



Canyons Aquatic Club  
**14th ANNUAL CANYONS MEMORIAL DAY MEET LCM**  
 May 21-23, 2021



| <b>DAY 1 - FRIDAY, MAY 21 - SR/AG TIMED FINALS</b> |            |                  |             |
|--|------------|------------------|-------------|
| Warm Up 2:30-3:45pm / 4:00pm Start                 |            |                  |             |
| <u>GIRLS</u>                                       | <u>AGE</u> | <u>SESSION 1</u> | <u>BOYS</u> |
| 1  | OPEN       | 1500 Freestyle   | 2           |
| 3  | 11-14      | 400 Freestyle    | 4           |
| 5  | 11-14      | 400 IM           | 6           |
| Senior & Age Group Session are Combined            |            |                  |             |

| <b>DAY 2 - SATURDAY, MAY 22 - SENIOR PRELIMS</b>             |            |                  |             |
|--|------------|------------------|-------------|
| Warm Up 1 - 6:45am / Warm up 2 - 7:45am<br>Start Time 9:00am |            |                  |             |
| <u>GIRLS</u>   | <u>AGE</u> | <u>SESSION 2</u> | <u>BOYS</u> |
| 7  | Open       | 200 Freestyle    | 8           |
| 9  | Open       | 100 Breaststroke | 10          |
| 11   | Open       | 200 Backstroke   | 12          |
| 13   | Open       | 100 Butterfly    | 14          |
| 15   | Open       | 50 Freestyle     | 16          |
| 17   | Open       | 400 IM           | 18          |

| <b>DAY 2 - SATURDAY, MAY 22 - AGE GROUP</b>                            |            |                  |             |
|--|------------|------------------|-------------|
| Warm Up 1 - TBD / Warm up 2 - TBD<br>Start Time No Sooner than 12:30pm |            |                  |             |
| <u>GIRLS</u>   | <u>AGE</u> | <u>SESSION 3</u> | <u>BOYS</u> |
| 19   | 13-14      | 200 Freestyle    | 20          |
| 21   | 11-12      | 200 Freestyle    | 22          |
| 23   | 8-10       | 200 Freestyle    | 24          |
| 25   | 11-14      | 200 Breaststroke | 26          |
| 27   | 13-14      | 50 Breaststroke  | 28          |
| 29   | 11-12      | 50 Breaststroke  | 30          |
| 31   | 8-10       | 50 Breaststroke  | 32          |
| 33   | 13-14      | 100 Backstroke   | 34          |
| 35   | 11-12      | 100 Backstroke   | 36          |
| 37   | 8-10       | 100 Backstroke   | 38          |
| 39   | 13-14      | 100 Butterfly    | 40          |
| 41   | 11-12      | 100 Butterfly    | 42          |
| 43   | 8-10       | 100 Butterfly    | 44          |
| 45   | 13-14      | 50 Freestyle     | 46          |
| 47   | 11-12      | 50 Freestyle     | 48          |
| 49   | 8-10       | 50 Freestyle     | 50          |

| <b>DAY 2 - SATURDAY, MAY 22 - SENIOR FINALS</b>       |  |  |  |
|---|--|--|--|
| Warm Up 3:45pm / Start Time 5:00pm - <b>SESSION 4</b> |  |  |  |

**SENIOR SESSION - PRELIMS/FINALS**  
 All prelim events will be fastest to slowest  
 Finals: A & B (Top 16); Finals Scratch: Must scratch or place intent  
 1500 FR: 4 heats total, two for each girls and boys (Top 16)  
 Athletes must be 11 years of age or older  
**AGE GROUP SESSION - TIMED FINALS**  
 All timed final events will be fastest to slowest  
 14&U swimmers CANNOT enter both SR & AG sessions  
 11-14 Age Group: 400 FR/IM & 200 FL/BK/BR must meet 13-14 National B standard  
 13-14 Age Group: 50s of stroke will enter 100 qualifying time

| <b>DAY 3 - SUNDAY, MAY 23 - SENIOR PRELIMS</b>               |            |                  |             |
|--|------------|------------------|-------------|
| Warm Up 1 - 6:45am / Warm up 2 - 7:45am<br>Start Time 9:00am |            |                  |             |
| <u>GIRLS</u>   | <u>AGE</u> | <u>SESSION 5</u> | <u>BOYS</u> |
| 51   | Open       | 200 IM           | 52          |
| 53   | Open       | 100 Freestyle    | 54          |
| 55   | Open       | 200 Breaststroke | 56          |
| 57   | Open       | 100 Backstroke   | 58          |
| 59   | Open       | 200 Butterfly    | 60          |
| 61   | Open       | 400 Freestyle    | 62          |

| <b>DAY 3 - SUNDAY, MAY 23 - AGE GROUP</b>                              |            |                  |             |
|--|------------|------------------|-------------|
| Warm Up 1 - TBD / Warm up 2 - TBD<br>Start Time No Sooner than 12:30pm |            |                  |             |
| <u>GIRLS</u>   | <u>AGE</u> | <u>SESSION 6</u> | <u>BOYS</u> |
| 63   | 13-14      | 200 IM           | 64          |
| 65   | 11-12      | 200 IM           | 66          |
| 67   | 8-10       | 200 IM           | 68          |
| 69   | 11-14      | 200 Backstroke   | 70          |
| 71   | 13-14      | 50 Backstroke    | 72          |
| 73   | 11-12      | 50 Backstroke    | 74          |
| 75   | 8-10       | 50 Backstroke    | 76          |
| 77   | 13-14      | 100 Freestyle    | 78          |
| 79   | 11-12      | 100 Freestyle    | 80          |
| 81   | 8-10       | 100 Freestyle    | 82          |
| 83   | 11-14      | 200 Butterfly    | 84          |
| 85   | 13-14      | 50 Butterfly     | 86          |
| 87   | 11-12      | 50 Butterfly     | 88          |
| 89   | 8-10       | 50 Butterfly     | 90          |
| 91   | 13-14      | 100 Breaststroke | 92          |
| 93   | 11-12      | 100 Breaststroke | 94          |
| 95   | 8-10       | 100 Breaststroke | 96          |

| <b>DAY 3 - SUNDAY, MAY 23 - SENIOR FINALS</b>         |  |  |  |
|---|--|--|--|
| Warm Up 3:45pm / Start Time 5:00pm - <b>SESSION 7</b> |  |  |  |