



# PVS 2025 Short Course Senior Championships

March 6-9, 2025  
Sanction # PVS-25-81

Hosted for PVS by:



MEET DIRECTOR	MEET REFEREE	ADMINISTRATIVE REFEREE	ENTRY CHAIR
Tom Ugast <a href="mailto:tugast@nationscapitalswimming.com">tugast@nationscapitalswimming.com</a> Karyn McCannon <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>	Courtney Johnston <a href="mailto:courtjster@gmail.com">courtjster@gmail.com</a>	Karyn McCannon <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>	Karyn McCannon <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVS-25-81</b></li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Nation's Capital Swim Club, and University of Maryland, Eppley Recreation Center 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.</li> </ul>
<b>FACILITY</b>	<p style="text-align: center;"><b>University of Maryland College Park Campus</b> <b>Eppley Recreation Center</b> College Park, MD 20740 (301) 226-4400</p> <ul style="list-style-type: none"> <li>The competition pool at the University of Maryland is 50m x 25yd with two moveable bulkheads. There are two (2), eight (8) lane 25yd competition courses.</li> <li>Competition will be held in the shallow end course. The shallow end course runs wall to bulkhead and is 8' deep at the starting end and 10'6" deep at the turning end.</li> <li>Seven lanes of continuous warm down will be available.</li> <li>The meet host will ensure the required course dimensions.</li> </ul>
<b>PARKING</b>	<ul style="list-style-type: none"> <li>Parking information will be posted on the <a href="#">Potomac Valley Swimming website</a>. Cost of parking will be approximately \$15.00 per day.</li> </ul>
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>Tuesday, February 25, 2025, 5:00pm</b></p> <ul style="list-style-type: none"> <li><b>IMPORTANT:</b> The above date is the deadline for clubs to submit their entries to the Entry Chair. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</li> <li>Late entries will be accepted for a fee of \$150 per club plus two times the event entry fee. Deadline for late entries is Monday, March 3, 2025, at NOON.</li> </ul>

SCHEDULE		Warm Up	Events
ELIGIBILITY	<p><b>Thursday, March 6</b> Timed Finals</p> <p><b>Friday March 7</b> Preliminary Session Finals Session</p> <p><b>Saturday &amp; Sunday, March 9 &amp; 10</b> Preliminary Session Finals Session</p> <ul style="list-style-type: none"> <li>Meet Director, with concurrence of the PVS Senior Chair, reserves the right to adjust times/sessions after entries are received.</li> </ul>	<p>4:30 - 5:30pm</p> <p>7:00 – 8:20am 4:30 – 5:30pm</p> <p>7:00 – 8:20am 3:20 – 4:20pm</p>	<p>5:40pm</p> <p>8:30am 5:40pm</p> <p>8:30am 4:30pm</p>
SWIMMERS WITH A DISABILITY	<ul style="list-style-type: none"> <li>Open to all Potomac Valley Swimming registered athletes and invited USA Swimming Athletes.</li> <li>No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i> Article 302.</li> <li>Swimmers shall compete at the age attained on the first day of the meet.</li> <li>Non-PVS Clubs interested in participating should request an invitation from the PVS Senior Chair, Aaron Dean, <a href="mailto:SeniorChair@pvswim.org">SeniorChair@pvswim.org</a></li> <li>Swimmers must have equaled or bettered the applicable <a href="#">Qualifying Time</a> listed. Qualifying times must have been achieved on or after February 25, 2023. Qualifying times must have been achieved in a USA-Swimming sanctioned, observed, or approved meet.</li> <li>Qualifying times for swimmers with a disability are the USA-S 2024-2028 Parallel Time Standards – 15-16 AA times. <a href="#">Parallel Time Standards</a></li> </ul>		
INCLEMENT WEATHER	<ul style="list-style-type: none"> <li>PVS and host clubs along with their Meet Directors are committed to the <a href="#">Inclusion Policy</a> as adopted by the PVS BOD. Athletes with a disability are welcomed and are asked to provide advance written notice of desired accommodations/modifications to the Meet Director and Meet Referee. The athlete (or athlete’s coach) is also responsible for notifying the session Referee in writing of any desired accommodation/modifications prior to competition.</li> </ul>		
TIMING SYSTEM	<ul style="list-style-type: none"> <li>In the event of inclement weather, the Meet Director, Meet Referee and PVS Senior Chair will work with the facility manager to make any necessary changes. Information will be posted on the PVS web site and/or a Flash Mail will be sent out.</li> </ul>		
RULES	<ul style="list-style-type: none"> <li>Automatic Timing (touchpads primary) will be used.</li> <li>Current USA Swimming rules shall govern this meet.</li> <li>All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>No on-deck USA Swimming registration is permitted.</li> <li>In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms, or locker rooms. Per PVS policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</li> <li>Deck changes are prohibited.</li> <li>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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of</li> </ul>		

