

30th Annual Speedo Winter Championships
December 10-13, 2020
Hosted by the City of Plantation and the Plantation Swim Team

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc. Sanction No. **FG23203450E034.1**

In granting this approval it is understood and agreed that USA Swimming and Florida Gold Coast 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. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely 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 AND FLORIDA GOLD COAST SWIMMING 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 you, our coaches, swimmers, officials, and volunteers. You must follow all posted instructions while attending this meet.

Hosted by: City of Plantation, Plantation Swim Team

Location: Plantation Aquatic Complex, 9151 NW 2nd Street, Plantation, Florida 33324

Directions: Plantation Aquatic Complex is located in Central Park. From I-95 go West on 595. Exit North on Pine Island to Broward Blvd. On Broward Blvd. head West approximately $\frac{3}{4}$ of a mile to Central Park Drive. On Central Park Drive make a right. (It will be the 1st stop light after you turn on Broward). Park entrance is located on the right hand side.

Dates & Times:

Thursday, 12/10:

Session 1 Timed Finals – 12 & Under – Warm Up 3:30pm; Start 4:15pm

Session 2 Timed Finals – 13/14 – Warm Up 5:30pm; Start 6:15pm

Session 3 Timed Finals – 15-18 – Warm Up 7:30pm; Start 8:15pm

Friday, 12/11:

Session 4 Prelims – 15-18 – Warm Up 6:30am; Start 8am

Session 5 Prelims – 13/14 – Warm Up 9:30am; Start 11am

Session 6 Timed Final/Prelims – 12 & Under – Warm Up 12:30pm; Start 2pm

Session 7 Finals – Warm Up 5pm; Start 6pm

Saturday, 12/12:

Session 8 Timed Final/Prelims – 15-18 – Warm Up 6:30am; Start 8am

Session 9 Timed Final/Prelims – 13/14 – Warm Up 9:30am; Start 11am

Session 10 Timed Final/Prelims – 12 & Under – Warm Up 12:30pm; Start 2pm

Session 11 Finals – Warm Up 5pm; Start 6pm

Sunday, 12/13

Session 12 Timed Final/Prelims – 15-18 – Warm Up 6:30am; Start 8am

Session 13 Timed Final/Prelims – 13/14 – Warm Up 9:30am; Start 11am

Session 14 Timed Final/Prelims – 12 & Under – Warm Up 12:30pm; Start 2pm

Session 15 Finals – Warm Up 5pm; Start 6pm

All warm up times and start times are subject to change.

Meet director reserves the right to change meet warm-up, start times, or drop/move events in order to hold an efficient meet.

General Info: Coaches Meeting: Thursday, December 10 at 3:15pm Any changes to the conduct of the meet will be announced at this meeting. It is the responsibility of each coach to be aware of any changes.

Pool/Timing: Short Course Yards. 2 – 25Y x 50M pools for competition. Both courses will be used for Prelims. East pool 8 lanes, West pool 8 lanes. Finals will be held in one 8 lane course (East). Continuous warm-up and warm-down area will be available in both courses. Colorado Timing System will be used. Fly-over starts will possibly be used.

The competition courses have been certified in accordance with 104.2.2C(4). Water depth at East pool start varies from 4'5" to 12'00" depending on the lane assignment accordance with 202.3.7 (C). Water Depth in the West pool start varies from 5ft to 7ft depending on the lane assignment accordance with 202.3.7 (C). Water depth in the East pool start end runs from 4ft 8in to 10ft depending on lane assignment in accordance with 202.3.7 (C).

Rules: 2020 USA Swimming Rules will govern this meet. Safety rules are outlined by USA Swimming and as recommended by the referee, will be in effect. Public Health and Safety

mandates and guidelines of the State of Florida, Broward County, City of Plantation and Central Park Aquatic Complex will be enforced. 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.

Deck Changing: Changing into or out of swimsuits other than locker rooms or other designated areas is not appropriate and is prohibited.

Camera Free: The Florida Gold Coast Swimming CAMERA FREE ZONE policy is in effect at this meet. No person may use a camera or any other device capable of recording still or video images in the area behind the starting blocks, in the locker rooms, changing areas, showers or restrooms. Violators may be reported to law enforcement or other governmental authorities and or may be barred from the facility during the sanctioned event.

Image Authorization: All participants agree to be filmed and photographed by the official photographer (s) and network (s) of USA Swimming under conditions authorized by USA Swimming, allow event organizers the right to use names, pictures, likeness, biographical Information before, during or after the period of participation in USA Swimming competitions to promote such competitions.

