

Florida Swimming Summer Senior Championships July 21-24, 2016

- Sanctioned By:** Swimming of USA Swimming Sanction # 3714
"In granting this sanction it is understood and agreed that USA Swimming and Florida Swimming shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event."
- Hosted By** Indian River State College and Indian River Aquatics (RATS)
- Type of Meet:** 50m Long Course A-Championship, B-Consolation, C-Bonus Finals (Senior Events);
A- Championship, B-Consolation Finals (15-16 year-old events). In the Finals Sessions, the order of events shall be A Final, B Final, C Final for Senior events and A Final, B Final for 15-16 year-old events. In the Senior category, the C Final is limited to those swimmers 18 years and younger. Flyover starts may be used at the discretion of the meet referee. No changes in meet operation will occur without concurrence of the Sr. Chair & Committee. Warm up schedule will be made by Sr. Chair or designee.
- Date & Time:** Thursday, July 21th - Timed Finals 5:30 PM
Friday & Saturday, July 22, 23 - Prelims 9:00AM, Finals 5:30 PM
Sunday, July 24th - Prelims 9:00AM, Finals 4:30 PM
- Location:** Indian River State College, 3209 Virginia Ave., Ft Pierce, FL34981.
- Pool Spec:** One certified outdoor 50 meter, 8 lane competition pool with non-turbulent lane lines. Water depth in the competition pool is 5 feet minimum at start and 4 feet at turn. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. 6 lane 25 yard warm-down facility is available in the Diving area of the complex.
- Timing Equipment:** Colorado Timing System (CTS) 6000 and video board, buttons, Dolphin Wireless Stopwatch System, and manual watches.
- Warm-up:** One (1) hour Fifty (50) minutes scheduled warm-up prior to the prelim sessions. One (1) hour Twenty (20) minutes before each final session. Pace lanes will be maintained during the 400, 800, and 1500 races. Warm up schedule is attached.
- Eligibility:** Open to all currently registered 2016 Florida Swimming swimmers who have achieved the current Senior Championship time standard as listed within a two (2) year time limit between July 24th, 2014 and July 17th, 2016, the meet entry deadline. Late entries will be permitted as stated in meet letter.
- Entry Limit:** Total of six (6) individual events for the meet, but no more than three (3) per day, plus relays. Teams may enter a maximum of two (2) relay teams per event and they must be designated "A" and "B". Over-entries will be automatically dropped when the limit is met for the meet and/or day.
- Bonus Event(s):** The "**Bonus Event**" Rule will be in effect for this meet. The formula is as follows: Swimmers qualified in one or more events may swim up to two (2) bonus events during the course of this meet, subject to the meet rules on limitations on number of swims and qualifying bonus standards must be met. Each bonus swim entered must be a provable time. NT entries will not be accepted. In the OME system, select "Enter as Bonus" to enter bonus events. Swimmers may swim the 800 free if they have the 1500 cut or they may swim the 1500 if they have the 800 cut.
In order to enter the 50 fly, 50 back, or 50 breast as a standard event, a swimmer must have achieved the 100 qualifying time or the bonus 100 time of that stroke if the 50 is used as a bonus swim. No entrant will be permitted to compete unless the entrant is a member of USA Swimming as provided in Article 302.
- Coach's Technical Meeting:**
There will be a coach's Technical Meeting at **7:00 AM on Friday, July 22 in the Hospitality Room**. A representative from every competing team must be in attendance. The Head Coach is responsible for the information discussed in the meeting.
- On-Line Meet Entry (OME)**
Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) **ONLY**. Access this entry system from the USA Swimming web site at the address <http://www.usaswimming.org/ome> Coaches must register for an account (**Free**) to utilize the system. Log in and select "Enter Team". **Paper, FAX, and Email entries will not be accepted.**

OME OPENS: 12:01 AM EST Monday - **June 15th, 2016**
OME CLOSSES: 10:00 PM EST Wednesday - **July 17th, 2016**
OME HELP: Eva Gronke 727-644-5925 – SwimresultsbyTRG@aol.com

Conforming and Non-Conforming times will be used for entry - LC meters then SC yards Individual Entries: Use a time in the national database for entry that is faster than qualifying time. Fastest times need not be used. Swimmers may enter using an "Override Time" for times that are not in the national database. Override times must include the meet name and date.

