**Central Zone 14 & Under Championship Meet**

Hosted by Deaconess Aquatic Center & Evansville Regional Sports Commission

July 30 – August 2, 2026

Sanction Number: #IN26285

**KEY DATES & DEADLINES** **All times listed are in the Central Time Zone**

| | | |
|---|---|---|
| **July 31, 2025** | | Qualifying period begins |
| **July 27, 2026 (Monday)** | 12:00pm | Entries due |
| | 9:00pm | Team entry report sent to each LSC |
| **July 28, 2026 (Tuesday)** | 12:00pm | Corrections to original file due to entry chair |
| | 8:00pm | General meeting via Zoom – Psych sheet will be available following the meeting. |
| **July 29, 2026 (Wednesday)** | TBD | Team registration, warmups and photos – Schedule will be posted on the event website. |
| **July 30, 2026 (Thursday) First day of meet** | 7:15am | Scratch deadline for all Thursday events<br>Check in for 11-12 & 13-14 Girls 800 Freestyle<br>Check in for 11-12 & 13-14 Boys 1500 Freestyle<br>Deadline to check in 11-12 & 13-14 400 Freestyle Relays including names of athletes (relay cards due)<br>Deadline to down seed 11-12 200 Backstroke<br>Deadline to down seed 11-12 200 Breaststroke |
| | 4:00pm | Deadline to check in 10 & Under 200 Freestyle Relays including names of athletes (relay cards due) |
| | 6:00pm | Scratch box closes for all Friday events<br>Deadline to down seed 11-12 & 13-14 400 IM<br>Deadline to check in 11-12 & 13-14 200 Medley Relay including names of athletes (relay cards due) |
| **July 31, 2026 (Friday)** | 6:00pm | Scratch box closes for all Saturday events<br>Deadline to down seed 11-12 200 Butterfly<br>Deadline to down seed 11-12 400 Freestyle<br>Deadline to check in 11-12 & 13-14 200 Freestyle Relays including names of athletes (relay cards due) |
| **August 1, 2026 (Saturday)** | 12:00pm | Deadline to check in 10 & Under 200 Medley Relays including names of athletes (relay cards due) |
| | 6:00pm | Scratch box closed for all Sunday events<br>Deadline to check in 11-12 & 13-14 Girls 1500 Freestyle<br>Deadline to check in 11-12 & 13-14 Boys 800 Freestyle<br>Deadline to check in 400 Medley Relays including names of athletes (relay cards due) |

**IMPORTANT REMINDER:** The deadline to scratch from Finals is 30 minutes after event results are announced for the Preliminary heats.

| | |
|---|---|
| **General Rules and Definitions** | • Meet entries are submitted via LSC only.<br>• Separate entries from individuals or clubs will not be accepted.<br>• **Qualified Athlete -** one who has achieved a National AAA time in an event.<br>• **Invited Athlete –** one who has achieved a National A time in an event to fill an event slot for those events where there are not 2 qualified athletes from the LSC. This athlete is not eligible for bonus swims.<br>• **Relay Only Athlete** – athlete who the LSC has designated as only competing in a relay. This athlete is not eligible for bonus swims.<br>• **Bonus Swims –** distances of 50, 100, or 200 are allowed for qualified athletes only. If qualified for 1 event, 2 bonus swims; if qualified for 2 events, 1 bonus swim; if qualified for 3 or more events, no bonus swims. Bonus events must be at least a National A time.<br>• All the times mentioned in this meet announcement are the meet host's time zone. |
| **Liability Statement** | In granting this sanction it is understood and agreed that USA Swimming, Inc. and (host LSC) shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. |
| **Minor Athlete Abuse Prevention Policy (MAAPP)** | 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. There will be at least two safety marshals at this competition, with at least one of each gender. |
| **Location** | Deaconess Aquatic Center<br>24 Don Mattingly Way<br>Evansville, IN 47711 |
| **Facilities** | **Competition Pool -** is a 10-lane 50-meter pool with a supervised warm-up and warm down area available. Depth at the start is 7' and 13' at the turn. Permanent starting blocks and non-turbulent lane markers will be used. A Colorado timing system with an 8 or 10-lane display will be used.<br><br>**Warm up Pool -** There is a 5-lane 25-yard pool within the Competition pool area for warm-up and warm down along with a 4-lane 25-yard pool in the Recreation Pool area.<br><br>**Athlete Seating –** There is athlete bleacher seating along with folding chairs around the pool deck. Athletes will not be allowed in the spectator area when wet.<br><br>**Spectator Seating –** Spectator seating for 979 is available on the east side of the competition pool. Seating will be on a first come, first serve basis. **All spectators are expected to take all belongings with them between sessions and not be left overnight.** Stadium seats are not permitted. Athletes, when wet, are not allowed in |

