

**New Mexico Swimming  
2016 11 & Over Long Course Championship**



**July 28, 2016 thru July 31, 2016**

<b>Meet Personnel &amp; Key Contacts</b>	
<b>Meet Director</b>	<b>Meet Entry Chair</b>
<b>Name:</b> Brent Lambert & David Rodriguez <b>Email:</b> <a href="mailto:Lambert@morganstanley.com">Lambert@morganstanley.com</a> ; krod1014@gmail.com <b>Phone:</b>	<b>Name:</b> Kathy Fernald <b>Email:</b> kfernald@newmexico.com <b>Phone:</b> 575-649-7314
<b>Meet Referee</b>	<b>Administrative Referee</b>
<b>Name:</b> Steven Morrell <b>Email:</b> steven.a.morrell@gmail.com <b>Phone:</b> 505-259-2098	<b>Name:</b> Mary Jo Billiot <b>Email:</b> mjobnm1@gmail.com <b>Phone:</b> 575-642-6259
<b>NMSI Athlete Registrar</b>	<b>NMSI Non-Athlete/Team Registrar</b>
<b>Name:</b> Deborah Kruhm <b>Email:</b> nmsregs@juno.com <b>Phone:</b> 505-471-2551	<b>Name:</b> Deborah Kruhm <b>Email:</b> nmsregs@juno.com <b>Phone:</b> 505-471-2551

**SPONSOR:** Las Cruces Aquatic Club and New Mexico Swimming, Inc.

**LOCATION:**

New Mexico State University  
Stewart St and Breland Dr.  
Las Cruces, NM, 88003

**SANCTION:** Held under sanction of USA Swimming, Inc. (USA-S) and New Mexico Swimming Inc. (NMSI). Sanction Number: NMS16C04L Time Trial Sanction Number: NMS16TT01X

**DISCLAIMER:** In granting this approval, it is understood and agreed that USA Swimming, Inc. (USA-S), New Mexico Swimming (NMSI), Las Cruces Aquatic Team, Las Cruces Aquatic Club, New Mexico State University, and all meet officials shall be held free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event, which includes warm-up sessions.

**FACILITY:** NMSU is a ten-lane, state-of-the-art heated outdoor facility, 3,900 feet altitude, 50 meter x 25 yard pool, and contiguous dressing rooms. Colorado Timing System with ten-lane display is used. The water depth from 1m to 5m at the starting end of the pool is 13 feet or greater. At the bulkhead end of the pool, the water depth from 1m to 5m is 4 1/2 feet or greater. The competition course has not been certified in accordance with 104.2.2C(4). Adequate warm-up/warm-down facilities will be provided, either in the indoor 25 yard pool or during breaks in the outdoor pool. The venue is handicap accessible. The facility also includes two lanes (indoor pool) available for cool-down during the meet.

**HOTEL:** Please visit the LCAT website for hotel accommodations: <https://lcatpride.com>

**RECORDING DEVICES:** Use of audio or visual recording devices, including a cell phone is not permitted in changing areas, rest rooms, or locker rooms, or behind the blocks. Flash photography is not allowed at the start of any event.

**DECK CHANGING:** Deck Changing is strictly prohibited.

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**SHAVING:** Shaving is not permitted in the showers or locker rooms.

**EVENTS:** This is a pre-seeded preliminary and finals meet except for Relays, 400 IM, 400, 800, 1500 meter freestyle events, which will be swum as timed finals. For the prelim/finals portion of the meet, the fastest eight qualifiers of each age group from the preliminary heats will comprise the final heat(s).

<b>SESSION START TIMES</b>			
<b>Session</b>	<b>Warm-up A</b>	<b>Warm-up B</b>	<b>Session Start</b>
1	3:30 pm	--	4:30pm
2	7:30 am – 8:10 am	8:10 am – 8:50 am	9:00 am
3	4:00 pm – 4:45 pm	--	5:00 pm
4	7:30 am – 8:10 am	8:10 am – 8:50 am	9:00 am
5	4:00 pm – 4:45 pm	--	5:00 pm
6	7:30 am – 8:10 am	8:10 am – 8:50 am	9:00 am
7	3:00 pm – 3:45 pm	--	4:00 pm

**ELIGIBILITY:** Open only to **2016** NMS-registered swimmers who have achieved the attached qualifying times in USA-S sanctioned, approved, or observed meets since **June 1st, 2015**. Swimmer's age as of **Thursday, July 28<sup>th</sup>, 2016** determines the age group for competition. Only those swimmers registered (registrations must be received by the NMSI Athlete Registrar) before **6:00 p.m. on Thursday, July 21<sup>th</sup> 2016** will be eligible to compete in this meet. Contact NMSI Athlete Registrar, for additional registration information. All registrations will be verified and no on-deck registrations will be allowed.

**COACHES:** Refer to section 501.7 of the USA-S Rules and Regulations dealing with USA-S requirements for coach registration. This will be enforced! Coaches must display their current USA-S registration card at all times during the meet or be able to verify using Deck Pass. Coaches without current registration cards will be asked to leave the deck area and refrain from coaching. NMS Rules & Reg. 2.3.1.3 specifically states: "Coach Certification at Championship Meets: Coaches must have valid current certifications in order to act as a coach at NM Swimming Championship Meets. Deck Validation of Safety Credentials (Section 2.3.1.2) does not apply. Coach's renewal certifications with current safety credentials must be sent to the NMSI Non-Athlete/Team Registrar by Monday prior to the start of Championship Meet for the person to act as coach during the meet.

