



# 2022 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES

## CENTRAL ZONE NORTH SECTION LONG COURSE CHAMPIONSHIPS

Jean K. Freeman Aquatic Center  
July 14-17, 2022 Thursday - Sunday



**SANCTIONED BY:** Minnesota Swimming, Inc. **SANCTION #** MN22S-05-212M

**TIME TRIALS SANCTION#** MN22S-05-212MTT

**Held under the sanction of USA Swimming.**

**MEET HOST:** University of Minnesota Recreation and Wellness (UofM)

**POOL HOURS:** Wednesday, July 13 from 9:00am to 3:00pm. Wednesday, Thursday, Friday, and Saturday doors open at 6:50am and the pool will open for general warm-up at 7:00am. The structured warm-up schedule is listed below. The pool will close 30 minutes after the competition is completed each night.

<u>DAY</u>	<u>WARM-UP</u>	<u>PRELIMS</u>	<u>WARM-UP</u>	<u>FINALS</u>
Wednesday	9:00am-3:00pm		5:00-6:30pm	
Thursday	7:00-8:50am	9:00am	3:30-4:50pm	5:00pm
Friday	7:00-8:50am	9:00am	3:30-4:50pm	5:00pm
Saturday	7:00-8:50am	9:00am	3:30-4:50pm	5:00pm
Sunday	7:00-8:50am	9:00am	3:30-4:50pm	5:00pm

Anyone interested in pool time prior to Wednesday July 13th should contact the facility director directly. Arrangements should be made at least two full weeks in advance.

**CHECK IN:** Wednesday July 13th, 11:30am-8:00pm; Thursday, July 14th, 7:00am-9:00am

**GENERAL MEETING:** Wednesday July 13<sup>th</sup> at 7pm, An email meeting invitation with virtual link will be sent out to registered teams in advance. Additional Coaches Meetings may be held as determined by the Meet Referee. It is the responsibility and obligation of each team or unattached swimmer to be represented at all Coaches Meetings. **Coaches or other team and swimmer representatives are responsible for all information presented at these meetings including changes to the meet format or conduct.**

**MEET REFEREE:** Edie Mueller

**OFFICIALS MEETINGS:** Prelims: 1 hour prior to start; Finals: 1 hour prior to start

**LOCATION:** Jean K. Freeman Aquatic Center, 1910 University Avenue SE, Minneapolis, MN 55455

**FACILITY:** The competition pool is an 8-lane, 50-meter indoor pool ranging from 7 feet to 7 feet 10 inches in depth. Lanes are 9 feet wide, separated by 6" Competitor Lane lines with slanted Spectrum starting blocks 29 inches above the water surface. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. A separate six-lane, 25-yard warm-up facility will be available, except during diving practice when there will be 2-3 lanes available. These times will be announced at the General Meeting.

**PARKING:** General parking will be available in the [University Avenue Ramp](#) and the [Washington Avenue Ramp](#). Event parking is \$3 per hour and subject to an increased event rate. General parking is also available in [Lot 37](#) off of 5th St. SE and the [Maroon Lot](#) on Oak St. SE. The rate for these lots is \$6.00 per entry. Prices are subject to change and rates may vary based on specific lots and their events on campus. For the most up-to-date parking information and maps, please visit the University of Minnesota Parking and Transportation website: <http://www1.umn.edu/pts/>.

**METRO DIRECTIONS:** Metro Transit has light rail service from the Minneapolis/St. Paul International Airport to the University! From the airport, you will board the Blue Line train towards downtown Minneapolis. When you reach the ["US Bank Stadium" station](#), you will transfer to the Green Line train towards Downtown St. Paul. Exit the Green Line at the ["East Bank" station](#) and you are just two blocks from the Aquatic Center. For more information on planning your trip to or from the airport to campus via light rail, please visit [metrotransit.org](http://metrotransit.org).

**OFFICIALS CERTIFICATION/APPLICATION TO OFFICIATE:** This meet will be submitted for designation as an "Officials Qualifying Meet," for certification and recertification evaluations for N2- and N3-level positions. A combined Request for Evaluation/Application to Officiate is available on the Central Zone website. Opportunities for evaluations may be limited by time and personnel resources. Availability of final evaluations for N-3 Starter and N-3 Deck Referee may be provided at the discretion of USAS Officials Committee designation of the meet.

