64th ANNUAL CHRISTMAS MEET
TEAM PITTSBURGH ELITE AQUATICS
DECEMBER 10-13, 2026

This meet is held under the Sanction of USA Swimming and Allegheny Mountain Swimming, #AM-
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 deep pool is 16 feet. The depth of the water at the start end of the shallow pool is 4.5 feet and at the turn end of the shallow 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 24, 2026 @10:00pm		Entries Close	Sunday, December 6, 2026 @ 10:00pm
Supplemental Entries	None			
Entry Fees	Individual - $10.00	Relays - $16.00	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, 222 Gladstone Rd, Pittsburgh PA 15217			Checks Payable to: Pittsburgh Diving Club
	Payments shall 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			Phone:	E-MAIL:
Official's Sign-Up	Certified officials wishing to work the meet should sign up on the Official's Sign-Up Form. Please sign up at your highest position and sign up early as we will need to staff two pools during each prelims session. OFFICIALS' BRIEFINGS - Officials' Briefings will start 1 hour prior to the start of the session			
Meet Referee			Phone:	E-MAIL:
Admin Referee			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		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
	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.			
	Warm-Up Times – (Times listed below may be modified based upon entries)			**Meet Start Time (may be modified)**
Thursday Evening	Doors open at 3:30pm, warm-ups begin at 4:00pm			5:00pm
Fri, Sat, Sun AM	Doors open at 6:00am, warm-ups begin at 6:30am			8:00am
Fri, Sat, Sun PM	Warm-ups begin 11:45am Fri 11:00am Sat/Sun			12:30pm Fri 11:45am Sat/Sun
Fri, Sat, Sun Finals	Warm-ups begin 4:00pm			5:00pm
	There may be up to a five (5) 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	For the Mixed Relay 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 1 swimmer per relay who are entered 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	**QUALIFYING TIMES MUST BE ACHIEVED AFTER JANUARY 1, 2024** Qualifying times are taken from the 2024-2028 National Time standards that are established by USA Swimming 12 and under entry times are based off of National "BB" time standards For 13 and older events 200 and shorter are National "A" time standards and events 400 and longer are National "AA" standards. Senior event entry times are based off of the 17-18 age group. Swimmers with disabilities may follow the ***2024-2028*** Parallel Time Standards (not listed on meet structure)
Bonus Events	**Bonus events are available! PLEASE SELECT BONUS TAB UPON ENTRY** • 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 qualifying 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 the1500 Free LCM QT). Time is calculated at 1 second per 100. • **Please remember to mark your bonus events upon entry.**
Proof of Times	Proof of Times is required for this meet. "NT" (No Time) entries are not accepted. 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. *** If Proof of Times is Required, all entry times must be proven through the National SWIMS Database with official results from a USA Swimming Sanctioned, Approved, or Observed meet. Please provide proof of times prior to the start of the meet.*
Seeding – Prelims PRE-SEEDED	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. This meet will be PRESEEDED, except for the events below. *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 at those events. Scratches will be due 35 minutes prior to the start of the session. Thursday Evening All Events will be Time Finals and will be swum Fastest to Slowest including the relays. • Events 1 & 2 - 200 Mixed Medley Relays will be swum together and scored separately. • Events 3 & 4 – 400 Mixed Medley Relays will be swum together and scored separately. • Events 5/6 – 12 & Under 500 Free will be swum alternating Girls/Boys. • Events 9/10 - 10 & Under 200 IM will be swum alternating Girls/Boys. • Events 11/12 - Senior 1000 Free will be swum alternating Girls/Boys. • Events 13/14 – 12 & Under 400 IM will be swum alternating Girls/Boys. 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. AT THIS TIME, THE PLAN TO EVEN OUT THE TIMELINES IS AS FOLLOWS: • 15 & Older Men and 13-14 Girls will swim Morning Prelims in the SHALLOW END on Friday and Sunday and the DEEP END on Saturday. • 15 & Older Women and 13-14 Boys will swim Morning Prelims in the DEEP END on Friday and Sunday and the SHALLOW END on Saturday. • If the afternoon session is split: • 11-12 Boys and 10 & Under Girls will swim Afternoon Prelims in the DEEP END on Friday & Sunday and the SHALLOW END on Saturday. • 11-12 Girls and 10 & Under Boys will swim Afternoon Prelims in the SHALLOW END on Friday and Sunday and the DEEP END on Saturday. ▪ For morning events 400 and longer, both pools may be used to complete the event. 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". ***For Check-In Events Only - 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 the Referee or Designee or Administrative Official is notified of a DFS prior to the start of the race.*
Timed Finals/Finals	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. 1650 Heats swum in Prelim Sessions will be seeded fastest to slowest. These heats may alternate Women/Men depending on number of pools being used. Sunday Only: The fastest seeds for the 1650 and Senior 400 Freestyle Relay may opt to swim early. Please declare the 1650 Freestyle and the Senior 400 Freestyle Relay intentions by the beginning of Finals Saturday (6pm) Relay Events: ALL Relay events are Timed Finals (with the FASTEST HEAT of Senior Relays swimming at Finals) 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). 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.
Timers	ALL PARTICIPATING TEAMS will be responsible for timing specific lanes during both prelims and finals. 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.

