



**62nd ANNUAL CHRISTMAS MEET
TEAM PITTSBURGH ELITE AQUATICS
DECEMBER 12-15, 2024**



*This meet is held under the Sanction of USA Swimming and Allegheny Mountain Swimming, #AM-121224-01
In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.*

Meet Information			
Facility	Trees Pool, University of Pittsburgh, Allequippa and Darragh St. Pittsburgh, PA 15261		
Facility Description	Two 8 lane, 25 yard competition pool with Daktronics timing system and anti-wave lane lines. There will be a separate six lane 25-yard warm-up/warm-down pool which will be available during the meet. 9 lanes will be used for all Final sessions and Thursday night timed finals, The depth of the water at the start end of the deep pool is 7 feet and at the turn end of the pool is 16 feet. The depth of the water at the start end of the deep pool is 4.5 feet and at the turn end of the pool is 4.5 feet.		
Pool Certification	The competition course has been certified in accordance with Article 104.2.2C (4)		
Entries Open	Tuesday, November 26, 2024 @10:00pm	Entries Close	Sunday, December 8, 2024 @ 10:00pm
Supplemental Entries	None		
Entry Fees	Individual - \$10.00	Relays - \$12.00	Swimmer Surcharge \$10.00
Event Limit	3 Individual Events per day (excluding relays) No Club may enter more than 5 relays per event		
Meet Director	Marian Clark	Phone: 412-849-5921	E-MAIL: mclark@athletics.pitt.edu
Meet Entry Chair	Marian Clark	Phone: 412-849-5921	E-Mail Entries to: peaq-entries@amswim.org
Mail Entry Fees to:	Mimi Perez		Checks Payable to: Team Pittsburgh Swimming
	Payments <u>shall</u> be made for the entries to the host prior to the start of the meet. No refunds will be given, except for mandatory scratch down of events		
Operational Risk Director	Mimi Perez	Phone: 412-606-2882	E-MAIL: mimiperez71@gmail.com
Officials Contact	Beth Schuster	Phone: 412-215-8646	E-MAIL: bethschuster2000@gmail.com
Meet Referee	Beth Schuster	Phone: 412-215-8646	E-MAIL: bethschuster2000@gmail.com
Administrative Official	TBD	Phone:	E-MAIL:
Awards	Individual Awards: Medals 1st-3rd for 13-14, 15-16, & Senior Medals 1st -3rd place and Ribbons 4th-9th place for 12&U Note: High point awards for all age groups and seniors will be awarded at the conclusion of the meet. Points scored will only count in the age group that they are swum. Relay Awards: Medals 1st-3rd place *Special Award*: The Carol and Jerry Zaleski award will be presented to the winner of Senior Men and Senior Women 100-yard freestyle. The names of the winner will be placed on a permanent plaque in the pool balcony	Scoring	This meet will be scored for all events/age groups, championship final only Individual events: 10,8,7,6,5,4,3,2,1 Relay events: 20,16,14,12,10,8,6,4,2
	Warm-Up Times – (Times listed below may be modified based upon entries)		Meet Start Time
Thursday Evening	Doors open at 3:30pm, warm-ups begin at 4:00pm		5:00pm
Fri, Sat, Sun AM	Doors open at 6:30am, warm-ups begin at 7:00am (lanes and times may be assigned)		8:30am
Fri, Sat, Sun PM	Warm-ups begin no sooner than 11:00am Fri/Sat/Sun (lanes may be assigned)		No sooner than 12:00pm Fri/Sat/Sun
Fri, Sat, Sun Finals	No later than 5:00pm Fri/Sat and *4:00pm Sun* - *NOTE Sun. times differ.		6:00ppm Fri/Sat *5:00pm Sun*
	There may be up to a ten (10) minute break prior to the start of the 13 and over relays, prelims and finals.		
Events	This meet will be conducted in accordance with the attached schedule of events, and if applicable, per the Qualifying Times stated. Fly-over starts WILL be used during Prelims Sessions.		
Relays	A team may enter a maximum of 5 relays per event. For the Mixed Relay, that means a team may enter up to 5 relays for 10 & under, 5 relays for 12 & under, 5 relays for 14 & under and 5 relays for Open provided each swimmer may enter only one mixed relay and mixed relays must include two females and two males. Swimmers must appear on the master entry to be eligible for a relay. Each relay must have at least 2 swimmers per relay who are <u>entered</u> in an individual event. "No Time" entries will not be accepted Note: Names of relay participants may be changed, without penalty, only until their first relay swimmer steps up to the block. All relay events are swum as timed finals. NO DECK ENTERED RELAYS WILL BE ACCEPTED		
Deck Entries	Deck entries are not permitted at this meet.		

