



March 28 – March 31, 2019

2019 Eastern Zone Southern Region Sectional Meet

Christiansburg, VA

Hosted by Virginia Swimming Inc. & H2Okie Aquatics



Meet Sanction # VS-19-84
Time Trials Sanction # VS-19-84TT

Co-Meet Director:	John Stanley	jfstanley@cox.net
Co-Meet Director:	Bill Beecher	wbeecher@radford.edu
Meet Referee:	Jack Neill	jjneill@gmail.com
Administrative Referee:	Bryan Wallin	thewallin5@comcast.net
LSC Officials Chair:	Dan Demers	ddemers3@cox.net
Facility Manager:	Nate Destree	ndestree@christiansburg.org

LOCATION:

Christiansburg Aquatic Center, 595 North Franklin Street, Christiansburg, VA 24073,
Telephone (540) 381-7665

FACILITY:

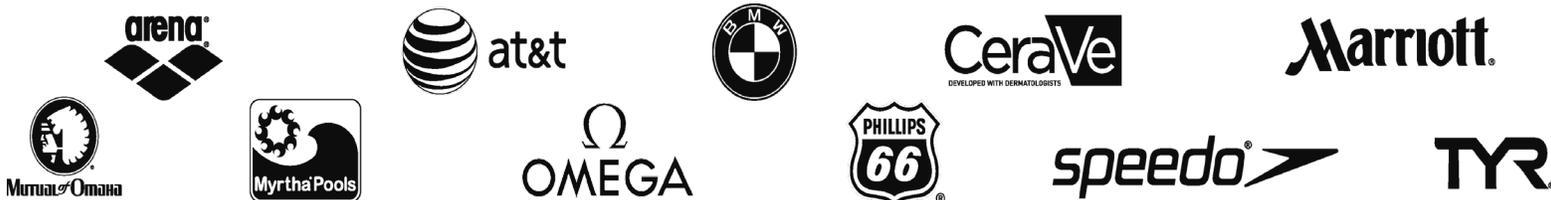
Indoor Facility with 50M competition pool

- Pool 1 (competition pool) 8-10 lanes, 25 yards, start end no less than 7 feet depth
- Pool 2 (Warm-up/Warm-down pool) Dive End, 10-14 lanes available, 25 yards
- Colorado Automatic Timing System with digital scoreboard
- The competition course has not been certified in accordance with USA Swimming Rules & Regulations, Article 104.2.2C.
- Pool 2 will be available each day for continuous warm-up, warm-down from the start of warm-up until 30 minutes after the conclusion of the last event.
- Depending on the number of entries, at the discretion of the meet committee and EZ leadership, a 10 lane course or two 8 lane courses may be used for preliminary and distance events, and an 8 lane or 10 lane course may be used for Finals (including the fastest heat of the W1000/M1650).

OFFICIALS:

Certified officials wishing to work the meet should submit an application by March 12, 2019 for assigned positions. The application form can be found at [Sectional Officials Signup](#).

This meet is approved as a National Certification Qualifying Meet for all positions under the National Officials Certification Program. Any official interested in being evaluated should submit an Application to Officiate noting the request for evaluation. Details of the certification program can be found on the [USA Swimming Website](#)



GENERAL MEETING:

Hospitality Room (accessed from the main deck) on Thursday, March 28, 2019 at 2:00PM. Coaches are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance.

FACILITY SCHEDULE:

- Thursday, March 28: 9:30 am – 9:00pm (or 30 minutes after the last event, whichever is later)
- Friday – Sunday, March 29-31: 6:00am – 9:00pm (or 30 minutes after last event, whichever is later)

REGISTRATION SCHEDULE:

- Thursday, March 28: 12:00 Noon – 9:00pm
- Friday, March 29: 7:00am – 11:00am
- Other times: Contact the Front Desk/Meet Director.

