

14 & Under Florida Gold Coast Jr. Olympics
Hosted by Martin County Swimming & North Palm Beach Swim Club
July 15-July 17, 2016

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.: **Sanction # FGJO071516MCA-P-25**

Conditions of Sanction: In granting this approval it is understood and agreed that USA Swimming, **Florida Gold Coast Swimming Inc., Martin County Swimming & North Palm Beach Swim Club** . Shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.

Any swimmer entered in the meet, unaccompanied by a USA-S coach, must be certified by a USA-S member coach as being proficient in performing a racing start or must each race from within the water. It is the responsibility of each swimmer or swimmer's legal guardian to ensure compliance with this requirement.

The competition course has been certified in accordance with 104.2.2c. The copy of such certification is on file with USA Swimming.

Hosted by: **Martin County Swimming & North Palm Beach Swim Club.**

Location: **Sailfish Splash Waterpark**
931 SE Ruhnke
Stuart, Florida 34994

Directions: **FROM I-95 N / SR-9:** Take EXIT 101 SR-76 East toward Stuart. Pass Sunoco on the right and McDonald's on the left. Continue another 4 miles, and then turn Right onto SE Indian St. In 0.4 miles, turn left onto SE Willoughby Blvd. Turn right in two blocks in front of the water slides and follow the signs to the Sailfish Splash Waterpark entrance at 931 SE Ruhnke St, Stuart, FL, 34994.

FROM FLORIDA'S TURNPIKE: Take Exit 33, Palm City/Stuart (SR-714 / SW Martin Downs Blvd.) At the light immediately after the toll booth, turn RIGHT onto SW Martin Hwy. toward the Indian Street Bridge. SW Martin Hwy. turns into SW 36th St. SW 36th St. turns into Indian Street on the east side of the Indian Street Bridge. Continue straight after crossing the Indian Street Bridge. In 0.4 miles, turn left onto SE Willoughby Blvd. In two blocks, turn right at the light in front of the water slides and follow the signs to the Sailfish Splash Waterpark entrance at 931 SE Ruhnke St, Stuart, FL, 34994.

Date & Time: **Friday – July 15, 2016**

Session I. Prelims Warm-up: 7:30 a.m. Start 9:00 a.m.

Session II Finals 11-12 & 13-14 age groups. Warm-up: 4:30 p.m. Start: 6:00 p.m.

Saturday – July 16, 2016

Session III. Prelims Warm-up: 7:30 a.m. Start: 9:00 a.m.

Session IV. Finals 11-12 & 13-14 age groups Warm-up: 4:30 p.m. Start: 6:00 p.m.

Sunday – July 17, 2016

Session V. Prelims Warm-up: 7:30 a.m. Start: 9:00 a.m.

Session VI. Finals 11-12 & 13-14 age groups. Warm-up: 4:30 p.m. Start: 6:00 p.m.

General Meeting: Friday, July 15, at 8:30am in the Hospitality Room at Sailfish Splash Waterpark. Any changes to the conduct of the meet will be announced and decided at this meeting. It is the responsibility of each coach to be aware of any changes made during this meeting.

Pool / Timing: 8 lanes, 50 meter course, with separate warm-up and cool down will be available. Colorado Timing will be used.

1. Fly-over starts will possibly be used.
2. Chase starts will possibly be used.

The water depth at North start end 7ft. for all 8 lanes. The water depth at South start end 13 ft. 6 in. for all 8 lanes in accordance with 202.3.7 (c).

Rules: Current USA Swimming Rules and Florida Gold Coast rules will govern this meet. Safety rules are outlined by USA Swimming and as recommended by the referee, will be in effect.

Deck Changing: Except where venue facilities require otherwise, changing into or out of swimsuits other than locker rooms or other designated areas is not appropriate and is prohibited.

Camera Free: The Florida Gold Coast Swimming **CAMERA FREE ZONE** policy is in effect at this meet. No person may use a camera or any other device capable of recording still or video images in the area behind the starting blocks, in the locker rooms, changing areas, showers or restrooms. Violators may be reported to law enforcement or other governmental authorities and / or may be barred from the facility during the sanctioned event.

