

Central Region B LC Champs 2024

Rev 1 – Comp Coord, Schedule time corrected, 12&U 400 Free Event File

Rev 2 – Session changes/split warm-ups, 1500 moved, 10&U 400 Free moved

DATE(s):	23-26 May 2024	REGION:	Central Region	
HOSTED BY:	COBRA			
LOCATION:	Etobicoke Olympium, 590 Rathburn Road, Toronto ON M9C 3T3			
FACILITY:	One 8 lane 50 metre competition pool. Swiss Timing electronic timing.			
PURPOSE & DESCRIPTION:	Central Region Championships Meet and last chance qualifier for Swim Ontario Festivals & Ontario Youth Juniors.			
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on www.swimming.ca			
COMPETITION COORDINATOR:	Sandra Rousseau	Level: V	Email: sandra3_rousseau@hotmail.com	
	Francesca Belle	Level: V	Email: officialschair@cobraswimclub.com	
	Bob Albert	Level: IV	Email: cobra.officials@gmail.com	
	If Level 3 Referee is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>			
MEET MANAGER:	Rachel Dinglasan & Marvarie Denhart	Email:	cobra.meetmanagement@gmail.com	
ENTRY COORDINATORS:	Charlotte Carroll Steve Goodwin	Email:	charlottecarroll1@gmail.com sdg9@rogers.com	
OFFICIALS COORDINATORS:	Any registered official is encouraged to contact Catherine Reed (officialschair@cobraswimclub.com) if interested in officiating at this meet			
SAFETY AT COMPETITION:	Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe, welcoming and inclusive sport environment that is free of abuse, harassment and discrimination. The Swim Ontario Concussion Management the Swimming Canada Event Photography and Videography and the Swim Ontario Event Photography procedures will be in effect. For complete details click HERE .			
COMPETITION RULES:	Sanctioned as an 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. It is not required to declare the choice of swimwear to the Referee if 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 As per the Facility Rules for Dive Starts, this competition will be conducted as follows:			
	World Aquatics II.16.1.4 and 4.1, Swimming Canada C16.1.4.1, C4.1.1 & C4.1.2	<input checked="" type="checkbox"/>	Starting Platforms at	Both Ends
		<input type="checkbox"/>	Deck or Bulkhead at	
	<input type="checkbox"/>	In-Water at		
	This competition can provide the following accommodations for swimmers who are d/Deaf or Hard of hearing: <input checked="" type="checkbox"/> Non-verbal instruction provided by a support person duly registered in the RTR. Please let Meet Management know who will be providing this support. <input checked="" type="checkbox"/> Hand signals given by the starter/referee			

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COMPETITION RULES (cont'd)	<input checked="" type="checkbox"/> An external strobe light. Please let meet manager know when you submit your entries that a strobe is wanted.	
ELIGIBILITY:	All athletes must be registered as Competitive swimmers with Swimming Canada and have a valid Swimming Canada registration number. Entries without a valid Swimming Canada registration number and registered status will be declined entry.	
	All swimmers must be registered with a Central Region Club and meet age and qualifying standards. Exhibition swims only for swimmers that age up between Central Region B Champs and Ontario Youth-Junior Championships or Festivals (and not already qualified at the higher age group)	
	This event includes participants from the following clubs:	Central Region Clubs Only (of Swim Ontario)
	<input checked="" type="checkbox"/>	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 and pool time available. 800/1500 are likely to be limited to pool time available.
FOREIGN COMPETITORS:	<input checked="" type="checkbox"/>	Foreign competitors' entries will not be accepted
AGE UP DATE:	Ages submitted are to be as	23 May 2024
ENTRY DEADLINE:	8 May 2024	
	Changes to entries will be accepted until	20 May 2024 (including new qualifiers)
ENTRY FEE:	<input checked="" type="checkbox"/>	Individual Events - \$15.00
	<input checked="" type="checkbox"/>	Relay Events - \$20.00
	Payment Method:	Cheque payable to: COBRA Swim Club Email transfer to: receivables@cobraswimclub.com (please include your Club Code, and meet name)
COACH'S 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.	
ENTRY LIMITS:	The maximum number of participants per session is	400
	Each club is limited to the following number of swimmers	n/a
	The maximum number of entries per swimmer is	7 individual events. Only one distance event (either 800 or 1500)
ENTRY SUBMISSIONS:	ENTRIES: Entries must be submitted through the Swimming Canada online entries system at www.swimming.ca and must include all attending coaches. Meet management will: <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 prior to the start of the competition. 	