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.

Conflict of Interest: Unauthorized sale, advertisement and promotion of products and/or services at the location of the competition as well as its vicinities are not allowed without the written request and written approval of the meet host and meet director. All requests must be submitted to the meet director no later than 10 days prior to the first day of the competition. Failing to comply with such order will result in removal from the facility and/or immediate vicinity.

Admission: This meet will not be open to spectators. All events will be live streamed on [Meet Mobile](#). Heat sheets will be available for free on Meet Mobile and swimpst.com when they become available. We will also print a limited number for coaches and officials.

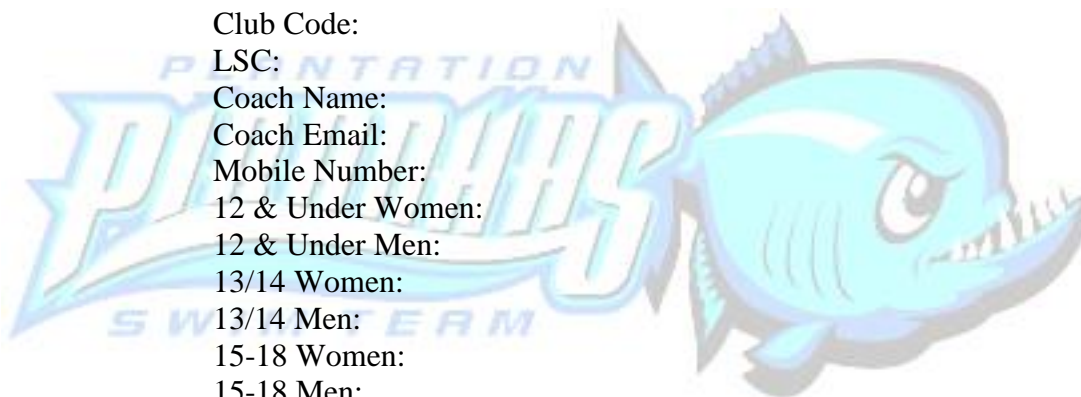
Eligibility: Open to all current 2020 USA Swimming registered athletes and foreign athletes with proper travel credentials who have been invited by USA Swimming and the Plantation Swim Team and who have achieved the meet time standards. Any swimmer entered in the meet Must be certified by a USA Swimming 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 legal guardian to ensure compliance with this requirement USA Swimming Rule 202.3.3. The meet host WILL NOT be accepting new or renewing USA Swimming registrations at the meet. All USA Registrations must be done prior to the start of the competition.

Disability Athletes: All swimmers are welcome at this meet. Entries for swimmers with disabilities should be submitted with the team's entry as "Override". The coach or athlete is responsible for notifying the Referee of any accommodations that are required in accordance with USA-S Rule 105.4, Please contact the pool office ahead of time to allow for preparations (Terrell Woods - terrellwpst@aim.com).

On-Line Meet Entry (OME) – Send your request Terrell Woods email: terrellwpst@aim.com. **Florida Gold Coast (FGC) teams may begin requesting entry Wednesday, October 28. All other LSC's may begin requesting entry Wednesday, November 4. Teams will be accepted on a first come, first serve basis. Florida Gold Coast - Only 15 athletes per gender, per age group, per team (12 & Under, 13/14, 15-18). All other LSCs – Only 10 athletes per gender, per age group, per team (12 & Under, 13/14, 15-18).**

The following must be included in the email:

Team Name:
Club Code:
LSC:
Coach Name:
Coach Email:
Mobile Number:
12 & Under Women:
12 & Under Men:
13/14 Women:
13/14 Men:
15-18 Women:
15-18 Men:
Total Number of Athletes:



Once your team has been accepted into the meet, your team will be added into OME. In order to assist in entry cap compliance **EACH AGE GROUP WILL HAVE ITS OWN OME**. Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) only. Access this system from USA Swimming's website at <http://www.usaswimming.org.ome>. Any team coach may initialize the entry. The account that initializes the entry will be the only account that has access to that team's entries for this meet. That account must login and select "Enter Team". Paper, Fax and Email entries will not be accepted.

