



HAWAIIAN SWIMMING

2022 Age Group LCM Championship

July 14 - 17, 2022 - Hosted by OAHU SWIM LEAGUE

Held under the sanction of USA Swimming
Sanction No: HI20220714-AGC
Entry Deadline: Email by 11:59 PM Monday, July 4, 2022
Entry Fee Payment: Postmark by Tuesday, July 5, 2022

Meet Director: Reid Yamamoto (808) 357-0883 speedoswim808@gmail.com
Meet Referee: Stephanie Monahan (540) 413-6687 samonahan17@gmail.com
Admin Referee: Saint-Marie Gough saijgou@gmail.com

Entry Contact: Malcolm Cooper; 808-280-4257; technical@hawaiianswimming.org

Venue: K Mark Takai Veterans Memorial Aquatic Center. Address: 94-801 Kamehameha Hwy, Waipahu, HI 96797

Disclaimer: The host has taken enhanced health and safety measures for all participants and attendees of this competition. You must follow all posted instructions while attending this facility and guidelines and requirements of the State of Hawai'i (SOH) Department of Health while participating in this event. By attending and/or participating in this event, you voluntarily assume all risks related to exposure to COVID-19. An inherent risk of exposure to COVID-19 exists in any public place where people are present. C

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 HAWAIIAN 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 THEREWITH.

It is understood and agreed that USA Swimming, Hawaiian Swimming, and The Oahu Swim League shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Each club entered is expected to provide deck officials AND timers commensurate with their number of athletes entered in each session. Deck officials are requested to reply to sign-up emails for their position(s)/session(s) prior to the meet.

Only current registered USA-S certified coaches are permitted to coach athletes. Any individual acting as a coach who is not registered, or who's registration is no longer current, will be asked by the Meet Referee and/or Safety Marshals to cease such activity and/or to leave the vicinity of the competition (including the warm-up and warm-down areas).

Current USA Swimming and HISI rules, including the Minor Athlete Abuse Prevention Policy, will govern this meet. (see: <https://www.usaswimming.org/docs/default-source/safe-sportdocuments/maapp/usaswimmingmaapp>)

**** This meet is an Official's "N2" Qualifying Meet, plus "N3" Stroke and Turn. Application is on the Hawaiian Swimming website**

COURSE: Long Course Meters. 10 Lane 50M facilities with separate warm-up/cool down lanes. Start Depth - Minimum 8'0". Turn Depth - Minimum 8'0". The competition course has not been certified in accordance with 104.2.2C(4).

DIVING IS ONLY PERMITTED IN THE COMPETITION SECTION OF THE POOL.



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MEET SCHEDULE SUMMARY:

ENTRY DEADLINE: 11:59 PM HST, MONDAY, JULY 14, 2022				
SCHEDULES	Thurs., July 14, 2022	Fri, July 15, 2022	Sat, July 16, 2022	Sun, July 17, 2022
Coach Meeting	12:45 PM	8:20 AM	If needed	If needed
Scratches	11:30 PM	1:30 PM Thurs	1:30 PM Fri	1:30 PM Sat
Relay Cards AND Distance Positive Check Due	11:30 PM	7:00 AM	7:00 AM	7:00 AM
Officials' Meeting	12:30 PM	Prelims 7:30 AM Finals 3:00 PM	Prelims 7:30 AM Finals 3:00 PM	Prelims 7:30 AM Finals 2:00 PM
Timers & Marshalls				
<ul style="list-style-type: none"> The Meet Director(s) will assign timer and safety marshal positions to the participating clubs based on the number of participating athletes in each session. Marshals report to meet referee BEFORE warm-ups. All deck officials, timers, and safety marshals are under the jurisdiction of the Meet Referee. 				
Warm-ups (Prelims)	12:00 PM	7:00 AM	7:00 AM	7:00 AM
Competition (Prelims)	1:00 PM	8:45 AM	8:30 AM	8:30 AM
Warm-ups (Finals)	N/A	3:00 PM	3:00 PM	2:00 PM
Competition (Finals)	N/A	4:00 PM	4:00 PM	3:00 PM

Notes:

The competition pool will be cleared 15 minutes before the scheduled start of races for each session. At the Meet Referee's discretion warm-up and/or session start times may be changed. All changes will be announced at a coaches' meeting and/or via the public address system.

