



**CENTRAL DISTRICT
13 & OVER CHAMPIONSHIP
February 19 – February 21, 2021
SANCTION NO. VS-21-127**

Hosted by:



We have taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting SwimRVA – CSAC. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.

SANCTION:	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-21-127. • USA Swimming, Inc., Virginia Swimming, Inc., and SwimRVA 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. • USA Swimming, Inc., Virginia Swimming, Inc., and SwimRVA cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Virginia 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/Virginia Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. • BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND VIRGINIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN, OR UNFORESEEN, IN CONNECTION THEREWITH.
LOCATION:	SwimRVA – Collegiate School Aquatics Center 5050 Ridgedale Parkway Richmond, VA 23234
FACILITY:	<ul style="list-style-type: none"> • The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet. • The 50-Meter competition pool with bulkhead offers two 25-yard competition pools with a depth of seven feet and seven inches at the sides and eight feet two inches in the center. Competition lanes are a minimum of 9 feet wide swum wall to bulkhead. • This meet will be swum in the 25-yard course. • Omega Starting Blocks, Colorado Timing GEN7 automatic and semi-automatic timing, backup Dolphin wireless stopwatches. • The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4). A copy of the certification is on file with USA Swimming. • In participation in this meet, I and my minor athlete, hereby acknowledge and agree that participation in SwimRVA programs or activities comes with inherent risks. I have full knowledge and understanding of the inherent risks associated with SwimRVA participation, including but in no way limited to: (1) slips, trips, and falls, (2) aquatic injuries, (3) athletic injuries, and (4) illness, including exposure to and infection with viruses or bacteria. I further acknowledge that the preceding list is not inclusive of all possible risks associated with SwimRVA program participation and that said list in no way limits operation of this Agreement. • In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet will be video-streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.
MEET DIRECTOR:	Brad Burton Email: brad.burton@swimrichmond.org Phone: 804-271-2662

ELIGIBILITY:	<ul style="list-style-type: none"> ○ Open to all Virginia Swimming registered athletes in Central Region registered prior to the first day of the meet. Teams in the Central Region are: <ul style="list-style-type: none"> ○ Central: DC, HNVR, NOVA, PSDN, QSTS, and SRVA ● Unattached athletes in the same geographical district are also eligible to attend. ● The qualifying period for this meet is January 1, 2019 through February 18, 2021. ● No on deck Virginia Swimming athlete registration will be permitted. ● Swimmers in the 13-14 age group may compete in any individual event or relay leg in which they have a time that is slower than the age group championship qualifying time except the 400 IM, 500 free, and the 1000 free. ● 15 and older swimmers may compete in any individual event or relay leg in which they have a time that is slower than the Senior Champs qualifying time except the 400 IM, 500 free, and the 1000 free. ● Swimmers 13-14 must have at least a 13-14 "B" time to qualify to enter the 400 IM, the 500 free, or the 1000 free. The time for either event entered must be slower than the age group championship time. ● 15 and older swimmers must have at least a 15-16 "B" time to qualify to enter the 400 IM, the 500 free, or the 1000 free. The time for either event entered must be slower than the senior championship qualifying time. ● 2020-2024 NAG time standards are in effect. ● Age on February 19, 2021 will determine age for the entire meet. ● 14 year old swimmers aging up from February 26 to March 11, 2021 with times too fast to qualify for this championship will be allowed to compete in an event at this meet under the following conditions: <ul style="list-style-type: none"> ○ the swimmer does not qualify for the event at Senior Champs ○ the swimmer will be seeded correctly by time however will swim exhibition only and will not be eligible to receive an award. or compete in the Finals session.
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> ● Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director. ● The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
FORMAT:	<ul style="list-style-type: none"> ● All events will be swum as timed finals. ● No relays will be swum.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 9, 2021</p> <ul style="list-style-type: none"> ● Conforming and Non-conforming times will be used for entry – Short Course Yards then Long Course Meters then Short Course Meters. Non-conforming times will be seeded following all conforming times. ● Entries must be submitted using Commlink-2 software. ● Teams submit entries via email. ● A printout of entries must be included with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. ● Swimmers may enter a maximum of 8 individual events, no more than 3 per day. ● The Meet Director reserves the right to combine heats and events, which may require reseeding. ● "No Time" (NT) entries will be accepted except in the 400 medley, 500 free, and 1000 free, where 13-14 swimmers must have achieved a minimum of a 13-14 "B" time, and 15 & older swimmers must have achieved a minimum of a 15-16 "B" time. ● Coach Times (CT) will not be accepted for any event. All entry times must have been achieved in a sanctioned, approved, or observed meet. ● Email entries to: brad.burton@swimrichmond.org ● Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, they will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual Events: \$10.00 per event</p> <p>Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</p> <p>COVID Facility Management Fee: \$6.00 (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> ● Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the

