

## Brief Meet Information

<b>MEET NAME</b>	<b>2026 Central Region Div 2 LC Championships</b>
<b>DATE(s):</b>	<b>12-14 June 2026</b>
<b>HOSTED BY:</b>	COBRA Swim Club and Richmond Hill Aquatic Club
<b>LOCATION:</b>	Etobicoke Olympium, 590 Rathburn Rd., Toronto ON M9C 3T3
<b>FACILITY:</b>	One 8 lane 50 meter competition pool. Swiss Timing electronic timing
<b>PURPOSE &amp; DESCRIPTION:</b>	Central Region Championships Meet
<b>COMPETITION CONFIGURATION</b>	A. LCM Chase Starts – all sessions will run LCM Chase (unless actual entries allow 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>	May 21 <sup>st</sup> – Photographer Information Rev 2 – 3 Jun – session config (Sat/Sun - Morning 14&U Girls, Afternoon 14&U Boys, warm-up/start times, all warm-ups 45 min, split warm-ups defined

## Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
<b>COMPETITION COORDINATOR(S):</b>	Francesca Belle Jeff Holmes	<a href="mailto:officialschair@cobraswimclub.com">officialschair@cobraswimclub.com</a> <a href="mailto:jeff_holmes@bell.net">jeff_holmes@bell.net</a>	V V
<b>MEET MANAGER(S):</b>	Marvarie Denhart/Rachel Dinglasan/ Elizabeth Bowen (COBRA) Ling Li (RHAC)	<a href="mailto:cobra.meetmanagement@gmail.com">cobra.meetmanagement@gmail.com</a> <a href="mailto:rhac.meetmanager.director@gmail.com">rhac.meetmanager.director@gmail.com</a>	
<b>ENTRY COORDINATORS:</b>	Charlotte Carroll (Central Region) Steve Goodwin (Central Region)	<a href="mailto:charlottecarroll1@gmail.com">charlottecarroll1@gmail.com</a> <a href="mailto:sdg9@rogers.com">sdg9@rogers.com</a>	
<b>OFFICIALS COORDINATOR:</b>	Catherine Reed (COBRA) Ling Li (RHAC)	<a href="mailto:jackcustomcontracting@rogers.com">jackcustomcontracting@rogers.com</a> <a href="mailto:rhac.coc.director@gmail.com">rhac.coc.director@gmail.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: <a href="#">Ming Leung – Picture in Motion</a>
-----------------------------------	---

## **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 –12 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> <ul style="list-style-type: none"> <li>A. from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from             <ul style="list-style-type: none"> <li>a. both ends</li> </ul> </li> <li>and/or</li> <li>B. from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1             <ul style="list-style-type: none"> <li>a. from both ends</li> </ul> </li> <li>and/or</li> <li>C. In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1             <ul style="list-style-type: none"> <li>a. from both ends</li> </ul> </li> </ul>
<b>BACSTROKE LEDGES:</b>	A. Ledges will be available to use during all <b>13&amp;O Saturday &amp; Sunday</b> sessions
<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> <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 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 Only**
- B. Pre-competitive swimmers are NOT welcome to attend.
- C. This meet has Time Standards
  - a. for all individual events – see qualifying and de-qualifying standards in Schedule of Events and Event File
  - b. Para-swimmers are NOT exempt from the Time Standards at this competition. Para swimmers that do not meet the time standards are welcome at Central Region Div 1 LC Championships.

### **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

### **ENTRY SUBMISSIONS:**

**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:

- 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

**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.**

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.

