



# PVS 2021 SC Championship Series – Wave I

Hosted for PVS by:

March 12 – 14, 2021

Sanction # PVS-21-02

VSI Sanction # VS-21-157DS



ENTRY CHAIR	<p>Karyn McCannon  <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>  <b>ALL ENTRIES MUST BE SUBMITTED TO KARYN</b></p>	
MEET HOST/ DIRECTOR	<p><b>ARLINGTON AQUATIC CLUB</b>            Evan Stiles  <a href="mailto:estile@arlingtonva.us">estile@arlingtonva.us</a></p>	<p><b>NATION'S CAPITAL SWIM CLUB</b>            Karyn McCannon  <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a></p>
MEET REFEREE	<p>Charles Lundy  <a href="mailto:calundy@verizon.net">calundy@verizon.net</a></p>	<p>Kelly Rowell  <a href="mailto:kmcr.pvs@gmail.com">kmcr.pvs@gmail.com</a></p>
<p><a href="#">Officials Signup</a></p>		

SANCTION	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVS-21-02</b> and Virginia Swimming, Inc.: <b>VS-21-157DS</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Nation's Capital Swim Club, Arlington Aquatic Club, Claude Moore Recreation Center, and Dulles South 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.</li> </ul>	
FACILITY	<p><b>Claude Moore Recreation Center</b>            46105 Loudoun Park Ln            Sterling, VA 20164            (571) 258-3600</p> <ul style="list-style-type: none"> <li>The pool at Claude Moore is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 10 lanes, 25 yards, running from wall to bulkhead at the eastern end of the pool.</li> <li>10 lanes will be available for continuous cool-down.</li> <li>Water depth of 12'6" at the starting end and 6'8" at the turning end of the competition course.</li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li> </ul>	<p><b>Dulles South Recreation Center</b>            24950 Riding Center Dr            South Riding, VA 20152            (571) 258-3456</p> <ul style="list-style-type: none"> <li>The pool at Dulles South is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 10 lanes, 25 yards, running from wall to bulkhead at the southern end of the pool.</li> <li>10 lanes will be available for continuous cool-down.</li> <li>Water depth of 12'6" at the starting end and 6'8" at the turning end of the competition course.</li> <li>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). A copy of such certificate is on file with USA Swimming.</li> </ul>
ENTRY DEADLINE	<p><b>Tuesday, March 2, 2021 5:00 p.m.</b></p> <ul style="list-style-type: none"> <li><b>IMPORTANT:</b> The above date is the deadline for clubs to submit their entries to the Meet Entry Chair. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</li> <li><b>All entries will be submitted to the Meet Entry Chair (Karyn McCannon, <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>). After entries are received, the Meet Entry Chair will assign clubs (and sites for large clubs) to one of the two sites and PODs within the sites.</b></li> </ul>	