Override times entered in OME should immediately be emailed to Eva Gronke for proofs. If they cannot be proven by the Entry Coordinator during the entry process will not be seeded in the meet. Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved.

OME RELAY ENTRY PROCEDURES:

ENSURE "RELAY ONLY" ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER. Relay teams may be entered at any seed time.

TEAMS WITH UNATTACHED OR UNREGISTERED ATHLETES:

Teams may enter athletes with an Unattached or Unregistered status. When building the roster in OME, select the "Add Unattached/Unregistered Swimmer" link. Unregistered swimmers must provide proof of registration prior to the swimmer's first event.

INDIVIDUAL UNATTACHEDATHLETES: Unattached athletes who are not awaiting attachment to any team must enter individually. Access the OME system at the address <http://www.usaswimming.org/ome> - log in and select "Enter Individual."

Proof of Time: Swimmers listed in the National Data Base with qualifying times achieved within the two year qualifying period (**July 24th, 2014 and July 13th, 2016**) will be permitted to swim individual events. Swimmers with qualifying times that are not listed in these data bases must provide proof of times with their Senior Meet Entry Application, providing a copy of the results of an approved, observed or sanctioned meet, including the meet sanction number, name, location, and date of the meet, and results page(s) with the athlete's name and time(s). Conversions may not be used to prove times; the swimmer must have achieved the qualifying time as published, in the type of course used to achieve the qualifying time. When entering override times, send a copy of the proof to the Entry Coordinator at: SwimresultsbyTRG@aol.com.

Seeding: All swimmers must enter with times achieved within the two year qualifying period. Non-conforming times will be seeded after Long Course meters qualifying times. Seeding is as follows:
1. Long Course meters 2. Short course yards
All events will be seeded and swum in the preliminaries fastest heats to slowest heats, unless otherwise noted in this meet letter; there will be no updating of seed times after the psych sheet is posted.

POSITIVE CHECK IN FOR EVENTS IS PRIOR TO DEADLINES BELOW:

#	EVENT	DEADLINE
1, 2, 3, and 4	800 M FREESTYLE	4:45 P.M. ON THURSDAY, JULY 21
5 - 6	800 M FREESTYLE RELAY	4:45 P.M. ON THURSDAY, JULY 21
23, 24, 25, & 26	400 M IM	8:15 A.M. ON FRIDAY, JULY 22
27 - 28	400 M MEDLEY RELAY	9:00 A.M. ON FRIDAY, JULY 22
45, 46, 47, & 48	400 M FREESTYLE	8:15 A.M. ON SATURDAY, JULY 23
49 - 50	400 M FREE RELAY	9:00 A.M. ON SATURDAY, JULY 23
71, 72, 73, & 74	1500 M FREESTYLE	8:15 A.M. ON SUNDAY, JULY 24

Scratch Procedures: There will be a scratch box for swimmers/coaches to declare scratches, located at the Clerk of Course Table at the base of the Scoring Tower

* **Prelims:** No penalty for scratching on the block in prelims with the exception of deck seeded events. Any swimmer, entered in a deck seeded event, who has checked in for the event must swim the event unless he/she notifies the clerk of course before the seeding has begun that he/she wishes to scratch. Failure to do so will result in the swimmer being barred from his/her next chronological individual event in which he/she is entered on that day or the next day of the meet, whichever is first.

*** Finals:**

Any swimmer who competes in a preliminary heat and qualifies as one of the finalists must swim in that final's event; or must declare his / her possible intent to scratch within 30 minutes of the announcement/posting of the preliminary results of that event and further declare their final intentions within 30 minutes of their last preliminary event. Failure to do so, unless excused by the meet referee because of illness or injury, will result in the swimmer being barred from his/her next chronological individual event in which he/she is entered on that day or the next day of the meet, whichever is first. **Swimmers/coaches to declare scratches for finals up to 30 minutes after the announcement of the event results at Clerk of Course.**

Exceptions for Failure to Compete:

No penalty shall apply for failure to withdraw or compete in an individual event if:

A The Referee is notified in the event of illness or injury and accepts the proof thereof.