	<p>meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <ul style="list-style-type: none"> • Checks should be made payable to: SwimRVA • Mail payment to: 5050 Ridgedale Parkway, Richmond, VA 23234 • Payment must be received by Tuesday, February 16, 2021, for all entries. Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees. • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery. 				
SEEDING:	<ul style="list-style-type: none"> • Coaches will be asked to submit scratches for the 400 IM, 500 free, and 1000 free. Depending on the number of scratches received, the meet referee reserves the right to reseed those events. • Swimmers will report to Clerk of Course prior to swimming their events. • The 1000 free will be swum fastest to slowest, and alternating heats of girls and boys. The meet director reserves the right to run event in dual course format. 				
WARM-UP, HEALTH SCREENING AND APPROXIMATE SESSION START TIMES:	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;"> <p style="text-align: center;">13-14 GIRLS – ALL DAYS</p> <p style="text-align: center;">Health Screening and Doors: 7:00 – 8:00 AM Warm-up 1: 7:15 – 7:45 AM Warm-up 2: 7:45 – 8:15 AM Start: 8:25 AM</p> </td> <td style="width: 50%; padding: 5px;"> <p style="text-align: center;">13-14 BOYS – ALL DAYS</p> <p style="text-align: center;">Health Screening and Doors: 10:10 – 11:10 AM Warm-up 1: 10:25-10:55 AM Warm-up 2: 10:55-11:25 AM Start: 11:35 AM</p> </td> </tr> <tr> <td style="width: 50%; padding: 5px;"> <p style="text-align: center;">15 AND OVER GIRLS – ALL DAYS</p> <p style="text-align: center;">Health Screening and Doors: 1:20 – 2:20 PM Warm-up 1: 1:35 – 2:05 PM Warm-up 2: 2:05 – 2:35 PM Start: 2:45 PM</p> </td> <td style="width: 50%; padding: 5px;"> <p style="text-align: center;">15 AND OVER BOYS – ALL DAYS</p> <p style="text-align: center;">Health Screening and Doors: 4:30-5:30 PM Warm-up 1: 4:45 – 5:15 PM Warm-up 2: 5:15 – 5:45 PM Start: 5:55 PM</p> </td> </tr> </table> <p style="text-align: center;">ALL TIMES ARE APPROXIMATE AND SUBJECT TO CHANGE ONCE ENTRIES ARE RECEIVED.</p> <ul style="list-style-type: none"> ○ The approximate start time for each session will be emailed to coaches with the final timeline and start times for each no later than Monday, February 15, 2021. • Lane assignment and warm-up times for individual clubs will be emailed to all coaches and team contacts no later than Monday, February 15, 2021. 	<p style="text-align: center;">13-14 GIRLS – ALL DAYS</p> <p style="text-align: center;">Health Screening and Doors: 7:00 – 8:00 AM Warm-up 1: 7:15 – 7:45 AM Warm-up 2: 7:45 – 8:15 AM Start: 8:25 AM</p>	<p style="text-align: center;">13-14 BOYS – ALL DAYS</p> <p style="text-align: center;">Health Screening and Doors: 10:10 – 11:10 AM Warm-up 1: 10:25-10:55 AM Warm-up 2: 10:55-11:25 AM Start: 11:35 AM</p>	<p style="text-align: center;">15 AND OVER GIRLS – ALL DAYS</p> <p style="text-align: center;">Health Screening and Doors: 1:20 – 2:20 PM Warm-up 1: 1:35 – 2:05 PM Warm-up 2: 2:05 – 2:35 PM Start: 2:45 PM</p>	<p style="text-align: center;">15 AND OVER BOYS – ALL DAYS</p> <p style="text-align: center;">Health Screening and Doors: 4:30-5:30 PM Warm-up 1: 4:45 – 5:15 PM Warm-up 2: 5:15 – 5:45 PM Start: 5:55 PM</p>
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AWARDS:	<ul style="list-style-type: none"> • Individual events will be scored and awarded first through sixteenth place for 13-14 and 15 & over age groups. Medals will be awarded for first through third place, ribbons for fourth through sixteenth place. • Team awards will be given, first through third place. The teams placing will receive a plaque. Scoring will be as follows: Individual: 20-17-16-15-14-13-12-11- 9-7-6-5-4-3-2-1. 				
PENALTIES:	<ul style="list-style-type: none"> • A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as <ul style="list-style-type: none"> ○ Entries using fraudulent or non-verifiable times. ○ Athlete competed in the incorrect age group. ○ Athlete is not registered with USA Swimming prior to the first day of the meet. • If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer. • Any event in which an athlete participated illegally will be rescored and re-awarded. 				
COVID RULES:	<ul style="list-style-type: none"> • Athletes must arrive in their suits. Locker rooms will not be available for changing. Toilets and sink areas are available. • All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening. • Coaches, officials, and spectators must wear masks. • VIRGINIA PHASE THREE GUIDELINES: Spectators, athletes, coaches and officials not in the same household are also required to maintain 10 feet of social distance. All persons on the SwimRVA campus are required to wear a face mask at all times (when not swimming). • ATHLETE SEATING (See Map): Athletes will be assigned a specific seat (section, row and seat) for each session. All stairwells will be two-way traffic. Athletes should travel on the right-hand side of the stairwell 				