Qualifying Times	<p>QUALIFYING TIMES MUST BE ACHIEVED AFTER JANUARY 1, 2022</p> <p>Qualifying times are taken from the 2024-2028 National Time standards that are established by USA Swimming</p> <p>12 and under entry times are based off of National "BB" time standards</p> <p>For 13 and older events 200 and shorter are National "A" time standards and events 400 and longer are national "AA" standards.</p> <p>Senior event entry times are based off of the 17-18 age group.</p> <p>Entry Exceptions for 13 & 14 50 Fly/Back/Breast: The 13 & 14 50s of stroke may be entered with a corresponding "A" time in the 100 of stroke. These will be seeded prior to the bonus times but following those qualifiers with 50 times. A lead off split in a provable swim is also an option to enter the 50's of stroke.</p>
Bonus Events	<p>Bonus events are available!</p> <ul style="list-style-type: none"> • If a swimmer qualifies for a single (1) individual event or more, the swimmer may compete in up to three (3) additional events if the keeping in mind not to exceed 3 events per day. • Bonus events will be seeded after all SCY and LCM entries. • No qualifying times for bonus events 200 AND shorter. • Bonus qualifying times for the 400 IM- within 4 (:04) seconds of the QT, • 500 Free- within five (:05) seconds of the QT (four (:04) seconds if you are using the 400 Free LCM QT), • 1000 Free- within ten (:10) seconds eight (:08) seconds if you are using the 800 Free LCM QT), and for the • 1650 Free- within sixteen and a half (:16.50) seconds of the qualifying time (fifteen (:15) if you are using the 1500 Free LCM QT). Time is calculated at 1 second per 100. • Please remember to mark your bonus events upon entry.
Proof of Times	<p>Proof of Times is required for this meet. "NT" (No Time) entries are not accepted.</p> <p>If an athlete fails to be faster than his or her entry time and does not have a proven qualifying time in SWIMS, there may be a fine of \$10.00 per occurrence.</p> <p><i>** If Proof of Times is Required, all entry times must be proven through the National SWIMS Database. Times not in SWIMS must be proven 30 minutes prior to the start of the session with official results from a USA Swimming Sanctioned, Approved, or Observed meet. See Allegheny Mountain Swimming Policy II.4.0.B.4.</i></p>
Seeding	<p>Entry times must be in SCY, LCM, SCM. In prelims, the order of seeding will be SCY, LCM, and bonus qualifying time. Entry times shall not be converted. Event seeding will be done in accordance with USA Swimming Rule 207.11.7B.</p> <p>This meet will be <u>PRESEEDED</u>, except for the events below.</p> <p>*Positive check-in is required for the Mixed Medley Relays, 10 & Under 200 IM, 12 & Under 500 Free and 400 IM, 1000 Free, 1650 Free, and all Senior Relays. A swimmer/relay circle-in will be provided for swimmers in those events.</p> <p>Scratches will be due <u>35 minutes prior to the start of the session</u>.</p> <p>Thursday Evening Time Finals Events will be swum as follows:</p> <p>Events 1 & 2 - 200 Mixed Medley Relay and Events 3 & 4 - 400 Mixed Medley Relay will be swum fastest to slowest.</p> <p>Events 5/6 – 13 & 14 50 Butterfly will be swum slow to fast Events 7/8 - 12 & Under 500 Free, 9/10 - 10 & Under 200 IM, 11/12 - Senior 1000 Free and 13/14 – 12 & Under 400 IM will be swum fastest to slowest alternating Girls/Boys.</p> <p>When necessary, we will be utilizing two pools for preliminary sessions - 8 lanes each. All finals sessions will be conducted in 9 lanes at the DEEP END. The Meet Director reserves the right to adjust prelim groupings according to entries received. The afternoon warmup and start times will be determined once all entries have been processed.</p> <p>AT THIS TIME, THE PLAN TO EVEN OUT THE TIMELINES IS AS FOLLOWS:</p> <ul style="list-style-type: none"> • 15 & Older Men and 13-14 Girls will swim the morning prelims in the DEEP END on Friday and Sunday and the SHALLOW END on Saturday. • 15 & Older Women and 13-14 Boys will swim the morning prelims in the SHALLOW END on Friday and Sunday and the DEEP END on Saturday. • If the afternoon session is split, 11-12 Boys and 10 & Under Girls will swim the afternoon prelims in the SHALLOW END on Friday and Sunday and the DEEP END on Saturday. • If the afternoon session is split, 11-12 Girls and 10 & Under Boys will swim the afternoon prelims in the DEEP END on Friday and Sunday and the SHALLOW END on Saturday. <p>For morning events 400 and longer, both pools may be used to complete the event.</p> <p>For the finals in 14 & under age group events, if there are 'no shows,' alternates will be placed in open lane(s) without reseeding. In 15 & 16 and senior events, consolation "no shows" will be filled from alternates without reseeding, but in championship final events, lane(s) will remain empty for "no shows".</p> <p><i>**Any swimmer not scratched from an event will be entered into the meet. Failure to scratch prior to seeding and failure to swim the event will result in the swimmer being barred from their next individual event or relay, unless if the Referee or Administrative Official is notified of a DFS prior to the start of the race.</i></p>
Timed Finals/Finals	<p>Individual Events: ALL 8 & Under Events, 10 & Under 200 IM, 12 & Under 500 Free and 400 IM, Senior 1000 and 1650 are all timed finals. Senior 1650 FASTEST HEAT swimming with Finals. Heats swum in Prelim Sessions will be seeded fastest to slowest. These heats may alternate Women/Men depending on number of pools being used.</p> <p>Sunday Only: The fastest seeds for the 1650 and Senior 400 Freestyle Relay may opt to swim early.</p> <p>Please declare the 1650 Freestyle and the Senior 400 Freestyle Relay intentions by the beginning of Finals Saturday (6pm)</p> <p>Relay Events: ALL Relay events (with the FASTEST HEAT of Senior Relays swimming at Finals)</p> <p>15 & 16 Individual Events and Senior Individual Events will each have 2 heats in finals – 1 Consolation Heat (non-scoring) and 1 Championship Heat (scoring)</p> <p>Events for 10 & Under, 11-12, 13-14, will be swum in a prelim/finals format with only one scoring heat for FINALS (championship final heat). For all Finals there will be 9 lanes.</p>