B It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

C A swimmer not originally qualified for the championship final or consolation final who is seeded into a final due to the scratch of another swimmer will not be penalized for failing to swim in that final.

NOTE 1: Alternates wishing to swim in an open lane in finals must be standing at the starter's stand, ready to step on the blocks for his/her swim, when the swimmers are called to the blocks. Only the officials will call for the alternate, not the announcer.

NOTE 2: Finals/Consolation Finals scratches must be done individually; 'team' scratches will NOT be accepted.

NOTE 3: In addition to the swimmers being required to scratch if they are not going to swim in finals, all swimmers seeded 17-24 who do not wish to swim in finals are strongly urged to scratch.

NOTE 4: Prelims scratch cards must be signed by the coach or athlete.

Entry Fee : \$ 6 per individual event; \$15 facility fee per swimmer, \$2 FSN fee
\$10 per relay; \$ 1 LSC Swimmer Support (\$18 surcharge per athl.)

Relay Only swimmers pay the Facility fee, fsn, and the swimmer LSC Swimmer Support fee. OME is set up with zero entry fee charges to allow all teams to pay by check.

Make checks payable to: IRSC Foundation
Mailing Address: Scott Kimmelman IRSC Athletics,
3209 Virginia Ave., Ft. Pierce, FL34981

Entry Deadline : Entries are to be completed through USA-S OME online entry, and it must be finished by Wed, July 13, 2016 by 10:00 P.M.. No faxed entries accepted. Coaches may enter swimmers prior to the entry deadline and close out those entries, to ensure the entries are accepted and still add entries based on swims from Last Chance Meets prior to the entry deadline. Late entries be allowed up to one hour prior to the start of the first session of the meet. Athletes would be entered at the entry time standard, in first lane available, or heat created. This will be determined on a first come first served basis. The athlete must fulfill all eligibility requirements for the meet. The team will be charged a one-time \$100 processing fee, plus all other fees at 2x the regular rate unless the surcharge has already been paid. Then just 2x event fee.

Awards:	Team:	Championship and Runner-Up Trophy	
	Individual:	High Point Plaque for each age group and gender;	1-3 Medals, 4-8 Ribbons
	Relays:	1-3 Medals	
Scoring:	Individual:	20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1	
	Relay:	40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2	

Rules: Current USA Swimming Technical Rules will govern the meet.

Team Representative: Prior to the start of the meet, the name of one person other than the coach, who will check with the referee about any matter pertaining to the meet, may be given to the referee. This person must be a current member of USA Swimming/Florida Swimming to represent the team. For each team, the coach and that person only will be recognized.

Officials:	Meet Referee:	Dr. David Nesper Dr. Alec	Entry Coordinator:	Eva Gronke
	Chief Judge:	Kercheval	Meet Director:	ScottKimmelman
	Admin Ref:	Joe Glennon	Head Marshall:	SionBrinn

Application to work the meet:

Officials wishing to work the meet should complete the form found at: <https://www.teamunify.com/EventShow.jsp?team=szfillsc&id=493962> and email to:

Lead Chief Judge, Dr. Alec Kercheval (akercheval@gmail.com)

Re-certification Clinic: Florida Official's Re-certification Clinic will be offered after the Prelim session on Saturday.

National Certification: This meet is scheduled to be a USA-S National Certification Qualifying Meet" (OQM), pending evaluator availability, for all officials including Florida Swimming and officials from other USA-S LSCs. Certifications and Re-Certifications may be available for N2 all positions, and N3 all positions except Administrative Official. Regardless of requirement for a position, officials must serve a minimum of 4 (four) sessions for any evaluation. Applications for national certification are attached to this Meet Announcement, along with applications to officiate the Senior Championship meet. Applications may also be found at: www.floridaswimming.org, when they become available. Completed applications for evaluation should be sent to Dr. Alec Kercheval, Team Lead Chief Judge, at: akercheval@gmail.com. Please also copy Dr. David Nesper, Meet Referee, at: dnesper68@gmail.com. Applicants will receive confirmation that their applications have been received. Applicants are responsible for reviewing the documents at USAswimming.org for positions in which evaluations are requested (i.e., "The Professional Starter," and other similar documents for other positions), and are responsible for documenting the proper prerequisites in order to be evaluated for any position. Officials requesting an evaluation who have not met the minimum standards for evaluation will not be assigned an evaluator.

