



PVS 2020 14 & U Junior Olympic Championships

March 12-15, 2020
Sanction # PVS-20-75

Hosted for PVS by:



MEET DIRECTOR

Jason Cochran
jason@machineaquatics.com

MEET REFEREE

Barb Ship
barb@ships3.com

ADMINISTRATIVE OFFICIAL

Karyn McCannon
kmccannon@nationscapitalswimming.com

<p>SANCTION</p>	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-20-75. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Machine Aquatics, and University of Maryland, Eppley Recreation Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. 																					
<p>FACILITY</p>	<p style="text-align: center;">University of Maryland College Park Campus, Eppley Recreation Center College Park, MD, 20740 (301) 226-4400</p> <ul style="list-style-type: none"> The competition course has not been certified in accordance with <i>USA Swimming Rules and Regulations</i> Article 104.2.2(C). The competition pool is 50M with movable bulkheads. The first course is 8 lanes, 25 yards, is 8' deep at the starting end and 10.5' deep at the turning end. The second course is 8 lanes, 25 yards, is 10.5' deep at the starting end and 14.0' deep at the turning end. Boys and girls will swim in separate courses for the 11-14 preliminary sessions. The 10&Under preliminary sessions will swim on one course, alternating girls' and boys' events. Seven lanes of continuous warm up/cool down will be available. 																					
<p>PARKING</p>	<ul style="list-style-type: none"> Parking details will be available on the Potomac Valley Swimming website prior to the meet. 																					
<p>ENTRY DEADLINE</p>	<p style="text-align: center;">Tuesday, March 3, 2020, 5:00pm</p> <ul style="list-style-type: none"> IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information. 																					
<p>SCHEDULE</p>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Warm Up</th> <th style="text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3">Thursday, March 12</td> </tr> <tr> <td style="text-align: center;">Timed Finals</td> <td style="text-align: center;">4:30 - 5:30pm</td> <td style="text-align: center;">5:40pm</td> </tr> <tr> <td colspan="3">Friday, Saturday, Sunday, March 13-15</td> </tr> <tr> <td style="text-align: center;">11-14 Prelim Session</td> <td style="text-align: center;">7:00 – 8:20am</td> <td style="text-align: center;">8:30am</td> </tr> <tr> <td style="text-align: center;">10 & U Prelim Session</td> <td style="text-align: center;">12:40- 1:20pm</td> <td style="text-align: center;">1:30pm</td> </tr> <tr> <td style="text-align: center;">Finals Session</td> <td style="text-align: center;">5:00 – 5:50pm</td> <td style="text-align: center;">6:00pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> The Meet Director, with concurrence with the Age Group Chair, reserves the right to adjust times/sessions after entries are received. 		Warm Up	Events	Thursday, March 12			Timed Finals	4:30 - 5:30pm	5:40pm	Friday, Saturday, Sunday, March 13-15			11-14 Prelim Session	7:00 – 8:20am	8:30am	10 & U Prelim Session	12:40- 1:20pm	1:30pm	Finals Session	5:00 – 5:50pm	6:00pm
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ELIGIBILITY	<ul style="list-style-type: none"> • Open to all Potomac Valley Swimming registered athletes. • No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i> Article 302. • Swimmers may only participate in his or her own age group, based upon their age on the first day of the meet. • Swimmers must have equaled or bettered the applicable SCY or LCM qualifying times listed. • Times achieved prior to March 3, 2018 will not be permitted. Qualifying times must have been achieved in USA Swimming sanctioned, observed or approved meets. • Entry times will be verified through SWIMS. Coaches will be asked to provide proof of times when asked by the Meet Director for any time not found in SWIMS. Failure to prove such a time before the event, will result in the swimmer being scratched from that event. • Distance Entries: Any swimmer who qualifies for the 1000yd and/or 1650 yd freestyle events may enter at their fastest time or at the Time Standard, if entered in two or more events on the day of the distance freestyle.
DISABILITY SWIMMERS	<ul style="list-style-type: none"> • PVS and host clubs along with their meet directors are committed to the Inclusion Policy as adopted by the PVS BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete’s coach) is also responsible for notifying the session referee of any disability prior to competition.
INCLEMENT WEATHER	<ul style="list-style-type: none"> • In the event of inclement weather, the Meet Director, Meet Referee, and the Age Group Chair will work with the facility manager to make any necessary changes. Information will be posted on the PVS web site and/or a Flash Mail will be sent out.
TIMING SYSTEM	<ul style="list-style-type: none"> • Automatic Timing (touchpads primary) will be used.
RULES	<ul style="list-style-type: none"> • Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), shall govern this meet. • No on-deck USA-S registration is permitted. • In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms, or locker rooms. Per PVS policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. • Deck changes are prohibited. • Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. • Operation of a drone or any other flying devices is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. • Dive-over starts will be used during the preliminary sessions.

