**SANCTION**: Under sanction AK-201819-33 by USA Swimming (USAS) and Alaska Swimming, Inc. (ASI). In granting this sanction, it is understood and agreed that USA Swimming, Alaska Swimming, Inc. (ASI) and Central Area Swimming (CAS) shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**LOCATION**: Bartlett High School Pool

1101 Golden Bear Drive

Anchorage, Alaska 99504

**FACILITY/EQUIPMENT**: 50-meter, 8-lane pool, utilizing Keifer Flo-Thru lane lines. Two movable bulkheads divide the pool into a 25-yard competition course and a 25-yard warm-up-warm-down course. Colorado Timing System 6 will be used with Colorado touchpads, 2-button semi-automatic backup, 1-button manual Dolphin stopwatches, 8-lane CTS display, and horn and strobe light start. Bartlett is not a USAS Certified Pool as the competition course has not been certified in accordance with 104.2.2C (4) of the USAS Rules and Regulations. The pool depth at the deep start is: 12 ft; deep turn: 5 ft; shallow start: 4 ft; shallow turn: 4 ft 10 in.

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| **Competition Schedule** | **Preliminaries** | **Finals** |
| Thursday, April 25 | N/A | Warm-ups: 3:50 pm  Positive Check-in closes 4:30 pm  Competition: 5:00 pm |
| Friday, April 26 | Warm-ups: 8:30-9:50 am  Positive Check-in closes 9:30 am  Competition: 10:00 am | Warm-ups\*: 3:20-4:20 pm  Competition: 4:30 pm |
| Saturday, April 27 | Warm-ups: 7:30-8:50 am  Positive Check-in closes 8:30 am  Competition: 9:00 am | Warm-ups\*: 2:20-3:20 pm  Competition: 3:30 pm |
| Sunday, April 28 | Warm-ups: 7:30-8:50 am  Positive Check-in closes 8:30 am  Competition: 9:00 am | Warm-ups\*: 2:20-3:20 pm  Competition: 3:30 pm |

**\*The shallow end pool will be open continuously throughout the Finals session on Friday, Saturday and Sunday.**

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| **Meeting Schedule** | **Preliminaries** | **Finals** |
| Mandatory Coaches’ Meeting |  | Friday, April 27 - 8:15 am |
| Officials’ Meetings | Friday, April 26 - 9:15 am  Saturday, April 27 - 8:15 am  Sunday, April 28 - 8:15 am | Thursday, April 26 - 4:30 pm  Friday, April 27 - 3:45 pm  Saturday, April 28 - 3:00 pm  Sunday, April 29 - 3:00 pm |

**\*Remember - Bartlett High School starts at 7:30 am…so plan your drive time accordingly.**

**PRELIMS**: **Swum at BOTH ends of the pool, girls will be contested in the deep end Thursday and Saturday, boys will be contested in the deep end on Friday and Sunday.** During prelims, at the discretion of meet management, boys may have a break after each set of events with warm ups/warm downs in the small pool between pools, OR boys will compete in six lanes, leaving a one lane buffer and one lane for warm ups/warm downs. Swimmers will need to warm up/warm down in a timely manner to allow succeeding heats of swimmers room to warm up/warm down.

**FINALS** Age 11 & over: Swum at the deep end of the pool. For all final distance events, after positive check-in, events will be seeded at the discretion of meet management and may be swum at both ends of the pools.

**WARM UPS/ WARM DOWNS**: In accordance with ASI Procedures. Pool will close no later than 30 minutes after completion of last event for meet entrants. Warm up schedule and lane assignments will be determined by the meet referee once all entries have been received. Schedules/assignments will be forwarded to the coaches by email and posted on AK Swimming website prior the start of the meet.

**BREAKS**: A break of at least two hours shall be scheduled between the end of preliminaries and the start of finals with warm ups during the last hour.