	<p>as a general practice to maintain distance while passing other athletes.</p> <ul style="list-style-type: none"> • COACH SEATING: There are a limited number of coaches' positions available on deck. Each position, which is a defined 6'x6' space, marked on the pool deck, will be assigned to clubs after entries are received. Additional coach seating locations will be located in the mezzanine on the front rail of the competition course. • Teams will be required to provide a list of attending coaches prior to the meet. Only coaches included on that list will be admitted into the facility and receive a space assignment. Other coaches will not be admitted. • Each team will have a minimum of one coach box on the competition course, if desired. If a second coach is attending for the team, they will have an assigned box that will be on the east course (warm down course). Additional coach seating locations will be located in the mezzanine on the front rail of the competition course. • THERE WILL BE NO INDOOR SPECTATOR SEATING. ONLY ATHLETES AND COACHES WILL BE PERMITTED INSIDE AS LISTED ABOVE. Parents must wait outside of the building. • REPORTING TO THE STARTING BLOCKS: All Swimmers will be called to the starting block queue using the in-house public address. The announcer will announce heats and events. <ul style="list-style-type: none"> • The announcer will also call athletes to the arena for their event three heats in front of their race. • Athletes should report to the ready area with only their swimming equipment, their face mask, and their reseal able plastic bag (for use during competition swim and warm down). • Athletes should report to the pool deck via the east staircase from the mezzanine and situate themselves in the corresponding location on the north wall. Marshalls and signs will direct the Athletes. • At most, there will be 4 heats in the queue: Heat in the water, next heat on deck at the northwest corner of the competition pool, second heat in the next wait zone, third heat in the next wait zone. It is the athlete's responsibility to report to the blocks and corresponding location when it is time to compete. • WARM DOWN: <ul style="list-style-type: none"> • All athletes warming down must maintain social distance of 10 ft at all times. • During warm-down athletes should stay in motion for the entire duration. This is intended to limit their time on the wall unmasked in proximity with other athletes. • Athletes should enter and exit the warm down pool (east course) via the bulkhead, which is also where they will keep their masks in their reseal able plastic bag. • Once athletes have completed their continuous warm down, they should exit the pool via the bulkhead and immediately put on their mask. At which point they can exit the bulkhead on the south side and will be near the bathrooms, if needed.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will 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. • 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 without written USA Swimming approval. • Any swimmer entered in the meet must be certified by a USA-S 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 the requirement. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. • Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED. • Any athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be

