

IOWA SWIMMING, INC.
2010 IOWA SWIMMING SHORT COURSE CHAMPIONSHIPS
March 5 -7, 2010

Sanction Numbers: Meet: IA-10-30
Time Trials: IA-10-31

Rules: Current USA Swimming and Iowa Swimming, Inc. (ISI) rules will govern this meet.

Dates: March 5 -7, 2010

Host: Iowa City Eels Swim Club

Meet Clarification: This is a closed meet for Iowa Swimming registered swimmers only. Swimmers must have achieved an Iowa 'Q' Time Standard in order to compete.

Times:	<u>AM Prelim Session</u>	<u>PM Finals</u>
Friday & Saturday Warm-ups	8:00am	4:00pm
Coaches Meeting	9:15am	-
Friday & Saturday Competition	9:30am	5:30pm
Sunday Warm-ups	8:00am	3:30pm
Coaches Meeting	9:15am	-
Sunday Competition	9:30am	5:00pm

The pool will be cleared 10 minutes prior to start of competition.

Site: University of Iowa Field House Pool, Iowa City
Indoor, 25 yard, 8 lanes
Water Depth 12' starting end & 16' turn end
Colorado Timing System with 2 watch back-ups

Backstroke flags placed 15 feet from each end of the course.
Warmup/cooldown pool available during competition

Coaches: Must possess and visibly wear a current USA Swimming Coaches Registration Card. Only USA Swimming coach members will be permitted on the deck in designated areas. All coaches must sign an ISI Coaches Meet Sign In sheet (APP-29) to verify that all certifications are current and on file with the ISI office.

Warm-ups: ISI Warm-up procedure will be followed. See ISI Code Book Section J. Swimmer(s) without a coach are to report to the Meet Referee prior to warm-up for lane assignment.

- Entry Requirements:**
1. All swimmers must be current USA Swimming registered athletes with Iowa Swimming, Inc. "Applied for" registrations will not be accepted. No registrations will be taken at this meet. Swimmers whose names do not appear on the current ISI registration list and who cannot show proof of USA Swimming membership will be barred from competition.
 2. Contestants must enter the age bracket corresponding to age as of March 5, 2010.
 3. Swimmers may enter any event in which they have a 'Q' time. (Entry fees must be paid for all events entered). However, they are limited to participating in not more than 3 individual events per day, and not more than 6 individual events for the entire meet, plus relays.

4. The scratch deadline for each day is as follows:

<u>Day</u>	<u>Deadline Time - Day</u>	<u>Scratch Method</u>
b) Friday	*6:00 PM – Thurs. 3/4/10	*email or phone
c) Saturday	6:00 PM - Friday 3/5/10	Scratch Box
d) Sunday	**6:00 PM – Sat. 3/6/10	Scratch Box

*This deadline includes the 1000 Free. E-mails will be confirmed by e-mail. Kelly Eyanson – (319) 339-7579, eyanksbj@msn.com

**This deadline includes the 1650 Free

5. A club/team may enter as many relays per event as they wish designating the relays A, B, C, etc. Each team may score only two of these relays in each event. If relay names are on entry sheets, those names will be on the relay card.
6. All events will be seeded following the scratch deadline the night before the competition day of the events, including the 1000 Free and 1650 Free.
7. Prelim events will be circle seeded.
8. Seed times must be entered in the proper course in which achieved (SCY, SCM, LCM). Entry times conforming to the course length (SCY) shall be considered “conforming times.” Times must be entered in the proper course in which achieved. Converted times will not be accepted. All other times meeting the appropriate time standard shall be considered “non-conforming times”. The order of seeding is SCY, SCM, LCM. Swimmers must be prepared to document their seed times. Only relays may enter with a ‘NT’.
9. Phone entries will only be accepted for updates to entries on Monday, March 1, 2010 12:00 pm Noon and late entries (not original entries).
10. 1000 Free and 1650 Free entrants may enter at their fastest time or at the time standard, if entered in two or more events on the day of that event. Swimmers may also enter at the time performed at that meet distance at the previous ISI Championships, provided they have met the ISI qualifying time. Swimmers will be seeded at their entered time.
11. Swimmers entering in both the 13-14 and Senior division are responsible for allowing enough rest between events. Points will be awarded for only the division of the event in which they compete.
12. An event file for use with Hy-Tek Meet Manager or Team Manager program will be sent to all club invitation contacts and posted on the ISI & ICE website.

