

# 2016 RMSC Holiday Invitational

December 8th through 11th, 2016

Sponsored by Rockville-Montgomery Swim Club

Sanctioned by USA Swimming through Potomac Valley Swimming

Sanction # PVI-17-35

**Meet Director:** Christa Krukiel

[christa.krukiel@montgomerycountymd.gov](mailto:christa.krukiel@montgomerycountymd.gov)

Office # (240)777-8074

**Meet Referee:** Jim Garner

[garner@garnerjim.net](mailto:garner@garnerjim.net)

**Admin Referee:** Barbara Ship

[barb@ships3.com](mailto:barb@ships3.com)

**Location:** Germantown Indoor Swim Center, 18000 Central Park Circle, Boyds, MD 20841 (240) 777-6830

- 10 lane, 25-yard pool, with non-turbulent lane lines and continuous flow-through gutters
- Water depth is 17' in lane 1, 6'9" in lane 10 at the starting end & 13'5" at all turning ends
- Separate 7 lane, 25 yard pool will be available for continuous warm up/cool down. Diving is not permitted in this pool.
- The competition course has been certified in accordance with 104.2.2C, and is on file with USAS.
- Colorado Electronic Timing system, touch pads, horn start and a 10 lane scoreboard will be used.
- Automatic timing (touch pads primary) will be used for this meet.

## Event Schedule:

**Thursday, December 8**

**Distance Events**

**Warm-up 4:30 to 5:20 PM**

**Events 5:30 PM**

**The competition pool will open for general warm-up 10 minutes after the conclusion of the Thursday 1650 events and will remain open until 9:00 PM.**

**December 9, 10, & 11**

**13-14/Open Preliminary Sessions**

**Warm-up: 7:00 to 8:20 AM**

**Events 8:30 AM**

**December 9, 10, & 11**

**11-12/10 & Under Preliminary Sessions**

**Warm-up 12:00 to 1:00 PM**

**Events 1:10 PM**

**December 9, 10, & 11**

**Finals Sessions - Competition Pool Warm-Up**

**(For athletes swimming in finals each night)**

**13 Over 4:45 to 5:35 PM**

**12 & Under 5:35 to 6:05 PM**

**Events 6:15 PM**

**The competition pool closes immediately after the conclusion of the final event of every session. The warm-up/cool-down pool will remain open for 30 minutes at the conclusion of every session.**

**The Meet Director reserves the right to adjust the meet warm-up and session start times based upon the number of entries received. Teams will be notified at least one week in advance.**

**Eligibility:** Open to all **invited** PVS registered athletes and **invited** USA Swimming registered athletes that meet the event qualifying times or bonus event eligibility requirements. Interested clubs please contact the meet director for an invitation.

**Entries:** The entry deadline is 7:00 PM, Monday, November 28, 2016. Entries will be accepted first from invited teams. After the invited teams entries have been processed additional entries will be accepted on a first-come, first-served basis until the meet fills.

**Warm-Up:** The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. The meet director may determine the structure of the warm-up, including times and lane assignments.

**Officials:** All certified officials wishing to volunteer please send an email to Jim Garner, the Meet Referee, [garner@garnerjim.net](mailto:garner@garnerjim.net), no later than Monday, November 21, 2016, for specific assigned deck and limited table positions. Please include your club affiliation, certifications held, and sessions you wish to work. Those officials who learn of their availability after November 21, 2016 are encouraged to contact Jim as soon as possible. Certified officials who have not previously volunteered should contact the Meet Referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-up.

**Volunteers/Timers:** This is a large event and all manner of volunteers are needed. Teams will be assigned timers in proportion to their entries. A volunteer sign up link will be posted on the Potomac Valley Swimming schedule page (<http://www.pvswim.org/schedule.html>) for parents to sign up to help out the meet.

***Participating club coaches will responsible for making sure all assigned volunteer positions have been filled.***

**Supervision:** Coaches are responsible for the conduct of their swimmers and families and for cleaning up their team areas. Only athletes, USA Swimming certified coaches, deck officials and registered volunteers are permitted on the pool deck. Coaches & deck officials are required to show either their current USA Swimming card or their deck pass from the USA Swimming app.

