



# DMV Senior Showcase

**February 20-22, 2021**

**Sanction # PVI-21-165**

**VSI Sanction # VS-21-141DS**



<b>MEET DIRECTOR</b> Aaron Dean <a href="mailto:meets@swimoccs.org">meets@swimoccs.org</a>	<b>MEET REFEREE</b> Jan van Nimwegen <a href="mailto:jnimwegen@earthlink.net">jnimwegen@earthlink.net</a>	<b>CLUB OFFICIALS CHAIR</b> Jorge Zamora <a href="mailto:zamjr4@gmail.com">zamjr4@gmail.com</a> <a href="#">Officials Signup</a>
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<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-21-165</b> and Virginia Swimming, Inc: <b>VS-21-141DS</b>.</li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Inc., Occoquan Swimming, and Central Park Aquatic 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>
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<b>FACILITY</b>	<b>SATURDAY &amp; SUNDAY</b> <b>Freedom Aquatic &amp; Fitness Center</b> 9100 Freedom Center Blvd Manassas, VA 20110	<b>MONDAY</b> <b>Central Park Aquatic Center</b> <b>(Occoquan Swim Academy)</b> 10371 Central Park Drive Manassas, VA 20110
	<ul style="list-style-type: none"> <li>Competition: <b>8 or 10 lanes</b>, 25 yards</li> <li>Warm up: 21 lanes, 25 yards</li> <li>Water depth range of 13'6" at the starting end and 6'2" at the turning end.</li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li> </ul>	<ul style="list-style-type: none"> <li>8 lanes, 25 yards</li> <li>Water depth range of 7.0' at the starting end and 6'7" at the turning end.</li> <li>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). The copy of such certification is on file with USA Swimming.</li> </ul>

<b>ENTRY DEADLINE</b>	<b>Tuesday, February 9, 2021, 8:00pm</b> IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.
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<b>SCHEDULE</b>	<b>Saturday, February 20</b>	<b>Warm Ups (A Shift)</b>	<b>Warm Ups (B Shift)</b>	<b>Events</b>
	13-14 Girls Prelims	7:00am-7:35am	x	7:40am
	13-14 Boys Prelims	9:10am-9:45am	x	9:50am
	15 & Over Girls Prelims	11:00am-11:25am	<b>11:30am-11:55am</b>	12:00pm
	15 & Over Boys Prelims	1:30-2:05pm	x	2:10pm
	13-14 Finals	3:50pm-4:25pm	x	4:30pm
	15 & Over Finals	6:00pm-6:35pm	X	6:40pm
	<b>Sunday, February 21</b>	<b>Warm Ups (A Shift)</b>	<b>Warm Ups (B Shift)</b>	<b>Events</b>
	13-14 Girls Prelims	7:00am	x	7:40am
	13-14 Boys Prelims	9:20am	x	10:00am
	15 & Over Girls Prelims	11:30am-11:55am	<b>12:00pm-12:25pm</b>	12:30pm
	15 & Over Boys Prelims	2:20pm-2:55pm	x	3:00pm
	13-14 Finals	4:40pm-5:15pm	x	5:20pm
	15 & Over Finals	6:55pm-7:30pm	x	7:35pm