Timers	<p>ALL PARTICIPATING TEAMS will be responsible for timing specific lanes during both prelims and finals.</p> <p>Once entries are received, the timing list will be distributed. Distance participants (events 400 and more) may be required to provide timers as well as counters if applicable.</p>
Meet Duration	<p>For sessions with 12&U events, the USA Swimming rule 205.3.1F governs meet duration. Meet session duration may also be subjected to any facility restrictions. Events may be combined to control the length of the meet. Events 400 yards/meters or longer may be limited to the fastest 5 heats per event.</p>
Swimmer Eligibility	<p>All swimmers must be registered athletes of USA Swimming as provided in Article 302. Age as of the first day of the meet shall determine the swimmer's age for the entire meet. On-deck USA Swimming registration is not permitted.</p> <p>Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p> <p>Swimmers must be under the direct supervision of a USA Swimming member coach at all times, including during warm-up and warm-down. Unattached swimmers and swimmers attending without a coach are responsible for securing a USA Swimming member coach to supervise them prior to the meet. It is recommended that swimmers include this information with their entries. Swimmers must inform the Meet/Deck Referee of their selected coach prior to the start of each session.</p> <p>Allegheny Mountain Swimming and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the BOD. Athletes with a disability are welcomed in competition and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</p>
Deck Privileges	<p>Only authorized personnel may access the deck. All coaches, officials, and meet personnel must sign-in at the registration table and receive a wristband to be allowed into the pool area. Coaches and officials must show proof of their current, valid USA Swimming registration. USA Swimming Deck Pass is acceptable proof.</p> <p>Prior to entering the deck, unattached swimmers and attached swimmers attending without a coach are responsible for securing a USA Swimming Member coach who will supervise them during warm-up, warm-down, before, during, and after the meet; the swimmer must notify the Referee of this coach prior to the start of the session. Additionally, these swimmers must register a contact person with the Meet Director. This information should be submitted with the entries. Failure to do so will result in the swimmer not being permitted to participate.</p> <p>Coaches and swimmers must remain a minimum of four (4) feet from the pool edge to allow officials to perform their assigned tasks. Coaches and Officials: only competing swimmers, officials and lap counters are permitted within four (4) feet of the pool edge both in the starting and turning areas.</p>
Warm-Up Policies	<p>Warm-up policies are strictly enforced by Meet Marshals and the Meet Referee. See AMS Policies & Procedures.</p> <p>These policies, along with the lane assignments, if applicable shall be posted on the wall at the start end of the pool and at the administrative table.</p> <ul style="list-style-type: none"> · <i>There will be specifically designated lanes during all warm-up sessions for 10 & under swimmers.</i> · <i>Warm-up and warm-down is reserved for meet participants only.</i> · <i>Swimmers will enter the pool feet first at the start end of the pool and shall be under the direct supervision of a certified coach.</i> · <i>No equipment in the competition pools during scheduled warm-ups. (Including but not limited to snorkels, kickboard, fins, or pull buoys.)</i> · <i>Designated lanes will be open for starts and one-way sprints during each warm-up session. The outside lanes will be open throughout warm-ups for continual warm-up.</i> <p>In sessions with distance events 400 yards/meters or longer, the outside lanes shall be reserved for pacing only. Additionally, there shall be a ten (10) minute break before the events when there is not a separate warm-up/warm down pool available or at the discretion of the Referee.</p> <p>In sessions with distance events (1000/800, 1650/1500) offered and at any championship formatted meet (prelims/finals), the outside lane or lanes shall be restricted to pace lanes only at the same time sprint lanes are opened.</p> <p>At any distance only meet or session (1000/800, 1650/1500), only one lane shall be opened for sprinting.</p> <p>Specific warm-up times for each club (if applicable) and/or changes to the warm-up schedule will be posted on the AMS Web Site no later than two (2) days prior to the start of the meet and e-mailed by Entry Chair.</p> <p><i>The Meet Director (in consultation with the Technical Planning Committee), reserves the right to adjust warm-ups and start times based on the number of entries (prior to the meet) or the Meet Referee (the day of the meet).</i></p>
Rules	<p>This meet will be governed by current USA Swimming Rules and Current AMS Operating Procedures.</p> <p>The Meet/Deck Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The Meet/Deck Referee has final judgment for any issues that arise that day during the meet.</p> <p>Per USA Swimming Rule 202.4.9(I), Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</p> <p>Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms, plus areas behind the starting blocks during the entire meet, including warm-up, competition, and warm-down periods. Only Allegheny Mountain Swimming BOD-approved on-deck photographers may take pictures or videos on deck. Refer to Allegheny Mountain Swimming Policy I.4.0.3 for full information. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes</p> <p>No glass containers are allowed in the meet venue. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. The use and sale of any tobacco products are strictly is prohibited in any part of the meet venue.</p>