<p><b>SCHEDULE</b></p>	<p style="text-align: center;"><b>Friday, Saturday, Sunday, March 12-14</b></p> <table border="0" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th></th> <th style="text-align: center;"><b>Warm Up</b></th> <th style="text-align: center;"><b>Events</b></th> </tr> </thead> <tbody> <tr> <td colspan="3" style="text-align: center;"><b>POD 1</b></td> </tr> <tr> <td style="text-align: center;">Girls Timed Finals</td> <td style="text-align: center;">8:00 – 8:50am</td> <td style="text-align: center;">9:00am</td> </tr> <tr> <td style="text-align: center;">Boys Timed Finals</td> <td style="text-align: center;">11:00 – 11:50am</td> <td style="text-align: center;">12:00pm</td> </tr> <tr> <td colspan="3" style="text-align: center;"><b>POD 2</b></td> </tr> <tr> <td style="text-align: center;">Girls Timed Finals</td> <td style="text-align: center;">2:00 – 2:50pm</td> <td style="text-align: center;">3:00pm</td> </tr> <tr> <td style="text-align: center;">Boys Timed Finals</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"> <li>• The Sessions will be grouped into PODs. PODs will be the same teams for the girls’ session and the boys’ session. Teams will be assigned to PODs by the Entry Chair after entries are received. If your team has multiple sites, it is possible that the sites may be at different locations.</li> <li>• The Meet Directors, in coordination with the Senior chair, reserve the right to adjust times/sessions after entries are received.</li> </ul>		<b>Warm Up</b>	<b>Events</b>	<b>POD 1</b>			Girls Timed Finals	8:00 – 8:50am	9:00am	Boys Timed Finals	11:00 – 11:50am	12:00pm	<b>POD 2</b>			Girls Timed Finals	2:00 – 2:50pm	3:00pm	Boys Timed Finals	5:00 – 5:50pm	6:00pm
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<p><b>ELIGIBILITY</b></p>	<ul style="list-style-type: none"> <li>• Open to all Potomac Valley Swimming registered athletes between the ages of 15 and 18 years old, who meet the published qualifying standards.</li> <li>• Open to all Potomac Valley Swimming registered athletes 14 years old whose birthdate is between March 13, 2006 and March 25, 2006 (inclusive) (i.e., athletes who turn 15 between the second day of the PVS 2021 SC Championship Series – Wave I meet and the first day of the PVS 2021 SC Championship Series – Wave III meet) who meet the published qualifying standards.</li> <li>• 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.</li> <li>• All athletes shall compete at the age attained on the first day of the meet.</li> <li>• Swimmers must have equaled or bettered the applicable Qualifying Time listed. Qualifying times must have been achieved on or after March 1, 2019. Qualifying times must have been achieved in USA Swimming sanctioned, observed, or approved meets.</li> <li>• <b>To maximize the number of swimmers able to participate in a championship meet, PVS has implemented a “one Champs meet in March” policy. This means every swimmer is only allowed to participate in one short course championship meet in PVS in the month of March. Swimmers entering the PVS 2021 SC Championship Series - Wave I meet are certifying that this is the only championship meet they will participate in in March.</b></li> </ul>																					
<p><b>TIMING SYSTEM</b></p>	<ul style="list-style-type: none"> <li>• Automatic timing (touchpads primary) will be used.</li> </ul>																					
<p><b>DISABILITY SWIMMERS</b></p>	<ul style="list-style-type: none"> <li>• PVS and host clubs along with their meet directors are committed to the <a href="#">Inclusion Policy</a> 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.</li> </ul>																					
<p><b>INCLEMENT WEATHER</b></p>	<ul style="list-style-type: none"> <li>• In the event of inclement weather, the Meet Directors, Meet Referees, and the Senior Chair will work with the facility managers to make any necessary changes. Any necessary changes will apply to both sites. Information will be posted on the PVS website and communicated via email.</li> </ul>																					
<p><b>COVID-19 CONSIDERATIONS</b></p>	<ul style="list-style-type: none"> <li>• An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</li> <li>• USA Swimming cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</li> <li>• <b>BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, POTOMAC VALLEY SWIMMING, VIRGINIA SWIMMING, INC, ARLINGTON AQUATIC</b></li> </ul>																					

