

RAST

2019 KNIGHTS SWIM CHALLENGE

September 20-22

AT WESTSIDE NATATORIUM

SCY TIMED FINALS FORMAT

- HOST:** Radford Aquatics Swim Team (RAST)
- SANCTION:** Held under the sanction of USA Swimming, Inc. and Border Swimming LSC, Inc., Sanction #BD 19-09
- DISCLAIMER:** In granting this sanction/approval, it is understood and agreed by all parties that USA Swimming, Border Swimming, Radford Aquatics Swim Team, the City of El Paso and any sponsors shall be free and held harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event in accordance with USA Swimming, Inc., Rules and Regulations.
- PURPOSE:** The purpose of this early season meet is to offer a comprehensive set of events for beginner swimmers as well as experienced competitors to establish times early in the season. Friday is reserved for distance events. Saturday and Sunday Morning Sessions will be swam in two pools, the North Pool and the South Pool, in Short Course Yards and are open to everyone.
- MEET WEBLINKS:** Timely information regarding this meet including updates, psych and heat sheets, warm-up times and results can be found on the team's meet info webpage by clicking this link- [2019RASTknightsswimchallenge](https://www.teamunify.com/team/bdrast/page/rast-meets/2019-rast-knights-swim-challenge). Information can also be found at <https://www.teamunify.com/team/bdrast/page/rast-meets/2019-rast-knights-swim-challenge> or through the Radford Aquatics Swim Team website at www.radfordaquaticsteam.com
- MEET MOBILE:** Real time unofficial meet result info and team scores will be made available through the Meet Mobile app ([Google Play](#)) and ([App Store](#)) under the name "**2019 BD RAST Knights Swim Challenge Meet**". Meet Mobile will also have at no additional cost up to date heat sheets, psych sheets and individual entries published when available before the meet. The Natatorium has free wifi access available. Simply find the Digital El Paso wifi on your device.
- HEAT SHEETS:** Heat sheets will be provided to coaches and will be posted throughout the venue for use by swimmers and spectators. Heat sheets will also be published at no additional cost on the Meet Mobile app and will be available for downloading and/or printing on the [Meet Info Webpage](#) and may be posted on the online web browser portal at <https://www.teamunify.com/team/bdrast/page/rast-meets/2019-rast-knights-swim-challenge>. Entry Fees include a \$2.50 Heat Sheet Fee as part of the Swimmer Surcharge to make digital versions of all session's heat sheets available to everyone at no additional cost. A very limited supply of hard copy Heat Sheets may be sold per session at the meet until exhausted.
- LOCATION:** [City of El Paso Westside Natatorium](#) (915) 212-0458
650 Wallenberg Drive (Link to Google Maps)
El Paso, TX 79912



DIRECTIONS:

Directions to the Natatorium using I-10 West:

Take I-10 West to the Sunland Park Drive Exit 13. Exit I-10, follow the frontage road and merge right before the traffic signal onto Sunland Park Drive. Stay in the right-hand lane. Just before the second signal, turn right and merge onto S. Mesa Hills Drive. Continue along S. Mesa Hills Drive to the second signal. At the traffic signal, turn right onto Wallenberg Drive. Take the first driveway to the right to enter the Natatorium parking lot.

Directions to the Natatorium using I-10 East:

Take I-10 East to the Sunland Park Drive Exit 13. Exit I-10, onto the frontage road and turn left at the traffic signal onto Sunland Park Drive. After passing through the next intersection, merge onto the right-hand lane. Continue to just before the second signal, turn right and merge onto S. Mesa Hills Drive. Continue along S. Mesa Hills Drive to the second signal. At the traffic signal, turn right onto Wallenberg Drive. Take the first driveway to the right to enter the Natatorium parking lot.

PARKING:

Parking in the Natatorium parking lot may be limited. Park in authorized parking spaces only. Improper parking is being enforced by local authorities with tickets being issued. Please be careful when dropping off your swimmers near the natatorium and be respectful of the neighborhood when finding available parking. Additional parking is available along the streets near the natatorium. Please do not block driveways or park in adjacent business properties without permission.