| | |
|---|---|
| | the spectator seating area. The host reserves the right to assign the first two (2) rows of spectator seating as single heat seating if spectator numbers require to move in that direction. Handicap seating is available in the spectator area. An elevator is available.<br><br>**Medical Supervision –** Medical supervision will be available during warm-up and competition. Lifeguard personnel will be on duty at all times. EMT services will be contacted for serious medical issues. |
| **Spectators** | **Admission** – Pre-sale: All session pass $50, Daily pass $20, Single session $10, Children 3 and under are free.<br><br>On-Site: All Session pass $70, Daily pass $25, Single session $15, Children 3 and under are free.<br><br>Heat sheets will be available to purchase for $4.00 for prelim/timed finals sessions and $1.00 for finals. |
| **Results and Meet Programs** | Results and programs will be announced and posted on the host team's website during the meet. Results will be posted on deck and will be available on Meet Mobile for the duration of the meet. |
| **Officials** | This meet will be designated as an Officials Qualifying Meet (OQM)<br><br>Officials meetings will be held in the official's room 1 hour prior to the start of each session.<br><br>Uniform for officials will be white polo shirt tucked into black pants, shorts or skirt with black color shoes. Long pants are preferred for finals. Changes to the uniform may be made at the discretion of the Meet Referee (e.g. weather conditions, different color meet shirt provided by host). Interested officials should apply in advance of the meet. Application to Officiate |
| **Finals, Ready Area, Athlete Introductions** | Athletes in the 11-12 & 13-14 championship finals shall report to the ready area prior to the Championship final heat of the previous event. Athletes in the consolation heat shall report behind the blocks. Name shall be announced during the heat. All 10 & Under athletes shall report directly to their assigned lanes. Athletes in the fastest heat of a timed final event shall report directly behind their assigned lanes and shall have their names announced prior to the race. |
| **Rules** | Current USA Swimming rules will govern the Meets. Participating athletes must be ages 14 & Under, registered with USA Swimming as a premium or outreach athlete in one of the participating LSC's and have achieved qualifying time standards as described in the eligibility section of this document. |

LSC's are responsible for ensuring an athlete CODE OF CONDUCT and MEDICAL RELEASE form are complete in accordance with your LSC's policies and procedures.

**Team Registration**

Registration and team photos will be held on Wednesday, July 29, 2026. The schedule will be posted on the event website.

**Warmup Procedure**

To protect all athletes during warmups, athletes are required to enter the pool feet first at all times except when sprint lanes have been designated. No jumping or diving. The same rules will apply with respect to the warmup/cool down pool. Coaches must be in control of their athletes during their warmup times.

**LSC Representative**

Each LSC must have a representative and alternate to act as a liaison between the LSC and the Meet Director. It is recommended that these persons NOT be the LSC's Head Coach. These designated persons must be identified to the Meet Director either with the meet entries or at the General Meeting on Tuesday.

**Eligibility**

**Membership:** All athletes must be premium or outreach (not Seasonal or Flex) USA Swimming members with the LSC they represent. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. No on-deck registrations will be permitted at this meet.

**Athlete's Age:** The age of the athlete shall be as of the first day of the pool competition.

**Certification:** Any athlete 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 within the water.

**Qualifying Time/Eligibility:**

**A.** Athletes must have achieved a National AAA (LCM, SCM, SCY) time between July 31, 2025 and July 26, 2026.

**B.** Athletes who have achieved the short course National AAA time, but not the long course time during the qualification period, must enter with the time they have actually achieved annotating that it Is a SCY or SCM time.

