

## 2021 – Summer Area 3 Championships

July 23, 24, 25 2021

Hosted by: St. Petersburg Aquatics

No Time Entries WILL NOT BE ENTERED

**ALL TEAMS OF 5 OR MORE SWIMMERS MUST PROVIDE AN OFFICIAL FOR EACH SESSION THAT TEAM COMPETES**

Florida Swimming mandates that all persons follow COVID guidelines as required by facility and local protocols including but not limited to mask and social distancing policies. Please follow host meet letter guidelines. Florida Swimming will not be responsible for enforcing facility protocols however participation in the meet must adhere to facility guidelines.

<b>Sanctioned by</b>	Florida Swimming of USA Swimming # <b>FL-5667</b> “In granting this sanction, it is understood and agreed that USA-S shall be free and held harmless from any liabilities or claims for damages by reason of injuries to anyone during the conduct of this event.”
<b>Rules:</b>	Current USA Swimming Technical rules will govern the meet. Safety rules, as outlined by USA Swimming and as recommended by the Head Marshall, will be in effect during all warm-up periods and in all warm-up areas. The USA Swimming “no recall” start will be used as outlined in 102.14.4H
<b>Type of Meet:</b>	Outdoor 25 yard possible dual courses with 20 lane prelims and finals 10 & under session– Timed finals 500 free, 400 IM, 1000 Free- Timed finals All of Friday’s events are time finals fastest to slowest Finals will not be before 3:00pm (TBA at Coach’s meeting on Friday at 4:45pm)  <b>Prelims</b> – Normal Age Groups 11 & 12, 13 & 14, 15 & 16, Seniors. <b>Finals</b> - will be conducted as Championships Finals “ONLY” for Top 10 qualifiers in each individual age; 11's, 12's, 13's, 14's, 15's and 16 year old's.  Seniors will swim Championship Finals followed by a Consolation Final In each event of the Finals session, the heats will be organized with the Finals first and then the Consolation Finals in that order. Swimmers will be announced in the water.
<b>Alternates</b>	Alternates wishing to swim must report to the deck referee and be standing ready to swim at the starter stand by the start of the race. The fastest swimmer from the consolation heat will be moved into finals and an alternate into consolation finals.
<b>Date and Time:</b>	<b>Friday July 23, 2021 5:00pm Start</b> Warm up (11 & Older 3:30pm to 4:50pm) <b>All Friday events will be Swum Fastest to Slowest</b>  <b>Saturday July 24, 2021 –</b> Meet Starts (11 & Older swimmers) at 8:00am Warm-up from 6:30am to 7:50am Warm-up for 10 & Under boys and girls for 30 minutes following morning session Finals 1 hour before start of session will not be before 3 pm  <b>Sunday July 25, 2021 –</b> Meet Starts (11 & Older swimmers) at 8:00am Warm-up from 6:30am to 7:50am Warm-up for 10 & Under boys and girls for 30 minutes following morning session Finals 1 hour before start of session will not be before 3 pm
<b>Officials:</b>	Referee: Adrienne Cardwell Chief Stroke and Turn: Carolyn Cote Starter: Ken Walker, Michelle Walker, Kevin Mooren Admin. Official: Samantha Mooren Head Marshall: Joe Novak