	<p>CLUB, NATION’S CAPITAL SWIM CLUB, THE CLAUDE MOORE RECREATION CENTER, AND THE DULLES SOUTH RECREATION CENTER, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.</p> <ul style="list-style-type: none"> <li>• We have taken enhanced health and safety measures for all attending this meet, however we cannot guarantee that you will not become infected with COVID-19. All attending this meet must follow all posted instructions while in attendance. An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.</li> <li>• By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the Commonwealth of Virginia, and Loudoun County.</li> </ul>
<p><b>COVID-19 PROTOCOLS</b></p>	<ul style="list-style-type: none"> <li>• Athletes must arrive and depart in their suits. Locker room use will be for emergencies only and no showering or changing will be allowed.</li> <li>• Coaches, volunteers, and officials will use the family locker rooms for restroom purposes.</li> <li>• Athletes must shower prior to arrival the pool.</li> <li>• All attendees should bring a filled, reusable water bottle to the meet.</li> <li>• All attendees (athletes, coaches, volunteers, officials, etc.) must wear masks to enter the facility and at all times when inside the facility, with the exception of athletes when warming up, cooling down, and competing. Masks must be affixed to the face without hands and must cover nose and mouth.</li> <li>• All attendees will be required to complete and submit a health attestation prior to entering the facility. Attestation must be completed no more than four hours before arrival at the facility. <ul style="list-style-type: none"> <li><b>CLAUDE MOORE</b></li> <li><b>DULLES SOUTH</b></li> <li>○ <a href="#">Athlete Health Attestation</a></li> <li>○ <a href="#">Coach, Official, Timer, Volunteer Health Attestation</a></li> <li>○ <a href="#">Athlete Health Attestation</a></li> <li>○ <a href="#">Coach, Official, Timer, Volunteer Health Attestation</a></li> </ul> </li> <li>• Face masks should remain dry; therefore, all athletes should bring multiple masks.</li> <li>• Each athlete should bring a small, plastic zipper bag (Ziplock or similar), clearly labeled with the athlete’s name, to place each mask in while the athlete is in the water. Bags containing masks will be placed on chairs behind starting blocks during competition and warm-ups for swimmers in the competition course. Bags containing masks will be placed in boxes on the wall for swimmers in the cool-down pool.</li> <li>• All attendees shall maintain a minimum of six (6) feet distance from all other participants whenever possible.</li> <li>• The number of coaches allowed per team will be limited based on entries. The limit of total number of coaches will be determined after entries are received.</li> <li>• Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.</li> <li>• Swimmers must follow all directions as posted and adhere to all marshal directions. Any attendee failing or refusing to comply with any of these protocols will be prohibited from entering the facility and/or asked to leave the facility.</li> <li>• All swimmers must remain in their designated area until they are called for their event and they must return to their area immediately following cooling down after their event.</li> <li>• Swimmers may not enter another swimmer’s “square” of seating.</li> </ul>

	<ul style="list-style-type: none"> <li>• Any attendee (swimmer, coach, official, volunteer) not following the meet protocols will be subject to immediate removal from the meet.</li> <li>• Limited hospitality may be offered for coaches and officials.</li> <li>• We request that all attendees notify the meet director as soon as possible if they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID-19 after attending the meet.</li> <li>• No spectators will be permitted. Competition will be live-streamed. Live-streaming details will be provided prior to the meet on the <a href="#">PVS website</a>.</li> <li>• All entries will be submitted to the Meet Entry Chair. After entries are received, the Meet Entry Chair will assign clubs (and sites for large clubs) to one of the two sites and PODs within the sites.</li> </ul>
<b>CLAUDE MOORE SPECIFIC COVID-19 PROTOCOLS</b>	<ul style="list-style-type: none"> <li>• All attendees will enter the facility from doors in the back of the building, behind the child care center. See attached map. Separate entrances will be used for athletes and coaches, officials, and volunteers. Swimmers will proceed directly to their assigned area. Swimmers will exit the facility from the door at the bottom of the eastern stairwell (the start end of the competition course).</li> <li>• Each session will be limited to no more than 145 attendees.</li> <li>• Each session will be limited to no more than <b>100</b> swimmers.</li> <li>• One-way traffic flow will be implemented. Swimmers will enter the pool deck from the eastern stairwell (the start end of the competition course) and exit the pool deck from the western stairwell (the shallow end of the pool). Stairwells will be one-way traffic only.</li> </ul>
<b>DULLES SOUTH SPECIFIC COVID-19 PROTOCOLS</b>	<ul style="list-style-type: none"> <li>• All attendees will enter the facility from the main entrance. All attendees will proceed past the front desk, around the fitness area, turn left down the hallway to the aquatics area, and left at the end of the hallway to the pool. Swimmers will turn left onto the pool deck and proceed to their assigned area. All attendees will exit the facility through the gym. See attached map.</li> <li>• Each session will be limited to <b>109</b> swimmers.</li> <li>• One-way traffic flow will be implemented. Swimmers will enter the bleachers from the stairs at the shallow end of the pool and exit the bleachers from the stairs at the deep end (start end) of the pool. At the completion of their race, swimmers will walk around the pool, along the scoreboard side wall, to return to their assigned area.</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>• Current USA Swimming rules, including the <a href="#">Minor Athlete Abuse Prevention Policy</a> (“MAAPP”), shall govern this meet.</li> <li>• No on-deck USA-S registration is permitted.</li> <li>• 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.</li> <li>• Deck changes are prohibited.</li> <li>• 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.</li> <li>• 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.</li> <li>• Dive-over starts will not be used.</li> <li>• No deck entries will be accepted.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>• All events are timed finals.</li> <li>• <b>A swimmer may enter a maximum of 6 events and no more than 2 events per day.</b></li> </ul>