MEET SCHEDULE:

- Thursday, March 28
 - General Warm-up: 9:30am -- 3:00pm
 - Distance Warm-up: 3:20pm -- 4:20pm
 - Distance Events Start: 4:30pm
- Friday, March 29 – Sunday, March 31
 - Prelim Warm-up: 6:30am-8:50am
 - Prelims Start: 9:00am
 - Finals Warm-up: 5:00pm-5:50pm
 - Finals Start 6:00 pm

WARM-UP PROCEDURES:

The following Virginia Swimming warm-up procedures and safety policies will be followed:

- All swimmers must start warm-ups from either the start end or the turn end of the pool. Entry into the pool from the sides is prohibited. Entry is feet-first unless the lane has been designated for one-way starts.
- Swimmers must be under supervision of a USA Swimming credentialed coach during warm-ups. All warm-up periods shall be supervised by the appointed marshals.
- During preliminary warm-ups, all but the final 30 minutes will be dedicated to general warm-up. Specific warm-ups will be conducted during the last 30 minutes.
- During Finals warm-ups, periods are divided equally between general and specific programs. The first half of the warm-up will be dedicated to general warm-up and the last half will be dedicated to specific warm-up.
- During the general warm-up, no pace work or sprinting will be permitted.

RULES:

Current USA Swimming rules will govern all competition.

- Use of audio or visual recording devices, including cellular phones, is not permitted in



changing areas, rest rooms or locker rooms. In addition, photography behind (or directly above) the starting blocks is NOT permitted.

- Changing into or out of swimsuits other than locker rooms or other designated areas is prohibited.
- Swimmers should shower before entering the pool.
- 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 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 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, without written USA Swimming approval.
- Only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.

ELIGIBILITY:

The Eastern Zone Southern Region Speedo Championship Series Meet is open to any swimmer currently registered with USA Swimming with a qualifying time ([2019 EZ SC Sectional Qualifying Times](#)) except swimmers in the Eastern Zone Northern Region. The LSCs in the Northern Region are Adirondack, Connecticut, Maine, Metropolitan, New England, New Jersey, and Niagara. The qualifying time must have been achieved between January 1, 2018 and the meet entry deadline.

TIMERS:

- It may be necessary to solicit timers from the spectators attending the meet. All visiting teams should be prepared to provide meet timers. The meet director reserves the right to assign teams with lane assignments for timer coverage depending on entries.
- All athletes entered in Thursday events need to supply their own timers and counters. All athletes entered in Sunday Distance events need to supply their own timers and counters. All time trial athletes need to supply their own timers.
- Anyone wishing to time may do so. If you volunteer, the host will refund you the cost of a daily admission charge per session, not to exceed amount of the general admission all session pass. This offer is not valid for Thursday events, time trials or Sunday distance events.
- Documentation of volunteer hours is available for community service hours and can be provided upon request.

MEET FORMAT:

The meet will be swum with circle-seeded preliminary heats in the morning session. If 599 or fewer swimmers entered in an individual event are participating in the meet, the A and B Finals will be open to any age, based on that day's preliminary heat results, and the C Final will be open to 18&Under athletes only. If 600 or more swimmers entered in individual events are participating, the A, B and C Finals will be open to any age, based on that day's preliminary heat results, and the D Final will be open to 18&Under athletes only. Finals will be swum D-Final, C-Final, B-Final, and A-Final (in that order) in the evening session, unless otherwise noted.



- **Thursday Distance Events (W 1650/M 1000 and 800 Free Relay):** The women's 1650 yard Freestyle will be swum slowest-to-fastest, followed by the men's 1000 yard Freestyle swum slowest-to-fastest. These events are timed finals. The 800 Free relay will be swum fastest to slowest with all heats of the women's relay followed by all heats of the men's relay.
- **Saturday Distance Event (W 1000):** The fastest heat of 8 in the women's 1000 yard Freestyle will be swum at the beginning of the evening Finals session. The remaining heats will swim on Saturday afternoon, such that the last heat finishes at 4:30 pm. The heat order and schedule will be published after the scratch deadline on Friday night. The events are timed finals.
- **Sunday Distance Events (M 1650):** The fastest heat of 8 in the men's 1650 yard Freestyle will be swum at the beginning of the evening final session. The remaining heats will swim on Sunday afternoon, such that the last heat finishes at 4:30pm. The heat order and schedule will be published after the scratch deadline on Saturday night. These events are timed finals.
- **Relay Events:** Relays are timed-final events. The fastest two heats will swim with finals during the evening session. Remaining heats will swim with preliminaries during the morning session. Relays must check in by the specified deadline in order to be seeded. Relay participants must be declared to the Clerk of Course one hour before the relay swims, but may be changed up to the time of the swim. Relay participants may only compete on one relay team per relay event, either the 'A' relay or 'B' relay but not both. Each relay must have at least one swimmer who qualifies and competes in at least one non-bonus individual event. **200 yard Medley Relay must be entered with a provable 400 Medley Relay times.**
- **Sunday Relays (200 free relay, 400 medley relay):** The "Sunday Relay Rule" will be in effect. Any relay that wishes to swim with preliminaries during the morning session may do so. **ALL** Sunday relays **MUST** indicate a preference for swimming with preliminaries or with finals, when that relay is positively checked-in at the Clerk of Course. The preliminaries/finals preference must be declared by the check-in deadline (Saturday at 6:30pm). The fastest 16 relays that wish to swim during the evening finals will swim during the evening finals. All other Sunday relays will swim during the Sunday morning preliminaries.
- **A/B Flight Format:** Dependent on the number of entries, and at the discretion of the Meet Referee, the preliminary sessions may be conducted in an "A/B Flight" format. If adopted, details of this procedure, including the number of heats of each event to be swum in the "A Flight" session, will be announced at the general meeting.