<b>Meet Manager:</b>	Fred Lewis 727 440 9382 <a href="mailto:swimstpete@aol.com">swimstpete@aol.com</a> Patty Nardozzi
<b>Location:</b>	North Shore Pool - 901 North Shore Drive NE, St. Petersburg, FL 33701
<b>Pool Spec:</b>	Certified 25 yards, outdoor pool with 22 lanes. A depth of 4 feet at start and turn ends of the pool and non-turbulent lane lines. Constant warm down lanes available
<b>Timing Equipment:</b>	Colorado Timing System with scoreboard
<b>Eligibility:</b>	Open to all currently registered USA swimmers in Area 3 only who have not achieved the current FLAGS or Senior Champ. Cuts in their age group in each event in which they enter or swim, unless entered in the open or senior division. Any swimmer entered with a time faster than the appropriate time for that event will not be allowed to swim in that event.
<b>Seeding:</b>	Short course, 25 yard times will be used for seeding. Conversion times are not permitted. Times will be seeded by yard times first and then long course meter times.
<b>Starts:</b>	The “fly-over or immediate climbout” start may be used at the discretion of the head referee for any/or all of the events in the meet.
<b>Scratches:</b>	No penalty for scratches on the block during prelims WITH EXCEPTION OF DECK SEEDED EVENTS. Any swimmer entered in an individual event that is seeded at the meet who has checked in for that event, must swim that event unless he/she notifies the Clerk of Course before the seeding of that event has begun if he/she wishes to scratch. Failure to do so will result in his/her barring from their next individual event in which he/she is entered on that day or the next day whichever comes first.  <b>FINALS:</b> Any swimmer qualifying for a consolation final or final race who fails to compete in said consolation final or final race shall be barred from his/her next event, unless: A) The referee is notified in the event of illness or injury and accepts the proof thereof, or B) A swimmer qualifying for a consolation final or final race based upon the results of the preliminaries notifies the clerk of course within 30 minutes after announcement of the qualifiers for that race that they may not intend to compete and further declares their final intentions to scratch within 30 minutes following their last individual preliminary event. In the event of weather delays. The meet committee may suspend any or all penalties.
<b>Entry Limit:</b>	Swimmers will be limited to a maximum: three (3) individual events per day Swimmers posting entries over the Limit will be considered as entered in the first three (3) events listed
<b>Entry Fee:</b>	Individual events: <ul style="list-style-type: none"> <li>• \$4.15 per 10 &amp; under individual event</li> <li>• \$6.10 per 11 &amp; older individual event</li> </ul> Facility Charge \$15.00 per swimmer Heat sheets surcharge \$2.00 Per swimmer <b>* TEAMS MUST PAY WITH A SINGLE CHECK, BEFORE THE MEET STARTS.</b> <b>Made payable to St. Petersburg Aquatics</b> <b>INDIVIDUAL SWIMMER'S CHECK WILL NOT BE ACCEPTED.</b>
<b>Entry Form:</b>	Entries must be submitted HyTek, e-mail or disk, please include print out of entries. Manual entries will be accepted and charged an extra \$50.00. The entry recap and coaching certification must also be completed and signed. Order of Events, Master Entry Form, entry print out and Proof of Registration attached.
<b>Deck Entry:</b>	Deck entries will be accepted by the referee in timed finals or Prelim events, including relays, provided that no new heats are created; that the swimmer does not exceed the permitted number of events, and the swimmer does not exceed the cut off times. A swimmer may not scratch or fail to appear in an event in order to deck enter another event. Each deck entry ( individual) will cost \$10.00, <b>plus facility fee and heat sheet fee, if not already in the meet.</b> All deck entries must be accepted by the Administrative Referee and assigned a Lane 45 minutes before the start of the session. A swimmer may not drop an event to deck enter another event, and the entry limit of 3 events remains.
<b>Entry Deadline:</b>	All entries must be submitted by <b>Tuesday July 13, 2021.</b>