EVENT RULES – INDIVIDUAL EVENTS	<ul style="list-style-type: none"> • All individual events are prelims and finals except the 11-12 and 10 & Under 500 yd Freestyle and the 14 & Under 1000 yd & 1650 yd Freestyle which are timed finals. • A swimmer may enter and compete in a maximum of 6 individual events and no more than 3 individual events per day. • Except where otherwise noted the 10 & Under events will have 1 heat at Finals, the 11-12, 12 & Under, 13-14 and 14 & Under events will have 2 heats at Finals, swum in the order of “B”, “A”. • The 11-12 500 yd freestyle and the 14 & U 1000 yd and 1650 yd Freestyle events will be swum fastest to slowest. • The fastest heat of the Women’s 14 & U 1000 yd and Men’s 14 & U 1650 yd Freestyle and the Women’s and Men’s 10 & U 500 yd Freestyle will be swum as the first events of the Finals session on Sunday. • Swimmers of the 500 yd, 1000 yd and 1650 yd events are responsible for providing their own timer and counter, except for those swimming in Finals on Sunday. • SCY entry times are conforming times for this meet. LCM entry times are non-conforming times and will be seeded after SCY entries. NT entries will not be accepted. • No late entries are permitted. • No deck entries will be accepted.
EVENT RULES - RELAYS	<p>Single Gender Relays</p> <ul style="list-style-type: none"> • A club may enter up to 3 relay teams per single gender relay event, but only two relay teams per club per event may score. • All single gender relays are timed finals and will be swum in the preliminary sessions. <p>Mixed Gender Relays</p> <ul style="list-style-type: none"> • Mixed gender relays will be swum as the first events of the Finals Sessions on Friday (400 yd Freestyle Relay), Saturday (200 yd Medley Relay), and Sunday (200 yd Freestyle Relay). • Positive check in for the mixed gender relay events will close at the end of the preliminary session on the day they are swum. • Each club may enter one relay team for each mixed gender relay event. • Swimmers must already be entered in the meet in an individual event or on a qualified single gender relay to be eligible for mixed gender relay events. • Mixed gender relay teams must consist of 2 males and 2 females. • Mixed gender relay events will be swum fastest to slowest.
WITHDRAWING FROM FINALS	<ul style="list-style-type: none"> • PVS scratch rules apply for swimmers scratching from finals. • If you do not wish to swim in the Final, you may “scratch” from the event by following this procedure: <ul style="list-style-type: none"> ○ You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for “A” or “B” finals, if scheduled. ○ You may declare “intent to scratch”. You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for “intent”. If you declare an “intent to scratch” and do not wish to swim finals, you must confirm your scratch on the PVS Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event. • If an athlete fails to properly scratch from an event and does not appear for the “Final” event, they “shall be barred from further competition for the remainder of the meet.”