**Parents not working the meet as a deck official or registered volunteer are not permitted on deck.**

**Rules:** Current USA Swimming rules shall govern the meet.

- The entry qualifying period is 9/1/15 thru the 11/28/16 entry deadline.
- Entry Times: Times other than short course yard times will be treated as non-conforming and will be seeded last. Do not convert times before entering them. Long course times must be designated with an "L".
- A contestant may participate in only his or her own age group events or in open events which are open to all ages. Contestants must have equaled or bettered the applicable qualifying times listed.
- A contestant may enter a maximum of six (6) individual events and no more than three (3) individual events per day.
- Swimmers shall compete at the age attained on the first day of the meet.
- It may be necessary to limit entries in certain events due to time constraints.
- Dive-over starts will be used at this meet at the preliminary sessions and distance session. Coaches are requested to review Guidance for Dive-Over Starts for Coaches. Officials are requested to review Protocol for Dive-Over Starts.
- Swimmers must provide their own timers for the Thursday distance session, Friday 400 IM, Saturday 500 Free and the 1000 Free at Sunday morning prelims session.
- Swimmers must provide their own lap counter for all distance events (500/1000/1650 Free).

**The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 & U events per Rule 205.3.1F.**

#### **Individual Events**

- The entry qualifying period is 9/1/15 thru the 11/28/16 entry deadline.
- Entries with "NT", (No Time), will not be accepted.
- All events are trials and finals except for relays, the 1000 freestyle (13-14 & Open), 1650 freestyle (13-14 & Open), and the 11-12 500 freestyle which will be timed finals.
- All 10&U and 11-12 individual events will have one (1) heat in the finals sessions, except as noted above.

- All 13-14 and Open individual events will have a "B" final and an "A" final heat. The "B" final will be swum first.
- 13-14 and Open distance events will be swum combined; age groups will be scored separately.
- 1000, 1650, and 12 & Under 500 freestyle will be swum fastest to slowest, alternating girls and boys.
- The fastest heat of the combined men's and women's 1000 freestyle will swim as the first event in finals on the final day of the meet. All other women's and men's 1000s will be swum at the conclusion of the preliminary session. **Positive check in for the 1000 free will close at 6:30 PM on Saturday, December 10.**
- All distance entries must be verified with the name & date of the meet where the qualifying time was achieved. This verification of entry times is to be provided with the entry. Entries failing to provide verification will not be accepted. Acceptable verification includes the Hy-Tek entry report.
- All entry times requiring verification must be verified before 5:00 PM on Thursday, December 10th or they will be dropped from the meet.
- All swim-offs will be performed before the conclusion of the preliminary session they occur in.
- **1000 free and 1650 free entries may be limited due to time constraints.** If these events become oversubscribed, entries may be limited based on fastest entries received by the entry deadline. Clubs will be notified if their swimmer has been removed from the event, and any swimmer removed from 1000/1650 free due to these limitations will be allowed to select any bonus event to enter in its place.

#### Individual Bonus Events:

- Swimmers achieving 1 qualifying time will be permitted to enter two bonus events.
- Swimmers achieving 2 qualifying times will be permitted to enter one bonus event.
- Swimmers achieving 3 or more qualifying times are not permitted to enter bonus events.
- There are no time standards for bonus events; however swimmers must have a seed time that falls within the meet qualifying period.
- Make sure to check the bonus event box for all bonus swims when submitting entries.
- Bonus entries are seeded last.
- Bonus swims in events 400 yards or longer will only be accepted up to the next full heat of each event. In the case that bonus entries exceed the number of lanes available, entries will be taken according to the fastest seed times entered. The coaches of those swimmers who are removed from the bonus event will be contacted and an alternate bonus event can be chosen.

Relay-only Swimmers, Individual Bonus Events – swimmers who do not meet a qualifying standard in an individual event, but wish to compete as a member of a club's relay teams will be allowed to do so. These swimmers must compete in at least one relay during the meet. These swimmers will also be permitted to enter three individual bonus events, subject to the rules above. Clubs will be limited to a maximum of two (2) relay-only swimmers per age group and gender. Please include the names of these swimmers in the body of the entry email.