<b>ENTRY DEADLINE:</b>	<p><b>The online entry deadline is 26 May 2026</b></p> <p>A. Changes to entries will be accepted until 8 June 2026</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: No relays          C. Swimmer Fee: \$5.00</p> <p><b>Payment Method:</b></p> <ul style="list-style-type: none"> <li>• Preferred - Email transfer to <a href="mailto:receivables@cobraswimclub.com">receivables@cobraswimclub.com</a> (include your Club Code and Meet Name)          Or</li> <li>• Cheque payable to COBRA Swim Club and brought to the meet.</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 400. Should swimmer numbers exceed this limit, we will try to redefine session ages to resolve or move events, but if necessary we may need to cut slower entries in some events to limit swimmers.          B. The maximum number of entries per swimmer is 7 individual events          C. <b>NO BONUS</b> swims          D. <b>Exhibition Swims</b> allowed ONLY for swimmers aging up before Div 1 LC Championships and are not yet qualified for Div 1 Championships.</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. No Relays at this meet</p>
<b>ENTRY TIMES &amp; CONVERSION:</b>	<p>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 recorded during the qualifying period. Please submit times in LCM</p> <ol style="list-style-type: none"> <li>a. Times achieved since (Qualifying Period): 1 Jan 2025</li> <li>b. Qualifying Standards (Time Standards) are as follows:             <ol style="list-style-type: none"> <li>i. 400 's – Qualifying Std. is OSC plus 10% - De-qual Std. is OSC plus 5%</li> <li>ii. 50/100/200 – Qualifying Std. is OSC plus 15% - De-qual Std OSC plus 7.5% (</li> <li>iii. See Time Standards in Order of Events, and Event File</li> </ol> </li> <li>c. Event File must be kept as 'L' – best time converted to LCM (meet has qualifying and de-qualifying standards.</li> </ol>

## Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals	Configuration
1 (12&U)	Fri 12 Jun	1:15-1:55 pm	2:00 pm	4:00 pm	Time Final	Single Ended
2 (13&O)	Fri 12 Jun	5:15-5:55 pm	6:00 pm	8:00 pm	Time Final	Single Ended
3 (14&U Girls)	Sat 13 Jun	A- 8:00-8:40 am B- 8:45-9:25 am	9:30 am	12:25 pm	Time Final	Single Ended
4 (14&U Boys)	Sat 13 Jun	1:15-1:55 pm	2:00 pm	3:45 pm	Time Final	Single Ended
5 (15&O)	Sat 13 Jun	5:30-6:10 pm	6:15 pm	7:45 pm	Time Final	Single Ended
6 (14&U Girls)	Sun 14 Jun	B - 8:00-8:40 am A - 8:45-9:25 am	9:30 am	12:30 pm	Time Final	CHASE
7 (14&U Boys)	Sun 14 Jun	1:15-1:55 pm	2:00 pm	5:00 pm	Time Final	Single Ended
8 (15&O)	Sun 14 Jun	5:30-6:10 pm	6:15 pm	8:05 pm	Time Final	Single Ended

### Split Warmup by Club Code

- Grp A – A-M – AAD APEX DUCKS, BSSC, COBRA, CCST, ESWIM GRAC GGST FINs JDSS MAC MASC MMST MSSAC
- Grp B – N-Z – NYAC OAK RHAC RHSD RSWIM SCAR STARS TORCH TSC VAC WSSC YORK

## Meet Format & Administration

<b>SEEDING:</b>	After all times are converted as pursuant to the conversion process: A. Seeding for Timed Final events will be in order of entry times, slowest to fastest. a. with the exception of 400 Free which will be seeded fastest to slowest.
<b>DECK ENTRIES:</b>	<b>Deck Entries are NOT allowed.</b>
<b>RELAY NAME SUBMISSION:</b>	<b>No Relays at this Meet</b>
<b>SCRATCHES &amp; POSITIVE CHECK IN RULES:</b>	<b>The following are the Scratch deadlines for this competition.</b> A. There is no scratch deadline for any events. Scratches are appreciated and are to be marked on posted heat sheets without penalty.
<b>PENALTIES:</b>	A. No penalty shall be imposed for late or day of scratches and No-Shows
<b>OFFICIAL SPLIT TIMES:</b>	<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.</b> A. Official Split Forms are available at the Admin Desk. B. Not all Official Split requests can be accommodated.