**C.** Those who have achieved a AAA qualifying time in the 1500/1650 Freestyle are eligible to swim the 800 Freestyle and those who have achieved a AAA time in the 800/1000 Freestyle are also eligible to swim the 1500 Freestyle. Entry times should be submitted with a time the athlete has achieved. (Athletes who elect to swim the 800 Freestyle by virtue of the 1500/1650 Freestyle qualifying time standard, or athletes who elect to swim the 1500 Freestyle by virtue of an 800/1000 Freestyle qualifying time standard are deemed qualified athletes in both events.)

**D.** Entry times must be verifiable in SWIMS.

**E.** If the LSC has no Qualified Athletes or fewer than two (2) Qualified Athletes in an event, the LSC may enter up to the two (2) maximum Invited Athletes in that event who meet the National A minimum qualifying time. The Invited Athletes shall be entered with their fastest time in SWIMS.

| | |
|---|---|
| **Disability Entries** | Each LSC may enter unlimited athletes with a disability age 14 and Under in any manner deemed appropriate who have achieved the AAA parallel qualifying standards for their age group/events. Entries for athletes with a disability should be sent on a separate entry form indicating preference in seeding. Accommodation and modification requests should also be communicated with their entries. Disability entry form. |
| **Relay Entries** | The LSC must coordinate relay entries. Determination of the athletes composing the relays is at the discretion of the LSC. Relay only athletes are allowed. |
| **Entry Limits** | An athlete 10 & Under may enter no more than six (6) individual events of which no more than five (5) may occur on any given day. An athlete aged 11-14 may enter no more than six (6) events of which no more than three (3) may occur on any given day. Each LSC may enter two (2) relays per event. No limit exists on the number of athletes that an LSC may enter in an individual event. |
| **Entry Responsibility** | The LSC coach, athlete or athlete representative who enters any Central Zone Championship Meet thereby attests that all times on the entry are true and correct achieved qualifying times for each event entered and that all entered athletes are eligible under current rules. They assume all responsibility for false or incorrect times or times which are unacceptable under USA Swimming or Central Zone rules shall be assessed a $100 penalty payable to the Central Zone for each false or incorrect entry unless absolved of the fine by the elected officers of the Central Zone, their designee, or a National Board of Review. Additional action or penalty may be taken or leveled as deemed appropriate by the Central Zone or USA Swimming Appeal of fines or penalties imposed is to be made to the elected officers of the Central Zone and/or their designee. |
| **Entry Fees** | $10.00 per individual event<br>$16.00 per relay<br>$1.50 per athlete Central Zone surcharge<br>$2.50 per athlete Indiana Swimming surcharge<br><br>Checks for entries should be made out to Deaconess Aquatic Center and mailed to<br>Deaconess Aquatic Center<br>Attn: Jennifer Brown<br>24 Don Mattingly Way<br>Evansville, IN 47711 |

**Entry Deadline**

Entries must be verified and submitted to Tracey Heidecker, swimmom@myyahoo.com electronically by 12:00pm (noon) Monday, July 27, 2026. A $200 fine for missing the entry deadline will be submitted to the host. The completed Athletes with a Disability Form, Meet Staff Form and PDF of the entry file must accompany the team entry file. Meet Entry Chair must verify receipt of the entries by email or follow up phone call to the host entry chair.

Each LSC shall receive a team entry report, including an exception report of the LSC team entries by 9:00 pm Monday preceding the meet. Any corrections to the original entries should be formatted in a new entry file and sent to the entry chair via email by 12:00 pm (noon) on Tuesday. Justification of the exception report should be included in a word document or PDF file. Entry fees are due before the start of the General Meeting. No new athletes may be added to the LSC entries after the Tuesday deadline. Any corrections or updates after noon on Tuesday shall go to the eligibility jury.

There will be no deck entries at this meet.

---

**Entry Procedures**

The LSC must submit its entries as one team using the LSC as the Club designation. All individual and relay entries shall be consolidated and submitted as one entry. Separate entries from individuals or clubs will not be accepted. The LSC entry chair shall verify times and eligibility of athletes before submitting entries to the host.

Each LSC must identify the name of the LSC and the name, telephone number and email address of the person in charge of the entries for that LSC.

