

# SCHOOL SPORT AUSTRALIA

## SWIMMING RULES AND GUIDELINES

**NOTE -** These rules are to be read in conjunction with the School Sport Australia General Policies and Guidelines.

### 1. Competition Rules

- 1.1 Unless otherwise stated FINA rules shall apply.
- 1.2 States are eligible to enter a range of competitors per event as stated in the schedule of events.
- 1.3 All 50m and 100m Able Bodied events will be run on a Heats and Final basis. All other events will be run as Timed Finals.
- 1.4 Competitors must only compete in their own age group, that is the age they turn in the year of competition. (e.g. a 13 year old cannot compete in a 15 years event). In exceptional circumstances dispensation may be sought from the National Secretary to have a swimmer compete in an older age group. They then must compete in this age group for the duration of the meet including relay events.
- 1.5 Individual events shall be conducted for the following age groups and divisions:-

#### 1.5.1 ABLE BODIED COMPETITORS

Ten (10) years, Eleven (11) years, Twelve (12) years, Thirteen (13) years, Fourteen (14) years, Fifteen (15) years, Sixteen (16) years, Seventeen to Nineteen (17 - 19) years.

Junior events are for swimmers in the Thirteen (13) years and Fourteen (14) years age groups.

Intermediate events are for swimmers in the Fifteen (15) and Sixteen (16) years age groups.

Senior events are for swimmers in the Seventeen to Nineteen (17-19) age groups.

Open Events are for swimmers in any age group from ten (10) years to nineteen years (19).

#### 1.5.2 DISABILITY COMPETITORS

Ten (10) years to Twelve (12) years age group

Thirteen (13) years to Fifteen (15) age group

Sixteen to Nineteen (16-19) years age group.

#### **Specific Rules for Multi-Disability competitors**

- S11 swimmers with the exception of prosthetics in both eyes shall be required to wear blackened goggles for competition. The goggles shall be checked at the completion of each event. Tapping is compulsory for all S11 swimmers. Tapping devices must be deemed safe. During competition, each S11 competitor shall have 2 tappers, 1 at each end of the pool. Blind S11 swimmers with the exception of prosthetics in both eyes are to provide their own blacked out goggles for use during all swimming events entered.
- Verbal communication or coaching by staff when tapping during a race may lead to disqualification of the competitor.
- Team staff tappers for the blind competitors are to report to the Referee/Technical Advisor prior to the commencement of the Meet.

#### 1.6 RELAY EVENTS

1.6.1 States are eligible to enter a range of competitors per event as stated in the schedule of events.

1.6.2 All age team events will include one swimmer from each of the following age groups per sex:

Ten (10) years	Fourteen (14) years
Eleven (11) years	Fifteen (15) years
Twelve (12) years	Sixteen (16) years
Thirteen (13) years	Seventeen to Nineteen (17-19) years

- 1.7 The maximum team size for all states and territories with students aged 13 and above will be 80 Able-Bodied and 20 Multi-Disability students.
- 1.8 There is no maximum team size for 10-12 years Able-Bodied students. The maximum number of swimmers with a disability per state aged 12 years and under will be 10.
- 1.9 **Starting Positions**  
Starting positions will be determined by the seeding of the meet from the individual/relay times submitted.
- 1.10 Substitutions will not alter original starting positions.
- 1.11 **Qualifying Standards**  
There are no qualifying standards; member bodies develop their own standards where appropriate.
- 1.12 Students with a disability can qualify to swim in able bodied events as long as they have qualified in the same manner, and have been selected using the same procedures.
- 1.13 The National Secretary shall develop a timeline for program and entries and all entries are to be made available for checking on the SSA website.
- 1.14 No hoist shall be available for MD competitors. (as per IPC rules)
- 1.15 The meet shall be sanctioned through Swimming Australia and the IPC.

## 2.0 **Championship Format** – (where possible)

The following format is to be used:

- Day 1 - Arrive early pm, Pre event meeting
- Day 2 - Pool Acclimatisation, Opening Ceremony, Session 1
- Day 3 - Session 2 and 3
- Day 4 - Session 4 and 5
- Day 5 - Session 6 and 7
- Day 5 - Excursion, Post event meeting
- Day 6 - Session 8, Fly out pm

The host state will determine the start/finish days.

A sample Program of Events for the Championships is at Attachment 1.

## 2.1 **Warm-up procedures** – where possible

- 2.1.1 Swimmers will be permitted to warm-up in the Competition Pool from 8am to 8.50am each day. The following procedures must be observed and the cooperation of all swimmers, coaches and parents is sought in this matter.
- 2.1.2 The warm-up / cool-down pool (Laned area in Diving Pool) will be available throughout the day for use by swimmers. There is to be NO use of the Diving Boards.
- 2.1.3 Only accredited team personnel will be allowed on pool deck during this time.
- 2.1.4 Transfer of accreditation is not allowed under any circumstances.
- 2.1.5 Swimmers must only swim in a clockwise direction.
- 2.1.6 Please do **not** touch, grab or climb over timing pads.
- 2.1.7 Two lanes in the Dive pool are dedicated for **SWD competitors only** during daily warm up session.
- 2.1.8 Warm-up will cease 10 minutes before competition start time.
- 2.1.9 Feet first entry only is permitted in any warm up / cool down lane with the exception of specified Dive Start lanes.

### 3.0 Schedule of Events

#### 3.1 INDIVIDUAL EVENTS

- Each event below is offered for both Boys and Girls
- 50m and 100m events will be run on a Heats and Final basis. All other events run as Timed Finals.
- Where possible, Breaststroke and Individual Medley events be held in separate sessions.

1, 2, 3, 4 – represent number of competitors per sex per state eligible per event at School Sport Australia.

