

Brief Meet Information

MEET NAME	2025 Central Region Div 2 LC Championships
DATE(s):	13-15 June 2025
HOSTED BY:	COBRA Swim Club
LOCATION:	Etobicoke Olympium, 590 Rathburn Rd., Toronto ON M9C 3T3
FACILITY:	One 8 lane 50 metre competition pool. Swim Timing electronic timing
PURPOSE & DESCRIPTION:	Central Region Championship Meet
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on www.swimming.ca and the Swimming Canada Registration and Event Management System (REMS).
LAST UPDATE:	Rev 1 15 May – corrected Qual time Girls 200 Br 11yr, and Girls 50 Free 11yr & 12 yr – added Fri session, warm-up/start changes, and split warm-up

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Francesca Belle Rihab Ayoub	officialschair@cobraswimclub.com rihab@live.ca	V V
MEET MANAGER(S):	Marvarie Denhart Rachel Dinglasan	msdenhart@gmail.com racdinglasan@gmail.com	
ENTRY COORDINATORS:	Charlotte Carroll Steve Goodwin	charlottecarrroll1@gmail.com sdg9@rogers.com	
OFFICIALS COORDINATOR:	Catherine Reed	cmgreed@outlook.com	

Safety at Competitions

Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination.

Only Swimming Canada registered active participants (swimmers, officials, certified coaches and support staff for the meet), facility personnel and authorized Swim Ontario personnel are allowed on deck during the competition.

All participants in this event are reminded that they are bound by Swimming Canada and Swim Ontario Policies and Procedures, including but not limited, to Swimming Canada's General Code of Conduct, their Equity, Diversity and Inclusion Policy, their Harassment Policy and the [Swim Ontario Code of Conduct procedure](#) For more information regarding the [Swim Ontario Policies and Procedures](#) or Safe Sport please visit the Swim Ontario website <https://www.swimontario.com/sport-safety> or www.swimming.ca/safesport

The [Swim Ontario Concussion Management](#) & [Swim Ontario Photography, Videography, and Cellphone Procedure](#) will be in effect. For complete details click [HERE](#).

Every club and its participants are responsible for ensuring all facility rules and requirements are followed.

Competition Rules

Sanctioned as an Age Group Swimming Invitational by Swim Ontario.

All current [Swimming Canada rules](#) will be followed.

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Ontario provided the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) and Swim Ontario warm-up safety rules will be in effect. Details [HERE](#)

AGE UP DATE:	The competitor's age is as the first day of the competition – 13 June 2025
DIVE STARTS:	As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows: <ul style="list-style-type: none"> A. from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from <ul style="list-style-type: none"> a. both ends
d/DEAF AND HARD OF HEARING ACCOMMODATION :	<p>This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:</p> <ul style="list-style-type: none"> ● non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff. ● Visual Start hand signals given by the starter/referee. ● Visual Start Strobe Light options <ul style="list-style-type: none"> A. Facility-Provided Strobe Light: An external strobe light is available at this facility B. Personal Strobe Light: a personal strobe light from the swimmer's own club may be used with advance notice to Meet Management to determine compatibility with the starter unit. <p>Clubs are to contact Meet Management by the <u>Entry Deadline</u> of the need for accommodations. Support Staff must be included in the submission of entries process.</p> <p>Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.</p>

Eligibility

All athletes must be registered as Competitive swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Entries submitted without a valid registration number and active status in the Swimming Canada Registration and Event Management System (REMS) at the time of the competition will be denied entry. It is the responsibility of the swimmer's club to provide proof of active registration status in REMS.