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ENTRY SUBMISSIONS (Cont'd):	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.			
	<input checked="" type="checkbox"/>	NT entries are not permitted		
	<input checked="" type="checkbox"/>	Entries must be submitted using provable times, recorded during the qualifying period. Swimmers with provable times recorded during the qualifying period must submit those times and not enter swimmers with "NT".		
	<input checked="" type="checkbox"/>	<table border="1"> <tr> <td>Qualifying standard for entry is:</td> <td> See times in Order of Events and event file: - 16&over qualifying times are Swim ON C (16-16) and de-qualifying times are OYJ (17&O) - 13, 14, 15-year-old qualifying times are Swim ON C and de-qualifying times are OYJ - 10&U, 11, 12-year-old qualifying times are Swim ON FEST C and de-qualifying times are FEST Exhibition swims allowed only for swimmers aging up before Festivals/OYJ (and don't already qualify in older age group) </td> </tr> </table>	Qualifying standard for entry is:	See times in Order of Events and event file: - 16&over qualifying times are Swim ON C (16-16) and de-qualifying times are OYJ (17&O) - 13, 14, 15-year-old qualifying times are Swim ON C and de-qualifying times are OYJ - 10&U, 11, 12-year-old qualifying times are Swim ON FEST C and de-qualifying times are FEST Exhibition swims allowed only for swimmers aging up before Festivals/OYJ (and don't already qualify in older age group)
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<input checked="" type="checkbox"/>	<table border="1"> <tr> <td>Qualifying period for entry to the meet is:</td> <td>1 Sep 2022</td> </tr> </table>	Qualifying period for entry to the meet is:	1 Sep 2022	
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RELAYS:	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.			
	<input checked="" type="checkbox"/>	Relay swimmers must be entered in a non-relay event in order to compete.		
	<input checked="" type="checkbox"/>	<table border="1"> <tr> <td>The deadline for relay name submissions is</td> <td>Beginning of Session</td> </tr> </table>	The deadline for relay name submissions is	Beginning of Session
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CONVERSION:	<input checked="" type="checkbox"/>	Entry times are to be submitted in LCM. SCM entry times are to be converted at 2%. This is a qualifying/de-qualifying meet and must be kept as an 'L' meet (best time converted to LCM).		
SEEDING:	<input checked="" type="checkbox"/>	Seeding will be in order of times entered, slowest to fastest, as converted pursuant to the conversion process as per meet package. Swimmers entered with NT will not be accepted. 400/800/1500 will be seeded FAST to SLOW.		
	<input checked="" type="checkbox"/>	Preliminary heat events will be seeded as per 3.1 with fastest 3 heats circle seeded for all preliminary events.		

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SCHEDULE OF SESSIONS

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals	Config **
1	Thurs 23 May	4:00 – 4:40 pm	4:45 pm	9:00 pm	Time Final	Single LC
2	Fri 24 May	10:15-10:45 am - A 10:45- 11:15 am - B	11:15 am	3:45 pm	Time Final	Double LC Chase
3	Fri 24 May	4:00 – 4:40 pm	4:45 pm	8:40 pm	Prelims & TF	Single LC
4	Sat 25 May	8:00 – 8:30 am - A 8:30 – 9:00 am - B	9:00 am	12:30 pm	Prelims	Double LC Chase
5	Sat 25 May	12:30 – 1:00 pm - A 1:00 – 1:30 pm - B	1:30 pm	5:30 pm	Time Finals	Double LC Chase
6	Sat 25 May	5:30 – 6:10 pm	6:15 pm	9:00 pm	Finals	Single LC
7	Sun 26 May	8:00 – 8:30 am - B 8:30 – 9:00 am - A	9:00 am	12:00 pm	Prelims	Double LC Chase
8	Sun 26 May	12:00 – 12:30 pm - B 12:30 – 1:00 pm - A	1:00 pm	5:30 pm	Time Finals	Double LC Chase
9	Sun 26 May	5:45 – 6:25 pm	6:30 pm	8:15 pm	Finals	Single LC