Image Authorization: All participants agree to be filmed and photographed by the official photographer (s) and network (s) of USA Swimming under the conditions authorized by USA Swimming, allow event organizers the right to use names, pictures, likeness, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.

Eligibility: Athlete Eligibility – **The Florida Gold Coast Junior Olympic Championship is a closed meet.** To be eligible to swim at the Florida Gold Coast Jr. Olympics, the swimmer must be registered 120 days prior to the first day of the meet unless either of the following conditions is met:

- i. Former permanent FG swimmer who are not registered / re-registered by 120 day point will be JO eligible provided they did not register for any other team outside the LSC, or foreign club or team during the 120 days prior to Championship meet.
- ii. Swimmers who legitimately transfer into the LSC within the 120 day window may apply for an exemption to the 120 day rule provided that they petition the Registration Chair and provide proof of permanent residence by athlete and parent or guardian with the LSC boundaries.
 - a. Proof of residence requires copies of the two of the following documents:
 1. Florida Driver's License
 2. Florida Vehicle Registration
 3. Utility Bill
 4. Others as determined by registration chair.

All FGC 14 & under Jr. Olympic swimmers will qualify for the meet by attaining the Jr. Olympic qualifying times during the period 7/15/14 to 7/15/16. The times must be in

the SWIMS database, if the time does not exist enter an override time. Override times must be proven in order to be seeded.

All USA Swimmers entered in the meet must be certified by a USA Swimming Coach as being proficient in performing a racing start or must start each race from in the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or swimmer's legal guardian to ensure compliance with this requirement – USA Swimming Rule 202.3.3.

The meet host [WILL NOT] accept New or Renewing USA Swimming Registrations at the meet. All USA Registrations must be done prior to the start of the competition.

Disability Athletes:

Entries for swimmers with disabilities should be submitted in OME. Athletes that override times, must let the meet referee and my host know prior to entry deadline. The coach or athletes are responsible for notifying the Referee of any accommodations that are required in accordance with the USA-S Rule 105.4.

Entries:

Entries Open – [noon] 12:00 p.m. EST – Saturday, June 11, 2016
Entries Close – [noon] 12:00 p.m. EST – Monday, July 11, 2016

On-Line Meet Entry: Entries will be processed using the USA Swimming [OME] only. Access this entry system from the USA Swimming web site at the address www.usaswimming.org/ome . Log in select “Enter Team”. Only one account may be used to enter a team. Paper, Fax, and Email entries will not be accepted.

OME HELP: James McCombs at mccombj@martin.k12.fl.us or Jaime Lewis – USA Swimming - jlewis@usaswimming.org Individual Entries: All times that have been achieved during the qualifying date range will be displayed in OME. Any of the times displayed may be selected for entry. Swimmers who have achieved a time not displayed in OME may enter an “Override Time”. Override times must include the meet name and date the time was achieved. Override times must be proven in order to be seeded. Unproven Override Times will be annotated with an asterisk (*) on the meet psych sheet (Entry List). Proof of asterisk (*) submitted times must be provided to the National Times Coordinator by 6:00pm – July 15th, 2016 in order to be seeded. Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved. CONVERTED TIMES ARE NOT PERMITTED.

Relay Entries: ENSURE “RELAY ONLY” ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER. Teams are encouraged to enter a “Team” time from OME (one that is displayed) or an “Override Time”. It is not necessary to build aggregate relays. If using an override time, in the meet name put the word “ENTRY”, and in the date field, put the current date.

ATTENTION TEAMS WITH UNATTACHED OR UNREGISTERED ATHLETES: Teams may enter athletes with an Unattached or Unregistered status. When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link. Unregistered swimmers must provide proof of registration prior to the entry deadline to the FG Registration Chairman.

ATTENTION INDIVIDUAL UNATTACHED ATHLETES: Unattached athletes that are not awaiting attachment to any team must enter individually. Access the OME system at the address <http://www.usaswimming.org/ome> - log in and select "Enter Individual."