Meet Duration	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.
Swimmer Eligibility	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. 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. 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.
Swimmers with Disabilities	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. Swimmers with disabilities are encouraged to attend this meet and should follow the USA Swimming Parallel Time Standards, as defined and linked above in "Qualifying Times," for their eligibility. Coaches must complete the **AMS Necessary Accommodation for Athlete Form** for any participating swimmer with a disability and submit it with their entries, copying the Meet Entry Chair, Meet Director, and Meet Referee.
Deck Privileges	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. 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. 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.
Warm-Up Policies	Warm-up policies are strictly enforced by Meet Marshals and the Meet Referee. See AMS Policies & Procedures. These policies shall be posted on the wall at the start end of the pool and at the administrative table. · *There will be specifically designated lanes during all warm-up sessions for 10 & under swimmers.* · *Warm-up and warm-down is reserved for meet participants only.* · *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.* · *No equipment in the competition pools during scheduled warm-ups. (Including but not limited to snorkels, kickboard, fins, or pull buoys.)* · *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.* 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. 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. *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 in consultation with the Meet Referee (the day of the meet).*
Rules	This meet will be governed by current USA Swimming Rules and Current AMS Operating Procedures. 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. 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. 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. 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 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.
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. 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.
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 COVID19. **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/2020returntocompetitionlscsanctionreqsv2i-3.pd
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 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	Scratches, (if applicable) and/or positive check-in will be located at the Scratch Table, or designated area. This meet will follow the National Championship Scratch Rules as specified in rule 207.11.6. ***Scratches from finals*** **can only be done directly with the Administrative Referee at the Scratch Table.** ***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 scratch from finals.*** The scratch deadline for preliminary sessions, including any positive check-in events on Thursday, Friday, Saturday, and Sunday, is as specified in the Meet Announcement under Seeding. Scratches must be turned into the Admin Table. The Meet Announcement will specify the number of athletes qualifying for heats in finals. Any swimmer initially announced as qualifying for any championship, consolation or bonus final heats as specified in the Meet announcement who does not show up to compete (without properly scratching) will be subjected to a $50 fine and will be barred from all remaining events in the meet. Fines shall be payable to Allegheny Mountain Swimming. Any swimmer who fails to compete in a preliminary event (that is not pre-seeded) in which he/she has been entered and has not been scratched, including positive check-in events, a) will be barred from further individual and relay events that day or b) the swimmer can pay a fine of $100.00 buy-in penalty. In order to swim any events in the remaining days the coach and/or swimmer must positively check-in with the Administrative Referee prior to the scratch deadline of that day's events. **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.**

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	6:04.79	6:45.69	12 & Under 500 Freestyle	6:29.99	5:53.89	6
7	3:48.89	3:18.79	10 & Under 200 Individual Medley	3:15.99	3:43.69	8
9	9:59.89	11:18.59	Senior 1000 Freestyle	10:24.49	9:16.89	10
11	6:56.79	6:03.69	12 & Under 400 Individual Medley	5:50.09	6:46.59	12