A coaches' meeting will be held 30 minutes prior to the start of the first warm-up session.

### ENTRIES:

**Summary of entry deadlines. See below for details**

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Specific Deadline</b>
Monday	<b>July 2, 2016</b>	-	OME Open
Thursday	<b>July 21, 2016</b>	Midnight	OME Closed (Only "Last Chance" qualifiers accepted after)
Friday	<b>July 22, 2016</b>	-	Payments for OME entries mailed and postmarked by ...
Sunday	<b>July 24, 2016</b>	8:00 PM	Entries of last chance qualifying swimmers due by ...
Tuesday	<b>July 26, 2016</b>	2:00 PM	Hard copy entries/payments received by ...

- The USA Swimming Online Meet Entry (OME) system will be used to process entries.** The system can be accessed from the USA Swimming website at [www.usaswimming.org/ome](http://www.usaswimming.org/ome). A free account is required.

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OME is the only method of entry for this meet, with the following exceptions:

- Fees for current Junior or Senior National qualifiers are waived in accordance with NMSI Rules and Regulations. Entries for these swimmers shall be submitted electronically by Hy-Tek Team Manager entry file emailed directly to the meet entry chair prior to the entry deadline of **11:59 pm on Thursday, July 21, 2016** so that fees for these entries are not paid in OME.
- Entries for swimmers achieving qualifying times at Last Chance meets may be submitted after OME entries have closed, subject to further requirements as detailed below.

**DEADLINE:** The OME system will be available at the above web address from **July 2, 2016** through **11:59 PM on Thursday, July 21, 2016**. **There will be a \$200.00 fine to any club for late entries accepted by the Meet Referee/Meet Committee, regardless of reason, payable to NMSI.**

The Online Meet Entry system does not accept Hy-Tek Team Manager files. The OME system is connected to the USA Swimming times and membership database and will provide entry times. To enter using a time that is not showing in the system, there is a custom time entry function in OME. A Team Manager event file will be published for each team to establish the qualifying profile for their athletes prior to using OME.

OME is not an eligibility report for athletes. Additions to entries will not be accepted based on forgetting to enter an event because the time did not show up in OME.

For questions about using OME, contact Jaime Lewis: [jlewis@usaswimming.org](mailto:jlewis@usaswimming.org), 719-866-3581.

The OME system processes payment by credit card. It will accept Visa, Master Card, American Express and Discover Card. Upon payment, a confirmation email will be sent providing a receipt and summary of the events entered.

Payment can also be mailed by check made payable to **Las Cruces Aquatic Club**, and post-marked no later than **July 22, 2016**. Entries are not in the meet until payment has been received. Late entries or late payments will not be accepted.

**MAILED PAYMENTS GO TO:**

Las Cruces Aquatic Club  
PO Box 7142  
Las Cruces, NM, 88006

2. **All entry times will be verified in SWIMS.** Swimmers entering an event with a faster time than shown in SWIMS must submit an Official Verification Form for that event. Verification forms must be complete with swimmer first and last name, USA-S registration number, team, age, sex, event number, event title, entry time, and the date, name and pool altitude for the meet at which the claimed entry time was achieved.

For times achieved in approved or observed meets on any date, or in sanctioned meets that have not been entered in SWIMS, the swimmer or team must furnish a copy of the meet results to prove the entry times. If meet results are not available at the time the entries are submitted, they must be presented, with the times to be verified clearly marked, to the meet entry chair prior to the start of warm-up for the first session of the meet. Any entry for which the time has not been proven by the start of warm-up for the first session of the meet may be scratched.

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The Administrative Referee will contact the Team Contact Person listed with the entries to resolve any discrepancies. Failure to resolve such discrepancies will result in referring the situation to the Meet Committee as specified in NMSI Rule 9.4 for resolution. Official Verification Forms are attached to this announcement.

3. Hard copy entry time verification forms, where required, must be received by Administrative Referee no later than **11:59 pm, Thursday, July 21, 2016**. With the exception of swimmers achieving qualifying times in a designated Last Chance Meet after the entry deadline, no late entries will be accepted. The Meet Director of each Last Chance meet held the weekend prior to the Championship meet must transmit the meet results to the Administrative Referee by **8 pm, Sunday, July 24, 2016**. Coaches of swimmers achieving qualifying swims at Last Chance meets must submit entries to Administrative Referee by **8 pm, Sunday, July 24, 2016**. A hard copy of those entries—with accompanying meet entry fees—must be received by Championship Meet Entry Chair with a copy to the Administrative Referee no later than **2 pm, Tuesday, July 26, 2016**. Last Chance entry fees must be in the form of cashier's checks or team checks. Faster entry times for events in which a swimmer already has a qualifying time will not be accepted. Qualifying times achieved in meets prior to the entry deadline will not be accepted with last chance entries. Swimmers submitting qualifying times from Last Chance meets for events in which they are already entered will be entered in the meet with their originally-submitted entry times
4. **Entry Limits:** Swimmers may enter as many qualified events as desired, but may only compete in a total of seven (7) individual events during the entire meet with no more than three (3) individual events and one (1) relay during any one session. Note that any time trials event swum counts toward the overall total swims during the meet and during each session

