

## Brief Meet Information

<b>MEET NAME</b>	<b>2026 Central Region Div 1 LC Championships</b>
<b>DATE(s):</b>	<b>19-21 June 2026</b>
<b>HOSTED BY:</b>	Markham Aquatic Club
<b>LOCATION:</b>	Markham Pan Am Centre, 16 Main Street Unionville, Markham, ON L3R 2E4
<b>FACILITY:</b>	One 10 lane 50 metre competition pool Swim Timing electronic timing
<b>PURPOSE &amp; DESCRIPTION:</b>	Central Region Championships Meet
<b>COMPETITION CONFIGURATION</b>	A. LCM Chase Starts (FINALS and Distance – single Ended)
<b>MEET PACKAGE:</b>	The only meet package which will be considered as valid must be the most current version found on <a href="http://www.swimming.ca">www.swimming.ca</a> and the Swimming Canada Registration and Event Management System (REMS).
<b>LAST UPDATE:</b>	Rev 1-10 Apr– corrected Qual time for Girls Fri Eve (12&U) – event file was correct

## Competition Organizing Committee

<b>ROLE</b>	<b>NAME</b>	<b>EMAIL</b>	<b>LEVEL</b>
<b>COMPETITION COORDINATOR(S):</b>	Lisa Chow, Lea Chen May Loo + Andy Mitchell	<a href="mailto:officials@markhamaquaticclub.com">officials@markhamaquaticclub.com</a>	V
<b>MEET MANAGER(S):</b>	Stanley Liu YY Wong Tommy Lee	<a href="mailto:Stanley.liu.27@gmail.com">Stanley.liu.27@gmail.com</a> <a href="mailto:yywong@rogers.com">yywong@rogers.com</a>	
<b>ENTRY (Central Region) COORDINATORS:</b>	Charlotte Carroll Steve Goodwin	<a href="mailto:charlottecarroll1@gmail.com">charlottecarroll1@gmail.com</a> <a href="mailto:sdg9@rogers.com">sdg9@rogers.com</a>	
<b>OFFICIALS COORDINATOR:</b>	YY Wong	<a href="mailto:yywong@rogers.com">yywong@rogers.com</a>	

## 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](http://www.swimming.ca/safesport)

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

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

### **Videography & Photography Permissions**

Provided the facility permits, registered club coaches on the compliance list, approved sport science contractors, and support staff may record for coaching purposes without additional authorization. All other individuals — including club photographers, contracted photographers/videographers, and media — must apply for and receive authorization to access the competition deck before recording in any medium. All recordings must comply with Swim Ontario policies, including the [Photography, Videography, and Cellphone Procedure](#) and the [Screening Requirements Procedures](#). Contact Meet Management for the application process. All Official Photographers and Videographers, as approved by Swim Ontario, will be declared within this Meet Package.

<b>ADDITIONAL INFORMATION</b>	A. The following are approved by Swim Ontario Official Photographers/Videographers for this event: Ming Leung (Pictures in Motion)
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## **Competition Rules**

### **Sanctioned as an Age Group Swimming Invitational by Swim Ontario.**

All current [Swimming Canada rules](#) will be followed. All registered para swimmers are subject to the rules defined by their current sport class and codes of exception. The stroke and turn rules apply as per Appendix B of the Swimming Canada rulebook. The Sport Class and Exception Codes should be displayed on heat sheets and must be made available to the Session Referee.

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.

Combined (mixed) gender swimming is permitted for age group swimming competitions. Canadian Age Group records can not be set when heats involve individual mixed genders.

The Starter shall report a swimmer to the Referee for misconduct taking place at the start of a race as per Swimming Canada Part II 2.3.2. The “misconduct” shall include but is not limited to (C.2.3.2.1):

- Deliberate or negligent acts such as spitting, spouting of water, or blowing the nose in the pool or on the pool deck immediately prior to the start may be considered misconduct.
- Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
- Unsafe or uncontrolled entry into the pool immediately prior to the start of a race. All swimmers must enter the pool with a controlled, feet-first entry.

The Referee may disqualify a swimmer for such misconduct.

