

# PVS 2022 14 & U Junior Olympic Championships

March 10-13, 2022 Sanction # PVS-22-79





MEET	T DIRECTOR	MEET REFEREE	ADMINISTRATIVE REFEREE
Paris Jacobs		Barb Ship	Rich McMillen
paris@mac	hineaquatics.com	barb@ships3.com	padre1993@gmail.com
		Application to Officiate	
SANCTION	■ Hold und	or the canction of USA Swimming thr	ough Potomac Valley Swimming: PVS-22-76

SANCTION	•	Held under the sanction of USA Swim	ming through Potomac V	/alley Swimming: PVS-22-79.
	•	In granting this sanction it is underston Swimming, Machine Aquatics, and Ui	•	
		shall be held free and harmless from		•
		by reason of injuries to anyone during	g the conduct of this eve	nt.
FACILITY		University of Ma	ryland College Park Cam	ipus,
			Recreation Center	
		_	e Park, MD, 20740	
		·	301) 226-4400	
	•	The competition pool at the University bulkheads. Preliminary and Timed Fi The shallow course runs wall to bulkheat the turning end. The deep course starting end and 14' deep at the turn	nals competition will be head and is 8' deep at the runs from bulkhead to w	neld on two 25yd courses. e starting end and 10'6" deep
	•	Finals events will be held on the shall	ow course (wall to bulkh	ead).
	•	Boys and girls will swim in separate c 10&Under preliminary sessions will s boys' events.	-	
	•	Seven lanes of continuous warm up/o	cool down will be availab	le.
	•	The competition course has not been and Regulations Article 104.2.2(C).	certified in accordance v	with USA Swimming Rules
PARKING	•	Parking details will be available on th meet.	e <u>Potomac Valley Swimm</u>	ning website prior to the
ENTRY		Tuesday, I	March 1, 2022, 5:00pm	
DEADLINE	•	IMPORTANT: The above date is the o	leadline for clubs to subn	nit their entries to the Meet
		Director. Therefore, clubs usually set		
		swimmers. Check with your club for t		
SCHEDULE			Warm Up	Events
		Thursday, March 10		
		Timed Finals	4:30 - 5:30pm	5:40pm
		Friday, Saturday, Sunday, Marc	h 11-13	
		11-14 Prelim Session	7:00 – 8:20am	8:30am
		10 & U Prelim Session	12:40 - 1:20pm	1:30pm
		Finals Session	<mark>4:30 – 5:20pm</mark>	<mark>5:30pm</mark>
	•	The Meet Director, with concurrence adjust times/sessions after entries ar		ir, reserves the right to
		and the second s		

ELIGIBILITY	•	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 1, 2020 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	•	PVS and host clubs along with their meet directors are committed to the <u>Inclusion Policy</u> 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	•	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	•	Automatic Timing (touchpads primary) will be used.
COVID-19 CONSIDERATIONS	•	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.
	•	USA Swimming, Inc., 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.
	•	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, MACHINE AQUATICS, AND UNIVERSITY OF MARYLAND, EPPLEY 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.
	•	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.

#### 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 State of Maryland and Prince George's County.

#### COVID-19 PROTOCOLS

- All attendees (athletes, coaches, officials, and volunteers) must wear masks at all times, with the exception of athletes when warming up, cooling down, and competing.
- All attendees (athletes, coaches, officials, and volunteers) are required to assess their own health for symptoms and exposure to COVID-19. Attendees will only be permitted entrance if answering "no" to the following questions:
  - Do you feel any of the symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)?
  - Has anyone in your family been sick or diagnosed with COVID-19 in the past 14 days?
  - Has someone you've been in contact with been diagnosed with COVID-19 or been in contact with someone who has in the past 14 days?
- Locker rooms will only be available for emergency use. On deck showers will be available, and all athletes are required to rinse off prior to entering the water during warm ups.
- No one with symptoms of COVID-19 is permitted in the facility.
- Athletes must arrive and depart in their suits. Locker room space will be available for female athletes to pull up suits, but full suit changes will not be permitted.
- Swimmers must try to maintain proper social distancing.
- Teams must provide a minimum of 1 or 2 marshals (based on team size) to monitor social distancing and mask compliance within their assigned spaces. Names of marshals must be provided in advance.
- Bathroom use is allowed in emergencies, but all athletes must use the visiting team locker rooms and wipe down all surfaces touched.
- Total number of athletes is limited to 800 per session.
- One-way traffic will be maintained on the pool deck. Swimmers will leave their assigned spot, walk along the turn (diving boards) end of the pool, down the lane 1 (windows) side of the pool, stage along the lane 1 side of the pool deck and continue behind the blocks. See attached diagram in the supplemental document. Athletes swimming in the deep pool will enter the bulkhead from lane 1 and exit after their heat towards lane 8. Athletes swimming in the shallow pool will stage along lane 1 and will exit the area at the conclusion of their race towards lane 8. Athletes will only be permitted to stage for their heats 2 heats a time.
- For warm-ups, swimmers will be assigned to a warm-up group.
- Swimmers will proceed to their assigned seating area on deck or in the stands, prepare to
  enter the pool, and follow marshals' and coaches' directions to enter the pool while
  respecting social distancing guidelines. Swimmers not participating in warm-up will remain
  on the deck at their assigned spot.
- Swimmers will wear their masks until they reach the starting blocks. A place will be
  available for masks in each lane. Athletes will put their mask back on before leaving the
  starting area.
- Additional sanitation will take place as well as sanitation stations will be available in various locations throughout the facility.
- UV Light is used along with chlorine to disinfect the water constantly.
- Spectators will not be permitted. The meet will be professionally live-streamed. Livestreaming details provided to participating teams and posted to the <u>PVS YouTube Channel</u>.
- 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.