Jim McCombs – Martin County Swimming – 772-485-3239

Email: mccombj@martin.k12.fl.us

Entry Limit: **Individual:** Limited 7 individual events plus relays. No more than 3 Individual events per day.

Relays: Teams may enter "A" and "B" relays for 200 & 400 relays.
"A" relay only for 800 free relays.

*Over entered swimmers will be scratched from the event that exceeds the entry limit.
Over entered relays will be scratched. Over entered relays will not be allowed to swim.*

Seeding: Eligible entries shall be seeded in the following order – Long Course Meters, Short Course Meters, Short Course Yards. All events will be swum fastest to slowest

Deck Entries: The FGC Deck Seed Policy Will Be In Effect. The policy can be seen at the www.fgcswwim.org .

Note: Meet host will accept CASH Only for Deck Seeds.

Deck Entry Fee: \$12.00 Individual Event
\$16.00 Relay
\$20.00 Surcharge

Adding a relay-only swimmer to your entry after the entry deadline will be \$15.00 Cash Only. Swimmers not previously entered in the meet must provide proof of USA Swimming Membership. Swimmers must be prepared to provide proof of submitted time for all Late entries.

Entry Fees: \$6.00 Individual Event
\$8.00 Relays
\$10.00 per athlete meet surcharge
On-Line payment is not permitted for this meet.

Please make checks payable to: **Martin County Swimming**

NOTE: One check only per team.

Refunds: Once a team or individual entry has been received and processed, there will be no refunds in full or part.

Distance Events: The 11-12 & 13-14 age group 400 Free and 400 IM are positive check-in events and swum as timed finals. The top 8 swimmers in both age groups and sex will swim at night in finals. The remainder of the heats will swim in prelims. They will be swum together and scored separately, swum fastest to slowest alternating girls, boys. The athlete has the right to swim in preliminaries but he / she must enter at the qualifying time when entering the event. If decides the day of positive check-in that they would like to swim in the preliminaries, they must enter at the meet qualifying time with the meet referee before positive check-in closes. 10 & Under 400 Free is a positive check-in event. It will be swum fastest to slowest alternating girls, boys.

Positive check-in deadline: 400 free & 400 IM will be 30 minutes after the start of each session.

The 1500 Freestyle: Positive check-in event is required to be seeded. Sunday's 1500 Free are swum together fastest to slowest alternating girls, boys and scored separately. All 1500 swimmers will swim at the end of Session V. 1500 swimmers must supply their own timers and counters. There **will not** be fast heat with finals.

Positive check-in is required for 400 Free, 400 IM, and 1500 Free. "Failure to swim" a positive check-in event will result in the swimmer being fined \$25.00 cash only. Upon receiving payment of fine, the swimmer will be eligible to continue competing in the meet. **NOTE:** All no show fines must be paid before swimmers are permitted to swim their next event including relays.

Swimmers who fail to check-in may swim, only if an open lane is available without creating another heat.

Positive check-in deadline is 30 minutes after the start of meet for that event.

Finals:

Finals will consist of one heat of girls and one heat of boys (Top 8 swimmers) for the 11-12 and 13-14 age groups.

Any swimmer who competes in preliminary heats and qualifies for the finals; must declare his/her possible intention to scratch within thirty (30) minutes of the announcement or posting of the preliminary results of that event and further declare their final intention within 30 minutes of their last individual preliminary event. Scratches will be declared by drawing a single line and initialing on the preliminary results maintained at the announcers table.

NOTE: "Failure to swim" in finals will result in the swimmer being fined \$25.00 cash. Upon receiving payment of the fine, the swimmer will be eligible to continue competing in the meet. Swimmers may not compete in further individual events or relays until all fines are paid.

- I. Alternates wishing to swim in an open lane in finals must be standing at the starter's tent, prepared to step on the block for the swim when the swimmers are called to the blocks. The Referee will instruct the Announcer to call the alternates.
- II. Scratches must be done individually; "team scratches are not accepted."
- III. In addition to swimmers required to scratch if they are not going to swim finals, all swimmers who do not plan to swim finals are strongly urged to scratch, especially swimmers who finish the preliminary events 9th – 20th.
- IV. Swimmers scratched into the finals after 30 minutes of the conclusion of prelims will not be penalized.