**ELIGIBILITY**: Open to all swimmers currently registered with USAS and Alaska Swimming who have met or exceeded the qualifying time standards after January 1, 2018 in USA Swimming sanctioned or approved meets and time trials, or approved ASAA meets. Swimmers must swim in the age bracket corresponding to their age on the first day of the meet. Verification of athletes’ membership in USA Swimming shall be made by Alaska Swimming’s Registrar via registration reconciliation prior to the start of the meet. **Coaches’ verification due prior to beginning of the meet.** Penalties for falsifying membership shall be imposed per 2018-2019 Alaska Swim Guide.

**ADAPTIVE SWIMMERS**: Adaptive swimmers who have met the Alaska Swimming eligibility requirements are welcome and encouraged to participate. Coaches are responsible to contact the meet director and referee to confirm events, qualifying times and placements in advance.

**RULES:**

1. Current USAS and ASI Rules and Regulations govern this meet, and take precedence over any item contained in this invitation. Meet format will be Prelims and Finals. For 11/12 and 13/14 age groups, there will be one Championship heat that will compete in finals. The 15 and over age group will have one Championship heat and one consolation heat in finals. The 10 and Under age group will compete in all timed finals during prelims.
2. All individual events which require preliminary competition will be pre-seeded in accordance with USA 102.5.1. The following events shall be swum as indicated per ASI Article 3.E.2:
   * 1. The 400 IM and the 500, 1000 and 1650 Freestyle events shall be deck-seeded with positive check-in and shall be swum fastest to slowest with all ages combined. If there are insufficient officials to double-end, the boys’ and girls’ heats shall alternate with girls swimming first. Scoring by age group per ASI Article 3.E.2.
     2. All preliminary events will be swum at both ends of the pool. The 400 IM, 500, 1000, and 1650 Freestyle events MAY be swum at both ends of the pool at the discretion of meet management.
     3. During the 1650,1000, and 500 Freestyle events and the 400 IM, swimmers and coaches are responsible for lap counters and timers.

3. Relay events will be swum in accordance with USA Swimming Rules 102.3.

* + 1. All heats of the 400 Medley and 400 Freestyle relays shall be swum during prelims. Relay events may be combined at the referee’s discretion.
    2. A swim team may enter no more than (2) individually non-qualified swimmers per relay event.
    3. Relay swimmers (including relay only swimmers) must be listed on the recap sheet and must pay all fees.
    4. **COACHES PLEASE NOTE**: **Relay cards must be submitted to the Clerk of Course Table (deep end computer table) thirty minutes prior to each relay.** If changes have been made to the relay participants or their swim order after entries were submitted, these changes must be reflected by entering the first and last names of eligible relay swimmers on the relay card in their order of swim. **PINK & BLUE RELAY CARDS will be available at the Clerk of Course Table (deep end computer table).**  Only top 8 relay teams will be scored.

4. **10 & UNDER EVENTS**: Both individual and relay events will be swum as timed finals

during the preliminary sessions in the respective ends of the pool.

5.  **15/OLDER EVENTS**: Both a championship final and a consolation final heat will be

included for the 15 and older age group. Both heats will be scored. The order of heats

during the finals for a “preliminary & finals” event will be swum as consolation and

championship final in that order.

6. Swimmers 20 years or older on the first day of the meet may not advance beyond prelims

or score in timed finals, including relay events.

7. **TIME TRIALS**: Time trials shall be open only to swimmers entered in the meet. Time

trials may be conducted each day between prelims and finals at the discretion of the meet

management. **There is a $5 non-refundable charge per time trial due at the time of**

**sign-up-money for sign-ups will be collected at the deep end computer table.** The

tentative time trial schedule and procedure for entry shall be established at the first

coaches meeting of the meet. A coach desiring to time trial a swimmer shall make a

request to the meet referee who shall determine the timing and feasibility of conducting

the time trial. There shall be no guarantee that a requested time trial event will occur.

There will be no time trial over 200 yards, and the count cannot exceed the swimmers maximum number of swims per day or meet.

8. Unattached swimmers or swimmers with coaches unable to attend the meet must be

under the supervision of a USA-certified coach who has agreed to be responsible during the course of the meet. There will be no exhibition swimming.