	<p><b>Monday, February 22 – at Central Park Aquatic Center</b></p> <table border="1"> <tr> <td>13-14 Girls Timed Finals</td> <td>8:00am-8:55am</td> <td>9:00am</td> </tr> <tr> <td>13-14 Boys Timed Finals</td> <td>10:30am-11:25am</td> <td>11:30am</td> </tr> <tr> <td>17 &amp; O Girls &amp; Boys Timed Finals</td> <td>1:00pm-1:55pm</td> <td>2:00pm</td> </tr> <tr> <td>15-16 Girls Timed Finals</td> <td>3:30pm-4:25pm</td> <td>4:30pm</td> </tr> <tr> <td>15-16 Boys Timed Finals</td> <td>6:00pm-6:55pm</td> <td>7:00pm</td> </tr> </table> <p><b>WARM UP STRUCTURE – SATURDAY &amp; SUNDAY</b></p> <ul style="list-style-type: none"> <li>Warm up lanes will be assigned for the 13-14 sessions for the first 25 minutes; the last 10 minutes start and pace lanes will be designated.</li> <li>Warm up lanes for the 15 &amp; over girls will be assigned shifts for the competition pool and some of the non-competition lanes, the rest of the pool will be open for warm ups. During the second shift at least two lanes in the competition pool will be designated for one way sprinting and at least one lane for pace.</li> <li>Warm up lanes for the 15 &amp; over boys will be unassigned and open for general warm up. As requested by coaches, lanes may be used for one way sprints or pace lanes during the final 15 min of assigned warm up times.</li> </ul> <p><b>WARM UP STRUCTURE – MONDAY</b></p> <ul style="list-style-type: none"> <li>Warm up lanes will be assigned.</li> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>	13-14 Girls Timed Finals	8:00am-8:55am	9:00am	13-14 Boys Timed Finals	10:30am-11:25am	11:30am	17 & O Girls & Boys Timed Finals	1:00pm-1:55pm	2:00pm	15-16 Girls Timed Finals	3:30pm-4:25pm	4:30pm	15-16 Boys Timed Finals	6:00pm-6:55pm	7:00pm
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all registered and invited Occoquan Swimming members and other teams from Maryland Swimming, PVS, or VSI should there be space available. 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> </ul>															
<b>DISABILITY SWIMMERS</b>	<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 notice of desired accommodations to the Meet Director. The athlete (or athlete’s coach) is also responsible for notifying the session referee of any disability prior to competition.</li> </ul>															
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>Automatic Timing (touchpads primary) will be used.</li> </ul>															
<b>COVID-19 CONSIDERATIONS</b>	<ul style="list-style-type: none"> <li>An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a 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.</li> <li>USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA 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 sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</li> <li>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, POTOMAC VALLEY SWIMMING, VIRGINIA SWIMMING INC., OCCOQUAN SWIMMING, GEORGE MASON UNIVERSITY FREEDOM AQUATIC &amp; FITNESS CENTER AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.</li> <li>We have taken enhanced health and safety for all attending this meet, however we cannot guarantee that you will not become infected with COVID-19. All attending this meet must follow all posted instructions while in attendance. An inherent risk of exposure to COVID-19 exists in any</li> </ul>															