### FOR MORE INFORMATION, CONTACT:

Katie Goff, Meet Director

612-625-5339

[kgoff@umn.edu](mailto:kgoff@umn.edu)

Linda McKee, Facility Director & Meet Manager

612-624-6349

[lmckee@umn.edu](mailto:lmckee@umn.edu)

[UMNaquaticsentries@gmail.com](mailto:UMNaquaticsentries@gmail.com)

Edie Mueller, Meet Referee





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#### ENTRY INTO THE MEET

**ELIGIBILITY:** All swimmers MUST be current 2022 registered athlete members of USA Swimming. Seasonally registered athletes are not allowed, and there will be no on deck registration. All coaches and officials allowed access on deck MUST be non-athlete coach members for 2022 and have current certifications as a USA Swimming coach. The representative submitting entries shall be responsible for verifying that all swimmers and coaches satisfy these requirements. Deck Pass is acceptable proof of membership in USA Swimming. The meet is open to those USA Swimming athletes registered in the following LSCs: Illinois, Iowa, Minnesota, North Dakota, South Dakota, and Wisconsin. Athletes from LSCs outside Central Zone North section states listed, who have achieved a qualifying time standard for their event, will also be accepted into the meet on a first-come, first-served reservation not to exceed 100 total athletes.

**QUALIFYING:** The qualifying period is January 1, 2021 through the entry deadline. Qualifying time standards are included in this packet. Entry times will be accepted in Long Course Meters and Short Course Yards, and all events will be seeded in that order.

**ENTRY LIMITS:** Swimmers may compete in a maximum of three individual events and one relay event per day including time trials.

**RELAY LIMITS:** Each team may enter a maximum of two (2) relay teams in each relay event.

**ENTRY FEES:** \$14.00 per individual event; \$25.00 per relay event

**ATHLETE SURCHARGES:** \$1.25 Central Zone surcharge; a \$4.00 Minnesota Swimming surcharge; and a Facility Surcharge of \$11.00 per athlete entered in the meet (including relay only athletes).

**BONUS ENTRIES:** Swimmers qualified in 1 individual event can have up to 2 Bonus Events. Swimmers qualified in 2 individual events can have up to 1 Bonus Event. Bonus Events can only be added if they meet the Bonus Event time standards. Swimmers entering 3 or more individual events are not permitted to swim a Bonus Event. Once an event is marked "bonus", it cannot be changed to a qualified event.

**ENTRY PROCEDURE:** All entries must be submitted using USA Swimming OME (online meet entry) at [www.usaswimming.org/ome](http://www.usaswimming.org/ome). Payment method through OME must be Visa, MasterCard, American Express or Discover. Entries are not considered accepted until payment method is validated. A confirmation email will be sent upon completion of your entries. Entrants are responsible for following up if acknowledgement is not received. Please bring a copy of all communications with you to the meet. Once entries are paid for, times can be modified and events can be added, but events cannot be deleted. Please contact Macie Nichols at USA Swimming with any questions on the OME system [mmcnichols@usaswimming.org](mailto:mmcnichols@usaswimming.org) or 719-866-3506.

**PARA ENTRY PROCEDURE:** Para Entries must be submitted via email to [Linda McKee](mailto:LindaMcKee@UMNaquaticsentries@gmail.com) at [UMNaquaticsentries@gmail.com](mailto:UMNaquaticsentries@gmail.com)

**OUT-OF-SECTIONAL ENTRIES:** Up to 100 USA Swimming Athlete members who are properly registered with other LSC's outside of the Section will be permitted entry into the meet on a first-come basis. Each non-resident swimmer must have achieved the qualifying standing in one or more individual events. A non-refundable \$100 Team Reservation fee is required to secure entry for Non-Resident teams/swimmers.

**ENTRY DEADLINE:** Entries may be submitted online beginning June 1, 2022 (9:00am Central Time) and will be accepted through **Thursday July 7, 2022 at 11:00pm (Central Time)**. Updates for improved seed times will be allowed on the OME system through 11:50pm (Central Time) on Monday, July 10<sup>th</sup>, 2022.