**USA Swimming scratch rules for Championship Meets (Ref. 207.11.6) will be used for this meet and defined further below.**

5. **Relay Entries:** All relay entries and entry fees must be submitted with a team's individual entries. No individual swimmer names are required on the relay entries at the time of electronic entry; however, all potential relay team swimmers must be included in the electronic entry to be eligible to swim on a relay for that team. Relay teams may not swim unattached. The number of relay teams allowed for each team shall be determined by the number of swimmers for that team qualified in individual events in their age group for this meet (*i.e.*, one to four swimmers entitles the team to one relay, five to eight swimmers entitles the team to two relay teams, nine to twelve swimmers entitles the team to three teams, etc.). Positive check-in will be required in accordance with CHECK-IN procedures outlined below. Prior to the start of each relay heat, the head timer on each lane will confirm the first and last names of competing swimmers, their ages, and their order of swim for the team in their lane for that heat, and no changes shall be permitted thereafter. Swimmers who fail to show up for a relay event will not be penalized.
6. **Altitude:** Entry times may be altitude adjusted to equivalent sea-level times according to the following USA-S table.

<b>Altitude Adjustment (seconds)</b>			
<b>Distance (m or yd.)</b>	<b>3000-4250 ft.</b>	<b>4251-6500 ft.</b>	<b>Above 6500 ft.</b>
200	0.50	1.20	1.60
400/500	2.50	5.00	7.00
800 Free Relay	2.00	4.80	6.40
800/1000	5.00	10.00	15.00
1500/1650	11.00	23.00	32.50

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NMSI does not recognize any other altitude adjustments. To adjust a time to its sea-level equivalent, subtract the appropriate adjustment time from the time actually achieved at altitude.

### 7. **Event Seeding:**

- a. All events will be seeded following the deadlines of the CHECK-IN & SCRATCH procedures described below.
- b. Heats of all individual events 400 meters or longer will be swum fastest to slowest and alternate between female heats and male heats.
- c. Events 7/8 (800 Free), 35/36 (400 Free), 67/68 (400 IM), and 87/88 (1500 Free) will be functionally seeded as 13 & Over.
- d. Partial heats may be combined, female and male. To this end, the Meet Referee will waive, pursuant to USA-S Rule 102.7.2, the requirement that there be one empty lane between such combined events unless a coach states when submitting entries that the coach does not agree that this requirement be waived for swimmers from his or her team.
- e. **Swimmers in events 400 meters or longer are responsible for furnishing their own lap counters and 2 timers.**
- f. All entries will be seeded by long course meters, followed by short course meters, then yards.
- g. All 13&Over events will be combined in prelims and then separated into 13-14, 15-16, and 17&0 Top 8 for finals.
- h. Championship seeding will be used to determine the heat and lane assignment for each preliminary heat entry. Normal seeding will be used to determine the heat and lane assignment for finals and timed-finals events.
- i. Preliminary, Relay, and Timed Final events will use a minimum of 8 lanes for competition. Finals events will use 8 lanes for competition.
- j. A time line will be published for guidance only.

**SWIMWEAR:** Swimwear must conform to the following criteria: 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. The referee shall have the authority to bar offenders from competition until they comply with the rules. Any kind of tape on the body is not permitted unless approved by the referee, and Kinesio tape is explicitly prohibited by New Mexico Swimming.

**WORKERS:** This meet is run by New Mexico Swimming. Each team is required to provide workers (timers, marshals, and runners) based upon the number of swimmers entered in the meet. Officials will be selected from the NMSI approved officials list. Worker lists will be sent out after the entries have been submitted, no later than the Monday before the week of the meet. The host team will fill positions not assigned to other teams.

### **FEES:**

- Individual events: \$4.00 per event
- Relay events: \$8.00 per event
- Time Trial: \$10.00 per event
- NMSI surcharge: \$4.00 (per swimmer, including relay-only swimmers)
- Pool usage fee: \$17.00 (per swimmer, including relay-only swimmers)

In accordance with NMSI Rules and Regulations, individual event entry fees and surcharges will be waived for swimmers who have previously achieved Junior or Senior National Level Qualifying times.