FACILITIES:

City of El Paso Westside Natatorium includes an indoor 50 meter by 25 yard competition pool, 3,907 feet altitude, with movable bulkhead, configured for two separate sets of racing lanes to be run concurrently, providing a total of 16, twenty-five yard (25y) racing lanes with non-turbulent lane lines and turn flags in place. Racing lanes include sloped starting blocks with adjustable track start footrests, relay judging platforms with Speedlight LED technology, retractable backstroke start wedges and lane speakers under each block. The meet will be using both the South Pool and the North Pool under the High Def Scoreboard. Additional twenty-five yard (25yd) lanes will be available for warm up/cool down during warmups and the meet in the attached adjacent Leo Cancellare pool. Separate changing rooms with showers and lavatories for men and women.

Natatorium has upstairs grandstand seating for spectators. No reserved seating is allowed. Bleachers for swimmers and tables, chairs and open areas for coaches are available on the deck of the pool. **Parents and spectators are not allowed on the pool deck**, unless they are assisting with backup timing or lap counting. Athletes should remain on deck with their team, as no wet athletes are allowed in the grandstands. Swimmers going up to the spectator areas must dry off and cover up before leaving the pool deck or changing rooms. **Food and drinks**, other than water, **are not allowed on the pool deck**. Spectators are allowed one small cooler in the grandstands that can be placed directly under their seating area. Teams are allowed two ice chests on deck for bottled water provided they do not contain glass items. The complete City of El Paso Westside Natatorium Rules and Regulations are attached at the end of this invitation.

Electronic timing equipment (Colorado Timing and Hy-Tek Meet Manager software) with full color LED video display scoreboard will be used with touchpads at the finish end of the pool and Dolphin backup watches. The minimum water depth, measured in accordance with Article 103.2.3, is 9 feet at the start end and turn end measured for a distance of 1.0 meter to 5.0 meters from each end wall. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

MEET DIRECTOR:

Pam Lovelace
pam.lovelace@yahoo.com

ADMINISTRATIVE OFFICIAL:

Thomas Cieslik
tjcieslik@gmail.com

MEET REFEREE:

John Bernhard
bernhardconst@yahoo.com



- CONCESSIONS:** Concessions may be available at food truck vendors just outside the venue during the meet.
- HOSPITALITY:** Hospitality will be provided, by the meet hosts, and is open to all registered coaches, officials and volunteers participating in the meet in the Hospitality Room. Swimmers, spectators and children are not permitted in the Hospitality Room. Food and drinks, other than water, are prohibited on the pool deck.
- OFFICIALS WELCOME:** USA Swimming registered officials and trainees are cordially invited to participate during this meet. The uniform for all sessions will be white polo shirt over khaki shorts/pants/skirt, as appropriate. Reimbursement of one (1) official's swimmer's Individual Event Entry Fees (not including swimmer surcharge) will be offered to registered officials signed in and working the following number of sessions in the meet. 100% reimbursement for participating in three (3) sessions, 70% for any two (2) sessions. Reimbursements will be issued to swimmer's team after the meet based on the session Referee's sign in sheets. Officials are encouraged to contact Meet Referee or check the meet info page ([2019 Knights Swim Challenge](#)) to receive the web link to access the online sign up list to help the meet host adequately plan in advance the staffing for each session of the meet. Additional incentives, to be announced, will be offered to those signing up for any number of sessions in advance of the first day of the meet. Hospitality will be provided to all officials participating in the meet by the meet host.
- ELIGIBILITY:** This meet is open to all 2019 or 2020 USA Swimming / FINA registered athletes. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. There will be no on-deck registration. Flex Membership Registered Swimmers are eligible to enter as long as they have not already participated in two (2) USA Swimming sanctioned meets this membership year. This sanctioned meet will count towards that limit. Disabled swimmers are welcome. The swimmer or coach should contact the Meet Referee if any special considerations are needed. The swimmer's age as of the first day of the meet, September 20, 2019, will be used to determine the age group for this competition.
- TIME STANDARD:** There are no qualifying time standards or cut off times for entry into this meet.
- MEET FORMAT:** This meet is a three (3) day, three (3) session, timed finals, Short Course Yards, age group invitational meet. A comprehensive offering of scheduled events are listed at the end of this meet invitation. On Friday, all events will be swam in the North end of the pool by the High Def. Scoreboard. **Individual events on Saturday and Sunday will be conducted using 2 short course pools – 11 and Over on the North pool, 10 and under on the South pool. Events 400 yds and longer will be deck seeded and swam alternating Girls, Boys, fastest to slowest.**
- EVENT SEEDING:** Seeding will be, unless indicated otherwise, pre-seeded slow to fast seeded by time, except individual events 400 Yards and longer (**Events 1, 2, 3, 4, 5, 6, 37, 38, 69, 70**) will be deck seeded fastest to slowest, alternating girls/boys heats with partial heats being combined when possible.
- POSITIVE CHECK-IN:** Positive Check-In at the Clerk of Course will be required for individual events 400 yards and longer (**Events 1, 2, 3, 4, 5, 6, 37, 38, 69, 70**) no earlier than 35 minutes before the start of each session. Failure to check in may result in the athlete not being seeded for the session.
- RELAY EVENTS:** Relays must be pre-entered. If a relay does not swim, the team will NOT be charged. Relays can be altered on deck.