---

**Eligibility Protests**

Eligibility protests pertaining to the eligibility of any athlete to compete or represent an organization shall be submitted to the Eligibility Jury. All protests made prior to or during the meet shall be submitted to the Eligibility Jury in writing and accompanied by a $50 fee, which shall be returned if the protest is upheld. The $50 fee shall not be required for protests submitted by the Meet Referee of the host LSC Entry Chair.

Protests shall be heard by the jury and, if possible, decisions rendered before the start of events on the day in which the protested athlete competes, but no later than the last night of the meet. The opportunity to be heard shall be given to both parties lodging the protest and the party or parties charged.

Until the Eligibility Jury renders a decision, the athlete may compete under protest. An announcement to this effect shall be made prior to the race. The results of any race conducted under protest shall not be announced until the jury has determined if and how their decisions may affect the final scoring or awards.

Either party to the National Board of Review may appeal the decision of the jury.

**Divisions**

The competition shall be divided into two divisions, D1, Able-bodied athletes and D2 athletes with a Disability. Divisions shall be seeded together in preliminary sessions but swum separately at finals. D2 shall have A finals only in the same events as D1. The Referee, in consultation with the Administrative Referee and Central Zone Director of Championship Meets in consultation with the athlete, and/or athlete's coach, will determine the placement and order of D2 events in Finals. This includes, but is not limited to, combining gender, age group, distance or event. Once entries have been closed and D2 entries have been identified, the Meet Referee, Administrative Referee and Central Zone Director of Championship Meets shall ensure consistency in format and procedure throughout the Central Zone 14 and Under Championship Meets. D2 events shall be scored and included in the awards ceremony. Prior to all sessions of the meet, if deemed necessary for the safety of the D2 athletes, a separate warmup lane shall be designated for D2 athletes.

**Meet Format**

This is a Preliminary/Finals format except for 10 &Under events and the events identified below. There will be two (2) heats of individual events at finals, with one (1) additional heat of individual events at finals for disability athletes only (when applicable). Each heat is comprised of a maximum of eight (8) swimmers.

- A Final – swimmers placing 1st through 8th overall in preliminaries
- B Final – swimmers placing 9th through 16th overall in preliminaries
- D2 Final – for disability athletes only, the next-fastest eight (8) disability athletes that did not qualify for the A Final or B Final based on overall place

The heats will be swum in the following order: D2 Final, B Final, A Final. At the discretion of the Meet Referee, D2 Finals may be combined by gender, age group, distance or event.

The competition pool will be cleared 10 minutes before the start of each session. At the request of an athlete's coach and at the discretion of the Meet Referee, a 15 minute break between an individual athlete's events will be observed.

Fly over starts will be used for the preliminary sessions. Fly over starts may be used in the 10 & Under events if agreed upon by the Meet Director, Meet Referee and Director of Championship Meets.

All 11-14 individual events will be swum as preliminaries/finals, **except**:

- 11-12 & 13-14 Girls 800 Freestyle – timed finals, all athletes compete during Thursday preliminary session
- 11-12 & 13-14 Boys 1500 Freestyle – timed finals, all athletes compete during Friday preliminary session
- 11-12 & 13-14 Girls 1500 Freestyle – timed finals, all athletes compete during Sunday preliminary session

- 11-12 & 13-14 Boys 800 Freestyle – timed finals, all athletes compete during Sunday Preliminary session
- 11-12 400 IM, 400 Freestyle, 200 Backstroke, 200 Breaststroke and 200 Butterfly – top 8 fastest seeded athletes after scratches compete at finals; all other athletes compete during preliminaries
- 13-14 400 IM - top 8 fastest seeded athletes after scratches compete at finals: all other athletes compete during preliminaries.