	<p>public place where people are present. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.</p> <ul style="list-style-type: none"> <li>• By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the Commonwealth of Virginia, and Prince William County.</li> </ul>
<p><b>COVID-19 PROTOCOLS</b></p>	<ul style="list-style-type: none"> <li>• All attendees (athletes, coaches, officials, volunteers, spectators) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down.</li> <li>• Swimmers should bring a minimum of two masks and a container or waterproof type bag to place their mask in while swimming.</li> <li>• Athletes must arrive and depart in their suits. Locker room use is minimized to emergency use only.</li> <li>• Spectators will not be permitted into the facility. The meet will be live streamed on <a href="#">YouTube</a>.</li> <li>• Each session will be limited to 120 swimmers. Swimmers will be assigned to a seating area. Seating areas are marked to allow for social distancing.</li> <li>• Before entering the facility, participants are required to be able to answer the following questions and will only be permitted entrance if answering with 'no': <ul style="list-style-type: none"> <li>○ Do you feel any of the symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)?</li> <li>○ Has anyone in your family been sick or diagnosed with COVID-19?</li> <li>○ Has someone you've been in contact with been diagnosed with COVID-19 or been in contact with someone who has the past 14 days?</li> </ul> </li> <li>• Temperature readings will be taken for every person that enters the facility. Anyone with a temperature over 100.4 will not be permitted in the facility.</li> <li>• All adults entering the facility as coaches, officials, and volunteers are required to submit a health screening form and entrance waiver before entering the facility each day. The form and waiver must be completed no more than 12 hours prior to arrival at the facility.</li> <li>• One timer will be assigned to each lane as a backup timer. Markings will separate the swimmers from the timers while staging and entering/exiting the pool.</li> <li>• Additional sanitation will take place as well as sanitation stations will be available in various locations throughout the facility.</li> <li>• HEPA Filtration system will be placed on the pool deck and in high traffic rooms for additional air purification.</li> <li>• Chlorine is used to disinfect the water and adjacent surfaces constantly.</li> <li>• We request that all attendees notify the meet director as soon as possible if they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID-19 after attending the meet.</li> </ul>
<p><b>COVID-19 PROTOCOLS – FREEDOM CENTER</b></p>	<ul style="list-style-type: none"> <li>• Entry and exit for all participants, volunteers, and coaches will be through the patio side entrance. Athletes will enter from the 2<sup>nd</sup> patio door; coaches, officials, and volunteers will enter through the 1<sup>st</sup> patio door.</li> <li>• For warm-ups, swimmers for each session will be assigned to one of two warmup groups, no more than 105 swimmers in each group (5 swimmers/lane). Each group will be assigned an arrival time. Swimmers will not be permitted into the building prior to their arrival time. Swimmers will proceed to their assigned seating area, prepare to enter the pool, and follow marshals' and coaches' directions to enter the pool while respecting social distancing guidelines.</li> <li>• During warm-ups, swimmers will wear their masks until they reach their assigned warm up lane and entry end and just before they enter the pool. They will place their mask in their waterproof holder to store their mask while they swim. They will put their mask back on as soon as they exit the pool.</li> <li>• During competition, swimmers will wear their masks until they reach the starting blocks. They will place their mask in their waterproof holder to store their mask while they swim. They will put their mask back on before leaving the starting area.</li> </ul>

	<ul style="list-style-type: none"> <li>● Staging for swimmers during competition will be: <ul style="list-style-type: none"> <li>○ Heat 1 is at the blocks and will swim</li> <li>○ Heat 2 is along the race course on deck spaced by 6 feet and will remain there until Heat 1 is done swimming, exits the pool, and exits the area behind the blocks.</li> <li>○ Heat 3 is staging under the scoreboard/warm up pool until directed to move to where Heat 2 is standing (after Heat 1 is done swimming and out of the way and Heat 2 proceeds to the starting blocks).</li> </ul> </li> </ul>
<b>COVID-19 PROTOCOLS – CENTRAL PARK AQUATIC CENTER</b>	<ul style="list-style-type: none"> <li>● Entry for all participants, volunteers and coaches will be through the main pool entrance, exit will be through the Bistro doors or out any pool door exit.</li> <li>● One-way traffic will be maintained on the pool deck. Swimmers will leave their assigned spot, walk along the turn end of the pool, down the lane 1 side of the pool, and continue behind the blocks.</li> <li>● For warm-ups, swimmers for each session will be assigned to one of two warm-up groups, no more than 48 swimmers in each group. Each group will be assigned an arrival time. Swimmers will not be permitted into the building prior to their arrival time. Swimmers will proceed to their assigned seating area, prepare to enter the pool, and follow marshals’ and coaches’ directions to enter the pool while respecting social distancing guidelines.</li> <li>● During warm-ups, swimmers will wear their masks until they reach the end of the pool. Just before entering the pool, they will hang their mask on a hook on the starting block or on the wall or they may bring their own plastic bag to store their mask while they swim. They will put their mask back on as soon as they exit the pool.</li> <li>● Staging for swimmers during competition will be: <ul style="list-style-type: none"> <li>○ Heat 1 is at the blocks and will swim.</li> <li>○ Heat 2 is under the scoreboard spaced by 6 feet and will remain there until Heat 1 is done swimming, exits the pool and exits the area behind the blocks.</li> <li>○ Heat 3 is staging under the flag until directed to move to under the scoreboard (after Heat 1 is done swimming and out of the way and Heat 2 proceeds to the starting blocks).</li> </ul> </li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>● Current USA Swimming rules, including the <a href="#">Minor Athlete Abuse Prevention Policy</a> (“MAAPP”), shall govern this meet.</li> <li>● No on-deck USA-S 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. 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.</li> <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 not be used.</li> <li>● The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 &amp; U events per Rule 205.3.1F.</li> <li>● No deck entries will be accepted.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>● All events on Saturday and Sunday are swum prelims &amp; finals except the 1650 free which is timed finals swum during the prelims sessions. All events on Monday are timed finals.</li> <li>● All swimmers must provide their own counter (if desired) for the 500 and 1650 yd Freestyle. Counters must be swimmers, coaches, or volunteers already present for the session.</li> </ul>