Officials Uniform Official's uniform shall be white polo shirt (NON-team specific) over Navy blue shorts, pants, skirt or skort and appropriate white footwear. The venue is an outdoor pool, and as such, proper head gear is strongly recommended, as is sunscreen. It is also recommended that officials have rain gear available in the event of inclement weather.

Identification: Coaches and Officials shall wear their 2016 USA Swimming registration card in a conspicuous location at all times during the swim meet.

Deck Restriction: USA Swimming Insurance Safety Regulations require the swimming pool deck, during the operation of Florida Swimming, Inc. sanctioned meets, be closed to all persons except swimmers, coaches, marshals, officials and meet personnel. Credential tags must be presented to enter the pool deck area. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

Conditions of Sanction: The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming and Florida Swimming Inc..

In granting this approval it is understood and agreed that USA Swimming, Florida Swimming, and Indian River State College shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event. 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.

Use of audio or visual recording devices, including a cell phone is permitted only in designated areas; See "Camera Zone". While on deck, swimsuit changing is prohibited.

For Information : **FL Senior Chairman:** Charlie Rose, bdcoachrose@gmail.com
FL Swimming Office: Helen Kelly, 352-242-5145 or flsoffice2@aol.com
Facility: Indian River State College skimmelm@irsc.edu
Entry Coordinator: Eva Gronke (727-644-5925 or SwimresultsbyTRG@aol.com)

Facility Information: Anne Wilder Aquatic Complex on the campus of Indian River State College
3209 Virginia Ave., Ft. Pierce, FL34981

Camera Zone: Per Florida Swimming Rule 223.12, Meet Management shall designate and inform the public of "Camera Zones" at each swim meet where both still photography and video photography of a race or a competitor in a race may be taken. Acceptable "Camera Zones" may include, but are not limited to the side courses of a pool, team gathering areas, concession area, turn-end of competition course when not in use as a "start-end." Etc. Meet Management shall also designate "Non-Camera Zones." Under

NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, rest rooms, or any other dressing area. Any individual failing to abide by this rule could be subject to the Florida Swimming Code of Conduct violation as defined in Rule 239.2.

Meet Committee

Immediate decisions concerning emergency stoppage or postponement of the meet due to inclement weather or other unforeseen issues shall be made without consultation with a Meet Committee by the Meet Director.

In the event of inclement weather or other unforeseen issues which could cause delay, postponement, rescheduling or cancellation of the meet, a Meet Committee shall be formed prior to the Meet and shall meet as necessary. The Meet Committee shall consist of the Meet Director or his designee, Senior Chair or his designee, Meet Referee or his designee, Executive Secretary of Florida Swimming or her designee, two coaches of teams represented at the Meet and one senior athlete not a member of the Host Team or the teams of any of the other Meet Committee members. The Meet Director or his designee shall call the meeting as needed, and shall conduct the meeting. The Meet Referee shall be responsible for securing volunteers to serve on the Meet Committee prior to the Meet.

Warm-Up Schedule

***** NO EQUIPMENT PERMITTED *****

*** EXCEPT FOR RACING STARTS, SWIMMERS MUST ENTER THE POOL FEET FIRST WITH ONE HAND TOUCHING THE DECK OF THE POOL ***

	PRELIMS WARM-UP		PRELIMS START	FINALS WARM-UP	FINALS START
	GENERAL	CONTROLLED			
Thursday 7/21				4:00 PM	5:30 PM
Friday 7/22	7:00 AM	8:25 AM	9:00 AM	4:00 PM	5:30 PM
Saturday 7/23	7:00 AM	8:25 AM	9:00 AM	4:00 PM	5:30 PM
Sunday 7/24	7:00 AM	8:25 AM	9:00 AM	3:00 PM	4:30 PM

GENERAL WARM-UP:

ALL LANES: Swimming and pulling, push off

CONTROLLED WARM-UP:

- 1 Pace 50 and 100 circle swimming - push off
- 2 Racing starts (one length from start end only)
- 1 3 Swimming and pulling, pushoff
- 4 Swimming and pulling, pushoff
- 5 Swimming and pulling, pushoff
- 6 Racing starts (one length from start end only)
- 7 Racing starts (one length from start end only)
- 8 Pace 50 and 100 circle swimming - push off

USA SWIMMING - ON-LINE MEET ENTRY HIGHLIGHTS

Only coaches should call or email with questions.

