



Swim & Rock

November 19-21, 2021
Sanction # PVI-22-28



<p style="text-align: center;">MEET DIRECTOR</p> <p>Melanie McKula, admin@seadevils.org, 703-283-1182</p>	<p style="text-align: center;">MEET REFEREE</p> <p>Kelly Rowell kmcr.pvs@gmail.com</p>	<p style="text-align: center;">CLUB OFFICIALS CHAIR</p> <p>Melanie McKula, admin@seadevils.org, 703-283-1182 Official's Sign-Up</p>
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-22-28. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, the Capitol Sea Devils and Oak Marr Rec 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.
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FACILITY	<p style="text-align: center;">Oak Marr Rec Center 3200 Jermantown Rd Oakton, VA 22124 (703) 281-6501</p> <ul style="list-style-type: none"> Oak Marr Rec Center pool is 50m x 25 yds with two movable bulkheads. Competition will be held on two courses, one for boys and one for girls. Continuous warm up/cool down will be available. Course 1 (boys, 7 lanes) has a depth of 7'3" at the start & turn end of lane 1 and 5' at the start & turn end of lane 7. Course 2 (girls and finals, 8 lanes) has a depth of 13'6" at the start & turn end of lane 1 and 7'3" at the start & turn end of lane 8. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
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ENTRY DEADLINE	Wednesday, November 3, 2021
	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.

SCHEDULE	<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th></th> <th>WARM-UPS</th> <th>EVENTS</th> </tr> </thead> <tbody> <tr> <td colspan="3">FRIDAY</td> </tr> <tr> <td>11 & Over Prelims*</td> <td>6:30 – 7:50 am</td> <td>8:00 am</td> </tr> <tr> <td>Distance*</td> <td>Immediately following 11 & Over Session</td> <td>12:00 pm</td> </tr> <tr> <td>11 & Over Finals</td> <td>5:00 – 5:50 pm</td> <td>6:00 pm</td> </tr> <tr> <td colspan="3">SATURDAY</td> </tr> <tr> <td>13 & Over Prelims</td> <td>6:30 – 7:50 am</td> <td>8:00 am</td> </tr> <tr> <td>11 - 12 Prelims</td> <td>11:00 – 11:50 am</td> <td>Noon</td> </tr> <tr> <td>9 – 10 Timed Finals*</td> <td>1:30 – 2:00 pm</td> <td>2:10 pm</td> </tr> <tr> <td>11 & Over Finals</td> <td>5:00 – 5:50 pm</td> <td>6:00 pm</td> </tr> <tr> <td colspan="3">SUNDAY</td> </tr> <tr> <td>13 & Over Timed Finals</td> <td>7:00 – 8:10 am</td> <td>8:20 am</td> </tr> <tr> <td>11 – 12 Timed Finals*</td> <td>12:00 – 12:50 pm</td> <td>1:00 pm</td> </tr> <tr> <td>9 – 10 Timed Finals*</td> <td>3:40 – 4:10 pm</td> <td>4:20 pm</td> </tr> </tbody> </table> <p style="text-align: center;">*Session Combined: Boys and Girls will swim in one course (8 lane side)</p> <ul style="list-style-type: none"> The Meet Director reserves the right to adjust times/sessions after entries are received. 		WARM-UPS	EVENTS	FRIDAY			11 & Over Prelims*	6:30 – 7:50 am	8:00 am	Distance*	Immediately following 11 & Over Session	12:00 pm	11 & Over Finals	5:00 – 5:50 pm	6:00 pm	SATURDAY			13 & Over Prelims	6:30 – 7:50 am	8:00 am	11 - 12 Prelims	11:00 – 11:50 am	Noon	9 – 10 Timed Finals*	1:30 – 2:00 pm	2:10 pm	11 & Over Finals	5:00 – 5:50 pm	6:00 pm	SUNDAY			13 & Over Timed Finals	7:00 – 8:10 am	8:20 am	11 – 12 Timed Finals*	12:00 – 12:50 pm	1:00 pm	9 – 10 Timed Finals*	3:40 – 4:10 pm	4:20 pm
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ELIGIBILITY	<ul style="list-style-type: none"> • Open to all invited Potomac Valley Swimming registered athletes from YORK, MAKO, SDS, FISH, SNOW, and FFX. • Open to all invited swimmers from Virginia Swimming registered athletes from RAYS. • Open to all invited swimmers from Maryland Swimming registered athletes from JCC-MD. • 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.
DISABILITY SWIMMERS	<ul style="list-style-type: none"> • PVS and host clubs along with their meet directors are committed to the Inclusion Policy 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.
TIMING SYSTEM	<ul style="list-style-type: none"> • Automatic timing (touchpads primary) will be used.
COVID-19 CONSIDERATIONS	<ul style="list-style-type: none"> • 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. • 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. • 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, THE CAPITOL SEA DEVILS AND OAK MARR REC 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. • We have taken enhanced health and safety measures 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 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. • 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 Fairfax County.
COVID-19 PROTOCOLS	<ul style="list-style-type: none"> • Before registering your young swimmer, please consider that they can manage themselves for the duration of the meet session with just their coach overseeing them, including being able to visit the bathroom independently. • 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"> ○ Do you feel any symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)? ○ Has anyone in your family been sick or diagnosed with COVID-19 in the past 14 days? ○ Has someone you’ve been in contact with been diagnosed with COVID-19 or been in contact with someone who has in the past 14 days? • Each session will be limited to 500 swimmers.

