  

**14 & Under Florida Gold Coast Jr. Olympics**

**Hosted by Martin County Swimming & North Palm Beach Swim Club**

**July 18-July 21, 2019**

**Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.

**Sanction #FGJO071819NPB-P-16**

**Conditions of Sanction:** In granting this approval it is understood and agreed that **USA Swimming,**

**Florida Gold Coast Swimming Inc., Martin County Swimming & North Palm Beach Swim Club,** shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.

Any swimmer entered in the meet, unaccompanied by a USA-S coach, must be certified by a USA-S member coach as being proficient in preforming a racing start or must each race from within the water. It is the responsibility of each swimmer or swimmer’s legal guardian to ensure compliance with this requirement.

The competition course has been certified in accordance with 104.2.2c. The copy of such certification is on file with USA Swimming.

**Hosted by: Martin County Swimming & North Palm Beach Swim Club**.

**Location: Sailfish Splash Waterpark**

931 SE Ruhnke

 Stuart, Florida 34994

**Directions: FROM I-95 / SR-9:** Take EXIT 101 SR-76 East toward Stuart. Pass Sunoco on the right and McDonald's on the left. Continue another 4 miles, and then turn Right onto SE Indian St. In 0.4 miles, turn left onto SE Willoughby Blvd. Turn right in two blocks in front of the water slides and follow the signs to the Sailfish Splash Waterpark entrance at 931 SE Ruhnke St, Stuart, FL, 34994.

 **FROM FLORIDA's TURNPIKE:** Take Exit 33, Palm City/Stuart (SR-714 / SW Martin Downs Blvd.) At the light immediately after the toll booth, turn RIGHT onto SW Martin Hwy. toward the Indian Street Bridge. SW Martin Hwy. turns into SW 36th St. SW 36th St. turns into Indian Street on the east side of the Indian Street Bridge. Continue straight after crossing the Indian Street Bridge. In 0.4 miles, turn left onto SE Willoughby Blvd. In two blocks, turn right at the light in front of the water slides and follow the signs to the Sailfish Splash Waterpark entrance at 931 SE Ruhnke St, Stuart, FL, 34994.

**Date & Time: Thursday – July 18, 2019**

 **Session I.** Finals Warm-up: 4:30 p.m. Start 6:00 p.m.

**Friday – July 19, 2019**

 **Session II.** Prelims Warm-up: 7:30 a.m. Start 9:00 a.m.

 **Session III** Finals 11-12 & 13-14 age groups. Warm-up: 4:30 p.m. Start: 6:00 p.m.

 **Saturday – July 20, 2019**

 **Session IV.** Prelims Warm-up: 7:30 a.m. Start: 9:00 a.m.

 **Session V.** Finals 11-12 & 13-14 age groups Warm-up: 4:30 p.m. Start: 6:00 p.m.

 **Sunday – July 21, 2019**

 **Session VI.** Prelims Warm-up: 7:30 a.m. Start: 9:00 a.m.

 **Session VII.** Finals 11-12 & 13-14 age groups. Warm-up: 4:30 p.m. Start: 6:00 p.m.

 **NOTE: With the approval of the Age Group Chair, meet management reserves the right to adjust start times of sessions to ensure an efficient meet.**

**General Meeting:** Friday, July 19, at 8:30am in the Hospitality Room at Sailfish Splash Waterpark. Any changes to the conduct of the meet will be announced and decided at this meeting. It is the responsibility of each coach to be aware of any changes made during this meeting.

**Pool / Timing:** 8 lanes, 50 meter course, with separate warm-up and cool down pool available. Colorado Timing System will be used.

1. Fly-over starts may be used.
2. Chase starts may be used.

The water depth at North start end 7ft. for all 8 lanes. The water depth at South start end 13 ft. 6 in. for all 8 lanes in accordance with 202.4.10C.

**Rules:** Current USA Swimming Rules and Florida Gold Coast rules will govern this meet.

Safety rules are outlined by USA Swimming and as recommended by the referee, will be in effect.

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.

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.” Exceptions may be granted with prior written approval by the Vice President of Program Operations and the Martin County Parks and Recreation Department.