	<p>the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p> <ul style="list-style-type: none"> <li>● Operation of a drone or any other flying devices 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.</li> <li>● Dive-over starts will be used during the preliminary and timed finals sessions.</li> </ul>
<b>INDIVIDUAL EVENT RULES</b>	<ul style="list-style-type: none"> <li>● All individual events are prelims/finals, except for the 1000yd and 1650yd Freestyle events which are timed finals.</li> <li>● Top twenty-four (24) qualifiers from prelims advance to finals in all events 500 yards and shorter.</li> <li>● A swimmer may enter as many events as they qualify for but may compete in a maximum of 7 individual events and no more than 3 individual events per day.</li> <li>● Entry times will be verified through SWIMS. Coaches will be asked to provide proof of times when asked by the Meet Entry Chair for any time not found in SWIMS. Failure to prove such a time before the event will result in the swimmer being scratched from that event.</li> <li>● Distance Entries: Any swimmer who qualifies for the 1000 yd and/or 1650 yd freestyle events may enter at their fastest time or at the Time Standard.</li> <li>● Swimmers must provide their own counters (if desired) for the 500, 1000, and 1650 freestyle events.</li> <li>● Late entries will be accepted for a fee: \$150 per club plus two times the entry fee no later than Monday, March 3 by 12:00pm</li> <li>● No deck entries will be accepted.</li> </ul>
<b>RELAY EVENT RULES</b>	<ul style="list-style-type: none"> <li>● All relay events are timed finals.</li> <li>● A club may enter up to 3 relay teams per relay event. Relays will not be scored. The 200 yd Freestyle and Medley relays will be swum during the preliminary sessions. The 400 yd Freestyle and Medley relays will be swum during the finals sessions.</li> <li>● The fastest heat of the 800 yd Freestyle Relay will be swum in the finals sessions and the slower heats in the preliminary session. When checking in for the 800 yd Freestyle Relay, a club may indicate they want to swim in the preliminary sessions.</li> </ul>

<p><b>WITHDRAWING FROM FINALS</b></p>	<ul style="list-style-type: none"> <li>● National Championship scratch rules (USA Swimming Rules and Regulations, Rule 207.11.6) apply for swimmers scratching from finals.</li> <li>● If you do not want to swim in the Final, you must “scratch” from the event by following this procedure: <ul style="list-style-type: none"> <li>○ You must fill out and sign a Finals Scratch Slip within 30 minutes of the announcement of qualifiers for “A”, “B” and “C” finals, if scheduled.</li> <li>○ You may declare intent to “scratch”. You must fill out and sign a Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for “Intent”. If you declare an “intent to scratch” and do not wish to swim finals, you must confirm your scratch on the Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event.</li> </ul> </li> <li>● If an athlete fails to properly scratch from an event and does not appear for the “Final” event, they shall be barred from further competition for the remainder of the meet.</li> </ul>
<p><b>SEEDING AND POSITIVE CHECK IN</b></p>	<ul style="list-style-type: none"> <li>● The 1000 yd and 1650 yd Freestyle events and the 400 yd and 800 yd relay events are positive check in events. Athletes and relay teams must check in by the check-in deadline for the event to be seeded into the event. Athletes and relay teams not checked-in will not be seeded into the event. When checking in for the Women’s 1000 yd Freestyle, Men’s 1650 yd Freestyle, and the 800 yd Freestyle Relay athletes/clubs may indicate they want to swim in the preliminary sessions.</li> <li>● All other events will be seeded after the scratch/check-in deadlines listed below in accordance with <i>USA Swimming Rules and Regulations</i>, Rule 207.11.6(C). In all preliminary events or in any timed final event for which the swimmer has been positively checked in, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been scratched in accordance with deadlines listed below will be barred from all further individual and relay events of that day. The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the scratch deadline for that day’s events. <ul style="list-style-type: none"> <li>○ Check-in deadline for Thursday 1000yd/1650yd Freestyle is Thursday at 5:00 pm</li> <li>○ Scratch deadline for Friday events and positive check-in for 800 yd Freestyle Relay is Thursday 30 minutes after the start of Thursday’s timed finals events.</li> <li>○ Scratch deadline for Saturday events and positive check-in for 400 yd Medley Relay is Friday 30 minutes after the start of the finals session on Friday.</li> <li>○ Scratch deadline for Sunday events and positive check-in for 400 yd Freestyle Relay and Sunday 1000 yd/1650 yd Freestyle is Saturday 30 minutes after the start of the finals session on Saturday.</li> </ul> </li> <li>● SCY entry times are conforming times for this meet. LCM entry times are non-conforming times and will be seeded after SCY entries. NT entries will not be accepted. Bonus entries will be seeded last.</li> <li>● The preliminary session of the 500 yd Freestyle and the 400 yd Individual Medley will be swum as follows: If there are seven or more heats, the four fastest heats of women (slow to fast) will be followed by the four fastest heats of men (slow to fast). The remaining heats will be swum fast-to-slow, alternating women and men, after the relay events. If there are six or fewer heats, the events will be swum all women (slow-to-fast) then all men (slow-to-fast).</li> </ul>
<p><b>ORDER OF SWIMS</b></p>	<ul style="list-style-type: none"> <li>● Preliminary sessions will be swum concurrently with the PVS SC Junior Championships (“Junior Champs”).</li> <li>● Three heats of each individual event up to 500 yards in distance from Senior Champs and three heats from Junior Champs events will be swum at finals. Events from Senior Champs will alternate with the events from Junior Champs. Heats for Junior Champs will be swum in the</li> </ul>