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

It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

- **Warm up rules:**

- No loitering at the end of lane
- Swimmers must be aware of their surroundings and move over to the lane rope when stopped at the end wall to allow other swimmers to turn
- Swimmers using sprint and pace lanes must be directly supervised by their coaches
- Deliberate kicking or striking of the starting platform, including the back plate during the sprint periods is not permitted.

Swimmers must enter the pool FEET FIRST in a cautious and controlled manner, entering from a start or turn end only and from a standing or sitting position.

Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Referee, without warning from their next individual event following the warm-up period in which the violation occurred. The swimmer's name and club shall be registered with the Meet Manager.

<b>AGE UP DATE:</b>	The competitor's age is as the first day of the competition – Friday 19 June 2026
<b>DIVE STARTS:</b>	<p><b>As per Swimming Canada Part II C4.1.2 and C4.1.3 swimmers are permitted to start in-water or from a standing position on the deck or bulkhead when Starting Platforms (blocks) are available. As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows:</b></p> <p>A. from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from a. both ends</p> <p>and/or</p> <p>B. from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 a. from both ends</p> <p>and/or</p> <p>C. In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 a. from both ends</p>
<b>BACSTROKE LEDGES:</b>	A. Ledges will be used and available for sessions with 13&O swimmers ONLY.
<b>d/DEAF AND HARD OF HEARING ACCOMMODATION:</b>	<p><b>This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:</b></p> <ul style="list-style-type: none"> <li>• non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff.</li> <li>• Visual Start hand signals given by the starter/referee.</li> <li>• Visual Start Strobe Light options <ul style="list-style-type: none"> <li>A. <b>Facility-Provided Strobe Light:</b> An external strobe light is available at this facility</li> <li>B. <b>Personal Strobe Light:</b> 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.</li> </ul> </li> </ul> <p><b>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.</b></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.

## Eligibility

All athletes must be registered as Competitive or Varsity swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Athletes may only compete under the age group club or varsity team they are registered with. Registered Para Swimmers are welcome and their current Sport Class must be included in the entries. 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:**

- A. This meet is a Closed Invitational for the following clubs: Central Region Clubs
- B. Pre-competitive swimmers are not welcome to attend
- C. This meet has Time Standards
  - a. for all individual events (see qualifying/de-qualifying standards in Schedule of Events and Event File)
- D. Para swimmers are welcome and are exempt from the above stated standards:
  - a. Must be at least Level II
  - b. Para Event Qualifying standard is Swim ON [Para Regional Motivation Times](#)
  - c. De-qualifying standard is [Para Ontario Swimming Championships Standard](#)
- E. **Exhibition swims only for swimmers that age up between Central Region Div 1 Champs and Ontario Swimming Championships** (and not already qualified at higher age group)
- F. Swimmers must be entered in individual events in their own age group ONLY. No aging up for individual events. (For example: a 10 year old cannot be entered in an 11&O event, or a 12 year old cannot be entered in a 13&O event)

### **COACH & SUPPORT STAFF REGISTRATION:**

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.

**Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.**

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.

### **FOREIGN TEAMS / COMPETITORS:**

**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.**

- A. Foreign Teams' / competitors' entries will not be accepted by the host club.