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 Sessions 2 & 3	EQUAL TO OR FASTER THAN	EQUAL TO OR FASTER THAN	MEN
	LCM	SCY		SCY	LCM	
13	36.49	31.09	13-14 50 Backstroke	28.89	33.89	14
15	35.29	30.19	15-16 50 Backstroke	27.19	32.39	16
17	35.09	29.69	Senior 50 Backstroke	26.39	31.59	18
19	2:48.99	2:27.19	13-14 200 Individual Medley	2:15.39	2:36.69	20
21	2:43.89	2:22.39	15-16 200 Individual Medley	2:09.39	2:30.99	22
23	2:42.29	2:20.19	Senior 200 Individual Medley	2:06.39	2:27.39	24
25	1:14.79	1:05.89	13-14 100 Butterfly	1:00.39	1:08.89	26
27	1:12.29	1:03.79	15-16 100 Butterfly	57.59	1:05.79	28
29	1:11.69	1:03.09	Senior 100 Butterfly	56.09	1:03.99	30
31	40.99	36.09	13-14 50 Breaststroke	33.09	37.69	32
33	39.59	35.19	15-16 50 Breaststroke	31.39	35.79	34
35	39.09	34.59	Senior 50 Breaststroke	30.39	34.59	36
37	NQT	NQT	Senior 800 Freestyle Relay	NQT	NQT	38
39	5:02.39	5:38.59	13-14 500 Freestyle	5:16.89	4:46.19	40
41	4:50.29	5:25.69	Senior 500 Freestyle	4:58.39	4:28.19	42

Friday Morning will either be swum all in the Deep in Event Number order 13-42
OR
Friday Morning Shallow will be Events 14,15,17,20,21,23,26,27,29,32,33,35,37,40,41
Friday Morning Deep will be Events 13,16,18,19,22,24,25,28.30,31,34,36,38,39,42

GIRLS	EQUAL TO OR FASTER THAN	EQUAL TO OR FASTER THAN	FRIDAY AFTERNOON Sessions 4 & 5	EQUAL TO OR FASTER THAN	EQUAL TO OR FASTER THAN	BOYS
	LCM	SCY		SCY	LCM	
43	2:53.09	2:30.89	11-12 200 Freestyle	2:24.89	2:46.39	44
45	3:25.69	3:00.59	10 & Under 200 Freestyle	2:50.59	3:14.99	46
47	1:49.79	1:37.39	8 & Under 100 Freestyle	1:35.59	1:47.79	48
49	38.79	34.29	11-12 50 Butterfly	34.19	38.69	50
51	48.09	42.69	10 & Under 50 Butterfly	41.29	46.39	52
53	1:05.09	57.99	8 & Under 50 Butterfly	56.19	1:03.09	54
55	N/A	1:19.09	11-12 100 Individual Medley	1:15.89	N/A	56
57	N/A	1:33.19	10 & Under 100 Individual Medley	1:29.69	N/A	58
59	3:13.29	2:46.69	11-12 200 Backstroke	2:40.49	3:08.49	60

Friday Afternoon will either be swum all in the Deep in Event Number order 43-60

OR

Friday Afternoon Shallow will be Events 44, 45, 47, 50, 51, 53, 56, 57, 60 Friday Afternoon Deep will be Events 43, 46, 48, 49, 52, 54, 55, 58, 59

WOMEN	FRIDAY FINALS Session 6– DEEP END	MEN
13	13-14 50 Backstroke	14
15	15-16 50 Backstroke (B, A)	16
17	Senior 50 Backstroke (B, A)	18
43	11-12 200 Freestyle	44
45	10 & Under 200Freestyle	46
19	13-14 200 Individual Medley	20
21	15-16 200 Individual Medley (B, A)	22
23	Senior 200 Individual Medley (B, A)	24
49	11-12 50 Butterfly	50
51	10 & Under 50 Butterfly	52
25	13-14 100 Butterfly	26
27	15-16 100 Butterfly (B, A)	28
29	Senior 100 Butterfly (B, A)	30
55	11-12 100 Individual Medley	56
57	10 & Under 100 Individual Medley	58
31	13-14 50 Breaststroke	32
33	15-16 50 Breaststroke (B, A)	34
35	Senior 50 Breaststroke (B, A)	36
59	11-12 200 Backstroke	60
39	13-14 500Freestyle	40
41	Senior 500 Freestyle (B, A)	42
37	Senior 800 Freestyle Relay (Final Heat)	38