**NEW ENTRIES ACHIEVED AFTER THE ENTRY DEADLINE:** Entries for athletes achieving qualifying standards for the first time after the entry deadline are permitted subject to the following restrictions:

1. New entries must be achieved between Friday, July 8, 2022 and Sunday, July 10, 2022.
2. New entries must be submitted to [UMNaquaticsentries@gmail.com](mailto:UMNaquaticsentries@gmail.com) and received no later than 1:00pm on Monday, July 11, 2022.
3. Confirmation of receipt of new entries is the sole responsibility of the sender.

**LATE ENTRIES:** Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:

1. Late entries do not result in unreasonable changes to the timeline
2. Late entries must be received no later than 15 minutes after the conclusion of the general meeting on Wednesday, July 13, 2022.
3. Late entries must be submitted via email to [UMNaquaticsentries@gmail.com](mailto:UMNaquaticsentries@gmail.com).
4. A one-time processing fee of \$50.00 plus meet entry fee of \$20.00 per individual event and \$25.00 per relay event must be paid prior to the start of the meet (9:00am on Thursday, July 14, 2022).

**PROOF OF TIME:** In order to accommodate LSC differences and to make entry as easy as possible throughout the Section, we will continue to accept times in the USA Swimming database, printed meet results and published times posted on publicly viewable websites. All "Custom or Override Times" must be verified prior to the scratch deadline for that event. If an entry time is entered into the SWIMS database after the entry deadline, be prepared to prove the time. Computer access will NOT be provided; coaches/swimmers must bring appropriate proof of time to the meet. Times that are not proven prior to seeding will be down-seeded to the lowest nonconforming time standard! Failure to meet the qualification time during the competition and prove that a qualification time was achieved will result in a \$100.00 fine. Fines must be paid before the next session—athletes with unproven times and unpaid fines will not be allowed to compete until the matter is resolved! Fines not paid prior to the final session of the meet shall be automatically doubled!!!



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### RULES, PROCEDURES, AND FACILITY INFORMATION

**RULES:** Current National USA Swimming Rules will govern all competition, except as otherwise specified in this meet information or the Section 1 Competition Manual. All information, including time standards, schedules, order of events, meet operations and requirements can be found in the USA Swimming 2022 Rulebook.

All applicable adults participating or associated with respective meet to which this information applies, acknowledge that they are an applicable adult, subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand the compliance with the MAAPP Policy is a condition of participation in the conduct of this competition. Effective 11/6/2019 times achieved by an athlete member at a sanctioned meet who is over 18 years of age (+30 day grace period) who had not completed the Athlete Protection Training (or whose APT training had expired) by the date of the swim, will not be able to be uploaded to the SWIMS.

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. Further, those participants not proficient with a backstroke ledge must start each race from within the water, and without use of the backstroke ledge. 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.

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 during starts.

**WAIVERS:** Before any Athlete, Coach, Volunteer or Official can receive their credentials, the Covid Waiver Form must be completed. All Swimmers must also complete the Swimmer Competitor Waiver Form to receive credentials. PDF and Fillable versions of the waivers are posted on the host team's website at <https://recwell.umn.edu/youth-community/aquatic-events/speedo-sectionals-summer-2022>

**CREDENTIALS & DECK ACCESS:** Credentials are required for all Coaches, Athletes, Officials, Volunteers and Event Staff. No one is allowed on deck without a credential. Doors will be staffed with event security from open to close. There will be a \$100 replacement fee for any lost credential. If there is a special circumstance where extra credentials may be needed, please reach out to the meet director, [kgoff@umn.edu](mailto:kgoff@umn.edu)

**LOCKER ROOMS:** Locker rooms are available on deck at the scoreboard end of the facility. Additional off deck restrooms will be provided to coaches. More information will be provided at the general meeting. Gender-neutral restrooms and additional changing rooms available upon request: please contact the meet director, [kgoff@umn.edu](mailto:kgoff@umn.edu).

**DECK CHANGING:** Except where venue facilities require otherwise, changing into or out of swimsuits, other than in locker rooms, is not appropriate and is prohibited.