Warm-up in the competition or warm-up pool may be open ONLY to swimmers participating in that Final session. Coaches need to help monitor this.

SAFE SPORT: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("[MAAPP](#)"), will govern this meet.

EVENT ORDER: See attached list of events.

TEAM ASSIGNMENTS:

- Safety Marshal duties will be assigned to attending teams by the Meet Director and are to report to the Meet Referee at the start of each warm-up session. Marshalls MUST cover the entire session from beginning of warm-up to end of warm-down for each session assigned. If your team cannot meet your obligation once assigned, you must find your own substitute.
- A map of designated team areas will be posted on the Hawaiian Swimming website prior to the start of the meet.
- Assignments for teams to provide timers will be posted prior to the meet.

ENTRY FEES:

- \$4.50 per Individual Entry; \$10.50 per Relay Entry.
- \$13.00 per Athlete Surcharge (\$10 Championship Fee and \$3 Facility Fee) per athlete entered in the meet (including relay only athletes and relay only alternates).
- Make check payable to: **Hawaiian Swimming LSC.**
- Mail check to: Hawaiian Swimming, % Stephanie Monahan, 95-136 Lelewalo St., Mililani, HI 96789. A valid check for entry fees must be POSTMARKED NO LATER than the Payment Deadline or entries will be considered invalid.
- NO REFUNDS WILL BE MADE. LATE ENTRIES** sent in after the entry deadline are permitted only per the Championship Meet Late Entry policy on the Hawaiian Swimming website Rules & Regulations.

RULES: The meet will be conducted in accordance with current USA Swimming and Hawaiian Swimming rules. Coaches are responsible for instructing their athletes of safety guidelines, warm-up/down procedures, and venue specific requirements. The Safety Marshalls shall enforce safety procedures and maintain order in the swimming venue. The Safety Marshalls, with concurrence of the Meet Referee, shall have full authority to remove or have removed from the



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vicinity of the competition anyone whose behavior or actions are unsafe or are disrupting the orderly conduct of the meet, including the disqualification of athletes from competition.

FORMAT:

- Individual events will be seeded and swum as Preliminary/Finals events EXCEPT for the following events which will be seeded and swum as Timed Finals events:
 - "Distance" events – 400/800/1500-Freestyle and 400 IM.
 - 11-12 200 Fly/Back/Breast.
 - All 10 & Under events.
- Relay events will be swum in the Finals (except 10&U).
- All Timed Final events, except for the distance events noted below, will be seeded and swum slowest to fastest.
 - The 400/1500 Freestyle and 11-12 400 IM and 400 Freestyle events will be seeded and swum fastest to slowest with alternating heats of girls and boys. The first heat for each gender of 11-12, 13-14 and 15-18 age groups will not be combined. All subsequent heats will be combined.
 - The 13-18 1000 and 400 IM will be seeded and swim fastest to slowest with the first heat of 13-14 & 15-18 age groups NOT combined.
- All Preliminary events will be swum using 10 lanes. Timed final events will be seeded fastest heat last, 2nd fastest 2nd to last, etc; and Prelim-Final events will circle-seeded in Prelims for the three (3) fastest heats and swum slowest to fastest. All Preliminary events will be swum regardless of the number of participants.
- There will be A & B finals for all Prelim-Final events consisting of eight (8) qualifiers in each final heat. Alternates will be announced.
- ALL events will be seeded with conforming course entries first followed by non-conforming course entries (LCM, SCM, then SCY). Bonus entries will be seeded last.

TIMING: Automatic timing system with Semi-Automatic (buttons) and manual backup (one watch).

DIVISIONS: 10 & Under, 11-12, 13-14, and 15-18. The age of the athlete on the first day of the meet will govern the entire meet.

ELIGIBILITY:

- All athletes MUST be current USA Swimming registered premium members registered in the Hawaiian Swimming LSC.
- No athlete who is not a member as provided in Article 302 will be allowed to compete or participate.