There will be a five (5) minute break before the start of each set of relays (women/men), with exception of those relays at the beginning of each session. This 5 minute break will apply to both preliminary and final sessions.

ENTRY INFORMATION:

- **MEET ENTRY OFFICER:** Scott Baldwin, (540) 998-2327 – mail to: edbaldwi@vt.edu.
- **Qualification Period:** January 1, 2018 through entry deadline for meet.
- **Seeding Order:** SCY, LCM, SCM. Bonus entries are seeded last in the same order.
- **Entry Fees:** \$15.00 for individual events, \$30.00 for relay events. \$5.00 per swimmer surcharge.
- **Time Trials Fees:** \$15.00 for individual events, \$30.00 for relay events.



- Regular Entry Deadline: Monday, March 18, 2019 at 11:59 pm EST. OME will open for this meet on February 04, 2019, at <http://www.usaswimming.org/ome>.
- Payment by check for any entries must be received at or before the pre-meet general meeting on Thursday, March 28, 2019. If payment is not received by this time, the entries in question will be scratched from the meet.
- Checks for entry fees are payable to H20kie Aquatics and may be mailed to:
H2Okie Aquatics
c/o Scott Baldwin
165 Huff Heritage Lane
Christiansburg, VA 24073

ENTRY RULES:

A swimmer may enter any number of individual events in which the qualifying time standard has been met. A swimmer may only swim a maximum of three (3) individual events per day (including time trials) and a maximum of seven (7) individual events for the meet (does not include time trials). Each team can enter up to 2 relays in each event.

- **Bonus Events:** Swimmers making one (1) qualifying time will be permitted to enter one bonus event. Swimmers making two (2) qualifying times will be permitted to enter two (2) bonus events. Swimmers making three (3) qualifying times will be permitted to enter one (1) bonus event. Swimmers making four (4) or more qualifying times are not permitted to enter bonus events. Bonus entries are seeded last. There shall be no bonus swims for the 1000 freestyle or 1650 freestyle except for the following condition: any swimmer achieving a qualifying time in the 1000 freestyle or 1650 freestyle may choose to enter the other distance event as a bonus entry. See Entry Information for seeding order.
- At least one swimmer participating on each relay team must also be entered and compete in at least one, non-bonus, individual event. All relay-only swimmers must be listed on the meet entry.

ONLINE MEET ENTRY:

All entries must be submitted through USA Swimming's website using OME (Online Meet Entry, www.usaswimming.org/ome). Ensure that relay only swimmers are included in the team roster entry. All coaches planning to attend the meet MUST be included with the entry for the confirmation of coach credentials prior to arriving at the meet. Any coach not on the original entry MUST show proof of current credentials prior to receiving coach's packets or deck credentials.