**Bonus Finals
Consolation Finals
Championship Finals:**

- 1) The 1000 & 1650 Free and all relays will be timed final events. The fastest seeded, combined, 13-14 & Senior 1000 Free, 1650 Free, and 800 Free relay heats will swim in evening finals. All other heats for these events will swim in the morning session. All morning heats of the 1000 & 1650 free will be combined and swum alternating women/men fastest to slowest.
- 2) The number of qualifiers competing in the evening finals are as follows:
 - a. Senior Events – All 50, 100 & 200 events have a Bonus Finals, Consolation Finals and Championship Finals in the evening (top 24). The 400 IM and 500 Free have a Consolation Finals and Championship Finals in the evening (top 16).
 - b. 13-14 Events – All 50, 100 & 200 events have a Consolation Finals and Championship Finals in the evening (top 16). The 400 IM and 500 free

have a Consolation Finals and Championship Finals in the evening (top 16).

Entry Fees:

- 1) Fee Breakdown:
 - a) Individual events \$5.00
 - b) Relays: \$10.00 per relay,
 - c) ISI Splash Fee: \$3.00 per swimmer (includes relay only swimmers)
 - d) Facility Fee: \$7.00 per swimmer (includes relay only swimmers)
- 2) All payment shall be by check due by Thursday, March 4th. Write a single check for entry and splash fees payable to Iowa City Eels (ICE). Late entry fees will be taken onsite at the Clerk of Course.
- 3) An official ISI Financial sheet (APP 8.3) must accompany entries. Entry fees are not refundable. Splash fees will be refunded only if the entire meet is cancelled.
- 4) The host club will assess a \$2 per athlete surcharge to teams entering over five (5) swimmers when hand entries are submitted. This fee is in addition to the above stated fees.

Entry Forms:

- 1) Submit entries on disk in Hy-Tek comlink II format (generated from Team Manager or Meet Manager). Please provide a printout of your entries for backup when submitting disk entries and the ISI Financial Sheet (APP 8.3). Any team submitting entries on disk will receive the meet results on disk at the end of the meet.
- 2) Paper entries may be submitted using the ISI Form APP-7 Entry form with swimmers full name, age, ID number and entry time for each event. Entry times should be noted with L, S, or Y. **Do not concert times in TM.**

Entry Deadline:

- 1) Hy-Tek cfile (Commlink II) entries are due Monday, March 1, 2010 by 12:00 noon. Teams making changes should do so in their Team Manager or Meet Manager database and then email an updated cfile. Your original entries will be deleted and replaced with the updated cfile.
- 2) Hand written entries are due Wednesday, February 24, 2010. However, these entries may be updated by 12:00 noon on Monday, March 1, 2010. These changes can only be for those swimmers who have already been entered into the meet (original entries), but need to be changed due to new event selection for a swimmer who achieves a 'new' Q time from the previous weekends championship meet. Swimmers, wishing to add this meet, who were not originally entered (Wednesday deadline) or who did not compete in the previous weekend Championship meet will be considered Late Entries and charged as such. New swimmers making their first Q time who wish to enter this meet can do so by the Monday deadline. These swimmers are not subject to the late entry fee.
- 3) Overnight express or mail entries should be sent with No Signature Required.
- 4) No phone entries will be accepted, except for updates the Monday prior to the meet. Any phone entries received after the meet entry deadline are considered 'Late Entries'.
- 5) Entry fee summaries will be emailed to all teams based on the database as established by the entry deadline. All additions after this point will be considered as late entries and billed as such.
- 6) Psych sheets based upon the entries as of the deadline will be available online at the ICE website and emailed to all coaches/contact persons sometime the

evening of Monday, March 1st.

