



**CENTRAL STATES SENIOR CHAMPIONSHIP**  
University of Minnesota Aquatic Center  
August 1-3, 2014

**Meet is TEAM Entered – swimmers/teams must be members of a Central Zone LSC.**

- SANCTION:** Held under the sanction of USA Swimming and Minnesota Swimming Inc.  
Sanction Number MN14S-06-35M  
Time Trials Sanction Number MN14S-06-183M
- RULES:** Current USA Swimming and Central Zone rules will govern the Meet
- PARTICIPATING LSCs:** Arkansas, Iowa, Illinois, Indiana, Lake Erie, Michigan, Minnesota, Midwestern, Missouri Valley, North Dakota, Ohio, Oklahoma, Ozark, South Dakota, And Wisconsin
- SPONSORED BY:** USA Swimming, USA Swimming Central Zone Committee, and North Dakota Swimming, Inc.
- HOSTED BY:** Twin Cities Swim Team
- MEET DIRECTOR:** Ryan L’Roy [lroy0001@umn.edu](mailto:lroy0001@umn.edu) or [lmckee@umn.edu](mailto:lmckee@umn.edu)  
612-624-6349
- INQUIRIES:** Linda McKee 612-624-6349  
[lmckee@umn.edu](mailto:lmckee@umn.edu)
- MEET REFEREE:** David Davidson  
[dndavidson@mmm.com](mailto:dndavidson@mmm.com)  
651-230-1009
- MEET SITE:** University of Minnesota Aquatic Center  
1900 University Avenue SE  
Minneapolis, MN 55455  
612-626-1352
- FACILITY:** University of Minnesota Aquatic Center
- 8-lane, 50-meter competition pool with 8-lane, 25-yard Diving Well for Warm Up/Cool Down.
  - Colorado Time Systems
  - Full Color video board along with alpha-numeric results board
  - Spectrum Xcellerator starting blocks with track start fins at each end of the competition pool
  - Men’s and Women’s locker rooms located on deck
  - Seating Capacity: spectator area 1500, Deck 1000
  - Concessions provided in the Aquatic Center Lobby and in adjacent Recreation and Wellness center. Several restaurants are also located within walking distance from the venue

**MEET SCHEDULE:**

All times are Central Daylight Savings Time

<b>Thursday July 31</b>	<b>General Meeting</b> Referee, Zone Coordinator		<b>5:00 pm</b> <b>All Coaches</b>	
	<b>PRELIMS</b>		<b>FINALS</b>	
	<b>Warm-ups</b>	<b>Start</b>	<b>Warm-ups</b>	<b>Start</b>
<b>Friday Aug 1</b>	7:00-8:50 am	9:00 am	4:00-5:20 pm	5:30 pm
<b>Saturday Aug 2</b>	7:00-8:50 am	9:00 am	4:00-5:20 pm	5:30 pm
<b>Sunday Aug 3</b>	7:00-8:50 am	9:00 am	4:00-5:20 pm	5:30 pm

- General Warm-ups are available on Thursday July 31 from 1:00 PM until 7:00 PM
- At the request of the swimmer's coach and at the discretion of the Referee, at least 15 minutes will occur between swims for the same individual.

**CLUB REGISTRATION:**

Registration will be held at: University of Minnesota Aquatic Center Lobby on Thursday July 31 from 1 p.m. to 6 p.m. Note: This registration period is for club managers/coaches only; swimmers do not need to register individually with the meet host. Clubs are encouraged to inform their swimmers in advance of exactly when and where the team will assemble at the venue.

**SAFETY/WARM-UP PROCEDURES:**

- Feet-first, slip-in entries only, except in designated lanes and times. Zoomers and Hand Paddles are prohibited in the competition pool. More detailed warm up procedures will be distributed at registration and during the General Meeting
- Flagrant violation of **any** procedures may result in disqualification for unsportsmanlike conduct.

**WARM-UPS PRELIM SESSION:**

General warm-up, no assigned lanes. Warm-up opens 7:00 am; there will be general warm-up with feet first entry. No Sprinting or Pace Work allowed during the general warm-up session. Swimmers may not dive into the pool during general warm-up. Swimmers must enter the pool by stepping in feet first, or sitting and sliding in, in a safe and cautious manner. Entering in any other manner may result in the disqualification from one or more of the swimmer's events for that session at the discretion of the Meet Referee. Swimmers may dive during a designated sprint warm-up.

45 minutes prior to start of competition the following warm-up procedures will be followed.