All NEW USAS registrations (including registration fee) MUST be mailed to the LSC Registrar and POSTMARKED NO LATER than 14 days prior to the scheduled start of the meet. **It is the legal responsibility of each club to ensure that each athlete entered is USA Swimming registered for the current year.**

Hawaiian Swimming and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the Board of Directors. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

ENTRIES:

- **Qualifying Period:** January 1, 2019 to the Entry Deadline.
- **Requirements:** Athletes must have met or bettered the Hawaiian Swimming "AG22" Time Standard, in any course, during the Qualifying Period for each individual event entered. See Bonus Entries section for bonus entry requirements. Athletes must be entered with their best time in the conforming course first followed by non-conforming course times (LCM, SCM, then SCY).
- **Bonus Entries:** Athletes in the 10&Under, 11-12, and 13-14 age groups which meet the entry requirement of the Hawaiian Swimming "AG22" time standard AND are entered in at least one (1) of those individual events offered may enter in a maximum of two (2) bonus events for which they have achieved the Hawaiian Swimming "AA" standard for the event. Bonus events may be swum on the same or separate days and count towards event entry limits
- **Entry Limits:** Eligible athletes may enter all qualified individual events but will be limited to compete in at most three (3) individual events per day AND no more than eight (8) individual events for 11-12 athletes and seven (7) individual events for all other age groups for the meet. The last entry exceeding the limit, either per day or for the meet, will be automatically scratched unless another event is scratched per the scratch procedure detailed below.



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- **Entry Times:** Athletes must be entered with their best time in the conforming course first followed by non-conforming course times (as ordered in the posted entry file).
- **Relays:** Each club is permitted to enter one (1) relay team per event that may or may not meet the Hawaiian Swimming relay qualifying time standard. Each relay entry must have an entry time - "NT" entries are not permitted. The aggregate of individual times, individual splits, or relay splits in the conforming or a converted course may be used. If entering more than one (1) relay per event, use the designator "A", "B", etc. Clubs entering two (2) or more relays per event must meet the qualification standard for each entry. All eligible relay athletes and alternates must be listed on the meet roster. Clubs are allowed to enter as many 200 Medley Relays as 400 Medley Relays they qualify for AND enter. Any relay with an unrealistic entry time may be (re)seeded to the slowest heat/lanes.
- **Verification:** Proof of time is required for entry into both individual events and relays. All entry times will be verified against the LSC and USAS database. It is the responsibility of the club/athlete to provide meet result reports for meets not in the USA-S database. Contact the Entry Contact regarding requirements for using times from meets which are not USA-S sanctioned, approved, or observed. Entries that cannot be proven within the Qualifying Period prior to the scratch deadline for the event will be removed prior to seeding or disqualified for each infraction discovered after the event is swum.
- **Procedures:** All required files and reports must be received by the Entry Contact NO LATER than the Entry Deadline AND include:
 1. SDIF compatible entry file with all athletes (including relay-only athletes and relay-only alternates) with each athlete's name, gender, USA Swimming ID number, age, birth date, and event information.
 2. Entry report with "Proof of Time" meet/date information included.
 3. Entry fee report.

CHECK-IN / SCRATCHES:

- Scratch forms for Preliminary and Timed Final events will be at the Clerk of Course office.
- Scratch forms for Final events will be with the Administrative Referee. Refer to the "Scratches From Finals" section below for instructions specific to scratching from a Finals event.
- Athletes are considered checked-in for all individual events entered, except for the distance events noted below, unless scratched by the time specified. Only the coach or athlete may scratch an event. A copy of each scratch form will be returned to the coach/athlete as confirmation.
- Athletes (or their coach) entered in the 400/800/1500-Freestyle and 400 IM events MUST CHECK-IN AND CONFIRM their intent to compete in the event with the Clerk of Course during the scheduled pre-session warm-up period for the event as follows:
 - Day 1: sixty (60) minutes before the scheduled start of the session.
 - Days 2/3/4: by the scheduled start of the session.
 - FAILURE TO DO SO WILL RESULT IN THE ATHLETE BEING SCRATCHED FROM THE EVENT.
- Scratches for all other individual events are due 30 minutes after the scheduled start of each Finals/Timed Finals session for the next day's Preliminary session.
- Relay cards are due to the Clerk of Course as follows:
 - Session 1 800 and 400 Freestyle relays due sixty (60) minutes before the scheduled start of the session.
 - 10 & Under relays at the scheduled start of the session.
 - All other relays at the end of each day's preliminary session.
- Refer to the "Relay Cards" section below for instructions specific to relay cards.
- Athletes in the A final must check in at the preparation area before the start of the B final for that event.