AGE GROUP/ EVENTS	50 Fre e	100 Fre e	200 Fre e	400 Free	800 Free	1500 Free	50 Fly	100 Fly	200 Fly	50 Br	100 Br	200 Br	50 Bac k	100 Bac k	200 Bac k	200 IM	400 IM
10 yrs	4						3			3			3			3	
11 yrs	4						3			3			3			3	
12 yrs	4						3			3			3			3	
12& under yrs		3	3					3			3			3			
13 yrs	2	2															
14 yrs	2	2															
Junior 13 – 14 yrs			2	2			2	2	2	2	2	2	2	2	2	2	2
15 yrs	2	2															
16 yrs	2	2															
Inter 15 – 16 yrs			2	2			2	2	2	2	2	2	2	2	2	2	2
17 - 19 yrs	2	2	2	2			2	2	2	2	2	2	2	2	2	2	2
Open					1boy 1girl	1boy 1girl											

MD – MULTI-DISABLED – Each event below is offered for both Boys and Girls  
All events run as Timed Finals

AGE GROUP/ EVENTS	50 Fre e	100 Fre e	200 Fre e	400 Free	800 Free	1500 Free	50 Fly	100 Fly	200 Fly	50 Br	100 Br	200 Br	50 Bac k	100 Bac k	200 Bac k	200 IM	400 IM
10-12 yrs MD	4	3	3				3			3			3	3		3	
13-15 yrs MD	2	2	2				2			2			2	2		2	
16-19 yrs MD	2	2	2				2			2			2	2		2	
Open																	

#### 3.2 RELAYS

- Each event below is offered for both Boys and Girls with the exception of Multi-Disabled which may be mixed teams.
- All events run as Timed Finals.
- Relays to be held at the end of the day, where possible.
- 10 x 50m Freestyle Relay - 5 boys and 5 girls, any age, swim in any order, one team per state.
- 8x 50m All Age Freestyle Relay - 1 swimmer from each age group 10, 11, 12, 13, 14, 15, 16, 17-19, swim in any order, two boys and two girls teams per state.
- 9 x 50m Handicap Relay - 1 swimmer from each age group in Able Bodied (10, 11, 12, 13/14, 15/16, 17/19) and in Multi Disability (10/12, 13/15, 16/19) swim 50m in the following stroke order: (Back, Breast, Breast, Breast, Fly, Fly, Fly, Free, Free). Winners will be determined by the addition of times and then compared with swimmers individual race time from during the championship. Teams will be handicapped at the start according to these times and awarded medals on the overall finishing positions. One boy and one girl team per state.

- Swimmers may swim up an age group in a relay provided that they only compete in one relay event (ie. swimmers may only swim in one 4 x 50m freestyle and/or 4 x 50 medley relay).

AGE GROUPS/EVENTS	4x50m Freestyle Relay	4x100m Freestyle Relay	4x50m Medley Relay	10x50m Freestyle Relay	All Age 8x50 Freestyle Relay	9x50 Handicap Relay
10 yrs	2		2			
11 yrs	2		2			
12 yrs	2		2			
Junior 13 – 14 yrs	2		2			
Intermediate 15 – 16 yrs	2		2			
17-19 yrs	2		2			
Open		2		1 mixed		
All Age					2	
10-12 yrs MD	2		2			
13-15 yrs MD	2		2			
16-19 yrs MD	2		2			
All Divisions						1 boys and 1 girls team

#### 4.0 Facilities, Equipment

- 4.1 Swimming Pool 50 metres in length.
- 4.2 Electronic Timing with Touch Pads at both ends.
- 4.3 Meet will be run using Meet Manager Software.
- 4.4 Where possible a warm-up / cool-down pool be available.

#### 5.0 Officials

- 5.1 The Host State shall appoint a Meet Director for the Championships.
- 5.2 Australian/State recognised Swimming Referee.
- 5.3 Appropriate number of Officials/Judges/Time Keepers.

#### 6.0 Marshalling

- 6.1 There will be no marshalling calls. Competitors must follow the claims board and report to the Marshals as soon as their events is displayed. If competitors have not reported they will risk elimination. Substitutes may report to Marshal if a swimmer is in another race.
- 6.2 Once competitors have reported to the marshal they must remain in the marshalling area until directed to their starting positions by the Check Starter.
- 6.3 Coaches and parents are not permitted to be in the marshalling area.

#### 7.0 Starting Instructions

- 7.1 The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive.  
On the long whistle from the Referee the swimmers shall step onto the starting platform and remain there. On the starter's command "take your marks" competitors will immediately take up their starting positions with at least one foot at the front of the starting platform. The position of the hands is not relevant. When all competitors are stationary, the Starter shall give the starting signal.
- 7.2 The start in Backstroke and Medley Relay races shall be from the water.  
On the first long whistle from the Referee the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without delay to the starting position. When all swimmers have assumed their starting positions, the starter shall give the command "take your marks". When all swimmers are stationary the Starter shall give the starting signal.
- 7.3 Any swimmer starting before the starting signal has been given, may be disqualified.
- 7.4 If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race.
- 7.5 If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back, be reminded by the starter of the penalties,

## **8.0 After the Event**

- 8.1 Swimmers must start, finish and stay in the same lane. Competitors are to leave the water by the nearest side of the pool or as directed by the Referee.
- 8.2 In an Individual Medley event the sequence of strokes is Butterfly, Backstroke, Breaststroke, and Freestyle.
- 8.3 In a Medley Relay event the sequence of strokes is Backstroke, Breaststroke, Butterfly, and Freestyle.
- 8.4 If, because of the length of the program "starting over the top" is used, competitors from the preceding heat are to move to the side of the lane hold onto the lane rope, and remain still. When the next heat has started they should leave the pool by the sides as quickly as possible.  
If "starting over the top" is used in backstroke, competitors from the preceding heat are to move 5m out and to the side of the lane. They must hold onto the lane rope, and remain still. When the next heat has started they should leave the pool by the sides as quickly as possible.