<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> <ul style="list-style-type: none"> <li>A. Unofficial Results will be posted electronically at the meet.</li> <li>B. Unofficial mobile applications results will be available.</li> <li>C. Unofficial Live Results will be available.</li> </ul>
<b>SCORING:</b>	<p><b>The following scoring will be applied:</b></p> <ul style="list-style-type: none"> <li>A. Team Points</li> <li style="padding-left: 40px;">Individual events – 10-8-6-5-4-3-2-1</li> </ul>
<b>AWARDS:</b>	<p><b>The following will be awarded:</b></p> <ul style="list-style-type: none"> <li>A. Medals – Gold, Silver, Bronze – for all Individual Events for the following Age Groups – 10&amp;U, 11, 12, 13, 14, 15, 16&amp;O</li> </ul>
<b>PARKING</b>	<p><b>NOTE – Parking is limited.</b> Centennial Park Rd will be closed while FIFA teams are practicing – 7:00-6:00 pm each day. There will still be access to the overflow parking, but it is limited to a first-serve basis shared with FIFA spectators. Shuttle Bus services may be available --- please check for info closer to the meet.</p>

<b>ADDITIONAL INFORMATION:</b>	<p><b>ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES</b></p> <ol style="list-style-type: none"> <li>1. The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet.</li> <li>2. Absolutely no food in the bleachers or on the pool deck.</li> <li>3. No running on the deck, under the bleachers or on the bleachers.</li> <li>4. No climbing across the railing between the gallery and the bleachers.</li> <li>5. No climbing over the yellow gates between the pool deck and the bleachers.</li> <li>6. Shoes must be worn whenever outside the pool or change room areas.</li> <li>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.</li> <li>8. The use of flippers and hand paddles, during warm-ups is prohibited.</li> <li>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.</li> </ol> <p>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</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> <li>• Coaches are responsible for ensuring swimmers remain aware of incoming chase swimmers and follow all instructions provided by the Lane Officials.</li> </ul>

### Schedule of Events and Time Standards:

<b>FRIDAY – 12&amp;Under</b>								
Warm-up: 1:15 pm								
Start: 2:00 pm								
<b>GIRLS</b>				<b>EVENTS</b>	<b>BOYS</b>			
<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	10&U	3:06.62	3:19.64	200 IM	2	10&U	3:09.75	3:22.99
3	11	3:06.62	3:19.64	200 IM	4	11	3:09.75	3:22.99
	12	2:59.89	3:12.44			12	2:52.33	3:04.36
5	10&U	5:36.70	5:52.74	400 Free	6	10&U	5:41.07	5:57.31
7	11	5:36.70	5:52.74	400 Free	8	11	5:41.07	5:57.31
	12	5:24.45	5:39.90			12	5:12.54	5:27.43

## FRIDAY – 13&Over

Warm-up: 5:15 pm

Start: 6:00 pm

<b>GIRLS</b>				<b>EVENTS</b>	<b>BOYS</b>			
Event	Age	De-Qualifying	Qualifying		Event	Age	De-Qualifying	Qualifying
9	13	2:48.44	3:00.19	200 IM	10	13	2:40.38	2:51.57
	14	2:46.21	2:57.80			14	2:35.93	2:46.81
11	15	2:44.54	2:56.02	200 IM	12	15	2:31.68	2:42.27
	16&O	2:41.99	2:53.29			16&O	2:27.82	2:38.14
13	13	5:01.49	5:15.84	400 FREE	14	13	4:55.63	5:09.71
	14	4:58.47	5:12.69			14	4:46.81	5:00.47
15	15	4:55.49	5:09.56	400 FREE	16	15	4:38.69	4:51.96
	16&O	4:52.54	5:06.47			16&O	4:33.72	4:46.76

## SATURDAY MORNING (14&U GIRLS)

Warm-up A: 8:00 am    Warm-up B: 8:45 am

Start: 9:30 am

<b>GIRLS (12&amp;U)</b>				<b>EVENTS</b>	<b>GIRLS (13-14)</b>			
Event	Age	De-Qualifying	Qualifying		Event	Age	De-Qualifying	Qualifying
17	10&U	1:15.76	1:21.04	100 FREE	29	13	1:07.85	1:12.59
	11	1:15.76	1:21.04			14	1:06.98	1:11.66
	12	1:11.91	1:16.92					
19	10&U	38.23	40.89	50 FLY	31	13	33.10	35.41
	11	38.23	40.89			14	32.77	35.05
	12	35.79	38.28					
21	11	3:32.84	3:47.69	200 BREAST (11-12 ONLY)	33	13	3:10.44	3:23.72
	12	3:23.14	3:37.32			14	3:08.53	3:21.69
23	10&U	1:26.72	1:32.77	100 BACK	35	13	1:17.38	1:22.78
	11	1:26.72	1:32.77			14	1:16.60	1:21.95
	12	1:23.36	1:29.17					
25	11	3:32.47	3:47.30	200 FLY (11-12 ONLY)	37	13	2:52.24	3:04.25
	12	3:13.69	3:27.21			14	2:50.52	3:02.41
27	10&U	46.05	49.27	50 BREAST	39	13	39.32	42.07
	11	46.05	49.27			14	38.93	41.64
	12	43.28	46.30					