SESSIONS:

All start times are tentative and subject to adjustment pending receipt of entries and generation of session timelines.

Session 1 – Friday Evening All Ages Distance Events 1-6
Warm-up Starts 5:00 pm Session Starts 6:05p
Positive Check in ends 5:30p

Session 2 – Saturday AM All Ages Events 7-36
Warm-up Starts 8:00 am Session Starts 9:20a South Pool
Session Starts 9:10a North Pool
Positive Check in Ends 10:10am

Session 3 – Sunday AM All Ages Events 39-68
Warm-up Starts 8:00 Session Starts 9:20a South Pool
Session Starts 9:10a North Pool
Positive Check in Ends 10:10am

The Administrative Official in consultation with the Meet Referee reserves the right to re-arrange or combine sessions/events based on the number of swimmers entered, and may cap the number of entries based upon among other considerations: order received; age group of swimmers; and number of events entered. Relays events may also be removed if necessary to comply with timeline requirements with entry fee refunds made upon written request. Meet Director will consult with affected coaches if any changes are required.

ENTRY LIMIT:

Swimmers may enter a maximum of one (1) individual event for Friday Session. Up to four (4) events per day on Saturday and Sunday, nine (9) individual entries and two (2) relays in total for the entire meet. In the event that the number of entries in any given session causes the scheduled timeline to be exceeded, the Entry Chair reserves the right to perform a scratch-down of the maximum number of events allowed in that session as necessary in order to meet timeline requirements. Entry Chair will contact affected coaches for decision on which event to scratch with deadline. If no response is received by the deadline, the highest numbered event will automatically be scratched. Team entry fees will be adjusted accordingly.

ENTRY SUBMISSIONS:

Team entries are to be submitted by the entry deadline in Hy-Tek Team Manager electronic format, along with a PDF copy of the Entry Fees report and a scanned copy of the signed Membership Certification Affidavit, by email to the Entry Chair. Teams with less than five (5) swimmers entering may submit hard copy entries by mail or manual entries by email. If entering more than five swimmers manually, the non-electronic entry fee applies. Each athlete's USA Swimming ID number, full name, and date of birth must appear in the entry. Entries received after the entry deadline and/or with incomplete information will be treated as late entries and accepted as such on a lane available basis.

ENTRY DEADLINE:

ENTRIES ARE DUE BY 11:59 PM ON Saturday, September 14, 2019. Entries received after the deadline will be considered Late Entries. Late entries and changes will be accepted on a lane available basis via email (coachgusswim@gmail.com) through 6:00 PM, Tuesday, September 17, 2019.

ENTRY CHAIR:

Gus Viveros (915) 231-0695
2001 Radford St coachgusswim@gmail.com
El Paso, TX 79903

Para preguntas en Español, por favor contacte a Gus Viveros, (915) 231-0695, coachgusswim@gmail.com.

ENTRY FEES:

Individual Events \$ 6.00 per event
Swimmer Surcharge* \$12.50 per swimmer
Relay Events \$ 8.00 per Relay
Non-electronic Entry Fee \$10.00 per swimmer (for teams entering more than 5 swimmers)



*The Swimmer Surcharge includes a \$2.50 Heat Sheet Fee to make all session's digital format and posted heat sheets available to everyone at no additional cost.

CHECKS ARE TO BE MADE PAYABLE TO: **RAST**. All entry fee balances are due before the first session begins, unless prior arrangements have been made. Payments at the meet will be accepted at the Clerk of Course. Unless previously submitted, the attached USA Swimming Membership Certification Affidavit must be signed and submitted with the entry fees payment. No refunds for individual entry scratches, no shows, or ineligible swimmers.