Minor Athlete Abuse Prevention Policy	All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provision of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
Meet Marshals	Meet Marshals have full authority through the Meet/Deck Referee for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions.
Protests	A Meet Jury will adjudicate any protests including issues of conduct which may occur in the meet venue. All protests must be in writing to the Meet/Deck Referee. The Meet Jury will consist of the Meet Director, an Athlete and a Coach. Additional members including an official may be added for a jury of five. The Meet/Deck Referee will act as a mediator A Meet Jury shall be identified and posted at the beginning of each session of the meet.
Racing Start Certification	Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. <u>A copy of the Racing Start Certification Checklist, signed by a USA Swimming member coach, must be given to the referee prior to the start of the meet.</u>
Technical Suit Ban	Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet. A Technical Suit is one that has the following components: • Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or • Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.
COVID-19 Disclaimer	An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending the meet, you voluntarily assume all risks related to exposure to COVID-19. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND AMS AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH. For more compliance to USA Swimming's Return to Competition sanctioning requirements, please visit: https://www.usaswimming.org/docs/default-source/governance/2020returntocompetitionlscsanctionregsv2i-3.pdf
Parental Access & Safe Sport Considerations for Athletes	Should a parent need to access a child who is on deck, the child will be brought to the parent at the pool door or in case of emergency, the parent may be escorted to the child. Allegheny Mountain Swimming and the Host teams encourage parents to volunteer during the swim meet to reduce the number of people in the facility
Directions & Other Information	The University of Pittsburgh determines whether or not masks are mandated indoors based on the community transmission. LOW Community Spread: Masks are not required. MEDIUM Community Spread: Masks are recommended but not mandatory. HIGH Community Spread: Masks are mandated for all visitors to the University buildings. PEAQ will enforce ALL University regulations. The level of community spread will be communicated to all teams at the time the meet announcement is published as well as updating the teams if the status changes. Parking information will be posted by Thursday (the start of the meet)
AMS Scratch Rule for Prelims/Finals	Any Swimmer or relay team failing to swim an event at a pre-seeded session of a prelims-finals meet shall not be penalized for failure to swim. Positive Check-in events (400 yards/meters or longer): Any swimmer who has checked in for an individual event that is seeded on the deck must swim in the event unless he notifies the Referee or designated meet official of his/her wish to scratch before the seeding for the event has begun. Failure to scratch prior to seeding and failure to swim the event will result in the swimmer being barred from his/her next individual event or relay. Events seeded on the deck shall be closed for seeding no later than 35 minutes prior to the start of the event. Any swimmer qualifying for a C, B or A (bonus and consolation final or) final race in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in "Exceptions for Failure to Compete." A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete. Any Swimmer who qualifies for a C, B or A Final and does not compete shall be subject to a monetary fine. If such failure to compete occurs on the swimmer's last day of the meet, the swimmer shall be charged a penalty of \$25 by AMS. The \$25 penalty fee will be charged to the swimmer's club or to the swimmer themselves in the event that they are unattached. This penalty fee should be paid to AMS (Allegheny Mountain Swimming) and mailed to the Permanent Office within 14 days of the conclusion of the meet. Failure to pay this fine prevents this swimmer/team from participating in a future meet. The Meet /Deck and or Admin Referee shall notify the Permanent Office of any penalties due within 1 day of the conclusion of the meet.