	<p>Psych sheet should be posted <b>Friday morning July 16</b> on Florida Swim Web.  <b>Coaches have 36 hours to correct their entries.</b>  Enclose checks and make payable to <b>St. Petersburg Aquatics.</b>  Please send <b>Express Mail Overnight</b> to:  Fred Lewis, St. Petersburg Aquatics, North Shore Pool  901 North Shore Drive, NE  St. Petersburg, FL 33701</p>
<b>Distance Check In:</b>	<p>All coaches must check in their swimmers for the</p> <ul style="list-style-type: none"> <li>• 500 freestyle by 4:00pm on Friday</li> <li>• 400 IM by 4:00pm on Friday</li> <li>• 1000 freestyle by 8:30 am on Saturday</li> <li>• 1650 freestyle by 8:30am on Sunday</li> </ul> <p>Swimmers missing check-in for any deck seeded events may swim in an empty lane. <b>NO NEW HEATS WILL BE CREATED.</b></p>
<b>Awards:</b>	<p>Senior Events – Ribbons, - 1<sup>st</sup> – 10<sup>th</sup> Place  Age Group – Medals – 1<sup>st</sup> – 3<sup>rd</sup> Place, Ribbons – 4<sup>th</sup> – 10<sup>th</sup> Place</p>
<b>Condition of Sanction</b>	<p>The competition course has been certified in accordance with 104.2.2c(4). The copy of such certification is on file with USA Swimming.  Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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 not accompanied by the coach, the swimmers legal guardian must ensure compliance.  The City of Saint Petersburg and the FAA prohibit the flying of Drones in and around the North Shore Pool.  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.</p>
<b>Team Representative:</b>	<p>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 must be given to the referee. The coach and only that person will be recognized. Prior to the start of the meet all teams must present a list of current USA Swimming certified coaches attending the meet and representing their team  Unattached coaches not entering any swimmers in the meet ( not the coach of record designated by the team) will not have deck access.</p>
<b><u>Camera Zones:</u></b>	<p>Per Florida Swimming Rule 223.1312, 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, restrooms, 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.</p>
<b>Heat Sheets:</b>	<p>Posted at <a href="http://www.stpetersburgaquatics.com">www.stpetersburgaquatics.com</a>, <a href="http://www.floridaswimming.com">www.floridaswimming.com</a> no later than 48 hours prior to the start of the meet. These are to be printed and brought to the meet. A \$2 charge will be applied to each swimmer's entry fee. A limited number of heats sheets will be available at the meet for purchase. Coaches, please email all swimmers and parents to make them aware of this.</p>
<b>Deck Changing:</b>	<p><b>DECK CHANGING IS NOT PERMITTED AT THE NORTH SHORE POOL.  SWIMMERS WHO DECK CHANGE ARE SUBJECT TO REMOVAL FROM THE POOL BY THE POOL STAFF.</b></p>