- **Entry Instructions:** Payment for entries using OME is accepted using Visa, MasterCard, American Express or Discover. After you complete your online entry, you will be sent confirmation via e-mail. Bring all communications with you to the meet. You can return to your entry to modify entry times through the initial March 18, 2019 entry deadline. Once you have paid for your entry, you may add events to your entry but you cannot delete events. Entries will not be considered accepted until entry fees are received. Entry times, under OME, are taken from the SWIMS national database, or a custom time may be entered. All swims entered as a custom time must be proven in hard copy, at the meet. Times must be entered in the proper course in which achieved; converted times will not be accepted. Times other than short course yards will be treated as "non-conforming" and will be seeded



according to USA Swimming procedures. Do not convert times before entering them. Entries that have NOT used the OME entry process will not be accepted. No fax entries will be accepted at any time.

- **Questions Regarding OME?** Contact: Scott Baldwin, edbaldwi@vt.edu, (540)998-2327
- **New Qualifying Swims:**
 - Additional entries from meets occurring between March 18, 2019 and March 24, 2019 are due by 5:00 PM (EST) on Monday, March 25, 2019.
 - OME must also be used for these additional entries. Follow instructions given in the section above for the meet named 2019 EZ Region 2 SC Championship Meet – NEW QUALIFYING SWIMS.
 - These entries may not be used to improve the seed time of an earlier entry.
- **Late Entries:** Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:
 - Late entries must be submitted through OME for the meet named 2019 EZ Region 2 SC Championship Meet – LATE ENTRIES.
 - Entries must be received no later than 11:59 pm (EST) Monday, March 25, 2019.
 - The team or athlete must pay a one-time processing fee of \$150 and entry fees of \$30 per individual event.
 - Late entries may not be used to improve the seed time of an earlier entry.

PROOF OF TIME:

Verification of times for all events (including relays) is required. Times submitted through OME will be automatically verified through the USA Swimming SWIMS database unless a custom time is used. Coaches entering with custom times (those not in the SWIMS database) must be prepared to prove the times with a copy of the official meet result. Any proof of time must be submitted prior to the Scratch/Positive Check-in deadline for the session in which the event is being swum. High School, College, YMCA and similar non-USAS swims must be a swim officially authorized by USA Swimming. *Emailed proof of times reports must be submitted by name and by event.*

WARNING:

Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100.00, and no further entries will be accepted from the club until the said fine is paid. All swimmers, coaches and officials must be properly registered with USA Swimming for 2019.

SCRATCH PROCEDURES/POSITIVE CHECK IN:

The scratch box and positive check in will be located at the Registration Table until the General Meeting. The scratch box and positive check in will then be at the General Meeting. Following the General Meeting, the scratch box and positive check in will be located with the Clerk of Course on deck.

This meet will follow the National Championship Scratch Rules as specified in rule 207.11.6. Specific procedures will be explained at the General Meeting on Thursday afternoon. Scratches from finals can only be done directly with the Administrative Referee. Do not use the scratch



box. *The Eastern Zone Policy for No Shows in Sunday's finals will be observed. Any swimmer initially announced in the top 24 (or 32, if A, B, C and D finals) who does not show up to compete (without properly scratching) will be subjected to a \$50 fine. Checks will be made out to the Eastern Zone.*

In all events where preliminary heats are necessary or in any timed final event for which the swimmer has been positively checked in, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been scratched in accordance with sub-paragraphs A and B above will be barred from all further individual and relay events of that day. The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events.

Scratch deadlines are as follows:

- Thursday, 3:00pm: Thursday distance events (**W 1650/M 1000 and 800 Free relay**).
- Thursday, 5:00pm: All Friday events (including positive check-in for 200 medley relay).
- Friday, 6:30pm: All Saturday events (including **W 1000** and positive check-in for **400 Free relay**).
- Saturday, 6:30pm: All Sunday events (including **M 1650** and positive check-in for **200 free relay and 400 medley relay**).

TIME TRIALS:

Time trials will be offered each day, time permitting.