Relays:

All 11-12/13-14 Relays on Friday and Saturday will take place in Finals / All Relays Sunday are in Prelims. 10 and Under Relays will be swum in Saturday Prelims.

Awards:

Individual Events:	Medals 1 st – 8 th Relays: 1 st place team.
Individual High Point:	Top 3 in each age group & sex.
Team Awards:	Women, Men, and Combined Top 5 Teams.

Scoring: **Individual:** 9-7-6-5-4-3-2-1
Relays: 18-14-12-10-8-6-4-2

Head Referee: **Brian Lacusky**

Administrator Official: **Mark Leininger, Rick Brough**

Meet Directors: Assistant Meet Director: Dick Cavanah email npbcoach4@aol.com
Meet Director: Jim McCombs email mccombj@matin.k12.fl.us
Note: Please direct all questions to Jim McCombs.

Admission: \$3.00 per session. \$5.00 Prelim Heat Sheets per session
\$3.00 Finals Heat Sheet

Concession: Concession stand will be available.

Hospitality: Refreshments and hospitality for coaches, officials, and volunteers will be available during the entire meet. No parents or swimmers allowed.

Closed Deck: Spectators will only be permitted in designated areas of the pool deck unless they are registered with USA swimming as an athlete or as a non-athlete and are working the meet. The only exception is for timers and volunteers assisting with the conduct of the meet. **Coaches:** You will be permitted inside the roped off areas of the deck provided you have been given the proper credentials from the meet host, and do not interfere with those conducting the meet and you are wearing your coaching credentials.

Identification: **In order to obtain a deck pass for this meet.** The head coach must send an email to Dick Cavanah at npbcoach4@aol.com no later than Monday, July 11, 2016 by 6:00 p.m. The Head Coach must list all the coaches from that team planning on attending the meet. Dick will then check to make sure every coaches listed is registered with USA swimming.

NOTE: Deck pass will be handed out to individuals only. No team pick-ups allowed.

Meet Committee: A meet committee may be created by the meet referee to handle issues pertaining to non-rule situations at the meet such as severe weather and equipment issues.

Information: Real Time results and updates to meet information as timelines, psych sheets, and meet results for the meet will be posted on the internet after entries are processed. Look for the meet information on the Jr. Olympic page at www.martincountyswimming.org.

Meet results will also be available on your iPhone or android. Download Meet mobile for free from the app store and get results and splits by team swimmer or events.

Warm-up Procedure: **NO Equipment permitted. Swimmers must enter the water FEET FIRST.**

Competition Pool 1 Friday, Saturday, Sunday Prelims

7:30 a.m. – 8:15 a.m. General Warm-up Competition Course

Swimming and Pulling only, Push Off, No Racing Starts, No Sprinting or Pace Work.

8:15 a.m. Controlled Warm-up, pool closes 15 minutes before the start of each session

Lane 1 Pace, 50 and 100 Circle Swim, Push Off

Lane 2 Racing Starts, 50 Meter One Length (West End)

Lane 3 Swimming and Pulling, Push Off

Lane 4 Swimming and Pulling, Push Off

Lane 5 Swimming and Pulling, Push Off
Lane 6 Swimming and Pulling, Push Off
Lane 7 Racing Starts, 50 Meter One Length (East End)
Lane 8 Pace, 50 and 100 Circle Swim, Push Off
Pool 2 will be available for General Warm-up Only throughout the meet.

Finals Warm-up:

4:30 p.m. to 5:15 p.m. General warm-up – See above.