## Entry Process

<b>ENTRY SUBMISSIONS:</b>	<p><b>Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff.</b> Meet management will:</p> <ul style="list-style-type: none"> <li>● not accept entries via email;</li> <li>● notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries;</li> <li>● 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 &amp; IV sanctions) prior to the start of the competition</li> </ul> <p><b>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.</b></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>
<b>ENTRY DEADLINE:</b>	<p><b>The online entry deadline is Monday 1 June 2026</b></p> <p>A. Changes to entries will be accepted until Monday 16 June 2026 (NOON)</p>
<b>ENTRY FEE:</b>	<p><b>The following fees will apply for this competition:</b></p> <p>A. Individual Events: \$15.00          B. Relay Events \$20.00          C. Swimmer Fee: \$10.00</p> <p><b>Payment Method:</b></p> <ul style="list-style-type: none"> <li>● <b>cheque</b> payable to <b>Markham Aquatic Club</b> and bring to Meet Manager office OR</li> <li>● <b>by e-transfer</b> to <a href="mailto:treasurer@markhamaquaticclub.com">treasurer@markhamaquaticclub.com</a> (include your Club Code and meet name)</li> </ul>
<b>ENTRY LIMITS:</b>	<p><b>The following limits are in place for this competition:</b></p> <p>A. The maximum number of participants per session is 650 for 13 and Over sessions and 500 for 12 and Under sessions.</p> <p style="padding-left: 40px;">Meet management reserves the right to limit entries in events/sessions to stay within MPAC swimmers/session limits (above) – this may include removing slower entries in each age group for events in the session.</p> <p>B. The maximum number of entries per swimmer is 7 individual events (only one distance event (800/1500))</p> <p>C. <b>NO BONUS</b> Swims</p> <p>D. <b>Exhibition Swims ONLY</b> for over-qualified swimmers aging up before Ontario Swimming Championships and are not yet qualified at the higher age group (including 17&amp;O swimmers not yet qualified for OSC's)</p>
<b>RELAY ENTRIES &amp; MIXED RELAYS:</b>	<p><b>Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.</b></p> <p>A. Relay swimmers must be entered in a non-relay event in order to compete.</p>

<b>ENTRY TIMES &amp; CONVERSION:</b>	<p>A. No Time (NT) entries and estimated entry times are NOT permitted.</p> <p>B. Entry Times to be submitted in LCM. SCM results can be converted at 2%</p> <p>C. Entries must be submitted using provable times recorded during the qualifying period. Please submit times in LCM (please keep event file as 'L' – best time converted to LCM to properly use both qualifying and de-qualifying standard).</p> <p style="margin-left: 20px;">a. Times achieved since (Qualifying Period): 1 January 2025</p> <p style="margin-left: 20px;">b. Qualifying Standards (Time Standards) are as follows:</p> <p style="margin-left: 40px;">i. Event qualifying OSC plus 5% for 400/800/1500 events</p> <p style="margin-left: 40px;">ii. Event qualifying OSC plus 7.5% for 50/100/200 events</p> <p style="margin-left: 40px;">iii. Event de-qualifying is OSC</p> <p style="margin-left: 20px;">c. See Time Standards in Schedule of Events (and Event File)</p>
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## Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals	Config Estimate
1	Friday	7:30 – 8:10 am	8:15 am	12:00 pm	Time Final	Single LC
2	Friday	A – 12:15–12:40 pm B – 12:45-1:10 pm	1:15 pm	4:15 pm	Prelims & TF	Double LC Chase
3	Friday	A – 4:30-4:55 pm B – 5:00-5:25 pm	5:30 PM	8:30 pm	Time Final	Double LC Chase
4	Saturday	B – 7:30-7:55 am A – 8:00-8:25 am	8:30 am	12:30 pm	Prelims	Double LC Chase
5	Saturday	B - 12:30-12:55 pm A – 1:00-1:25 pm	1:30 pm	4:30 pm	Time Finals	Double LC Chase
6	Saturday	5:00 – 5:55 pm	6:00 pm	8:00 pm	Finals	Single LC
7	Sunday	A – 7:30-7:55 am B – 8:00-8:25 am	8:30 am	12:45 pm	Prelims	Double LC Chase
8	Sunday	A - 12:30-12:55 pm B – 1:00-1:25 pm	1:30 pm	4:30 pm	Time Finals	Double LC Chase
9	Sunday	5:00 – 5:55 pm	6:00 pm	8:00 pm	Finals	Single LC

### Split Warm-up by CLUB CODE

- Grp A - TBD
- Grp B – TBD

## Meet Format & Administration

<b>SEEDING:</b>	<p>After all times are converted as pursuant to the conversion process:</p> <p>A. Seeding for Timed Final events will be in order of entry times, slowest to fastest.</p> <p style="margin-left: 20px;">a. with the exception of Distance Events (400/800/1500) which will be seeded fastest to slowest.</p> <p>B. Seeding for Preliminary events will be as per Part II 3.1 of the Swimming Canada rulebook with fastest 3 heats circle seeded.</p>
<b>DECK ENTRIES:</b>	<b>Deck Entries are NOT Allowed</b>