	<p>following order: “C”, “B”, “A” and will be swum before the heats for Senior Champs. Heats for Senior Champs will be swum in the following order: “C”, “B”, “A”.</p> <ul style="list-style-type: none"> <li>• Heats of distance events (1000 yd and 1650 yd Freestyle) will be swum fastest to slowest, alternating women and men. The fastest seeded heat of the Women’s 1000 yd Freestyle and Men’s 1650 yd Freestyle will be the first event of the Sunday Finals session. When checking in for the Women’s 1000 yd Freestyle and Men’s 1650 yd Freestyle, swimmers may indicate they want to swim in the preliminary session. Swimmers in the 1000 yd and 1650 yd Freestyle, except for those swimming in the Final session on Sunday, are responsible for providing their own timer and counter if needed.</li> </ul>
<b>BONUS EVENTS</b>	<ul style="list-style-type: none"> <li>• Any athlete who is entered and qualified in one individual event may enter three bonus events. Athletes entered and qualified in 2 individual events may enter 2 bonus events. Athletes entered and meeting the qualifying time in three or more events may swim one bonus event.</li> <li>• Swimmers may only bonus the 1000 free if they have the 1650 free qualifying time and may only enter the 1650 free as a bonus if they have achieved the 1000 free qualifying time.</li> <li>• Athletes entering bonus events may compete in no more than the maximum number of individual events per day (3) or the meet (7).</li> <li>• All bonus entries <u>MUST</u> be designated as bonus entries in the entry file.</li> </ul>
<b>TIME TRIALS</b>	<ul style="list-style-type: none"> <li>• Time Trials will be held following the completion of the timed finals session on Thursday and after the completion of the preliminary sessions on Friday, Saturday and Sunday, time permitting.</li> <li>• An athlete must compete in an individual event in either Senior Champs or Junior Champs to participate in Time Trials.</li> <li>• Athletes are permitted one time trial event per time trial session provided that this participation does not cause them to exceed the three events per day limitation and two time trials total for the meet.</li> <li>• <b>The time trial fee is \$15/attempt; cash or check made out to PVS due at the time of sign up.</b></li> <li>• The order of time trial events will be those events contested that day followed by those events remaining to be contested, followed by those events already contested, except that time trials for the 1000 yd and 1650 yd Freestyle will only be offered on Thursday.</li> <li>• Time Trial events may be combined and re-ordered to maximize lane usage.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>• The prescribed PVS warm-up procedures and safety policies will be followed.</li> <li>• The warm-up schedule for Prelims and Finals sessions will be as follows: <ul style="list-style-type: none"> <li>○ Initial 30-50 minutes: All lanes are general warm-up</li> <li>○ Final 30 minutes: Lanes 1 and 8 are designated for pace; Lanes 2 and 7 are designated for sprint; Lanes 3 through 6 will remain general warm-up.</li> </ul> </li> <li>• During the meet there will be continuous warm-up/cool-down lanes. Marshals will be assigned to monitor these areas. If at any time conditions become unsafe, the area will be closed for the remainder of the session.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>• Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas.</li> <li>• No chairs will be allowed on deck for athletes. Coaches’ chairs will be permitted pending enough safe deck space is available.</li> </ul>
<b>MEDICAL ASSITANCE</b>	<ul style="list-style-type: none"> <li>• Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1</li> <li>• Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• Awards will be presented to the top three finishers following the A final from Senior Champs.</li> <li>• Teams Awards will be awarded based on team size: Large Teams, Medium Teams and Small Teams</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>• The meet will be available on Meet Mobile. Programs will be posted on the <a href="#">PVS website</a>.</li> </ul>
<b>SPECTATORS</b>	<ul style="list-style-type: none"> <li>• No spectators will be permitted on the competition pool deck, however seating is available for spectators as long as volunteer positions are fulfilled to run the meet.</li> </ul>