	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Distance Entries: Any swimmer who qualifies for the 1000 yd 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.</li> <li>• All Heats of distance events (1000 yd &amp; 1650 yd Freestyle) will be swum fastest to slowest.</li> <li>• All swimmers must provide their own counter (if desired) for the 500 yd, 1000 yd, and 1650 yd Freestyle events. Counters must be swimmers, coaches, or volunteers already present for the session.</li> <li>• No late entries will be accepted.</li> </ul>
<b>BONUS EVENTS</b>	<ul style="list-style-type: none"> <li>• Athletes who qualify for and enter one individual event may enter up to three bonus events. Athletes who qualify for and enter two individual events may enter up to two bonus events. Athletes who qualify for and enter three or more individual events may enter one bonus event.</li> <li>• Athletes entering bonus events may compete in no more than the maximum number of individual events per day (2) or the meet (6).</li> <li>• Distance Bonus Events: To enter the 1000 yd Freestyle as a bonus event, athletes must meet the 500 yd Freestyle qualifying time. To enter the 1650 yd Freestyle as a bonus event, athletes must meet the 1000 yd Freestyle qualifying time.</li> <li>• Bonus events may be limited or eliminated after entries have been received in order to comply with all COVID-19 protocols and maintain manageable timelines.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>• The 1000 yd and 1650 yd Freestyle events are positive check-in events. Athletes who do not check-in by the check-in deadline will not be seeded into that event.</li> <li>• Complete the <a href="#">PVS 2021 PVS Championship Series-Wave I Positive Check-In</a> to check in for the 1000 yd and 1650 yd Freestyle events.</li> <li>• The check-in deadline for Events 9, Women's 1000 yd Freestyle, and 10, Men's 1000 yd Freestyle is Thursday, March 11, 2021, at 6:00pm.</li> <li>• The check-in deadline for Events 27, Women's 1650 yd Freestyle, and 28, Men's 1650 yd Freestyle is Saturday, March 13, 2021, at 6:00pm.</li> <li>• All other events will be pre-seeded.</li> </ul>
<b>TIME TRIALS</b>	<ul style="list-style-type: none"> <li>• There are no time trials as a part of this meet.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>• The prescribed PVS warm-up procedures and safety policies will be followed.</li> <li>• The structure of warm-ups will be established by the Meet Directors. Details of each warm-up session will be published no later than Monday, March 8, 2021.</li> <li>• No more than 5 swimmers will be permitted in each warm-up lane.</li> <li>• During the meet there will be 10 continuous cool-down lanes. Marshals will be assigned to monitor these areas. No more than 5 swimmers are permitted in a cool-down lane at any time. If at any time conditions become unsafe, the area will be closed for the remainder of the session.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>• Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> <li>• <b>No personal chairs will be allowed on deck.</b></li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• The meet will not be scored.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• There will be no individual or team awards.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• Meet programs and results will be available on Meet Mobile.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>• Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck or in the facility before, during, or after each meet session.</li> <li>• 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.</li> </ul>