**Deck Changing:** Deck changes are prohibited. (see 202.4.10.I)

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

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

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

**Eligibility:** Athlete Eligibility – **The Florida Gold Coast Junior Olympic Championship is a closed meet.** No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.To be eligible to swim at the Florida Gold Coast Jr. Olympics, the swimmer must be registered 120 days prior to the first day of the meet unless either of the following conditions is met:

1. Former permanent FG swimmer, who are not registered / re-registered by 120 day point will be JO eligible provided they did not register for any other team outside the LSC, or foreign club or team during the 120 days prior to Championship meet.
2. Swimmers who legitimately transfer into the LSC within the 120 day window may apply for an exemption to the 120 day rule provided that they petition the Registration Chair and provide proof of permanent residence by athlete and parent or guardian with the LSC boundaries.
3. Proof of residence requires copies of two of the following documents:
4. Florida Driver’s License
5. Florida Vehicle Registration
6. Utility Bill
7. Others as determined by registration chair.

All FGC 14 & under Jr. Olympic swimmers will qualify for the meet by attaining the Jr. Olympic qualifying times during the period 7/17/17 to 7/17/19. The times must be in the SWIMS database, if the time does not exist enter an override time. Override times must be proven in order to be seeded.

The meet host WILL NOT accept New or Renewing USA Swimming Registrations at the meet. All USA Registrations must be done prior to the start of the competition.

**Disability Athletes:** Entries for swimmers with disabilities should be submitted in OME. Athletes that override times, must let the meet referee and host know prior to entry deadline. The coach or athletes are responsible for notifying the Referee of any accommodations that are required in accordance with the USA-S Rule 105

**Entries:** Entries Open – 12:00 p.m. EST – Saturday, June 15, 2019

 Entries Close – 11:59 p.m. EST – Monday Night, July 15, 2019

 On-Line Meet Entry: Entries will be processed using the USA Swimming OME System.

 Access this entry system from the USA Swimming web site at the address

[www.usaswimming.org/ome](http://www.usaswimming.org/ome) . Log in, select “Enter Team”. Only one account may be used to enter a team. Paper, Fax, or Email entries will not be accepted.

For OME help contact: James McCombs at mccombj@martin.k12.fl.us or Jaime Lewis – USA Swimming - *jlewis@usaswimming.org* Individual Entries: All times that have been achieved during the qualifying date range will be displayed in OME. Any of the times displayed may be selected for entry. Swimmers who have achieved a time not displayed in OME may enter an “Override Time”. Override times must include the meet name and date the time was achieved. Override times must be proven in order to be seeded. Unproven Override Times will be annotated with an asterisk (\*) on the meet psych sheet (Entry List). Proof of asterisk (\*) submitted times must be provided to the National Times Coordinator or Meet Director by 6:00pm – July 10th, 2019 in order to be seeded. Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved. CONVERTED TIMES ARE NOT PERMITTED.

Relay Entries: ENSURE “RELAY ONLY” ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER. Teams are encouraged to enter a “Team” time from OME (one that is displayed) or an “Override Time”. It is not necessary to build aggregate relays. If using an override time, in the meet name put the word “ENTRY”, and in the date field, put the current date.

Teams may enter athletes with an Unattached status. When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link

For OME assistance contact: **Jim McCombs – 772-485-3239 or Email:** **mccombj@martin.k12.fl.us**

**Entry Limit: Individual:** Limited 7 individual events plus relays. No more than 3 Individual

 events per day.

 **Relays:** Teams may enter “A” and “B” relays for 200 & 400 relays.

 “A” relay only for 800 free relays.

 *Over entered swimmers will be scratched from the event that exceeds the entry limit.*

 *Over entered relays will be scratched*

**Seeding:** Eligible entries shall be seeded in the following order – Long Course Meters,

 Short Course Meters, Short Course Yards. All events will be swum fastest to slowest

**Entry Fees:** $8.00 Individual Event

 $12.00 Relays

 $12.00 per athlete meet surcharge

 **On-Line payment is not permitted for this meet.**

Please make checks payable to: **Martin County Swimming**

 **NOTE:** *One check only per team*.

**Deck Entries: Deck Entries will not be allowed in this meet.**

**Exception:** Teams will be allowed to add a relay-only swimmer to your entry roster after the entry deadline. The surcharge will be $24.00 - Cash Only.