Thirty (30) Minute Scratch Rule

A swimmer who qualified for a C, B or A Final (Bonus – C, Consolation – B, Championship – A) must notify the designated official of his/her intent to scratch within thirty (30) minutes after the announcement of the qualifiers.

The swimmer shall further declare his/her final intention within thirty (30) minutes following his/her last individual preliminary event in the session. If the swimmer does not declare his/her intention at the end of the 30 minutes of his/her final individual event, the swimmer will be seeded into the final event. Any penalties for not swimming at finals will be upheld. Swimmers and/or coaches should re-check with the Scratch Table to see if their swimmer has been scratched into one of the finals heats. Swimmers not intending to return for finals, regardless of the seeded position should fill out the scratch form.

Exception for Failure to Scratch– No Penalty shall apply:

- a. The Referee is notified of illness or injury and accepts the proof thereof.
- b. A swimmer qualifying for a consolation final or final race following preliminaries notified the Referee or designee within thirty (30) minutes after the announcement of the qualifiers for that race that the swimmer may not intend to compete. The swimmer must declare within thirty (30) minutes following his last individual preliminary event a final intention to scratch or swim.
- c. It is determined by the Referee that failure to scratch was caused by circumstances beyond the control of the swimmer.
- d. A swimmer who was not one of the original qualifiers and who was scratched into the qualifiers list.

WOMEN	EQUAL TO OR FASTER THAN	EQUAL TO OR FASTER THAN	THURSDAY EVENING	EQUAL TO OR FASTER THAN	EQUAL TO OR FASTER THAN	MEN
	LCM	SCY	Session 1 – DEEP END	SCY	LCM	
1	NQT	NQT	10 & Under 200 Mixed Relay	NQT	NQT	1
2	NQT	NQT	12 & Under 200 Mixed Relay	NQT	NQT	2
3	NQT	NQT	14 & Under 400 Mixed Relay	NQT	NQT	3
4	NQT	NQT	Open 400 Mixed Medley Relay	NQT	NQT	4
5	34.29	30.69	13-14 50 Butterfly	28.39	31.89	6
7	6:04.79	6:45.69	12 & Under 500 Free	6:29.99	5:53.89	8
9	3:48.89	3:18.79	10 & Under 200 Individual Medley	3:15.99	3:43.69	10
11	9:59.89	11:18.59	Senior 1000 Free	10:24.49	9:16.89	12
13	6:56.79	6:03.69	12 & Under 400 Individual Medley	5:50.09	6:46.59	14

Swimmers competing in 12 & Under 500 and/or Senior 1000 Thursday must provide their own lap counter