DECK ENTRIES: ****NO DECK ENTRIES WILL BE TAKEN AT THE MEET!**** Late entries and changes will be accepted on a lane available basis via email to the entry chair (coachgusswim@gmail.com) through 6:00 PM, Tuesday, September 17, 2019.

LAP COUNTERS: Swimmers competing in the 500y Free (Events 3,4,5,6), 1,000y Free (Events 37 & 38) and 1,650y Free (Events 69 & 70) must provide someone to operate their own lap counters.

TIMERS: Swimmers competing in the 400y IM (Events 1,2) 500y Free (Events 3,4,5, 6), 1,000y Free (Events 37 & 38) and 1,650y Free (Events 69 & 70) must also provide their own timing personnel.

Meet Director reserves the right to possibly request that each team entered in the meet provide timers for specific sessions if the host team is short of available volunteers. In such cases, in addition to the customary provided Hospitality, volunteer timers from visiting teams will also be offered additional incentives for volunteering.

AGE GROUPS: The age groups for individual events in this meet will be 6 and Under, 7-8, 9-10, 11-12, 13-14 and 15 & Over.

SCORING: Scoring categories for individual events will be based on age groups and gender. Events composed of multiple age groups will be swum together and scored separately by age group. Individual points will be awarded for Individual and Team High Points as follows in each individual age group / event.

Category	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	Place
Individual	9	7	6	5	4	3	2	1	Points
Relays	18	14	12	10	8	6	4	2	

AWARDS: There will be a small prize awarded to each heat winner.
Individual Events 1st through 8th Place Ribbons per age group / gender
Individual High Points* 1st through 3rd Place Trophies per age group / gender
Team Combined High Points 1st through 3rd Place Plaques
*Ties for Individual High Points will be broken using the Hy-Tek Single Age Group Point System.

RULES: Current 2019 USA Swimming Rules and Regulations and, where applicable, 2019 Border Swimming Procedures and Policies will govern the conduct of the meet and will take precedence over any errors or omissions of this meet announcement. The USA Swimming whistle start and no recall procedure will be used. **Coaches and officials will be required to display their 2019 registration cards.**

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 without the use of the backstroke ledge. 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. All swimmers must be supervised by a coaching member of USA Swimming during warm up sessions, competition and warm down.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms, and 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.

Deck Changes are prohibited.

Operation of a drone, or any other flying apparatus, 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.

All participants, athletes and non-athletes, must adhere to the USA Swimming Code of Conduct as described in Article 304 of the USA Swimming Rules and Regulations.

There are separate facilities for athletes and spectators. Athlete locker rooms are always off limits for spectators and volunteers. Please use the hallway facilities rather than the locker rooms.

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.

Alcoholic beverages, smoking and use of other tobacco products are prohibited in all areas of the venue.

SWIMWEAR:

In competitions sanctioned by Border Swimming and in accordance with USA Swimming Rules, all swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee. No fasteners, other than drawstrings, are allowed. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. Any kind of tape on the body is not permitted unless approved by the Referee. The Referee shall have authority to bar offenders from the competition until they comply with the rule.

SAFETY MARSHALS:

Safety marshals shall be on deck and in the grandstands to enforce safety guidelines. The marshals, under the direction of the Meet Referee, shall have the authority to remove any individual engaging in unsportsmanlike conduct, or found to be in violation of swimming ethics or procedures outlined in the meet information. USA Swimming certified coaches shall direct their swimmers regarding the safety guidelines and warm-up procedures.

SPORTSMANSHIP:

No competitive contest can be held without competent and impartial officials. Officials must have the respect and support of coaches, athletes, and spectators. Likewise, officials must conduct themselves in a courteous and respectful manner toward coaches, athletes and the public. On and/or off-record criticism of officials to swimmers or the public shall be considered unethical behavior. For a coach to address uncomplimentary remarks to any official during the progress of the meet, or indulge in behavior which might incite competitors or spectators against officials shall be considered conduct unworthy of a member of the coaching profession and will result in the removal of the offender from the facility as well as further disciplinary action. The same is true for officials.

MEETINGS:

There will be an official’s meeting 25 minutes before the start of each session and possibly a coaches meeting 15 minutes before the start of each session, if necessary.

WARM-UPS:

Border Swimming mandatory warm-up policies will be in effect. The policies are included below the warm-up schedule in the invitation and will be posted and enforced at the meet.