	<ul style="list-style-type: none"> Locker room use should be minimized. Locker room use will be limited to restroom use only. No one with symptoms of COVID-19 is permitted in the facility. Athletes should arrive and depart in their suits if possible. All attendees (athletes, coaches, officials, and volunteers) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down. Spectators are not permitted. The competition will be live-streamed on the SDS Facebook page.
RULES	<ul style="list-style-type: none"> Current USA Swimming rules shall govern this meet. All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. No on-deck USA Swimming registration is permitted. 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. Deck changes are prohibited. 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. 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. Dive-over starts will be used. 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 & U events per Rule 205.3.1F.
EVENT RULES	<ul style="list-style-type: none"> No Deck Entries will be accepted. On Friday, swimmers aged 11-12 may swim in either the prelims/finals session OR the distance session. All 11 & Over events on Friday and Saturday, with the exception of the 1000yd and 1650yd Freestyle events are prelims/finals. The 1000yd and 1650yd Freestyle events are Timed Finals. All 9-10 events are Timed Finals. All events on Sunday are Timed Finals. 11 & over contestants are limited to a total of (7) seven events: <ul style="list-style-type: none"> No more than 3 events on Friday. Up to 2 Events on Saturday Up to 3 Events on Sunday 9 & 10 contestants may enter a total of seven (7) events – one (1) distance event on Friday (500 free), up to 3 events on Saturday, & up to 3 events on Sunday. Fairfax County Park Authority limits the number of swimmers and overall number of persons in their aquatic facilities for safety reasons. EACH SESSION WILL BE LIMITED TO 500 SWIMMERS. ENTRIES WILL BE ACCEPTED BEGINNING October 27, 2021, ON A FIRST-COME, FIRST-SERVED BASIS. The Meet Manager will endeavor to inform invited teams promptly when the meet has been fully subscribed.

	<ul style="list-style-type: none"> Swimmers in the 1650, 1000, & 500 FREESTYLE must provide their own timer and counter (if desired). Counters and timers will be coaches, volunteers, and swimmers present at the meet. For 11-12 Age Group - A Final - Top eight (8) qualifiers from prelims swim in finals (Friday and Saturday events, unless noted as timed finals). For 13-14 & 15 & Over Age Groups - A & B Finals - Top sixteen (16) qualifiers from prelims swim in finals session. Order of Finals is B, A. There will only be the A Final (Top eight (8) qualifiers) for the 400 IM. All Distance event entries must submit proof of time. Please check the box for “proof of time” in the Hy-Tek meet entry report. Minimum provable times: <ul style="list-style-type: none"> For 13 & Older Athletes: The minimal provable time for 1000 yd (800M) Freestyle is 14:00:00 or must have a provable time of NST 6:30.00 in the 500 yd (400M) Freestyle; For 13 & Older Athletes: The minimal provable time for the 1650 yd Freestyle is 23:00.00 or a provable time of NST 13:30.00 in the 1000 yd Freestyle. Minimum provable times for 12 & Under Swimmers: <ul style="list-style-type: none"> A provable time of 7:20 must be swum in the 500 yd (400 M) Freestyle before entering the 1000 yd (800M) Freestyle. A provable time of 15:00:00 must be swum in the 1000 yd Freestyle before entering the 1650 yd Freestyle. 																		
WITHDRAWING FROM FINALS	<ul style="list-style-type: none"> If you do not wish to swim in the Final, you may “scratch” or declare your “intention to scratch” from the event by emailing seadevils1967@gmail.com within 30 minutes of the announcement of qualifiers for the event. <ul style="list-style-type: none"> Subject of email: FINALS {INTENT TO} SCRATCH: <event>, <swimmer name> EXAMPLES: FINALS SCRATCH: Event 21, Girl’s 15-18 200 Backstroke, Jane Smith OR FINALS INTENT TO SCRATCH: Event 21, Girl’s 15-18 200 Backstroke, Jane Smith Body of email should include swimmer’s first and last name, club, coach’s name, and event being scratched. When declaring an intent to scratch, the email should include the swimmer’s last preliminary event of the day. It is recommended that your coach is included on the email. 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.” 																		
POSITIVE CHECK IN	<ul style="list-style-type: none"> All events 200 yd and up will be positive check-in. All other events will be pre-seeded. Complete the 2021 Swim & Rock Positive Check-In to check in for these events. <table border="1" data-bbox="532 1371 1398 1738"> <thead> <tr> <th></th> <th>POSITIVE CHECK IN DEADLINE*</th> </tr> </thead> <tbody> <tr> <td colspan="2">FRIDAY</td> </tr> <tr> <td>1000 yd & 1650 yd Freestyle events</td> <td>11:15 am</td> </tr> <tr> <td>500 yd Freestyle events</td> <td>1:00 pm</td> </tr> <tr> <td colspan="2">SATURDAY</td> </tr> <tr> <td>13 & Over Prelims events</td> <td>7:45 am</td> </tr> <tr> <td colspan="2">SUNDAY</td> </tr> <tr> <td>13 & Over 500 yd Freestyle events</td> <td>8:15 am</td> </tr> <tr> <td>11 – 12 500 yd Freestyle events</td> <td>12:30 pm</td> </tr> </tbody> </table> <p>*Positive check-in schedule subject to change based on entries and timelines</p> <ul style="list-style-type: none"> Athletes who check-in prior to the specified time will be seeded into the event. Athletes who have checked-in, been seeded into the event, and fail to swim the event will be scratched from their next scheduled individual event, unless excused by the Meet Referee. 		POSITIVE CHECK IN DEADLINE*	FRIDAY		1000 yd & 1650 yd Freestyle events	11:15 am	500 yd Freestyle events	1:00 pm	SATURDAY		13 & Over Prelims events	7:45 am	SUNDAY		13 & Over 500 yd Freestyle events	8:15 am	11 – 12 500 yd Freestyle events	12:30 pm
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SEEDING	<ul style="list-style-type: none"> The 1000 yd, 1650 yd, and 9-10 500 yd Freestyle events will be swum as mixed events, seeded fastest to slowest. 																		