Sprint and Pace Warm-up (remainder of warm-up period).

- Lanes 1 & 8 pace lanes: No diving or racing starts. Circle swimming only
- Lanes 2 & 7 (sprint lanes: dive start, swim one direction only. Backstrokers enter the water feet first in rotation. No diving over persons in the water. On day of the 50 Free Meet Referee may have one lane starting from opposite end of pool.
- Lanes 3, 4, 5, & 6 general warm-ups. No Diving.
- Additional sprint lanes may be made available upon request to the Meet Referee.
- No equipment is to be used during warm-ups, including but not limited to kick boards, buoys and paddles.
- The last 50 minutes of warm-ups will be reserved for swimmers competing in that day's events.
- CLEAR POOL: 10 minutes prior to start of meet (8:50 am).

**CLUB/UNATTACHED  
ATHLETE  
REPRESENTATIVE:**

- All athletes must have a representative at the General Meeting. Athletes swimming unattached or without a coach may attend the General Meeting. All athletes must have a USA Swimming member coach supervising them while on deck. This includes warm ups. If an athlete is unable to secure a coach, then the meet host will work with the athlete to have a coach assigned. This coach will also be the liaison between the athlete and the meet host.

**ATHLETE CONDUCT:**

- The USA Swimming Code of Conduct will be enforced.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. USA-S Rule 202.3.4 F.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. USA-S Rule 202.3.4 E.

**ELIGIBILITY:**

- Membership: All athletes (unattached or attached) and clubs must be regular (not seasonal) USA Swimming members and must be registered in an LSC within the Central Zone.
- Swimmer's Age: Swimmer must be 15 years or older on the first day of the pool competition, August 1, 2014. There is no "top end" age restriction for this meet.
- 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.
- Qualifying Time/Eligibility:

Central Zone <b>Senior Championship</b> Order of Events & Qualifying Times						
Women	SCY	LCM	Event	LCM	SCY	Men
Friday, August 1						
1	04:31.60	05:10.95	400 IM	04:46.74	04:07.40	2
3	01:06.22	01:16.52	100 BR	01:09.62	00:59.42	4
5	01:53.08	02:09.15	200 FR	01:59.78	01:43.30	6
7	00:57.67	01:05.29	100 FL	00:59.11	00:51.59	8
9	03:35.77	04:06.37	4x100 Free Rel	03:45.04	03:14.04	10
11	10:21.70	09:19.79	800 FR R	08:49.20	09:42.45	12
Saturday, August 2						
13	05:00.85	04:31.70	400 FR	04:13.68	04:40.87	14
15	00:52.52	01:00.14	100 FR	00:54.48	00:47.16	16
17	02:23.98	02:44.89	200 BR	02:31.61	02:09.67	18
19	00:58.29	01:07.56	100 BK	01:01.48	00:52.52	20
21	02:06.99	02:23.78	200 FL	02:12.04	01:54.94	22
23	07:55.23	08:50.85	4x200 Free Rel	08:07.59	07:04.97	24
Sunday, August 3						
25	02:04.93	02:24.91	200 BK	02:13.48	01:54.01	26
27	02:07.50	02:26.76	200 IM	02:14.40	01:55.86	28
29	00:24.19	00:27.80	50 FR	00:25.12	00:21.62	30
31	03:58.02	04:33.76	4x100 Med Rel	04:08.43	03:35.05	32
33	17:16.38	17:51.70	1500 FR	16:44.24	16:15.40	34

- Swimmers who have achieved an individual event qualifying time for the USA Swimming Summer Nationals or US Open shall not be eligible to compete in that particular stroke and distance, including relay events.

- All qualifying individual entry times not in the SWIMS Database may be proven by submitting meet results from other observed or sanctioned meets. **Proof of time must be provided no later than 15 minutes after the General Meeting. If no proof of time is provided, the swimmer will be scratched from the event.**
- Times not proven by the SWIMS Database will be flagged on the psych sheet (\*) i.e. override entry time. All unproven times will be listed in the psych sheet at the short course yard cut. **Valid proof must be provided no later than 15 minutes after the general meeting in order for proper seeding to be allowed.**
- The responsibility for proving times lies with the entering club. The host will submit an exceptions report to each participating club designee by noon Wednesday, July 30, 2014.
- **Verification/Proof-of-Time must be in accordance with the type of time entered (LCM, SCY, or SCM).** Clubs are responsible for presenting any results for resolution for proof of time. **These results must be submitted to the Entry Chair no later than 15 minutes after the General Meeting.**
- Bonus Events Eligibility:

# of Qualified Events	# of Bonus Events
1	2
2	1
3+	0

There are no time standards for bonus events. Use of OME override is permitted for entering "bonus events" The 800 and the 1500 **cannot** be swum as bonus events.