Teams entered will be assigned to one or more of the sixteen (16) racing lanes in the competition pools for the following anticipated warmup groups after final entries are received and swimmer counts per session have been determined. **Saturday and Sunday Distance events will begin after a 15 Minute break at the end of the Relays.**

Session 1 – Friday Evening

Warm up 1: 5:00 pm – 5:45 pm
Positive Check in Ends 5:30 pm

Session 2 – Saturday AM

Warm up 1: 8:00 am – 8:30 am
Warm up 2: 8:30 am – 9:00 am
Session Starts: 9:10 am North Pool
Session Starts: 9:20 am South Pool
Positive Check in Ends 10:10am

Session 3 – Sunday AM

Warm up 1: 8:00 am – 8:30 am
Warm up 2: 8:30 am – 9:00 am
Session Starts: 9:10 am North Pool
Session Starts: 9:20 am South Pool
Positive Check in ends 10:10am

Adjustments to times may be made as needed to accommodate all swimmers fairly. Final warm up schedules and assignments will be emailed to entered teams, posted on Radford Aquatics meet webpage (**2019 RAST Knights Swim Challenge meet**) and posted on deck at the meet.

COOL DOWN LANES: The adjacent pool- Leo Cancellare will have some 25 yard lanes available for warm up/ cool down.

To avoid overcrowding, swimmers utilizing these lanes need to enter and use the lanes as needed then immediately exit the lanes to allow other swimmers access. No loitering will be allowed and swimmers not swimming will be asked to exit the lanes immediately. Meet Marshalls will be monitoring the lanes for compliance and have the authority to request a swimmer to exit the lanes. Continued or multiple instances of non-compliance of any lane rules may be grounds for the swimmer to be barred from further use of the lanes.



BORDER WARM-UP AND MEET SAFETY PROCEDURES

WARM-UPS:

1. All Coaches will serve as marshals during warm ups and will be responsible for monitoring and enforcing safety rules and regulations in assigned warm up lanes.
2. Meet warm ups shall be scheduled for two 30 minute sessions. Teams shall be assigned a warm up session and notified of such session by the host team. When the number of swimmers does not warrant splitting the session, one warm up session may be held. If the number of swimmers warrant three sessions, the sessions will be 20 minutes each.
3. The first twenty (20) minutes (fifteen minutes if three sessions) of each session shall be designed as a GENERAL WARM UP SESSION. There shall be FEET FIRST ENTRIES ONLY AND AT ALL TIMES during the general warm up session. Lanes may be used for pace, circle, or return swim only. Swimmers shall not mount the starting blocks at any time. The pace shall be carefully controlled by the coaches. Loitering and visiting in the lanes is not allowed.
4. During the last ten (10) minutes (five minutes if three sessions) of each warm up session, you may use your assigned lane as a sprint lane.

MEET:

1. Meet officials working the meet shall serve as safety marshals.
2. Warm up and cool down lanes, if provided by the host team, will operate under the same rules and regulations as general warm-up lanes, with the exception that a maximum of 10 swimmers will be allowed in any warm up/cool down lane at any one time.

GENERAL:

1. No running, fighting, or horseplay will be allowed.
2. Dangerous objects are banned, including but not limited to the following: skateboards, hard balls, rocks, marbles, guns, glass, slingshots, appliances or radios using anything other than batteries, chewing gum or candy (in the water), and any other object deemed unsafe by a coach, chaperone, or safety official.
3. No towel popping.
4. Smoking and/or use of other tobacco products and/or the consumption of alcoholic beverages is prohibited in all areas of the venue, including, but not limited to, the pool deck, locker rooms, spectator seating or standing areas, and in all areas used by swimmers.
5. No swimming perpendicular to lane lines.
6. The coach, chaperones, or safety marshal in charge must remain on the premises until all other participants have departed.



MEMBERSHIP CERTIFICATION AFFIDAVIT

2019 RAST Knights Challenge Swim Meet

I, _____, the team entries chairperson for _____, certify that all swimmers and coaches listed on the attached MASTER ENTRY FORM OR HY-TEK FILE are currently registered members of USA Swimming. I agree that if any of the swimmers or coaches are NOT properly registered with USA Swimming that our team, _____, will pay \$100 fine per improperly registered swimmer or coach.