WOMEN	EQUAL TO OR FASTER THAN	EQUAL TO OR FASTER THAN	FRIDAY MORNING	EQUAL TO OR FASTER THAN	EQUAL TO OR FASTER THAN	MEN
	LCM	SCY	Sessions 2 & 3	SCY	LCM	
15	2:48.99	2:27.19	13-14 200 Individual Medley	2:15.39	2:36.69	16
17	2:43.89	2:22.39	15-16 200 Individual Medley	2:09.39	2:30.99	18
19	2:42.29	2:20.19	Senior 200 Individual Medley	2:06.39	2:27.39	20
21	1:14.79	1:05.89	13-14 100 Butterfly	1:00.39	1:08.89	22
23	1:12.29	1:03.79	15-16 100 Butterfly	57.59	1:05.79	24
25	1:11.69	1:03.09	Senior 100 Butterfly	56.09	1:03.99	26
27	40.99	36.09	13-14 50 Breaststroke	33.09	37.69	28
29	NQT	NQT	Senior 800 Freestyle Relay	NQT	NQT	30
31	5:02.39	5:38.59	13-14 500 Freestyle	5:16.89	4:46.19	32
33	4:50.29	5:25.69	Senior 500 Freestyle	4:58.39	4:28.19	34

Friday Morning either will be swum all in the Deep in Event Number order 15-34

OR

Friday Morning Deep will be Events 15, 18, 20, 21, 24, 26, 27, 31, 34. Friday Morning Shallow will be Events 16, 17, 19, 22, 23, 25, 28, 32, 33

GIRLS	EQUAL TO OR FASTER THAN	EQUAL TO OR FASTER THAN	FRIDAY AFTERNOON	EQUAL TO OR FASTER THAN	EQUAL TO OR FASTER THAN	BOYS
	LCM	SCY	Sessions 4 & 5	SCY	LCM	
35	2:53.09	2:30.89	11-12 200 Freestyle	2:24.89	2:46.39	36
37	3:25.69	3:00.59	10 & Under 200 Freestyle	2:50.59	3:14.99	38
39	1:49.79	1:37.39	8 & Under 100 Freestyle	1:35.59	1:47.79	40
41	38.79	34.29	11-12 50 Butterfly	34.19	38.69	42
43	48.09	42.69	10 & Under 50 Butterfly	41.29	46.39	44
45	1:05.09	57.99	8 & Under 50 Butterfly	56.19	1:03.09	46
47	N/A	1:19.09	11-12 100 Individual Medley	1:15.89	N/A	48
49	N/A	1:33.19	10 & Under 100 Individual Medley	1:29.69	N/A	50
51	3:13.29	2:46.69	11-12 200 Backstroke	2:40.49	3:08.49	52

Friday Afternoon either will be swum all in the Deep in Event Number order 35-52

OR

Friday Afternoon Deep will be Events 35, 38, 40, 41, 44, 46, 47, 50, 51 Friday Afternoon Shallow will be Events 36, 37, 39, 42, 43, 45, 48, 49, 52.

WOMEN	FRIDAY FINALS	MEN
	Session 6– DEEP END	
35	11-12 200 Freestyle	36
37	10 & Under 200 Freestyle	38
15	13-14 200 Individual Medley	16
17	15-16 200 Individual Medley (B, A)	18
19	Senior 200 Individual Medley (B, A)	20
41	11-12 50 Butterfly	42
43	10 & Under 50 Butterfly	44
21	13-14 100 Butterfly	22
23	15-16 100 Butterfly (B, A)	24
25	Senior 100 Butterfly (B, A)	26
27	13-14 50 Breaststroke	29
47	11-12 100 Individual Medley	48
49	10 & Under 100 Individual Medley	50
31	13-14 500 Freestyle	32
33	Senior 500 Freestyle (B, A)	34
51	11-12 200 Backstroke	52
29	Senior 800 Freestyle Relay (Final Heat)	30

WOMEN	EQUAL TO OR FASTER THAN	EQUAL TO OR FASTER THAN	SATURDAY MORNING	EQUAL TO OR FASTER THAN	EQUAL TO OR FASTER THAN	MEN
	LCM	SCY	Sessions 7 & 8	SCY	LCM	
53	NQT	NQT	Senior 400 Medley Relay	NQT	NQT	54
55	2:30.29	2:11.69	13-14 200 Freestyle	2:02.19	2:20.59	56
57	2:23.69	2:06.19	Senior 200 Freestyle	1:54.49	2:11.09	58
59	1:16.89	1:05.89	13-14 100 Backstroke	1:01.09	1:11.69	60
61	1:14.49	1:04.09	15-16 100 Backstroke	57.89	1:07.99	62
63	1:13.69	1:02.89	Senior 100 Backstroke	55.89	1:06.49	64
65	3:08.89	2:43.79	13-14 200 Breaststroke	2:29.89	2:53.79	66
67	2:59.99	2:38.29	Senior 200 Breaststroke	2:19.09	2:42.19	68
69	31.89	27.89	13-14 50 Freestyle	25.59	29.39	70
71	30.89	27.29	15-16 50 Freestyle	24.19	28.19	72
73	30.69	26.89	Senior 50 Freestyle	23.59	27.39	74
75	NQT	NQT	13-14 200 Medley Relay	NQT	NQT	76
77	NQT	NQT	15-16 200 Medley Relay	NQT	NQT	78
79	5:43.39	5:00.49	13-14 400 Individual Medley	4:37.39	5:20.89	80
81	5:28.79	4:47.99	Senior 400 Individual Medley	4:20.69	5:01.89	82