Late Entries:

Late Entries will be accepted as follows:

- 1) 12 & Under Champs with email update on Monday, March 1, 2010 by 12:00 noon entries are not subject to the late entry fee.
- 2) All entries received after 12:00 noon on Monday, March 1st will be treated as late entries. All late entries will be entered into the meet at the meet event entry time.
- 3) Late Entries will be taken up to the Scratch Deadline (6:00 pm of the preceding day). Friday events – emailing or phoning entries to meet entry person until 6:00 pm, Thursday, March 4, 2010. Saturday & Sunday events, report to the Clerk of Course until 6:00 pm the preceding day.
- 4) Late entries received will be included in the meet program if received prior to 12:00 pm on Wednesday, March 3rd.
- 5) Late Entry Fees will be:
 - a) Individual events \$10.00
 - b) \$20 per relay team,
 - c) plus the \$3.00 splash fee and
 - d) \$7.00 facility fee per swimmer.
- 6) Late Entry Swimmers will be required to show their 2010 registration cards.

Send Entries to:

Kelly Eyanson
 3014 Friendship Street, Iowa City, IA 52245-5112
 (319) 339-7579
eyanksbj@msn.com
 Express mailing entries NO Signature required will be accepted all day.

Meet Directors:

Luke Hruby	Eleanor Dilkes
221 Stephans St.	609 Kimball Road
Tiffin, IA 52340	Iowa City, IA 52245
319-545-5126	(319) 337-6444
lhruby45@gmail.com	edilkes@mchsi.com

Scoring:

1) Individual Events:

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Points	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

2) Relays:

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Points	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

Awards:

- 1) Individual events: 1st – 3rd--2 1/2" Medals
- 2) Relays: 1st--2 1/2" Medals (each swimmer) 2nd-3rd--Ribbons (each swimmer)
- 3) Additional Awards for 13/14 Events:
 - a. 4th-8th ribbons for individual events
 - b. High Point Award will be presented to the top 3 swimmers, male & female
 - c. The top three swimmers in individual 13/14 and senior events and the top three relays will be recognized during the awards ceremonies held during finals.

- 4) Team Scoring:
 - a. A traveling trophy will be presented to the highest scoring club team based on total points scored by 13-14 and senior divisions.
 - b. Each age group and gender will be scored with an award going to the highest scoring team of these divisions.
- 5) ISI Sportsmanship-Spirit Award: ISI will provide and present this award. Representatives from each team will select the winning team. Specific criteria and instructions will be included in the coaches' packet.

Meet Operation:

- 1) The order of seeding will be short course yards (SCY), short course meters (SCM), long course meters (LCM). This meet is deck seeded after the preliminary scratch deadline.
- 2) Psych sheets will be posted on both the ISI website and/or the Iowa City Eels website by 10:00 PM, Monday, March 1, 2010. Each team's coaching staff will also be supplied with two heat sheets. There will be no entry cards at the Clerk of Course. Individual event cards will be at each lane. It is the responsibility of each swimmer and relay to be aware of his/her event number, heat number and lane assignment and to report to the correct starting block on time to swim the event.
- 3) All relay cards will be distributed with each session's heat sheets. All four swimmers' full names, ages and order of swimming must be verified on each card. Relays must report to their block with corrected cards when their event is called or the relay will be scratched from the event.
- 4) Distance events:
 - a. 1000 Free swimmers must scratch if they do not intend to swim by 6:00 pm on Thursday, March 4, 2010.
 - b. 1650 Free swimmers must scratch if they do not intend to swim by 6:00pm, Saturday, March 6, 2010.
 - c. All morning heats will be swum alternately women/men, fastest to slowest. Ages will be combined and sorted later for point and award purposes. Points will be awarded in only the division of the event they compete.