All relay events will be swum in the same session:

- 11-12 & 13-14 400 Freestyle Relay – all heats swim in Thursday preliminary session
- 10 & Under 200 Freestyle Relay – all heats will swim in Thursday Finals session
- 11-12 & 13-14 200 Medley Relay – all heats swim in Friday preliminary session
- 11-12 & 13-14 200 Freestyle Relay – all heats swim in Saturday preliminary session
- 10 & Under 200 Medley Relay – all heats swim in Saturday Finals session
- 11-12 & 13-14 400 Medley Relay – all heats swim in Sunday preliminary session

**Seeding**

**Individual Events**

The fastest three (3) preliminary heats will be circle seeded, and the remainder of heats will be seeded slowest to fastest, except:

- 13-14 400 Freestyle – the fastest two (2) heats will be circle seeded, and the remainder of heats will be seeded slowest to fastest
- 11-12 400 Freestyle – seeded fastest to slowest and alternating gender (female/male)
- 11-12 & 13-14 400 IM – seeded slowest to fastest. Top 8 swim in finals.
- 11-12 200 Butterfly, Backstroke & Breaststroke – seeded slowest to fastest. Top 8 will swim in Finals
- 800 Freestyle – seeded fastest to slowest
- 1500 Freestyle – seeded fastest to slowest
- All 10 & Under events are timed finals and will be seeded slowest to fastest

**Relay Events**

All relay events will be seeded slowest to fastest.

**Seeding Order**

Qualified Athletes (LCM, SCM, SCY)
If applicable, LCM, SCM, SCY non-conforming times for alternative distances (800 & 1500 Freestyle)
Bonus and Invited athletes (LCM, SCM, SCY)

**Scratches and Check In**

**Scratch Rules** – All individual events will conform to USA Swimming National Scratch Procedure Rules. There is no penalty for failure to compete in a timed final event. A coach or athlete may declare a false start.

**Scratch Deadlines –** Please consult the event list and the key dates and times page.

**Positive Check In** – Entrants in the 800 Freestyle and the 1500 Freestyle must check in and confirm their intent to compete prior to scratch deadline in order to be seeded.

**Down seeding –** Entrants in the 11-12 400 Freestyle, 400 IM and 200's of stroke (Butterfly, Backstroke and Breaststroke) shall indicate their desire for an early swim by the scratch deadline for that day's events. Entrants in the 13-14 400 IM shall indicate their desire for an early swim by the scratch deadline for that day's events.

**Relay Check In** – Teams shall check in relays and confirm their intent to compete prior to the scratch deadline for the day of the meet in which the relay is scheduled in order to be seeded. Relay cards designating the athletes' names and order of relays should be initially declared by:

- Thursday, 7:15 am – 11-12 & 13-14 400 Freestyle Relay
- Thursday, 4:00 PM – 10 & Under 200 Freestyle Relay
- Thursday, 6:00 PM – 11-12 & 13-14 200 Medley Relay
- Friday, 6:00 PM – 11-12 & 13-14 200 Freestyle Relay
- Saturday, 12:00 PM – 10 & Under 200 Medley Relay
- Saturday, 6:00 PM – 11-12 & 13-14 400 Medley Relay

The order of relay athletes may be changed up to the time of the swim.

**Scratching from Finals** – USA Swimming National Scratch Procedure Guidelines (207.11.6D) will be followed. LSC's whose athletes in the Final or Consolation heats on Sunday evening fail to scratch shall be fined $100 penalty per swim unless excused under the Exemptions for Failure to Compete section within the USA Swimming Rulebook. All funds shall remain with the meet host. Failure on the part of the LSC to pay imposed penalties shall result in that LSC being barred from future zone championships until such time as the penalty(ies) are resolved.

**Scoring**

**Individual Events**

- 20, 17, 16, 15, 14, 13, 12, 11 points for 1st through 8th place overall, respectively
- 9, 7, 6, 5, 4, 3, 2, 1 for 9th through 16th place overall, respectively

**Relay Events**

- 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2 points 1st through 16th place overall, respectively

**Awards**

**Individual Events**

- Medals will be given to finishers 1st through 8th place overall
- Ribbons will be given to finishers 9th through 16th place overall

Medals will also be given to the top eight (8) para-swimmers that did not otherwise place and be awarded in the A Final or B Final based on overall performance.

**Relay Events**

- Medals will be given to the top finishers 1st through 3rd place overall
- Ribbons will be given to the top finishers 4th through 8th place overall

**High Point Awards**

- Individual high point awards will be given for the top three (3) overall finisher in both the male and female competition category for 10 & Under, 11-12 and 13-14 age groups.
- Team high point awards will be given for the top three (3) team finisher in the combined team score category.