**Refunds:** Once a team or individual entry has been received and processed, there will be no refunds.

**Distance Events:** The 11-12 & 13-14 age group 400 Free and 400 IM are positive check-in events and swum as timed finals. The top 8 swimmers in both age groups and sex will swim at night in finals. The remainder of the heats will swim in prelims. They will be swum together and scored separately, swum fastest to slowest alternating girls, boys. The top eight swimmers who do not request an early swim when checking-in will be seeded to swim in the finals session*.* 10 & Under 400 Free is a positive check-in event. It will be swum fastest to slowest alternating girls, boys.

 **Positive check-in deadline**: 400 free & 400 IM will be 30 minutes after the start of each session.

**The 1500 Freestyle:** Positive check-in event is required to be seeded and will close at 5:30 pm Thursday evening. 1500 Freestyle events will swim together fastest to slowest alternating girls, boys and scored separately. Swimmers must supply their own timers and counters.

Swimmers achieving the JO qualifying time in the **800 mtr** or **1000 yd** Freestyle, may enter the 1500 Freestyle and will be seeded at the 1500 mtr. qualifying time standard. Seeding will be done in this order: 1500 mtr., 1,650 yd., 800 mtr. then 1,000 yd.

Positive check-in is required for 400 Free, 400 IM, and 1500 Free. “Failure to swim” a positive check-in event will result in the swimmer being fined $25.00 cash only. Upon receiving payment of fine, the swimmer will be eligible to continue competing in the meet. **NOTE:** All no show fines must be paid before swimmers are permitted to swim their next event *including relays*.

Swimmers who fail to check-in may swim, only if an open lane is available without creating another heat.

**Finals:** Finals will consist of one heat of girls and one heat of boys (Top 8 swimmers) for the 11-12 and 13-14 age groups.

 Any swimmer who competes in preliminary heats and qualifies for the finals; must declare his/her possible intention to scratch within thirty (30) minutes of the announcement or posting of the preliminary results of that event and further declare their final intention within 30 minutes of their last individual preliminary event. Scratches will be declared by drawing a single line and initialing on the preliminary results maintained at the announcers table.

**NOTE:** “Failure to swim” in finals will result in the swimmer being fined $25.00 cash. Upon receiving payment of the fine, the swimmer will be eligible to continue competing in the meet. Swimmers may not compete in further individual events or relays until all fines are paid.

1. Alternates wishing to swim in an open lane in finals must be standing at the starter’s tent, prepared to step on the block for the swim when the swimmers are called to the blocks. The Referee will instruct the Announcer to call the alternates.
2. Scratches must be done individually; “team scratches are not accepted.”
3. In addition to swimmers required to scratch if they are not going to swim finals, all swimmers who do not plan to swim finals are strongly urged to scratch, especially swimmers who finish the preliminary events 9th – 20th.
4. Swimmers scratched into the finals after 30 minutes of the conclusion of prelims will not be penalized.

**Relays:** All 11-12/13-14 Relays on Friday and Saturday will take place in Finals / All Relays Sunday are in Prelims. 10 and Under Relays will be swum in Saturday Prelims.

**Awards: Individual Events:** Medals 1st – 8th Relays: 1st place team.

 **Individual High Point:** Top 3 in each Age Group & Sex.

 **Team Awards:** Women, Men, and Combined Top 3 Teams.

 **Team Age Group Awards:** Women & Men Top Team in each Age Group.

**Scoring: Individual:** 9-7-6-5-4-3-2-1

 **Relays:** 18-14-12-10-8-6-4-2

**Head Referee: Brian Lacusky -** **blacusky@coastalconstruction.com**

**Administrator Officials: Mark Leininger, Dick Cavanah, Alf Aguirre, Jim McCombs**

**Meet Directors:** Assistant Meet Director: Dick Cavanah email npbcoach4@aol.com

 Meet Director: Jim McCombs email mccombj@matin.k12.fl.us

 Note: Please direct all questions to Jim McCombs

**This meet is approved as a National Certification Qualifying Meet for the below positions under the National Officials Certification Program. Evaluations are available for all positions at N2 and N3 for Stroke and Turn. Certifications for other positions may be limited. It is recommended, but not required, that officials apply in advance of the meet to: Brian Lacusky - blacusky@coastalconstruction.com**