Team Entries Chairperson



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SCHEDULE OF EVENTS

Session 1 – Friday Evening

September 20, 2019

Warm-ups Start: 5:00 PM^{1,2,3,4}

Positive Check in end: 5:30 PM

Session Starts: 6:05 PM

Girls Event #	Girls Age Group	Event	Boys Age Group	Boys Event #
1	11 & Over	400 IM^{1,2,3,4}	11 & Over	2
3	10 & Under	500 Free^{1,2,3,4}	10 & Under	4
5	11 & Over	500 Free^{1,2,3,4}	11 & Over	6

Session 2 – Saturday AM – September 21, 2019

Warm-ups Start: 8:00 AM

Session Starts: 9:20 AM

10 and Under Pool

Girls Event #	Girls Age Group	Event	Boys Age Group	Boys Event #
7	10 & Under	100 Individual Medley	10 & Under	8
9	10 & Under	50 Butterfly	10 & Under	10
11	10 & Under	200 Freestyle	10 & Under	12
13	10 & Under	50 Backstroke	10 & Under	14
15	10 & Under	100 Breaststroke	10 & Under	16
17	10 & Under	50 Freestyle	10 & Under	18
19	10 & Under	200 Medley Relay	10 & Under	20



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SCHEDULE OF EVENTS

Session 2 Cont'd – Saturday AM – September 21, 2019

Warm-ups Start: 8:00 AM

Session Starts: 9:10 AM

11 and Over Pool

Girls Event #	Girls Age Group	Event	Boys Age Group	Boys Event #
21	11 & Over	200 Individual Medley	11 & over	22
23	11 & over	100 Butterfly	11 & over	24
25	11 & over	200 Freestyle	11 & over	26
27	11 & over	50 Backstroke	11 & over	28
29	11 & over	200 Breaststroke	11 & over	30
31	11 & over	100 Backstroke	11 & over	32
33	11 & over	50 Freestyle	11 & over	34
35	11 & over	200 Medley Relay	11 & over	36
-	-	15 Minute Break	-	-
37	Open	1,000y Freestyle ^{1,2,3,4}	Open	38

Session 3 – Sunday AM– September 22, 2019

Warm-ups Start: 8:00 AM

Session Starts: 9:20 AM

10 and Under Pool

Girls Event #	Girls Age Group	Event	Boys Age Group	Boys Event #
39	10 & Under	100 Backstroke	10 & Under	40
41	10 & Under	50 Breaststroke	10 & Under	42
43	10 & Under	200 Individual Medley	10 & Under	44
45	10 & Under	100 Freestyle	10 & Under	46
47	10 & Under	100 Butterfly	10 & Under	48
49	10 & Under	200 Free Relay	10 & Under	50



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SCHEDULE OF EVENTS

Session 3 – Sunday AM– September 22, 2019

Warm-ups Start: 8:00 AM

Session Starts: 9:10 AM

11 and Over Pool

Girls Event #	Girls Age Group	Event	Boys Age Group	Boys Event #
51	11 & Over	200 Butterfly	11 & Over	52
53	11 & Over	100 Breaststroke	11 & Over	54
55	11 & Over	50 Butterfly	11 & Over	56
57	11 & Over	200 Backstroke	11 & Over	58
59	11 & Over	50 Breaststroke	11 & Over	60
61	11 & Over	100 Freestyle	11 & Over	62
63	11 & Over	100 Individual Medley	11 & Over	64
65	11 & Over	200 Free Relay	11 & Over	66
-	-	15 Minute Break	-	-
67	Open	1,650 Freestyle^{1,2,3,4}	Open	68

FOOTNOTES APPLICABLE TO ALL SESSIONS:

¹All times are tentative and subject to adjustment pending receipt of entries and generation of session timelines.

²Individual Events 400 yards or longer ((Events 1, 2, 3, 4, 5, 6, 37, 38, 69, 70), will be deck seeded and shall require positive check-in no later than 35 minutes prior to the start of the session. Events will swim alternating heats of girls and boys, fastest to slowest. Partial heats may be combined whenever possible.

³Swimmers competing in Events 500y Freestyle (3, 4, 5, 6), 1,000y Freestyle (37, 38) and 1,650y Freestyle (69, 70) must provide someone to operate their own lap counters.

⁴Swimmers competing in Events 400 IM (1, 2), 500 Freestyle (3, 4, 5, 6), 1,000 Freestyle (37, 38) and 1,650 Freestyle (69, 70) must provide their own timing personnel.