<b>Warm-Up Schedule:</b>	<p>Teams will have assigned lanes for warm-up.</p> <p><b>***Except for racing start, swimmers must enter the pool feet first with one hand Touching the deck of the pool***</b></p> <p><b>NO EQUIPMENT ALLOWED IN THE POOL AT ANY TIME</b></p> <p>Racing starts one length only(from the west end only-No Equipment)</p> <p>UNTIL THE LAST HALF HOUR THE WARM UP SCHEDULE WILL BE:</p> <ol style="list-style-type: none"><li>1 Push off 50's pace (circle swimming-NO EQUIPMENT)</li><li>2 Racing starts one length only(from the west end only-NO EQUIPMENT)</li><li>3 to 7 Swimming and pulling only (push off - NO EQUIPMENT)</li><li>8 Push off 50's pace (circle swimming-NO EQUIPMENT)</li></ol> <p>THE LAST 1/2 (ONE-HALF) HOUR IS CONTROLLED WARM-UP AS FOLLOWS:</p> <ol style="list-style-type: none"><li>1 Push off 50's pace (circle swimming-NO EQUIPMENT)</li><li>2 &amp; 3 Racing starts one length only(from the west end only-NO EQUIPMENT)</li><li>4 &amp; 5 Swimming and pulling only (push off - NO EQUIPMENT)</li><li>6 &amp; 7 Racing starts one length only(from the west end only-NO EQUIPMENT)</li><li>8 Push off 50's pace (circle swimming-NO EQUIPMENT)</li></ol>
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<p><b>Covid Rules</b></p>	<ol style="list-style-type: none"> <li>1. Social Distancing will be required by all participants at all times. Failure to social distance may results in removal from the facility. Swimmers are required to ear face masks at all times except when competing or warming down</li> <li>2. Pool Deck will be limited to only those swimmers in the current event and the following event. Parents may come into the facility and sit in the bleachers on an event-by-event basis to watch their swimmer. Parents must be sitting 6 feet part, or the bleachers will be closed. Spectators must wear masks at all times. No spectators will be allowed in the facility till after the orientation session, which will take place 5 min before the session starts. Spectators waiting to enter the facility must remain socially distanced and wear face masks at all times. Spectators must keep the entrance to the pool clear while waiting to enter. All spectators must exit the facility after each session.</li> <li>3.Teams will be staged on the back deck (bayside) and SPA will be staged on the 25 Meter deck</li> <li>4. Non-SPA swimmers will enter and exit the facility by the front gate following the existing traffic patterns. SPA swimmers will enter and exit the pool by way of the back pump room door and be socially distance, single file at all times. All swimmers must exist the facility at the end of the session before the next sessions swimmers enter the facility.</li> <li>5. Timers are required to wear face masks at all times.</li> <li>6. Teams must provide at least 1 official for each session they have swimmers entered. Names of officials must accompany the enter email.</li> <li>7. All spectators and participants should conduct a wellness check before leaving home and entering the facility</li> <li>8. Traffic flows one way behind the blocks towards the bay, Coaches are not to stand behind the blocks.</li> </ol>
	<p>IN APPLY FOR THIS SANCTION, SPA AGREES TO COMPLY AND ENFORCE ALL HEALTH AND SAFETY GUIDELINES OF USA SWIMMING, FLORIDA SWIMMING AND THE CITY OF SAINT PETERSBURG. AN INHERENT RISK OF EXPOSURE TO COVID-19 EXIST IN ANY PUBLIC PLACE WHERE PEOPLE ARE PRESENT. COVID-19 IS AN EXTREMEY CONTAGIOUS DESEASE THAT CAN LEAD TO SEVERE ILLNESS AND DEATH. ACCORDING TO THE CENTERS FOR DESEASE CONTROL AND PREVENTION, SENIOR CITZENS AND INDIVIDUALS WITH UNDERLYING MEDICAL CONDITIONS ARE ESPECIALLY VULNERABLE. BY VISITING THE NORTH SHORE POOL, YOU VOLUNTARILY ASSUME ALL RISKS RELATED TO EXPOSURE TO COVID-19. USA SWIMMING INC. CANNOT PREVENT YOU (OR YOUR CHILD(REN)) FROM BECOMING EXPOSED TO, CONTRACTING, OR SPREADING COVID19 WHILE PARTICIPATING IN USA SWIMMING SANCTIONED EVENTS. IT IS NOT POSSIBLE TO PREVENT AGAINST THE PRESENCE OF THE DESEASE. 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 SPEADING 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, FLORIDA SWIMMING, SAINT PETERSBURG AQUATICS AND THE CITY OF SAINT PETERSBURGAND EACH OF THEIR OFFICIERS, DIRECTORS, AGENTS EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DESEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP AND CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UN FORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICPATION IN THIS COMPETITION. UNKNOWN, FORESEEN OR UN FORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.</p>