Entry Cap: 150 Swimmers per gender and age group (300 total per prelim session) for the meet. **Florida Gold Coast - Only 15 athletes per gender, per age group, per team (12 & Under, 13/14, 15-18). All other LSCs – Only 10 athletes per gender, per age group, per team (12 & Under, 13/14, 15-18).**

OME Opens: 12:01am EST Thursday, October 29, 2020

OME Closes: 11:59pm EST Monday, December 6, 2020

OME Help: Terrell Woods (Terrellwpst@aim.com - 954-452-2526). Athletes may enter the meet using conforming and non-conforming times in this order: Short Course Yards (SCY) then Long Course Meters (LCM). Converted times are not permitted. **WE WILL NOT BE ACCEPTING “RELAY ONLY” SWIMMERS.** Since there are no time Standards for relays, it is acceptable to use an override time to enter these events. This will require an entry “Meet Location” and “Meet Date” fields. Please put the word “Entry” in the Field and the current date in the Meet Date Field.

Entry Fees: \$10.00 Individual Events; \$15.00 Relays; \$15.00 Individual Surcharge. Once a team or individual entry has been check out of OME, there will be no refunds in full or in part, unless FGC rule 1.17a.i.v applies. **Entry fees will be paid by cash or check (payable to “Plantation Swim Team”) at the meet BEFORE YOUR TEAMS FIRST SWIM.**

Entry Limit: 6 individual events for the meet, plus relays. No more than 2 individual events per day. Over entered swimmers will be scratched from the event that exceeds the entry limit.

Relays: Timed Finals. “A” Relay Teams only. Over entered relay teams will be scratched. All relays will swim in their **Preliminary Session.**

Seeding: Short Course Yards (SCY) then Long Course Meters (LCM) times only.

Prelims: 12 & Under, 13-14, and 15-18. All events will be swum fastest to slowest.

Finals: 12 & Under, 13/14 and 15-18 Age Groups. Finals will consist of one heat of women and one heat of men, (top 8 swimmers in each event/age group). Any swimmer who competes in preliminary heats and qualifies for finals must declare his/her possible intention to scratch within thirty (30) minutes of the announcement or posting of the preliminary results of that event and further declare their final intention within 30 minutes of their last individual preliminary event. Scratches will be declared by drawing a single line and initialing on preliminary results maintained at the Announcers’ table at the East Pool. Alternates wishing to swim in an open lane in finals must be standing at the starter’s tent, prepared to step on the block for the swim when the swimmers are called to the blocks. The Referee will instruct the announcer to call the alternate.

Scratches must be done individually, by event. “Team scratches” will not be accepted. Swimmers are required to scratch if they are not going to swim in finals. Swimmers who finish the preliminary events in places 9 – 18 are strongly urged to scratch if they do not intend to compete in the Final. Swimmers scratched into Finals after 30 minutes of the conclusion of prelims will not be penalized.

“Failure to swim” in final/checked in timed final will result in the swimmer being fined \$25.00 cash and will be unable to continue competing in the meet until the fine is paid. Upon receiving payment of the fine, the swimmer will be eligible to compete in the meet.

Distance: Thursday, December 10: 1650 Free is a timed final/positive check-in event. Positive Check-in for all age group by TEXT MESSAGE ONLY. Text “@e68fgfh” to 81010 to join the Winter Champs 2020 Remind Group; **All 1650 competitors must check in by 3pm and supply their own person to count.**

Awards: Individual Events: Medals 1st -3rd
Relays: Medals 1st – 3rd Place Team
Individual High Point: Top 3 in each age group & gender
Team Awards: Women’s Top 3, Men’s Top 3, and Combined Top 5 Teams

Scoring: Individual: 9-7-6-5-4-3-2-1
Relays: 18-14-12-10-8-6-4-2

Information: Updates to meet information as well as timelines, psych sheets, and meet results for the meet will be posted on the internet after entries are processed. Information at will be available www.swimpst.com. Meet results will be available on the Meet Mobile app and at swimpst.com. Download Meet Mobile from your app store and get results and splits by team, swimmers or events.

Head Referee: Jose Carrion
Meet Director: Terrell Woods (terrellwpst@aim.com)

A meet committee may be created by the meet referee to handle issues pertaining to non-rule situations at the meet such as severe weather and equipment issues.

Warm-up and Warm Down Procedures: Warm up will be split into an A warm up and a B warm up for each age group. A and B sessions will be 40 minutes. Controlled warm up will begin 10 minutes before the start of the session. Teams will be assigned lanes and either A or B warm up.