#### **Relay Events**

- There is a limit of three (3) relay entries per club, per event.
- Relay entries with "no time (NT)" will not be accepted.
- Verification of entry time must be provided for all relay entries with the entry, composite time is acceptable.
- All relay entry times requiring verification must be verified before 5:00 PM on Thursday, December 8th or they will be removed from the meet.
- All 200 yard relays will be pre-seeded and swum fastest to slowest in their preliminary session.
- All relays 400 yards and longer require positive check-in. The Meet Director/Referee reserves the right to waive positive check-in depending on entries received.
- All 11-12 relays (200 & 400) will be swum during the preliminary session.

- Clubs can request a “morning relay swim” on Sunday if they are not planning on staying for finals.
- Only the fastest heat of the 13-14 and Open 800 free relays will be swum during the finals session. All other heats will be swum at the conclusion of Friday’s preliminary session.
- Only the fastest heat of the 13-14 and Open 400 medley relays will be swum during the finals session. All other heats will be swum at the conclusion of Saturday’s preliminary session.
- Only the fastest heat of the 13-14 and Open 400 free relays will be swum during the finals session. All other heats will be swum at the conclusion of Sunday’s preliminary session (prior to the distance events).
- If time permits, there may be a short break before or after some or all relay events.
- Coaches will be provided with National Relay Slips or gender specific slips, (blue for boys/pink for girls), at the meet.

Relay Bonus Events - If an invited club does not meet the qualifying standard in a relay event, they may enter one (1) relay in that event. Enter the relay at the qualifying standard. Please designate the entry as a bonus event in the body of your entry email.

**PVS Positive Check-in Policy** – Positive check in is required for all individual and relay events 400 yards and longer. The Meet Director/Referee reserves the right to waive positive check-in depending on entries received. For those events requiring positive check-in, athletes (or coaches for relay events) shall designate their intention to swim the event on the forms provided at the scratch table. Athletes who have not checked-in prior to the specified time will be scratched from the event. Athletes who have checked-in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Referee. Meet Director/Referee reserves the right to positive check-in some or all of the events besides those listed here in order to manage the time line of the sessions.

#### **PVS "Scratch" Policy**

- PVS scratch rules apply for swimmers scratching finals.
- If you do not wish to swim in the Final, you may “scratch” from the event by following this procedure:
- You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for A and B finals (or C finals, if scheduled).
- You may declare “intent to scratch”. You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for “intent”. If you declare an “intent to scratch” and do not wish to swim finals, you must confirm your scratch on the PVS Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event.
- If an athlete fails to properly scratch from an event and does not appear for the “Final” event, they “shall be barred from further competition of the remainder of the meet.”

**Inclusion Policy for Swimmers with Disability:** PVS and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athletes coach) is also responsible for notifying the session referee of any disability prior to the competition.

In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Germantown Indoor Swim Center, and the Rockville Montgomery Swim Club shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

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 from 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.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

In compliance with USA Swimming Rules and Regulations; the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms or locker rooms. As per PVS policy; the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDA's etc.) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.

**Warning:** Any club or individual that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered swimmer to represent them, will be fined by PVS the sum of \$100.00 and no further entries will be accepted from that club until the said fine has been paid.

**Entries:** Entries should be sent via e-mail.

- 1) Entries must arrive by the due date and time. **No Deck or Late entries will be accepted for this meet.**
- 2) In the title of the email, please use the following format: "2016 RMSC Holiday Invitational Entry – team name"
- 3) The meet director will not accept phone or fax entries.
- 4) Relay only swimmers must be included in the team's entry roster.
- 5) Make sure to check the bonus event box for all bonus swims when submitting entries.
- 6) Email a Hy-Tek entry file (preferred) or an SDIF file.
- 7) Include with your entry file one (1) report by name with proof of time. PDF is the preferred file format.
- 8) In the body of your e-mail provide entry numbers (girls, boys, totals). Include contact information (club name, e-mail, phone, officials contact).
- 9) The Meet Director will acknowledge receipt by return e-mail within 48 hours. Clubs submitting entries that do NOT receive an acknowledgement should contact the Meet Director by other than e-mail to confirm receipt.
- 10) Entries that are incomplete, submitted on incorrect forms, or lacking the phone number of a responsible club official will not be accepted.
- 11) Entries may be sent via mail/express mail/ etc. If using a mail service (Fed Ex, UPS, etc.) sign the waiver allowing the service to leave your entries without requiring a signature.
- 12) Manual entries will be accepted, please contact the Meet Director for details. There is a \$50 surcharge for processing manual entries.