Scratches:

- 1) ISI Scratch Rule is in effect. (See ISI Code Book Section J)

<u>Day</u>	<u>Deadline Time - Day</u>	<u>Scratch Method</u>
Friday	*6:00 PM – Thurs. 3/4/10	*email or phone
Saturday	6:00 PM – Fri. 3/5/10	Scratch Box
Sunday	**6:00 PM – Sat. 3/6/10	Scratch Box

* This deadline includes the 1000 Free. E-mails will be confirmed by e-mail. Kelly Eyanson – (319) 339-7579, eyanksbj@msn.com

** This deadline includes the 1650 Free

- 2) Scratching from Bonus Finals, Consolation Finals & Championship Finals:
 - a. Any swimmer qualifying for a Bonus Final, Consolation Final or Championship Final race in an individual event who fails to compete in said Bonus Final, Consolation Final, or Championship Final race shall be barred from further competition for the remainder of the meet, except as in (e) below.

- b. In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the Bonus Final, Consolation Final or Championship Final when possible with the next qualified swimmer(s). First and second alternates shall not be penalized if unavailable to compete in the finals.
 - c. Where Bonus Consolation or Consolation Finals have not yet been swum and a barring or withdrawal is known to the Referee, the Referee may reseed the Bonus Consolation, Consolation Final and the Championship Final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the Championship Finals.
 - d. If a Consolation Final has already been contested, the Championship Final shall be swum without reseeding for the empty lane(s).
 - e. Exceptions for Failure to Compete: No penalty shall apply for failure to withdraw or compete in an individual event if:
 - 1) A swimmer qualifying for a Bonus Consolation, Consolation Final or Championship Final race following preliminaries notified the Referee within thirty (30) minutes after announcement of the qualifiers for that final race that they may not intend to compete and further declare their intentions with 30 minutes following their last individual preliminary event.
 - 2) It is determined by the Referee that failure to compete is caused by circumstance beyond the control of the swimmer.
 - f. If a swimmer fails to show for any finals on the last day they are entered in the meet and has not scratched according to rules of the meet, a \$50 fine will be imposed payable to ISI. If the fine is not paid, the swimmer will not swim in any future ISI sanctioned meets until the fine is paid in full.
- 3) Due to limited deck space surrounding the bulkhead starting blocks, and at the discretion of the Referee, swimmers in a final heat (Bonus, Consolation, and Championship) may be required to report to a designated check-in location just prior to the beginning of their event. This check-in will assist the Referee in better determining the presence of a barring, withdrawal, or failure to show. Coaches will be informed of any reporting requirement prior to the beginning of the session.

Swimmer Registration:

There will be NO USA Swimming registrations at the meet (swimmer, coach, clubs).

Time Proof:

If a swimmer fails to make the minimum qualifying time for an event, they will have 30 minutes after the close of the session in which that event was swum to provide proof of time or be subject to a \$100/event fine payable to ICE (10% host club; 90% ISI). Acceptable proof of time is a copy of USA Swimming sanctioned or approved final results, the ISI database, YMCA final results, Iowa Games final results, intra squad meets, recreational league meets, and high school meet results. Should the swimmer not prove or pay, they will be barred from further competition at this meet. Any event that cannot be proven by the swimmer within 30 minutes after the close of the session will be considered an exhibition swim. Exhibition swims cannot be eligible for awards or points. If times can be proved at a later time, fine money will be refunded, but awards and scoring will not be changed.