<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>● Individuals not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should always have proof of active USA Swimming membership with them.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>● This meet will be an Officials Qualifying Meet, under the USA Swimming National Certification program.</li> <li>● Officials wishing to volunteer should submit an <a href="#">Application to Officiate</a>. Any official interested in being evaluated must submit an Application to Officiate no later than February 18, 2025, noting the request for evaluation. You can review information about the National Certification Program on the <a href="#">USA Swimming Website</a>. Interested officials may also contact the Meet Referee: Courtney Johnston. Walk-on officials are welcome.</li> <li>● Each participating club is requested to provide at least one table worker or official (referee, starter or stroke &amp; turn judge) per session if entering 25 or more splashes.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>● Clubs will be required to provide timers in proportion to the number of entries they have in each session. An initial number of timers required per club and their lane assignments will be posted on the PVS website in mid-February. Timer requirements may be adjusted after all entries have been received.</li> <li>● Timers should report to the timers meeting 30 minutes before the start of each session.</li> <li>● All swimmers are required to provide a timer and a counter (if desired) for the 1000 yd and 1650 yd Freestyle events on Thursday afternoon and Sunday morning.</li> <li>● All swimmers are required to provide a timer for the 400 yd Individual Medley during preliminary sessions.</li> <li>● All swimmers are required to provide a timer and a counter (if desired) for the 500 yd Freestyle during preliminary sessions.</li> </ul>

<p><b>ENTRY PROCEDURES</b></p>	<ul style="list-style-type: none"> <li>● <b>All entry files must be sent to the Entry Chair, Karyn McCannon, <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a></b></li> <li>● Conforming (SCY) and Non-Conforming (LCM) times may be used for entry. Conforming times will be seeded first.</li> <li>● Individual Entries: Any qualifying time in the national database swum within the qualifying period may be used for entry.</li> <li>● Bonus events must be designated as bonus events prior to submitting entry files. Events not submitted as bonus events not meeting the time standard will be scratched with no notice.</li> <li>● <b>Proof for times annotated as unproven (*) must be provided to the Administrative Referee prior to the scratch deadline, or the swimmer will be scratched from that event.</b></li> <li>● Relay Entries: Ensure “relay only” athletes are included in the team entry roster. <ul style="list-style-type: none"> <li>○ There are no qualifying times for the 200 yd relays.</li> </ul> </li> <li>● Teams Entering Unattached Athletes: Teams may enter athletes with an unattached status.</li> <li>● Individual Unattached Athletes may enter individually. <ul style="list-style-type: none"> <li>○ <b>Payment for unattached athletes is due in advance of the start of the meet.</b> Contact the Meet Entry Chair for payment instructions.</li> </ul> </li> <li>● Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100 and no further entries will be accepted from that club until the said fine is paid.</li> </ul>
<p><b>ENTRY FEES</b></p>	<p style="text-align: center;">Per Swimmer Surcharge: \$10.00                      Relay event fee: \$20.00  Individual event fee:            \$12.50                      Deck entries:    NA</p> <ul style="list-style-type: none"> <li>● Clubs will be invoiced by PVS for entry fees after completion of the meet. Payment will be due upon receipt of invoice. The invoice will outline the methods of payments and where to send a check.</li> </ul>

# PVS 2025 Short Course Senior Championships

March 6-9, 2025

## Thursday, March 6, 2025

Warm up: 4:30-5:30 pm, Events: 5:40 pm

Women's Event #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
1	18:21.99	18:26.59	1650 yd Freestyle			
			1000 yd Freestyle	10:08.99	9:02.59	2
Positive check-in deadline for all events is 5:00 pm. All swimmers must provide their own timer and counter.						