Controlled warm-up:

- Lane 1 – Pace
- Lane 2 – Racing Starts
- Lane 3 – Swimming
- Lane 4 – Racing Starts
- Lane 5 – Swimming
- Lane 6 - Racing Starts
- Lane 7 – Swimming
- Lane 8 – Pace

No more than five (5) swimmers per lane during warm down. NO Equipment Permitted. Swimmers must enter the water feet first. Swimming and pulling only. No racing starts.

15-18 Age Group Must Enter SLOWER THAN

Women			Men	
LCM	SCY	EVENT	SCY	LCM
28.59	25.19	50 Free	22.49	25.79
1:01.89	54.59	100 Free	49.09	55.89
2:13.49	1:57.49	200 Free	1:47.39	2:02.79
4:40.59	5:12.59	400/500 Free	4:51.79	4:20.69
9:38.19	10:45.89	800/1000 Free	10:05.09	9:00.09
18:26.69	17:45.69	1500/1650 Free	16:52.99	17:15.89
33.69	29.19	50 Back	26.09	30.49
1:12.39	1:03.39	100 Back	57.19	1:06.09
2:35.39	2:15.89	200 Back	2:03.99	2:22.69
38.69	33.49	50 Breast	29.79	34.59
1:22.39	1:12.09	100 Breast	1:04.69	1:14.29
2:57.79	2:36.59	200 Breast	2:21.09	2:40.99
31.59	27.99	50 Fly	24.79	28.39
1:08.29	1:01.09	100 Fly	54.69	1:01.79
2:29.79	2:14.39	200 Fly	2:01.69	2:16.79
NT	1:03.99	100 IM	55.99	NT
2:31.29	2:12.49	200 IM	2:00.39	2:17.79
5:18.99	4:41.79	400 IM	4:17.09	4:53.09

Thursday – Session 1 *Timed Finals* 12 & Under Women – East Pool; Men – West Pool - Warm Up @ 3:30pm , Start @ 4:15pm

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev#
1	NT	NT	12 & Under 200 Medley Relay	NT	NT	2
7	21:37.39	20:53.89	12 & Under 1650 Free	20:52.99	21:37.39	8
13	NT	NT	12 & Under 200 Free Relay	NT	NT	14

Thursday – Session 2 *Timed Finals* 13/14 Women – East Pool; Men – West Pool - Warm Up @ 5:30pm; Start @ 6:15pm

Female Ev #	LCM	SCY	Event Title	SCY:30	LCM	Male Ev#
3	NT	NT	13/14 200 Medley Relay	NT	NT	4
9	19:48.09	19:12.89	13/14 1650 Free	18:19.79	18:58.89	10
15	NT	NT	13/14 200 Free Relay	NT	NT	16

Thursday – Session 3 *Timed Finals* 15-18 Women – East Pool; Men – West Pool - Warm @ 7:30; Start @ 8:15pm

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev#
5	NT	NT	15-18 200 Medley Relay	NT	NT	6
11	19:43.09	19:12.69	15-18 Over 1650 Free	18:10.99	18:29.99	12
17	NT	NT	15-18 200 Free Relay	NT	NT	18

Friday Session 4 Prelims 15-18 Women – East Pool; Men – West Pool - Warm Up @6:30am, Start @8am

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev #
23	1:12.89	1:04.59	15-18 100 Fly	58.59	1:05.39	24
29	3:09.59	2:44.39	15-18 200 Breast	2:32.69	2:55.79	30
35	36.19	31.29	15-18 50 Back	29.09	33.89	36
41	2:41.89	2:20.69	15-18 200 IM	2:10.79	2:28.19	42
47	30.49	26.59	15-18 50 Free	24.49	28.09	48
53	4:55.29	5:31.59	15-18 500 Free	5:09.89	4:38.39	54

Friday Session 5 Prelims 13/14 Women- East Pool; Men - West Pool - Warm Up @ 9:30am , Start @ 11am

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev #
21	1:14.79	1:05.99	13/14 100 Fly	1:01.29	1:09.69	22
27	3:09.79	2:44.59	13/14 200 Breast	2:32.89	2:56.79	28
33	36.39	31.49	13/14 50 Back	29.39	34.09	34
39	2:42.19	2:20.89	13/14 200 IM	2:17.19	2:38.79	40
45	30.69	26.79	13/14 50 Free	24.69	28.29	46
51	5:01.59	5:36.29	13/14 500 Free	5:17.59	4:46.69	52