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**CHECK-IN:** Positive check-in (declaration) is required for All Relays, 400 IM, and 400, 800 & 1500 meter freestyle events. Check-in sheets will be posted for individual distance events, while relay declaration sheets will be distributed to coaches with entered relay teams. Coaches will be required to declare their relays by submitting these sheets to the meet's Clerk of Course prior to the Check-in deadlines stated below. Only positively declared swimmers and relay teams will be seeded. **Failure to swim an event for which a swimmer has positively checked-in will result in the disqualification of that athlete from the remainder of the meet.**

Session/Event	Check-in Deadline
Thursday PM - All Individual & Relay Events	Thursday by 4:00pm
Friday AM - 400 Free & 400 Free Relay Events	Friday by 8:30am
Friday PM - 200 Medley Relay Events	Friday by 4:30pm
Saturday AM - 400 IM Events	Saturday by 8:30am
Saturday PM - 200 Free Relay Events	Saturday by 4:30pm
Sunday AM - 1500 Free & 400 Medley Relay Events	Sunday by 8:30am

**SCRATCHES (Except Finals):** Failure to scratch an event with the meet's Clerk of Course prior to the deadlines stated below will result in automatic scratching of any events resulting in the swimmer exceeding the aforementioned entry limits. Any swimmer who fails to compete in a preliminary event entered and not scratched from will be disallowed from competing in any other event scheduled that day. This would include relay events, but exclude any final event(s) for which the swimmer has already qualified. Furthermore, such swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares their intent to swim with the Administrative Referee prior to the scratch deadline for that day's events.

Events	Scratch Deadline
Scratch deadline for All Friday Prelims	Thursday by 5:00pm
Scratch deadline for All Saturday Prelims	Friday by 5:30pm
Scratch deadline for All Sunday Prelims	Saturday by 5:30pm

**SCRATCHES (Finals):** Swimmers qualifying for the finals heats have 30 minutes after the announcement of the results of the preliminary heats of that event to scratch or declare his/her intent to scratch from that event with the Clerk of Course. Having declared their intent to scratch, the swimmer has 30 minutes from the completion of his/her last individual preliminary event to complete the scratch procedure with the Clerk of Course. Failure to complete the procedure will keep the swimmer in the finals heat. **The penalty for failing to compete in a finals heat for which the swimmer has qualified but not scratched will be disqualification from the remainder of the meet.**

### SCORING:

- Individual Events: 8 places (9, 7, 6, 5, 4, 3, 2, 1)
- Relay Events: 8 places (18, 14, 12, 10, 8, 6, 4, 2)

Points earned in one age group cannot be counted toward individual scoring in another age group.

### AWARDS:

- Individual Events: 1-8<sup>th</sup> custom medals
- Relay Events: 1-8<sup>th</sup> ribbons
- Individual High Point: 1st, 2nd, and 3rd place awards for each gender in 11-12, 13-14, 15-16 & 17-18. Ties of this award will be decided using the Hy-Tek scoring.
- Team: 1st, 2nd, and 3rd place awards
- Team Spirit: Selected on the basis of team spirit including enthusiasm, Sportsmanship, and cooperation in providing workers.

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**CONDUCT:** 2016 USA-S and NMSI rules govern this meet in any area not explicitly covered in this announcement.

**WARM-UP:** There will be two warm-up sessions (A & B) for Sessions 2, 4 & 6. Session warm-ups will be split into two 40-minute sessions assigned on a rotating basis. Lane assignments will be e-mailed out ahead of time. The last 10 minutes of each warm-up session will be open for dive starts, one way swimming only, in lanes 2, 3, 6, and 7. The pool will be open for warm-up and cool down during all breaks. All swimmers must enter the pool for warm-up or cool down using the 3-point entry. No jumping or diving. All swimmers must be supervised by a coach member of USA-S during warm-ups and cool down. Unattached swimmers must have a currently-certified coach to supervise them during warm-up, or request that the Deck Referee assign them to such a coach.

**UNACCOMPANIED SWIMMERS:** 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**TIME TRIALS:** Time Trials will be held, time permitting, for NMS State participants between prelims and finals on Friday and Saturday (with the exception of the 800 & 1500). Time trials entries will be accepted between 9:00am-11:00am on Friday and Saturday. The fee is \$10 per event. 800 & 1500 meter event time trial participants will only be offered empty lanes of respective timed-final events. Entries for these events will be accepted no later than the positive check-in deadline for each event. Event order for time trials will be determined by the Meet Referee. Note that any time trial event swum counts toward the overall total swims during the meet and during each session.

**OFFICIALS:** There will be an Officials meeting starting at the beginning of warm-ups for each session. Re-certification tests are now online at the USA Swimming website. A clinic for new Officials and new Starters will be held. Please contact the Official's Chair with any questions. NMSI recommends that all Officials working a State Championship Meet complete the online re-certification test prior to the meet.

**MEET COMMITTEE:** Shall consist of the Meet Director, Meet Referee, Coaches Rep and Sr. Athlete Rep. and may be convened to assist with decisions not pertaining to the technical rules of competition as defined by USA Swimming. Situation examples may include athlete eligibility and whether to modify the meet's format to accommodate weather circumstances.