## **9.0 Coaching**

Once competitors are in the marshalling area they are not to receive any coaching or advice. Penalty may be DISQUALIFICATION.

## **10.0 Progression to Finals**

- 10.1 Where a 10 lane pool is used, the fastest 10 swimmers, and where an 8 lane pool is used, the fastest 8 swimmers shall progress to the final with the next 2 fastest swimmers being named as alternates.
- 10.2 In the event that two or more swimmers register equal times to 1/100<sup>th</sup> second for tenth position in the final, that position will be decided by a swim off at the completion of the heats session.
- 10.3 If heats are collapsed after the commencement of a session the event shall be reseeded and swum at the advertised finals time.

## **11.0 Withdrawal from Finals**

- 11.1 A competitor withdrawing from an individual final must do so in writing, through the State Team Manager, to the Carnival Manager within 15 minutes following the posting of the respective event result sheet. Any competitor who withdraws after this time may be scratched from all other individual finals.
- 11.2 A competitor wishing to withdraw from a Timed Final event must do so in writing, through the State Team Manager, to the Carnival Manager within 15 minutes of the conclusion of the previous session.

## **12.0 Timekeepers**

- 12.1 Timing will occur through use of Automatic Officiating Equipment. Each lane will also have up to three button times.
- 12.2 All times (including splits) will be forwarded to Australian Swimming for verification at the conclusion of the meet.

## **13.0 Protests**

- 13.1 Protests to the Referee by a Team Manager on behalf of a swimmer must be made through the Meet Director.
- 13.2 Protest must be submitted :
  - (a) in writing,
  - (b) by the responsible team leader only,
  - (c) within 30 minutes following the posting of the respective event result sheet.
- 13.3 All protests shall be considered by the referee. If he/she rejects the protest, he/she must state the reasons for his decision. The Team Manager may appeal the rejection by the Referee to a Jury of Appeal whose decision shall be final.
- 13.4 The Jury of Appeal shall consist of the Meet Director and/or National Secretary, a Technical Official not involved in the incident and a Team Manager not involved in the incident where required. The format of the Jury of Appeal shall be nominated at the Pre Event meeting.

## **14.0 Swimming Caps**

## **15.0 Trophies, Awards**

- 15.1 School Sport Australia Medallions will be awarded to the first three placegetters in each event.
- 15.2 Swimmer of the Meet – 4 awards.  
The male and female (able-bodied and disability) swimmers of the meet will be determined by the following:
- (i) Swimmer must be 13 years or above.
  - (ii) 1<sup>st</sup> – 5 points
  - (iii) 2<sup>nd</sup> – 3 points
  - (iv) 3<sup>rd</sup> – 2 points
  - (v) 4<sup>th</sup> – 1 point
  - (vi) Breaking an existing record – 5 points.
- 15.3 Competitors shall receive a certificate for all championship events in which they break the School Sport Australia record.

## **16.0 Meetings**

- 16.1 Voting - as per Sports Management Committee Operating Procedures Policy.  
1 vote per participating School Sport Australia member body. Any participating non-affiliated organisation shall also be entitled to one vote.
- 16.2 Pre-Event Meeting  
Managers of competing states will hold a meeting prior to the commencement of the Championship convened by the host state. The business of the meeting to be decided by the host state in consultation with the National Secretary.  
The Host State delegate to School Sport Australia, or their representative, shall act as Chairman. Other interested persons may be invited to attend the meeting and join in discussions subject to the Chairman's approval. On any matter requiring a decision only one vote per state will be allowed with the Chairman having a casting vote where necessary.  
Minutes of this meeting shall be included in the Championship Report to be presented to School Sport Australia.  
Where possible, within the pre-event meeting, time is dedicated to the Multi-Disabled program in a separate room with the Referee to enable verification and explanation of athlete's classification.
- 16.3 Post Event Meeting  
The Post-Event meeting shall be held mid-way through the Championships (at the host state's discretion). The Chairman of this meeting shall be the host state delegate to School Sport Australia or their representative.

## SCHOOL SPORT AUSTRALIA

### SERVICE AWARD RECIPIENTS

*The School Sport Australia Service Awards recognise those individuals who have given more than ten years of service to School Sport Australia Swimming. This is the highest award possible at the school swimming level and is testament to the individuals' service to the sport.*

NAME	STATE	YEAR
Jacinta Stirrat	NT	2002
Robyn Miller	VIC	2001
Jenny Verrall	NT	2002
Liz Whelan	SA	2003
Paula Gott	VIC	2003
John Gowdie	QLD	2004
Barbie Hartman	QLD	2004
Les Trist	NSW	2006
Stephen Creenaune	NSW	2006
Ross Hallaways	NSW	2006
Les Barclay	ACT	2007
David Baltman	SA	2007
Jennie Hoskins	SA	2007
Eric Kiploks	SA	2007
Ann Chandler	VIC	2007
Karen Garrard	VIC	2007
Kelli Warren	NSW	2007
Allan Gregson	NSW	2007
Margaret Gregson	NSW	2007
Michael Vaughan	QLD	2008
Christine Steele	QLD	2009

## SCHOOL SPORT AUSTRALIA

### SPORTSMANSHIP AWARDS - SWIMMING

*The School Sport Australia Sportsmanship award is designed to recognise those individuals who have displayed outstanding Integrity, Sportsmanship and the ideal of Fair Play. The awardees are nominated by Officials, Managers and event administration for this prestigious honour.*

Year	First Name	Surname
2005	Brett	Doyle (VIC)
2005	Darian	Leske (SA)
2005	Samantha	Carmichael (NT)
2005	Lauren	Matthews (SA)
2005	Lauren	Parker (NSW)
2005	Jarrod	Hollier (NSW)
2005	Jason	Evans (WA)
2005	Ai-Le	Ng (WA)
2005	James	Lucas (TAS)
2005	Andrew	Pearce (NT)
2005	Cameron	Pel (NSW)
2005	Nathan	Pickworth (NSW)
2006	Michelle	Laaauw (NSW)
2006	George	Pulley (ACT)

