



PVS 2022 Short Course Junior Championships

March 3-6, 2022
Sanction # PVS-22-77

Hosted for PVS by:



MEET DIRECTOR	MEET REFEREE	ADMINISTRATIVE OFFICIAL	ENTRY CHAIR
Karyn McCannon kmccannon@nationscapitalswimming.com	Erika Livingston Erika@aimstutoring.com Officials Signup	Carolyn Kotarski ckotarski@gmail.com	Karyn McCannon kmccannon@nationscapitalswimming.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-22-77 In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Nation's Capital Swim Club, and University of Maryland, Eppley Recreation Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. 																		
FACILITY	<p style="text-align: center;">University of Maryland College Park Campus Eppley Recreation Center College Park, MD 20740 (301) 226-4400</p> <ul style="list-style-type: none"> The competition pool at the University of Maryland is 50m x 25yd with two moveable bulkheads. There are two (2), eight (8) lane 25yd competition courses. Preliminary and Timed Finals competition will be held in the deep end course. The deep end course runs from bulkhead to wall and is 10'6" deep at the starting end and 14' deep at the turning end. Finals events will be held in the shallow end course (wall to bulkhead). The shallow end course runs wall to bulkhead and is 8' deep at the starting end and 10'6" deep at the turning end. Seven lanes of continuous warm down will be available. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). 																		
PARKING	<ul style="list-style-type: none"> Parking information will be posted on the Potomac Valley Swimming website. Cost of parking will be approximately \$15.00 per day. 																		
ENTRY DEADLINE	<p style="text-align: center;">Thursday, February 22, 2022, 5:00pm Due 2/22/22</p> <ul style="list-style-type: none"> IMPORTANT: The above date is the deadline for clubs to submit their entries to the Entry Chair. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information. 																		
SCHEDULE	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Warm Up</th> <th style="text-align: center;">Events</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="text-align: center;">Thursday, March 3</td> </tr> <tr> <td style="text-align: center;">Timed Finals</td> <td style="text-align: center;">4:30 - 5:30pm</td> <td style="text-align: center;">5:40pm</td> </tr> <tr> <td colspan="3" style="text-align: center;">Friday, Saturday, Sunday, March 4-6</td> </tr> <tr> <td style="text-align: center;">Preliminary Session</td> <td style="text-align: center;">7:00 – 8:50am</td> <td style="text-align: center;">9:00am</td> </tr> <tr> <td style="text-align: center;">Finals Session</td> <td style="text-align: center;">4:30 – 5:50pm</td> <td style="text-align: center;">6:00pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director, with concurrence of the PVS Senior Chair, reserves the right to adjust times/sessions after entries are received. Finals are swum as part of PVS Short Course Senior Championships. 		Warm Up	Events	Thursday, March 3			Timed Finals	4:30 - 5:30pm	5:40pm	Friday, Saturday, Sunday, March 4-6			Preliminary Session	7:00 – 8:50am	9:00am	Finals Session	4:30 – 5:50pm	6:00pm
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ELIGIBILITY	<ul style="list-style-type: none"> • Open to all Potomac Valley Swimming registered athletes age 13 & Over as of the first day of the meet. • No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i> Article 302. • A swimmer may not enter an event they are participating in at the PVS 2022 14 & Under Junior Olympic Championships. • Swimmers must have equaled or bettered the applicable Qualifying Times listed and have not achieved a faster time than the 2022 SC Senior Champ QT or the 2022 PVS JO 13-14 Qualifying Time. Qualifying times must have been achieved on or after February 17, 2020. All qualifying times must have been achieved in a USA Swimming sanctioned, observed or approved meet.
DISABILITY SWIMMERS	<ul style="list-style-type: none"> • PVS and host clubs along with their meet directors are committed to the Inclusion Policy as adopted by the PVS BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to competition.
INCLEMENT WEATHER	<ul style="list-style-type: none"> • In the event of inclement weather, the Meet Director, Meet Referee and Senior Chair will work with the facility manager to make any necessary changes. Information will be posted on the PVS web site and/or a Flash Mail will be sent out.
TIMING SYSTEM	<ul style="list-style-type: none"> • Automatic Timing (touchpads primary) will be used for this meet.
COVID-19 CONSIDERATIONS	<ul style="list-style-type: none"> • An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a 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, POTOMAC VALLEY SWIMMING, NATION'S CAPITAL SWIM CLUB, AND THE UNIVERSITY OF MARYLAND, EPPLEY RECREATION CENTER 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 all attending this meet, however we cannot guarantee that you will not become infected with COVID-19. All attending this meet must follow all posted instructions while in attendance. An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19. • By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the State of Maryland, Prince George's County, and the University of Maryland.