<b>RELAY NAME SUBMISSION:</b>	<b>Relay Cards or Forms:</b> <ol style="list-style-type: none"> <li>A. Relay Cards available at the Meet Management Office during warm-up.</li> <li>B. The Relay Name submission deadline is the start of the relay event (please have swimmers bring relay card (with names) to the lane to check in).</li> <li>C. Only scratched relay cards to be returned to the Admin Desk.</li> </ol>
<b>SCRATCHES &amp; POSITIVE CHECK IN RULES:</b>	<p><b>The following are the Scratch deadlines for this competition.</b></p> <ol style="list-style-type: none"> <li>A. There is no scratch deadline for Prelim Events, and 12&amp;U Time Final Events.</li> <li>B. There is a scratch deadline for:             <ol style="list-style-type: none"> <li>a. the following events:                 <ol style="list-style-type: none"> <li>i. 400/800/1500 and Relay Events</li> </ol> </li> <li>b. Scratches are to be made on posted heat sheets at the Admin Desk 30 minutes prior to the start of each session.</li> </ol> </li> <li>C. A scratch deadline will apply for FINALS events:             <ol style="list-style-type: none"> <li>a. 30 minutes following the posting of results of the last prelim event in that session (Saturday after 200 Fly, Sunday after 50 Free)</li> </ol> </li> </ol> <p><b>The following are the Positive Check-in deadlines for this competition.</b></p> <ol style="list-style-type: none"> <li>A. There is no positive check-in required for this competition.</li> </ol>
<b>PENALTIES:</b>	<ol style="list-style-type: none"> <li>A. Failure to participate in an event with a scratch deadline will result in following penalty:             <ol style="list-style-type: none"> <li>a. Fee: \$50 fine for each offence payable to <b>Markham Aquatic Club</b>. This applies to all originally named finalists &amp; alternates only for Saturday/Sunday Evening FINAL events.</li> </ol> </li> </ol>
<b>OFFICIAL SPLIT TIMES:</b>	<p><b>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 <u>Admin Desk</u> at least 30 minutes prior to the commencement of the event. Requests for official splits in gendered and mixed relays are not required, however in mixed relays the official time will not be recognized as a Canadian Age Group record.</b></p> <ol style="list-style-type: none"> <li>A. Official Split Forms are available at the Admin Desk.</li> <li>B. Not all Official Split requests can be accommodated.</li> </ol>
<b>SWIM OFFS:</b>	<p><b>This competition offers preliminary events.</b></p> <ul style="list-style-type: none"> <li>● All swim-offs are to be run during or at the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials.</li> <li>● Coaches are to report to the Admin Desk when a swim-off is announced.</li> </ul>
<b>DISQUALIFICATION &amp; APPEAL PROCEDURE:</b>	<ul style="list-style-type: none"> <li>● Disqualification will be reported within fifteen (15) minutes after the swimmer's race. The disqualification shall stand providing all reasonable efforts have been made to report the disqualification including public address systems.</li> <li>● A club coach representative should discuss the disqualification with the Session Referee and can request to view the disqualification slip.</li> <li>● If not resolved after this discussion, a written appeal may be presented to the Session Referee from the club coach representative.             <ul style="list-style-type: none"> <li>○ A written appeal must be presented within 30 minutes after the conclusion of the <u>event</u> in question.</li> <li>○ Appeal on Referee Decision forms are available at the Admin Desk.</li> </ul> </li> <li>● If not resolved after the decision of the written appeal from the Session Referee the matter may be assigned to a Jury of Appeal.</li> <li>● The decision to go to Jury must be taken within an hour from the moment the decision of the written appeal is communicated to the club coach representative.</li> </ul>