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**Thursday, July 28, 2016**

<b>Session 1</b>		
<b>Thursday</b>		
3:00p	Coaches meeting	
3:30p	Warm-up - General warm-up commences	
	Officials Meeting	
4:00p	<b>Deadline to check-in for all Session 1 Events (including Relays &amp; and Time Trial swimmers)</b>	
4:10p	Warm-up - Racing Starts commence	
4:20p	Warm-up - Completes ... Competition Pool Closed	
<b>4:30p</b>	<b>Session Starts</b>	
<b>5:00p</b>	<b>Deadline to scratch for Friday's individual events (prelims)</b>	
<b>Female Events</b>	<b>Description</b>	<b>Male Events</b>
1	11-14 800 Free Relay	2
3	11&Over 800 Free Relay	4
5 Minute Break		
5	11-12 400 Free (Timed Final)	6
7	13&Over 800 Free (Timed Final)	8
207	15&Over 800 Free (Timed Final) **	208

**Notes:**

\*\* 15&Over (2xx) Events: Only applicable for OME entries and entry time verifications

\*\*\* Swimmers in events 400-meters or longer are responsible for furnishing their own lap counters and 2 timers

- Events 5-8 will be run fastest to slowest, alternating heats of girls and boys.
- Partial events/heats may be combined when possible.



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**Friday, July 29, 2016**

<b>Session 2</b>		
<b>Friday (AM)</b>		
7:30a	Warm-up (A) - General warm-up commences	
	Officials Meeting (Deck Ref & CJs)	
8:00a	Warm-up (A) - Racing Starts commence	
8:10a	Warm-up (A) - Completes	
	Warm-up (B) - General warm-up commences	
	Officials Meeting (Stroke & Turn Judges)	
<b>8:30a</b>	<b>Deadline to check-in for Relays &amp; 400 Free</b>	
8:40a	Warm-up (B) - Racing Starts commence	
8:50a	Warm-up (B) - Completes	
<b>9:00a</b>	<b>Session Starts</b>	
Female Events	Description	Male Events
9	11-12 400 Free Relay (Final)	10
11	11-14 400 Free Relay (Final)	12
13	11&Over 400 Free Relay (Final)	14
10 Minute Break		
15	11-12 50 Back (Prelim)	16
17	13&Over 50 Back (Prelim) *	18
217	15&Over 50 Back (Prelim) **	218
19	11-12 200 IM (Prelim)	20
21	13&Over 200 IM (Prelim) *	22
221	15&Over 200 IM (Prelim) **	222
10 Minute Break		
23	11-12 50 Free (Prelim)	24
25	13&Over 50 Free (Prelim) *	26
225	15&Over 50 Free (Prelim) **	226
10 Minute Break		
27	11-12 100 Breast (Prelim)	28
29	13&Over 100 Breast (Prelim) *	30
229	15&Over 100 Breast (Prelim) **	230
31	11-12 100 Fly (Prelim)	32
33	13&Over 100 Fly (Prelim) *	34
233	15&Over 100 Fly (Prelim) **	234
10 Minute Break		
35	13&Over 400 Free (Timed Final)	36
235	15&Over 400 Free (Timed Final) **	236

<b>Session 3</b>		
<b>Friday (PM)</b>		
4:00p	Warm-up - General warm-up commences	
	Officials Meeting	
4:30p	<b>Deadline to check-in for Relays</b>	
4:35p	Warm-up - Racing Starts commence	
4:45p	Warm-up - Completes	
<b>5:00p</b>	<b>Session Starts</b>	
<b>5:30p</b>	<b>Deadline to scratch Saturday Preliminaries</b>	
Female Events	Description	Male Events
15	11-12 50 Back (Final)	16
17	13&Over 50 Back (13-14 Final)	18
17	13&Over 50 Back (15-16 Final)	18
17	13&Over 50 Back (17&Over Final)	18
19	11-12 200 IM (Final)	20
21	13&Over 200 IM (13-14 Final)	22
21	13&Over 200 IM (15-16 Final)	22
21	13&Over 200 IM (17&Over Final)	22
10 Minute Break		
23	11-12 50 Free (Final)	24
25	13&Over 50 Free (13-14 Final)	26
25	13&Over 50 Free (15-16 Final)	26
25	13&Over 50 Free (17&Over Final)	26
10 Minute Break		
27	11-12 100 Breast (Final)	28
29	13&Over 100 Breast (13&14 Final)	30
29	13&Over 100 Breast (15-16 Final)	30
29	13&Over 100 Breast (17&Over Final)	30
31	11-12 100 Fly (Final)	32
33	13&Over 100 Fly (13-14 Final)	34
33	13&Over 100 Fly (15-16 Final)	34
33	13&Over 100 Fly (17&Over Final)	34
10 Minute Break		
37	11-12 200 Med. Relay (Timed Final)	38
39	11-14 200 Med. Relay (Timed Final)	40
41	11&Over 200 Med. Relay (Timed Final)	42

\* 13&Over Events: These events will be functionally seeded as 13 & Over in Preliminary events and then separated into 13-14, 15-16, and 17 & Over age groups for Final events.