<p>COVID-19 PROTOCOLS</p>	<ul style="list-style-type: none"> • All attendees (athletes, coaches, officials, and volunteers) must wear masks at all times, with the exception of athletes when warming up, cooling down, and competing. • All attendees (athletes, coaches, officials, and volunteers) are required to assess their own health for symptoms and exposure to COVID-19. Attendees will only be permitted entrance if answering “no” to the following questions: <ul style="list-style-type: none"> ○ Do you feel any of the symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)? ○ Has anyone in your family been sick or diagnosed with COVID-19 in the past 14 days? ○ Has someone you’ve been in contact with been diagnosed with COVID-19 or been in contact with someone who has in the past 14 days? • Locker rooms will only be available for emergency use. On deck showers will be available, and all athletes are required to rinse off prior to entering the water during warm ups. • No one with symptoms of COVID-19 is permitted in the facility. • Athletes must arrive and depart in their suits. Locker room space will be available for female athletes to pull up suits, but full suit changes will not be permitted. • Swimmers must try to maintain proper social distancing. • Teams will be assigned a required number of marshals based on team size. Names of marshals will be required in advance. Marshals will monitor social distancing and mask compliance within their assigned spaces. • Bathroom use is allowed in emergencies, but all athletes must use the visiting team locker rooms and wipe down all surfaces touched. • Total number of athletes for both Junior and Senior Championships (combined) is limited to 800 per session. • One-way traffic will be maintained on the pool deck. Swimmers will leave their assigned spot, walk along the turn (diving boards) end of the pool, down the lane 1 (window) side of the pool, stage along the lane 1 side of the pool deck and continue behind the blocks. See attached diagram in the supplemental document. Athletes swimming in the deep pool will enter the bulkhead from lane 1 and exit after their heat towards lane 8. Athletes will only be permitted to stage for their heats 2 heats a time. • For warm-ups, swimmers will be assigned to a warm-up group. • Swimmers will proceed to their assigned seating area on deck or in the stands, prepare to enter the pool, and follow marshals’ and coaches’ directions to enter the pool while respecting social distancing guidelines. Swimmers not participating in warm-up will remain on the deck at their assigned spot. • Swimmers will wear their masks until they reach the starting blocks where they will place their masks in a sealed container. Athletes will put their mask back on before leaving the starting area. • Additional sanitation will take place as well as sanitation stations will be available in various locations throughout the facility. • UV Light is used along with chlorine to disinfect the water constantly. • Spectators will not be permitted. The meet will be professionally live-streamed. Live-streaming details will be provided to all participating teams and posted on the PVS YouTube Channel. • We request that all attendees notify the meet director as soon as possible if they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID19 after attending the meet.
<p>RULES</p>	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern this meet. • 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.