POSITIVE CHECK IN	<ul style="list-style-type: none"> Positive check-in is required for all events 400 yd and longer and all mixed relay events. Swimmers who do not check-in will not be seeded into that event. Athletes who have checked in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Meet Referee. See the check-in deadlines later in this Meet Announcement. Note: check-in for the Sunday 1000 yd/1650 yd events must be done by 6:30 pm Saturday. Check-in for the mixed relay events will close at the end of the 11-14 preliminary session on the day they are swum. If the size of the PVS 14 & Under Championships warrants, positive check-in for individual events 200 yd and shorter may be announced.
TIME TRIALS	<ul style="list-style-type: none"> There are no time trials as part of this meet.
WARM-UP	<ul style="list-style-type: none"> The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of Warm-up, times/lane assignments. During the meet there will be continuous warm-up/cool-down lanes. Marshals will be assigned to monitor these areas. If at any time conditions become unsafe, the area will be closed for the remainder of the session.
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. No chairs will be allowed on deck for athletes. Coaches' chairs will be permitted pending enough safe deck space is available.
SCORING	<ul style="list-style-type: none"> Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2
AWARDS	<ul style="list-style-type: none"> Medals will be awarded 1st through 8th place for individual events and 1st through 3rd place for relay events. High point awards will be presented to the male and female athlete with the highest point total in individual events in the following age groups: 10 & Under, 11-12, 13-14. Relay events will not be used to determine individual high point awards.
PROGRAMS	<ul style="list-style-type: none"> Programs for all sessions will be available for \$10, and will include coupons for finals programs for each evening free of charge; however, if positive check in for all events is necessary, then programs may be made available session by session.
CONCESSIONS	<ul style="list-style-type: none"> Will be sold by the University of Maryland
CREDENTIALS	<ul style="list-style-type: none"> Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.
OFFICIALS	<ul style="list-style-type: none"> This meet will be an Officials Qualifying Meet, under the USA Swimming National Certification program. Officials wishing to volunteer should submit an Application to Officiate; any official interested in being evaluated must submit an Application to Officiate no later than March 1, 2020, noting the request for evaluation. You can review information about the National Certification Program on the USA Swimming Website. Interested officials may also contact the Meet Referee, Barb Ship (barb@ships3.com). Walk-on officials are welcome. Each participating club is requested to provide at least one table worker or official (referee, starter or stroke & turn judge) per session if entering 25 or more splashes.

TIMERS	<ul style="list-style-type: none"> All clubs are expected to provide timers in proportion to their entries. The Meet Director will assign timer requirements to each club after entries have been received. The Meet Director will notify clubs of their timer requirements by email. Clubs MUST provide name, email address & cell phone number to the Meet Director for all timers covering the club's timer requirements NO LATER THAN 5:00 PM, WEDNESDAY, MARCH 11, 2020. Clubs are responsible for ensuring their timer requirements are met for the ENTIRE SESSION – including providing replacement timers if needed. All timers should attend the Timers' Meeting 30 minutes prior to the session start in the Timers' Hospitality Room.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director: entries@machineaquatics.com Include in the subject of the email, "2020 PVS 14 & U JO Champs - ***" with the club's initials in place of the asterisks. Also include training site if your club submits multiple entry files. Include in entry email: entry file, report of entries by name, report of entries by event. Entry email must include a coach's cell phone number at which they can be contacted between prelims and finals, in case a swimmer scratches into finals and needs to be notified. Entries directly from individual team members will not be accepted. Entries by phone or fax will not be accepted. The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the meet director. Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100 and no further entries will be accepted from that club until the said fine is paid. All Relay-only swimmers must be included in the entry file and listed on the meet entry report in order to participate in the meet.
ENTRY FEES	<p style="text-align: center;"> Per Swimmer Surcharge: \$0.00 Relay event fee: \$12.00 Individual event fee: \$10.00 Deck entries: NA </p> <ul style="list-style-type: none"> Clubs will be invoiced by PVS for entry fees after completion of the meet. Payment will be due upon receipt of invoice. The invoice will outline the methods of payments and where to send a check.