Split Warm-up by CLUB CODE – Group A – A (AAD) to N (NYAC) --- Group B – O (OAK) to Y (YORK)

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 insures 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>		
CHECKIN AND SCRATCHES:	<input checked="" type="checkbox"/>	There will be no scratch deadline for the following:	Prelim Events and 12&U Time Final Events (not including 400/800/1500 and Relays).
	<input checked="" type="checkbox"/>	Scratches on posted heat sheets are required for all Relay and 400/800/1500 time finals at least 30 minutes before the start of the session. Scratches for prelims & 12&U time final events are to be made on posted heat sheets without penalty	
	<input checked="" type="checkbox"/>	A scratch deadline will apply for finals.	
	<input checked="" type="checkbox"/>	30 minutes following the posting of results of last event of prelims sessions (Saturday after 200 Fly, Sunday after 50 Free)	
PENALTIES:	<input checked="" type="checkbox"/>	Failure to participate in an event with a scratch or check in deadline will result in following penalty:	\$50.00 fine for each offence payable to COBRA Swim Club . This fine applies to all originally named finalists & alternates only for Saturday/Sunday Evening FINAL events.
DECK ENTRIES:	<input checked="" type="checkbox"/>	No Deck Entries are permitted	

OFFICIAL SPLIT TIMES:	<input checked="" type="checkbox"/>	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 advise the Referee at least 30 minutes prior to the commencement of the event. Official Split Request Forms are available at the Admin Desk. Please note that NOT all Official Split Request may be supported.
RECORDS:	<input checked="" type="checkbox"/>	Swim times achieved at this event will be eligible for Provincial and National Records. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.
MEET RESULTS:	Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca	
	<input checked="" type="checkbox"/>	The meet program will be run on Hy-Tek Meet Manager.
	<input checked="" type="checkbox"/>	Results will be posted electronically as quickly as possible at the meet.
	<input checked="" type="checkbox"/>	Live Results / Meet Mobile are available.
SCORING:	<input type="checkbox"/>	No Scoring
	<input checked="" type="checkbox"/>	The following will be scored: Individual Events – 10-8-6-5-4-3-2-1 Relay Events – 20-16-12-10-8-6-4-3
AWARDS:	<input type="checkbox"/>	No awards
	<input checked="" type="checkbox"/>	The following will be awarded: Medals – Gold, Silver, Bronze - Individual Events: 10&U, 11, 12, 13, 14, 15, 16&O - Relay Events – 10&U, 11-12, 13 There will be no Individual or Team High Point Awards. Scoring will be done but for reporting purposes only.
ADDITIONAL INFORMATION:	<p>ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES</p> <ol style="list-style-type: none"> The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet. Absolutely no food in the bleachers or on the pool deck. No running on the deck, under the bleachers or on the bleachers. No climbing across the railing between the gallery and the bleachers. No climbing over the yellow gates between the pool deck and the bleachers. Shoes must be worn whenever outside the pool or change room areas. 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. The use of flippers and hand paddles, during warm-ups is prohibited. 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. <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>	

SCHEDULE OF EVENTS and Time Standards:

THURSDAY EVENING								
Warm-up: 4:00 pm								
Start: 4:45 pm								
GIRLS				EVENTS	BOYS			
Event	Age	De-Qual	Qualify		Event	Age	De-Qual	Qualify
11	10&U	6:30.13	7:09.14	400 Free ***	12	10&U	6:40.07	7:20.08
Only 10&U 400 Free moved from Friday Afternoon to Thursday Evening								
1	11	11:51.03	13:02.13	800 FREE	2	11	12:23.73	13:38.10
	12	10:59.34	12:05.27			12	11:07.78	12:14.56
	13	10:22.80	11:03.52			13	10:12.53	10:52.58
	14	10:13.65	10:53.76			14	9:56.42	10:35.42
	15	10:07.73	10:47.46			15	9:38.87	10:16.72
	16&O	9:49.29	10:34.15			16&O	9:17.59	10:00.04
1500 FREE moved to FRIDAY EVENING								