SCRATCHES FOR FINALS: National Championship scratch rules will be used for this meet (refer to the Current USA Swimming Rule Book). An athlete who qualifies for any Finals heat MUST NOTIFY the Administrative Referee within 30 minutes after the announcement of the qualifiers for that event that they will not compete. Failure to notify, declare, and/or compete in a Finals event will result in being a "no show" for Finals. In the event of such failure to show or to certify withdrawal, the Meet Referee shall fill the Finals heats with the next qualified athlete(s).

RELAY CARDS: Coaches shall pick up a list of eligible relay athletes and relay cards from the Clerk of Course office. Coaches are responsible for verifying all eligible relay athletes and alternates on the eligibility list and returning signed relay cards to the Clerk of Course by the relay scratch deadline. Coaches are to list/confirm the tentative order of competing relay athletes (names - first and last) on each relay card. Relays will be scratched if cards are not submitted on time.



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A yellow copy of each relay card will be returned to the team folder (or box) in the Clerk of Course office. Coaches may change the relay order and are allowed to add or substitute the names of eligible relay athletes only on the yellow card. Athletes are to submit cards, if changed, to the Head Lane Timer prior to the start of the race. Failure to submit a correct relay card will result in disqualification of the relay.

HEAT SHEETS: Coaches are to present their credentials to the Clerk of Course to pick up heat sheets. Exceptions must see the Meet Referee.

LANE REPORTING: All athletes are responsible for reporting directly to the assigned lane when their heat is called. Heat sheets will be posted specifying heat and lane assignments. Failure to be at the assigned lane will be subject to the "No Show" rule (see below).

DECLARED FALSE STARTS: A "Declared False Start" is when the athlete reports to the Meet Referee prior to the start of a Preliminary or Timed Final heat and declares their intent not to compete. The athlete will be disqualified from that event without penalty. A declared false start or deliberate delay-of-meet for a Finals event is not permitted and will be regarded as a failure to compete and is subject to the rules of a "no show" for Finals.

NO SHOWS:

- Athletes who have been seeded in an individual Preliminary or Timed Final event and are not at their starting block when their heat is called, will be automatically disqualified from ALL subsequent individual Preliminary and Timed Final events AND Relay events for the remainder of the day unless the Meet Referee is notified of illness or injury.
- The athlete, or coach, must declare their INTENT TO SWIM the next day (even if he/she does not have a qualifying individual event) before the scratch deadline EACH DAY for the remainder of the meet. The athlete will not be seeded in the remainder of their individual events, NOR will they be allowed to participate on a relay if declaration of intent is not fulfilled.
- A "no show" for an individual Finals event will result in being disqualified from further competition, individual events AND relays, for the remainder of the meet, unless the Meet Referee is notified of illness or injury.
- If an athlete qualified for Finals prior to a "no show" of a Preliminary or Timed Final event, he/she MUST swim the Finals event(s) or be subject to the penalty of a "no show" for Finals. All "no shows" for Timed Final events will be subject to penalties similar to a "no show" for Preliminary events.
- If an athlete is a "no show" for their first event due to unforeseen circumstances, the meet jury will convene to determine the athlete's eligibility to compete for the remainder of the day without penalty.

WARM-UP/DOWN: Hawaiian Swimming warm-up/down procedures shall be in effect for the meet. Coaches are responsible for instructing their athletes of safety guidelines, warm-up/down procedures, and venue specific requirements. The Safety Marshals shall enforce the procedures and maintain order in the swimming venue. Disregard of safety rules will be grounds for disqualification of athletes from competition. Lanes and times may be assigned by the Meet Director.

RACING STARTS: Any athlete 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 athlete or the athlete's legal guardian to ensure compliance with this requirement.

PROTESTS: Protests may be registered only with the Meet Referee within thirty (30) minutes of the infraction. This protest must be written and signed by the athlete's registered coach. The Meet Jury will convene to resolve protests only if the situation cannot be resolved by the Meet Referee in accordance with USA Swimming and/or Hawaiian Swimming rules.

MEET JURY: A 5-member meet jury will be appointed consisting of: 1 coach, 1 deck official, 1 athlete, and 2 At-Large.

SCORING:

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Individual Points	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Relay Points *	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2



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*Relay scoring limited to two (2) relay teams per club per event.

AWARDS: Awards will be presented during the course of the meet.

