

**2019 FOUR CORNERS SPRING SPEEDO SECTIONALS
PHOENIX, AZ**



Sanction # AZ19-59R

**Meet Format Changes
Summary Sheet**

Meet Referee

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A number of Event Format changes were approved at the July 2018 Section Business Meeting, held during the summer LC Sectional meet at Mt. Hood.

These changes are listed in detail in the Meet Announcement, p. 2 – Order of Events, and p. 4 – Meet Format, and are summarized, below. These changes will be reviewed at the General Meeting on Wednesday.

Summary of Meet Format Changes

- **Timed Finals Events and Preliminary Heats of Individual Events will be seeded and swum FASTEST to SLOWEST**, except as noted in the Order of Events, p.2 of the Meet Announcement (summarized below for the 200 Relays and the 1000/1650 Freestyles).
- Athletes may qualify for and enter the 1000 and/or 1650 Freestyles using any of the 1000Y/800M or 1650Y/1500M time standards.
- The **200 Medley Relay** will be conducted as timed finals, with the **fastest two heats of women and the fastest two heats of men** swum in event order **at the beginning of Finals**.
Finals heats will be swum in the following order: second fastest, fastest.
There will be a 10-min break immediately following the fastest men's heat, prior to the start of the Finals for Event 3.
All other heats will be swum in preliminaries, in event order, fastest to slowest, utilizing two pools, as needed.
There will be a 10-min break following the conclusion of Event 2, prior to the start of the preliminary heats of Event 3.
- The **200 Free Relay** will be conducted as timed finals, with the **fastest two heats of women and the fastest two heats of men** swum in event order **at the end of Finals**.
Finals heats will be swum in the following order: second fastest, fastest.
There will be a 10-min break immediately prior to the start of the women's second fastest heat.
All other heats will be swum in preliminaries, in event order, fastest to slowest, utilizing two pools, as needed.
There will be a 10-min break following the preliminary heats of Event 10, prior to the start of the preliminary heats of Event 11.
- The **1000 and 1650 Freestyles** will be conducted as timed finals, following the National Championship format, with the **fastest heat of women and the fastest heat of men swimming in finals in event order**.
All other heats will be swum slowest to fastest, alternating women and men beginning at a predetermined time, **so the second fastest heat of the men's event is concluded 90 minutes before the evening finals session is scheduled to begin**.
Athletes may qualify for these events using any of the 1000Y/800M or 1650Y/1500M time standards.