<p>Friday July 23  Warm up 3:30  Start 5pm  1-2 Senior 50 Fly  3-4 10 &amp; U 200 Free  5-6 Senior 50 Back*1  7-8 11&amp;12 500 Free*1  9-10 13-14 500 Free*1  11-12 15-16 500 Free*1  13-14 Senior 500 Free*1  15-16 Senior 50 Breast  17-18 10&amp;U 200 IM  19-20 11 &amp;12 200 IM  21-22 13-14 400 IM*2  23-24 15-16 400 IM*2  25-26 Senior 400 IM*2</p>	<p>Saturday July 24  Warm up 6:30 AM  Prelims 8AM, Finals TBA  27-28 11-12 50 Free  29-30 13-14 50 Free  31-32 15-16 50 Free  33-34 Senior 50 Free  35-36 11-12 50 Breast  37-38 13-14 100 Breast  39-40 15-16 100 Breast  41-42 Senior 100 Breast  43-44 11-12 100 Back  45-46 13-14 200 Back  47-48 15-16 200 Back  49-50 Senior 200 Back  51-52 11-12 100 Fly  53-54 13-14 100 Fly  55-56 15-16 100 Fly  57-58 Senior 100 Fly  59-60 11-12 100 IM  61-62 13-14 200 IM  63-64 15-16 200 IM  65-66 Senior 200 IM  67-68 Senior 1000 Free*3</p>	<p>Sunday July 25  Warm up 6:30 AM  Prelims 8AM, Finals TBA  93-94 11-12 200 Free  95-96 13-14 200 Free  97-98 15-16 200 Free  99-100 Senior 200 Free  101-102 11-12 50 Back  103-104 13-14 100 Back  105-106 15-16 100 Back  107-108 Senior 100 Back  109-110 11-12 100 Breast  111-112 13-14 200 Breast  113-114 15-16 200 Breast  115-116 Senior 200 Breast  117-118 11-12 100 Free  119-120 13-14 100 Free  121-122 15-16 100 Free  123-124 Senior 100 Free  125-126 11-12 50 Fly  127-128 13-14 100 Fly  129-130 15-16 100 Fly  131-132 Senior 100 Fly</p>
	<p>Saturday July 24  Warm up 30 minutes following morning session  69-70 9 &amp; 10 25 Fly  71-72 8 &amp; U 25 Free  73-74 9 &amp; 10 50 Free  75-76 8 &amp; U 25 Breast  77-78 9 &amp; 10 50 Breast  79-80 8 &amp; U 50 Back  81-82 9 &amp; 10 100 Back  83-84 8 &amp; U 50 Fly  85-86 9 &amp; 10 100 Fly  87-88 8 &amp; U 100 IM*6  89-90 9 &amp; 10 100 IM  91-92 9 &amp; 10 25 Free</p>	<p>Sunday July 25  Warm up 30 minutes following morning session  133-134 9 &amp; 10 25 Back  135-136 8 &amp; U 50 Free  137-138 9 &amp; 10 100 Free  139-140 8 &amp; U 50 Breast  141-142 9 &amp; 10 100 Breast  143-144 8 &amp; U 100 Free  145-146 9 &amp; 10 200 free  147-148 8 &amp; U 25 Back  149-150 9 &amp; 10 50 Back  151-152 8 &amp; U 25 Fly  153-154 9 &amp; 10 50 Fly  155-156 9 &amp; 10 25 Breast</p>

*1	All 500 yard freestyles will be deck seeded as one event and scored separately. All swimmers must be check in by 4:00pm.
*2	All 400 yard IMs will be deck seeded as one event and scored separately. All swimmers must be check in by 4:00pm.
*3	All 1000 freestyles will be a deck seeded event. All swimmers must be check in by 8:30am and provide their own timer, and counter.  NO TIME ENTRIES WILL NOT BE ACCEPTED!! Please only enter swimmers that need cuts and seed times. Meet Director reserves the right to swim 2 female and 2 male heats at the end of the morning session and move all the remaining heats to after the end of the afternoon session
*6	Coaches, please use common sense when entering this event and do not enter swimmers who are not strong enough for four lengths of the pool...
\$	Exact starting time for Finals will be announced at Coach's meeting on Friday at 4:45pm

**Friday July 23, 2021 5:00PM START****Warm-up 3:30pm to 4:50pm****(Swimmers may enter a maximum of Three (3) events.)**

Event #	Age Group	Event
1/2	Senior	50 Fly
3/4	10 & Under	200 Free
5/6	Senior	50 Back
7/8	11 & 12	500 Free *1
9/10	13 & 14	500 Free *1
11/12	15 & 16	500 Free *1
13/14	Senior	500 Free *1
15/16	Senior	50 Breast
17/18	10 & Under	200 IM
19/20	11 & 12	200 IM
21/22	13 & 14	400 IM *2
23/24	15 & 16	400 IM *2
25/26	Senior	400 IM *2