Friday Session 6 *Timed Finals* & /Prelims 12 & Under Women - East Pool; Men West Pool - Warm Up @12:30pm , Start @ 2pm

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev #
19	1:22.79	1:13.49	12 & Under 100 Fly	1:13.59	1:22.59	20
25	3:23.49	2:58.09	12 & Under 200 Breast ^	2:55.09	3:20.59	26
31	38.99	33.89	12 & Under 50 Back	34.29	39.49	32
37	2:53.09	2:31.69	12 & Under 200 IM ^	2:30.89	2:53.89	38
43	33.19	29.09	12 & Under 50 Free	27.89	32.09	44
49	5:22.29	6:00.19	12 & Under 500 Free *	5:57.69	5:21.89	50

*Timed Final – All heats in Prelims
 ^ Timed Final – Top 8 Seeds Swim in Finals

Friday Session 7, *Timed Finals* & Finals Order of Events - East Pool Warm Up @ 5pm, Start @ 6pm

Female Ev #	Event Title	Male Ev #
19	12 & Under 100 Fly	20
21	13/14 100 Fly	22
23	15-18 100 Fly	24
25	<i>12 & Under 200 Breast ^</i>	26
27	13/14 200 Breast	28
29	15-18 200 Breast	30
31	12 & Under 50 Back	32
33	13/14 50 Back	34
35	15-18 50 Back	36
37	<i>12 & Under 200 IM ^</i>	38
39	13/14 200 IM	40
41	15-18 200 IM	42
43	12 & Under 50 Free	44
45	13/14 50 Free	46
47	15-18 50 Free	48
	5 Min Break	
51	13/14 500 Free	52
53	15-18 500 Free	54

^ Timed Final - Top 8 Seeded Swimmers Swim in Finals

Saturday Session 8, *Timed Final* & Prelims 15-18 - Women East Pool; Men West Pool - Warm Up @ 6:30am, Start @ 8am

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev #
61	2:45.39	2:23.19	15-18 200 Back	2:13.59	2:30.99	62
67	39.99	35.19	15-18 50 Breast	32.79	36.99	68
73	1:06.49	57.99	15-18 100 Free	53.69	1:00.99	74
79	5:42.39	5:00.29	15-18 400 IM	4:40.59	5:17.49	80
85	33.69	29.99	15-18 50 Fly	27.99	30.89	86
89	NT	NT	15-18 400 Medley Relay *	NT	NT	90

**Timed Final – All Heats in Prelims*

Saturday Session 9 *Timed Final* & Prelims 13/14 – Women East Pool; Men West Pool - Warm Up @ 9:30am, Start @ 11am

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev #
59	2:45.59	2:23.39	13/14 200 Back	2:14.69	2:36.59	60
65	40.19	35.39	13/14 50 Breast	32.79	37.69	66
71	1:06.69	58.19	13/14 100 Free	53.89	1:01.99	72
77	5:42.89	5:00.49	13/14 400 IM	4:40.79	5:22.59	78
83	35.69	31.39	13/14 50 Fly	28.89	33.19	84
87	NT	NT	13/14 400 Medley Relay *	NT	NT	88

**Timed Final – All Heats in Prelims*

Saturday Session 10 *Timed Final* & Prelims 12 & Under – Women East Pool; Men West Pool - Warm Up @ 12:30pm Start @ 2pm

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev #
55	NT	NT	12 & Under 400 Medley Relay *	NT	NT	56
57	2:59.59	2:35.39	12 & Under 200 Back ^	2:35.99	3:00.19	58
63	42.99	37.89	12 & Under 50 Breast	38.19	43.59	64
69	1:10.99	1:01.79	12 & Under 100 Free	1:00.89	1:09.89	70
75	6:09.09	5:22.49	12 & Under 400 IM *	5:19.79	6:08.69	76
81	36.39	32.49	12 & Under 50 Fly	33.19	37.29	82

**Timed Final – All Heats in Prelims*

^Timed Final – Top 8 Seeded Swimmers Swim in Finals

Saturday Finals Order of Events - East Pool - Warm Up @ 5pm, Start @ 6pm

Female Ev #	Event Title	Male Ev #
57	12 & Under 200 Back ^	58
59	13/14 200 Back	60
61	15-18 200 Back	62
63	12 & Under 50 Breast	64
65	13/14 50 Breast	66
67	15-18 50 Breast	68
69	12 & Under 100 Free	70
71	13/14 100 Free	72
73	15-18 100 Free	74
77	13/14 400 IM	78
79	15-18 400 IM	80
81	12 & Under 50 Fly	82
83	13/14 50 Fly	84
85	15-18 50 Fly	86