FRIDAY AFTERNOON									
Split Warm-up: 10:15-10:45 (A) and 10:45-11:15 am (B)									
Start: 11:15 am									
GIRLS				EVENTS	BOYS				
Event	Age	De-Qual	Qual		Event	Age	De-Qual	Qualify	
5	10&U	3:32.06	3:53.27	200 IM	6	10&U	3:35.42	3:56.96	
	11	3:05.28	3:23.81			11	3:07.43	3:26.17	
	12	2:54.57	3:12.03			12	2:54.57	3:12.03	
7	10&U	45.00	50.00	50 Breast	8	10&U	45.00	50.00	
9	11	3:29.94	3:50.93	200 Breast	10	11	3:39.43	4:01.37	
	12	3:17.27	3:37.00			12	3:17.27	3:37.00	
11	10&U	6:30.13	7:09.14	400 Free ***	12	10&U	6:40.07	7:20.08	
	11	5:47.00	6:21.70				11	5:53.43	6:28.77
	12	5:24.51	5:56.96				12	5:25.58	5:58.14

*** Note 12&U 400 Free will run in Session 2 (Fri Aft) except 400 Free for 10&U will swim on Thursday evening at start of session. Initial Event File showed Session 5 – please correct with newer Event file (posted 2 May) or manually on your Team Mgmt S/W.

Split Warm-up by CLUB CODE – Group A – A (AAD) to N (NYAC) --- Group B – O (OAK) to Y (YORK)

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FRIDAY EVENING								
Warm-up: 4:00 pm								
Start: 4:45 pm								
GIRLS				EVENTS	BOYS			
Event	Age	De-Qual	Qual		Event	Age	A	B
3	13	19:53.67	21:11.71	1500 FREE **	4	13	19:41.58	20:58.83
	14	19:36.12	20:53.01			14	19:03.43	20:18.18
	15	19:22.82	20:38.84			15	18:29.79	19:42.35
	16&O	18:49.44	20:15.43			16&O	17:48.98	19:10.37
Break about 15 min – warm-up, cool-down								
13	13	2:42.55	2:53.17	200 IM	14	13	2:36.42	2:46.65
	14	2:38.04	2:48.38			14	2:30.78	2:40.63
	15	2:36.41	2:46.64			15	2:26.95	2:36.55
	16&O	2:32.68	2:44.19			16&O	2:19.95	2:31.81
15	13	5:01.49	5:21.20	400 FREE	16	13	4:53.33	5:12.51
	14	4:53.53	5:12.72			14	4:44.20	5:02.78
	15	4:51.89	5:10.97			15	4:36.42	4:54.49
	16&O	4:44.67	5:06.83			16&O	4:26.12	4:47.55

**NOTE – fastest heat of 1500 Boys, and fastest heat of 1500 Girls swim on Friday evening. Slower swimmers will swim combined gender heat at end of finals on Saturday Evening