ADDITIONAL ELIGIBILITY INFORMATION:	<ul style="list-style-type: none"> A. This meet is a Closed Invitational for the following clubs: Central Region Clubs Only B. This meet has Time Standards <ul style="list-style-type: none"> a. for all individual events. (See qualifying & de-qualifying standards in Schedule of Events and Event File) C. Para-swimmers are NOT exempt from the Time Standards. Para swimmers that do not meet the time standards are welcome at Central Region Div 1 LC Championships.
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COACH & SUPPORT STAFF REGISTRATION:	<p>Meet management will cross reference the list of coaches submitted with entries at this competition with the Swim Ontario Compliance lists. If a coach is not on this list, meet management is obligated to enforce the Swimming Canada policy and not permit that coach to attend the meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.</p> <p>Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.</p> <p>Clubs needing Support Staff for Para or d/Deaf/Hard of Hearing swimmers must register them in the Swimming Canada Registration and Event Management System (REMS) to access the deck at competitions. Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.</p>
FOREIGN TEAMS / COMPETITORS:	<p>The following applies to Teams and their competitors not affiliated with Swimming Canada. Swimmers registered as active with a Swimming Canada ID are considered domestic.</p> <p>A. Foreign Teams' / competitors' entries will not be accepted by the host club.</p>

Entry Process

ENTRY SUBMISSIONS:	<p>Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff. Meet management will:</p> <ul style="list-style-type: none"> • not accept entries via email; • notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries; • notify clubs of any meet format changes or designated warm-up times at least 5 days (for TIER II sanctions) and 10 days (for TIER III & IV sanctions) prior to the start of the competition <p>Failure to inform meet management of a no-show / scratch prior to the deadline for changes to entries will result in loss of entry fees.</p> <p>Meet Management reserves the right to further limit individual swims per session and to limit heats if necessary to keep session times to within 4.5 hours.</p>
ENTRY DEADLINE:	<p>The online entry deadline is 30 May 2025</p> <p>A. Changes to entries will be accepted until Monday 9 June 2025</p>
ENTRY FEE:	<p>The following fees will apply for this competition:</p> <p>A. Individual Events: \$15.00 B. Relay Events: \$20.00 C. Swimmer Fee: \$5.00</p> <p>Payment Method:</p> <ul style="list-style-type: none"> • Preferred - Email transfer to receivables@cobraswimclub.com (include your Club Code and Meet Name) Or • Cheque payable to COBRA Swim Club and brought to the meet.

ENTRY LIMITS:	<p>The following limits are in place for this competition:</p> <ul style="list-style-type: none"> A. The maximum number of entries per swimmer is 7 individual events B. NO BONUS Swims. C. Exhibition Swims allowed ONLY for swimmers aging up before Div 1 LC Championships and are not yet qualified for Div 1 Championships
RELAY ENTRIES:	<p>Teams may move up no more than two (2) swimmers from a younger age category to fill a relay. A mixed relay must have 2 girls and 2 boys. No other combination is allowed. The first leg of a mixed relay is not an official time. Requests for official splits are not allowed for mixed relays.</p> <ul style="list-style-type: none"> A. Relay swimmers must be entered in a non-relay event in order to compete.
ENTRY TIMES & CONVERSION:	<ul style="list-style-type: none"> A. No Time (NT) entries are not permitted. B. Entry Times to be submitted in LCM. SCM results can be converted at 2%. C. Entries must be submitted using provable times (not converted), recorded during the qualifying period. Please submit times in LCM <ul style="list-style-type: none"> a. Times achieved since (Qualifying Period): 1 Jan 2024 b. Qualifying Standards (Time Standards) are as follows: <ul style="list-style-type: none"> i. See Time Standards Section at the end of the meet package

Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1A	Fri 13 Jun	12:00-12:25 pm	12:30 pm	4:30 pm	Time Final
1B	Fri 13 Jun	4:30-4:55 pm	5:00 pm	9:00 pm	Time Final
2	Sat 14 Jun	A - 7:00-7:25 am B - 7:30-7:55 am	8:00 am	11:15 am	Time Final
3	Sat 14 Jun	A - 11:15-11:40 am B - 11:45-12:10 pm	12:15 pm	3:45 pm	Time Final
4	Sat 14 Jun	A - 3:45-4:10 pm B - 4:15-4:40 pm	4:45 pm	9:00 pm	Time Final
5	Sun 15 Jun	B - 7:00-7:25 am A - 7:30-7:55 am	8:00 am	11:15 am	Time Final
6	Sun 15 Jun	B - 11:15-11:40 am A - 11:45-12:10 pm	12:15 pm	3:30 pm	Time Final
7	Sun 15 Jun	B - 3:30-3:55 pm A - 4:00-4:25 pm	4:30 pm	8:45 pm	Time Final