**WARM UP:** Feet-first entries only, except in designated lanes and times. Violations may result in disqualification from the next individual event or expulsion from the meet. *FINS AND PADDLES ARE NOT ALLOWED IN THE COMPETITION POOL.*

**SWIMMER WITHOUT A COACH:** USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.

**ATHLETE HOSPITALITY:** Athlete hospitality will be located in the south landing. Limited snacks and drinks will be available to athletes during the competition.

**COACHES & OFFICIALS HOSPITALITY:** Hospitality will be provided to credentialed coaches and officials in a quiet space adjacent to the pool deck. Specific information will be provided at the general meeting. Please report any allergies to the meet director, [kgoff@umn.edu](mailto:kgoff@umn.edu).

**LIFEGUARDING & FIRST AID:** Lifeguards will be staffed at all pools when open for swimming. The lifeguards are in charge in the event of an emergency in the facility. Visit the lifeguard office in the southwest corner of the pool for general first aid needs during the meet.





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**TICKET INFORMATION:** Ticket sales will begin online for a reduced cost. We encourage everyone to purchase in advance at <https://shoprecwell.umn.edu/>. Online Ticket Sales close on July 11, 2022 to allow for processing prior to the meet. **The reduced ticket rate will NOT be honored past July 11, 2022.**

	Online Ticket Sales: June 1 – July 11	In Person Ticket Sales: July 13-17
All Session Pass	\$45.00 (tax included*)	\$55.00 (tax included*)
Daily Pass	Unavailable	\$15.00(tax included*)

#### Here is how to purchase online tickets:

1. Click this [link](#)
2. Make an account - *You will need to provide: name, general info, email, and phone number to make the account.*
3. Activate your account, you'll find an email sent to the email address provided  
The person purchasing the tickets is responsible for picking up the tickets. Please email [recwell@umn.edu](mailto:recwell@umn.edu) to arrange a different pickup person.
4. Sign in to your new account.
5. Just below the photos, select "Speedo Sectionals" (will not be available until Jun. 1st)
6. On the left side select "Aquatics"
7. Again on the left select "Speedo Sectionals"
8. Select from packages with 1 pass, 2 passes, or 5 passes. Add as many to your cart as needed to add up to total number of passes. (For example, if you need 3 passes, add both 1 pass and 2 passes to your cart)
9. Go to your cart in the top right corner.
10. Enter payment information and checkout.

For assistance please email, [recwell@umn.edu](mailto:recwell@umn.edu).

Tickets will be available for pickup starting Wednesday July 13th at Will Call in the lobby of the Jean K. Freeman Aquatic Center. Please bring a form of identification to pick up your tickets.

\*All ticket sales are subject to the Minneapolis Event Tax. Tax is included in each ticket sale.





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**CONDUCT OF THE MEET:** This meet is a prelim/final meet. 32 athletes will advance to the finals in events 400m or less with the "D" final reserved for the fastest remaining athletes who are 18 years or younger. The top 8, 18 & Under swimmers who do not qualify for the Bonus (C), Consolation (B) or Championship (A) heats will advance to the "D" final. If there are not enough 18 & Under swimmers to fill the "D" final in an event, the heat will be filled with the next fastest 19 & Over swimmers who do not qualify for the Bonus, Consolation, or Championship heats. Finals will be in the following order: Protected Final (D), Bonus (C), Consolation (B), Championship (A). Each event during finals will consist of a Protected "D" Final, Bonus, Consolation, and Championship final heat except for the 800m and 1500m Freestyles and all relays. These events will be conducted as timed final events. Preliminaries of events will be conducted using fly-over starts. Additionally, prelims may be flighted at the discretion of the Meet Referee and will be announced at the Coaches Meeting. Para-Athletes will be combined into events for prelims and compete in a separate Para event during finals.

**Wednesday:** The 800 Freestyle will be seeded with a positive check-in deadline 30 minutes after the conclusion of the General Meeting on Wednesday night. These events will be swum fastest to slowest alternating heats of women/men. Athletes must provide their own lap counter.

**Thursday:** The fastest heat of the 800 Freestyle for women and men will be seeded into the finals; all other heats will be swum during the Thursday prelim session. These events will be swum fastest to slowest alternating heats of women/men. Athletes must provide their own lap counter.

**Friday:** The 400 Freestyle Relay will be timed final events with the fastest two (2) heats of Women and Men swimming in the finals session. All remaining will be swum at the end of the prelim session fastest to slowest alternating heats of women/men. Positive check-in is required by 30 minutes after the start of finals on Thursday.