Year	First Name	Surname
2005	Sam	Bramham (VIC)
2005	Leah	Cutting (SA)
2005	Bradley	Bettens (SA)
2005	Nicholas	Clarke (SA)
2005	Alex	Kelshaw (NSW)
2005	Hannah	Cullen (ACT)
2005	Daniel	King (WA)
2005	Colleen	Sonter (WA)
2005	Nikki	Heathcote (TAS)
2005	Jacqui	Gilbert (NSW)
2005	Peter	Leek (NSW)
2006	Fiona	Connell (NSW)
2006	Kahlia	Marsh (VIC)
2006	Nicholas	McClelland (ACT)

2006	Declan	Robertson (SA)
2006	Daniel	Clarke (SA)
2006	Nicholas	McClelland (ACT)
2006	George	Pulley (ACT)
2007	Nathan	Cawley (ACT)
2007	Teigan	VanRoosmalen (NSW)
2007	Michael	Auprince (NSW)
2007	Teneale	Houghton (NSW)
2007	Hilary	Moutia (VIC)
2007	Katie	Palmer (VIC)
2007	Casey	Grice (WA)

2006	Lorne	Greenlaw (NSW)
2006	Sunny	Marceddo (ACT)
2006	Kahlia	Marsh (VIC)
2007	Sam	Fowler (NSW)
2007	Sally	Wheeler (NSW)
2007	Samantha	Gandolfo (NSW)
2007	Alana	Dougherty (NSW)
2007	Cameron	Pel (NSW)
2007	Leigh	Ryan (VIC)
2007	Elisha	Fiddes (VIC)
2007	Caris	Dempster (WA)

# SWIMMING CHAMPIONSHIPS

## DRAFT PROGRAM

(Heats and Times based on a 10 lane pool)

### Session: 1 Sunday

Day of Meet: 1 Starts at 01:00 PM Heat Interval: 55 Seconds

Round	Event		
Finals	1	Girls 10 Year Olds 200 IM	01:00 PM _____
Finals	2	Boys 10 Year Olds 200 IM	01:05 PM _____
Finals	3	Girls 11 Year Olds 200 IM	01:09 PM _____
Finals	4	Boys 11 Year Olds 200 IM	01:12 PM _____
Finals	5	Girls 12 Year Olds 200 IM	01:16 PM _____
Finals	6	Boys 12 Year Olds 200 IM	01:20 PM _____
Finals	7	Girls 13-14 200 IM	01:24 PM _____
Finals	8	Boys 13-14 200 IM	01:31 PM _____
Finals	9	Girls 15-16 200 IM	01:38 PM _____
Finals	10	Boys 15-16 200 IM	01:46 PM _____
Finals	11	Girls 17-19 200 IM	01:53 PM _____
Finals	12	Boys 17-19 200 IM	02:00 PM _____
Finals	13	Mixed 10-12 200 Medley Relay Multi-Disabilit	02:07 PM _____
Finals	14	Mixed 13-15 200 Medley Relay Multi-Disabilit	02:12 PM _____
Finals	15	Mixed 16-19 200 Medley Relay Multi-Disabilit	02:18 PM _____
Finals	16	Girls 13-19 1500 Freestyle	02:21 PM _____
Finals	17	Girls 10 Year Olds 200 Medley Relay	02:42 PM _____
Finals	18	Boys 10 Year Olds 200 Medley Relay	02:46 PM _____
Finals	19	Girls 11 Year Olds 200 Medley Relay	02:50 PM _____
Finals	20	Boys 11 Year Olds 200 Medley Relay	02:53 PM _____
Finals	21	Girls 12 Year Olds 200 Medley Relay	02:57 PM _____
Finals	22	Boys 12 Year Olds 200 Medley Relay	03:00 PM _____
Finals	23	Boys 13-19 1500 Freestyle	03:07 PM _____
Finals	24	Girls 200 IM Multi-Disability	03:26 PM _____
Finals	25	Boys 200 IM Multi-Disability	03:26 PM _____
Finals	26	Girls 13-14 200 Medley Relay	03:26 PM _____
Finals	27	Boys 13-14 200 Medley Relay	03:32 PM _____
Finals	28	Girls 15-16 200 Medley Relay	03:39 PM _____
Finals	29	Boys 15-16 200 Medley Relay	03:45 PM _____
Finals	30	Girls 17-19 200 Medley Relay	03:48 PM _____
Finals	31	Boys 17-19 200 Medley Relay	03:52 PM _____
		Swimmer Count for Warm-ups: 145	
		Finish Time	03:55 PM _____

### Session: 2 Monday

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 55 Seconds

Round	Event		
Finals	32	Girls 12 & Under 200 Freestyle	09:00 AM _____
Finals	33	Boys 12 & Under 200 Freestyle	09:00 AM _____
Finals	34	Girls 13-14 200 Freestyle	09:00 AM _____
Finals	35	Boys 13-14 200 Freestyle	09:07 AM _____
Finals	36	Girls 15-16 200 Freestyle	09:14 AM _____
Finals	37	Boys 15-16 200 Freestyle	09:21 AM _____
Finals	38	Girls 17-19 200 Freestyle	09:24 AM _____
Finals	39	Boys 17-19 200 Freestyle	09:28 AM _____
Prelims	40	Girls 12 & Under 100 Breaststroke	09:34 AM _____
Prelims	41	Boys 12 & Under 100 Breaststroke	09:36 AM _____
Prelims	42	Girls 13-14 100 Breaststroke	09:39 AM _____
Prelims	43	Boys 13-14 100 Breaststroke	09:44 AM _____
Prelims	44	Girls 15-16 100 Breaststroke	09:49 AM _____
Prelims	45	Boys 15-16 100 Breaststroke	09:53 AM _____
Prelims	46	Girls 17-19 100 Breaststroke	09:58 AM _____
Prelims	47	Boys 17-19 100 Breaststroke	10:01 AM _____
Prelims	48	Girls 10 Year Olds 50 Butterfly	10:05 AM _____
Prelims	49	Boys 10 Year Olds 50 Butterfly	10:07 AM _____