**RELAY ENTRIES:**

- Each entering club is responsible for relay entries.
- Relay-only swimmers must be entered through the OME.
- Competing relays must include at least one swimmer with a provable time in a qualifying individual event.

**ENTRY LIMITS:**

- Swimmers may enter no more than three (3) individual events per day.
- Each Club is limited to two (2) relays per relay event. All relay-only swimmers must be entered through the OME.
- No limit exists on the number of swimmers that a Club may enter in an individual event.

**ENTRY RESPONSIBILITY:**

- The club Coach, Entry Chair, swimmer, or swimmer representative who enters any Central Zone Championship Senior Meet thereby attests that all times on the entry are true and correct achieved qualifying times for each event entered and that all entered swimmers are eligible under current rules. He/she assumes all responsibility for false or incorrect times or times which are unacceptable under USA Swimming or Central Zone rules and shall be assessed a \$100 penalty payable to the Central Zone for each false or incorrect entry unless absolved of the fine by the elected officers of the Central Zone, their designee or a Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by the Central Zone or USA Swimming.
- Appeal of fines or penalties imposed is to be made to the elected officers of the Central Zone, their designee, and/or a Board of Review.

**ENTRY FEES:** \$8.00 per individual pool event  
\$16.00 per relay  
\$1.00 per swimmer Central Zone surcharge *(to be paid by host to Central Zone)*  
Make check payable to: *Twin Cities Swim Team*

**ENTRY CHAIR:** Linda McKee  
470 URWC  
123 Harvard Street SE  
Minneapolis, MN 55455  
612-624-6349  
lmckee@umn.edu

**ENTRY PROCEDURE AND  
DEADLINE:**

- Entry in the meet is exclusively through USA Swimming OME [www.usaswimming.org/ome](http://www.usaswimming.org/ome)
  - All entry times must have been achieved within the previous 24 months between July 1, 2012 and the entry deadline Monday July 28, 2014.
  - Entries may be submitted on-line beginning *July 1, 2014 at (12:01 CDT)*.
  - **Entry deadline is Monday July 28, 2014 at 12:59 AM CDT**
  - No credit card payments through OME will be permitted.
  - Entry fees must be paid directly to the meet host. Payment must be made no later than Thursday July 31 at 6:30 PM at the registration table. Checks should be made payable to Twin Cities Swim Team
  - All “bonus” entries will need to be entered as an override and will be seeded at the lowest non-conforming cut which is SCY.
  - If you have acceptable proof of times for any “override” entry times you should bring valid proof to the venue for possible resolution and revised seeding.
  - Proof of Time from meets not recognized in the SWIMS database i.e. college, high school, junior high and YMCA meets must be provided within 15 minutes after the conclusion of the General Meeting on Thursday August 1, 2013. If no proof of time is provided, the swimmer will be scratched from the event unless it is an eligible bonus event.
  - Coaches are required to complete the “Deck Pass” request through the OME. Please indicate the names of coaches and staff that will be in attendance so that a pre meet recon of certification requirements through USA Swimming will be initiated. Coaches not participating in this step will need to provide certification of all requirements prior to being issued deck access at the meet. No exceptions.
  - A club may update their entries through the OME at any time prior to the entry deadline.
  - **Once an entry has been completed and “checked out” no entries may be deleted or changed.**
  - Upon successful “check out” the OME system will send to the entry person a confirmation of entries and entry fee summary.
  - Problems/Questions: If you have any difficulty or questions about using the OME process, please contact the following: Anthony Buhr at [abuhr@usaswimming.org](mailto:abuhr@usaswimming.org) or (719) 866-4578.
  - **There will be no deck entries at this meet.**
- A. Entries for swimmers with a disability should be sent on separate entry form indicating preference for seeding. See CZ Disability Entry Form.

**PROTESTS:** Eligibility and Rules protests shall be handled in accordance with Articles 207.11.4 A-F and 207.11.5 of the USA Swimming Rule Book.