**Admission:** $5.00 per session.

**Heat Sheets will not be sold**, but will be available at: **www.martincountyswimming.org**

**Concession:** Concession stand will be available.

**Hospitality:** Refreshments and hospitality for coaches, officials, and volunteers will be available

 during the entire meet. No parents or swimmers allowed.

**Closed Deck:** Spectators will only be permitted in designated areas of the pool deck unless they are registered with USA swimming as an athlete or as a non-athlete and are working the meet. The only exception is for timers and volunteers assisting with the conduct of the meet. **Coaches:** You will be permitted inside the roped off areas of the deck provided you have been given the proper credentials from the meet host, and do not interfere with those conducting the meet and you are wearing your coaching credentials. Meet Referee will designate pool side areas accessible to coaches.

**Identification: *In order to obtain a deck pass for this meet***

 The Head Coach must list all the coaches from their team planning to attend the meet on OME. Dick Cavanah will then check to make sure every coach listed is registered and in good standing with USA swimming.

**NOTE:** Deck pass will only be handed out to individual coaches when they arrive at the meet.

**Meet Committee:** A meet committee may be created by the meet referee to handle issues pertaining to non-rule situations at the meet such as severe weather and equipment issues. A separate meet committee may be created by the meet referee to handle eligibility rulings.

**Information:** Real Time results and updates to meet information as timelines, psych sheets, and meet results for the meet will be posted on the internet after entries are processed. Look for the meet information on the Jr. Olympic page at [www.martincountyswimming.org](http://www.martincountyswimming.org).

 Unofficial meet results will also be available on your iPhone or android. Download Meet Mobile for free from the app store and get results and splits by team swimmer or events.

**Warm-up Procedure: NO Equipment permitted. Swimmers must enter the water FEET FIRST.**

 **Competition Pool 1 - Friday, Saturday, Sunday Prelims**

7:30 a.m. – 8:15 a.m. General Warm-up Competition Course

 Swimming and Pulling only, Push Off, No Racing Starts, No Sprinting or Pace Work.

 8:15 a.m. Controlled Warm-up, pool closes 15 minutes before the start of each session

 Lane 1 Pace, 50 and 100 Circle Swim, Push Off

 Lane 2 Racing Starts, 50 Meter One Length (West End)

 Lane 3 Swimming and Pulling, Push Off

 Lane 4 Swimming and Pulling, Push Off

 Lane 5 Swimming and Pulling, Push Off

Lane 6 Swimming and Pulling, Push Off

 Lane 7 Racing Starts, 50 Meter One Length (East End)

 Lane 8 Pace, 50 and 100 Circle Swim, Push Off

 **Competition Pool 1 - Finals Warm-up:**

**4:30 p.m. to 5:15 p.m. General warm-up – See above.**

**5:15 to 5:55 p.m. Controlled warm-up – See above**

**5:25 p.m. to 5:55 p.m. Sprint Lanes 2 & 7**

**Pool 2** - will be available for General Warm-up throughout the meet.

**\**Meet director reserves the right to change meet warm-up and start times in order to hold an efficient meet within USA Swimming/FGC guidelines and with Age Group Chair approval.***

**Hotel Information**

**Check on www.martincountyswimming.org look for Hotel tab**

**Heat Sheets**

**Available to download at**: **www.martincountyswimming.org**

**Day 1 – Finals – Session I – Thursday, July 18, 2019 – Start Time 6:00 p.m.**

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| **Girls** | **LCM** | **SCM** | **SCY** | **Age Group** | **Event** | **SCY** | **SCM** | **LCM** | **Boys** |
| 1 | 21:37.39 | 20:46.59 | 20:53.89 | 11-12 | 1500 Free **P/S/T/F** | 20:52.99 | 20:45.69 | 21:37.39 | 2 |
| 3 | 19:48.09 | 19:06.19 | 19:12.89 | 13-14 | 1500 Free **P/S/T/F** | 18:19.79 | 18:13.39 | 18:58.89 | 4 |