Prelims	51	Boys 11 Year Olds 50 Butterfly	10:10 AM	_____
Prelims	52	Girls 12 Year Olds 50 Butterfly	10:11 AM	_____
Prelims	53	Boys 12 Year Olds 50 Butterfly	10:13 AM	_____
Prelims	54	Girls 13-14 50 Butterfly	10:14 AM	_____
Prelims	55	Boys 13-14 50 Butterfly	10:17 AM	_____
Prelims	56	Girls 15-16 50 Butterfly	10:20 AM	_____
Prelims	57	Boys 15-16 50 Butterfly	10:23 AM	_____
Prelims	58	Girls 17-19 50 Butterfly	10:26 AM	_____
Prelims	59	Boys 17-19 50 Butterfly	10:29 AM	_____
		Swimmer Count for Warm-ups: 261		
		Finish Time	10:32 AM	_____

**Session: 3 Monday**

Day of Meet: 2 Starts at 12:30 PM Heat Interval: 55 Seconds

Round		Event		
Finals	48	Girls 10 Year Olds 50 Butterfly	12:30 PM	_____
Finals	49	Boys 10 Year Olds 50 Butterfly	12:32 PM	_____
Finals	50	Girls 11 Year Olds 50 Butterfly	12:34 PM	_____
Finals	51	Boys 11 Year Olds 50 Butterfly	12:35 PM	_____
Finals	52	Girls 12 Year Olds 50 Butterfly	12:36 PM	_____
Finals	53	Boys 12 Year Olds 50 Butterfly	12:38 PM	_____
Finals	54	Girls 13-14 50 Butterfly	12:39 PM	_____
Finals	55	Boys 13-14 50 Butterfly	12:41 PM	_____
Finals	56	Girls 15-16 50 Butterfly	12:42 PM	_____
Finals	57	Boys 15-16 50 Butterfly	12:44 PM	_____
Finals	58	Girls 17-19 50 Butterfly	12:45 PM	_____
Finals	59	Boys 17-19 50 Butterfly	12:46 PM	_____
Finals	60	Girls 10-12 50 Butterfly Multi-Disability	12:48 PM	_____
Finals	61	Boys 10-12 50 Butterfly Multi-Disability	12:50 PM	_____
Finals	62	Girls 13-15 50 Butterfly Multi-Disability	12:52 PM	_____
Finals	63	Boys 13-15 50 Butterfly Multi-Disability	12:53 PM	_____
Finals	64	Girls 16-19 50 Butterfly Multi-Disability	12:55 PM	_____
Finals	65	Boys 16-19 50 Butterfly Multi-Disability	12:57 PM	_____
Finals	66	Girls 13-14 200 Backstroke	12:59 PM	_____
Finals	67	Boys 13-14 200 Backstroke	01:06 PM	_____
Finals	68	Girls 15-16 200 Backstroke	01:10 PM	_____
Finals	69	Boys 15-16 200 Backstroke	01:18 PM	_____
Finals	70	Girls 17-19 200 Backstroke	01:25 PM	_____
Finals	71	Boys 17-19 200 Backstroke	01:29 PM	_____
Finals	40	Girls 12 & Under 100 Breaststroke	01:32 PM	_____
Finals	41	Boys 12 & Under 100 Breaststroke	01:34 PM	_____
Finals	42	Girls 13-14 100 Breaststroke	01:37 PM	_____
Finals	43	Boys 13-14 100 Breaststroke	01:39 PM	_____
Finals	44	Girls 15-16 100 Breaststroke	01:41 PM	_____
Finals	45	Boys 15-16 100 Breaststroke	01:43 PM	_____
Finals	46	Girls 17-19 100 Breaststroke	01:45 PM	_____
Finals	47	Boys 17-19 100 Breaststroke	01:48 PM	_____
		Swimmer Count for Warm-ups: 286		
		Finish Time	01:50 PM	_____

**Session: 4 Tuesday**

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 55 Seconds

Round		Event		
Finals	72	Girls 13-14 400 Freestyle	09:00 AM	_____
Finals	73	Boys 13-14 400 Freestyle	09:13 AM	_____
Finals	74	Girls 15-16 400 Freestyle	09:19 AM	_____
Finals	75	Boys 15-16 400 Freestyle	09:30 AM	_____
Finals	77	Boys 17-19 400 Freestyle	09:36 AM	_____
Finals	76	Girls 17-19 400 Freestyle	09:42 AM	_____
Finals	78	Girls 10-12 50 Freestyle Multi-Disability	09:48 AM	_____
Finals	79	Boys 10-12 50 Freestyle Multi-Disability	09:53 AM	_____