9. **Scratches shall be delivered to the Clerk of Course Table (deep end computer table) no later than 9:30 AM for Friday’s events** **and no later than** **8:30 AM for Saturday’s and Sunday’s events.** Individual and relay scratch rules will be in accordance with ASI Article 3.A.9 & 10.

10.Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach,

must be certified by a USA Swimming member coach as being proficient in performing

racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

**RESTRICTIONS**

1. In accordance with USAS Rules and Regulations 202.4.9(H), the use of audio or visual   
   recording devices, including cell phones, is not permitted in changing areas,   
   restrooms or locker rooms.
2. **Municipal Pool safety guidelines mandate that there be no shaving on site.**
3. Deck suit changes are prohibited (202.4.9(I)).
4. All swimmers entered in the competition must comply with current USA Swimming   
   rules regarding swimwear.
5. 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. (202.4.9(J)

**ENTRY INFORMATION**:

1. **Swimmers may enter a maximum of three (3) events per day, with a total of seven (7) events for the meet, exclusive of relays**. Coaches are ultimately responsible for verifying the total number of events per swimmer for their team.

2. Relay entries: Clubs entering two or more relay teams in an event shall designate them as Team A, Team B, etc. Relay-only swimmers MUST pay all entry fees.

3. Events may be entered with a short course yards/meters, or long course meters entry time (SCY, SCM, LCM). DO NOT convert the times. Enter them as swum.

4. Entries, including all non-qualifying relay swimmers, must be submitted in Team Manager or Team Unify format sent by e-mail. A pre-built .HYV file for this meet is available on the ASI website at: www.akswimming.org

5. A current USAS registration number for each athlete must be provided with entries.

6. Teams must submit the following with their entries:

a. Hy-Tek or Team Unify meet entry report

b. Hy-Tek or Team Unify team entry fee report

7. **All entries must be Postmarked OR Emailed/ received no later than 6 p.m. Wednesday, April 17th, 2019** (see AK Swimming Rules and Regs.. Art. 3.A. 8b). **LATE ENTRIES will not be accepted**. **Meet Fees are due at Bartlett no later than Friday, April 26, 2019. Make checks payable to: Central Area Swimming. Entry fees are non-refundable.**

8. It is the individual club’s responsibility to confirm that entries have been received by meet management prior to the entry deadline.

**SUBMIT ENTRIES TO:**

**Becky Cook: becky@rbcook.net**

**(Please enter “JO Entries <<Team Name>” in the subject line)**

**7541 Soldotna Drive**

**Anchorage, AK 99507**

**907-223-7925**

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| **Type of Charge** | **Amount** | **Per** |
| Swimmer Surcharge | $5.00 | Per Swimmer |
| Facility Surcharge | $18.00 | Per Swimmer |
| Individual Event Fee | $3.25 | Per Event |
| Relay Event Fee | $7.50 | Per Relay |

**SCORING: All events:** 20-17-16-15-14-13-12-11 “A” Final

**15 & UP Consoles:** 9-7-6-5-4-3-2-1 “B” Final

**Relays:** 40-34-32-30-28-26-24-22 “A” Final

**AWARDS: Individuals:** 1st - 3rd Medals 4th-8th Ribbons

**Relays:** 1st - 3rd Meals

**HIGH POINT:** Boys: 1st-3rd (10&U, 11/12, 13/14, 15&O)

Girls: 1st-3rd (10&U, 11/12, 13/14, 15&O)

**TEAM AWARDS:** 1st-3rd combined scores

Team with highest percentage of individual best times

Team with most points per swimmer

**SWIMMER SEATING**: During the meet, space will be very limited on deck. Athletes, coaches, officials and volunteers only will be admitted to the deck. Parents and spectators are not allowed on deck.

**HOUSING**: No housing will be provided or coordinated by meet management for this meet. A list of local hotels & motels is attached for your convenience. If housing assistance is needed in the event of an emergency, please contact the Meet Director.