Split Warmup by Club Code

- A – AAD,AJAX,APEX,CCST,COBRA,CREST,DUCKS,ESWIM,GGST,GRAC,HHBF,JDSS,MAC,MMST,MSSAC,NORAC,NSSC,OAK
- B – OSHAC,PICK,RHAC,RHSD,ROC,SCAR,STARS,TORCH,TSC,USC,VAC,VVAC,WS,WSSC,YORK

Meet Format & Administration

MIXED-GENDER:	<p>An exemption from the requirement to swim events in gender separated events due to limited time, developmental opportunities or facility requirements and/or due to a missed swim, where on an exception basis, a referee agrees to have the swimmer swim with a heat of an opposite gender event.</p> <p>In spite of these exemptions, any swimmer who achieves a record time at a competition that recognizes records at any level (regional, provincial, national etc, whether age group or open) will not be recognized for that record unless the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken, and the referee ensures that the swimmer competes with competitors of the same gender for his/her heat.</p> <p>In the event that mixed gender swims are permitted; the results must still be posted separately by gender of swimmers.</p>
SEEDING:	<p>After all times are converted as pursuant to the conversion process:</p> <ul style="list-style-type: none"> A. Seeding for Timed Final events will be in order of entry times, slowest to fastest. <ul style="list-style-type: none"> a. with the exception of Distance Events (400 Free) which will be seeded fastest to slowest.
DECK ENTRIES:	Deck Entries are NOT allowed.
RELAY NAME SUBMISSION:	<p>Relay Cards or Forms must be returned to the Admin Desk.</p> <ul style="list-style-type: none"> A. Relay Cards are available at at the Admin Desk during Warm-up B. The Relay Name submission deadline is the start of the session.
SCRATCHES & POSITIVE CHECK IN RULES:	<p>The following are the Scratch deadlines for this competition.</p> <ul style="list-style-type: none"> A. There is no scratch deadline for any events. Scratches are to be marked on posted heat sheets without penalty.
PENALTIES:	<ul style="list-style-type: none"> A. No penalty shall be imposed for late or day of scratches and No-Shows
OFFICIAL SPLIT TIMES:	<p>Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee prior to the commencement of the event.</p> <ul style="list-style-type: none"> A. Official Split Forms are available at the Admin Desk. B. Not all Official Split requests can be accommodated.
RECORDS:	<ul style="list-style-type: none"> A. Swim times achieved at this competition will be eligible for Provincial and National Records. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.
MEET RESULTS:	<p>Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca</p> <ul style="list-style-type: none"> A. Unofficial mobile applications results will be available. B. Unofficial Live Results will be available.
SCORING:	<p>The following scoring will be applied:</p> <ul style="list-style-type: none"> A. Team Points <ul style="list-style-type: none"> Individual events – 10-8-6-5-4-3-2-1 Relay Events – 20-16-12-10-8-6-4-2
AWARDS:	<p>The following will be awarded:</p> <ul style="list-style-type: none"> A. Medals – Gold, Silver, Bronze <ul style="list-style-type: none"> Individual events in the following age groups: 10&U, 11, 12, 13, 14, 15, 16&O Relay events in the following age groups: 10&U, 11-12, 13-14, 15&O

**ADDITIONAL
INFORMATION:**
**ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES FOR MEET
MANAGERS, OFFICIALS AND COACHES**