- SEEDING/CONDUCT:**
- A. Conduct:
    - Preliminary/Finals format except that 800, 1500 Freestyle and relay events shall be timed finals with only the fastest heat at finals.
  - B. Seeding Order:
    - First – Conforming times (LCM)
    - Second – Non-conforming times (SCM then SCY)
  - C. Finals:
    - There will be 3 heats at finals.
    - The top 8 fastest swimmers from the preliminary heats shall advance to the A final; the next 8 fastest from the preliminary heats shall advance to the B final; and the remaining 8 fastest swimmers from the preliminary heats who are 15-18 years old shall compete in the C final.
  - D. Distance Freestyle:
    - The fastest heat of 800 and 1500 Free shall be swum in finals. All remaining heats of the 800 shall be swum in the preliminary session, swimming fastest to slowest, alternating women and men. All remaining heats of the 1500 shall be swum in the preliminary session, swimming slowest to fastest, alternating women and men with the fastest heat finishing one hour prior to finals.
  - E. Relays:
    - The top two heats of relays will swim at finals. All remaining heats shall swim at the end of the preliminary session fastest to slowest alternating women and men.
    - Relays will begin 15 minutes after the conclusion of the preliminary session individual events
    - Exception: For the 800 Free Relay, only the fastest heat for women and men shall swim at finals.
    - Relay Take-off pads will be used for early exchange confirmation.

- SCRATCHES/CHECK-IN**
- A. All individual events will conform to USA Swimming National Scratch Procedure Rules (207.11.6 A-E)
  - B. Scratch Deadline: A scratch box will be available at registration, the General Meeting, and throughout all meet sessions.
    - All athletes or their coaches are required to fill out a scratch slip, verified by the Clerk of Course, Meet Referee or Admin Referee and place it in the scratch box prior to the scratch deadline for that event. This applies to all events, timed final, preliminary and relays.

Day	Time	Scratch
Thursday, July 31	15 min. after conclusion of General Meeting	Friday Events
Friday, August 1	6:00 pm	Saturday Events
Saturday, August 2	6:00 pm	Sunday Events

- C. Entrants in the 800 and 1500 free must check in and confirm their intention to compete prior to the scratch deadline for that day's events in order to be seeded.
- D. Relay cards designating the swimmers' names shall be submitted to meet management on the day of the relay no later than 10:00 AM. Names and order of swimmers may be changed up to the time of the swim.
- E. Scratching from Finals.
  - USA Swimming National Scratch Procedure Rules (207.11.6 D) will be followed.
  - Clubs whose swimmers in the Final or Consolation heats on Sunday evening fail to scratch shall be fined a \$100 penalty per swim. Fees will be collected by the Central Zone Championship Coordinator.
  - All funds shall remain with the meet host.
  - Failure on the part of the Club to pay imposed penalties shall result in barring from future Central Zone Championship Meets.

**TIME TRIALS:**

Time Trials will be offered at the discretion of the Meet Referee, time permitting.

- Time Start: (15 minutes after the conclusion of Prelims)

Sequence of Events: Friday – Fri-Sat-Sun

Saturday – Sat-Sun-Fri

Sunday – Sun-Fri-Sat

Distance events – the day swum in the meet in open lanes during prelims.

Time Trial specifics:

- Swimmers will be limited to two time trials total for the entire meet.
- Time trials will count toward the three event limit per day.
- Time trials will conclude 90 minutes prior to the start of finals.
- The fee is \$10 per event payable to: Twin Cities Swim Team
- Sign-up deadline is 10:00 am each day.
- On the final day of the meet, time trials are at the discretion of the Meet Referee.

**SCORING:**

A. Individual Pool events:

20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

B. Relay events:

40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

**SWIMMER**

**INTRODUCTIONS:**

A. C Finals will be announced in the water.

B. B Finals will be announced before the race.

C. A Finals will be paraded and announced before the race.

**AWARDS:**

- A. Individual Pool Events:  
1-8 place: medals with neck ribbons
- B. Relay events:  
1-3 place: medals with neck ribbons
- C. Team Awards:  
1<sup>st</sup> Place Combined Men and Women’s Team Award  
1<sup>st</sup> Place Women’s Team Award  
1<sup>st</sup> Place Men’s Team Award  
1-3 Place Women’s Individual High Point Award  
1-3 Place Men’s Individual High Point Award
- D. Awards ceremony: After each “A” Final event, the medals will be awarded immediately in the designated area. The coach of the 1<sup>st</sup> place athlete will present the awards for that event.

**DECK PASSES/EVENT CREDENTIAL:**

- A. Deck Passes/credentials for each coach will be issued according to the deck pass request formula (see below) list submitted in OME. Coach certification recon should be run through OME. Coaches not cleared through OME will be required at registration to provide all required certifications prior to receiving credentials.