5:15 to 5:55 p.m. Controlled warm-up – See above

5:25 p.m. to 5:55 p.m. Sprint Lanes 2 & 7

**Meet director reserves the right to change meet warm-up and start times in order to hold an efficient meet within USA Swimming/FGC guidelines and with Age Group Chair approval.*

Hotel Information

Junior Olympics Swim Meet (July 15 - 17, 2016)

Check on www.martincountyswimming.org look for Hotel tab

Order of Events

Key : **P** = Positive Check-in **S** = Special Seeding – All ages seeded together and swum together – scored separately **SS** = Super Seeded – All ages swum together, scored separately, fastest 8 in each age group will swim in finals. **T** = Timed Final **T1** = Timed Finals, swum in prelims. **F** = Swum Fastest to Slowest alternating girl and boy. **F1** = Same as F plus fastest 8 swimmers in each age group swimming in finals.

Day 1 - Prelims Session I – Friday, July 15, 2016 – Start Time 9:00 a.m.

Girls	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys
1	3:01.99	2:53.99	2:37.79	11-12	200 Back	2:38.29	2:54.09	3:01.79	2
3	2:45.59	2:39.49	2:24.29	13-14	200 Back	2:15.79	2:29.99	2:36.79	4
5	37.29	36.19	32.89	10 & Under	50 Free T1	33.39	36.19	37.79	6
7	34.39	33.49	30.39	11-12	50 Free	29.39	32.29	33.49	8
9	30.89	29.79	26.99	13-14	50 Free	25.99	28.79	29.49	10
11	1:48.49	1:44.09	1:34.39	10 & Under	100 Breast T1	1:36.19	1:44.09	1:50.69	12
13	1:35.79	1:32.19	1:23.69	11-12	100 Breast	1:23.29	1:31.69	1:35.69	14
15	1:28.19	1:24.69	1:16.59	13-14	100 Breast	1:10.79	1:18.29	1:21.29	16
17	1:40.79	1:36.19	1:27.29	10 & Under	100 Fly T1	1:28.79	1:36.19	1:40.09	18
19	1:23.89	1:22.09	1:14.49	11-12	100 Fly	1:14.59	1:21.99	1:24.39	20
21	1:15.49	1:13.59	1:06.59	13-14	100 Fly	1:01.89	1:08.39	1:10.39	22
5 Minute Break									
23	6:13.89	6:05.39	6:58.39	10 & Under	400 Free P/T1/ F	7:02.29	6:05.39	6:15.59	24
25	5:37.09	5:29.99	6:17.99	11-12	400 Free P/SS/T/F1	6:12.59	5:25.39	5:29.89	26
27	5:01.79	4:55.99	5:38.29	13-14	400 Free P/SS/T/F1	5:33.89	4:52.19	5:02.69	28

Day 1 - Finals Session II – Friday, July 15, 2016 – Start 6:00 p.m.

Girls	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys
1	Finals	Finals	Finals	11-12	200 Back	Finals	Finals	Finals	2
3	Finals	Finals	Finals	13-14	200 Back	Finals	Finals	Finals	4
7	Finals	Finals	Finals	11-12	50 Free	Finals	Finals	Finals	8
9	Finals	Finals	Finals	13-14	50 Free	Finals	Finals	Finals	10
13	Finals	Finals	Finals	11-12	100 Breast	Finals	Finals	Finals	14
15	Finals	Finals	Finals	13-14	100 Breast	Finals	Finals	Finals	16
19	Finals	Finals	Finals	11-12	100 Fly	Finals	Finals	Finals	20
21	Finals	Finals	Finals	13-14	100 Fly	Finals	Finals	Finals	22
25	Finals	Finals	Finals	11-12	400 Free	Finals	Finals	Finals	26
27	Finals	Finals	Finals	13-14	400 Free	Finals	Finals	Finals	28
5 Minute Break									
29	NT	NT	NT	13-14	200 Free Relay	NT	NT	NT	30
31	NT	NT	NT	11-12	400 Free Relay	NT	NT	NT	32
33	NT	NT	NT	13-14	800 Free Relay	NT	NT	NT	34

Day 2 – Prelim Session III – Saturday, July 16, 2016 – Start 9:00 a.m.