	<ul style="list-style-type: none"> <li>The 1650 free will be limited to two heats per age group and gender (top 20) based on entry times.</li> <li>All 50, 100 &amp; 200 yard events on Saturday and Sunday will offer finals to the top 16 finishers from prelims: <ul style="list-style-type: none"> <li>A Final – 8 swimmers; B Final 8 swimmers</li> <li>Finals will be swum B then A.</li> </ul> </li> <li>The 400 IM will offer finals to the top eight finishers; A final only.</li> <li>Swimmers may enter and compete in up to six (6) events throughout the weekend and no more than two events per day.</li> <li>Swimmers must swim in their designated age group based on their age on <b>February 20, 2021</b>.</li> <li>The meet director reserves the right to change the format of the meet to best accommodate the space and time for each session.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li><b>All events will be pre-seeded on Friday, February 19 at 12pm. All changes must be submitted no later than 8am on Friday, February 19.</b></li> </ul>
<b>WITHDRAWAL FROM FINALS</b>	<ul style="list-style-type: none"> <li>If you do not wish to swim in the Final, you may scratch from the final event by following this procedure: <ul style="list-style-type: none"> <li>You must email <a href="mailto:meets@swimoccs.org">meets@swimoccs.org</a> within 30 minutes of completion of the last preliminary event of the prelims session.</li> <li>Email must include: <ul style="list-style-type: none"> <li><b>CC: Coach's Email</b></li> <li><b>Subject: (event #) scratch</b></li> <li><b>Body of email:</b></li> <li><b>Swimmer's Name</b></li> <li><b>Swimmer's Age</b></li> <li><b>Swimmer's Club</b></li> <li><b>Event(s) being scratched</b></li> </ul> </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 their next individual event.</li> <li>There will be no alternates for finals.</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. The Meet Director may determine the structure of warm-up, including times/lane assignments.</li> <li>No more than 5 swimmers per lane (105 total) will be permitted and warm up protocol will be provided prior to the meet for coaches.</li> <li>Up to 11 lanes will be available throughout the meet for warm up and cool down. No more than 5 swimmers may be in any lane at any time.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> <li>Meet Marshals will be used to patrol the facility as well as help with crowd control and COVID regulation compliance.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>All preliminary events will be pre-seeded as championship circle seeding. The 1650 freestyle will be swum fast to slow in the preliminary session.</li> <li>Finals seeding will be take place after the withdrawal from finals deadline.</li> <li>The meet director may determine if combining sessions is needed to provide additional competitive opportunities and time between events.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>Team Scores will not be kept.</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>No individual awards will be provided.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Programs will not be sold, however the meet will be available on Meet Mobile and a meet program will be posted on the OCCS website by Friday, February 19, 2021.</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>Parents not working the meet as a deck official, volunteer timer or other position are not permitted in the facility. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.</li> </ul>