### Split Warmup by Club Code

- Grp A – A-M – AAD APEX DUCKS, BSSC, COBRA, CCST, ESWIM GRAC GGST FINS JDSS MAC MASC MMST MSSAC
- Grp B – N-Z – NYAC OAK RHAC RHSD RSWIM SCAR STARS TORCH TSC VAC WSSC YORK

## SATURDAY AFTERNOON (14&U BOYS)

Warm-up: 1:15 pm  
Start: 2:00 pm

<b>BOYS (12&amp;U)</b>				<b>EVENTS</b>	<b>BOYS (13-14)</b>			
Event	Age	De-Qualifying	Qualifying		Event	Age	De-Qualifying	Qualifying
18	10&U	1:16.07	1:21.37	100 FREE	30	13	1:05.03	1:09.56
	11	1:16.07	1:21.37			14	1:02.32	1:06.67
	12	1:09.07	1:13.89					
20	10&U	38.59	41.29	50 FLY	32	13	31.94	34.17
	11	38.59	41.29			14	30.86	33.02
	12	34.63	37.04					
22	11	3:35.42	3:50.45	200 BREAST (11-12 ONLY)	34	13	3:01.77	3:14.45
	12	3:18.54	3:32.39			14	2:58.00	3:10.42
24	10&U	1:28.42	1:34.59	100 BACK	36	13	1:14.53	1:19.73
	11	1:28.42	1:34.59			14	1:11.23	1:16.20
	12	1:21.09	1:26.74					
26	11	3:22.66	3:36.80	200 FLY (11-12 ONLY)	38	13	2:45.14	2:56.66
	12	3:07.52	3:20.61			14	2:41.29	2:52.55
28	10&U	45.72	48.91	50 BREAST	40	13	37.81	40.45
	11	45.72	48.91			14	36.50	39.04
	12	42.52	45.48					

## SATURDAY PM (15&Over)

Warm-up: 5:30 pm  
Start: 6:15 pm

<b>WOMEN</b>				<b>EVENTS</b>	<b>MEN</b>			
Event	Age	De-Qualifying	Qualifying		Event	Age	De-Qualifying	Qualifying
41	15	1:06.12	1:10.74	100 FREE		15	1:00.33	1:04.54
	16&O	1:05.03	1:09.56			16&O	59.18	1:03.31
43	15	32.10	34.34	50 FLY		15	29.43	31.49
	16&O	31.78	33.99			16&O	29.05	31.07
45	15	3:06.65	3:19.69	200 BREAST		15	2:50.11	3:01.98
	16&O	3:04.78	3:17.67			16&O	2:48.18	2:59.92
47	15	1:15.49	1:20.75	100 BACK		15	1:08.96	1:13.77
	16&O	1:13.95	1:19.11			16&O	1:07.19	1:11.88
49	15	2:48.81	3:00.58	200 FLY		15	2:34.91	2:45.72
	16&O	2:46.71	2:58.34			16&O	2:28.18	2:38.52
51	15	38.54	41.23	50 BREAST		15	35.25	37.71
	16&O	38.15	40.81			16&O	34.14	36.52