PVS 2020 Short Course 14 & U Junior Olympic Championships

March 12-15, 2020

Thursday, March 12, 2020

Distance Events

Warm up: 4:30-5:30pm, Events: 5:40pm

Women's Event #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
1	19:39.99	21:26.69	14 & Under 1650 yd Freestyle			
			14 & Under 1000 yd Freestyle	11:09.99	10:47.09	2
3	5:55.99	5:28.39	11-12 500 yd Freestyle	5:55.99	5:28.69	4

All events in this session are Positive Check-in

Positive Check-in deadline for 1650 yd Freestyle and 1000 yd Freestyle is 5:00 pm

Positive Check-in deadline for 500 Freestyle is 6:00 pm

All events in this session are timed finals and will be swum fastest to slowest.

All swimmers are to provide their own timer and counter (if needed) for all events in this session.

Friday, March 13, 2020

11-14 Prelim Events

Warm up: 7:00-8:20 am, Events: 8:30 am

Women's Event #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
5	2:12.99	2:23.49	11-12 200 yd Medley Relay	2:12.99	2:25.49	6
7			13-14 200 yd Medley Relay			8
11	2:31.39	2:51.69	12 & Under 200 yd Backstroke	2:32.69	2:53.79	12
13	1:14.49	1:26.59	13-14 100 yd Breaststroke	1:09.79	1:23.49	14
17	37.59	42.99	11-12 50 yd Breaststroke	37.59	44.09	18
19	2:03.99	2:20.49	13-14 200 yd Freestyle	1:56.99	2:15.49	20
23	1:01.39	1:10.99	11-12 100 yd Freestyle	1:02.39	1:10.19	24
25	1:04.59	1:13.99	13-14 100 yd Butterfly	1:00.99	1:10.99	26
29	31.19	36.89	11-12 50 yd Butterfly	31.99	36.79	30
31	5:00.99	5:49.59	14 & Under 400 yd Individual Medley	4:43.99	5:57.09	32
35	2:33.19	2:59.59	11-12 200 yd Individual Medley	2:33.39	2:59.59	36
37	8:59.99	10:45.19	13-14 800 yd Freestyle Relay	8:59.99	10:45.19	38

If your team qualifies for the 13-14 400 yd Medley Relay, it also qualifies for the 200 yd Medley Relay

400 yd Individual Medley and 800 yd Freestyle Relay are Positive Check-in

All 800 Freestyle Relays will be swum as Timed Finals during Prelims

Positive check-in deadline for 400 yd Individual Medley and 800 yd Freestyle Relay is 8:30 am

Positive check-in for 400 yd Mixed Gender Freestyle Relay closes at the conclusion of Friday's 11-14 Prelims Session

PVS 2020 Short Course 14 & U Junior Olympic Championships

March 12-15, 2020

Friday, March 13, 2020

10 & Under Prelim Events

Warm up: 12:40-1:20 pm, Events: 1:30 pm

Women's Event #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
15	43.09	49.59	10 & Under 50 yd Breaststroke	43.59	50.39	16
21	1:12.29	1:22.79	10 & Under 100 yd Freestyle	1:11.99	1:22.69	22
27	37.09	42.69	10 & Under 50 yd Butterfly	37.39	42.79	28
33	2:57.99	3:30.19	10 & Under 200 yd Individual Medley	2:57.99	3:31.29	34

Friday, March 13, 2020

FINALS

Warm up: 5:00-5:50 pm, Events: 6:00 pm

Women's Event #	Event	Men's Event #
9	11-12 400 yd Mixed Gender Freestyle Relay	9
10	13-14 400 yd Mixed Gender Freestyle Relay	10
11	12 & Under 200 yd Backstroke	12
13	13-14 100 yd Breaststroke	14
15	10 & Under 50 yd Breaststroke	16
17	11-12 50 yd Breaststroke	18
19	13-14 200 yd Freestyle	20
21	10 & Under 100 yd Freestyle	22
23	11-12 100 yd Freestyle	24
25	13-14 100 yd Butterfly	26
27	10 & Under 50 yd Butterfly	28
29	11-12 50 yd Butterfly	30
31	14 & Under 400 yd Individual Medley	32
33	10 & Under 200 yd Individual Medley	34
35	11-12 200 yd Individual Medley	36
Positive check-in for 400 yd Mixed Gender Freestyle Relay closes at the conclusion of Friday's 11-14 Prelims Session		