B.

Deck Pass Rules:	
Number of Swimmers	Number of Deck Passes Provided
1-5	1
6-11	2
12-19	3
20-27	4
28 & Above	5

- C. Each athlete, coach, official and volunteer will be issued a meet credential
- D. Credentials must be displayed at all times while in the venue.

**GENERAL ADMISSION TICKETS:**

Cost for General Admission is \$35.00 all session pass; \$11.00 single session  
Cost for parking is free.

**MEET PROGRAM/FINAL RESULTS:**

The cost of Meet Program will be as follows:

- \$10.00 meet program
- \$4.00 daily prelim heat sheets.
- \$1.00 Finals Heat Sheets each Session.

Final results will be posted at [twincitiesswimteam.com](http://twincitiesswimteam.com) and on the Central Zone website – [www.centralzones.org](http://www.centralzones.org) .

**WARM-UPS FINALS SESSION**

General warm-up period: feet first entry, NO Diving from the blocks or sides of pool. 30 minutes prior to start of competition, the following warm-up procedures will be followed.

- Lanes 1 & 8 pace lanes: No diving or racing starts. Circle swimming only.
- Lanes 2 & 7 (sprint lanes: dive start, swim one direction only. Backstrokers enter the water feet first in rotation. No diving over persons in the water. On day of the 50 Free Meet Referee may have one lane starting from opposite end of pool.
- Lanes 3, 4, 5, & 6 general warm-ups. No Diving.
- No equipment is to be used during warm-ups, including but not limited to kick boards, buoys and paddles.
- The last 50 minutes of warm-ups will be reserved for swimmers competing in that day’s events.
- CLEAR POOL: 10 minutes prior to start of meet (5:20 pm).



**GENERAL MEETING:**

- A pre-meet General Meeting is scheduled for Thursday at 6:30 p.m., in the University Aquatic Center Wet Classroom for all coaches and Team representatives. The general meeting facility is ..... Detailed directions will be provided at the aquatic center. All athletes must have a representative at the General Meeting. Athletes swimming unattached or without a coach may attend the General Meeting. See map for directions at <http://campusmaps.umn.edu/tc/>
- Meet procedures and meet information will be discussed.
- Members of the Meet Committee will be identified.
- No deviation from the published Meet Information may occur without 100% agreement by Club representatives in attendance.
- Each Club or unattached athlete is responsible for ALL information handed out at the General Meeting as well as any competition updates conducted at the General Meeting.

**OFFICIALS  
INFORMATION:**

- This meet will be submitted for designation as an "Officials Qualifying Meet" for certification and re-certification for N2 and N3 level positions. A combined Application to Officiate / Request for Evaluation is on the Central Zone website. Completed applications to officiate should be submitted online to the Assistant Central Zone Officials Chair. Opportunities for evaluations may be limited by time and personnel resources. Availability for final evaluations for N3 positions may be provided at the discretion of the USA Swimming Officials Committee designation of the meet.
- Officials Briefings: Friday, August 1, 2013 at 7:30 AM. There will be an Officials briefing one hour before the start of each subsequent session.
- Officials Uniform:
  - Preliminary Sessions: White polo shirt over khaki with white deck shoes
  - Finals Sessions: White polo shirt over khaki trousers with white deck shoes
  - Meet shirts will be provided for officials to wear at a designated session.
- If you have any questions about the Meet Uniform, please contact the Meet Referee.

**VOLUNTEERS:**

Timers and officials from visiting Clubs are encouraged and welcome. Please email Linda McKee at [lmckee@umn.edu](mailto:lmckee@umn.edu) to sign up for volunteer activities.

**REFRESHMENTS:**

Athlete refreshments available on deck will follow the National protocol to insure safety. Coaches, officials, and volunteer hospitality will be provided on competition days and will be located in the Aquatic Center Wet Classroom.

**DIRECTIONS:**

Campus is within blocks of two major highway arteries – I-35W (north/south) and I-94 (east/west). Due to large-scale construction projects throughout the next two years, routes may change. Visitors can find travel information at [www.centralcorridor.org](http://www.centralcorridor.org) and [www.511mn.org](http://www.511mn.org).

**East Bank, Minneapolis Campus***Northbound on I-35W:*

Continue on I-35W past downtown Minneapolis. Exit at University Avenue/4th Street (Exit 18). Turn right at the first traffic signal onto University Avenue and head east a few blocks to campus.