Girls	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys
35	NT	NT	NT	10&Under	200MedleyRelayT	NT	NT	NT	36
37	3:25.09	3:19.99	3:00.39	11-12	200 Breast	2:57.39	3:15.19	3:25.09	38
39	3:10.79	3:03.79	2:46.29	13-14	200 Breast	2:34.69	2:50.99	2:59.49	40
41	3:02.39	2:56.79	2:40.39	10&Under	200 Free T1	2:39.39	2:56.79	2:59.89	42
43	2:41.59	2:36.69	2:22.19	11-12	200 Free	2:18.79	2:32.89	2:37.79	44
45	2:23.89	2:19.69	2:06.49	13-14	200 Free	2:03.89	2:16.89	2:21.99	46
47	42.49	41.49	37.69	10&Under	50 Fly T1	38.19	41.49	42.89	48
49	36.79	36.29	32.89	11-12	50 Fly	33.69	36.99	37.89	50
51	35.69	34.79	31.39	13-14	50 Fly	28.89	32.19	33.19	52
53	1:36.79	1:32.39	1:23.79	10&Under	100 Back T1	1:24.09	1:32.39	1:35.69	54
55	1:25.29	1:22.29	1:14.69	11-12	100 Back	1:14.79	1:22.29	1:26.39	56
57	1:17.19	1:14.19	1:07.09	13-14	100 Back	1:03.09	1:09.69	1:12.89	58
59	NT	NT	NT	10&Under	200 Free Relay T	NT	NT	NT	60
61	6:28.39	6:16.09	5:41.09	11-12	400 IM P/SS/T/F1	5:41.79	6:15.99	6:27.49	62
63	6:00.39	5:48.99	5:15.89	13-14	400 IM P/SS/T/F1	4:55.69	5:26.69	5:40.39	64

Day 2 - Finals Session IV – Saturday, July 16, 2016 – Start 6:00 p.m.

Girls	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys
37	Finals	Finals	Finals	11-12	200 Breast	Finals	Finals	Finals	38
39	Finals	Finals	Finals	13-14	200 Breast	Finals	Finals	Finals	40
43	Finals	Finals	Finals	11-12	200 Free	Finals	Finals	Finals	44
45	Finals	Finals	Finals	13-14	200 Free	Finals	Finals	Finals	46
49	Finals	Finals	Finals	11-12	50 Fly	Finals	Finals	Finals	50
51	Finals	Finals	Finals	13-14	50 Fly	Finals	Finals	Finals	52
55	Finals	Finals	Finals	11-12	100 Back	Finals	Finals	Finals	56
57	Finals	Finals	Finals	13-14	100 Back	Finals	Finals	Finals	58
5 minute Break									
61	Finals	Finals	Finals	11-12	400 IM	Finals	Finals	Finals	62
63	Finals	Finals	Finals	13-14	400 IM	Finals	Finals	Finals	64
65	NT	NT	NT	11-12	200 Medley Relay	NT	NT	NT	66
67	NT	NT	NT	13-14	200 Medley Relay	NT	NT	NT	68
69	NT	NT	NT	11-12	400 Medley Relay	NT	NT	NT	70
71	NT	NT	NT	13-14	400 Medley Relay	NT	NT	NT	72

Day 3 - Prelims Session V – Sunday, July 17, 2016 – Start 9:00 a.m.