□ Ensure that swimmers times are loaded into the USA Swimming SWIMS database - Particular attention should be given to times achieved at observed and approved meets. Do not wait until immediately before the entry deadline to discover the time has not been loaded. Coaches and swimmers can verify that times are in the database by using the times look up at www.usaswimming.org/times. Contact the host LSC National Times Coordinator of the meet at which the times were achieved to have the missing times loaded.

□ Only one account per team (Head Coach) can be used for team entries. The USA-S ID number of

the head coach will be required to begin the entry process.

- Read the tutorial comments on each page during the entry process. Most questions will be answered if the instructions are read.
- When advancing to through the entry process, each time the "NEXT" link is pressed, the information on that page is saved. This allows the entry to be processed during multiple sessions. Coaches can start an entry; save it as-you-go and OME will retain the progress that has been made on the entry.
- Use the links on the left side of the entry page to jump forward or backwards to specific sections of the entry process (i.e. Relay, etc.). Using these links also saves the information on the previous page.
- Payment must be made to IRSC Foundation INC. OME is set up with zero entry fee charges to allow all teams to pay by check.
- Teams do not have to wait until the entire entry is completed. Teams can enter some athletes, then return at a later date and add more events, relays, or athletes.
- An athlete is not entered in the meet until the entries have been finalized/checked out.
- When entering "Override Times" (times not currently showing up in the SWIMS database), in the meet name field, give meet name and brief details on where the time was achieved - i.e.: FGJO13-14- 400FRelay Lead - There is room for 25 characters of data. Also enter the date of the meet in the date field. Then you send a copy of the proof to SwimresultsbyTRG@aol.com . The Times Coordinator will pre-clear as many (*) times as possible.
- **Relays:** When entering more than one relay per event (A and B), OME selects the fastest time in the database for the A relay and the fastest remaining time in the database for the B relay. If one of the athletes on the B relay (that OME selected) was also an athlete on the A relay, OME will signify that time with a (**). That time is not eligible for entry for the "B" relay. Select another listed time for the "B" relay or enter an aggregate time. As an alternative to using the OME best relay time, select Team (from the Dropbox), then enter an override time for the relay.
- **Hy-Tek Team Manager can be used as a tool to assist in the OME process.**
 1. First load the "Meet Events File".
 1. 2. In the Meet Maintenance panel, set the minimum age for open events as desired.
 3. Click on the "Enforce Qualifying Times".
 4. Set the "Use Times Since" date to the beginning of the qualifying period for the meet.
 5. Create a "Meet Eligibility" report. REPORTS/PERFORMANCE/MEET ELIGIBILITY.
Select "Only Eligible Swimmers". This report shows all eligible swimmers for the meet.
 6. Highlight events to be entered for each swimmer.
 7. Look up and record bonus event entry times for swimmers eligible for bonus events.
 8. Proceed with On-Line Meet Entry

2016 Florida Swimming Summer Senior Championships

Order of Events

Event #	Age	Event Name	Short Course		Long Course	
			Women	Men	Women	Men
Thursday, July 21st 2016 – Timed Finals – 5:30 PM						