**Saturday:** The 800 Freestyle relay will be timed final events with the fastest heat of Women and Men swimming in the finals session. All remaining will be swum at the end of the prelim session fastest to slowest alternating heats of women/men. Positive check-in is required by 30 minutes after the start of finals on Friday.

**Sunday:** The 1500 Freestyle will be seeded with a positive check-in 30 minutes after the start of finals on Saturday. The fastest heat of women and men will be seeded into finals. All other heats will be swum at the end of prelims (following the 400 Medley Relay) fastest to slowest alternating heats of women/men. Athletes must provide their own lap counter. The 400 Medley Relays will be timed final events with the fastest two (2) heats of Women and Men swimming in the finals session. Positive check-in is required by 30 minutes after the start of finals on Saturday.

**SCRATCHES:** The following are the scratch deadlines for each day's events:

- Deadline for Day 1 events: 30 minutes after general meeting
- All subsequent day's events scratches are due 30 minutes after the start of the previous evening's finals.

The meet will be administered according to the National Championship scratch procedures (2022 Rulebook, Section 207). More information on check in deadlines, scratch procedures and deadlines, and the location of the scratch box will be distributed at registration. If you will not be arriving in time to make the deadline, coaches scratch events via email to [UMNaquaticsentries@gmail.com](mailto:UMNaquaticsentries@gmail.com). Scratches submitted by email must be completed by the deadlines listed above.

**POSITIVE CHECK-IN:** Positive check-in is required for the 800m and 1500m Freestyle and all relays. Swimmers and relays who fail to positive check-in will be down-seeded to the slowest heat. Positive check-in deadlines follow scratch deadlines. If you will not be arriving in time to make the deadline, coaches may check-in for events via email to [UMNaquaticsentries@gmail.com](mailto:UMNaquaticsentries@gmail.com). Positive check-ins submitted by email must be completed by the deadlines listed above.

**RELAY JUDGING EQUIPMENT:** Automatic relay take off platforms will be used for all relays as verification.

**MEET COMMITTEE:** A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters.

**SCORING:** All events will be scored to 16 places using the following point system:

Individual Scoring: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1;

Relay Scoring: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

**AWARDS:** There will be distanced award ceremonies for the top 3 athletes in each event.

Individual: Top 3 Awarded (medals)

Relays: Top 3 Awarded (medals)



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**TIME TRIALS:** Time permitting, time trials will be offered each day 15 minutes after the completion of the preliminary session. The entry fee is \$20.00 per individual event and \$60.00 for relays. Time Trial signup times will be announced at the coaches meeting. Athletes must provide their own lane timer and lap counter for all time trial events. The 800m and 1500m TT may be swum in the open lanes of the timed final heats, based on the number of time trial requests and at the discretion of the meet referee as per the Order of Events below. Per 2016 convention, all swimmers, including relay only swimmers, are limited to two Time Trial events at the meet.

<u>TIME TRIAL SCHEDULE</u> (Time Permitting)	<u>ORDER OF EVENTS</u>
Wednesday afternoon following 800 Freestyle	Wednesday events/Thursday events/Friday events/Saturday events *800 Freestyle time trials Wednesday only (time permitting)
Thursday afternoon following 400 Freestyle Relay	Thursday Events/ Friday events/Saturday events/Wednesday Events
Friday afternoon following 800 Freestyle Relay	Friday events/Saturday events/Wednesday events/Thursday events
Saturday afternoon following 1500 Freestyle	Saturday events/Wednesday events/Thursday events/Friday events *1500 Freestyle time trials Saturday afternoon only (time permitting)