1. The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet.
 2. Absolutely no food in the bleachers or on the pool deck.
 3. No running on the deck, under the bleachers or on the bleachers.
 4. No climbing across the railing between the gallery and the bleachers.
 5. No climbing over the yellow gates between the pool deck and the bleachers.
 6. Shoes must be worn whenever outside the pool or change room areas.
 7. No diving off the starting blocks or bulkhead during warm-ups. Please slip or jump into the pool. It is recommended to designate lanes one and eight as sprint lanes in one direction only, for the last part of warm-ups.
 8. The use of flippers and hand paddles, during warm-ups is prohibited.
 9. Swimmers that are not competing are not to be in other areas of the building and are not to upset the normal operation of the other departments.
- Coaches are directly responsible for the supervision of their athletes at all times. This includes the pool area, change rooms, hallways, and all other areas of the Etobicoke Olympium

Schedule of Events and Time Standards:

FRIDAY AFTERNOON (Girls 13&O, Boys 12&U)								
Warm-up: 12:00 pm Start: 12:30 pm								
GIRLS				<u>EVENTS</u>	BOYS			
<u>Event</u>	<u>Age</u>	<u>De- Qualifying</u>	<u>Qualifying</u>		<u>Event</u>	<u>Age</u>	<u>De- Qualifying</u>	<u>Qualifying</u>
1	13	2:53.58	3:13.76					
	14	2:47.18	3:06.62					
	15	2:46.32	3:05.66					
	16&O	2:41.99	3:00.83					
				400 FREE	4	10&U	6:05.29	6:55.10
						11	5:48.68	6:38.50
						12	5:29.06	6:16.07
5	13	5:19.69	6:05.36					
	14	5:07.60	5:51.54					
	15	5:03.16	5:46.46					
	16&O	4:59.68	5:42.49					

FRIDAY EVENING (Boys 13&O, Girls 12&U)								
Warm-up: 4:30 pm Start: 5:00 pm								
GIRLS				EVENTS	BOYS			
Event	Age	De-Qualifying	Qualifying		Event	Age	De-Qualifying	Qualifying
				200 IM	2	13	2:47.04	3:06.47
						14	2:36.09	2:54.24
						15	2:31.68	2:49.32
						16&O	2:27.82	2:45.01
3	10&U	6:07.24	6:57.31	400 FREE				
	11	5:50.54	6:40.62					
	12	5:28.95	6:15.85					
				400 FREE	6	13	5:09.82	5:54.08
						14	4:47.14	5:28.16
						15	4:40.19	5:20.22
						16&O	4:37.12	5:16.70

SATURDAY MORNING								
Warm-up A: 7:00 am Warm-up B: 7:30 am Start: 8:00 am								
GIRLS (10&U)				EVENTS	BOYS (11-12)			
Event	Age	De-Qualifying	Qualifying		Event	Age	De-Qualifying	Qualifying
7	10&U	3:14.18	3:40.66	200 IM	8	11	3:11.44	3:33.70
						12	2:58.77	3:19.56
9	10&U	1:17.96	1:28.59	100 FREE	10	11	1:16.30	1:25.18
						12	1:11.43	1:19.74
11	10&U	55.00	1:03.25	50 BREAST				
				200 BREAST	12	11	3:39.88	4:05.45
						12	3:23.60	3:47.28
13	10&U	1:31.21	1:43.65	100 BACK	14	11	1:29.42	1:39.82
						12	1:23.41	1:33.11
15	10&U	50.00	57.50	50 FLY				
				200 FLY	16	11	3:22.66	3:46.22
						12	3:20.66	3:43.99
All Relays CANCELLED				4x50 FREE RELAY	All Relays CANCELLED			

Split Warmup by Club Code

- A – AAD, AJAX, APEX, CCST, COBRA, CREST, DUCKS, ESWIM, GGST, GRAC, HBBF, JDSS, MAC, MMST, MSSAC, NORAC, NSSC, OAK
- B – OSHAC, PICK, RHAC, RHSD, ROC, SCAR, STARS, TORCH, TSC, USC, VAC, VVAC, WS, WSSC, YORK