**Controlled Warm-up**

Teams will be assigned to a warm-up group for each session.

| DAY | GROUP A | GROUP B | 1 WAY | EVENTS START |
|---|---|---|---|---|
| **Thursday Prelim** | 7:00 AM | 7:30 AM | 8:00 AM | 8:30 AM |
| **Thursday Finals** | 4:00 PM | 4:20 PM | 4:40 PM | 5:00 PM |
| **Friday Prelim** | 7:00 AM | 7:30 AM | 8:00 AM | 8:30 AM |
| **Friday Finals** | 4:00 PM | 4:20 PM | 4:40 PM | 5:00 PM |
| **Saturday Prelims** | 7:00 AM | 7:30 AM | 8:00 AM | 8:30 AM |
| **Saturday Finals** | 4:00 PM | 4:20 PM | 4:40 PM | 5:00 PM |
| **Sunday Prelim** | 7:00 AM | 7:30 AM | 8:00 AM | 8:30 AM |
| **Sunday Finals** | 4:00 PM | 4:20 PM | 4:40 PM | 5:00 PM |

**Facility Items**

A. First Aid supplies will be kept in the pool office.
B. No smoking is allowed in the building or on the grounds of the facility.
C. No glass containers will be allowed on the pool deck or in the locker rooms.
D. No bare feet allowed outside of the pool area. Swimmers need to have shoes to go into the hallway.
E. To comply with USA Swimming privacy and security policy, the use of audio or visual recording devices, including a cell phone, is not permitted behind the blocks, in changing areas, rest rooms or locker rooms.
F. Deck changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes is **prohibited**.
G. Operation of a drone, or any other flying apparatus, 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.
H. Flash photography will not be allowed during the start of any heat.

| | |
|---|---|
| **Credentials and Deck Passes** | Deck Passes/Credentials for LSC coaches and team managers will be issued to the representative of each LSC according to the list submitted with the entry form, not to exceed one (1) per ten (10) athletes with a minimum of five (5) passes. USA Swimming registration must be valid at check in to receive a deck credential. Credentials must be displayed at all times while in the venue. |
| **Complimentary Tickets** | Each LSC will receive six (6) complimentary admission tickets and programs per session. These are not deck passes or hospitality passes, strictly an admission pass. |
| **General Meeting** | A General Meeting will be scheduled for the Tuesday, July 28, 2026 at 8:00 pm Central time via Zoom. The link will be provided to the LSC contact before the meeting. Meet procedures and meet information will be discussed. At least one representative from each LSC must be present for this meeting. Members of the Technical and Eligibility Jury will be identified. No deviation from the published Meet Information may occur without unanimous agreement by all designated LSC representatives. Warm-up lanes and times will be assigned at this meeting. Procedures will be distributed. |
| **Order of Entry Submissions** | • Enter qualified athletes<br>• Fill open events with eligible invited athletes<br>• Select bonus events for qualified athletes who have not met three (3) individual qualified events. Mark these as "bonus"<br>• Save as a PDF, organized as event list (not by athlete) to submit along with the entry file<br>• Identify athletes eligible for disability participation. These athletes will compete under their own event number.<br>• Please review FAQ document for common entry questions. |
| **Contacts** | **Meet Referee:** Ann Widdowson widsona@gmail.com<br><br>**Admin Referee:** Jenn Salcher jennsalcher@gmail.com<br><br>**Meet Director:** Jennifer Brown (brown@ymcaswim.org) and Brandon McClish (bmcclish@evansvillesports.org )<br><br>**Meet Entry Chair:** Tracey Heidecker swimmom@myyahoo.com |

# Event List

## Thursday Prelims

| | |
|---|---|
| **7:00 – 8:30am** | Controlled warm-up |
| **7:15am** | Scratch box closes for all Thursday events<br>Check in for 11-14 Girls 800 Freestyle closes<br>Check in for 11-14 Boys 1500 Freestyle closes<br>Check in 400 Freestyle including names of athletes (Relay cards due)<br>Deadline to downseed 11-12 200 Backstroke<br>Deadline to downseed 11-12 200 Breaststroke |
| **8:30am** | Preliminary events begin |
| **4:00PM** | 10 & Under 200 Freestyle Relays names declared (relay cards due) |