**TRAVEL ASSISTANCE**: Travel assistance for the Alaska Swimming, Inc. Junior Olympic Championship will be distributed on an equitable basis for all qualified participants attending the meet from areas outside the host area. Travel assistance forms are available on the Alaska Swimming website.

**CONCESSIONS/HOSPITALITY**: There will be a concession stand (Friday, Saturday and Sunday) for spectators, and a hospitality room for coaches, official, timers and all other volunteer workers.

**MEET DIRECTORS:**

**Wendy Kolberg** [**kolbergw@yahoo.com**](mailto:kolbergw@yahoo.com) **Phone: 602-369-4103**

**Angela Heaphy heaphy.angela@gmail.com**  **Phone: 703-473-6544**

**MEET REFEREE:**

**Jill Blackstone**  **blackstone@mtaonline.net Phone: 907-444-1762**

**ADMIN OFFICIAL:**

**Susan Oakley**  **susanjoie@gmail.com Phone: 907-830-7487**

**SAFETY MARSHAL:**

**David Kolberg** [**dhkolberg@yahoo.com**](mailto:dhkolberg@yahoo.com)

**OFFICIALS**: Officials from all areas are invited and encouraged to participate on deck at this meet. If you have officials that have an interest in volunteering services, please forward their names to Jill Blackstone at the e-mail address above.

We are applying for this to be a National Certification Qualifying meet. If interested in N2 or N3 Certification, applications for observation must be submitted to Jill Blackstone

(alaskaofficials@gmail.com) prior to the end of the first session.

An N3 evaluation to be valid it must be done over 4 sessions in the position. N2 Evaluations must be done over 3 sessions in the position. Recertification evaluations must each be done over two sessions. However, the official must work at least 4 sessions at the meet for advancement or recertification evaluation(s) to be valid.

**POOL MANAGEMENT REQUIREMENTS**:

1. **NO GLASS ON DECK** at any time.

2. Per USAS and ASD regulations, smoking or use of other tobacco products is NOT permitted before, during, or after the meet in any area on the deck, in the pool building, or outside, adjacent to the pool building.

3. **Swimming under the bulkhead will result in immediate disqualification and ejection from the entire meet**.

4. Municipality of Anchorage lifeguards are first responders to any emergency.

**PARKING**: Will be available in the Bartlett High School parking lot. **School will be in session on Friday. Please park in the far west half of the lot on Friday (as far from the Bartlett gym as possible), as the nearer lot will be in use for school buses during the day. Vehicles parked in the area used by the school buses will be towed at the owner’s expense.**

On Friday, Bartlett HS JROTC will be helping with parking on Friday.  **There will be a small fee for parking in the BHS parking lot as a fundraiser for JROTC on Friday only.**

**NOTE TO COACHES**: After-meet clean-up costs have increased and we may be charged to dispose of the garbage/trash that is generated. Please encourage your swimmers (and others in attendance) to utilize refillable beverage containers and to recycle disposable items such as paper, aluminum and plastic in the appropriate receptacles located around the facility. Please be certain the area your team uses on deck has been cleaned of all debris prior to leaving the area to include team decorations. We are now being charged pool time until the LAST individual leaves the pool building. Please clean up your area and instruct your swimmers and parents to leave the building promptly upon completion of the meet each day.

**Available for Download on the Alaska Swimming Website -** [**www.akswimming.org**](http://www.akswimming.org)

* Alaska Swimming and Junior Olympic Time Standards including SCM, LCM & SCY
* Officials Observation Application for N2 Certification
* Meet Entry Form
* Official’s Application of Officiate Form