### Current USA Swimming rules shall govern this meet. All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. No on-deck USA Swimming registration is permitted. In compliance with USA Swimming Rules and Regulations, 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 and timed finals sessions. **INDIVIDUAL** All individual events are prelims and finals except the 11-12 and 10 & Under 500 yd **EVENT RULES** Freestyle and the 14 & Under 1000 yd & 1650 yd Freestyle, which are timed finals. A swimmer may enter and compete in a maximum of six (6) individual events and no more than three (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 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. **RELAY EVENT Single Gender Relays RULES** 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. **Mixed Gender Relays** 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.

**RULES** 

	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	PVS scratch rules apply for swimmers scratching from finals.
FROM FINALS	• If you do not wish to swim in the Final, you may "scratch" from the event by following this procedure:
	<ul> <li>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.</li> </ul>
	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	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	There are no time trials as part of this meet.
WARM-UP	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	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	• 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	Medals will be awarded 1 <sup>st</sup> through 8 <sup>th</sup> place for individual events and 1 <sup>st</sup> through 3 <sup>rd</sup> place
	for relay events.
	<ul> <li>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 &amp; Under, 11-12, 13-14.</li> </ul>
	Relay events will not be used to determine individual high point awards.
SPECTATORS	No spectators will be allowed.
PROGRAMS	The meet will be available on Meet Mobile. Programs will be posted on the <u>PVS website</u> .
PARKING	A SEPARATE PARKING DOCUMENT WILL BE provided to all participating teams and posted on the Potomac Valley website with specifics by day, and links for purchasing parking as peoded.
	needed.

CREDENTIALS	<ul> <li>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.</li> </ul>
OFFICIALS	<ul> <li>This meet will be an Officials Qualifying Meet, under the USA Swimming National Certification program. Officials wishing to volunteer should submit an <u>Application to</u> <u>Officiate</u>; any official interested in being evaluated must submit an Application to Officiate no later than March 1, 2022, noting the request for evaluation. You can review information about the National Certification Program on the <u>USA Swimming Website</u>. Interested officials may also contact the Meet Referee: Barb Ship (<u>barb@ships3.com</u>) Walk-on officials are welcome.</li> </ul>
TIMEDO	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> <li>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.</li> </ul>
	<ul> <li>Clubs MUST provide name, email address &amp; cell phone number to the Meet Director for all timers covering the club's timer requirements NO LATER THAN 5:00 PM, WEDNESDAY, MARCH 9, 2022.</li> </ul>
	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	• Entries should be submitted by email to the Meet Director: <a href="mailto:entries@machineaquatics.com">entries@machineaquatics.com</a>
	• Include in the subject of the email, "2022 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.
	<ul> <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 and no further entries will be accepted from that club until the said fine is paid.</li> </ul>
	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	Per Swimmer Surcharge: \$10.00 Relay event fee: \$20.00
	Individual event fee: \$12.50 Deck entries: N/A
	• 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.

#### Thursday, March 10, 2022

**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 counter (if needed) for all events in this session with athletes already in the building.

#### Friday, March 11, 2022

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	5:27.09	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

### Friday, March 11, 2022

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 11, 2022

**FINALS** 

Warm up: 4:30 – 5:20 pm, Events: 5:30 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

### Saturday, March 12, 2022

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 12, 2022

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

### Saturday, March 12, 2022

**FINALS** 

Warm up: 4:30 - 5:20 pm, Events: 5:30 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

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

Positive check-in deadline for Sunday's 1000 yd/1650 yd events is 6:30 pm Saturday

#### **Sunday, March 13, 2022**

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 13, 2022

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

### Sunday, March 13, 2022

**FINALS** 

Warm up: 4:30 - 5:20 pm, Events: 5:30 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