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| **Day 2 – Prelim – Session II - Friday, July 19, 2019 - Start Time 9:00 a.m.** |
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| **Girls** | **LCM** | **SCM** | **SCY** | **Age Group** | **Event** | **SCY** | **SCM** | **LCM** | **Boys** |
| 7 | 2:59.59 | 2:51.29 | 2:35.39 | 11-12 | 200 Back | 2:35.99 | 2:51.49 | 3:00.19 | 8 |
| 9 | 2:45.59 | 2:38.49 | 2:23.39 | 13-14 | 200 Back | 2:14.69 | 2:28.79 | 2:36.59 | 10 |
| 11 | 36.59 | 35.69 | 32.39 | 10 & Under | 50 Free **T1** | 31.99 | 35.19 | 36.49 | 12 |
| 13 | 33.19 | 32.19 | 29.09 | 11-12 | 50 Free | 27.89 | 30.89 | 32.09 | 14 |
| 15 | 30.69 | 29.59 | 26.79 | 13-14 | 50 Free | 24.69 | 27.29 | 28.29 | 16 |
| 17 | 1:48.29 | 1:43.49 | 1:33.89 | 10 & Under | 100 Breast **T1** | 1:34.19 | 1:43.59 | 1:48.19 | 18 |
| 19 | 1:35.39 | 1:30.89 | 1:22.39 | 11-12 | 100 Breast | 1:22.39 | 1:30.59 | 1:34.39 | 20 |
| 21 | 1:27.69 | 1:23.99 | 1:15.99 | 13-14 | 100 Breast | 1:09.79 | 1:17.09 | 1:21.29 | 22 |
| 23 | 1:37.99 | 1:34.99 | 1:26.09 | 10 & Under | 100 Fly **T1** | 1:27.29 | 1:36.29 | 1:38.99 | 24 |
| 25 | 1:22.79 | 1:20.99 | 1:13.49 | 11-12 | 100 Fly | 1:13.59 | 1:20.89 | 1:22.59 | 26 |
| 27 | 1:14.79 | 1:12.89 | 1:05.99 | 13-14 | 100 Fly | 1:01.29 | 1:07.69 | 1:09.69 | 28 |
| 29 | 6:05.39 | 5:54.29 | 6:44.89 | 10 & Under | 400 Free **P**/**T1/ F** | 6:45.39 | 5:55.79 | 6:07.59 | 30 |
| 31 | 5:22.29 | 5:15.19 | 6:00.19 | 11-12 | 400 Free **P/SS/T/F1** | 5:57.69 | 5:12.99 | 5:21.89 | 32 |
| 33 | 5:01.59 | 4:54.29 | 5:36.29 | 13-14 | 400 Free **P/SS/T/F1** | 5:17.59 | 4:37.89 | 4:46.69 | 34 |
| **Day 2 – Finals – Session III - Friday, July 19, 2019 - Start Time 6:00 p.m.** |
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| Girls | LCM | SCM | SCY | Age Group | Event | SCY | SCM | LCM | Boys |
| 5 | NT | NT | NT | 13-14 | 200 Free Relay | NT | NT | NT | 6 |
| 5 Minute Break |
| 7 | Finals | Finals | Finals | 11-12 | 200 Back | Finals | Finals | Finals | 8 |
| 11 | Finals | Finals | Finals | 13-14 | 200 Back | Finals | Finals | Finals | 12 |
| 13 | Finals | Finals | Finals | 11-12 | 50 Free | Finals | Finals | Finals | 14 |
| 17 | Finals | Finals | Finals | 13-14 | 50 Free | Finals | Finals | Finals | 18 |
| 19 | Finals | Finals | Finals | 11-12 | 100 Breast | Finals | Finals | Finals | 20 |
| 23 | Finals | Finals | Finals | 13-14 | 100 Breast | Finals | Finals | Finals | 24 |
| 25 | Finals | Finals | Finals | 11-12 | 100 Fly | Finals | Finals | Finals | 26 |
| 29 | Finals | Finals | Finals | 13-14 | 100 Fly | Finals | Finals | Finals | 30 |
| 31 | Finals | Finals | Finals | 11-12 | 400 Free | Finals | Finals | Finals | 32 |
| 33 | Finals | Finals | Finals | 13-14 | 400 Free | Finals | Finals | Finals | 34 |
| 5 Minute Break |
| 35 | NT | NT | NT | 11-12 | 400 Free Relay | NT | NT | NT | 36 |
| 37 | NT | NT | NT | 13-14 | 800 Free Relay | NT | NT | NT | 38 |