## SUNDAY MORNING (14&U GIRLS)

Warm-up B: 8:00 am      Warm-up A: 8:45 am

Start: 9:30 am

<b>GIRLS (12&amp;U)</b>				<b>EVENTS</b>	<b>GIRLS (13-14)</b>			
Event	Age	De-Qualifying	Qualifying		Event	Age	De-Qualifying	Qualifying
53	10&U	2:43.99	2:55.43	200 FREE	65	13	2:27.94	2:38.26
	11	2:43.99	2:55.43			14	2:26.46	2:36.68
	12	2:38.05	2:49.07					
55	10&U	40.74	43.59	50 BACK	67	13	35.91	38.41
	11	40.74	43.59			14	35.22	37.67
	12	38.62	41.32					
57	10&U	1:27.30	1:33.39	100 FLY	69	13	1:14.97	1:20.20
	11	1:27.30	1:33.39			14	1:14.22	1:19.40
	12	1:22.23	1:27.96					
59	10&U	3:05.76	3:18.72	200 BACK	71	13	2:48.29	3:00.03
	11	3:05.76	3:18.72			14	2:46.01	2:57.59
	12	2:59.62	3:12.15					
61	10&U	1:39.64	1:46.59	100 BREAST	73	13	1:26.95	1:33.01
	11	1:39.64	1:46.59			14	1:26.08	1:32.08
	12	1:34.76	1:41.37					
63	10&U	34.41	36.81	50 FREE	75	13	31.09	33.26
	11	34.41	36.81			14	30.78	32.92
	12	32.74	35.03					

### Split Warmup by Club Code

- Grp A – A-M – AAD APEX DUCKS, BSSC, COBRA, CCST, ESWIM GRAC GGST FINS JDSS MAC MASC MMST MSSAC
- Grp B – N-Z – NYAC OAK RHAC RHSD RSWIM SCAR STARS TORCH TSC VAC WSSC YORK

### SUNDAY AFTERNOON (14&U BOYS)

Warm-up: 1:15 pm

Start: 2:00 pm

<b>BOYS (12&amp;U)</b>				<b><u>EVENTS</u></b>	<b>BOYS (13-14)</b>			
<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>
54	10&U	2:47.87	2:59.58	200 FREE	66	13	2:22.92	2:32.89
	11	2:47.87	2:59.58			14	2:18.06	2:27.69
	12	2:32.22	2:42.84					
56	10&U	41.39	44.28	50 BACK	68	13	34.56	36.97
	11	41.39	44.28			14	32.91	35.20
	12	37.52	40.14					
58	10&U	1:28.89	1:35.09	100 FLY	70	13	1:11.62	1:16.61
	11	1:28.89	1:35.09			14	1:09.53	1:14.38
	12	1:18.92	1:24.42					
60	10&U	3:07.23	3:20.30	200 BACK	72	13	2:40.92	2:52.14
	11	3:07.23	3:20.30			14	2:37.07	2:48.03
	12	2:55.91	3:08.19					
62	10&U	1:40.15	1:47.13	100 BREAST	74	13	1:24.12	1:29.99
	11	1:40.15	1:47.13			14	1:20.82	1:26.46
	12	1:31.73	1:38.13					
64	10&U	34.48	36.88	50 FREE	76	13	29.56	31.63
	11	34.48	36.88			14	28.37	30.35
	12	31.57	33.78					

### SUNDAY PM (15&Over)

Warm-up: 5:30 pm

Start: 6:15 pm

<b>GIRLS</b>				<b><u>EVENTS</u></b>	<b>BOYS</b>			
<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>
77	15	2:25.00	2:35.11	200 FREE	78	15	2:13.67	2:22.99
	16&O	2:23.28	2:33.27			16&O	2:11.03	2:20.17
79	15	34.55	36.96	50 BACK	80	15	31.71	33.93
	16&O	34.16	36.55			16&O	31.07	33.24
81	15	1:12.97	1:18.06	100 FLY	82	15	1:06.57	1:11.22
	16&O	1:12.08	1:17.11			16&O	1:04.65	1:09.16
83	15	2:43.71	2:55.13	200 BACK	84	15	2:31.52	2:42.09
	16&O	2:41.30	2:52.56			16&O	2:29.08	2:39.48
85	15	1:25.22	1:31.16	100 BREAST	86	15	1:17.34	1:22.73
	16&O	1:24.37	1:30.25			16&O	1:16.14	1:21.45
87	15	30.37	32.49	50 FREE	88	15	27.62	29.54
	16&O	30.07	32.17			16&O	27.06	28.95