- Time trial fees: \$15.00 for individual events; \$30.00 for relays.
- All time trials will be seeded by entry time and will start according to the following schedule:
 - Thursday time trials may be seeded into empty lanes in the scheduled events otherwise they will start 15 minutes after the conclusion of timed finals on Thursday..
 - 15 minutes after the conclusion of the preliminaries session on Friday, Saturday and Sunday (time permitting).
- Time trials may be seeded with mixed events and genders in heats with no open lanes between them. Events longer than 200 yards may be similarly combined regardless of distance.
- Time trials are open to all swimmers entered into the meet, including relay-only swimmers.
- Each swimmer is limited to a maximum of three (3) time trials swims during the meet. Also, please be aware that time trials count towards the daily maximum of three events, but not towards the seven (7) swims maximum for the meet.
- Registration for time trials will close at 5:00 pm on Thursday, and 10:00am on Friday, Saturday and Sunday, unless otherwise announced at the General Meeting. Time trials will be conducted as long as there is time available.
- Time trials will end no later than 3:00pm on Friday. Time trials on Saturday and Sunday will end 30 minutes prior to the start of the heats of the **Women's 1000 free/Men's 1650 free**.
- The order of events for time trials is listed below. **Note that the 1000 freestyle and 1650 freestyle are only offered on Thursday.**
 - Thursday time trials: 1000 free, 1650 free events only.



- Friday time trials: Friday/Saturday/Sunday events, in that order.
- Saturday time trials: Saturday/Sunday/Friday events, in that order.
- Sunday time trials: Sunday/Friday/Saturday events, in that order.

DECK ACCESS:

Please use designated pool entry areas. Only swimmers, coaches, officials, and meet staff with proper credentials will be permitted on the pool deck. These must be visible at all times when on deck. Teams will be allocated deck passes for coaches using the following formula based on the number of athletes entered into individual events:

- 1-3 swimmers in individual events or 1 relay only team with any number of alternates: 1 deck pass
- 4-8 swimmers in individual events: 2 deck passes
- 9-14 swimmers in individual events: 3 deck passes
- 15-25 swimmers in individual events: 5 deck passes
- 26 or more swimmers in individual events: 6 deck passes
- Unattached swimmers entered without a team: 1 deck pass.
- Unattached swimmers with a team will be counted in the numbers for the team
- Additional deck passes can be purchased at the Meet Registration Desk for \$35.

Coaches must request a deck pass through OME. Deck passes will only be issued to individuals registered with USA Swimming. All coaches must be prepared to show a current USA Swimming registration card at the registration table to receive their deck pass. Replacements for lost credentials will cost \$10.00.

No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, swimmer must be assigned a supervising coach (per USA Swimming rule 202.3.2). Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

Scoring:

Scoring will be to 16 places.

Place:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Individual:	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Relay	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

AWARDS:

Awards will be presented during the evening finals. The coach of each event’s winning competitor should report to the awards area prior to awards presentations. A full sequencing of events and awards will be published with the heat sheet for each finals session. Awards for the Thursday distance events will be presented during the Friday evening finals.

- Individual events: Top 3 finishers
- Relay events: Top 3 relay teams



- Team awards (female, male, and combined scores): Top 3 teams
- Individual high point: Top 3 female and top 3 male

CONCESSIONS:

There will be a concession stand open for the duration of the meet. The concession area is on the upper level of the pool, near the restrooms.

HOSPITALITY:

A hospitality area will be available for coaches and meet staff. Coaches and meet staff must have appropriate credentials to enter the hospitality area. The Hospitality Area will be in the Wet Classroom located just off the Competition Pool deck.

SPECTATOR ADMISSION AND HEAT SHEETS:

The spectator seating area will open one hour before the start of each session. The spectator entrance is on the upper level of Christiansburg Aquatic Center. Admission Charge includes appropriate heat sheets. Prices are as follows:

- Individual Prelims Session: \$5
- Individual Finals Session: \$3
- All Sessions: \$20

TOWN OF CHRISTIANSBURG AQUATIC CENTER RULES:

- Concessions will be allowed in designated areas only. Drinks are only permitted if in plastic bottles or covered plastic/paper cups.
- Young children must be supervised by an adult.
- Observers are to stay in designated areas.
- No tape of any kind is to be used inside to hang signs, banners or decorations. Please consult with the Director of Aquatics prior to hanging up any signs, banners or decorations.
- Only Aquatic Staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Staff Management.
- No smoking is permitted within the Town of Christiansburg Aquatic Center.
- The Town of Christiansburg Aquatic Center is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings.
- No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Director.
- No glass containers of any kind are to be brought into the pool complex.
- Parking violators will be subject to fines and/or towing as posted.
- The Aquatic Center strongly encourages showering prior to entering the pool.
- All emergency exits and walkways must remain clear.