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| **Girls** | **LCM** | **SCM** | **SCY** | **Age Group** | **Event** | **SCY** | **SCM** | **LCM** | **Boys** |
| 39 | NT | NT | NT | 10&Under | 200MedleyRelay**T** | NT | NT | NT | 40 |
| 45 | 3:23.49 | 3:16.39 | 2:58.09 | 11-12 | 200 Breast | 2:55.09 | 3:12.59 | 3:20.59 | 46 |
| 47 | 3:09.79 | 3:01.89 | 2:44.59 | 13-14 | 200 Breast | 2:32.89 | 2:48.89 | 2:56.79 | 48 |
| 49 | 2:56.29 | 2:51.99 | 2:35.59 | 10&Under | 200 Free **T1** | 2:33.39 | 2:48.99 | 2:54.79 | 50 |
| 51 | 2:34.09 | 2:29.49 | 2:15.29 | 11-12 | 200 Free | 2:13.49 | 2:27.49 | 2:32.49 | 52 |
| 53 | 2:23.89 | 2:18.99 | 2:05.79 | 13-14 | 200 Free | 1:57.49 | 2:09.79 | 2:14.79 | 54 |
| 55 | 41.99 | 40.99 | 37.19 | 10&Under | 50 Fly **T1** | 37.39 | 41.09 | 42.19 | 56 |
| 57 | 36.39 | 35.79 | 32.49 | 11-12 | 50 Fly | 33.19 | 36.49 | 37.29 | 58 |
| 59 | 33.89 | 33.39 | 30.19 | 13-14 | 50 Fly | 28.19 | 31.19 | 31.99 | 60 |
| 61 | 1:34.69 | 1:29.69 | 1:21.29 | 10&Under | 100 Back **T1** | 1:23.19 | 1:31.49 | 1:35.49 | 62 |
| 63 | 1:25.29 | 1:21.29 | 1:13.79 | 11-12 | 100 Back | 1:13.29 | 1:20.59 | 1:25.49 | 64 |
| 65 | 1:17.09 | 1:13.09 | 1:06.19 | 13-14 | 100 Back | 1:01.79 | 1:08.19 | 1:12.29 | 66 |
| 67 | NT | NT | NT | 10&Under | 200 Free Relay **T** | NT | NT | NT | 68 |
| 69 | 6:09.09 | 5:56.29 | 5:22.49 | 11-12 | 400 IM **P/SS/T/F1** | 5:19.79 | 5:53.39 | 6:08.69 | 70 |
| 71 | 5:42.89 | 5:31.99 | 5:00.49 | 13-14 | 400 IM **P/SS/T/F1** | 4:40.79 | 5:10.29 | 5:22.59 | 72 |