Individual Events: 1st through 8th - medals; 9th through 16th - ribbons.

Relay Events: 1st through 3rd - medals; 4th through 8th - ribbons.

Overall Team Points: 1st through 8th - trophy or plaque.

High Point Earner*: Highest individual point earner in each division - trophy or plaque.

For Individual High Point award determination only - an additional twenty (20) points will be awarded for breaking or tying a Hawaiian Age Group record during preliminaries or finals. Only one bonus will be added per event. If the event record is broken by more than one athlete, the bonus is awarded to the athlete with the fastest time for the event.

RESULTS: Final results will be posted on the Hawaiian Swimming website: www.hawaiianswimming.org

Live results will be on Meet Mobile and at: <http://results.teamunify.com/hslsc/>

OFFICIALS and TIMERS: Each participating club is expected to provide deck officials AND timers commensurate with their number of athletes entered in each session. Deck officials are requested to reply to sign-up emails for their position(s)/session(s) prior to the meet.

Clubs are responsible for providing their own timers for the 400 and 800 Freestyle Relays in Session 1.

The Meet Director(s) will assign timer and safety marshal positions to the participating clubs. All deck officials, timers, and safety marshals report to the Meet Referee.

HOSPITALITY: Refreshments will be provided for deck officials, coaches, timers, and safety marshals during the meet.

Deck officials, coaches, timers, and safety marshals will be provided lunch during the distance events after each morning's prelims.

CONCESSIONS: Concessions, t-shirts, and other items will be for sale during the meet.

ADDITIONAL INFORMATION:

- Venue and pool rules will be strictly enforced.
- Parking is permitted only in marked areas.
- Unless approved in writing in advance of the competition by the Vice President of Program Operations, 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.
- Deck changes are prohibited.
- USA-S rule 102.8D will be enforced: swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.
- Photography behind the starting area(s) is not permitted.
- ONLY deck officials, timers, coaches, and athletes are permitted on the pool deck during competition. Athletes are to return to their team area soon after they have completed their events.



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ORDER OF EVENTS

Day 1: Thursday, July 14, 2022 Session 1: Timed Finals Warm-up: 12:00 PM - Races: 1 :00 PM							
Girls	Event	Division	Boys				
1	800 Freestyle Relay+	13-14	2				
3	800 Freestyle Relay+	15-18	4				
5	400 Individual Medley++	10&U	6	+ Timed Final.			
7	400 Individual Medley++	11-12	8				
9	1500 Freestyle++	13-14	10				
11	1500 Freestyle++	15-18	12	++ Timed Final, seeded fastest to slowest. 10&U & 11-12 and 13-14 & 15-18 will be combined for all but fastest heat and alternate girls/boys heats.			
13	400 Freestyle Relay+	11-12	14				
15	400 Freestyle Relay+	13-14	16				
17	400 Freestyle Relay+	15-18	18				
Day 2: Friday, July 15, 2022 Session 2: Prelims/Timed Finals Warm-up: 7:00 AM - Program: 8:30 AM - Races 8:45 AM				Day 2: Friday, July 15, 2022 Session 3: Finals/Timed Finals Warm-up: 3:00 PM - Races: 4:00 PM			
Girls	Event	Division	Boys	Girls	Event	Division	Boys
19	200 Breaststroke+	11-12	20	-			-
21	50 Butterfly+	10&U	22	-			-
23	50 Butterfly	11-12	24	23	50 Butterfly	11-12	24
25	100 Breaststroke	13-14	26	25	100 Breaststroke	13-14	26
27	100 Breaststroke	15-18	28	27	100 Breaststroke	15-18	28
29	100 Backstroke+	10&U	30	-			-
31	100 Backstroke	11-12	32	31	100 Backstroke	11-12	32
33	200 Freestyle	13-14	34	33	200 Freestyle	13-14	34
35	200 Freestyle	15-18	36	35	200 Freestyle	15-18	36



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37	50 Breaststroke+	10&U	38		-			-
39	50 Breaststroke	11-12	40		39	50 Breaststroke	11-12	40
41	100 Butterfly	13-14	42		41	100 Butterfly	13-14	42
43	100 Butterfly	15-18	44		43	100 Butterfly	15-18	44
45	200 Freestyle+	10&U	46		-			-
47	200 Freestyle	11-12	48		47	200 Freestyle	11-12	48
49	200 Free Relay+	10&U	50					
					55	400 Medley Relay	11-12	56
					57	400 Medley Relay	13-14	58
					59	400 Medley Relay	15-18	60
51	400 Individual Medley++	13-14						
52	400 Individual Medley++	15-18						
	800 Freestyle++	13-14	53					
	800 Freestyle++	15-18	54					

+ Timed Final.