LOCKER ROOMS:

Day lockers will be available for athletes, coaches and officials. Do not leave locks on lockers overnight. Do not leave valuables in your locker. Christiansburg Aquatic Center and Virginia Swimming are NOT responsible for lost or stolen property. The Virginia Tech Varsity locker



room is off-limits to all participants.

MEDICAL ASSISTANCE:

Medical assistance will be provided at the facility. If you require medical assistance, please notify a facility lifeguard, or a member of the meet staff.

PARKING:

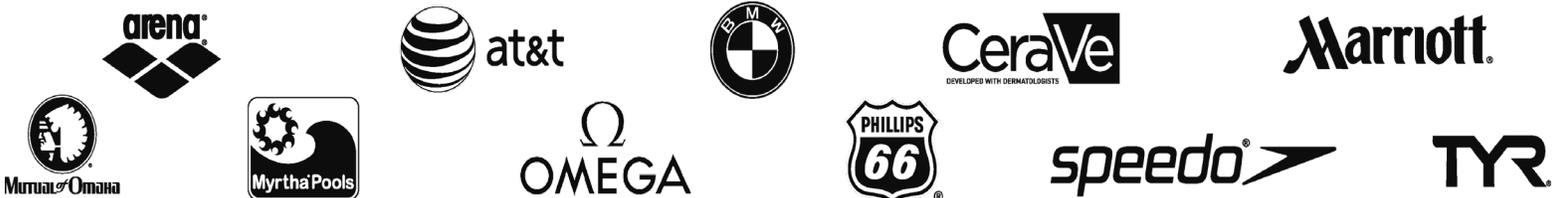
Parking will be available at the Christiansburg Aquatic Center for officials and coaches. Meet Credentials **MUST** be shown in order to get into the lower parking lot at the swim center. Parking for everyone else is available in the designated lots surrounding the swim center. Handicap vehicles will be permitted to park in the swim center lot. Bus parking will be available in designated lots. All vehicles must be in appropriately marked parking spaces. Overflow parking will be available at Christiansburg High School approximately ½ mile from the Center. Shuttle van will be available.

DIRECTIONS TO CHRISTIANSBURG AQUATIC CENTER:

- From I-81 Southbound:
 - Take the US-11/US-460 exit, Exit 118C-B-A, toward Christiansburg/Blacksburg. 1.6 mi.
 - Merge onto US-460 W via Exit 118B toward Blacksburg. 2.7 mi.
 - Take the US 460 Business exit, Exit 3AB, toward Christiansburg. 0.4 mi.
 - Merge onto US-460 BR E/N Franklin St via Exit 3A toward US-460-BR E/VA-111/Downtown. 0.8 mi
 - Stay in the right lane, proceed thru the next two stop lights. The Aquatic Center will be on your left. 0.6 mi.

- From I-81 Northbound:
 - Take the VA-8 exit, Exit 114, toward Christiansburg/Floyd. 0.2 mi.
 - Turn left onto VA-8 N/W Main St.
 - Turn left onto N Franklin St/US-460 BR W. 0.6 mi.
 - The Aquatic Center will be on the right.

- From 460-Eastbound
 - Take the US-460-BR E Exit toward Downtown. 0.5mi.
 - Merge onto US-460 BR E/N Franklin St. 1.1 mi.
 - Stay in the right lane. Proceed thru the next two stop lights. The Aquatic Center will be on the left.



2019 Eastern Zone Southern Region Speedo Championship Series Meet

March 28 – March 31, 2019

Order of Events

Thursday, March 28, 2019

Timed Finals: 4:30pm start

LCM	Women SCM	SCY	#	Event	#	SCY	Men SCM	LCM
18:16.79	17:43.29	17:54.39	1	1650 yard Freestyle	2	10:02.49	8:43.49	9:06.39
9:06.29	8:58.89	8:05.39	3	1000 yard Freestyle	4	7:22.39	8:06.69	8:14.79
				800 yard Freestyle Relay				