	<ul style="list-style-type: none"> • No on-deck USA Swimming registration is permitted. • In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms, or locker rooms. Per PVS policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. • Deck changes are prohibited. • 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 the swimmer’s legal guardian to ensure compliance with this requirement. • Operation of a drone or any other flying devices 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. • Dive-over starts will be used during the preliminary and timed finals sessions.
EVENT RULES	<ul style="list-style-type: none"> • All individual events are prelims/finals, except for the 1000yd and 1650yd Freestyle events which are timed finals. • Top sixteen (16) qualifiers from prelims advance to Finals. • A swimmer may enter and compete in a maximum of 7 individual events and no more than 3 individual events per day. • Entry times will be verified through SWIMS. Coaches will be asked to provide proof of times when asked by the Meet Entry Chair for any time not found in SWIMS. Failure to prove such a time before the event will result in the swimmer being scratched from that event. • Distance Entries: Any swimmer who qualifies for the 1000 yd and/or 1650 yd freestyle events may enter at their fastest time or at the Time Standard, if entered in two or more events on the day of the distance freestyle. • Swimmers must provide their own counters (if desired) for the 500, 1000, and 1650 freestyle events. • SCY entry times will be used for this meet. No LCM times will be accepted. NT entries will not be accepted. • No late entries will be accepted. • No deck entries will be accepted.
RELAY RULES	<ul style="list-style-type: none"> • All relays are timed finals. • All relay events will be swum slow-to-fast in the preliminaries session. Heats of the 800 yd Freestyle Relay will alternate women and men. • A club may enter up to 3 relay teams per relay event, but only two relay teams per club per event may score. • The 200 yd Freestyle and Medley relays will not be scored.
WITHDRAWING FROM FINALS	<ul style="list-style-type: none"> • National Championship scratch rules (<i>USA Swimming Rules and Regulations</i>, Rule 207.11.6) apply for swimmers scratching from finals. • Swimmers who do not wish to swim in the Final event may “scratch” from the event by emailing scratch@pvswim.org within 30 minutes of the announcement of qualifiers for finals. Swimmers will receive an automated reply that the email has been received and a reply when their scratch has been processed. If you do not receive a reply, please confirm your scratch with the Administrative Referee. <ul style="list-style-type: none"> ○ Subject of email: FINALS SCRATCH: <event>, <athlete name> ○ For example: FINALS SCRATCH: Event 21, Women’s 200m Individual Medley, Jane

	<p style="text-align: center;">Smith.</p> <ul style="list-style-type: none"> • Swimmers may declare an “intent to scratch” from a Finals event by emailing scratch@pvswim.org within 30 minutes of the announcement of qualifiers for finals. Swimmers will receive an automated reply that the email has been received and a reply when their intent to scratch has been processed. If you do not receive a reply, please confirm your scratch with the Administrative Referee. <ul style="list-style-type: none"> ○ Subject of email: FINALS INTENT TO SCRATCH: <event>, <athlete name> ○ For example: FINALS INTENT TO SCRATCH: Event 121, Women’s 200m Individual Medley, Jane Smith. • If you declare an “intent to scratch” and do not wish to swim finals, you must confirm your scratch by emailing scratch@pvswim.org within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event. • Body of email should include swimmer’s first and last name, club, coach’s name, and event being scratched. If declaring an intent to scratch, include the swimmer’s last preliminary event of the day. It is required that your coach is included on the email. • If an athlete fails to properly scratch from an event and does not appear for the “Final” event, they shall be barred from further competition for the remainder of the meet.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • Positive check in will be required for all individual and relay events 400 yd and longer. These events will be seeded on the deck. Athletes and relay teams must complete the 2022 PVS SC Junior Championships Positive Check-In form to check-in for these events. Swimmers and relay teams not checked-in will not be seeded into that event. Athletes who have checked-in, been seeded, and fail to swim the event will be barred from their next scheduled individual event. • If the size of PVS Junior Championships warrants, positive check in for individual events 200 yd or shorter may be announced.
ORDER OF SWIMS	<ul style="list-style-type: none"> • Preliminaries will be swum concurrently with the PVS SC Senior Championships (“Senior Champs”). • Three heats of each individual event from Senior Champs and two heats from Junior Champs events, except the 1000 yd and 1650 yd Freestyle, will be swum at finals. Three heats from Senior Champs will alternate with two heats from Junior Champs. Heats for Junior Champs will be swum in the following order: “B”, “A” and will be swum before the heats for Senior Champs. Heats for Senior Champs will be swum in the following order: “C”, “B”, “A”. • Heats of distance events (1000 yd & 1650 yd Freestyle) will be swum fastest to slowest, alternating women and men. Swimmers in the 1000 yd and 1650 yd Freestyle are responsible for providing their own timer and counter (if needed).
TIME TRIALS	<ul style="list-style-type: none"> • There will be no Time Trials as part of the Junior Championships Meet. Swimmers entered in an individual event in this meet may participate in Time Trials at the conclusion of the Senior Champs prelims sessions. See the Senior Champs meet announcement for details.
WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. • Due to COVID protocols, assigned warmups will be used for all preliminary sessions. Assigned warmups may be used for timed finals depending on current facility requirements. • The warm up schedule for the finals sessions will be as follows: <ul style="list-style-type: none"> ○ 4:30-5:20 pm: All lanes are general warm-up ○ 5:20-5:50 pm: Lanes 1 and 8 are designated for pace; Lanes 2 and 7 are designated for sprint; Lanes 3 through 6 will remain general warm-up. • During the meet there will be continuous warm-up/cool-down lanes. Marshals will be assigned to monitor these areas. If at any time conditions become unsafe, the area will be closed for the remainder of the session.

SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. No chairs will be allowed on deck for athletes. Coaches' chairs will be permitted pending enough safe deck space is available. 								
SCORING	<ul style="list-style-type: none"> Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2 								
AWARDS	<ul style="list-style-type: none"> There are no awards for this meet. 								
SPECTATORS	<ul style="list-style-type: none"> Spectators will not be permitted in the facility. 								
PROGRAMS	<ul style="list-style-type: none"> The meet will be available on Meet Mobile. Programs will be posted on the PVS website. 								
CREDENTIALS	<ul style="list-style-type: none"> Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times. 								
OFFICIALS	<ul style="list-style-type: none"> Each participating club is requested to provide at least one table worker or official (referee, starter or stroke & turn judge) per session if entering 25 or more splashes. All certified officials wishing to volunteer please use the Officials Signup or contact the Meet Referee; Late applications and walk-ons are welcome. 								
TIMERS	<ul style="list-style-type: none"> Clubs will be required to provide timers in proportion to the number of entries they have in each session. An initial number of timers required per club and their lane assignments will be posted on the PVS website in mid-February. Timer requirements may be adjusted after all entries have been received. Timers should report to the timers meeting 30 minutes before the start of each session. All swimmers are required to provide a timer and a counter (if desired) for the 500 yd, 1000 yd, and 1650 yd Freestyle events. All swimmers are required to provide a timer for the 400 yd Individual Medley. 								
ENTRY PROCEDURES	<ul style="list-style-type: none"> All entry files must be sent to the Entry Chair, Karyn McCannon, karyn.mccannon@gmail.com SCY entries only, no LCM times will be accepted. Individual Entries: Any qualifying time in the national database swum within the qualifying period may be used for entry. Proof for times annotated as unproven (*) must be provided to the Administrative Official prior to the event or the swimmer will be scratched from that event. Relay Entries: Ensure "relay only" athletes are included in the team entry roster. <ul style="list-style-type: none"> There are no qualifying times for the 200 yd relays. Teams Entering Unattached Athletes: Teams may enter athletes with an unattached status. Individual Unattached Athletes may enter individually. <ul style="list-style-type: none"> Payment will be required prior to the start of the meet. Contact the Meet Entry chair for payment instructions. Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100 and no further entries will be accepted from that club until the said fine is paid. 								
ENTRY FEES	<table style="width: 100%; border: none;"> <tr> <td style="width: 30%;">Per Swimmer Surcharge:</td> <td style="width: 20%;">\$10.00</td> <td style="width: 30%;">Relay event fee:</td> <td style="width: 20%;">\$20.00</td> </tr> <tr> <td>Individual event fee:</td> <td>\$12.50</td> <td>Deck entries:</td> <td>NA</td> </tr> </table> <ul style="list-style-type: none"> Clubs will be invoiced by PVS for entry fees after completion of the meet. Payment will be due upon receipt of invoice. The invoice will outline the methods of payments and where to send a check. 	Per Swimmer Surcharge:	\$10.00	Relay event fee:	\$20.00	Individual event fee:	\$12.50	Deck entries:	NA
Per Swimmer Surcharge:	\$10.00	Relay event fee:	\$20.00						
Individual event fee:	\$12.50	Deck entries:	NA						

PVS 2022 Short Course Junior Championships

March 3-6, 2022

Thursday, March 3, 2022

Warm up: 4:30-5:30 pm, Events: 5:40 pm

Women's Event #	NFT	NST	Event	NST	NFT	Men's Event #
101	18:10.00Y	19:39.99Y	13 & Over 1650 yd Freestyle			
			13 & Over 1000 yd Freestyle	10:42.69Y	10:05.00Y	102
Positive check-in deadline for all events is 5:00 pm. All swimmers must provide their own timer and counter.						