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| **Girls Event #** | **Girls Qualifying Time** | **Age Group** | **Event Description** | **Boys Qualifying Time** | **Boys Event #** |
| **Day 1, Thursday April 25, 2019** | | | | | | |
| 1 | 23:07.29 SCY | 11/12 | 1650 Free **(1)** | 22:37.49 SCY | 2 |
| 1 | 21:43.19 SCY | 13/14 | 1650 Free **(1)** | 20:43.19 SCY | 2 |
| 1 | 21:26.19 SCY | 15 & UP | 1650 Free  **(1**) | 20:02.89 SCY | 2 |
| **Day 2, Friday April 26, 2019** | | | | | | |
| 3 | NT | 11/12 | 200 M. Rel. **(3)** | NT | 4 |
| 5 | NT | 13/14 | 200 M. Rel. **(3)** | NT | 6 |
| 7 | NT | 15 & UP | 200 M. Rel. **(3)** | NT | 8 |
| 9 | 47.49 SCY  53.99 LCM  52.49 SCM | 10 & U **(2**) | 50 Breast | 46.59 SCY  53.29 LCM  51.39 SCM | 10 |
| 11 | 39.99 SCY  45.49 LCM  44.19 SCM | 11/12 | 50 Breast | 39.59 SCY  45.39 LCM 43.69 SCM | 12 |
| 13 | 1:22.39 SCY  1:34.99 LCM 1:30.99 SCM | 13/14 | 100 Breast | 1:15.59 SCY  1:28.09 LCM 1:23.49 SCM | 14 |
| 15 | 1:20.69 SCY  1:32.49 LCM 1:29.19 SCM | 15 & UP | 100 Breast | 1:12.09 SCY  1:23.49 LCM 1:19.59 SCM | 16 |
| 17 | 41.89 SCY  48.89 LCM  46.29 SCM | 10 & U **(2)** | 50 Back | 42.39 SCY  49.19 LCM  46.79 SCM | 18 |
| 19 | 35.59 SCY  41.19 LCM  39.29 SCM | 11/12 | 50 Back | 35.29 SCY  40.89 LCM  38.99 SCM | 20 |
| 21 | 2:35.39 SCY  2:59.39 LCM 2:51.69 SCM | 13/14 | 200 Back | 2:25.89 SCY  2:49.69 LCM  2:41.19 SCM | 22 |
| 23 | 2:32.39 SCY  2:55.59 LCM  2:48.39 SCM | 15 & UP | 200 Back | 2:19.19 SCY  2:41.39 LCM  2:33.79 SCM | 24 |
| 25 | 1:39.09 SCY  1:52.99 LCM  1:49.49 SCM | 10 & U **(2)** | 100 Fly | 1:37.99 SCY  1:51.39 LCM 1:48.29 SCM | 26 |
| 27 | 1:18.29 SCY  1:28.49 LCM 1:26.49 SCM | 11/12 | 100 Fly | 1:16.49 SCY  1:26.29 LCM 1:24.49 SCM | 28 |
| 29 | 2:37.89 SCY  2:59.49 LCM 2:54.49 SCM | 13/14 | 200 Fly | 2:26.99 SCY  2:49.19 LCM 2:42.49 SCM | 30 |
| 31 | 2:34.89 SCY  2:54.79 LCM 2:51.09 SCM | 15 & UP | 200 Fly | 2:20.59 SCY  2:40.39 LCM 2:35.39 SCM | 32 |
| 33 | 35.19 SCY  39.89 LCM 38.89 SCM | 10 & U **(2)** | 50 Free | 34.49 SCY  39.49 LCM 38.09 SCM | 34 |
| 35 | 31.49 SCY  35.79 LCM 34.69 SCM | 11/12 | 50 Free | 30.29 SCY  34.69 LCM  33.39 SCM | 36 |
| 37 | 30.29 SCY  34.59 LCM 33.49 SCM | 13/14 | 50 Free | 27.89 SCY  31.99 LCM 30.79 SCM | 38 |
| 39 | 29.79 SCY  33.79 LCM 32.89 SCM | 15 & UP | 50 Free | 26.79 SCY  30.19 LCM 29.59 SCM | 40 |
| 41 | 3:08.59 SCY  3:36.09 LCM 3:28.39 SCM | 11/12 | 200 Breast | 3:00.99 SCY  3:28.69 LCM 3:19.99 SCM | 42 |
| 43 | 7:35.49 SCY | 10 & U **(2)** | 500 Free **(4)** | 7:26.99 SCY | 44 |
| 43 | 6:38.39 SCY | 11/12 | 500 Free **(4)** | 6:27.49 SCY | 44 |
| 43 | 6:20.09 SCY | 13/14 | 500 Free **(4)** | 5:58.99 SCY | 44 |
| 43 | 6:12.09 SCY | 15 & UP | 500 Free **(4)** | 5:45.99 SCY | 44 |
| **Day 3, Saturday April 27, 2019** | | | | | | |
| 45 | NT | 10 & U **(2)** | 200 M. Rel **(5)** | NT | 46 |
| 47 | NT | 11/12 | 400 M. Rel **(5)** | NT | 48 |
| 49 | NT | 13/14 | 400 M. Rel **(5)** | NT | 50 |