- Timers/Officials:** Clubs and unattached swimmers participating in this meet are required to provide 50% of the timers. A list of timers will be posted in the lobby and by the clerk of course.
- Time Trials:**
- 1) Time Permitting at the discretion of the Administrative Referee.
 - 2) Time Trials will be held at the end of each session in the following order.
Friday – Day 1 events, Day 2, Day 3
Saturday – Day 2 events, Day 3, Day 1
Sunday – Day 3 events, Day 1, Day 2
1000 Free and 1650 Free will only swim on the day of that event.
 - 3) A swimmer must sign-up and pay at the Clerk of Course table prior to the start of the relays at the end of the session.
 - 4) The Time Trials are for the purpose of making AAA or faster times, therefore the entry requirement will be a AA time. Swimmers, who meet the entry time requirements for Time Trials, may enter up to two Time Trials as long as they do not exceed the maximum individual event limit per day. However, the time trial will not count in the total number of events allowed for the meet. Cost is \$5 per time trial payable to host club. Swimmers must be prepared to supply proof of AA entry time.
 - 5) Time Trial requests from swimmers who have not swum the Time Trial event already at this meet will be prioritized over Time Trial requests from swimmers who have already swum the event in this competition.
- Adapted Competitive Swimmers:** USA Swimming and ISI encourage adapted competitive swimmers to participate in all sanctioned meets. The 'Adapted Competitive Swimmer Information Form' for APP 21 must accompany entries. The form is available from the ISI website, www.isiswim.org, or from the ISI office, (email isiswim@aol.com; phone: 1-877-ISI-SWIM or mail: 2715 Pioneer Ct. Davenport, IA 52804-1099. Completion of this information form is part of the entry procedure since the host club and meet referee must have all necessary information concerning the swimmer. Refer also to USA Swimming Rules and Regulations Article 105.
- Programs & Final Results:** Programs will be sold at the meet. All teams with swimmers entered in the meet will receive one complimentary copy of the program. Complimentary final results will be sent to each swim club participating in this meet. Each USA Swimming Official working this meet will receive a complimentary meet program.
- Meet Committee:** A meet committee made up of the Referee, Meet Director, Coach's Representative, Athlete's Representative, and one certified official acting at large will be established to receive and act upon any administrative protest at the meet. The committee will not act upon judgment decisions as those are under the jurisdiction of the Meet Referee. This committee shall act as a review section in the need of an emergency meeting.
- No Smoking:** Smoking is not permitted anywhere in the pool or surrounding areas where swimmers are present.
- ISI Scholarships:** The ISI Scholarship Awards were established in 1991 to give recognition to swimmers in ISI who have attained a degree of recognition among their peers. These awards are presented to Iowa competitive swimmers at the ISI banquet from a list of nominations by Iowa Swimming, Inc. member clubs and unattached ISI members.
- The Judy Hoffman Memorial Award was established in memory of Judy Pierce Hoffman, who was President of Iowa Swimming, Inc., until her untimely death in

March 1978. This award is given annually to a swimmer.

Contributions to the awards are gratefully accepted and can be made through the ISI office. For further information contact: the ISI Office, 2715 Pioneer Court, Davenport, IA 52804-1099, (563) 391-5832 or 1-877-ISI-SWIM.

Concessions:

There will be limited food concessions available at the meet. Meet t-shirts will be sold. A Closer Look will be at the meet to take and sell photographs.

**Seating and Deck
Space:**

An indoor bleacher section is available for spectators. Only working officials, working coaches, meet personnel, and swimmers are permitted on deck. Team areas will be designated for swimmers and coaches. The area along the competition pool will be restricted to officials and passing traffic only (standing will not be permitted). At the Referee's discretion only, coaches may have access to the side of the competition pool during heats of the 500, 1000 and 1650 freestyle. Coaches will be supplied specific information about restricted deck areas prior to the beginning of competition.