Friday, March 4, 2022

Prelims: Warm up: 7:00-8:50 am, Events: 9:00 am

Finals: Warm up: 4:30-5:50, Events: 6:00 pm

Women's Event #	NFT	NST	Event	NST	NFT	Men's Event #
103	1:57.30Y	2:01.99Y	13 & Over 200 yd Freestyle	1:52.19	1:48.00Y	104
105	1:10.20Y	1:14.39Y	13 & Over 100 yd Breaststroke	1:07.29Y	1:03.00Y	106
107	1:00.10Y	1:03.49Y	13 & Over 100 yd Butterfly	57.29Y	54.50Y	108
109	4:45.60Y	4:57.99Y	13 & Over 400 yd Individual Medley	4:32.99Y	4:22.60Y	110
10 minute Break						
111	8:28.80Y	9:02.69Y	13 & Over 800 yd Freestyle Relay	8:16.09Y	7:41.00Y	112
Positive Check-in for the 400 yd Individual Medley is 9:00 am. Positive Check-in for the 800 yd Freestyle Relay is 10:00 am. All swimmers must provide their own timer for the 400 IM. Break will be 10 minutes and the competition pool will be open for Warm-ups.						

Saturday, March 5, 2022

Prelims: Warm up: 7:00-8:50 am, Events: 9:00 am

Finals: Warm up: 4:30-5:50, Events: 6:00 pm

Women's Events #	NFT	NST	Event	NST	NFT	Men's Event #
113	2:30.20Y	2:38.39Y	13 & Over 200 yd Breaststroke	2:25.49Y	2:16.60Y	114
115	25.10Y	26.19Y	13 & Over 50 yd Freestyle	23.59Y	22.70Y	116
117	1:00.40Y	1:03.59Y	13 & Over 100 yd Backstroke	58.19Y	55.40Y	118
119	5:13.50Y	5:24.99Y	13 & Over 500 yd Freestyle	4:59.99Y	4:50.00Y	120
121			13 & Over 200 yd Freestyle Relay			122
10 minute Break						
123	4:30.20	4:48.99Y	13 & Over 400 yd Medley Relay	4:23.89Y	4:02.60Y	124
Positive Check-in deadline for 500 yd Freestyle is 9:00 am. Positive Check-in deadline for 400 yd Medley Relay is 10:00 am. All swimmers must provide their own timer and counter (if desired) for the 500 Free. Break will be 10 minutes and the competition pool will be open for Warm-ups.						

PVS 2022 Short Course Junior Championships

March 3-6, 2022

Sunday, March 6, 2022

Prelims: Warm up: 7:00-8:50 am, Events: 9:00 am

Finals: Warm up: 4:30-5:50, Events: 6:00 pm

Women's Events #	NFT	NST	Event	NST	NFT	Men's Event #
125	2:11.40Y	2:17.99Y	13 & Over 200 yd Backstroke	2:08.99Y	2:01.10Y	126
127	54.20Y	56.49Y	13 & Over 100 yd Freestyle	50.89Y	49.20Y	128
129	2:15.40Y	2:26.99Y	13 & Over 200 yd Butterfly	2:12.09Y	2:02.00Y	130
131	2:13.30Y	2:17.99Y	13 & Over 200 yd Individual Medley	2:06.19Y	2:01.00Y	132
133			13 & Over 200 yd Medley Relay			134
10 minute Break						
135	3:56.50Y	4:08.49Y	13 & Over 400 yd Freestyle Relay	3:48.09Y	3:32.00Y	136
137	10:53.00Y	11:39.99Y	13 & Over 1000 yd Freestyle			
			13 & Over 1650 yd Freestyle	18:22.99Y	17:19.00Y	138
<p>Positive Check-in deadline for 400 yd Freestyle Relay is 10:00 am</p> <p>Positive check in deadline for 1000 yd and 1650 yd Freestyle is 10:00 am</p> <p>Break will be 10 minutes and the competition pool will be open for Warm-ups.</p> <p>Swimmers must provide their own timer and counter (if desired) for the 1000 yd and 1650 yd Freestyle.</p>						