\*\* 15&Over (2xx) Events: Only applicable for OME entries and entry time verifications

\*\*\* Swimmers in events 400-meters or longer are responsible for furnishing their own lap counters and 2 timers

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**Saturday, July 30, 2016**

<b>Session 4</b>		
<b>Saturday(AM)</b>		
7:30a	Warm-up (A) - General warm-up commences	
	Officials Meeting (Deck Ref & CJs)	
8:00a	Warm-up (A) - Racing Starts commence	
8:10a	Warm-up (A) - Completes	
	Warm-up (B) - General warm-up commences	
	Officials Meeting (Stroke & Turn Judges)	
<b>8:30a</b>	<b>Deadline to check-in for 400 IM Events</b>	
8:40a	Warm-up (B) - Racing Starts commence	
8:50a	Warm-up (B) - Completes	
<b>9:00a</b>	<b>Session Starts</b>	
Female Events	Description	Male Events
49	11-12 50 Fly (Prelim)	50
51	13&Over 50 Fly (Prelim) *	52
251	15&Over 50 Fly (Prelim) **	252
10 Minute Break		
53	11-12 200 Breast (Prelim)	54
55	13&Over 200 Breast (Prelim) *	56
255	15&Over 200 Breast (Prelim) **	256
57	11-12 100 Back (Prelim)	58
59	13&Over 100 Back (Prelim) *	60
259	15&Over 100 Back (Prelim) **	260
10 Minute Break		
61	11-12 200 Free (Prelim)	62
63	13&Over 200 Free (Prelim) *	64
263	15&Over 200 Free (Prelim) **	264
10 Minute Break		
65	11-12 400 IM (Timed Final)	66
67	13&O 400 IM (Timed Final)	68
267	15&O 400 IM (Timed Final) **	268

<b>Session 5</b>		
<b>Saturday(PM)</b>		
4:00p	Warm-up - General warm-up commences	
	Officials Meeting	
<b>4:30p</b>	<b>Deadline to check-in for Relays</b>	
4:35p	Warm-up - Racing Starts commence	
4:45p	Warm-up - Completes	
<b>5:00p</b>	<b>Session Starts</b>	
<b>5:30p</b>	<b>Deadline to scratch Sunday Preliminaries</b>	
Female Events	Description	Male Events
43	11-12 200 Free Relay (Timed Final)	44
45	11-14 200 Free Relay (Timed Final)	46
47	11&Over 200 Free Relay (Timed Final)	48
10 Minute Break		
49	11-12 50 Fly (Final)	50
51	13&Over 50 Fly (13-14 Final)	52
51	13&Over 50 Fly (15-16 Final)	52
51	13&Over 50 Fly (17&Over Final)	52
10 Minute Break		
53	11-12 200 Breast (Final)	54
55	13&Over 200 Breast (13-14 Final)	56
55	13&Over 200 Breast (15-16 Final)	56
55	13&Over 200 Breast (17&Over Final)	56
57	11-12 100 Back (Final)	59
59	13&Over 100 Back (13-14 Final)	60
59	13&Over 100 Back (15-16 Final)	60
59	13&Over 100 Back (17&Over Final)	60
10 Minute Break		
61	11-12 200 Free (Final)	62
63	13&Over 200 Free (13-14 Final)	64
63	13&Over 200 Free (15-16 Final)	64
63	13&Over 200 Free (17&Over Final)	64

\* 13&Over Events: These events will be functionally seeded as 13 & Over in Preliminary events and then separated into 13-14, 15-16, and 17 & Over age groups for Final events.

\*\* 15&Over (2xx) Events: Only applicable for OME entries and entry time verifications

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**Sunday, July 31, 2016**

<b>Session 6</b>		
<b>Sunday(AM)</b>		
7:30a	Warm-up (A) - General warm-up commences	
	Officials Meeting (Deck Ref & CJs)	
8:00a	Warm-up (A) - Racing Starts commence	
8:10a	Warm-up (A) - Completes	
	Warm-up (B) - General warm-up commences	
	Officials Meeting (Stroke & Turn Judges)	
<b>8:30a</b>	<b>Deadline to check-in for Relays &amp; 1500</b>	
8:40a	Warm-up (B) - Racing Starts commence	
8:50a	Warm-up (B) - Completes	
<b>9:00a</b>	<b>Session Starts</b>	
Female Events	Description	Male Events
69	11-12 400 Medley Relay (Timed Final)	70
71	11-14 400 Medley Relay (Timed Final)	72
73	11&Over 400 Medley Relay (Timed Final)	74
10 Minute Break		
75	11-12 200 Back (Prelim)	76
77	13&Over 200 Back (Prelim) *	78
277	15&Over 200 Back (Prelim) **	278
10 Minute Break		
79	11-12 50 Breast (Prelim)	80
81	13&Over 50 Breast (Prelim) *	82
281	15&Over 50 Breast (Prelim) **	282
10 Minute Break		
83	11-12 200 Fly (Prelim)	84
85	13&Over 200 Fly (Prelim) *	86
285	15&Over 200 Fly (Prelim) **	286
87	11-12 100 Free (Prelim)	88
89	13&Over 100 Free (Prelim) *	90
289	15&Over 100 Free (Prelim) **	290
10 Minute Break		
91	13&Over 1500 Free (Timed Final)	92
291	15&Over 1500 Free (Timed Final) **	292