Saturday Morning will be either swum all in Deep in Event Number order 53-82

OR

Saturday Morning Deep will be Events 53, 56, 57, 60, 61, 63, 66, 67, 70, 71, 73, 76, 77, 80, 81

Saturday Morning Shallow will be Events 54, 55, 58, 59, 62, 64, 65, 68, 69, 72, 74, 75, 78, 79, 82

GIRLS	EQUAL TO OR FASTER THAN	EQUAL TO OR FASTER THAN	SATURDAY AFTERNOON	EQUAL TO OR FASTER THAN	EQUAL TO OR FASTER THAN	BOYS
	LCM	SCY	Sessions 9 & 10	SCY	LCM	
83	1:19.49	1:09.39	11-12 100 Freestyle	1:06.39	1:16.19	84
85	1:32.99	1:21.09	10 & Under 100 Freestyle	1:18.89	1:30.59	86
87	1:42.19	1:29.29	11-12 100 Breaststroke	1:25.49	1:39.59	88
89	2:03.89	1:46.89	10 & Under 100 Breaststroke	1:42.29	1:59.19	90
91	1:13.19	1:04.99	8 & Under 50 Breaststroke	1:03.79	1:11.89	92
93	41.59	35.99	11-12 50 Backstroke	35.59	41.09	94
95	49.69	43.29	10 & Under 50 Backstroke	42.89	49.29	96
97	3:15.59	2:50.69	11-12 200 Individual Medley	2:45.79	3:08.99	98
99	N/A	2:03.69	8 & Under 100 Individual Medley	2:00.39	N/A	100
101	3:15.99	2:50.29	11-12 200 Butterfly	2:43.99	3:10.19	102
103	NQT	NQT	10 & Under 200 Freestyle Relay	NQT	NQT	104
105	NQT	NQT	11-12 200 Freestyle Relay	NQT	NQT	106

Saturday Afternoon will either be swum all in the Deep in Event Number order 83-106

OR

Saturday Afternoon Shallow will be Events 83, 86, 87, 90, 92, 93, 96, 97, 100, 101, 104, 105

Saturday Afternoon Deep will be Events 84, 85, 88, 89, 91, 94, 95, 98, 99, 102, 103, 106

WOMEN	SATURDAY FINALS	MEN
	Session 11- DEEP END	
55	13-14 200 Freestyle	56
57	Senior 200 Freestyle (B, A)	58
83	11-12 100 Freestyle	84
85	10 & Under 100 Freestyle	86
59	13-14 100 Backstroke	60
61	15-16 100 Backstroke (B, A)	62
63	Senior 100 Backstroke (B, A)	64
87	11-12 100 Breaststroke	88
89	10 & Under 100 Breaststroke	90
65	13-14 200 Breaststroke	66
67	Senior 200 Breaststroke (B, A)	68
93	11-12 50 Backstroke	94
95	10 & Under 50 Backstroke	96
69	13-14 50 Freestyle	70
71	15-16 50 Freestyle (B, A)	72
73	Senior 50 Freestyle (B, A)	74
97	11-12 200 Individual Medley	98
79	13-14 400 Individual Medley	80
81	Senior 400 Individual Medley (B, A)	82
101	11-12 200 Butterfly	102
53	Senior 400 Medley Relay (Final Heat)	54