## Friday, March 7, 2025

Prelims: Warm up: 7:00-8:20 am, Events: 8:30 am

Finals: Warm up: 4:30-5:30, Events: 5:40 pm

Women's Event #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
3	1:01.09*	1:09.39*	50 yd Backstroke*	55.39*	1:04.79*	4
5	1:58.29	2:13.29	200 yd Freestyle	1:48.09	2:03.19	6
7	1:10.99	1:20.49	100 yd Breaststroke	1:02.99	1:13.19	8
9	1:00.99	1:08.19	100 yd Butterfly	54.49	1:02.09	10
11	4:46.99	5:26.49	400 yd Individual Medley	4:22.99	4:59.99	12
<b>10 minute Break</b>						
13	8:20.99		800 yd Freestyle Relay	7:30.99		14
<b>Positive Check-in deadline for 800 yd Freestyle Relay is Thursday, 6:10 pm</b> Swimmers must provide their own timer for the 400 yd Individual Medley *For 50 Backstroke the 100 Backstroke QT will be used to qualify Break will be 10 minutes and the competition pool will be open for Warm-ups.						



## Saturday, March 8, 2025

Prelims: Warm up: 7:00-8:20 am, Events: 8:30 am

Finals: Warm up: 3:20-4:20, Events: 4:30 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
15	1:00.99*	1:08.19*	50 Butterfly*	54.49*	1:02.09*	16
17	2:31.29	2:50.09	200 yd Breaststroke	2:17.59	2:37.29	18
19	25.39	28.59	50 yd Freestyle	22.69	25.99	20
21	1:01.09	1:09.39	100 yd Backstroke	55.39	1:04.79	22
23	2:14.09*	2:32.59*	100 Individually Medley*	2:01.99*	2:20.29*	24
25	5:14.99	4:41.99	500 yd Freestyle	4:51.99	4:20.19	26
10 minute break (prelims only)						
27	1:48.99		200 yd Freestyle Relay (prelims only)	1:36.99		28
<b>10 minute Break (finals only)</b>						
29	4:20.99		400 yd Medley Relay (finals only)	3:55.99		30
<p style="color: red; margin: 0;"><b>Positive Check-in deadline for 400 yd Medley Relay is 30 minutes after the start of Finals on Friday</b></p> <p style="margin: 0;">*For the 100 IM, the 200 IM QT will be used to qualify</p> <p style="margin: 0;">Swimmers must provide their own timer and counter for the 500 yd Freestyle</p> <p style="margin: 0;">Break will be 10 minutes and the competition pool will be open for Warm-ups.</p>						

## Sunday, March 9, 2025

Prelims: Warm up: 7:00-8:20 am, Events: 8:30 am

Finals: Warm up: 3:20-4:20, Events: 4:30 pm

Women's Events #	SCY QT	LCM QT	Event	SCY QT	LCM QT	Men's Event #
31	1:10.99*	1:20.49*	50 yd Breaststroke*	1:02.99*	1:13.19*	32
33	2:12.29	2:29.79	200 yd Backstroke	2:01.79	2:19.79	34
35	54.99	1:01.89	100 yd Freestyle	49.19	56.29	36
37	2:16.09	2:33.49	200 yd Butterfly	2:03.39	2:18.29	38
39	2:14.09	2:32.59	200 yd Individual Medley	2:01.99	2:20.29	40
<b>10 minute break – Prelims Only</b>						
41	4:20.99**		200 yd Medley Relay (prelims only)	3:55.99**		42
<b>10 minute Break – Finals Only</b>						
43	3:50.99		400 yd Freestyle Relay (finals only)	3:31.99		44
<b>15 minute Break</b>						
45	10:56.99	9:37.79	1000 yd Freestyle			
			1650 yd Freestyle	17:20.99	17:45.69	46
<p style="color: red; margin: 0;"><b>Positive Check-in deadline for 400 yd Freestyle Relay is 30 minutes after the start of Finals on Saturday</b></p> <p style="color: red; margin: 0;"><b>Positive Check-in deadline for 1000 yd and 1650 yd Freestyle is 30 minutes after the start of Finals on Saturday</b></p> <p style="margin: 0;">*For 50 Breast, the 100 Breast QT will be used to qualify</p> <p style="margin: 0;">**200 medley relays must use 400 medley relay times to qualify</p> <p style="margin: 0;">The competition pool will be open for Warm-ups during breaks.</p> <p style="margin: 0;">Swimmers must provide their own timer and counter for the 1000 yd and 1650 yd Freestyle during prelims</p>						