Finals	82	Girls 16-19 50 Freestyle Multi-Disability	09:58 AM	_____
Finals	83	Boys 16-19 50 Freestyle Multi-Disability	09:59 AM	_____
Prelims	84	Girls 10 Year Olds 50 Freestyle	10:01 AM	_____
Prelims	85	Boys 10 Year Olds 50 Freestyle	10:02 AM	_____
Prelims	86	Girls 11 Year Olds 50 Freestyle	10:04 AM	_____
Prelims	87	Boys 11 Year Olds 50 Freestyle	10:05 AM	_____
Prelims	88	Girls 12 Year Olds 50 Freestyle	10:07 AM	_____
Prelims	89	Boys 12 Year Olds 50 Freestyle	10:08 AM	_____
Prelims	90	Girls 13 Year Olds 50 Freestyle	10:09 AM	_____
Prelims	91	Boys 13 Year Olds 50 Freestyle	10:12 AM	_____
Prelims	92	Girls 14 Year Olds 50 Freestyle	10:15 AM	_____
Prelims	93	Boys 14 Year Olds 50 Freestyle	10:18 AM	_____
Prelims	94	Girls 15 Year Olds 50 Freestyle	10:21 AM	_____
Prelims	95	Boys 15 Year Olds 50 Freestyle	10:24 AM	_____
Prelims	96	Girls 16 Year Olds 50 Freestyle	10:27 AM	_____
Prelims	97	Boys 16 Year Olds 50 Freestyle	10:29 AM	_____
Prelims	98	Girls 17-19 50 Freestyle	10:32 AM	_____
Prelims	99	Boys 17-19 50 Freestyle	10:35 AM	_____
Prelims	100	Girls 12 & Under 100 Backstroke	10:38 AM	_____
Prelims	101	Boys 12 & Under 100 Backstroke	10:40 AM	_____
Prelims	102	Girls 13-14 100 Backstroke	10:42 AM	_____
Prelims	103	Boys 13-14 100 Backstroke	10:47 AM	_____
Prelims	104	Girls 15-16 100 Backstroke	10:51 AM	_____
Prelims	105	Boys 15-16 100 Backstroke	10:56 AM	_____
Prelims	106	Girls 17-19 100 Backstroke	11:00 AM	_____
Prelims	107	Boys 17-19 100 Backstroke	11:05 AM	_____
		Swimmer Count for Warm-ups: 324		
		Finish Time	11:09 AM	_____

**Session: 5 Tuesday**

Day of Meet: 3 Starts at 12:30 PM Heat Interval: 55 Seconds

Round	Event			
Finals	108	Girls 13-14 200 Butterfly	12:30 PM	_____
Finals	109	Boys 13-14 200 Butterfly	12:34 PM	_____
Finals	110	Girls 15-16 200 Butterfly	12:38 PM	_____
Finals	111	Boys 15-16 200 Butterfly	12:45 PM	_____
Finals	112	Girls 17-19 200 Butterfly	12:49 PM	_____
Finals	113	Boys 17-19 200 Butterfly	12:52 PM	_____
Finals	84	Girls 10 Year Olds 50 Freestyle	12:56 PM	_____
Finals	85	Boys 10 Year Olds 50 Freestyle	12:57 PM	_____
Finals	86	Girls 11 Year Olds 50 Freestyle	12:59 PM	_____
Finals	87	Boys 11 Year Olds 50 Freestyle	01:00 PM	_____
Finals	88	Girls 12 Year Olds 50 Freestyle	01:01 PM	_____
Finals	89	Boys 12 Year Olds 50 Freestyle	01:03 PM	_____
Finals	90	Girls 13 Year Olds 50 Freestyle	01:04 PM	_____
Finals	91	Boys 13 Year Olds 50 Freestyle	01:06 PM	_____
Finals	92	Girls 14 Year Olds 50 Freestyle	01:07 PM	_____
Finals	93	Boys 14 Year Olds 50 Freestyle	01:08 PM	_____
Finals	94	Girls 15 Year Olds 50 Freestyle	01:10 PM	_____
Finals	95	Boys 15 Year Olds 50 Freestyle	01:11 PM	_____
Finals	96	Girls 16 Year Olds 50 Freestyle	01:13 PM	_____
Finals	97	Boys 16 Year Olds 50 Freestyle	01:14 PM	_____
Finals	98	Girls 17-19 50 Freestyle	01:15 PM	_____
Finals	99	Boys 17-19 50 Freestyle	01:17 PM	_____
Finals	114	Girls 13-14 200 Breaststroke	01:18 PM	_____
Finals	115	Boys 13-14 200 Breaststroke	01:26 PM	_____
Finals	116	Girls 15-16 200 Breaststroke	01:34 PM	_____
Finals	117	Boys 15-16 200 Breaststroke	01:42 PM	_____
Finals	118	Girls 17-19 200 Breaststroke	01:46 PM	_____
Finals	119	Boys 17-19 200 Breaststroke	01:50 PM	_____
Finals	100	Girls 12 & Under 100 Backstroke	01:54 PM	_____
Finals	101	Boys 12 & Under 100 Backstroke	01:56 PM	_____
Finals	102	Girls 13-14 100 Backstroke	01:58 PM	_____
Finals	103	Boys 13-14 100 Backstroke	02:02 PM	_____

Finals	105	Boys 15-16 100 Backstroke	02:05 PM	_____
Finals	106	Girls 17-19 100 Backstroke	02:07 PM	_____
Finals	107	Boys 17-19 100 Backstroke	02:09 PM	_____
Finals	120	Girls 10-19 400 Freestyle All Age (8x50) Relay	02:11 PM	_____
Finals	121	Boys 10-19 400 Freestyle All Age (8x50) Relay	02:16 PM	_____
Finals	122	Girls 10-12 50 Breaststroke Multi-Disability	02:21 PM	_____
Finals	123	Boys 10-12 50 Breaststroke Multi-Disability	02:27 PM	_____
Finals	124	Girls 13-15 50 Breaststroke Multi-Disability	02:29 PM	_____
Finals	125	Boys 13-15 50 Breaststroke Multi-Disability	02:31 PM	_____
Finals	126	Girls 16-19 50 Breaststroke Multi-Disability	02:34 PM	_____
Finals	127	Boys 16-19 50 Breaststroke Multi-Disability	02:35 PM	_____
Prelims	128	Girls 10 Year Olds 50 Breaststroke	02:37 PM	_____
Prelims	129	Boys 10 Year Olds 50 Breaststroke	02:39 PM	_____
Prelims	130	Girls 11 Year Olds 50 Breaststroke	02:41 PM	_____
Prelims	131	Boys 11 Year Olds 50 Breaststroke	02:42 PM	_____
Prelims	132	Girls 12 Year Olds 50 Breaststroke	02:44 PM	_____
Prelims	133	Boys 12 Year Olds 50 Breaststroke	02:46 PM	_____
Prelims	134	Girls 13-14 50 Breaststroke	02:47 PM	_____
Prelims	135	Boys 13-14 50 Breaststroke	02:50 PM	_____
Prelims	136	Girls 15-16 50 Breaststroke	02:54 PM	_____
Prelims	137	Boys 15-16 50 Breaststroke	02:57 PM	_____
Prelims	138	Girls 17-19 50 Breaststroke	03:00 PM	_____
Prelims	139	Boys 17-19 50 Breaststroke	03:02 PM	_____
		Swimmer Count for Warm-ups: 404		
		Finish Time	03:05 PM	_____