WOMEN	EQUAL TO OR FASTER THAN	EQUAL TO OR FASTER THAN	SUNDAY MORNING Sessions 12 & 13	EQUAL TO OR FASTER THAN	EQUAL TO OR FASTER THAN	MEN
	LCM	SCY		SCY	LCM	
107	NQT	NQT	Senior 400 Freestyle Relay	NQT	NQT	108
109	2:45.69	2:22.59	13-14 200 Backstroke	2:12.59	2:35.79	110
111	2:39.19	2:16.09	Senior 200 Backstroke	2:03.29	2:24.99	112
113	1:09.59	1:00.89	13-14 100 Freestyle	55.69	1:04.39	114
115	1:07.19	58.89	15-16 100 Freestyle	53.19	1:01.49	116
117	1:06.59	58.39	Senior 100 Freestyle	51.69	59.89	118
119	2:47.79	2:26.69	13-14 200 Butterfly	2:14.39	2:33.99	120
121	2:38.19	2:19.49	Senior 200 Butterfly	2:05.49	2:23.19	122
123	1:27.69	1:15.99	13-14 100 Breaststroke	1:08.99	1:20.39	124
125	1:24.49	1:13.69	15-16 100 Breaststroke	1:05.89	1:16.69	126
127	1:23.59	1:12.69	Senior 100 Breaststroke	1:03.99	1:14.39	128
129	36.49	31.09	13-14 50 Backstroke	28.89	33.89	130
131	NQT	NQT	15-16 200 Freestyle Relay	NQT	NQT	132
133	NQT	NQT	13-14 200 Freestyle Relay	NQT	NQT	134
135	19:10.79	18:43.09	Senior 1650 Freestyle	17:22.39	17:52.59	136

Sunday Morning will be either swum all in Deep in Event Number order 107-136

OR

Sunday Morning Shallow will be Events 107, 110, 111, 114, 115, 117, 120, 121, 124, 125, 127, 130, 131, 134, 135

Sunday Deep will be Events 108, 109, 112, 113, 116, 118, 119, 122, 123, 126, 128, 129, 132, 136

GIRLS	EQUAL TO OR FASTER THAN	EQUAL TO OR FASTER THAN	SUNDAY AFTERNOON Sessions 14 & 15	EQUAL TO OR FASTER THAN	EQUAL TO OR FASTER THAN	BOYS
	LCM	SCY		SCY	LCM	
137	3:39.89	3:10.99	11-12 200 Breaststroke	3:02.39	3:31.59	138
139	1:03.69	56.79	8 & Under 50 Backstroke	57.49	1:04.49	140
141	1:48.09	1:33.99	10 & Under 100 Backstroke	1:30.09	1:44.49	142
143	1:32.69	1:19.79	11-12 100 Backstroke	1:15.69	1:29.59	144
145	52.69	46.69	8 & Under 50 Freestyle	45.89	51.79	146
147	40.89	35.99	10 & Under 50 Freestyle	34.59	39.79	148
149	35.89	31.69	11-12 50 Freestyle	30.49	34.79	150
151	1:55.39	1:41.39	10 & Under 100 Butterfly	1:38.99	1:52.89	152
153	1:30.49	1:18.89	11-12 100 Butterfly	1:16.09	1:27.29	154
155	55.49	48.69	10 & Under 50 Breaststroke	47.69	54.39	156
157	46.19	40.89	11-12 50 Breaststroke	40.09	45.89	158
159	NQT	NQT	10 & Under 200 Medley Relay	NQT	NQT	160
161	NQT	NQT	11-12 200 Medley Relay	NQT	NQT	162

Sunday Afternoon will either be swum all in the Deep in Event Number order 137-162

OR

Sunday Afternoon Deep will be Events 137, 140, 142, 143, 146, 148, 149, 152, 153, 156, 157, 160, 161

Sunday Afternoon Shallow will be Events 138, 139, 141, 144, 145, 147, 150, 151, 154, 155, 158, 159, 162

WOMEN	SUNDAY FINALS	MEN
	Session 16- DEEP END	
137	11-12 200 Breaststroke	138
135	Senior 1650 Freestyle (Final Heat)	136
141	10 & Under 100 Backstroke	142
143	11-12 100 Backstroke	144
109	13-14 200 Backstroke	110
111	Senior 200 Backstroke (B, A)	112
147	10 & Under 50 Freestyle	148
149	11-12 50 Freestyle	150
113	13-14 100 Freestyle	114
115	15-16 100 Freestyle (B, A)	116
117	Senior 100 Freestyle (B, A)	118
151	10 & Under 100 Butterfly	152
153	11-12 100 Butterfly	154
119	13-14 200 Butterfly	120
121	Senior 200 Butterfly (B, A)	122
155	10 & Under 50 Breaststroke	156
157	11-12 50 Breaststroke	158
123	13-14 100 Breaststroke	124
125	15-16 100 Breaststroke (B, A)	126
127	Senior 100 Breaststroke (B, A)	128
129	13-14 50 Backstroke	130
107	Senior 400 Freestyle Relay (Final Heat)	108