<b>RECORDS:</b>	<p>A. Swim times achieved at this competition will be eligible for Provincial and National Records. Coaches are advised to inform Meet Management prior to the start of the session where mixed gender individual events are taking place that there is a possibility of a Canadian Age Group record being broken. The referee can ensure that the swimmer competes with competitors of the same gender for his/her heat. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.</p>
<b>MEET RESULTS:</b>	<p><b>Official Results will be posted within 48 hours of completion of the meet to <a href="http://www.swimming.ca">www.swimming.ca</a></b></p> <p>A. Unofficial Results will be posted electronically at the meet.          B. Unofficial mobile applications results will be available.          C. Unofficial Live Results will be available.</p>
<b>SCORING:</b>	<p><b>The following scoring will be applied:</b></p> <p>A. Team Points:              Individual events – 10-9-8-7-6-5-4-3-2-1              Relay Events - - 20-18-16-14-12-10-8-6-4-2</p>
<b>AWARDS:</b>	<p><b>The following will be awarded:</b></p> <p>A. Medals – Gold, Silver, Bronze              Individual events in the following age groups: 10&amp;U, 11, 12, 13, 14, 15, 16&amp;O              Relay events in the following age groups: 10&amp;U, 11-12, 13-14, 15&amp;O</p>
<b>SAFETY REQUIREMENTS FOR LCM CHASE STARTS</b>	<p><b>SAFETY REQUIREMENTS FOR LCM CHASE STARTS</b></p> <ul style="list-style-type: none"> <li>• Officials will help ensure finishing swimmers clear the wall quickly -- swimmers are to move to the lane rope immediately upon finishing and follow Official directions so incoming chase swimmers can turn safely.</li> <li>• Para heats (needing extra exit time) must be fully cleared before chase heat starts.</li> <li>• No more than two heats (actively racing) may be in the water during LCM chase.</li> <li>• 50m events run single ended, and next heat does not start until all swimmers in previous heat have touched.</li> </ul> <p>Coaches are responsible for ensuring swimmers remain aware of incoming chase swimmers and follow all instructions provided by the Lane Officials.</p>
<b>ADDITIONAL INFORMATION:</b>	<p>Onsite Parking is <b>PAID</b> and limited. Extra parking space will be available at Unionville GO Station and <b>Remington paid parking</b> .</p> <p>All swimmers, coaches and volunteers/ officials are to wear footwear when in the hallways and wear indoor/deck shoes when in pool area.</p> <p>Lockers are available but limited; please bring your own lock.</p> <p>NO FOOD and NO DRINK (No Coffee or Tea) ON DECK except for water. There are 2 filling stations and fountains on the pool deck. Concession vendor is available at the Lobby.</p> <p>Nearby Amenities:</p> <ul style="list-style-type: none"> <li>• <a href="#">Restaurants</a></li> <li>• <a href="#">Grocery Stores</a> (T&amp;T and Whole Foods have readymade food)</li> <li>• <a href="#">Tim Hortons</a></li> </ul>

## Schedule of Events and Time Standards:

<b>FRIDAY Distance</b>								
Warm-up: 7:30 am Start: 8:15 am								
<b>GIRLS</b>				<b>EVENTS</b>	<b>BOYS</b>			
Event	Age	De-Qual	Qualify		Event	Age	De-Qual	Qualify
1	11	11:03.25	11:36.41	800 FREE** (11&O *)	2	11	11:11.68	11:45.26
	12	10:37.67	11:09.55			12	10:17.17	10:48.03
	13	9:59.63	10:29.61			13	9:44.74	10:13.98
	14	9:53.63	10:23.31			14	9:24.06	9:52.26
	15	9:47.69	10:17.07			15	9:11.29	9:38.85
	16&O	9:41.81	10:10.90		16&O	9:05.68	9:32.96	
3	13	19:22.99	20:21.14	1500 FREE** (13&O *)	4	13	18:46.76	19:43.10
	14	19:11.36	20:08.93			14	18:15.29	19:10.05
	15	18:59.85	19:56.84			15	17:53.51	18:47.19
	16&O	18:48.45	19:44.87			16&O	17:27.68	18:20.06

\* 10&U swimmers are not eligible for 800 Free, 12&U swimmers are not eligible for 1500 Free

\*\* 800/1500 will be limited to pool time available.