Sunday Session 13 *Timed Final & Prelims* 15-18 Women East Pool; Men West Pool - Warm Up @ 6:30am, Start @ 8am

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev #
97	2:40.39	2:23.49	15-18 200 Fly	2:11.59	2:29.99	98
103	1:27.49	1:15.79	15-18 100 Breast	1:09.09	1:18.49	104
109	2:22.49	2:05.59	15-18 200 Free	1:54.79	2:11.59	110
115	NT	1:07.99	15-18 100 IM	1:01.99	NT	116
121	1:16.89	1:05.99	15-18 100 Back	1:00.59	1:10.29	122
125	NT	NT	15-18 400 Free Relay *	NT	NT	126

**Timed Final – All Heats Swim in Prelims*

Sunday Session 14 *Timed Final & Prelims* 13/14 Women East Pool; Men West Pool - Warm Up @ 9:30am, Start @ 11am

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev #
95	2:45.69	2:25.79	13/14 200 Fly	2:15.69	2:36.19	96
101	1:27.69	1:15.99	13/14 100 Breast	1:09.79	1:21.29	102
107	2:23.89	2:05.79	13/14 50 200 Free	1:57.49	2:14.79	108
113	NT	1:09.29	13/14 100 100 IM	1:03.29	NT	114
119	1:17.09	1:06.19	13/14 100 Back	1:01.79	1:12.29	120
123	NT	NT	13/14 400 Free Relay *	NT	NT	124

**Timed Final – All Heats Swim in Prelims*

Sunday Session 15 *Timed Finals & Prelims* 12 & Under Women East Pool; Men West Pool - Warm Up @ 12:30pm, Start @ 2pm

Female Ev #	LCM	SCY	Event Title	SCY	LCM	Male Ev #
91	NT	NT	12 & Under 400 Free Relay *	NT	NT	92
93	2:59.59	2:38.99	12 & Under 200 Fly ^	2:39.39	3:01.19	94
99	1:35.39	1:22.39	12 & Under 100 Breast	1:22.39	1:34.39	100
105	2:34.09	2:15.29	12 & Under 200 Free ^	2:13.49	2:32.49	106
111	NT	1:10.79	12 & Under 100 IM	1:09.09	NT	112
117	1:25.29	1:13.79	12 & Under 100 Back	1:13.29	1:25.49	118

**Timed Final – All Heats Swim in Prelims*

^Timed Final – Top 8 Seeded Swimmers Swim in Finals

Sunday Session 17 *Tined Finals & Finals* Order of Events - East Pool - Warm Up @ 5pm, Start @ 6pm

Female Ev #	Event Title	Male Ev #
93	<i>12 & Under 200 Fly ^</i>	94
95	13/14 200 Fly	96
97	15-18 200 Fly	98
99	12 & Under 100 Breast	100
101	13/14 100 Breast	102
103	15-18 100 Breast	104
105	<i>12 & Under 200 Free ^</i>	106
107	13/14 200 Free	108
109	15-18 200 Free	110
111	12 & Under 100 IM	112
113	13/14 100 IM	114
115	15-18 100 IM	116
117	12 & Under 100 Back	118
119	13/14 100 Back	120
121	15-18 100 Back	122

Hotel Info

2020 Winter Championships (Dec. 10-13, 2020)

Hampton Inn Plantation 7801 SW 6th St. Plantation, FL 33324
https://hamptoninn.hilton.com/en/hp/groups/personalized/F/FLLPTHX-WIN20201210/index.jhtml?WT.mc_id=POG

Rates: (Include comp. internet, comp. breakfast, & comp. parking) Queen/Queen Room \$159/night King Room w/ Pullout \$159/night *These rates are valid if you book on or before: 11/19/2020

Renaissance Plantation Hotel 1230 S. Pine Island Rd. Plantation, FL 33324
<https://book.passkey.com/event/50067496/owner/21943/home>

Rates: (Include comp. internet, discounted breakfast vouchers, & comp. parking) Double/Double Room \$159/night King Room \$159/night *These rates are valid if you book on or before: 11/19/20

If you are having problems with any reservations please feel free to contact Craig Rehak at craig.rehak@conferencedirect.com for assistance