SATURDAY LATE MORNING

Warm-up A: 11:15 am Warm-up B: 11:45 am
Start: 12:15 pm

GIRLS (11-12)				EVENTS	BOYS (10&U)			
Event	Age	De-Qualifying	Qualifying		Event	Age	De-Qualifying	Qualifying
19	11	3:09.77	3:31.84	200 IM	20	10&U	3:15.88	3:42.60
	12	3:00.55	3:21.54					
21	11	1:16.19	1:25.04	100 FREE	22	10&U	1:18.08	1:28.73
	12	1:12.34	1:20.75					
23	11	3:36.29	4:01:44	200 BREAST				
	12	3:26.35	3:50.34					
				50 BREAST	24	10&U	55.00	1:03.25
25	11	1:29.14	1:39.50	100 BACK	26	10&U	1:31.51	1:43.97
	12	1:23.91	1:33.67					
27	11	3:40.29	4:05.90	200 FLY				
	12	3:18.61	3:41.70					
				50 FLY	28	10&U	50.00	57.50
All Relays CANCELLED				4x50 FREE RELAY	All Relays CANCELLED			

SATURDAY AFTERNOON

Warm-up A: 3:45 pm Warm-up B: 4:15 pm
Start: 4:45 pm

WOMEN				EVENTS	MEN			
Event	Age	De-Qualifying	Qualifying		Event	Age	De-Qualifying	Qualifying
31	13	2:33.75	2:51.62	200 FREE	32	13	2:27.37	2:44.51
	14	2:26.71	2:43.75			14	2:18.06	2:34.12
	15	2:25.16	2:42.04			15	2:13.67	2:29.21
	16&O	2:23.38	2:40.06			16&O	2:11.03	2:26.27
33	13	1:31.78	1:42.46	100 BREAST	34	13	1:27.73	1:37.93
	14	1:27.83	1:38.04			14	1:21.14	1:30.58
	15	1:25.89	1:35.88			15	1:17.34	1:26.33
	16&O	1:25.03	1:34.92			16&O	1:16.21	1:25.07
35	13	1:21.09	1:30.52	100 BACK	36	13	1:17.02	1:25.98
	14	1:16.94	1:25.88			14	1:11.23	1:19.51
	15	1:15.49	1:24.26			15	1:10.26	1:18.43
	16&O	1:13.95	1:22.55			16&O	1:07.19	1:15.00
37	13	3:18.04	3:41.06	200 FLY	38	13	3:03.21	3:24.52
	14	2:54.02	3:14.26			14	2:41.29	3:00.05
	15	2:50.28	3:10.08			15	2:34.91	2:52.92
	16&O	2:49.22	3:08.89			16&O	2:28.18	2:45.41
39	13	31.80	35.50	50 FREE	40	13	30.31	33.84
	14	30.78	34.36			14	28.37	31.67
	15	30.37	33.90			15	27.62	30.83
	16&O	30.11	33.61			16&O	27.06	30.20
All Relays CANCELLED				4x50 FREE RELAY	All Relays CANCELLED			
All Relays CANCELLED				4x50 FREE RELAY	All Relays CANCELLED			

Split Warmup by Club Code

- A – AAD, AJAX, APEX, CCST, COBRA, CREST, DUCKS, ESWIM, GGST, GRAC, HBBF, JDSS, MAC, MMST, MSSAC, NORAC, NSSC, OAK
- B – OSHAC, PICK, RHAC, RHSD, ROC, SCAR, STARS, TORCH, TSC, USC, VAC, VVAC, WS, WSSC, YORK

SUNDAY MORNING

Warm-up B: 7:00 am Warm-up A: 7:30 am
Start: 8:00 am

GIRLS (10&U)				EVENTS	BOYS (11-12)			
Event	Age	De-Qualifying	Qualifying		Event	Age	De-Qualifying	Qualifying
45	10&U	2:52.25	3:15.75	200 FREE	46	11	2:47.87	3:07.39
						12	2:38.78	2:57.24
47	10&U	1:32.54	1:45.16	100 FLY	48	11	1:31.59	1:42.24
						12	1:23.96	1:33.72
49	10&U	3:14.24	3:40.73	200 BACK	50	11	3:10.32	3:32.45
						12	3:01.12	3:22.18
51	10&U	1:44.09	1:58.29	100 BREAST	52	11	1:42.14	1:54.01
						12	1:34.62	1:45.64
53	10&U	35.23	41.00	50 FREE	54	11	34.48	38.48
						12	32.29	36.05
All Relays CANCELLED				4x50 MEDLEY RELAY	All Relays CANCELLED			