<b>FRIDAY AFTERNOON (13&amp;O)</b>								
Warm-up A: 12:15 pm      Warm-up B: 12:45 pm Start: 1:15 pm								
<b>GIRLS</b>				<b>EVENTS</b>	<b>BOYS</b>			
Event	Age	De-Qual	Qual		Event	Age	De-Qual	Qual
5	13	36.58	39.32	50 BREAST	6	13	35.17	37.81
	14	36.21	38.93			14	33.95	36.50
	15	35.85	38.54			15	32.79	35.25
	16&O	35.49	38.15			16&O	31.76	34.14
7	13	30.79	33.10	50 FLY	8	13	29.71	31.94
	14	30.48	32.77			14	28.71	30.86
	15	29.86	32.10			15	27.38	29.43
	16&O	29.56	31.78			16&O	27.02	29.05
9	13	33.40	35.91	50 Back	10	13	32.15	34.56
	14	32.76	35.22			14	30.61	32.91
	15	32.14	34.55			15	29.50	31.71
	16&O	31.78	34.16			16&O	28.90	31.07
11	13	2:36.69	2:48.44	200 IM	12	13	2:29.19	2:40.38
	14	2:34.61	2:46.21			14	2:25.05	2:35.93
	15	2:33.06	2:44.54			15	2:21.10	2:31.68
	16&O	2:30.69	2:41.99			16&O	2:17.51	2:27.82
13	13	4:47.13	5:01.49	400 FREE	14	13	4:41.55	4:55.63
	14	4:44.26	4:58.47			14	4:33.15	4:46.81
	15	4:41.42	4:55.49			15	4:25.42	4:38.69
	16&O	4:38.61	4:52.54			16&O	4:20.69	4:33.72

### Split Warm-up by CLUB CODE

- Grp A - TBD
- Grp B - TBD

## FRIDAY EVENING (12&U)

Warm-up A: 4:30 pm    Warm-up B: 5:00 pm  
Start: 5:30 pm

<b>GIRLS</b>				<b><u>EVENTS</u></b>	<b>BOYS</b>			
<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>		<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>
15	11	42.84	46.05	50 BREAST	16	11	42.53	45.72
	12	40.26	43.28			12	39.55	42.52
17	11	35.56	38.23	50 FLY	18	11	35.90	38.59
	12	33.29	35.79			12	32.21	34.63
19	10&U	37.90	40.74	50 Back	20	10&U	38.50	41.39
	11	37.90	40.74			11	38.50	41.39
	12	35.93	38.62			12	34.90	37.52
21	10&U	5:20.67	5:36.70	400 FREE	22	10&U	5:24.83	5:41.07
	11	5:20.67	5:36.70			11	5:24.83	5:41.07
	12	5:09.00	5:24.45			12	4:57.66	5:12.54

### Split Warm-up by CLUB CODE

- Grp A - TBD
- Grp B - TBD

## SATURDAY MORNING

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

<b>WOMEN</b>				<b><u>EVENTS</u></b>	<b>MEN</b>			
<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>		<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>
23	13	1:03.12	1:07.85	100 FREE	24	13	1:00.49	1:05.03
	14	1:02.31	1:06.98			14	57.97	1:02.32
	15	1:01.51	1:06.12			15	56.12	1:00.33
	16&O	1:00.49	1:05.03		16&O	55.05	59.18	
25	13	2:57.15	3:10.44	200 BREAST	26	13	2:49.09	3:01.77
	14	2:55.38	3:08.53			14	2:45.58	2:58.00
	15	2:53.63	3:06.65			15	2:38.24	2:50.11
	16&O	2:51.89	3:04.78			16&O	2:36.45	2:48.18
27	13	1:11.98	1:17.38	100 BACK	28	13	1:09.33	1:14.53
	14	1:11.26	1:16.60			14	1:06.26	1:11.23
	15	1:10.22	1:15.49			15	1:04.15	1:08.96
	16&O	1:08.79	1:13.95			16&O	1:02.50	1:07.19
29	13	2:40.22	2:52.24	200 FLY	30	13	2:33.62	2:45.14
	14	2:38.62	2:50.52			14	2:30.04	2:41.29
	15	2:37.03	2:48.81			15	2:24.10	2:34.91
	16&O	2:35.08	2:46.71			16&O	2:17.84	2:28.18
31	13-14			4x50 FREE	32	13-14		
33	15&O			4x50 FREE	34	15&O		
35	13	5:30.89	5:47.43	400 IM	36	13	5:16.96	5:32.81
	14	5:27.58	5:43.96			14	5:08.70	5:24.14
	15	5:24.30	5:40.52			15	5:00.14	5:15.15
	16&O	5:21.06	5:37.11			16&O	4:55.87	5:10.66

