches only may contact the meet manager

**Clerk of Course:** Deb Gillis

**Safety Marshall:** Tanner Livingston

**Swim Vendor:** Different Strokes Swim Shop  
 Email: [dsss@different-strokes.com](mailto:dsss@different-strokes.com) Phone 1-800-828-2623  
 Web site: [www.different-strokes.com](http://www.different-strokes.com)

**Photographer:** Rissley Photography  
 Email: [info@rissleyphoto.net](mailto:info@rissleyphoto.net) Phone: 616-558-9278  
 Web site: [www.rissleyphoto.net](http://www.rissleyphoto.net)

**Engraving:** JBL Engraving  
 Email: [jbl@jbl-enterprises.com](mailto:jbl@jbl-enterprises.com) Phone: 616-530-8647  
 Web site: [www.jbl-enterprises.com](http://www.jbl-enterprises.com)

**Food vendor:** Maui Wowi Fruit Smoothies

**State Meet Apparel:** Pre-order form is below. VERY LIMITED apparel (tshirts only) will be sold at the meet at an increased price (w/ no option of personalization). Colors and sizes will be VERY LIMITED. **ORDER NOW!**



**Qualifying Period: January 1, 2009 to entry deadline**

**September 2009; rev January 2010**

13-14 WOMEN			EVENT	13-14 MEN		
LCM	SCM	SCY		SCY	SCM	LCM
30.59	29.79	26.69	50 Freestyle	25.29	28.49	29.29
1:05.99	1:05.09	57.79*	100 Freestyle	55.09	1:03.49	1:05.39
2:22.99	2:21.29	2:05.09*	200 Freestyle	2:01.09	2:16.89	2:20.09
4:59.89	4:54.89	5:32.99*	400/500 Freestyle	5:25.09	4:49.79	4:59.59
10:20.99	10:06.49	11:35.99*	800/1000 Freestyle	11:19.99*	9:59.79	10:20.19
19:54.09	19:20.49	19:35.99*	1500/1650 Freestyle	19:17.99*	19:11.69	19:50.99
1:16.99	1:15.39	1:05.99*	100 Backstroke	1:04.09	1:13.89	1:16.09
2:44.29	2:40.89	2:21.59*	200 Backstroke	2:18.69*	2:38.79	2:43.49
1:27.79	1:24.79	1:13.99	100 Breaststroke	1:12.49	1:23.99	1:26.99
3:09.89	3:03.29	2:41.99	200 Breaststroke	2:38.09	3:04.79	3:11.49
1:16.59	1:16.19	1:05.59*	100 Butterfly	1:03.39*	1:16.09	1:15.99

2:57.99	3:02.69	2:27.99*	200 Butterfly	2:30.69	3:01.19	3:04.49
2:44.69	2:39.59	2:22.69	200 IM	2:17.39	2:38.29	2:42.69
5:55.39	5:46.09	5:03.89*	400 IM	4:59.99*	5:43.59	5:53.79
4:31.99	4:22.79	4:05.89	400 Free Relay	3:59.99	4:22.19	4:31.59
9:43.49	9:24.29	8:55.99	800 Free Relay	8:45.99	9:24.49	9:48.69
5:22.59	5:11.39	4:35.99	400 Medley Relay	4:30.99	5:18.49	5:29.89