| 51 | NT | 15 & U | 400 M. Rel. **(5)** | NT | 52 |
| 53 | NT | 11/12 | 200 Fr. Rel. **(6)** | NT | 54 |
| 55 | NT | 13/14 | 200 Fr. Rel. **(6)** | NT | 56 |
| 57 | NT | 15 & UP | 200 Fr. Rel. **(6)** | NT | 58 |
| 59 | 2:57.39 SCY  3:20.99 LCM 3:15.99 SCM | 10 & U **(2)** | 200 Free | 2:47.99 SCY  3:12.09 LCM 3:05.69 SCM | 60 |
| 61 | 1:08.29 SCY  1:18.49 LCM 1:15.49 SCM | 11/12 | 100 Free | 1:05.89 SCY  1:15.69 LCM 1:12.89 SCM | 62 |
| 63 | 1:05.79 SCY  1:15.39 LCM 1:12.69 SCM | 13/14 | 100 Free | 1:00.89 SCY  1:09.99 LCM 1:07.29 SCM | 64 |
| 65 | 1:04.59 SCY  1:13.59 LCM 1:11.39 SCM | 15 & UP | 100 Free | 58.39 SCY  1:07.09 LCM 1:04.49 SCM | 66 |
| 67 | 1:44.99 SCY  2:01.49 LCM 1:55.99 SCM | 10 & U **(2)** | 100 Breast | 1:41.89 SCY  1:57.69 LCM 1:52.59 SCM | 68 |
| 69 | 1:27.39 SCY  1:41.39 LCM 1:36.59 SCM | 11/12 | 100 Breast | 1:25.49 SCY  1:38.49 LCM 1:34.39 SCM | 70 |
| 71 | 2:58.29 SCY  3:25.59 LCM 3:16.99 SCM | 13/14 | 200 Breast | 2:45.59 SCY  3:11.59 LCM 3:02.99 SCM | 72 |
| 73 | 2:54.69 SCY  3:20.79 LCM 3:13.09 SCM | 15 & UP | 200 Breast | 2:36.59 SCY  3:02.49 LCM 2:53.09 SCM | 74 |
| 75 | 1:30.69 SCY  1:45.99 LCM 1:40.19 SCM | 10 & U **(2)** | 100 Back | 1:29.69 SCY  1:43.59 LCM 1:39.09 SCM | 76 |
| 77 | 1:18.49 SCY  1:31.09 LCM 1:26.69 SCM | 11/12 | 100 Back | 1:15.79 SCY  1:29.09 LCM 1:23.69 SCM | 78 |
| 79 | 1:11.69 SCY  1:23.59 LCM 1:19.19 SCM | 13/14 | 100 Back | 1:06.89 SCY  1:18.29 LCM 1:13.89 SCM | 80 |
| 81 | 1:10.09 SCY  1:21.99 LCM 1:17.39 SCM | 15 & UP | 100 Back | 1:03.49 SCY  1:14.69 LCM 1:10.19 SCM | 82 |
| 83 | 1:31.69 SCY 1:41.29 SCM | 10 & U **(2)** | 100 IM | 1:29.39 SCY 1:38.79 SCM | 84 |
| 85 | 2:47.79 SCY  3:10.19 LCM 3:05.59 SCM | 11/12 | 200 Fly | 2:43.99 SCY  3:07.69 LCM 3:01.19 SCM | 86 |
| 87 | 5:56.79 SCY  6:48.29 LCM 6:34.19 SCM | 11/12 | 400 IM **(7**) | 5:46.39 SCY  6:39.39 LCM 6:22.79 SCM | 88 |
| 87 | 5:39.69 SCY  6:27.59 LCM 6:15.39 SCM | 13/14 | 400 IM **(7)** | 5:17.39 SCY  6:04.69 LCM 5:50.69 SCM | 88 |
| 87 | 5:31.99 SCY  6:18.79 LCM 6:06.89 SCM | 15 & UP | 400 IM **(7)** | 5:05.59 SCY  5:47.29 LCM 5:37.69 SCM | 88 |
| **Day 4, Sunday April 28, 2019** | | | | | | |
| 89 | NT | 10 & U **(2)** | 200 Fr. Rel. **(8)** | NT | 90 |
| 91 | NT | 11/12 | 400 Fr. Rel. **(8)** | NT | 92 |
| 93 | NT | 13/14 | 400 Fr. Rel. **(8)** | NT | 94 |
| 95 | NT | 15 & UP | 400 Fr. Rel. **(8)** | NT | 96 |
| 97 | 2:43.99 SCY  3:10.19 LCM 3:01.29 SCM | 11/12 | 200 Back | 2:40.29 SCY  3:06.49 LCM 2:57.19 SCM | 98 |
| 99 | 3:15.59 SCY  3:43.19 LCM  3:36.19 SCM | 10 & U **(2)** | 200 IM | 3:13.19 SCY  3:40.79 LCM  3:33.49 SCM | 100 |
| 101 | 2:47.79 SCY  3:11.49 LCM  3:05.39 SCM | 11/12 | 200 IM | 2:44.19 SCY  3:09.29 LCM  3:01.49 SCM | 102 |
| 103 | 2:39.19 SCY  3:03.39 LCM  2:55.89 SCM | 13/14 | 200 IM | 2:28.59 SCY  2:51.99 LCM 2:44.19 SCM | 104 |
| 105 | 2:36.19 SCY  2:59.69 LCM 2:52.59 SCM | 15 & UP | 200 IM | 2:21.79 SCY  2:43.99 LCM  2:36.69 SCM | 106 |