<b>Session 7</b>		
<b>Sunday(PM)</b>		
3:00p	Warm-up - General warm-up commences	
	Officials Meeting	
3:35p	Warm-up - Racing Starts commence	
3:45p	Warm-up - Completes	
<b>4:00p</b>	<b>Session Starts</b>	
Female Events	Description	Male Events
75	11-12 200 Back (Final)	76
77	13&Over 200 Back (13-14 Final)	78
77	13&Over 200 Back (15-16 Final)	78
77	13&Over 200 Back (17&Over Final)	78
10 Minute Break		
79	11-12 50 Breast (Final)	80
81	13&Over 50 Breast (13-14 Final)	82
81	13&Over 50 Breast (15-16 Final)	82
81	13&Over 50 Breast (17&Over Final)	82
10 Minute Break		
83	11-12 200 Fly (Final)	84
85	13&Over 200 Fly (13-14 Final)	86
85	13&Over 200 Fly (15-16 Final)	86
85	13&Over 200 Fly (17&Over Final)	86
87	11-12 100 Free (Final)	88
89	13&Over 100 Free (13-14 Final)	90
89	13&Over 100 Free (15-16 Final)	90
89	13&Over 100 Free (17&Over Final)	90

\* 13&Over Events: These events will be functionally seeded as 13 & Over in Preliminary events and then separated into 13-14, 15-16, and 17 & Over age groups for Final events.

\*\* 15&Over (2xx) Events: Only applicable for OME entries and entry time verifications

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**New Mexico Swimming  
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<b>2016 New Mexico State Qualifications</b>						
<b>Female</b>			<b>Event</b>	<b>Male</b>		
<b>LCM</b>	<b>SCY</b>	<b>SCM</b>		<b>LCM</b>	<b>SCY</b>	<b>SCM</b>
44.99	39.49	43.59	<b>10 &amp; Under 50 Freestyle</b>	43.79	38.49	42.59
1:43.09	1:30.69	1:40.29	<b>10 &amp; Under 100 Freestyle</b>	1:41.29	1:28.49	1:37.79
3:48.49	3:20.19	3:41.19	<b>10 &amp; Under 200 Freestyle</b>	3:34.79	3:09.09	3:28.89
55.69	48.59	53.69	<b>10 &amp; Under 50 Backstroke</b>	55.69	48.59	53.69
2:01.89	1:45.09	1:56.19	<b>10 &amp; Under 100 Backstroke</b>	1:56.09	1:41.39	1:51.99
1:01.29	53.59	59.19	<b>10 &amp; Under 50 Breaststroke</b>	1:01.19	53.19	58.79
2:16.89	1:58.79	2:11.29	<b>10 &amp; Under 100 Breaststroke</b>	2:11.99	1:53.69	2:05.69
54.39	47.99	53.09	<b>10 &amp; Under 50 Butterfly</b>	52.79	46.69	51.59
2:11.19	1:55.49	2:07.69	<b>10 &amp; Under 100 Butterfly</b>	2:09.39	1:54.09	2:06.09
	1:43.39	1:54.19	<b>10 &amp; Under 100 Individual Medley</b>		1:40.39	1:50.99
4:10.09	3:40.39	4:03.49	<b>10 &amp; Under 200 Individual Medley</b>	4:08.09	3:38.89	4:01.89
34.89	30.39	34.19	<b>11 - 12 50 Freestyle</b>	36.39	31.19	35.29
1:18.69	1:08.29	1:18.09	<b>11 - 12 100 Freestyle</b>	1:22.19	1:09.59	1:19.79
2:50.69	2:29.69	2:47.29	<b>11 - 12 200 Freestyle</b>	2:58.99	2:38.89	2:53.69
5:56.49	6:38.59	5:49.39	<b>11 - 12 400/500 Freestyle*</b>	6:15.49	7:02.99	6:04.29
41.69	36.09	40.89	<b>11 - 12 50 Backstroke</b>	44.89	38.99	43.59
1:31.09	1:17.39	1:29.29	<b>11 - 12 100 Backstroke</b>	1:37.79	1:21.89	1:34.89
3:12.89	2:46.69	3:09.09	<b>11 - 12 200 Backstroke</b>	3:22.79	2:55.29	3:16.79
45.59	40.59	44.69	<b>11 - 12 50 Breaststroke</b>	49.89	43.79	48.39
1:41.89	1:28.69	1:39.89	<b>11 - 12 100 Breaststroke</b>	1:48.29	1:33.59	1:45.09
3:37.89	3:11.09	3:33.59	<b>11 - 12 200 Breaststroke</b>	3:49.99	3:17.69	3:43.09
38.79	34.59	38.09	<b>11 - 12 50 Butterfly</b>	42.69	37.69	41.49
1:29.69	1:19.39	1:27.89	<b>11 - 12 100 Butterfly</b>	1:36.19	1:24.49	1:33.39
3:14.19	2:49.39	3:10.39	<b>11 - 12 200 Butterfly</b>	3:22.49	2:58.09	3:16.49
	1:18.49	1:27.49	<b>11-12 100 Individual Medley</b>		1:22.99	1:31.89
3:11.59	2:49.49	3:07.79	<b>11 - 12 200 Individual Medley</b>	3:26.99	3:00.99	3:20.79
6:52.09	6:00.89	6:43.89	<b>11 - 12 400 Individual Medley</b>	7:13.49	6:20.09	7:00.49
33.19	27.99	32.49	<b>13 - 14 50 Freestyle</b>	31.99	27.89	31.09
1:12.29	1:00.99	1:10.89	<b>13 - 14 100 Freestyle</b>	1:10.79	58.99	1:08.69
2:41.19	2:15.59	2:37.99	<b>13 - 14 200 Freestyle</b>	2:33.79	2:14.19	2:29.19
5:41.19	6:11.59	5:34.39	<b>13 - 14 400/500 Freestyle*</b>	5:27.89	6:01.69	5:18.09
11:41.99	13:08.29	11:27.99	<b>13 - 14 800/1000 Freestyle**</b>	11:21.79	12:27.69	11:01.39
22:23.09	21:53.19	21:56.29	<b>13 - 14 1500/1650 Freestyle***</b>	21:35.29	20:51.99	20:56.49
39.19	34.29	38.49	<b>13 - 14 50 Backstroke</b>	38.79	33.99	37.69
1:23.69	1:10.69	1:22.09	<b>13 - 14 100 Backstroke</b>	1:18.99	1:08.29	1:16.69
3:02.89	2:32.89	2:59.29	<b>13 - 14 200 Backstroke</b>	3:02.99	2:38.39	2:57.59
43.19	37.99	42.39	<b>13 - 14 50 Breaststroke</b>	43.19	37.59	41.89
1:35.49	1:22.99	1:33.59	<b>13 - 14 100 Breaststroke</b>	1:28.09	1:16.69	1:25.49
3:36.59	3:01.29	3:32.29	<b>13 - 14 200 Breaststroke</b>	3:29.49	3:00.49	3:23.29
36.79	32.69	36.09	<b>13 - 14 50 Butterfly</b>	36.69	32.39	35.79
1:21.79	1:12.19	1:20.19	<b>13 - 14 100 Butterfly</b>	1:16.29	1:07.09	1:14.09
3:09.39	2:52.39	3:05.69	<b>13 - 14 200 Butterfly</b>	3:02.59	2:40.39	2:57.19
	1:14.59	1:22.39	<b>13-14 100 Individual Medley</b>		1:12.79	1:20.39
2:59.79	2:33.99	2:56.19	<b>13 - 14 200 Individual Medley</b>	2:53.69	2:30.29	2:46.09
6:47.89	5:49.39	6:47.19	<b>13 - 14 400 Individual Medley</b>	6:37.09	5:44.99	6:21.19