WOMEN	EQUAL TO OR FASTER THAN	EQUAL TO OR FASTER THAN	SATURDAY MORNING Sessions 7 & 8	EQUAL TO OR FASTER THAN	EQUAL TO OR FASTER THAN	MEN
	LCM	SCY		SCY	LCM	
61	NQT	NQT	Senior 400 Medley Relay	NQT	NQT	62
63	34.29	30.69	13-14 50 Butterfly	28.39	31.89	64
65	33.49	29.79	15-16 50 Butterfly	27.09	30.59	66
67	33.09	29.79	Senior 50 Butterfly	26.19	29.69	68
69	2:30.29	2:11.69	13-14 200 Freestyle	2:02.19	2:20.59	70
71	2:23.69	2:06.19	Senior 200 Freestyle	1:54.49	2:11.09	72
73	1:16.89	1:05.89	13-14 100 Backstroke	1:01.09	1:11.69	74
75	1:14.49	1:04.09	15-16 100 Backstroke	57.89	1:07.99	76
77	1:13.69	1:02.89	Senior 100 Backstroke	55.89	1:06.49	78
79	3:08.89	2:43.79	13-14 200 Breaststroke	2:29.89	2:53.79	80
81	2:59.99	2:38.29	Senior 200 Breaststroke	2:19.09	2:42.19	82
83	31.89	27.89	13-14 50 Freestyle	25.59	29.39	84
85	30.89	27.29	15-16 50 Freestyle	24.19	28.19	86
87	30.69	26.89	Senior 50 Freestyle	23.59	27.39	88
89	NQT	NQT	13-14 200 Medley Relay	NQT	NQT	90
91	NQT	NQT	15-16 200 Medley Relay	NQT	NQT	92
93	5:43.39	5:00.49	13-14 400 Individual Medley	4:37.39	5:20.89	94
95	5:28.79	4:47.99	Senior 400 Individual Medley	4:20.69	5:01.89	96

Saturday Morning will either be swum all in Deep in Event Number order 61-96

OR

Saturday Morning Shallow will be Events 62, 63, 66, 68, 69, 72, 73, 76, 78, 79, 82, 83, 86, 88, 89, 92, 93, 96
Saturday Morning Deep will be Events 61, 64, 65, 67, 70, 71, 74, 75, 77, 80, 81, 85, 87, 90, 91, 94, 95

GIRLS	EQUAL TO OR FASTER THAN	EQUAL TO OR FASTER THAN	SATURDAY AFTERNOON Sessions 9 & 10	EQUAL TO OR FASTER THAN	EQUAL TO OR FASTER THAN	BOYS
	LCM	SCY		SCY	LCM	
97	1:19.49	1:09.39	11-12 100 Freestyle	1:06.39	1:16.19	98
99	1:32.99	1:21.09	10 & Under 100 Freestyle	1:18.89	1:30.59	100
101	1:42.19	1:29.29	11-12 100 Breaststroke	1:25.49	1:39.59	102
103	2:03.89	1:46.89	10 & Under 100 Breaststroke	1:42.29	1:59.19	104
105	1:13.19	1:04.99	8 & Under 50 Breaststroke	1:03.79	1:11.89	106
107	41.59	35.99	11-12 50 Backstroke	35.59	41.09	108
109	49.69	43.29	10 & Under 50 Backstroke	42.89	49.29	110
111	3:15.59	2:50.69	11-12 200Individual Medley	2:45.79	3:08.99	112
113	N/A	2:03.69	8 & Under 100 Individual Medley	2:00.39	N/A	114
115	3:15.99	2:50.29	11-12 200 Butterfly	2:43.99	3:10.19	116
117	NQT	NQT	10 & Under 200 Freestyle Relay	NQT	NQT	118
119	NQT	NQT	11-12 200 Freestyle Relay	NQT	NQT	120

Saturday Afternoon will either be swum all in the Deep in Event Number order 97-120
OR
Saturday Afternoon Shallow will be Events 97, 100, 101, 104, 106, 107, 110, 111, 114, 115, 118, 119
Saturday Afternoon Deep will be Events 98, 99, 102, 103, 105, 108, 109, 112, 113, 116, 117, 120

WOMEN	SATURDAY FINALS Session 11– DEEP END	MEN
63	13-14 50 Butterfly	64
65	15-16 50 Butterfly (B, A)	66
67	Senior 50 Butterfly (B, A)	68
97	11-12 100 Freestyle	98
99	10 & Under 100 Freestyle	100
69	13-14 200 Freestyle	70
71	Senior 200 Freestyle (B, A)	72
101	11-12 100 Breaststroke	102
103	10 & Under 100 Breaststroke	104
73	13-14 100 Backstroke	74
75	15-16 100 Backstroke (B, A)	76
77	Senior 100 Backstroke (B, A)	78
107	11-12 50 Backstroke	108
109	10 & Under 50 Backstroke	110
79	13-14 200 Breaststroke	80
81	Senior 200 Breaststroke (B, A)	82
111	11-12 200 Individual Medley	112
83	13-14 50 Freestyle	84
85	15-16 50 Freestyle (B, A)	86
87	Senior 50 Freestyle (B, A)	88
115	11-12 200 Butterfly	116
93	13-14 400 Individual Medley	94
95	Senior 400 Individual Medley (B, A)	96
61	Senior 400 Medley Relay (Final Heat)	62