<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>• Officials will be identified in advance and coordinated by the Meet Referees. Officials wishing to volunteer should complete the <a href="#">PVS 2021 PVS Championship Series - Wave I Officials Sign-Up</a>. Apprentice officials cannot be accommodated.</li> <li>• Officials who have volunteered for this meet should check in at the recording table prior to the start of warm-ups. Officials working this meet will need to wear a mask for the duration of the meet.</li> <li>• A comprehensive official’s briefing will be conducted prior to the meet via Zoom. The Meet Referee will provide meeting details to all officials.</li> <li>• Walk-on officials cannot be accommodated.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>• One timer per lane.</li> <li>• Clubs will be required to provide timers in proportion to the number of entries they have in each session. The Meet Directors will assign timer requirements to each club after entries have been received. The Meet Directors will notify clubs of their timer requirements by email.</li> <li>• Timers should report to the timers meeting 20 minutes before the start of each session.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries for athletes between the ages of 15 and 18 must be submitted by email to the Meet Entry Chair, Karyn McCannon, <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>. <ul style="list-style-type: none"> <li>○ Include in the subject of the email, “2021 PVS WAVE I - ***” with the club’s initials in place of the asterisks. Also include training site if your club submits multiple entry files.</li> <li>○ Include in entry email: entry file, report of entries by name, report of entries by event.</li> </ul> </li> <li>• Entries for eligible 14 year old athletes must be submitted in writing by email to the Meet Entry Chair, Karyn McCannon, <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>. <ul style="list-style-type: none"> <li>○ Include in the subject of the email, “2021 PVS WAVE I – EXCEPTION ENTRY”.</li> <li>○ Include in entry email: athlete’s name, USA Swimming ID, events, and seed times.</li> <li>○ Entries for all eligible 14 year old athletes must be approved by the PVS Senior Chair.</li> </ul> </li> <li>• Entries directly from individual team members will not be accepted.</li> <li>• Entries by phone or fax will not be accepted.</li> <li>• The Meet Entry Chair will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Entry Chair.</li> <li>• Teams Entering Unattached Athletes: Teams may enter athletes with an unattached status.</li> <li>• Individual Unattached Athletes may enter individually. <ul style="list-style-type: none"> <li>○ <b>Payment for unattached athletes is due in advance of the start of the meet.</b> Contact the Meet Entry Chair for payment instructions.</li> </ul> </li> <li>• 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 per occurrence by PVS and no further entries will be accepted from that club until the said fine is paid.</li> </ul>
<b>ENTRY FEES</b>	<p style="text-align: center;">Per Swimmer Surcharge: \$15.00      Individual event fee: \$12.50</p> <ul style="list-style-type: none"> <li>• 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.</li> </ul>



# PVS Championship Series- Wave I

March 12 – 14, 2021

Friday, March 12, 2021

See POD information above for warm-up times and event times

Women's Event #	NFT	NST	Event	NST	NFT	Men's Event #
1	1:55.00Y	2:01.99Y	14*-18 200 yd Freestyle	1:52.39Y	1:46.30Y	2
3	2:29.40Y	2:38.39Y	14*-18 200 yd Breaststroke	2:25.99Y	2:15.00Y	4
5	58.50Y	1:03.49Y	14*-18 100 yd Butterfly	57.69Y	53.20Y	6
7	4:38.40Y	4:57.99Y	14*-18 400 yd Individual Medley	4:32.99Y	4:15.10Y	8
9	10:39.00Y	11:39.99Y	14*-18 1000 yd Freestyle	10:42.69Y	9:59.50Y	10
<b>Positive Check-in for the 1000 yd Freestyle is Thursday, March 11, 2021, 6:00pm</b>						

Saturday, March 13, 2021

See POD information above for warm-up times and event times

Women's Events #	NFT	NST	Event	NST	NFT	Men's Event #
11	53.10Y	56.49Y	14*-18 100 yd Freestyle	50.89Y	48.50Y	12
13	2:08.90Y	2:17.99Y	14*-18 200 yd Backstroke	2:08.99Y	1:58.60Y	14
15	5:08.80Y	5:24.99Y	14*-18 500 yd Freestyle	4:59.99Y	4:47.40Y	16
17	1:08.20Y	1:14.39Y	14*-18 100 yd Breaststroke	1:07.29Y	1:01.50Y	18

Sunday, March 14, 2021

See POD information above for warm-up times and event times

Women's Events #	NFT	NST	Event	NST	NFT	Men's Event #
19	2:10.70Y	2:17.99Y	14*-18 200 yd Individual Medley	2:06.29Y	1:59.40Y	20
21	59.30Y	1:03.59Y	14*-18 100 yd Backstroke	58.59Y	54.50Y	22
23	2:12.10Y	2:26.99Y	14*-18 200 yd Butterfly	2:12.09Y	2:01.20Y	24
25	24.80Y	26.19Y	14*-18 50 yd Freestyle	23.59Y	22.40Y	26
27	17:49.40Y	19:39.99Y	14*-18 1650 yd Freestyle	18:22.99Y	16:44.00Y	28
<b>Positive Check-in for the 1650 yd Freestyle is Saturday, March 13, 2021, 6:00pm</b>						

**\*only open to 14 year old athletes with birthdates between March 13, 2006 and March 25, 2006**