	<p>removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.</p> <ul style="list-style-type: none"> • In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Ralph Jones Email: ralph.jones@vdot.virginia.gov</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook. • Team Officials Chairpersons should submit the names and session availability of certified officials to Jeannie Kennedy at simplykennedy@gmail.com no later than Tuesday, February 16, 2021 • There will be an official's meeting in the community room one hour prior to the start of each session.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • The number of timers required per club and their lane assignments will be emailed to all coaches and team contacts no later than Monday, February 15, 2021. • Teams who are assigned lanes for timing will be responsible for staffing those positions for all events for each session. Swimmers competing in the 1000 free and 500 free are responsible for providing their own lap counters. • All timers and counters must wear a mask.
VIDEO SERVICE:	<ul style="list-style-type: none"> • SwimRVA makes use of SPIIDEO streaming service in the main area. The service will be available for the meet to participating teams. Families will be able to stream the service on their smart phone or device from anywhere they have broadband service. This will allow for viewing the races from the outdoor seating areas or anywhere in the world! • There is a sign-up process in order for SwimRVA to grant access to the stream. Instruction messages for each team will be sent to your team contact by the Meet Director. • Sign -up deadline for families will be no later than Wednesday, February 17th at Noon (12:00 PM).
GENERAL:	<ul style="list-style-type: none"> • Heat Sheets: A listing of seeded heats will be available on the Meet Mobile app. PDF files with daily heat sheets by session will be sent to participating teams by email. • Results: The meet results will be available on the Meet Mobile app. The results will also be posted to the Virginia Swimming web site after the conclusion of the meet. • Swim Supplies: Swim and Tri swim shop will be operating in the lobby of the facility. • Hospitality: A light breakfast, box lunch will be provided. Drinks will be available all day. • Concession: There will not be a concession offered at the meet.
FACILITY RULES:	<ul style="list-style-type: none"> • No glass containers of any kind are permitted in the facility. • No spectators will be allowed in the pool part of the building. Spectators will have access to the restrooms in the facility lobby. • No smoking is allowed on the campus. • All rules are posted pool side.

2021 CENTRAL Region Short Course 13 & Older Championship

ORDER OF EVENTS

Friday, February 19, 2021

Session 1: 13-14 Girls	
Health Screening and Doors: 7:00-8:00 AM	
Warm-up 1: 7:15 – 7:45 AM	
Warm-up 2: 7:45 – 8:15 AM	
Start: 8:25 AM	
<i>All times are subject to change</i>	
<u>Girls</u>	<u>Events</u>
1	13-14 100 Breast
2	13-14 200 Free
3	13-14 100 Fly
4	13-14 400 IM
Session 3: 15 and Over Girls	
Health Screening and Doors: 1:20-2:20 PM	
Warm-up 1: 1:35 – 2:05 PM	
Warm-up 2: 2:05 – 2:35 PM	
Start: 2:45 PM	
<i>All times are subject to change</i>	
<u>Girls</u>	<u>Events</u>
9	15 & Over 100 Breast
10	15 & Over 200 Free
11	15 & Over 100 Fly
12	15 & Over 400 IM

Session 2: 13-14 Boys		
Health Screening and Doors: 10:10 – 11:10 PM		
Warm-up 1: 10:25 – 10:55 AM		
Warm-up 2: 10:55 – 11:25 PM		
Start: 11:35 AM		
<i>All times are subject to change</i>		
	<u>Events</u>	<u>Boys</u>
	13-14 Breast	5
	13-14 200 Free	6
	13-14 100 Fly	7
	13-14 400 IM	8
Session 4: 15 and Over Boys		
Health Screening and Doors: 4:30 – 5:30 PM		
Warm-up 1: 4:45 – 5:15 PM		
Warm-up 2: 5:15 – 5:45 PM		
Start: 5:55 PM		
<i>All times are subject to change</i>		
	<u>Events</u>	<u>Boys</u>
	15 & Over 100 Breast	13
	15 & Over 200 Free	14
	15 & Over 100 Fly	15
	15 & Over 400 IM	16