**Saturday, July 24, 2021. 8:00am Start****Warm-up 6:30am to 7:50am****(Swimmers may enter a maximum of three (3) events each day.)**

Event #	Age Group	Event
27/28	11 & 12	50 Free
29/30	13 & 14	50 Free
31/32	15 & 16	50 Free
33/34	Senior	50 Free
35/36	11 & 12	50 Breast
37/38	13 & 14	100 Breast
39/40	15 & 16	100 Breast
41/42	Senior	100 Breast
43/44	11 & 12	100 Back
45/46	13 & 14	200 Back
47/48	15 & 16	200 Back
49/50	Senior	200 Back
51/52	11 & 12	100 Fly
53/54	13 & 14	100 Fly
55/56	15 & 16	100 Fly
57/58	Senior	100 Fly
59/60	11 & 12	100 IM
61/62	13 & 14	200 IM
63/64	15 & 16	200 IM
65/66	Senior	200 IM
67/68	Senior	1000 Free *3

**Saturday, July 24, 2021. 10 & under****Warm-up 30 minutes following morning session****(Swimmers may enter a maximum of three (3) events each day.)**

Event #	Age Group	Event
39/70	9 & 10	25 Fly
71/72	8 & Under	25 Free
73/74	9 & 10	50 Free
75/76	8 & Under	25 Breast
77/78	9 & 10	50 Breast
79/80	8 & Under	50 Back
81/82	9 & 10	100 Back
83/84	8 & Under	50 Fly
85/86	9 & 10	100 Fly
87/88	8 & Under	100 IM*6
89/90	9 & 10	100 IM
91/92	9 & 10	25 Free

**Sunday July 25, 2021. 8:00am Start****Warm-up 6:30am to 7:50am****(Swimmers may enter a maximum of three (3) events each day.)**

Event #	Age Group	Event
93/94	11 & 12	200 Free
95/96	13 & 14	200 Free
97/98	15 & 16	200 Free
99/100	Senior	200 Free
101/102	11 & 12	50 Back
103/104	13 & 14	100 Back
105/106	15 & 16	100 Back
107/108	Senior	100 Back
109/110	11 & 12	100 Breast
111/112	13 & 14	200 Breast
113/114	15 & 16	200 Breast
115/116	Senior	200 Breast
117/118	11 & 12	100 Free
119/120	13 & 14	100 Free
121/122	15 & 16	100 Free
123/124	Senior	100 Free
125/126	11 & 12	50 Fly
127/128	13 & 14	100 Fly
129/130	15 & 16	100 Fly
131/132	Senior	100 Fly

**Sunday July 25, 2021.**

**Warm-up 30 minutes following morning session**

**(Swimmers may enter a maximum of three (3) events each day.)**

Event #	Age Group	Event
133/134	9 & 10	25 Back
135/136	8 & Under	50 Free
137/138	9 & 10	100 Free
139/140	8 & Under	50 Breast
141/142	9 & 10	100 Breast
143/144	8 & Under	100 Free
145/146	9 & 10	200 Free
147/148	8 & Under	25 Back
149/150	9 & 10	50 Back
151/152	8 & Under	25 Fly
153/154	9 & 10	50 Fly
155/156	9 & 10	25 Breast

*1	All 500 yard freestyles will be deck seeded as one event and scored separately. All swimmers must be check in by 4:00pm.
*2	All 400 yard IMs will be deck seeded as one event and scored separately. All swimmers must be check in by 4:00pm.
*3	All 1000 freestyles will be a deck seeded event. All swimmers must be check in by 8:30am and provide their own timer, and counter. <b>NO TIME ENTRIES WILL NOT BE ACCEPTED!!</b> Please only enter swimmers that need cuts and seed times. Meet Director reserves the right to swim 2 female and 2 male heats at the end of the morning session and move all the remaining heats to after the end of the afternoon session
*6	Coaches, please use common sense when entering this event and do not enter swimmers who are not strong enough for four lengths of the pool...
\$	Exact starting time for Finals will be announced at Coach's meeting on Friday at 4:45pm