

**Credential Pick-Up:** Credentials can be picked up at the Aquatic Center Tuesday 7/19 5pm-7pm, Wednesday 7/20 – Saturday 7/23 7:00am - end of Finals each day.

No swimmer will be issued credential without a coach member present. If the home club coach is not planning to attend event, swimmer must be assigned a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued. All persons expecting to receive a deck pass should be prepared to show a current USA Swimming membership on deck pass.

**Daily Schedule:** 7:00am to 8:45am General Warm Up

8:15am Start Lane 1/8 push/pace, Lane 2/7 dive starts

8:30 to 8:45am Dive/Sprint/Pace

9:00am Prelim Session Starts

Relay cards due end of Prelim sessions daily

4:15pm to 5:00pm Finalist General Warm-up

5:00-5:15 pm Dive/Sprint/Pace

5:30pm Finals start

6:00pm Check-in for next day distance event closes. (Event 13/14 close 8:30am Wednesday)

**Meet Qualifying Time Standards:** One qualify time, unlimited bonus up to daily limit. Must enter qualifying event.

American Long Course Champs						
Women			Men			
SCY	SCM	LCM	Event	LCM	SCM	SCY
26.09	28.79	29.89	50 Free	26.29	25.79	23.29
56.49	1:02.49	1:04.49	100 Free	58.59	56.39	50.99
2:01.89	2:14.89	2:19.09	200 Free	2:08.79	2:03.49	1:51.59
5:20.09	4:42.49	5:02.99	400/500 Free	4:43.69	4:22.39	4:59.09
11:03.29	9:42.49	9:57.59	800/1000 Free	9:22.69	9:08.59	10:22.09
18:48.39	18:32.09	19:06.29	1500/1650 Free	17:50.49	17:25.99	17:21.19
1:02.69	1:09.19	1:12.79	100 Back	1:06.79	1:03.29	57.29
2:15.29	2:29.59	2:35.49	200 Back	2:22.69	2:17.59	2:04.49
1:12.49	1:20.09	1:23.09	100 Breast	1:15.59	1:11.89	1:05.09
2:35.99	2:52.39	2:57.99	200 Breast	2:42.89	2:36.89	2:21.99
1:02.59	1:09.09	1:10.79	100 Fly	1:04.29	1:02.39	56.49
2:16.99	2:31.39	2:35.59	200 Fly	2:22.89	2:19.09	2:05.89
2:16.69	2:31.29	2:37.49	200 IM	2:24.39	2:18.09	2:04.79
4:47.49	5:18.39	5:25.09	400 IM	5:00.99	4:52.79	4:24.19

**Order of Events:**

Women's Events

**Day 1– Wednesday, July 20**

Men's Events

(Prelims Begin at 9:00am, Finals begin at 5:30pm)

1	200 Medley Relay ***	2
3	50 Butterfly	4
5	200 Freestyle	6
7	100 Breaststroke	8
9	100 Backstroke	10
11	200 Freestyle Relay ***	12
13	1500 Freestyle **	
	800 Freestyle **	14