WARM-UP	<ul style="list-style-type: none"> 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.
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
AWARDS	<ul style="list-style-type: none"> Medals will be awarded for 1st through 8th place; ribbons will be awarded for 9th through 16th place. All swimmers entered in an individual event will receive a Swim & Rock 2021 Swim Cap & Swim Bag Tag.
PROGRAMS	<ul style="list-style-type: none"> Programs will be available via Meet Mobile, posted on the SDS website, and emailed to participating teams.
CREDENTIALS	<ul style="list-style-type: none"> Parents 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 have proof of active USA Swimming membership with them at all times.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> None. No spectators are permitted.
OFFICIALS	<ul style="list-style-type: none"> Each participating club is requested to provide at least one table worker or official (Referee Starter, Chief Judge or Stroke & Turn Judge) per session if entering 25 or more splashes. Officials interested in volunteering should complete the Official's Sign-Up or contact the Meet Referee, Kelly Rowell (kmcr.pvs@gmail.com). Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-ups.
TIMERS	<ul style="list-style-type: none"> Participating clubs are requested to provide timers in proportion to their entries. One timer is requested for each 25 entries. Swim & Rock Timer-Sign Up
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director. Include in the subject of the email, "Swim & Rock -****" 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. Include in entry email: entry file, report of entries by name, report of entries by event. In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact). Entries directly from individual team members will not be accepted. Entries by phone or fax will not be accepted. 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. 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.
ENTRY FEES	<p style="text-align: center;">Per Swimmer Surcharge: \$20 Individual event fee: \$10</p> <ul style="list-style-type: none"> Make checks payable to The Capitol Sea Devils. Checks may be mailed to: The Capitol Sea Devils, PO Box 7965, McLean, VA 22106. Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check. Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

Swim & Rock
November 19-21, 2021
Friday, November 19

11-12, 13-14 & 15-18 Sessions		
Girls and Boys Prelims on separate courses, Finals on One course		
Prelims Warm-up: 6:30 - 7:50 AM Events: 8:00 AM		
Finals Warm-up: 5:00-5:50 PM Events: 6:00 PM		
Girls Event #	Event	Boys Event #
1	13-14 100 Fly	2
3	15 -18 100 Fly	4
5	11-12 100 Fly	6
7¶	13-14 400 IM	8¶
9¶	15-18 400 IM	10¶
11	11-12 200 Breast	12
13	13-14 200 Breast	14
15	15-18 200 Breast	16
17	11-12 200 Back	18
19	13-14 200 Back	20
21	15-18 200 Back	22
¶ - A Final Only (Top eight (8) qualifiers) for the 400 IM will go to Finals.		