### Split Warm-up by CLUB CODE

- Grp A - TBD
- Grp B - TBD

## SATURDAY AFTERNOON

Warm-up B: 12:30 pm    Warm-up A: 1:00 pm  
Start: 1:30 pm

<b>GIRLS</b>				<b><u>EVENTS</u></b>	<b>BOYS</b>			
<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>		<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>
37	10&U	2:53.60	3:06.62	200 IM	38	10&U	2:56.51	3:09.75
	11	2:53.60	3:06.62			11	2:56.51	3:09.75
	12	2:47.34	2:59.89			12	2:40.31	2:52.33
39	10&U	1:10.47	1:15.76	100 FREE	40	10&U	1:10.76	1:16.07
	11	1:10.47	1:15.76			11	1:10.76	1:16.07
	12	1:06.89	1:11.91			12	1:04.25	1:09.07
41	10&U	42.84	46.05	50 BREAST	42	10&U	42.53	45.72
43	11	3:17.99	3:32.84	200 BREAST (11-12 Only)	44	11	3:20.39	3:35.42
	12	3:08.97	3:23.14			12	3:04.69	3:18.54
45	10&U	1:20.67	1:26.72	100 BACK	46	10&U	1:22.25	1:28.42
	11	1:20.67	1:26.72			11	1:22.25	1:28.42
	12	1:17.54	1:23.36			12	1:15.43	1:21.09
47	10&U	35.56	38.23	50 FLY	48	10&U	35.90	38.59
49	11	3:17.65	3:32.47	200 FLY (11-12 Only)	50	11	3:08.52	3:22.66
	12	3:00.18	3:13.69			12	2:54.44	3:07.52
51	10&U			4x50 FREE	52	10&U		
53	11-12			4x50 FREE	54	11-12		

### Split Warm-up by CLUB CODE

- Grp A - TBD
- Grp B – TBD

## SATURDAY FINALS (A Finals Only)

Warm-up: 5:00 pm  
Start: 6:00 pm

<b><u>WOMEN</u></b>		<b><u>EVENTS</u></b>	<b><u>MEN</u></b>	
<u>Event</u>	<u>Ages</u>		<u>Event</u>	<u>Age</u>
5	13 / 14 / 15 / 16&O	50 BREAST	6	13 / 14 / 15 / 16&O
7	13 / 14 / 15 / 16&O	50 FLY	8	13 / 14 / 15 / 16&O
11	13 / 14 / 15 / 16&O	200 IM	12	13 / 14 / 15 / 16&O
23	13 / 14 / 15 / 16&O	100 FREE	24	13 / 14 / 15 / 16&O
25	13 / 14 / 15 / 16&O	200 BREAST	26	13 / 14 / 15 / 16&O
27	13 / 14 / 15 / 16&O	100 BACK	28	13 / 14 / 15 / 16&O
29	13 / 14 / 15 / 16&O	200 FLY	30	13 / 14 / 15 / 16&O