2021 CENTRAL Region Short Course 13 & Older Championship

ORDER OF EVENTS

Saturday, February 20, 2021

Session 5: 13-14 Girls	
Health Screening and Doors: 7:00-8:00 AM	
Warm-up 1: 7:15 – 7:45 AM	
Warm-up 2: 7:45 – 8:15 AM	
Start: 8:25 AM	
<i>All times are subject to change</i>	
<u>Girls</u>	<u>Events</u>
17	13-14 200 Fly
18	13-14 50 Free
19	13-14 200 Breast
20	13-14 100 Back
21	13-14 500 Free

Session 6: 13-14 Boys		
Health Screening and Doors: 10:10 – 11:10 PM		
Warm-up 1: 10:25 – 10:55 AM		
Warm-up 2: 10:55 – 11:25 PM		
Start: 11:35 AM		
<i>All times are subject to change</i>		
	<u>Events</u>	<u>Boys</u>
	13-14 200 Fly	22
	13-14 50 Free	23
	13-14 200 Breast	24
	13-14 100 Back	25
	13-14 500 Free	26

Session 7: 15 and Over Girls

Health Screening and Doors: 1:20-2:20 PM

Warm-up 1: 1:35 – 2:05 PM

Warm-up 2: 2:05 – 2:35 PM

Start: 2:45 PM

All times are subject to change

<u>Girls</u>	<u>Events</u>
27	15 & Over 200 Fly
28	15 & Over 50 Free
29	15 & Over 200 Breast
30	15 & Over 100 Back
31	15 & Over 500 Free

Session 8: 15 and Over Boys

Health Screening and Doors: 4:30 – 5:30 PM

Warm-up 1: 4:45 – 5:15 PM

Warm-up 2: 5:15 – 5:45 PM

Start: 5:55 PM

All times are subject to change

<u>Events</u>	<u>Boys</u>
15 & Over 200 Fly	32
15 & Over 50 Free	33
15 & Over 200 Breast	34
15 & Over 100 Back	35
15 & Over 500 Free	36

2021 CENTRAL Region Short Course 13 & Older Championship**ORDER OF EVENTS****Sunday, February 21, 2021****Session 9: 13-14 Girls**

Health Screening and Doors: 7:00-8:00 AM

Warm-up 1: 7:15 – 7:45 AM

Warm-up 2: 7:45 – 8:15 AM

Start: 8:25 AM

All times are subject to change

<u>Girls</u>	<u>Events</u>
37	13-14 200 Back
38	13-14 100 Free
39	13-14 200 IM
40	13-14 1000 Free

Session 10: 13-14 Boys

Health Screening and Doors: 10:10 – 11:10 PM

Warm-up 1: 10:25 – 10:55 AM

Warm-up 2: 10:55 – 11:25 PM

Start: 11:35 AM

All times are subject to change

<u>Events</u>	<u>Boys</u>
13-14 200 Back	41
13-14 100 Free	42
13-14 200 IM	43
13-14 1000 Free	44

Session 11: 15 and Over Girls

Health Screening and Doors: 1:20-2:20 PM

Warm-up 1: 1:35 – 2:05 PM

Warm-up 2: 2:05 – 2:35 PM

Start: 2:45 PM

All times are subject to change

<u>Girls</u>	<u>Events</u>
45	15 & Over 200 Back
46	15 & Over 100 Free
47	15 & Over 200 IM
48	15 & Over 1000 Free

Session 12: 15 and Over Boys

Health Screening and Doors: 4:30 – 5:30 PM

Warm-up 1: 4:45 – 5:15 PM

Warm-up 2: 5:15 – 5:45 PM

Start: 5:55 PM

All times are subject to change

<u>Events</u>	<u>Boys</u>
15 & Over 200 Back	49
15 & Over 100 Free	50
15 & Over 200 IM	51
15 & Over 1000 Free	52