If you qualify for Finals and do not want to compete in the event in the evening session, you must scratch or declare your intention to scratch within 30 minutes after the qualifiers for the finals in the event are announced. See the Meet Referee or his/her designee.

| Women's Event # | EVENT | Men's Event # |
|---|---|---|
| 1 | 10 & Under 200 Freestyle Relay* | 2 |
| 3 | 11-12 200 Backstroke** | 4 |
| 5 | 13-14 200 Backstroke | 6 |
| 7 | 10 & Under 100 Freestyle* | 8 |
| 9 | 11-12 50 Freestyle | 10 |
| 11 | 13-14 50 Freestyle | 12 |
| 13 | 10 & Under 50 Breaststroke* | 14 |
| 15 | 11-12 200 Breaststroke** | 16 |
| 17 | 13-14 200 Breaststroke | 18 |
| 19 | 11-12 400 Freestyle Relay*** | 20 |
| 21 | 13-14 400 Freestyle Relay*** | 22 |
| 23 | 10 & Under 400 Freestyle* | 24 |
| 25 | 11-12 800 Freestyle**** | |
| 26 | 13-14 800 Freestyle**** | |
| | 11-12 1500 Freestyle**** | 27 |
| | 13-14 1500 Freestyle**** | 28 |

*Timed Final Event. All heats swim in Finals

**Timed Final Event. Top 8 will swim in Finals

***Timed Final Event. All heats will swim in Prelims

****Timed Final Event. All heats will swim in Prelims. Fastest to slowest.

## Thursday Evening Finals

| | |
|---|---|
| **4:00 – 4:50pm** | Controlled warm-up |
| **4:50 – 4:55pm** | 11-14 400 Freestyle Relay awards ceremony |
| **5:00pm** | Finals events begin |
| **6:00pm** | Scratch box closes for all Friday events<br>Deadline to downseed 11-12 & 13-14 400 IM<br>Deadline to check in 11-12 & 13-14 200 Medley Relay with names declared (relay cards due) |

No Thursday Finals Check in Required

**Event order:** 1-18, 23-24
**Awards ceremonies:** Following events 6, 12, 18, and 24

## Friday Morning Prelims

| | |
|---|---|
| **7:00 – 8:20am** | Controlled warm-up |
| **8:30am** | Preliminary events begin |

If you qualify for Finals and do not want to compete in the event in the evening session, you must scratch or declare your intention to scratch within 30 minutes after the qualifiers for the finals in the event are announced. See the Meet Referee or his/her designee.

| Women's Event # | EVENT | Men's Event # |
|---|---|---|
| 29 | 11-12 200 Medley Relay* | 30 |
| 31 | 13-14 200 Medley Relay* | 32 |
| 33 | 10 & Under 50 Freestyle** | 34 |
| 35 | 11-12 200 Freestyle | 36 |
| 37 | 13-14 200 Freestyle | 38 |
| 39 | 10 & Under 100 Backstroke** | 40 |
| 41 | 11-12 50 Backstroke | 42 |
| 43 | 13-14 50 Backstroke | 44 |
| 45 | 10 & Under 50 Butterfly** | 46 |
| 47 | 11-12 100 Butterfly | 48 |
| 49 | 13-14 100 Butterfly | 50 |
| 51 | 10 & Under 200 IM** | 52 |
| 53 | 11-12 400 IM*** | 54 |

| | | |
|---|---|---|
| 55 | 13-14 400 IM*** | 56 |

*Timed Final Event. All heats swim in Prelims.
** Timed Final Event. All heats swim in Finals.
**Timed Final event. Top 8 will swim in Finals.

## Friday Evening Finals

| | |
|---|---|
| **4:00 – 4:50pm** | Controlled warm-up |
| **4:50 – 4:55pm** | 200 Medley Relay awards ceremony |
| **5:00pm** | Finals events begin |
| **6:00pm** | Scratch box closes for all Saturday events<br>Deadline to downseed 11-12 200 Butterfly<br>Deadline to downseed 11-12 400 Freestyle<br>Deadline to check in 11-12 & 13-14 200 Freestyle Relay with names declared (relay cards due) |