## SUNDAY MORNING

Warm-up A: 7:30 am    Warm-up B: 8:00

Start: 8:30 am

WOMEN				EVENTS	MEN			
Event	Age	De-Qual	Qual		Event	Age	De-Qual	Qual
55	13	2:17.62	2:27.94	200 FREE	56	13	2:12.95	2:22.92
	14	2:16.24	2:26.46			14	2:08.43	2:18.06
	15	2:14.88	2:25.00			15	2:04.34	2:13.67
	16&O	2:13.28	2:23.28			16&O	2:01.89	2:11.03
57	13	1:09.74	1:14.97	100 FLY	58	13	1:06.62	1:11.62
	14	1:09.04	1:14.22			14	1:04.68	1:09.53
	15	1:07.88	1:12.97			15	1:01.93	1:06.57
	16&O	1:07.05	1:12.08			16&O	1:00.14	1:04.65
59	13	2:36.55	2:48.29	200 BACK	60	13	2:29.69	2:40.92
	14	2:34.43	2:46.01			14	2:26.11	2:37.07
	15	2:32.29	2:43.71			15	2:20.95	2:31.52
	16&O	2:30.05	2:41.30			16&O	2:18.68	2:29.08
61	13	1:20.88	1:26.95	100 BREAST	62	13	1:18.25	1:24.12
	14	1:20.07	1:26.08			14	1:15.18	1:20.82
	15	1:19.27	1:25.22			15	1:11.94	1:17.34
	16&O	1:18.48	1:24.37			16&O	1:10.83	1:16.14
63	13	28.92	31.09	50 FREE	64	13	27.50	29.56
	14	28.63	30.78			14	26.39	28.37
	15	28.25	30.37			15	25.69	27.62
	16&O	27.97	30.07			16&O	25.17	27.06
65	13-14			4x50 MEDLEY	66	13-14		
67	15&O			4x50 MEDLEY	68	15&O		

### Split Warm-up by CLUB CODE

- Grp A - TBD
- Grp B - TBD

## SUNDAY AFTERNOON

Warm-up A: 12:30 pm    Warm-up B: 1:00 pm  
Start: 1:30 pm

<u>GIRLS</u>				<u>EVENTS</u>	<u>BOYS</u>			
<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>		<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>
69	10&U	2:32.55	2:43.99	200 FREE	70	10&U	2:36.16	2:47.87
	11	2:32.55	2:43.99			11	2:36.16	2:47.87
	12	2:27.02	2:38.05			12	2:21.60	2:32.22
71	10&U	1:21.21	1:27.30	100 FLY	72	10&U	1:22.69	1:28.89
	11	1:21.21	1:27.30			11	1:22.69	1:28.89
	12	1:16.49	1:22.23			12	1:13.41	1:18.92
73	10&U	2:52.80	3:05.76	200 BACK	74	10&U	2:54.17	3:07.23
	11	2:52.80	3:05.76			11	2:54.17	3:07.23
	12	2:47.09	2:59.62			12	2:43.64	2:55.91
75	10&U	1:32.69	1:39.64	100 BREAST	76	10&U	1:33.16	1:40.15
	11	1:32.69	1:39.64			11	1:33.16	1:40.15
	12	1:28.15	1:34.76			12	1:25.33	1:31.73
77	10&U	32.01	34.41	50 Free	78	10&U	32.07	34.48
	11	32.01	34.41			11	32.07	34.48
	12	30.46	32.74			12	29.37	31.57
79	10&U			4x50 MEDLEY	80	10&U		
81	11-12			4x50 MEDLEY	82	11-12		
83	11	6:07.64	6:26.02	400 IM (11-12 ONLY)	84	11	6:03.90	6:22.10
	12	5:53.99	6:11.69			12	5:42.17	5:59.28

### Split Warm-up by CLUB CODE

- Grp A - TBD
- Grp B – TBD

## SUNDAY FINALS (A Finals Only)

Warm-up: 5:00 pm  
Start: 6:00 pm

<u>WOMEN</u>		<u>EVENTS</u>	<u>MEN</u>	
<u>Event</u>	<u>Ages</u>		<u>Event</u>	<u>Age</u>
9	13 / 14 / 15 / 16&O	50 BACK	10	13 / 14 / 15 / 16&O
53	13 / 14 / 15 / 16&O	200 FREE	54	13 / 14 / 15 / 16&O
55	13 / 14 / 15 / 16&O	100 FLY	56	13 / 14 / 15 / 16&O
57	13 / 14 / 15 / 16&O	200 BACK	58	13 / 14 / 15 / 16&O
59	13 / 14 / 15 / 16&O	100 BREAST	60	13 / 14 / 15 / 16&O
61	13 / 14 / 15 / 16&O	50 FREE	62	13 / 14 / 15 / 16&O