SATURDAY MORNING								
Split Warm-up: 8:00-8:30 (A) and 8:30-9:00 am (B)								
Start: 9:00 am								
WOMEN				EVENTS	MEN			
Event	Age	De-Qual	Qual		Event	Age	De-Qual	Qual
17	13	1:05.26	1:09.53	100 FREE	18	13	1:02.58	1:06.67
	14	1:03.87	1:08.05			14	1:00.43	1:04.38
	15	1:03.17	1:07.30			15	59.01	1:02.87
	16&O	1:01.85	1:06.89			16&O	56.28	1:00.87
19	13	3:01.80	3:13.69	200 BREAST	20	13	2:56.89	3:08.45
	14	2:59.53	3:11.27			14	2:52.11	3:03.36
	15	2:58.99	3:10.70			15	2:49.66	3:00.75
	16&O	2:56.72	3:09.22			16&O	2:40.87	2:53.14
21	13	1:13.66	1:18.47	100 BACK	22	13	1:11.36	1:16.02
	14	1:12.40	1:17.13			14	1:09.40	1:13.94
	15	1:11.36	1:16.02			15	1:07.60	1:12.02
	16&O	1:09.13	1:14.87			16&O	1:03.95	1:08.90
23	13	2:46.85	2:57.76	200 FLY	24	13	2:40.94	2:51.46
	14	2:43.91	2:54.63			14	2:37.76	2:48.07
	15	2:42.64	2:53.27			15	2:33.48	2:43.52
	16&O	2:35.12	2:47.76			16&O	2:22.55	2:33.41
25	13-14			4x50 FREE	26	13-14		
27	15&O			4x50 FREE	28	15&O		
29	13	5:43.46	6:05.92	400 IM	30	13	5:32.98	5:54.75
	14	5:40.54	6:02.80			14	5:24.18	5:45.38
	15	5:31.06	5:52.70			15	5:19.08	5:39.94
	16&O	5:24.99	5:50.44			16&O	5:08.34	5:31.80

Split Warm-up by CLUB CODE – Group A – A (AAD) to N (NYAC) --- Group B – O (OAK) to Y (YORK)

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SATURDAY AFTERNOON

Split Warm-up: 12:30-1:00 (A) and 1:00-1:30 pm (B)

Start: 1:30 pm

GIRLS				EVENTS	BOYS			
Event	Age	De-Qual	Qual		Event	Age	De-Qual	Qual
31	10&U	1:24.55	1:33.00	100 FREE	32	10&U	1:26.21	1:34.83
	11	1:13.85	1:21.24			11	1:14.90	1:22.39
	12	1:09.63	1:16.59			12	1:09.10	1:16.01
33	10&U	1:49.42	2:00.36	100 BREAST	34	10&U	1:53.83	2:05.21
	11	1:38.11	1:47.92			11	1:40.22	1:50.24
	12	1:32.31	1:41.54			12	1:31.78	1:40.96
35	10&U	3:28.88	3:49.77	200 BACK	36	10&U	3:38.82	4:00.70
	11	3:01.45	3:19.60			11	3:05.67	3:24.24
	12	2:50.90	3:07.99			12	2:51.42	3:08.56
37	10&U	40.00	45.00	50 FLY	38	10&U	40.00	45.00
39	11	3:22.55	3:42.81	200 FLY	40	11	3:46.81	4:09.49
	12	3:05.67	3:24.24			12	3:08.83	3:27.71
41	10&U			4x50 FREE	42	10&U		
43	11-12			4x50 FREE	44	11-12		

Split Warm-up by CLUB CODE – Group A – A (AAD) to N (NYAC) --- Group B – O (OAK) to Y (YORK)

SATURDAY FINALS

Warm-up: 5:30 pm

Start: 6:15 pm

WOMEN				EVENTS	MEN			
Event	Age				Event	Age		
13	13			200 IM	14	13		
	14					14		
	15					15		
	16&O				16&O			
17	13			100 FREE	18	13		
	14					14		
	15					15		
	16&O					16&O		
19	13			200 BREAST	20	13		
	14					14		
	15					15		
	16&O					16&O		
21	13			100 BACK	22	13		
	14					14		
	15					15		
	16&O					16&O		
23	13			200 FLY	24	13		
	14					14		
	15					15		
	16&O					16&O		
3	13&O			1500 FREE (SH)	4	13&O		

NOTE – slowest heat of 1500 Free will swim combined gender at end of Saturday Finals

SUNDAY MORNING

Split Warm-up: 8:00-8:30 (B) and 8:30-9:00 am (A)