<b>OPEN WOMEN</b>				<b>OPEN MEN</b>		
<b>LCM</b>	<b>SCM</b>	<b>SCY</b>	<b>EVENT</b>	<b>SCY</b>	<b>SCM</b>	<b>LCM</b>
29.49	28.89	25.89	50 Freestyle	23.49	25.79	26.49
1:03.69	1:02.79	55.99*	100 Freestyle	50.89*	56.49	58.09
2:17.99	2:15.39	2:01.29*	200 Freestyle	1:51.89	2:05.19	2:08.09
4:53.19	4:45.79	5:25.29*	400/500 Freestyle	5:03.99*	4:26.49	4:35.49
10:08.09	9:48.09	11:20.99*	800/1000 Freestyle	10:40.19	9:25.49	9:44.79
			1500/1650 Freestyle			
19:30.99	18:52.39	18:58.89	Freestyle	18:10.49	18:13.69	18:50.99
1:15.39	1:13.29	1:04.59	100 Backstroke	59.19	1:08.09	1:09.59
2:40.99	2:36.39	2:18.59*	200 Backstroke	2:09.19*	2:28.19	2:31.89
1:24.49	1:21.59	1:13.09*	100 Breaststroke	1:06.69	1:16.99	1:19.69
3:02.89	2:56.49	2:39.69*	200 Breaststroke	2:27.99*	2:52.49	2:58.69
1:11.29	1:10.49	1:02.99	100 Butterfly	57.09	1:05.39	1:05.29
2:48.89	2:45.89	2:23.39	200 Butterfly	2:15.99*	2:35.89	2:41.49
2:38.99	2:33.69	2:18.29*	200 IM	2:06.99*	2:21.09	2:25.99
5:43.99	5:36.79	4:54.29*	400 IM	4:40.99*	5:19.39	5:25.99
4:17.69	4:08.49	3:52.89	400 Freestyle Relay	3:31.99*	3:46.69	3:54.89
9:23.49	9:04.59	8:29.99	800 Freestyle Relay	7:47.99*	8:32.69	8:49.89
5:08.69	4:57.99	4:25.99	400 Medley Relay	4:08.99*	4:39.19	4:48.19

\* = standard revised this year

## SCHEDULE OF EVENTS

### Friday Prelims

**Warm-up: 7:30 – 8:50 a.m.**

**Events: 9:00 a.m.**

**Event order: 1-24**

<u>Girls</u>		<u>Event Name</u>	<u>Boys</u>	
<u>Event #</u>			<u>Event #</u>	
1		13-14 400 IM	2	
3		Open 400 IM	4	
5		13-14 100 Breast	6	
7		Open 100 Breast	8	
9		13-14 200 Free	10	
11		Open 200 Free	12	
13		13-14 100 Fly	14	
15		Open 100 Fly	16	
17		13-14 400 Med Relay	18	
19		Open 400 Med Relay	20	
21		Open 1000 Free	22	
23		13-14 1000 Free	24	

### Friday Finals

**Warm-up: 4:30 – 5:20 p.m.**

**Events: 5:30 p.m.**

**Event order: 21-22, 5-16, 1-4, 17-20**

### Saturday Prelims

**Warm-up: 7:30 – 8:50 a.m.**

Events: 9:00 a.m.  
Event order: 25-48

<u>Girls</u>		<u>Boys</u>
<u>Event #</u>	<u>Event Name</u>	<u>Event #</u>
25	13-14 200 IM	26
27	Open 200 IM	28
29	13-14 50 Free	30
31	Open 50 Free	32
33	13-14 200 Breast	34
35	Open 200 Breast	36
37	13-14 100 Back	38
39	Open 100 Back	40
41	13-14 500 Free	42
43	Open 500 Free	44
45	13-14 800 Free Relay	46
47	Open 800 Free Relay	48

**Saturday Finals**

Warm-up: 4:30 – 5:20 p.m.

Events: 5:30 p.m.

Event order: 25-48

**Sunday Prelims**

Warm-up: 7:30 – 8:50 a.m.

Events: 9:00 a.m.

Event order: 25-48

<u>Girls</u>		<u>Boys</u>
<u>Event #</u>	<u>Event Name</u>	<u>Event #</u>
49	13-14 200 Back	50
51	Open 200 Back	52
53	13-14 100 Free	54
55	Open 100 Free	56
57	13-14 200 Fly	58
59	Open 200 Fly	60
61	13-14 400 Free Relay	62
63	Open 400 Free Relay	64
65	Open 1650 Free	66
67	13-14 1650 Free	68

**Sunday Finals:**

Note that this session starts ½ hour earlier than Fri and Sat

Warm-up: 4:00 – 4:50 p.m.

Events: 5:00 p.m.

Event Order: 65-66, 49-64