### Session: 6 Wednesday

Day of Meet: 4 Starts at 09:00 AM Heat Interval: 55 Seconds

Round	Event		
Finals	128	Girls 10 Year Olds 50 Breaststroke	09:00 AM
Finals	129	Boys 10 Year Olds 50 Breaststroke	09:02 AM
Finals	130	Girls 11 Year Olds 50 Breaststroke	09:04 AM
Finals	131	Boys 11 Year Olds 50 Breaststroke	09:05 AM
Finals	132	Girls 12 Year Olds 50 Breaststroke	09:07 AM
Finals	133	Boys 12 Year Olds 50 Breaststroke	09:09 AM
Finals	134	Girls 13-14 50 Breaststroke	09:10 AM
Finals	135	Boys 13-14 50 Breaststroke	09:12 AM
Finals	136	Girls 15-16 50 Breaststroke	09:13 AM
Finals	137	Boys 15-16 50 Breaststroke	09:15 AM
Finals	138	Girls 17-19 50 Breaststroke	09:16 AM
Finals	139	Boys 17-19 50 Breaststroke	09:18 AM
Prelims	140	Girls 12 & Under 100 Butterfly	09:19 AM
Prelims	141	Boys 12 & Under 100 Butterfly	09:21 AM
Prelims	142	Girls 13-14 100 Butterfly	09:24 AM
Prelims	143	Boys 13-14 100 Butterfly	09:28 AM
Prelims	144	Girls 15-16 100 Butterfly	09:33 AM
Prelims	145	Boys 15-16 100 Butterfly	09:37 AM
Prelims	146	Girls 17-19 100 Butterfly	09:39 AM
Prelims	147	Boys 17-19 100 Butterfly	09:41 AM
Finals	148	Girls 10-12 50 Backstroke Multi-Disability	09:46 AM
Finals	149	Boys 10-12 50 Backstroke Multi-Disability	09:51 AM
Finals	150	Girls 13-15 50 Backstroke Multi-Disability	09:53 AM
Finals	151	Boys 13-15 50 Backstroke Multi-Disability	09:55 AM
Finals	152	Girls 16-19 50 Backstroke Multi-Disability	09:56 AM
Finals	153	Boys 16-19 50 Backstroke Multi-Disability	09:58 AM
Prelims	154	Girls 10 Year Olds 50 Backstroke	10:00 AM
Prelims	155	Boys 10 Year Olds 50 Backstroke	10:01 AM
Prelims	156	Girls 11 Year Olds 50 Backstroke	10:03 AM
Prelims	157	Boys 11 Year Olds 50 Backstroke	10:05 AM
Prelims	158	Girls 12 Year Olds 50 Backstroke	10:06 AM
Prelims	159	Boys 12 Year Olds 50 Backstroke	10:08 AM
Prelims	160	Girls 13-14 50 Backstroke	10:09 AM
Prelims	161	Boys 13-14 50 Backstroke	10:12 AM
Prelims	162	Girls 15-16 50 Backstroke	10:15 AM
Prelims	163	Boys 15-16 50 Backstroke	10:18 AM

Prelims	164	Girls 17-19 50 Backstroke	10:22 AM	_____
Prelims	165	Boys 17-19 50 Backstroke	10:25 AM	_____
Prelims	166	Girls 12 & Under 100 Freestyle	10:28 AM	_____
Prelims	167	Boys 12 & Under 100 Freestyle	10:30 AM	_____
Prelims	168	Girls 13 Year Olds 100 Freestyle	10:32 AM	_____
Prelims	169	Boys 13 Year Olds 100 Freestyle	10:36 AM	_____
Prelims	170	Girls 14 Year Olds 100 Freestyle	10:40 AM	_____
Prelims	171	Boys 14 Year Olds 100 Freestyle	10:44 AM	_____
Prelims	172	Girls 15 Year Olds 100 Freestyle	10:48 AM	_____
Prelims	173	Boys 15 Year Olds 100 Freestyle	10:53 AM	_____
Prelims	174	Girls 16 Year Olds 100 Freestyle	10:57 AM	_____
Prelims	175	Boys 16 Year Olds 100 Freestyle	11:01 AM	_____
Prelims	176	Girls 17-19 100 Freestyle	11:05 AM	_____
Prelims	177	Boys 17-19 100 Freestyle	11:09 AM	_____
		Swimmer Count for Warm-ups: 411		
		Finish Time	11:13 AM	_____