Friday DISTANCE Session	
11 & Older 1000 & 1650 and 9-10 500 Free on ONE Course	
TIMED FINALS	
Events will begin no earlier than 30 minutes following the last event of Friday AM session.	
<i>*An estimated timeline for the start of warm-ups and events will be available one week prior to meet.</i>	
Events start: 12:00 pm	
All Events for the Distance Session will be Mixed	
Event #	Event
23*\$@%	11 & Older 1000 Free
24*\$@%	11 & Older 1650 Free
25*\$@%	9-10 500 Free
* - Positive Check-In event, see Meet Announcement for closing time. \$ - Swimmers must provide their own timer and counter during this Session. @ - Timed Finals % - Swum fastest to slowest.	

Swim & Rock

November 19-21, 2021

Saturday, November 20

Saturday 13 & Older Prelims Session		
Girls and Boys on separate courses		
Prelims Warm-up: 6:30 - 7:50 AM Events: 8:00 AM		
Finals Warm-up: 5:00-5:50 PM Events: 6:00 PM		
Girls Event #	Event	Boys Event #
28	13-14 50 Free	29
32	15-18 50 Free	33
36*	13-14 200 IM	37*
38*	15-18 200 IM	39*
42	13-14 100 Breast	43
46	15-18 100 Breast	47
48*	13-14 200 Free	49*
50*	15-18 200 Free	51*
* - Positive Check-In event, see Meet Announcement for closing time.		

Saturday 11 & 12 Prelims Session		
Girls and Boys on separate courses		
11&12 Prelims Warm-up: 11:00 - 11:50 AM Events: 12:00 PM		
11&12 Finals Warm-up: 5:00 -5:50 PM Events: 6:00 PM		
Girls Event #	Event	Boys Event #
26	11-12 100 Back	27
34	11-12 200 Free	35
40	11-12 100 IM	41
44	11-12 200 Fly	45
30	11-12 50 Free	31
52	11-12 100 Breast	53

Saturday 9-10 (Timed Finals) Session		
Girls and Boys on a single combined course		
Warm-up: 1:30 pm to 2:00 pm Events: 2:10 pm		
Girls Event #	Event	Boys Event #
54	9-10 100 Back	55
56	9-10 200 Free	57
58	9-10 100 IM	59
60	9-10 50 Fly	61
62	9-10 50 Free	63
64	9-10 100 Breast	65

Swim & Rock

November 19-21, 2021

Saturday, November 20 (cont.)

Saturday 11 & Older Finals Session – Event Order		
Warm-up: 5:00-5:50 PM Events: 6:00 PM		
Girls Event #	Event	Boys Event #
26	11-12 100 Back	27
28	13-14 50 Free	29
30	11-12 50 Free	31
32	15-18 50 Free	33
34	11-12 200 Free	35
36	13-14 200 IM	37
38	15-18 200 IM	39
40	11-12 100 IM	41
42	13-14 100 Breast	43
44	11-12 200 Fly	45
46	15-18 100 Breast	47
48	13-14 200 Free	49
50	15-18 200 Free	51
52	11-12 100 Breast	53

Sunday, November 21

Sunday 13 & Older Timed Finals Session		
Girls and Boys Separate courses		
Warm-up: 7:00 – 8:10 AM Events: 8:20 AM		
Girls Event #	Event	Boys Event #
66	15-18 100 Free	67
68	13-14 100 Free	69
70	15-18 200 Fly	71
72	13-14 200 Fly	73
74	15-18 100 Back	75
76	13-14 100 Back	77
10 MINUTE BREAK	10 MINUTE BREAK	10 MINUTE BREAK
78*\$	15-18 500 Free	79*\$
80*\$	13-14 500 Free	81*\$
* - Positive Check-In event, see Meet Announcement for closing time. \$ - Swimmers must provide their own timer and counter for this event during this Session.		

Swim & Rock

November 19-21, 2021

Sunday, November 21 (cont.)

Sunday 11-12 Timed Finals Session		
Girls and Boys on single combined course		
Warm-up: 12:00 - 12:50 PM Events: 1:00 PM		
Girls Event #	Event	Boys Event #
82	11-12 100 Free	83
84	11-12 50 Back	85
86	11-12 50 Breast	87
88	11-12 200 IM	89
90	11-12 50 Fly	91
10 MINUTE BREAK	10 MINUTE BREAK	10 MINUTE BREAK
92*\$	11-12 500 Free	93*\$
* - Positive Check-In event, see Meet Announcement for closing time. \$ - Swimmers must provide their own timer and counter for this event during this Session.		

Sunday 9-10 Timed Finals Session		
Girls and Boys on a single combined course		
Warm-up: 3:40-4:10 pm Events Start: 4:20 pm		
Girls Event #	Event	Boys Event #
94	9-10 100 Free	95
96	9-10 100 Fly	97
98	9-10 50 Breast	99
100	9-10 200 IM	101
102	9-10 50 Back	103