++ Timed Final, seeded fastest to slowest. 13-14 & 15-18 will be combined for all but fastest girl/boy heats.



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Day 3: Saturday, July 16, 2022 Session 4: Prelims/Timed Finals Warm-up: 7:00 AM - Races 8:30 AM				Day 3: Saturday, July 16, 2022 Session 5: Finals/Timed Finals Warm-up: 3:00 PM - Races: 4:00 PM			
Girls	Event	Division	Boys	Girls	Event	Division	Boys
61	200 Butterfly+	11-12	62	-			-
63	50 Backstroke+	10&U	64	-			-
65	50 Backstroke	11-12	66	65	50 Backstroke	11-12	66
67	200 Backstroke	13-14	68	67	200 Backstroke	13-14	68
69	200 Backstroke	15-18	70	69	200 Backstroke	15-18	70
71	100 Freestyle+	10&U	72	-			-
73	100 Freestyle	11-12	74	73	100 Freestyle	11-12	74
75	100 Freestyle	13-14	76	75	100 Freestyle	13-14	76
77	100 Freestyle	15-18	78	77	100 Freestyle	15-18	78
79	100 Breaststroke+	10&U	80	-			-
81	100 Breaststroke	11-12	82	81	100 Breaststroke	11-12	82
83	200 Individual Medley	13-14	84	83	200 Individual Medley	13-14	84
85	200 Individual Medley	15-18	86	85	200 Individual Medley	15-18	86
87	200 Medley Relay+	10&U	88	-			-
				97	200 Medley Relay	11-12	98
	10 Minute Break			99	200 Medley Relay	13-14	100
				101	200 Medley Relay	15-18	102
89	400 Freestyle++	10&U	90				
91	400 Freestyle++	11-12	92				
93	800 Freestyle+++	13-14					
94	800 Freestyle+++	15-18					
	400 Individual Medley++	13-14	95				
	400 Individual Medley++	15-18	96				



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Day 4: Sunday, July 17, 2022 Session 6: Prelims/Timed Finals Warm-up: 7:00 AM - Races 8:30 AM				Day 4: Sunday, July 17, 2022 Session 7: Finals/Timed Finals Warm-up: 2:00 PM - Races: 3:00 PM				
Girls	Event	Division	Boys		Girls	Event	Division	Boys
103	200 Backstroke+	11-12	104		-			-
105	50 Freestyle	13-14	106		105	50 Freestyle	13-14	106
107	50 Freestyle	15-18	108		107	50 Freestyle	15-18	108
109	200 Individual Medley+	10&U	110		-			-
111	200 Individual Medley	11-12	112		111	200 Individual Medley	11-12	112
113	200 Butterfly	13-14	114		113	200 Butterfly	13-14	114
115	200 Butterfly	15-18	116		115	200 Butterfly	15-18	116
117	50 Freestyle+	10&U	118		-			-
119	50 Freestyle	11-12	120		119	50 Freestyle	11-12	120
121	100 Backstroke	13-14	122		121	100 Backstroke	13-14	122
123	100 Backstroke	15-18	124		123	100 Backstroke	15-18	124
125	100 Butterfly+	10&U	126		-			-
127	100 Butterfly	11-12	128		127	100 Butterfly	11-12	128
129	200 Breaststroke	13-14	131		129	200 Breaststroke	13-14	130
131	200 Breaststroke	15-18	132		131	200 Breaststroke	15-18	132
						10 Min. Break		
	10 Min. Break				137	200 Freestyle Relay	11-12	138
					139	200 Freestyle Relay	13-14	140
133	400 Freestyle++	13-14	134		141	200 Freestyle Relay	15-18	142
135	400 Freestyle++	15-18	136					
+ Timed Final.								
++ Timed Final, seeded fastest to slowest. 10&U & 11-12 and 13-14 & 15-18 will be combined for all but fastest heat and alternate girls/boys heats.				+++ Timed Final, seeded fastest to slowest				