**Session: 7 Wednesday**

Day of Meet: 4 Starts at 12:30 PM Heat Interval: 55 Seconds

<b>Round</b>	<b>Event</b>			
Finals	140	Girls 12 & Under 100 Butterfly	12:30 PM	_____
Finals	141	Boys 12 & Under 100 Butterfly	12:33 PM	_____
Finals	142	Girls 13-14 100 Butterfly	12:35 PM	_____
Finals	143	Boys 13-14 100 Butterfly	12:37 PM	_____
Finals	144	Girls 15-16 100 Butterfly	12:39 PM	_____
Finals	145	Boys 15-16 100 Butterfly	12:41 PM	_____
Finals	146	Girls 17-19 100 Butterfly	12:43 PM	_____
Finals	147	Boys 17-19 100 Butterfly	12:45 PM	_____
Finals	154	Girls 10 Year Olds 50 Backstroke	12:47 PM	_____
Finals	155	Boys 10 Year Olds 50 Backstroke	12:48 PM	_____
Finals	156	Girls 11 Year Olds 50 Backstroke	12:50 PM	_____
Finals	157	Boys 11 Year Olds 50 Backstroke	12:51 PM	_____
Finals	158	Girls 12 Year Olds 50 Backstroke	12:53 PM	_____
Finals	159	Boys 12 Year Olds 50 Backstroke	12:54 PM	_____
Finals	160	Girls 13-14 50 Backstroke	12:56 PM	_____
Finals	161	Boys 13-14 50 Backstroke	12:57 PM	_____
Finals	162	Girls 15-16 50 Backstroke	12:59 PM	_____
Finals	163	Boys 15-16 50 Backstroke	01:00 PM	_____
Finals	164	Girls 17-19 50 Backstroke	01:02 PM	_____
Finals	165	Boys 17-19 50 Backstroke	01:03 PM	_____
Finals	178	Girls 10-12 100 Freestyle Multi-Disability	01:05 PM	_____
Finals	179	Boys 10-12 100 Freestyle Multi-Disability	01:13 PM	_____
Finals	180	Girls 13-15 100 Freestyle Multi-Disability	01:16 PM	_____
Finals	181	Boys 13-15 100 Freestyle Multi-Disability	01:18 PM	_____
Finals	182	Girls 16-19 100 Freestyle Multi-Disability	01:21 PM	_____
Finals	183	Boys 16-19 100 Freestyle Multi-Disability	01:23 PM	_____
Finals	166	Girls 12 & Under 100 Freestyle	01:25 PM	_____
Finals	167	Boys 12 & Under 100 Freestyle	01:27 PM	_____
Finals	168	Girls 13 Year Olds 100 Freestyle	01:29 PM	_____
Finals	169	Boys 13 Year Olds 100 Freestyle	01:31 PM	_____
Finals	170	Girls 14 Year Olds 100 Freestyle	01:33 PM	_____
Finals	171	Boys 14 Year Olds 100 Freestyle	01:35 PM	_____
Finals	172	Girls 15 Year Olds 100 Freestyle	01:37 PM	_____
Finals	173	Boys 15 Year Olds 100 Freestyle	01:39 PM	_____
Finals	174	Girls 16 Year Olds 100 Freestyle	01:41 PM	_____
Finals	175	Boys 16 Year Olds 100 Freestyle	01:43 PM	_____
Finals	176	Girls 17-19 100 Freestyle	01:45 PM	_____
Finals	177	Boys 17-19 100 Freestyle	01:47 PM	_____
Finals	184	Girls 13-14 400 IM	01:48 PM	_____
Finals	185	Boys 13-14 400 IM	02:02 PM	_____
Finals	186	Girls 15-16 400 IM	02:09 PM	_____
Finals	187	Boys 15-16 400 IM	02:15 PM	_____
Finals	188	Girls 17-19 400 IM	02:22 PM	_____
Finals	189	Boys 17-19 400 IM	02:28 PM	_____

### Session: 8 Friday

Day of Meet: 6 Starts at 09:00 AM Heat Interval: 55 Seconds

Round	Event	
Finals	190 Girls 13-19 800 Freestyle	09:00 AM _____
Finals	191 Mixed 500 Freestyle (10x50)(5boys/girls) Rela	09:12 AM _____
Finals	192 Boys 13-19 800 Freestyle	09:17 AM _____
Finals	193 Girls 400 Freestyle (4x100) Relay	09:28 AM _____
Finals	194 Boys 400 Freestyle (4x100) Relay	09:39 AM _____
Finals	195 Girls 10 Year Olds 200 Freestyle Relay	09:48 AM _____
Finals	196 Boys 10 Year Olds 200 Freestyle Relay	09:52 AM _____
Finals	197 Girls 11 Year Olds 200 Freestyle Relay	09:55 AM _____
Finals	198 Boys 11 Year Olds 200 Freestyle Relay	09:58 AM _____
Finals	199 Girls 12 Year Olds 200 Freestyle Relay	10:02 AM _____
Finals	200 Boys 12 Year Olds 200 Freestyle Relay	10:05 AM _____
Finals	201 Mixed 10-12 200 Freestyle Relay Multi-Disabil	10:08 AM _____
Finals	202 Girls 13-14 200 Freestyle Relay	10:14 AM _____
Finals	203 Boys 13-14 200 Freestyle Relay	10:20 AM _____
Finals	204 Girls 15-16 200 Freestyle Relay	10:26 AM _____
Finals	205 Boys 15-16 200 Freestyle Relay	10:32 AM _____
Finals	206 Girls 17-19 200 Freestyle Relay	10:35 AM _____
Finals	207 Boys 17-19 200 Freestyle Relay	10:38 AM _____
Finals	208 Mixed 13-15 200 Freestyle Relay Multi-Disabil	10:40 AM _____
Finals	209 Mixed 16-19 200 Freestyle Relay Multi-Disabil	10:44 AM _____
Finals	210 Girls 10-19 450 Medley (9x50) Relay	10:48 AM _____
Finals	211 Boys 10-19 450 Medley (9x50) Relay	10:48 AM _____
	Swimmer Count for Warm-ups: 11	
	Finish Time	10:48 AM _____