2010 IOWA SWIMMING SHORT COURSE CHAMPIONSHIPS

25-yard course Sanction#: IA-XX-XX, IA-XX-XX
Iowa City, IA

SESSION I - PRELIMS – FRIDAY, March 5, 2010

Warm-up: 8:00AM

Competition: 9:30AM

Coaches Meeting: 9:15AM

Women's		Events / Descriptions	Men's	
Q Times SCY / SCM / LCM	Event Number		Event Number	Q Times SCY / SCM / LCM
2:30.49 / 2:46.29 / 2:51.49	1	13-14 200 I.M	2	2:20.29 / 2:34.99 / 2:42.39
2:26.99 / 2:42.49 / 2:47.29	3	Senior 200 I.M.	4	2:15.09 / 2:29.29 / 2:35.89
1:02.19 / 1:08.69 / 1:10.39	7	13-14 100 Free	8	57.39 / 1:03.49 / 1:05.99
1:00.79 / 1:07.09 / 1:08.59	9	Senior 100 Free	10	55.19 / 1:00.99 / 1:03.09
3:00.69 / 3:19.69 / 3:27.99	11	13-14 200 Breast	12	2:49.39 / 3:07.09 / 3:17.19
2:49.59 / 3:07.39 / 3:13.49	13	Senior 200 Breast	14	2:36.39 / 2:52.79 / 3:01.59
--	15	13-14 800 Free Relay**	16	--
--	15	Senior 800 Free Relay**	16	--

** The Top 8 fastest combined 13-14 and Senior seeded relays swim in Finals.

12:37.99 / 11:03.39 / 11:14.99	5	13-14 1000 Free*	6	12:05.39 / 10:34.39 / 10:55.59
12:25.69 / 10:52.59 / 11:03.69	5	Senior 1000 Free*	6	11:40.19 / 10:12.79 / 10:26.99

* The Top 8 fastest combined by age 13-14 and Senior seeded swimmers swim in Finals. The morning 1000 will be combined by age and swum alternately women/men fastest to slowest.

SESSION II – FINALS – FRIDAY, March 5, 2010

Warm-up: 4:00pm

Competition: 5:30pm

Women's	Event / Description	Men's
1	13-14 200 I.M.	2
3	Senior 200 I.M.	4
5	1000 Free*	6

* The Top 8 fastest combined 13-14 and Senior seeded swimmers swim in Finals.

7	13-14 100 Free	8
9	Senior 100 Free	10
11	13-14 200 Breast	12
13	Senior 200 Breast	14
15	13-14 800 Free Relay**	16
15	Senior 800 Free Relay**	16

** The Top 8 fastest combined 13-14 and Senior seeded relays swim in Finals.

2010 IOWA SWIMMING SHORT COURSE CHAMPIONSHIPS

25-yard course Sanction#: IA-XX-XX, IA-XX-XX
Iowa City, IA

SESSION III - PRELIMS – Saturday, March 6, 2010

Warm-up: 8:00AM

Competition: 9:30AM

Coaches Meeting: 9:15AM

Women's		Event / Description	Event Number	Men's	
Q Times SCY / SCM / LCM	Event Number			Q Times SCY / SCM / LCM	Event Number
28.69 / 31.69 / 32.49	21	13-14 50 Free	22	26.29 / 29.09 / 30.29	
27.99 / 30.99 / 31.79	23	Senior 50 Free	24	25.29 / 27.99 / 28.79	
5:31.09 / 6:05.79 / 6:16.09	25	13-14 400 I.M.	26	5:12.99 / 5:45.89 / 5:58.89	
5:22.79 / 5:56.69 / 6:05.19	27	Senior 400 I.M.	28	4:59.79 / 5:31.39 / 5:40.79	
1:10.69 / 1:18.09 / 1:19.69	29	13-14 100 Fly	30	1:05.49 / 1:18.19 / 1:14.09	
1:06.29 / 1:13.29 / 1:14.19	31	Senior 100 Fly	32	1:00.09 / 1:06.39 / 1:07.69	
2:39.59 / 2:56.29 / 3:01.29	33	13-14 200 Back	34	2:29.79 / 2:45.49 / 2:54.09	
2:29.89 / 2:45.59 / 2:51.19	35	Senior 200 Back	36	2:17.89 / 2:32.39 / 2:37.59	
5:52.99 / 5:08.89 / 5:16.59	37	13-14 500 Free	38	5:35.19 / 4:53.39 / 5:02.79	
5:47.39 / 5:03.99 / 5:08.89	39	Senior 500 Free	40	5:24.29 / 4:43.79 / 4:50.19	
--	17	13-14 200 Free Relay**	18	--	
--	19	Senior 200 Free Relay**	20	--	