SUNDAY LATE MORNING

Warm-up B: 11:15 am Warm-up A: 11:45 am
Start: 12:15 pm

GIRLS (11-12)				EVENTS	BOYS (10&U)			
Event	Age	De-Qualifying	Qualifying		Event	Age	De-Qualifying	Qualifying
57	11	2:48.34	3:07.92	200 FREE	58	10&U	2:51.78	3:15.20
	12	2:38.56	2:57.00					
59	11	1:30.44	1:40.96	100 FLY	60	10&U	1:33.72	1:46.50
	12	1:23.50	1:33.20					
61	11	3:09.82	3:31.90	200 BACK	62	10&U	3:14.74	3:41.30
	12	2:59.62	3:20.51					
63	11	1:41.73	1:53.56	100 BREAST	64	10&U	1:44.51	1:58.76
	12	1:35.61	1:46.73					
65	11	34.43	38.44	50 FREE	66	10&U	35.28	41.05
	12	32.78	36.59					
All Relays CANCELLED				4x50 MEDLEY RELAY	All Relays CANCELLED			

Split Warmup by Club Code

- A – AAD,AJAX,APEX,CCST,COBRA,CREST,DUCKS,ESWIM,GGST,GRAC,HBBF,JDSS,MAC,MMST,MSSAC,NORAC,NSSC,OAK
- B – OSHAC,PICK,RHAC,RHSD,ROC,SCAR,STARS,TORCH,TSC,USC,VAC,VVAC,WS,WSSC,YORK

SUNDAY AFTERNOON

Warm-up B: 3:30 pm Warm-up A: 4:00 pm

Start: 4:30 pm

WOMEN				EVENTS	MEN			
<u>Event</u>	<u>Age</u>	<u>De- Qualifying</u>	<u>Qualifying</u>		<u>Event</u>	<u>Age</u>	<u>De- Qualifying</u>	<u>Qualifying</u>
69	13	3:19.86	3:43.10	200 BREAST	70	13	3:11.29	3:33.53
	14	3:11.68	3:33.97			14	3:00.34	3:21.31
	15	3:10.32	3:32.45			15	2:50.11	3:09.89
	16&O	3:08.81	3:30.77			16&O	2:48.79	3:08.41
71	13	1:09.57	1:17.66	100 FREE	72	13	1:06.52	1:14.26
	14	1:07.33	1:15.16			14	1:02.32	1:09.56
	15	1:06.12	1:13.81			15	1:00.33	1:07.34
	16&O	1:05.03	1:12.59			16&O	59.18	1:06.06
73	13	2:54.96	3:15.30	200 BACK	74	13	2:48.59	3:08.20
	14	2:46.67	3:06.05			14	2:37.07	2:55.33
	15	2:43.71	3:02.75			15	2:31.96	2:49.63
	16&O	2:41.30	3:00.06			16&O	2:29.08	2:46.42
75	13	1:18.54	1:27.67	100 FLY	76	13	1:15.56	1:24.35
	14	1:14.82	1:23.52			14	1:09.53	1:17.62
	15	1:12.97	1:21.46			15	1:06.57	1:14.32
	16&O	1:12.33	1:20.74			16&O	1:04.65	1:12.17
All Relays CANCELLED				4x50 MEDLEY RELAY	All Relays CANCELLED			
All Relays CANCELLED				4x50 MEDLEY RELAY	All Relays CANCELLED			

Split Warmup by Club Code

- A – AAD,AJAX,APEX,CCST,COBRA,CREST,DUCKS,ESWIM,GGST,GRAC,HBBF,JDSS,MAC,MMST,MSSAC,NORAC,NSSC,OAK
- B – OSHAC,PICK,RHAC,RHSD,ROC,SCAR,STARS,TORCH,TSC,USC,VAC,VVAC,WS,WSSC,YORK