**Day 3 – Prelim – Session IV - Saturday, July 20, 2019 - Start Time 9:00 a.m.**

**Day 3 – Finals – Session V - Saturday, July 20, 2019 - Start Time 6:00 p.m.**

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| **Girls** | **LCM** | **SCM** | **SCY** | **Age Group** | **Event** | **SCY** | **SCM** | **LCM** | **Boys** |
| 41 | NT | NT | NT | 11-12 | 200 Medley Relay | NT | NT | NT | 42 |
| 43 | NT | NT | NT | 13-14 | 200 Medley Relay | NT | NT | NT | 44 |
| 5 Minute Break |
| 45 | Finals | Finals | Finals | 11-12 | 200 Breast | Finals | Finals | Finals | 46 |
| 47 | Finals | Finals | Finals | 13-14 | 200 Breast | Finals | Finals | Finals | 47 |
| 51 | Finals | Finals | Finals | 11-12 | 200 Free | Finals | Finals | Finals | 52 |
| 53 | Finals | Finals | Finals | 13-14 | 200 Free | Finals | Finals | Finals | 54 |
| 57 | Finals | Finals | Finals | 11-12 | 50 Fly | Finals | Finals | Finals | 58 |
| 59 | Finals | Finals | Finals | 13-14 | 50 Fly | Finals | Finals | Finals | 60 |
| 63 | Finals | Finals | Finals | 11-12 | 100 Back | Finals | Finals | Finals | 64 |
| 65 | Finals | Finals | Finals | 13-14 | 100 Back | Finals | Finals | Finals | 66 |
| 69 | Finals | Finals | Finals | 11-12 | 400 IM | Finals | Finals | Finals | 70 |
| 71 | Finals | Finals | Finals | 13-14 | 400 IM | Finals | Finals | Finals | 72 |
| 5 Minute Break |
| 73 | NT | NT | NT | 11-12 | 400 Medley Relay | NT | NT | NT | 74 |
| 75 | NT | NT | NT | 13-14 | 400 Medley Relay | NT | NT | NT | 76 |

**Day 4 – Prelim – Session VI - Sunday, July 21, 2019 - Start Time 9:00 a.m.**

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| **Girls** | **LCM** | **SCM** | **SCY** | **Age Group** | **Event** | **SCY** | **SCM** | **LCM** | **Boys** |
| 77 | 3:17.09 | 3:10.79 | 2:52.69 | 10 &Under | 200 IM **T1** | 2:54.99 | 3:12.89 | 3:19.39 | 78 |
| 79 | 2:53.09 | 2:47.59 | 2:31.69 | 11-12 | 200 IM | 2:30.89 | 2:46.69 | 2:53.89 | 80 |
| 81 | 2:42.19 | 2:35.59 | 2:20.89 | 13-14 | 200 IM | 2:17.19 | 2:31.59 | 2:38.79 | 82 |
| 83 | 43.89 | 41.59 | 37.69 | 10 &Under | 50 Back **T1** | 39.09 | 42.99 | 44.99 | 84 |
| 85 | 38.99 | 37.29 | 33.89 | 11-12 | 50 Back | 34.29 | 37.69 | 39.49 | 86 |
| 87 | 36.39 | 34.79 | 31.49 | 13-14 | 50 Back | 29.39 | 32.49 | 34.09 | 88 |
| 89 | 48.49 | 47.19 | 42.79 | 10 &Under | 50 Breast **T1** | 42.99 | 47.29 | 48.99 | 90 |
| 91 | 42.99 | 41.79 | 37.89 | 11-12 | 50 Breast | 38.19 | 41.99 | 43.59 | 92 |
| 93 | 40.19 | 39.09 | 35.39 | 13-14 | 50 Breast | 32.79 | 36.19 | 37.69 | 94 |
| 95 | 2:59.59 | 2:55.29 | 2:38.99 | 11-12 | 200 Fly | 2:39.39 | 2:55.29 | 3:01.19 | 96 |
| 97 | 2:45.69 | 2:41.09 | 2:25.79 | 13-14 | 200 Fly | 2:15.69 | 2:29.99 | 2:36.19 | 98 |
| 99 | 1:20.59 | 1:17.89 | 1:10.49 | 10 &Under | 100 Free **T1** | 1:11.69 | 1:18.99 | 1:21.89 | 100 |
| 101 | 1:10.99 | 1:08.29 | 1:01.79 | 11-12 | 100 Free | 1:00.89 | 1:07.29 | 1:09.89 | 102 |
| 103 | 1:06.69 | 1:04.29 | 58.19 | 13-14 | 100 Free | 53.89 | 59.59 | 1:01.99 | 104 |
| 5 Minute Break |
| 105 | NT | NT | NT | 11-12 | 200 Free Relay **T** | NT | NT | NT | 106 |
| 107 | NT | NT | NT | 13-14 | 400 Free Relay **T** | NT | NT | NT | 108 |