Girls	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys
73	3:21.59	3:16.39	2:58.19	10 &Under	200 IM T1	3:01.69	3:16.39	3:24.89	74
75	3:02.59	2:56.89	2:40.39	11-12	200 IM	2:37.79	2:57.89	3:03.89	76
77	2:50.99	2:43.99	2:28.49	13-14	200 IM	2:18.79	2:33.29	2:40.39	78
79	44.49	42.99	38.99	10 &Under	50 Back T1	39.79	42.99	45.29	80
81	39.49	37.79	34.29	11-12	50 Back	35.09	38.59	39.99	82
83	36.59	35.09	31.49	13-14	50 Back	29.49	32.79	34.39	84
85	49.09	47.49	42.99	10 &Under	50 Breast T1	44.89	47.49	51.19	86
87	43.09	42.39	38.49	11-12	50 Breast	38.89	42.79	43.99	88
89	42.09	40.29	36.29	13-14	50 Breast	33.39	37.09	38.59	90
91	3:03.29	2:56.79	2:40.39	11-12	200 Fly	2:40.69	2:56.69	3:01.59	92
93	2:45.69	2:43.29	2:27.79	13-14	200 Fly	2:17.49	2:31.89	2:36.59	94
95	1:23.19	1:20.89	1:13.3	10 &Under	100 Free T1	1:14.19	1:20.89	1:24.39	96
97	1:14.89	1:11.69	1:05.09	11-12	100 Free	1:03.89	1:10.39	1:12.49	98
99	1:06.79	1:04.79	58.69	13-14	100 Free	56.89	1:02.79	1:05.29	100
5 Minute Break									
101	NT	NT	NT	11-12	200 Free Relay T	NT	NT	NT	102
103	NT	NT	NT	13-14	400 Free Relay T	NT	NT	NT	104
10 Minute Break									
105	22:34.99	21:49.49	21:59.99	11-12	1500 Free P/S/T/F	21:44.79	21:34.39	22:16.39	106
107	19:48.09	19:14.89	19:21.69	13-14	1500 Free P/S/T/F	19:15.69	19:08.99	19:55.69	108

Day 3 – Finals Session VI – Sunday, July 17, 2016 – Start 6:00 p.m.

Girls	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys
75	Finals	Finals	Finals	11-12	200 IM	Finals	Finals	Finals	76
77	Finals	Finals	Finals	13-14	200 IM	Finals	Finals	Finals	78
81	Finals	Finals	Finals	11-12	50 Back	Finals	Finals	Finals	82
83	Finals	Finals	Finals	13-14	50 Back	Finals	Finals	Finals	84
87	Finals	Finals	Finals	11-12	50 Breast	Finals	Finals	Finals	88
89	Finals	Finals	Finals	13-14	50 Breast	Finals	Finals	Finals	90
91	Finals	Finals	Finals	11-12	200 Fly	Finals	Finals	Finals	92
93	Finals	Finals	Finals	13-14	200 Fly	Finals	Finals	Finals	94
97	Finals	Finals	Finals	11-12	100 Free	Finals	Finals	Finals	98
99	Finals	Finals	Finals	13-14	100 Free	Finals	Finals	Finals	100

Time Trials

- NOTE:** Time Trials will be run on Friday & Saturday 10 minutes after the conclusion of prelims.
Only if time and weather permits.
We will run through the order of events only once.
- Date:** 10 minutes after the conclusion of prelims. July 15 & 16, 2016– 10 minutes after the conclusion of prelims.
(Must supply own timers for all events. Distance event must supply own counters)
- Entry Limit:** Swimmers are limited to no more than 3 events per day including the events they participated in the Jr. Olympics. Swimmers not in Jr. Olympics can swim 3 events per day.
- Entry Fee:** \$15.00 per Individual Event
\$15.00 Relay
\$15.00 Surcharge for athletes not already entered in the meet

Athletes not entered in meet must supply proof of USA registration.
- Deadline:** Friday & Saturday, July 15 & 16, at 10:30 a.m.
- Referee:** Brian Lacusky

Friday Order of Events

201-202 50 Free
203-204 100 Free
205-206 200 Free
207-208 400 Free
209-210 800/1500 Free
211-212 50 Back
213-214 100 Back
215-216 200 Back
217-218 50 Breast
219-220 100 Breast
221-222 200 Breast
223-224 50 Fly
225-226 100 Fly
227-228 200 Fly
229-230 200 IM
231-232 400 IM

Saturday Order of Events

301-302 50 Free
303-304 100 Free
305-306 200 Free
307-308 400 Free
309-310 800/1500 Free
311-312 50 Back
313-314 100 Back
315-316 200 Back
317-318 50 Breast
319-320 100 Breast
321-322 200 Breast
323-324 50 Fly
325-326 100 Fly
327-328 200 Fly
329-330 200 IM
331-332 400 IM