1 – 2	15 - 16	800 Freestyle	11:09.09	10:36.19	9:59.89	9:51.59
3 – 4	Senior	800 Freestyle	11:09.09	10:36.19	9:59.89	9:25.89
5 – 6	Senior	800 Free Relay	-----	-----	-----	-----
Friday, Jul. 22, 2016 – Prelims-9:00 AM Consolations, and Finals-5:30 PM						
7 – 8	15 - 16	200 Freestyle	2:01.99	1:53.79	2:17.19	2:11.49
9 – 10	Senior	200 Freestyle	2:01.49	1:48.19	2:16.99	2:03.59
11 – 12	15 - 16	200 Breaststroke	2:42.19	2:26.79	3:04.29	2:52.39
13 – 14	Senior	200 Breaststroke	2:39.89	2:25.99	3:04.09	2:48.29
15 – 16	15 - 16	100 Butterfly	1:02.79	:56.39	1:11.19	1:07.39
17 – 18	Senior	100 Butterfly	1:02.79	:55.19	1:11.09	1:03.29
19 – 20	15 - 16	50 Breaststroke	1:14.89	1:07.19	1:25.59	1:19.59
21 – 22	Senior	50 Breaststroke	1:14.19	1:06.79	1:25.69	1:15.99
23 – 24	15 - 16	400 IM	4:55.29	4:46.89	5:37.59	5:32.99
25 – 26	Senior	400 IM	4:51.09	4:32.09	5:35.29	5:23.99
27 – 28	Senior	400 Medley Relay	-----	-----	-----	-----
Saturday, Jul. 23, 2016 – Prelims-9:00 AM Consolations, and Finals-5:30 PM						
29 – 30	15 - 16	50 Freestyle	:26.19	23.99	29.49	27.69
31 – 32	Senior	50 Freestyle	26.09	22.89	29.49	26.89
33 – 34	15 - 16	200 IM	2:20.39	2:09.29	2:38.99	2:34.69
35 – 36	Senior	200 IM	2:19.39	2:06.39	2:39.89	2:24.89
37 – 38	15 - 16	100 Backstroke	1:04.19	59.49	1:12.99	1:10.79
39 – 40	Senior	100 Backstroke	1:04.79	59.49	1:12.99	1:07.39
41 – 42	15 - 16	50 Butterfly	1:02.79	:56.39	1:11.19	1:07.39
43 – 44	Senior	50 Butterfly	1:02.79	:55.19	1:11.09	1:03.29
45 – 46	15 - 16	400 Freestyle	5:25.39	5:07.69	4:48.99	4:37.09
47 – 48	Senior	400 Freestyle	5:16.79	4:56.79	4:48.99	4:28.19
49 – 50	Senior	400 Free Relay	-----	-----	-----	-----

EVENTS 1, 2, 3 AND 4, 800 M FREESTYLE swum on Thursday evening are DECK SEEDED and TIMED FINALS. The events will be consolidated by GENDER and then seeded as a single event. All heats will be swum FAST TO SLOW using the submitted qualifying times.

RESULTS will be separated by age group (15-16 and Senior) for places, awards and scoring.

POSITIVE CHECK IN FOR THESE EVENTS IS NO LATER THAN 4:45 PM ON THURSDAY. Check in will be at the Clerk of Course table near the Scoring Tower.

EVENTS 5 - 6, 800 M FREESTYLE RELAY swum on Thursday evening, EVENTS 27 - 28 400 MEDLEY RELAY swum during Friday Finals, and EVENTS 49 - 50 400 FREE RELAY swum during Saturday Finals. Heats will be swum FAST TO SLOW. Heats 1 and 2 of the Women and Heats 1 and 2 of the Men will swim first. Then any remaining heats will be swum

alternating gender starting with a Women's heat, followed by a Men's heat, etc. All relay events are DECK SEEDED.

POSITIVE CHECK IN FOR THESE EVENTS IS NO LATER THAN 4:45 PM ON THURSDAY. Check in will be at the Clerk of Course table near the Scoring Tower.

EVENTS 23, 24, 25 AND 26, 400 M INDIVIDUAL MEDLEY swum on Friday

The 400 M Individual Medley events will be swum FAST TO SLOW. The two fastest 15 -16 Female heats, two fastest 15 -16 Male heats, followed by two fastest Senior Woman's heat and then two fastest Senior Men heats will be swum in the order of events. Any remaining heats will be swum at the conclusion of Event 26, alternating gender, following the conclusion of the two fastest Women's and two fastest Men's heats. All 400 M Individual Medley heats will be swum in the preliminary session. **POSITIVE CHECK IN FOR THESE EVENTS IS NO LATER THAN 8:15 AM ON FRIDAY.** Check in will be at the Clerk of Course table near the Scoring Tower.