PVS 2020 Short Course 14 & U Junior Olympic Championships

March 12-15, 2020

Saturday, March 14, 2020

11-14 Prelim Events

Warm up: 7:00-8:20 am, Events: 8:30 am

Women's Event #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
39	1:56.99	2:15.59	11-12 200 yd Freestyle Relay	1:55.99	2:15.59	40
41	1:50.99	2:09.89	13-14 200 yd Freestyle Relay	1:44.99	2:04.29	42
45	2:48.99	3:10.19	12 & Under 200 yd Butterfly	2:43.99	3:12.09	46
47	2:19.99	2:44.99	13-14 200 yd Individual Medley	2:12.49	2:38.19	48
51	1:11.19	NA	11-12 100 yd Individual Medley	1:11.29	NA	52
53	2:39.99	3:08.09	13-14 200 yd Breaststroke	2:31.39	2:59.69	54
57	1:21.19	1:32.59	11-12 100 yd Breaststroke	1:21.59	1:34.59	58
59	1:04.99	1:15.49	13-14 100 yd Backstroke	1:02.19	1:14.29	60
63	32.89	38.79	11-12 50 yd Backstroke	33.09	39.19	64
65	26.29	30.59	13-14 50 yd Freestyle	24.99	28.99	66
69	2:15.99	2:35.89	11-12 200 yd Freestyle	2:14.99	2:39.19	70
71	5:28.09	5:01.69	13-14 500 yd Freestyle	5:13.69	4:57.39	72
73	4:40.99	5:38.99	11-12 400 yd Medley Relay	4:50.99	5:40.09	74
75	4:30.99	5:21.99	13-14 400 yd Medley Relay	4:12.99	5:17.49	76

500 Freestyle and 400 Medley Relay are Positive Check-in

Positive check-in deadline for 500 Free and 400 Medley Relay is 8:30 am

All swimmers are to provide their own timer and counter (if needed) for the 500 Freestyle Events

Positive check-in for 200 yd Mixed Gender Medley Relay closes at the conclusion of Saturday's 11-14 Prelims Session

Saturday, March 14, 2020

10 & Under Prelim Events

Warm up: 12:40-1:20 pm, Events: 1:30 pm

Women's Event #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
49	1:22.09	NA	10 & Under 100 yd Individual Medley	1:21.79	NA	50
55	1:33.39	1:48.49	10 & Under 100 yd Breaststroke	1:33.39	1:50.09	56
61	38.29	43.99	10 & Under 50 yd Backstroke	38.49	44.29	62
67	2:36.99	2:59.99	10 & Under 200 yd Freestyle	2:35.59	2:59.99	68
77	2:35.99	3:00.79	10 & Under 200 yd Medley Relay	2:35.99	3:00.79	78

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Saturday, March 14, 2020

FINALS

Warm up: 5:00-5:50 pm, Events: 6:00 pm

Women's Events #	Event	Men's Event #
43	11-12 200 yd Mixed Gender Medley Relay	43
44	13-14 200 yd Mixed Gender Medley Relay	44
45	12 & Under 200 yd Butterfly	46
47	13-14 200 yd Individual Medley	48
49	10 & Under 100 yd Individual Medley	50
51	11-12 100 yd Individual Medley	52
53	13-14 200 yd Breaststroke	54
55	10 & Under 100 yd Breaststroke	56
57	11-12 100 yd Breaststroke	58
59	13-14 100 yd Backstroke	60
61	10 & Under 50 yd Backstroke	62
63	11-12 50 yd Backstroke	64
65	13-14 50 yd Freestyle	66
67	10 & Under 200 yd Freestyle	68
69	11-12 200 yd Freestyle	70
71	13-14 500 yd Freestyle	72
<p>Positive check-in for 200 yd Mixed Gender Medley Relay closes at the conclusion of Saturday's 11-14 Prelims Session</p> <p>Positive check-in deadline for Sunday's 1000 yd/1650 yd events is 6:30 pm Saturday</p>		