Start: 9:00 am

WOMEN				EVENTS	MEN			
Event	Age	De-Qual	Qual		Event	Age	De-Qual	Qual
45	13	2:21.76	2:31.03	200 FREE	46	13	2:17.05	2:26.01
	14	2:18.65	2:27.72			14	2:12.89	2:21.58
	15	2:18.25	2:27.29			15	2:08.58	2:16.98
	16&O	2:13.87	2:24.49			16&O	2:03.35	2:13.03
47	13	1:13.46	1:18.27	100 FLY	48	13	1:11.34	1:16.00
	14	1:12.32	1:17.04			14	1:08.36	1:12.83
	15	1:11.21	1:15.87			15	1:06.23	1:10.57
	16&O	1:09.57	1:14.88			16&O	1:03.37	1:08.21
49	13	2:38.97	2:49.37	200 BACK	50	13	2:34.20	2:44.29
	14	2:34.94	2:45.07			14	2:30.36	2:40.19
	15	2:33.22	2:43.24			15	2:26.87	2:36.48
	16&O	2:29.35	2:41.88			16&O	2:19.12	2:29.81
51	13	1:24.40	1:29.91	100 BREAST	52	13	1:21.94	1:27.30
	14	1:23.38	1:28.84			14	1:18.93	1:24.10
	15	1:22.74	1:28.15			15	1:18.06	1:23.16
	16&O	1:21.46	1:27.67			16&O	1:13.83	1:19.46
53	13	30.13	32.11	50 FREE	54	13	28.59	30.46
	14	29.60	31.54			14	27.74	29.56
	15	29.17	31.08			15	27.24	29.02
	16&O	28.62	30.88			16&O	25.90	27.94
55	13-14			4x50 MEDLEY	56	13-14		
57	15&O			4x50 MEDLEY	58	15&O		

SUNDAY AFTERNOON

Split Warm-up: 12:00-12:30 (B) and 12:30-1:00 pm (A)

Start: 1:00 pm

GIRLS				EVENTS	BOYS			
Event	Age	De-Qual	Qual		Event	Age	De-Qual	Qual
59	10&U	3:06.25	3:24.88	200 FREE	60	10&U	3:11.86	3:31.05
	11	2:41.41	2:57.55			11	2:44.57	3:01.03
	12	2:31.91	2:47.10			12	2:30.85	2:45.94
61	10&U	1:42.22	1:52.44	100 FLY	62	10&U	1:47.21	1:57.93
	11	1:28.08	1:36.89			11	1:30.72	1:39.79
	12	1:21.75	1:29.93			12	1:21.23	1:29.35
63	10&U	1:36.70	1:46.37	100 BACK	64	10&U	1:39.46	1:49.41
	11	1:24.92	1:33.41			11	1:25.97	1:34.57
	12	1:19.64	1:27.60			12	1:20.70	1:28.77
65	10&U	38.13	41.94	50 Free	66	10&U	36.68	40.35
	11	33.76	37.14			11	34.03	37.43
	12	32.17	35.39			12	31.44	34.58
67	10&U			4x50 MEDLEY	68	10&U		
69	11-12			4x50 MEDLEY	70	11-12		
71	11	6:30.33	7:09.36	400 IM	72	11	6:56.70	7:38.37
73	12	6:07.35	6:44.09		74	12	6:14.85	6:52.34

Split Warm-up by CLUB CODE – Group A – A (AAD) to N (NYAC) --- Group B – O (OAK) to Y (YORK)

Central Region B LC Champs 2024

Rev 1 – Comp Coord, Schedule time corrected, 12&U 400 Free Event File

Rev 2 – Session changes/split warm-ups, 1500 moved, 10&U 400 Free moved

SUNDAY FINALS

Warm-up: 5:45 pm

Start: 6:30 pm

<u>WOMEN</u>				EVENTS	<u>MEN</u>			
<u>Event</u>	<u>Age</u>				<u>Event</u>	<u>Age</u>		
45	13			200 FREE	46	13		
	14					14		
	15					15		
	16&O					16&O		
47	13			100 FLY	48	13		
	14					14		
	15					15		
	16&O					16&O		
49	13			200 BACK	50	13		
	14					14		
	15					15		
	16&O					16&O		
51	13			100 BREAST	52	13		
	14					14		
	15					15		
	16&O					16&O		
53	13			50 FREE	54	13		
	14					14		
	15					15		
	16&O					16&O		