**Timed Final Event – All Heats Swim in Prelims

SESSION IV – FINALS – Saturday, March 6, 2010

Warm-up: 4:00pm

Competition: 5:30pm

Women's	Event / Description	Men's
21	13-14 50 Free	22
23	Senior 50 Free	24
25	13-14 400 I.M.	26
27	Senior 400 I.M.	28
29	13-14 100 Fly	30
31	Senior 100 Fly	32
33	13-14 200 Back	34
35	Senior 200 Back	36
37	13-14 500 Free	38
39	Senior 500 Free	40
41	13-14 400 Medley Relay**	42
43	Senior 400 Medley Relay**	44

** Timed Final Event – All Heats Swim in Finals

2010 IOWA SWIMMING SHORT COURSE CHAMPIONSHIPS

25-yard course Sanction#: IA-XX-XX, IA-XX-XX
Iowa City, IA

SESSION V - PRELIMS – Sunday, March 7, 2010

Warm-up: 8:00AM

Competition: 9:30AM

Coaches Meeting: 9:15AM

Women's			Men's	
Q Times SCY/SCM/LCM	Event Number	Event / Description	Event Number	Q Times SCY/SCM/LCM
2:13.79 / 2:27.89 / 2:31.79	51	13-14 200 Free	52	2:05.29 / 2:18.39 / 2:23.29
2:10.39 / 2:23.99 / 2:27.19	53	Senior 200 Free	54	2:00.09 / 2:12.69 / 2:17.19
1:20.89 / 1:29.39 / 1:32.69	55	13-14 100 Breast	56	1:15.09 / 1:22.99 / 1:24.69
1:15.69 / 1:23.59 / 1:26.69	57	Senior 100 Breast	58	1:08.89 / 1:16.09 / 1:19.69
1:11.39 / 1:18.89 / 1:21.09	59	13-14 100 Back	60	1:06.89 / 1:13.99 / 1:17.59
1:06.59 / 1:13.59 / 1:16.29	61	Senior 100 Back	62	1:01.09 / 1:07.49 / 1:10.59
2:40.99 / 2:57.89 / 3:02.29	63	13-14 200 Fly	64	2:31.99 / 2:47.89 / 2:51.99
2:30.49 / 2:46.29 / 2:49.49	65	Senior 200 Fly	66	2:18.99 / 2:33.59 / 2:36.89
--	45	13-14 200 Medley Relay**	46	--
--	47	Senior 200 Medley Relay**	48	--

** Timed Final Event – All Heats Swim in Prelims

21:02.69 / 20:55.39 / 21:31.49	49	13-14 1650 Free*	50	20:03.89 / 19:56.89 / 20:45.49
20:48.89 / 20:41.69 / 21:19.59	49	Senior 1650 Free*	50	19:34.99 / 19:28.09 / 20:01.49

* The Top 8 fastest combined by age 13-14 and Senior seeded swimmers swim in Finals. The morning sessions will be combined by age and swum alternately women/men fastest to slowest.

SESSION VI - FINALS – Sunday, March 7, 2010

Warm-ups: 3:30pm

Competition: 5:00pm

Women's	Event / Description	Men's
49	1650 Free*	50

* The Top 8 fastest combined 13-14 and Senior seeded swimmers swim in Finals.

51	13-14 200 Free	52
53	Senior 200 Free	54
55	13-14 100 Breast	56
57	Senior 100 Breast	58
59	13-14 100 Back	60
61	Senior 100 Back	62
63	13-14 200 Fly	64
65	Senior 200 Fly	66
67	13-14 400 Free Relay**	68
69	Senior 400 Free Relay**	70

** Timed Final Event – All Heats Swim in Finals