**Day 4 – Finals – Session VII - Sunday, July 21, 2019 - Start Time 6:00 p.m.**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Girls** | **LCM** | **SCM** | **SCY** | **Age Group** | **Event** | **SCY** | **SCM** | **LCM** | **Boys** |
| 79 | Finals | Finals | Finals | 11-12 | 200 IM | Finals | Finals | Finals | 80 |
| 81 | Finals | Finals | Finals | 13-14 | 200 IM | Finals | Finals | Finals | 82 |
| 5 Minute Break |
| 85 | Finals | Finals | Finals | 11-12 | 50 Back | Finals | Finals | Finals | 86 |
| 87 | Finals | Finals | Finals | 13-14 | 50 Back | Finals | Finals | Finals | 88 |
| 91 | Finals | Finals | Finals | 11-12 | 50 Breast | Finals | Finals | Finals | 92 |
| 93 | Finals | Finals | Finals | 13-14 | 50 Breast | Finals | Finals | Finals | 94 |
| 95 | Finals | Finals | Finals | 11-12 | 200 Fly | Finals | Finals | Finals | 96 |
| 97 | Finals | Finals | Finals | 13-14 | 200 Fly | Finals | Finals | Finals | 98 |
| 5 Minute Break |
| 101 | Finals | Finals | Finals | 11-12 | 100 Free | Finals | Finals | Finals | 102 |
| 103 | Finals | Finals | Finals | 13-14 | 100 Free | Finals | Finals | Finals | 104 |

**Key**: **P** = Positive Check-in. **S** = Special Seeding – All ages seeded together and swum together – scored separately. **SS** = Super Seeded – All ages swum together, scored separately, fastest 8 in each age group will swim in finals. **T** = Timed Final. **T1** = Timed Finals, swum in prelims. **F** = Swum Fastest to Slowest alternating girl and boy. **F1** = Same as F plus fastest 8 swimmers in each age group swimming in finals.

**Time Trials**

**NOTE:** Time Trials will be run on Friday & Saturday 10 minutes after the conclusion of prelims.

**Only if time and weather permits**.

***We will run through the order of events only once.***

**Date:** 10 minutes after the conclusion of prelims. July 19 & 20

 ***(Must supply own timers for all events. Distance event must supply own counters)***

**Entry Limit:** Swimmers are limited to no more than 3 events per day including the events they participated in the Jr. Olympics. Swimmers not in Jr. Olympics can swim 3 Time Trial events per day.

**Entry Fee:** $20.00 per Individual Event

 $25.00 Relay

 $20.00 Surcharge for athletes not already entered in the meet

 ***Athletes not entered in meet must supply proof of USA registration.***

**Deadline: Friday & Saturday, July 19 & 20, at 10:30 a.m.**

**Referee: Brian Lacusky**

 **Friday Saturday**

**Order of Events Order of Events**

 **201-202 - 50 Free 301-302 - 50 Free**

 **203-204 - 100 Free 303-304 - 100 Free**

 **205-206 - 200 Free 305-306 - 200 Free**

 **207-208 - 400 Free 307-308 - 400 Free**

 **209-210 - 800/1500 Free 309-310 - 800/1500 Free**

 **211-212 - 50 Back 311-312 - 50 Back**

 **213-214 - 100 Back 313-314 - 100 Back**

 **215-216 - 200 Back 315-316 - 200 Back**

 **217-218 - 50 Breast 317-318 - 50 Breast**

 **219-220 - 100 Breast 319-320 - 100 Breast**

 **221-222 - 200 Breast 321-322 - 200 Breast**

 **223-224 - 50 Fly 323-324 - 50 Fly**

 **225-226 - 100 Fly 325-326 - 100 Fly**

 **227-228 - 200 Fly 327-328 - 200 Fly**

 **229-230 - 200 IM 329-330 - 200 IM**

 **231-232 - 400 IM 331-332 - 400 IM**