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Female			Event	Male		
LCM	SCY	SCM		LCM	SCY	SCM
31.99	27.49	31.39	<b>15 &amp; Over 50 Freestyle</b>	28.99	24.89	28.19
1:09.99	59.39	1:08.59	<b>15 &amp; Over 100 Freestyle</b>	1:03.99	53.79	1:02.09
2:34.99	2:11.59	2:31.89	<b>15 &amp; Over 200 Freestyle</b>	2:24.89	1:58.79	2:20.59
5:25.79	5:52.59	5:19.29	<b>15 &amp; Over 400/500 Freestyle*</b>	5:14.39	5:40.49	5:04.99
11:30.19	12:51.69	11:16.39	<b>15 &amp; Over 800/1000 Freestyle**</b>	10:50.69	12:01.49	10:31.19
22:09.69	21:27.19	21:43.09	<b>15 &amp; Over 1500/1650 Freestyle***</b>	20:43.49	20:13.29	20:06.19
37.59	32.89	36.89	<b>15 &amp; Over 50 Backstroke</b>	36.99	30.99	35.89
1:22.29	1:08.39	1:20.69	<b>15 &amp; Over 100 Backstroke</b>	1:15.49	1:04.69	1:13.29
2:55.79	2:29.19	2:52.29	<b>15 &amp; Over 200 Backstroke</b>	2:41.39	2:20.69	2:36.59
41.39	36.39	40.59	<b>15 &amp; Over 50 Breaststroke</b>	41.19	35.79	39.99
1:33.89	1:21.99	1:32.09	<b>15 &amp; Over 100 Breaststroke</b>	1:25.49	1:13.59	1:22.99
3:21.19	2:56.39	3:17.19	<b>15 &amp; Over 200 Breaststroke</b>	3:04.09	2:40.49	2:58.59
35.29	31.39	34.59	<b>15 &amp; Over 50 Butterfly</b>	32.99	27.99	31.99
1:19.99	1:10.19	1:18.39	<b>15 &amp; Over 100 Butterfly</b>	1:12.69	1:03.89	1:10.59
2:55.89	2:34.89	2:52.39	<b>15 &amp; Over 200 Butterfly</b>	2:41.49	2:22.29	2:36.69
	1:11.49	1:18.99	<b>15 &amp; Over 100 Individual Medley</b>		1:05.99	1:16.99
2:52.79	2:28.19	2:49.39	<b>15 &amp; Over 200 Individual Medley</b>	2:45.49	2:15.89	2:40.59
6:18.79	5:32.89	6:11.29	<b>15 &amp; Over 400 Individual Medley</b>	5:51.59	5:07.69	5:41.09

Notes:

\* - The LCM and SCM qualifying times are for 400M, the SCY qualifying time is for 500Y

\*\* - The LCM and SCM qualifying times are for 800M, the SCY qualifying time is for 1000Y

\*\*\* - The LCM and SCM qualifying times are for 1500M, the SCY qualifying time is for 1650Y