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	
121	NQT	NQT	Senior 400 Freestyle Relay	NQT	NQT	122
123	2:45.69	2:22.59	13-14 200 Backstroke	2:12.59	2:35.79	124
125	2:39.19	2:16.09	Senior 200 Backstroke	2:03.29	2:24.99	126
127	1:09.59	1:00.89	13-14 100 Freestyle	55.69	1:04.39	128
129	1:07.19	58.89	15-16 100 Freestyle	53.19	1:01.49	130
131	1:06.59	58.39	Senior 100 Freestyle	51.69	59.89	132
133	2:47.79	2:26.69	13-14 200 Butterfly	2:14.39	2:33.99	134
135	2:38.19	2:19.49	Senior 200 Butterfly	2:05.49	2:23.19	136
137	1:27.69	1:15.99	13-14 100 Breaststroke	1:08.99	1:20.39	138
139	1:24.49	1:13.69	15-16 100 Breaststroke	1:05.89	1:16.69	140
141	1:23.59	1:12.69	Senior 100 Breaststroke	1:03.99	1:14.39	142
143	NQT	NQT	13-14 200 Freestyle Relay	NQT	NQT	144
145	NQT	NQT	15-16 200 Freestyle Relay	NQT	NQT	146
147	19:10.79	18:43.09	Senior 1650 Freestyle	17:22.39	17:52.59	148

Sunday Morning will either be swum all in Deep in Event Number order 121-148

OR

Sunday Morning Shallow will be Events 121, 124, 125, 128, 129, 131, 134, 135, 138, 139, 141, 144, 145, 147
Sunday Morning Deep will be Events 122, 123, 126, 127, 130, 132, 133, 136, 137, 140, 142, 143, 146, 148

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	
149	3:39.89	3:10.99	11-12 200 Breaststroke	3:02.39	3:31.59	150
151	1:03.69	56.79	8 & Under 50 Backstroke	57.49	1:04.49	152
153	1:48.09	1:33.99	10 & Under 100 Backstroke	1:30.09	1:44.49	154
155	1:32.69	1:19.79	11-12 100 Backstroke	1:15.69	1:29.59	156
157	52.69	46.69	8 & Under 50 Freestyle	45.89	51.79	158
159	40.89	35.99	10 & Under 50 Freestyle	34.59	39.79	160
161	35.89	31.69	11-12 50 Freestyle	30.49	34.79	162
163	1:55.39	1:41.39	10 & Under 100 Butterfly	1:38.99	1:52.89	164
165	1:30.49	1:18.89	11-12 100 Butterfly	1:16.09	1:27.29	166
167	55.49	48.69	10 & Under 50 Breaststroke	47.69	54.39	168
169	46.19	40.89	11-12 50 Breaststroke	40.09	45.89	170
171	NQT	NQT	10 & Under 200 Medley Relay	NQT	NQT	172
173	NQT	NQT	11-12 200 Medley Relay	NQT	NQT	174

Sunday Afternoon will either be swum all in the Deep in Event Number order 149-174
OR
Sunday Afternoon Shallow will be Events 150, 151, 153, 156, 157, 159, 162, 163, 166, 167, 170, 171, 174
Sunday Afternoon Deep will be Events 149, 152, 154, 155, 158, 160, 161, 164, 165, 168, 169, 172, 173

WOMEN	SUNDAY FINALS Session 16– DEEP END	MEN
149	11-12 200 Breaststroke	150
147	Senior 1650 Freestyle (Final Heat)	148
153	10 & Under 100 Backstroke	154
155	11-12 100 Backstroke	156
123	13-14 200 Backstroke	124
125	Senior 200 Backstroke (B, A)	126
159	10 & Under 50 Freestyle	160
161	11-12 50 Freestyle	162
127	13-14 100 Freestyle	128
129	15-16 100 Freestyle (B, A)	130
131	Senior 100 Freestyle (B, A)	132
163	10 & Under 100 Butterfly	164
165	11-12 100 Butterfly	166
133	13-14 200 Butterfly	134
135	Senior 200 Butterfly (B, A)	136
167	10 & Under 50 Breaststroke	168
169	11-12 50 Breaststroke	170
137	13-14 100 Breaststroke	138
139	15-16 100 Breaststroke (B, A)	140
141	Senior 100 Breaststroke (B, A)	142
121	Senior 400 Freestyle Relay (Final Heat)	122