*Southbound on I-35W:*

Exit at University Avenue/4th Street (Exit 18). Turn left at the second traffic signal onto University Avenue and head east a few blocks to campus.

*East and westbound on I-94:*

Exit at Huron Boulevard (Exit 235B). For the southern end of campus, make an immediate left turn at the first traffic signal (Fulton Street). For the northern end of campus, go north on Huron, turn left onto University Avenue, turn right onto Oak Street past TCF Bank Stadium, and curve left as it turns into 4th Street SE. You can also visit <http://www1.umn.edu/pts/maps/directions.html> for more details.

**HOTEL INFORMATION**

The Commons Hotel located across the street from the University Aquatic Center is the preferred hotel for this championship. To reserve a room in the block for this event, please call [800-822-6757](tel:800-822-6757) or via this website:

<https://gc.synxis.com/rez.aspx?Hotel=53931&Chain=11910&template=GCF&shell=GCF2&arrive=7/31/2014&depart=8/4/2014&adult=1&child=0&group=073114CENT>

Rooms are available in this block from July 31-August 4, 2014. Guests have until July 22 to reserve a room.

*Additional hotels which do not have room blocks, but are close to our venue include:*

The Depot

225 South 3<sup>rd</sup> Ave  
Minneapolis, MN 55401  
(612) 375-1700  
(866) 211-4611  
<http://www.thedepotminneapolis.com/>

Courtyard by Marriot

1500 Washington Ave. South  
Minneapolis, MN 55454  
(612) 333-4646  
Fax: (612) 333-7910  
<http://www.marriott.com/hotels/travel/mspdc-courtyard-minneapolis-downtown/>

Days Hotel on University

2407 University Ave. Southeast  
Minneapolis, MN 55414  
(612) 623-9303  
Fax: (612) 331-2152  
<http://www.daysinn.com/hotels/minnesota/minneapolis/days-inn-hotel-university-ave-se/hotel-overview>

**CENTRAL STATES SENIOR CHAMPIONSHIP MEET**

**SCHEDULE OF EVENTS 3 DAY FORMAT**

**Friday August 1st**

<b>GIRLS</b>	<b>EVENTS</b>	<b>BOYS</b>
<b>MORNING PRELIMS</b>		
1.....	400 Individual Medley .....	2
3.....	100 Breaststroke .....	4
5.....	200 Freestyle .....	6
7.....	100 Butterfly.....	8
15 minute break		
9.....	4 x 100 Freestyle Relay* .....	10
11.....	800 Freestyle** .....	12
*All remaining heats, fastest to slowest alternating women/men.		
**All remaining heats, fastest to slowest alternating women/men		

**CONSOLATION & CHAMPIONSHIP FINALS**

11.....	800 Freestyle – fastest heat .....	12
1.....	400 Individual Medley .....	2
3.....	100 Breaststroke .....	4
5.....	200 Freestyle .....	6
7.....	100 Butterfly.....	8
9.....	4 x 100 Freestyle Relay fastest 2 heats .....	10

**Saturday August 2**

<b>GIRLS</b>	<b>EVENTS</b>	<b>BOYS</b>
<b>MORNING PRELIMS</b>		
13.....	400 Freestyle .....	14
15.....	100 Freestyle .....	16
17.....	200 Breaststroke .....	18
19.....	100 Backstroke.....	20
21.....	200 Butterfly .....	22
15 minute break		
23.....	4 x 200 Freestyle Relay* .....	24
*All remaining heats, fastest to slowest alternating women/men.		

**CONSOLATION & CHAMPIONSHIP FINALS**

13.....	400 Freestyle .....	14
15.....	100 Freestyle .....	16
17.....	200 Breaststroke .....	18
19.....	100 Backstroke.....	20
21.....	200 Butterfly .....	22
23.....	4 x 200 Freestyle Relay fastest heat.....	24

**Sunday August 3**

**MORNING PRELIMS**

25.....200 Backstroke .....26  
27..... 200 Individual Medley .....28  
29..... 50 Freestyle .....30  
15 minute break  
31.....4 x 100 Medley Relay\* .....32  
33..... 1500 Freestyle\*\* .....34

\*All remaining heats, fastest to slowest alternating women/men.

\*\*All remaining heats, slowest to fastest alternating women/men.

**CONSOLATION & CHAMPIONSHIP FINALS**

25.....200 Backstroke .....26  
27..... 200 Individual Medley .....28  
33.....1500 Freestyle fastest heat .....34  
29..... 50 Freestyle .....30  
31..... 4 x 100 Medley Relay fastest two heats .....32