## Time Standards for Swimmers Registered in ALL LSCs:

WOMEN					Thurs July 14th	MEN				
Event#	LCM	SCY	Bonus LC	Bonus SCY	EVENT	Bonus SCY	Bonus LC	SCY	LCM	Event#
1	1:00.69	53.09	1:01.29	53.99	100 Freestyle	48.49	56.09	47.39	54.79	2
3	2:48.79	2:24.69	2:51.79	2:29.99	200 Breast	2:17.59	2:38.79	2:14.99	2:37.99	4
<i>Awards for 100 Freestyle and 200 Breaststroke</i>										
5	2:29.99	2:09.99	2:30.89	2:12.09	200 Butterfly	2:01.79	2:18.49	1:59.19	2:17.89	6
+7*	9:29.99	10:29.9	9:33.39	10:38.39	800 Freestyle	9:58.49	9:02.79	9:49.99	8:59.99	*8+
<i>Awards for 200 Butterfly and 800 Freestyle</i>										
WOMEN					Fri July 15th	MEN				
Event#	LCM	SCY	Bonus LC	Bonus SCY	EVENT	Bonus SCY	Bonus LC	SCY	LCM	Event#
9	2:10.99	1:53.79	2:12.09	1:56.89	200 Freestyle	1:46.49	2:02.49	1:43.79	2:00.49	10
11	5:19.09	4:34.99	5:20.39	4:39.99	400 IM	4:19.99	4:57.89	4:14.99	4:56.99	12
<i>Awards for 200 Freestyle and 400 Individual Medley</i>										
13	1:08.89	58.99	1:09.99	59.99	100 Backstroke	55.59	1:03.89	53.39	1:03.09	14
<i>10 MINUTE BREAK</i>										
+15	4:14.09	N/A			400 Free Relay	N/A			3:51.29	16+
<i>Awards for 100 Backstroke and 400 Freestyle Relay</i>										
WOMEN					Sat July 16th	MEN				
Event	LCM	SCY	Bonus LC	Bonus SCY	EVENT	Bonus SCY	Bonus LC	SCY	LCM	Event #
17	2:26.99	2:07.19	2:30.39	2:10.49	200 Backstroke	2:00.39	2:18.79	1:58.49	2:18.09	18
19	4:36.29	5:05.09	4:38.39	5:09.99	400 Freestyle	4:47.89	4:18.19	4:42.79	4:16.99	20
<i>Awards for 200 Backstroke and 400 Freestyle</i>										
21	1:17.49	1:06.89	1:19.49	1:08.99	100 Breast	1:03.09	1:12.29	1:00.99	1:11.99	22
23	1:05.89	58.19	1:07.59	59.09	100 Butterfly	53.49	1:00.99	52.09	59.79	24
<i>Awards for 100 Breaststroke and 100 Butterfly</i>										
+25*	9:14.09	N/A			800 Free Relay	N/A			8:29.69	*26+
<i>Awards for 800 Freestyle Relay</i>										
WOMEN					Sun July 17th	MEN				
Event	LCM	SCY	Bonus LC	Bonus SCY	EVENT	Bonus SCY	Bonus LC	SCY	LCM	Event#
27	2:28.99	2:09.29	2:30.29	2:11.99	200 IM	1:59.99	2:18.39	1:57.09	2:17.19	28
+29*	18:19.99	17:39.99	18:21.49	17:59.99	1500 Freestyle	-	-	-	-	-
30	28.09	24.49	28.49	24.99	50 Freestyle	22.29	25.69	21.69	25.29	31
-	-	-	-	-	1500 Freestyle	16:46.79	17:24.99	16:39.99	17:19.99	*32+
<i>Awards for 200 Individual Medley, 1500 Freestyle, and 50 Freestyle</i>										
+33	4:44.99	N/A			400MedleyRelay	N/A			4:21.59	34+
<i>Awards for 400 Medley Relay</i>										

\* Swum at the end of prelims fastest to slowest alternating women/men, fastest heat of men and women will be swum during finals + Timed Finals, positive check-in is required

**Parallel Time Standards for Swimmers With A Disability**

PARA 1	WOMEN				P1	MEN				Event #
	LCM	SCY	Bonus LC	Bonus SCY	EVENT	Bonus SCY	Bonus LC	SCY	LCM	W/M
	1:18.39	1:18.39	1:21.59	1:21.59	50 Free	1:15.29	1:15.29	1:12.29	1:12.29	30/31
2:44.39	2:44.39	2:51.19	2:51.19	100 Free	2:49.89	2:49.89	2:43.09	2:43.09	1/2	
6:33.69	6:33.69	6:50.09	6:50.09	200 Free	4:39.69	4:39.69	4:28.49	4:28.49	9/10	
2:50.39	2:50.39	2:57.49	2:57.49	100 Back	2:17.29	2:17.29	2:11.79	2:11.79	13/14	
4:04.79	4:04.79	4:14.99	4:14.99	100 Breast	3:16.99	3:16.99	3:09.09	3:09.09	21/22	