PVS 2020 Short Course 14 & U Junior Olympic Championships

March 12-15, 2020

Sunday, March 15, 2020

11-14 Prelim Events

Warm up: 7:00-8:20 am, Events: 8:30 am

Women's Event #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
79	4:15.99	4:49.29	11-12 400 yd Freestyle Relay	4:15.99	4:49.29	80
81	4:05.99	4:42.49	13-14 400 yd Freestyle Relay	3:49.79	4:28.69	82
87	2:54.09	3:23.59	12 & Under 200 yd Breaststroke	2:53.69	3:23.59	88
89	2:17.99	2:43.29	13-14 200 yd Backstroke	2:11.99	2:35.99	90
93	1:10.99	1:22.49	11-12 100 yd Backstroke	1:10.99	1:22.99	94
95	57.59	1:04.89	13-14 100 yd Freestyle	53.99	1:02.99	96
99	28.39	32.79	11-12 50 yd Freestyle	28.39	32.59	100
101	2:27.99	2:55.29	13-14 200 yd Butterfly	2:17.99	2:47.59	102
105	1:11.99	1:23.99	11-12 100 yd Butterfly	1:12.29	1:25.89	106
107	11:39.99	10:42.59	14 & Under 1000 yd Freestyle			
			14 & Under 1650 yd Freestyle	18:49.99	21:32.89	108

400 Freestyle Relay is positive Check-in

Positive check-in deadline for 400y Free Relay is 7:30 am

1000 yd/1650 yd Freestyle are Timed Finals events; Top 8 swimmers swim at finals

Positive check-in deadline for 1000/1650 is 6:30 pm Saturday

All swimmers must provide their own timer & counter (if needed) for the 1000/1650 Freestyle Events

Positive check-in for 200 yd Mixed Gender Freestyle Relay closes at the conclusion of Sunday's 11-14 Prelims Session

Sunday, March 15, 2020

10 & Under Prelim Events

Warm up: 12:40-1:20 pm, Events: 1:30 pm

Women's Event #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
83	2:14.79	2:35.89	10 & Under 200 yd Freestyle Relay	2:14.39	2:38.19	84
91	1:22.49	1:36.29	10 & Under 100 yd Backstroke	1:22.49	1:37.59	92
97	32.69	37.29	10 & Under 50 yd Freestyle	32.59	37.19	98
103	1:30.39	1:44.19	10 & Under 100 yd Butterfly	1:30.99	1:47.59	104
109	6:59.99	6:37.19	10 & Under 500 yd Freestyle	6:59.99	6:26.39	110

500 yd Freestyle is Positive Check-in

500 yd Freestyle is a Timed Finals event; Top 8 swimmers swim at finals

Positive check-in deadline for 500 Freestyle is 1:30 pm

All swimmers are to provide their own timer and counter (if needed) for the 500 Freestyle events

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Sunday, March 15, 2020

FINALS

Warm up: 5:00-5:50 pm, Events: 6:00 pm

Women's Events #	Event	Men's Event #
85	13-14 200 yd Mixed Gender Freestyle Relay	85
86	11-12 200 yd Mixed Gender Freestyle Relay	86
107	14 & Under 1000 yd Freestyle	
	14 & Under 1650 yd Freestyle	108
109	10 & Under 500 Freestyle	110
87	12 & Under 200 yd Breaststroke	88
89	13-14 200 yd Backstroke	90
91	10 & Under 100 yd Backstroke	92
93	11-12 100 yd Backstroke	94
95	13-14 100 yd Freestyle	96
97	10 & Under 50 yd Freestyle	98
99	11-12 50 yd Freestyle	100
101	13-14 200 yd Butterfly	102
103	10 & Under 100 yd Butterfly	104
105	11-12 100 yd Butterfly	106
Positive check-in for 200 yd Mixed Gender Freestyle Relay closes at the conclusion of Sunday's 11-14 Prelims Session		