EVENTS 45, 46, 47 AND 48, 400 M FREESTYLE, swum on Saturday

The 400 M Freestyle events will be swum FAST TO SLOW. The two fastest 15 -16 Female heats, two

fastest 15 -16 Male heats, followed by two fastest Senior Woman's heat and then two fastest Senior Men heats will be swum in the order of events. Any remaining heats will be swum at the conclusion of Event 48, alternating gender, following the conclusion of the two fastest Women's and two fastest Men's heats. All 400 M Freestyle heats will be swum in the preliminary session. **POSITIVE CHECK IN FOR THESE EVENTS IS NO LATER THAN 8:15 AM ON SATURDAY.** Check in will be at the Clerk of Course table near the Scoring Tower.

POSITIVE CHECK IN FOR EVENTS IS PRIOR TO DEADLINES BELOW:

#	EVENT	DEADLINE
1, 2, 3, and 4	800 M FREESTYLE	4:45 P.M. ON THURSDAY, JULY 21
5 - 6	800 M FREESTYLE RELAY	4:45 P.M. ON THURSDAY, JULY 21
23, 24, 25, & 26	400 M IM	8:15 A.M. ON FRIDAY, JULY 22
27 - 28	400 M MEDLEY RELAY	9:00 A.M. ON FRIDAY, JULY 22
45, 46, 47, & 48	400 M FREESTYLE	8:15 A.M. ON SATURDAY, JULY 23
49 - 50	400 M FREE RELAY	9:00 A.M. ON SATURDAY, JULY 23
71, 72, 73, & 74	1500M FREESTYLE	8:15 A.M. ON SUNDAY, JULY 24

Order of Events (cont.)

Event #	Age	Event Name	Short Course		Long Course	
			Women	Men	Women	Men
Sunday, Jul, 24, 2016 – Prelims- 9:00 AM						
51 - 52	15 - 16	50 back	1:04.19	59.49	1:12.99	1:10.79
53 - 54	Senior	50 back	1:04.79	59.49	1:12.99	1:07.39
55 - 56	15 - 16	200 Butterfly	2:22.79	2:12.99	2:43.39	2:31.69
57 - 58	Senior	200 Butterfly	2:19.19	2:11.69	2:43.39	2:31.69
59 - 60	15 - 16	100 Freestyle	56.99	52.09	1:03.99	1:00.99
61 - 62	Senior	100 Freestyle	55.89	50.09	1:03.99	57.19
63 - 64	15 - 16	100 Breaststroke	1:14.89	1:07.19	1:25.59	1:19.59
65 - 66	Senior	100 Breaststroke	1:14.19	1:06.79	1:25.69	1:15.99
67 - 68	15 - 16	200 Backstroke	2:19.79	2:12.89	2:38.59	2:32.89
69 - 70	Senior	200 Backstroke	2:19.79	2:11.59	2:38.59	2:31.89
71 - 72	15 - 16	1500 Freestyle	18:44.99	18:14.99	19:24.99	18:50.99
73 - 74	Senior	1500 Freestyle	18:44.99	17:45.99	19:24.99	18:45.79

EVENTS 71, 72, 73 AND 74, 1500 M FREESTYLE, swum on Sunday are DECK SEEDED AND TIMED FINALS EVENTS. The **deadline for positive check in for the 1500 event is 8:15 AM, Sunday, July 24**, at the Clerk of Course table near the Scoring Tower. Heats will be swum FAST to SLOW using submitted qualifying times. Entries will be consolidated by gender and seeded as a single event. Results will be separated by age group (15-16 and Senior) for places, awards and scoring. All heats except the fastest Women's and fastest Men's heats will be swum in the preliminary session in event order ALTERNATING WOMEN'S THEN MEN'S HEATS. THE FASTEST WOMEN'S AND FASTEST MEN'S HEATS WILL BE SWUM WITH THE WOMEN'S HEAT FIRST BEGINNING AT 4:30 PM ON SUNDAY, JULY 24 at the beginning of the Finals session. The Men's heat will follow, followed by the remainder of the Finals events.

EVENTS 19 THROUGH 22, 50 M BREASTSTROKE, swum Friday, July 22;
41 THROUGH 44, 50 M BUTTERFLY, swum Saturday, July 23;
51 THROUGH 54, 50 M BACKSTROKE, swum Sunday, July 24

Swimmers must have achieved the 100 M qualifying time in Breaststroke, Butterfly or Backstroke in order to enter the 50 M event in those strokes. Swimmers must have achieved the 100 M Bonus qualifying time in order to enter the 50 M events in those strokes if entering the 50 M events as Bonus entries. Times achieved in 100 M events will be used for seeding.