| 107 | 1:19.99 SCY  1:31.49 LCM 1:28.39 SCM | 10 & U **(2)** | 100 Free | 1:18.79 SCY  1:30.29 LCM 1:26.99 SCM | 108 |
| 109 | 2:29.69 SCY  2:50.39 LCM 2:45.39 SCM | 11/12 | 200 Free | 2:24.59 SCY  2:45.19 LCM 2:39.79 SCM | 110 |
| 111 | 2:22.19 SCY  2:42.59 LCM 2:37.19 SCM | 13/14 | 200 Free | 2:12.79 SCY  2:32.29 LCM 2:26.69 SCM | 112 |
| 113 | 2:19.19 SCY  2:38.69 LCM 2:33.79 SCM | 15 & UP | 200 Free | 2:07.49 SCY  2:26.09 LCM 2:20.89 SCM | 114 |
| 115 | 41.79 SCY  47.29 LCM 46.19 SCM | 10 & U **(2)** | 50 Fly | 40.49 SCY  45.99 LCM 44.79 SCM | 116 |
| 117 | 34.09 SCY  38.29 LCM 37.69 SCM | 11/12 | 50 Fly | 34.19 SCY  38.69 LCM 37.79 SCM | 118 |
| 119 | 1:11.39 SCY  1:21.09 LCM 1:18.89 SCM | 13/14 | 100 Fly | 1:06.39 SCY  1:15.49 LCM 1:13.29 SCM | 120 |
| 121 | 1:09.99 SCY  1:19.49 LCM 1:17.29 SCM | 15 & UP | 100 Fly | 1:03.39 SCY  1:11.79 LCM 1:10.09 SCM | 122 |
| 123 | 1:18.39 SCY 1:26.59 SCM | 11/12 | 100 IM | 1:14.99 SCY 1:22.89 SCM | 124 |
| 125 | 13:44.69 SCY | 11/12 | 1000 Free **(9)** | 13:30.19 SCY | 126 |
| 125 | 13:01.79 SCY | 13/14 | 1000 Free **(9)** | 12:23.89 SCY | 126 |
| 125 | 12:49.99 SCY | 15 & UP | 1000 Free **(9)** | 11:57.79 SCY | 126 |
| **Notes** | | | | | | |
| (1) | The 1650 Free is a consolidated, timed final – swum Thursday afternoon/evening. It will be double-ended, if number of officials will allow. Otherwise it will be swum in deep end in an alternating fashion with girls swimming first. Positive check in due by 4:30 pm to Clerk of Course. Those not checked in WILL be scratched. **Swimmers are responsible for providing timers and lap counters.** | | | | |
| (2) | All 10 & U events are swum as timed finals during the preliminary session. | | | | |
| (3) | The 11/12, 13/14, and 15 & Up 200 Med. Relay is a timed final event – swum at the beginning of finals. | | | | |
| (4) | The 500 Free is a consolidated, timed final event – swum at the end of prelims. Positive check will close at 9:30 am. Those not checked in WILL be scratched. **Swimmers are responsible for providing timers and lap counters.** | | | | |
| (5) | The 10 & U 200 Med. Relay and 11/12, 13/14, and 15 & Up 400 Med. Relays are timed final events– swum at the beginning of prelims. | | | | |
| (6) | The 11/12, 13/14, and 15 & Up 200 Free Relays are timed final events – swum at the beginning of finals. | | | | |
| (7) | The 400 IM is a consolidated, timed final – swum at the end of prelims. Positive check in due by 8:30 am to clerk of course. Those not checked in WILL be scratched. **Swimmers are responsible for providing timers.** | | | | |
| (8) | The 10 & U 200 Free Relay and 11/12, 13/14, and 15 & Up 400 Free Relays are timed final events– swum at the beginning of prelims. | | | | |
| (9) | The 1000 Free is a consolidated, timed final – swum at the end of prelims. Positive check in closes at 8:30 am. Those not checked in WILL be scratched. **Swimmers are responsible for providing timers and lap counters.** | | | | |

