

Important Information

Due to the large number of entries into the 400 Freestyle changes have been implemented for Friday night's session; ONLY the 400 Free will swim Friday night. Reminder: the 400 Free alternates girls/boys fast to slow. The 200 Backstroke and 200 Butterfly have been moved to the Saturday and Sunday sessions and separated into 12 & under and 13 & over events.

12 & Under

200 Back is Saturday – follows 200 Breast

200 Fly is Sunday – follows 100 Back

13 & Over

200 Fly is Saturday – follows 50 Free

200 Back is Sunday – follows 100 Fly

For those swimmers in the events that were moved (200 Back or 200 Fly) who may now exceed the event limit for the day, they will not be penalized.

If you know of ANY scratches at this time please email them to me ASAP.

There will be NO deck entries allowed.

Swimmers MUST provide their own timer for the 400 Free and 400 IM.

Warm-Up and Start Time Changes

Friday Night – 400 Free: 3:30 – 4:20 PM, Start 4:30 PM

Sunday 13&O session: 10:30 – 11:20 AM, Start 11:30 AM

Warm-Up Breaks

There will be several 10 minute breaks in all session. For Friday night after the event is seeded the breaks will be posted as to when they will occur. The plan is to have one about 1/3 of the way and one 2/3 of the way through the meet.

Positive Check-In

All events will now be positive check-in. Please do not check in a swimmer who is not present. There is a penalty for a swimmer who is checked in but fails to swim.

Friday Night:

Events 1-2: 4:05 PM

Saturday Morning 12 & Under:

Events 3-6: 6:30 AM

Events 7-10: 7:30 AM

Events 11-14: 8:30 AM

Events 15-16: 9:30 AM

Saturday Afternoon 13 & Over:

Events 17-18: 1 PM

Events 19-22: 2 PM

Events 23-26: 3 PM

Events 27-28: 4 PM

Sunday Morning 12 & Under:

Events 29-32: 6:30 AM

Events 33-36: 7 AM

Events 37-40: 8 AM

Sunday Afternoon 13 & Over:

Events 41-44: 11 AM

Events 45-48: 12 PM

Events 49-50: 1:30 PM