**Parallel Time Standards for Swimmers With A Disability**

PARA 2	WOMEN				P2	MEN				Event #
	LCM	SCY	Bonus LC	Bonus SCY	EVENT	Bonus SCY	Bonus LC	SCY	LCM	W/M
	44.89	42.69	46.79	44.49	50 Free	40.89	43.09	39.29	41.39	30/31
1:39.89	1:34.89	1:44.09	1:38.89	100 Free	1:30.19	1:34.99	1:26.59	1:31.19	1/2	
3:25.69	3:15.39	3:34.29	3:23.59	200 Free	3:10.79	3:20.89	3:03.19	3:12.79	9/10	
6:29.89	7:57.69	6:46.09	8:17.49	400 Free	6:33.09	8:01.59	7:42.39	6:17.39	19/20	
2:06.19	1:59.89	2:11.39	2:04.89	100 Back	1:55.79	2:01.89	1:51.19	1:56.99	13/14	
4:20.29	4:07.29	4:31.19	4:17.69	200 Back	3:37.39	3:48.79	3:28.79	3:39.69	17/18	
2:06.29	1:59.99	2:11.59	2:05.09	100 Breast	1:56.16	2:02.39	1:51.59	1:57.49	21/22	
4:36.59	4:22.79	4:48.19	4:33.79	200 Breast	4:10.79	4:23.99	4:00.79	4:13.49	3/4	
2:21.19	2:14.19	2:27.09	2:19.79	100 Fly	2:12.79	2:19.79	2:07.49	2:14.19	23/24	
4:21.89	4:08.79	4:32.79	4:19.19	200 IM	3:56.69	4:09.19	3:49.19	3:59.19	27/28	

**Parallel Time Standards for Swimmers With A Disability**

PARA 3	WOMEN				P3	MEN				Event #
	LCM	SCY	Bonus LC	Bonus SCY	EVENT	Bonus SCY	Bonus LC	SCY	LCM	W/M
	36.69	33.09	38.19	34.39	50 Free	30.09	33.49	28.89	32.19	30/31
1:18.19	1:10.39	1:21.49	1:13.39	100 Free	1:05.49	1:12.79	1:02.89	1:09.89	1/2	
3:12.89	2:53.69	3:20.99	3:00.89	200 Free	2:29.79	2:46.39	2:23.79	2:39.79	9/10	
5:47.39	6:35.19	6:01.89	6:51.69	400 Free	6:27.89	5:40.99	6:12.49	5:27.39	19/20	
12:54.79	15:10.39	13:23.79	15:44.49	800 Free	15:17.89	13:01.19	14:41.29	12:29.99	7/8	
25:57.49	27:41.99	26:52.09	28:40.09	1500 Free	28:23.49	26:36.49	27:15.29	25:32.59	29/32	
1:33.79	1:24.49	1:37.69	1:27.99	100 Back	1:12.79	1:20.89	1:09.89	1:17.69	13/14	
3:45.09	3:22.59	3:56.39	3:32.79	200 Back	2:54.59	3:13.99	2:47.59	3:06.19	17/18	
1:39.69	1:29.79	1:43.89	1:33.49	100 Breast	1:23.79	1:33.09	1:20.49	1:29.39	21/22	
3:38.39	3:16.29	3:49.29	3:29.39	200 Breast	3:03.39	3:23.79	2:56.09	3:15.59	3/4	
1:24.69	1:16.29	1:28.19	1:19.39	100 Fly	1:08.89	1:16.49	1:06.09	1:13.49	23/24	
3:34.29	3:12.89	3:44.89	3:22.49	200 Fly	2:44.29	3:13.69	2:47.39	3:05.89	5/6	
3:18.29	2:58.49	3:26.59	3:05.99	200 IM	2:38.89	2:56.49	2:32.49	2:38.89	27/28	
7:01.19	7:47.99	8:11.39	7:22.29	400 IM	6:56.79	6:56.79	6:06.79	6:40.09	11/12	