Friday, March 29, 2019

Prelims: 9:00am start Finals: 6:00pm start

LCM	Women SCM	SCY	#	Event	#	SCY	Men SCM	LCM
4:42.09	4:28.29	4:10.29	5	200 yard Medley Relay	6	3:45.99	4:14.59	4:18.69
2:11.09	2:07.89	1:55.19	7	200 yard Freestyle	8	1:46.49	1:57.99	2:01.29
1:17.89	1:15.49	1:08.19	9	100 yard Breaststroke	10	1:01.49	1:08.99	1:09.69
1:06.49	1:04.99	58.59	11	100 yard Butterfly	12	53.29	58.99	1:00.29
1:07.89	1:05.79	59.29	13	100 yard Backstroke	14	54.49	59.99	1:01.99
4:37.69	4:29.29	5:08.79	15	500 yard Freestyle	16	4:47.39	4:09.89	4:17.59

Saturday, March 30, 2019

Prelims: 9:00am start Finals: 6:00pm start

LCM	Women SCM	SCY	#	Event	#	SCY	Men SCM	LCM
2:29.09	2:25.59	2:12.09	17	200 yard Butterfly	18	2:01.19	2:14.19	2:16.29
28.29	27.09	24.79	19	50 yard Freestyle	20	22.39	24.69	25.49
2:49.39	2:44.79	2:29.39	21	200 yard Breaststroke	22	2:14.99	2:29.89	2:32.59
5:20.49	5:07.29	4:38.39	23	400 yard IM	24	4:15.09	4:43.19	4:49.89
4:14.99	4:10.89	3:45.79	25	400 yard Free Relay	26	3:21.89	3:44.09	3:48.69
				AFTERNOON				
9:34.99	9:19.99	10:39.79	27	1000 yard Freestyle				

Sunday, March 31, 2019

Prelims: 9:00am start Finals: 6:00pm start

LCM	Women SCM	SCY	#	Event	#	SCY	Men SCM	LCM
1:57.79	1:56.19	1:44.59	29	200 yard Free Relay	30	1:32.69	1:42.19	1:45.49
2:26.99	2:23.29	2:09.09	31	200 yard Backstroke	32	1:58.59	2:11.79	2:14.79
1:00.69	58.89	53.09	33	100 yard Freestyle	34	48.49	53.89	55.49
2:28.69	2:24.79	2:10.99	35	200 yard IM	36	1:59.39	2:12.59	2:16.19
4:42.09	4:28.29	4:10.29	37	400 yard Medley Relay	38	3:45.99	4:14.59	4:18.69
				AFTERNOON				
				1650 yard Freestyle	28	16:43.99	16:35.19	17:21.99

Scratch deadlines:

- Thursday, 3:00pm: Thursday distance events (**W 1650/M 1000 and 800 Free Relay**)
- Thursday, 5:00pm: All Friday events (including positive check-in for **200 yard medley relay**)
- Friday, 6:30pm: All Saturday events (including **W 1000** and positive check-in for **400 free relay**).



- Saturday, 6:30pm: All Sunday events (including **M 1650** and positive check-in for **200 free relay and 400 medley relay**).

Relay Events: Relays are timed-final events. The fastest two heats will swim the finals during the evening session. The Sunday Relay Rule will be in effect for Sunday relays. Remaining heats will swim with preliminaries during the morning session. All relays must be positively checked-in by the appropriate scratch deadline. Relay participants must be declared to the Clerk of Course one hour before the relay swims but may be changed up to the time of the swim. 200 yard Medley Relay entry times must be provable 400 Medley Relay times.

Thursday Distance Events: The Women's **1650** yard Freestyle will be swum slowest-to-fastest, followed by the Men's **1000** yard Freestyle swum slowest-to-fastest. These events will be followed by the women's and men's 800 Free Relays. These events are timed finals.

Saturday Distance Events: The fastest heat of the Women's **1000** yard Freestyle will be swum at the beginning of the evening finals session. The remaining heats will swim on Saturday afternoon, slow to fast, such that the second fastest heat finishes at 4:30pm. The heat order will be published after the scratch deadline. These events are timed finals.

Sunday Distance Events: The fastest heat of the Men's **1650** yard Freestyle will be swum at the beginning of the evening finals session. The remaining heats will swim on Sunday afternoon, slow to fast, such that the second fastest heat finishes at 4:30pm. The heat order will be published after the scratch deadline. These events are timed finals.

For Saturday and Sunday Finals, the distance event will swim first.