Bonus Standards

			Short Course	Long Course
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Event #	Age	Event Name	Women	Men	Women	Men
Thursday, Jul 21, 2016 – Timed Finals – 5:30 PM						
1 - 2	15 - 16	800 Freestyle				
3 - 4	Senior	800 Freestyle				
5 - 6	Senior	800 Free Relay	-----	-----	-----	-----
Friday, Jul 22, 2016 – Prelims-9:00 AM Consolations, and Finals-5:30 PM						
7 - 8	15 - 16	200 Freestyle	2:05.99	1:57.79	2:21.19	2:15.49
9 - 10	Senior	200 Freestyle	2:05.49	1:52.19	2:20.99	2:07.59
11 - 12	15 - 16	200 Breaststroke	2:46.19	2:30.79	3:08.29	2:56.39
13 - 14	Senior	200 Breaststroke	2:43.89	2:29.99	3:08.09	2:52.29
15 - 16	15 - 16	100 Butterfly	1:04.79	58.39	1:13.19	1:09.39
17 - 18	Senior	100 Butterfly	1:04.79	:57.19	1:13.09	1:05.29
19 - 20	15 - 16	50 breaststroke	1:16.89	1:09.19	1:27.59	1:21.59
21 - 22	Senior	50 breaststroke	1:16.19	1:08.79	1:27.69	1:17.99
23 - 24	15 - 16	400 IM	5:03.29	4:54.89	5:45.59	5:40.99
25 - 26	Senior	400 IM	4:59.09	4:40.09	5:43.29	5:31.99
27 - 28	S	400 Medley Relay	-----	-----	-----	-----
Saturday, Jul 23, 2016 – Prelims-9:00 AM Consolations, and Finals-5:30 PM						
29 - 30	15 - 16	50 Freestyle	:27.19	24.99	30.49	28.69
31 - 32	Senior	50 Freestyle	27.09	23.89	30.49	27.89
33 - 34	15 - 16	200 IM	2:24.39	2:13.29	2:42.99	2:38.69
35 - 36	Senior	200 IM	2:23.39	2:10.39	2:43.89	2:28.89
37 - 38	15 - 16	100 Backstroke	1:06.19	1:00.49	1:14.99	1:12.79
39 - 40	Senior	100 Backstroke	1:06.79	1:00.49	1:14.99	1:09.39
41 - 42	15 - 16	50 Butterfly	1:04.79	58.39	1:13.19	1:09.39
43 - 44	Senior	50 Butterfly	1:04.79	:57.19	1:13.09	1:05.29
45 - 46	15 - 16	400 Freestyle	5:33.39	5:15.69	4:56.99	4:45.09
47 - 48	Senior	400 Freestyle	5:24.79	5:04.79	4:56.99	4:36.19
49 - 50	Senior	400 Free Relay	-----	-----	-----	-----

			Short Course	Long Course		
Sunday, Jul 24, 2016 – Prelims- 9:00 AM Consolations, and Finals-4:30 PM						
51 - 52	15 - 16	50 back	1:06.19	1:00.49	1:14.99	1:12.79
53 - 54	Senior	50 back	1:06.79	1:00.49	1:14.99	1:09.39
55 - 56	15 - 16	200 Butterfly	2:26.79	2:16.99	2:47.39	2:35.69
57 - 58	Senior	200 Butterfly	2:23.19	2:15.69	2:47.39	2:35.69
59 - 60	15 - 16	100 Freestyle	58.99	54.09	105.99	1:02.99
61 - 62	Senior	100 Freestyle	57.89	52.09	1:05.99	59.19
63 - 64	15 - 16	100 Breaststroke	1:16.89	1:09.19	1:27.59	1:21.59
65 - 66	Senior	100 Breaststroke	1:16.19	1:08.79	1:27.69	1:17.99
67 - 68	15 - 16	200 Backstroke	2:23.79	2:16.89	2:42.59	2:36.89
69 - 70	Senior	200 Backstroke	2:23.79	2:15.59	2:42.59	2:35.89
71 - 72	15 - 16	1500 Freestyle				
73 - 74	Senior	1500 Freestyle				