**EVENT LISTS**

**Anchorage Hotels and Motels:**

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| **Hotel** | **Phone** | **URL** |
| Comfort Inn Ship Creek, 11 Ship Creek Blvd. | 277-6887 | [www.comfortin.com](http://www.comfortin.com) |
| Dimond Center Hotel, 700 E. Dimond Blvd. | 770-5000 | www.dimondcenterhotel.com |
| Fairfield Inn and Suites, 5060 A Street | 222-9000 | [www.marriot.com](http://www.marriot.com) |
| Hampton Inn, 4301 Credit Union Drive | 550-7000 | [www.hamptonanchorage.com](http://www.hamptonanchorage.com) |
| Clarion Suites Downtown, 1110 W. 8th Avenue | 222-5005 | [www.clarionhotel.com](http://www.clarionhotel.com) |
| Hilton Garden Inn, 4555 Union Square Drive | 729-7000 | [www.hgihotelanchorage.com](http://www.hgihotelanchorage.com) |
| Homewood Suites by Hilton, 101 W. 48th Ave. | 762-7000 | [www.homewoodanchorage.come](http://www.homewoodanchorage.come) |
| Motel 6, 5000 A Street | 677-8000 | [www.motel6.com](http://www.motel6.com) |
| Marriott Springhill Suites, Midtown, 3401 A Street | 562-3247 | [www.marriott.com](http://www.marriott.com) |
| Residence Inn Anchorage, Midtown, 1025 E. 35th Ave. | 563-9844 | [www.marriott.com](http://www.marriott.com) |
| Alaska Ramada Inn, 115 E. 3rd Ave. | 907-272-7561 | [www.ramada.com](http://www.ramada.com) |