<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>• Officials interested in volunteering should complete the online <a href="#">Officials Signup</a> or contact Jorge Zamora (<a href="mailto:zamjr4@gmail.com">zamjr4@gmail.com</a>).</li> <li>• Officials’ briefing may be done virtually via Zoom prior to the meet. The meet referee will provide meeting details to all officials.</li> <li>• Only limited officials will be allowed in the facility. Early pre-meet sign-up is encouraged if you plan to help. Walk-on officials cannot be accommodated.</li> </ul>
<b>TIMERS &amp; VOLUNTEERS</b>	<ul style="list-style-type: none"> <li>• One timer per lane.</li> <li>• Timers and volunteers will be required to sign up prior to the meet and will be required to adhere to all COVID-19 mitigation processes as well as MAAPP policies.</li> <li>• Volunteer brief recording will be available.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• Entries should be submitted by email to the Meet Director, <a href="mailto:meets@swimoccs.org">meets@swimoccs.org</a>.</li> <li>• Include in the subject of the email, “DMV Senior Showcase- ****” with the club’s initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email.</li> <li>• Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>• In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>• Entries directly from individual team members will not be accepted.</li> <li>• Entries by phone or fax will not be accepted.</li> <li>• The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director.</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 by PVS and no further entries will be accepted from that club until the said fine is paid.</li> </ul>
<b>ENTRY FEES</b>	<p>Per Swimmer Facility Surcharge: \$17.50      Individual event fee: \$7.00  VSI Per Swimmer Surcharge: \$2.50</p> <ul style="list-style-type: none"> <li>• Make checks payable to <b>OCCS</b>. Checks may be mailed to:  10371 Central Park Drive  Manassas, VA 20110</li> <li>• Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.</li> </ul>

# DMV Senior Showcase

February 19-21, 2021

		February 22				February 20			February 21			
		F	MONDAY-Timed Finals Session 1	M			F	Saturday Session 7	M	F	Sunday Session 13	M
13-14 girls	1		100 fly		13-14 girls prelims	17	200 free		33	200 IM		
	3		500 free			19	100 breast		35	200 back		
	5		200 breast			21	100 back		37	200 fly		
	7		100 free			23	400 IM		39	50 free		
										41	1650 free*	
		Session 2				Session 8			Session 14			
13-14 boys			100 fly	2	13-14 boys prelims		200 free	18		200 IM	34	
			500 free	4			100 breast	20		200 back	36	
			200 breast	6			100 back	22		200 fly	38	
			100 free	8			400 IM	24		50 free	40	
											1650 free*	42
		Session 3				Session 9			Session 15			
17 & over boys & girls	9		100 fly	10	15 & over girls prelims	25	200 free		43	200 IM		
	11		500 free	12		27	100 breast		45	200 back		
	13		200 breast	14		29	100 back		47	200 fly		
	15		100 free	16		31	400 IM		49	50 free		
										51	1650 free*	
		Session 4				Session 10			Session 16			
15-16 girls	51		100 fly		15 & over boys prelims		200 free	26		200 IM	44	
	52		500 free				100 breast	28		200 back	46	
	53		200 breast				100 back	30		200 fly	48	
	54		100 free				400 IM	32		50 free	50	
											1650 free*	52
		Session 5				Session 11			Session 17			
15-16 boys			100 fly	55	13-14 finals	17	200 free	18	33	200 IM	34	
			500 free	56		19	100 breast	20	35	200 back	36	
			200 breast	57		21	100 back	22	37	200 fly	38	
			100 free	58		23	400 IM	24	39	50 free	40	
						Session 12			Session 18			
						15 & over finals	25	200 free	26	43	200 IM	44
				15 & over finals	27		100 breast	28	45	200 back	46	
					15 & over finals		29	100 back	30	47	200 fly	48
							15 & over finals	31	400 IM	32	49	50 free

\*1650 free may be limited to the fastest 20 swimmers entered and will be swum in prelims session only

Sessions may be altered, combined, split or changed based on maintaining local and state regulations as well as manageable timeline.