No Friday Finals Check in Required

**Event order:** 33-56
**Awards ceremonies:** Following events 38, 44, 50 and 56

## Saturday Morning Prelims

| | |
|---|---|
| **7:00 – 8:20am** | Controlled warm-up |
| **8:30am** | Preliminary events begin |
| **12:00pm** | 10 & Under 200 Medley Relay names declared (relay cards due) |

If you qualify for Finals and do not want to compete in the event in the evening session, you must scratch or declare your intention to scratch within 30 minutes after the qualifiers for the finals in the event are announced. See the Meet Referee or his/her designee.

| Women's Event # | EVENT | Men's Event # |
|---|---|---|
| 57 | 11-12 200 Freestyle Relay* | 58 |
| 59 | 13-14 200 Freestyle Relay* | 60 |
| 61 | 10 & Under 100 Breaststroke** | 62 |
| 63 | 11-12 100 Breaststroke | 64 |
| 65 | 13-14 100 Breaststroke | 66 |
| 67 | 10 & Under 100 Butterfly** | 68 |
| 69 | 10 & Under 50 Backstroke** | 70 |
| 71 | 11-12 100 Backstroke | 72 |
| 73 | 13-14 100 Backstroke | 74 |

| | | |
|---|---|---|
| 75 | 10 & Under 200 Freestyle** | 76 |
| 77 | 11-12 200 Butterfly*** | 78 |
| 79 | 13-14 200 Butterfly | 80 |
| 81 | 10 & Under 200 Medley Relay** | 82 |
| 83 | 11-12 400 Freestyle*** | 84 |
| 85 | 13-14 400 Freestyle | 86 |

*Timed Final event. All heats will swim in Prelims.

** Timed Final event. All heats will swim in Finals.

*** Timed Final event. Alternating gender. Fastest to slowest. Top 8 will swim in Finals.

## Saturday Evening Finals

| | |
|---|---|
| **4:00 – 4:50pm** | Controlled warm-up |
| **4:50 – 4:55pm** | 200 Freestyle Relay awards ceremony |
| **5:00pm** | Finals events begin |
| **6:00pm** | Scratch box closes for all Sunday events<br>Deadline to check in 11-12 & 13-14 Girls 1500 Freestyle<br>Deadline to check in Boys 11-12 & 13-14 800 Freestyle<br>Deadline to check in all 400 Medley Relay with names declared (relay cards due) |

No Saturday Finals Check in Required

**Event order:** 61-86

**Awards ceremonies:** Following events 68, 74, 80 and 86 10 & Under High Point Awards

## Sunday Morning Prelims

| | |
|---|---|
| **7:00 – 8:20am** | Controlled warm-up |
| **8:30am** | Preliminary events begin |

If you qualify for Finals and do not want to compete in the event in the evening session, you must scratch or declare your intention to scratch within 30 minutes after the qualifiers for the finals in the event are announced. See the Meet Referee or his/her designee.

| Women's Event # | EVENT | Men's Event # |
|---|---|---|
| 87 | 11-12 50 Breaststroke | 88 |
| 89 | 13-14 50 Breaststroke | 90 |
| 91 | 11-12 200 IM | 92 |
| 93 | 13-14 200 IM | 94 |
| 95 | 11-12 50 Butterfly | 96 |
| 97 | 13-14 50 Butterfly | 98 |
| 99 | 11-12 100 Freestyle | 100 |
| 101 | 13-14 100 Freestyle | 102 |
| 103 | 11-12 400 Medley Relay* | 104 |

| | | |
|---|---|---|
| 105 | 13-14 400 Medley Relay* | 106 |
| 107 | 11-12 1500 Freestyle** | |
| 108 | 13-14 1500 Freestyle** | |
| | 11-12 800 Freestyle** | 109 |
| | 13-14 800 Freestyle** | 110 |

*Timed Final event. All heats will swim in Prelims. Awards ceremony will follow

** Timed Final event. All heats will swim in Prelims. Fastest to slowest.

## Sunday Evening Finals

| | |
|---|---|
| **4:00 – 4:50pm** | Controlled warm-up |
| **4:50 – 4:55pm** | 1500 Freestyle and 800 Freestyle awards ceremony |
| **5:00pm** | Finals events begin |

No Sunday Finals Check in Required

**Event order:** 87-102

**Awards ceremonies:** Following events 94 and 102

Individual high point and team awards