**Entry Fees:** Fees for individual events are \$7.50, relays \$15.00

Each participating Club is requested to remit one check to cover the entry fee for the entire team. Payment of entry fees is due with meet entries. If the Meet Director has not received payment by the entry deadline, or other arrangements have not been made in advance, then your swimmers will be removed from the meet. Do not send cash.

## Make checks payable to **ActiveMontgomery.**

**Entry Deadline: The entry deadline is 7:00 PM, Monday, November 28, 2016.**

Send Entries To: Christa Krukiel, [christa.krukiel@montgomerycountymd.gov](mailto:christa.krukiel@montgomerycountymd.gov)

Kennedy Shriver Aquatic Center

5900 Executive Boulevard N. Bethesda, Maryland 20852

Contact number, **Coaches only**, on or after Monday, December 5<sup>th</sup> (301) 742-4996

**\*\* Important \*\*** - Coaches must submit a cell phone number that they will answer in between prelims and finals, in case a swimmer scratches in to the finals and needs to be notified. Cell phone number should be submitted with the entry email. We will also try and provide text message accessibility in the weeks leading up to the meet.

**Scoring:** Individual: 24 21 20 19 18 17 16 15 14 13 11 9 8 7 6 5 4 3 2 1  
Relays: 48 42 40 38 36 34 32 30 28 26 22 18 16 14 12 10 8 6 4 2

**Awards:**12 & under Awards:

Individual Events: 1<sup>st</sup>-3<sup>rd</sup> place medals; 4<sup>th</sup>-10<sup>th</sup> place ribbons

Relay Events: 1<sup>st</sup>-3<sup>rd</sup> place medals

13 & Over Awards:

*Friday night "IM Award" – highest power point score for IM, one girl and one boy regardless of age group*

*Saturday night "Fastest in the Pool Award" – fastest 50 free, one girl and one boy regardless of age group*

*Sunday night "Distance Award" –highest power point score for any distance event 500 yards and over (includes Thursday distance events), one girl and one boy regardless of age group*

**Photography:** No flash photography is allowed during the start of the races. No team or parent photographers will be permitted on the deck.

**Concessions/Hospitality:** concessions will be available throughout the meet. The concession area is located on the upper level of the facility near the restrooms. A coaches and officials hospitality room will be available just off the competition deck.

**Admission:** There will be no admission charge. Meet programs and finals heat sheets will be available for purchase.

**Parking:** Parking will be available at the Germantown Indoor Swim Center for officials and coaches. Meet Credentials (current USAS Non-Athlete Card/Deck Pass) MUST be shown in order to enter the 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 lots. Bus parking will be available in designated lots. Parking in the SoccerPlex may be limited due to other events. Parking in the Tennis Center lot is prohibited. All vehicles must be in appropriately marked parking spaces. Violators will be ticketed and/or towed.

**Medical Assistance:** Medical assistance will be provided by the swim center staff. If you require medical assistance, please notify a facility lifeguard, or a member of the meet staff.

**Directions:** Exit I-270 at Rte 118 (Germantown Road), drive 3.2 miles southwest and turn right at Richter Farm Rd. Drive .6 miles and turn left on Schaeffer Rd. Enter the circle and take 1<sup>st</sup> right on Central Park Circle.

**Swim Center Rules and Conduct**

At the request of [Montgomery County Recreation](#), swimmers are not to leave the pool deck without appropriate attire. Coaches will be responsible for the conduct of their athletes while in the facility and surrounding grounds. Failure to follow these rules or any inappropriate behavior will result in the athlete being barred from further competition in the meet. Parents will be responsible for the conduct of any minor children that accompany them.

- No glass containers are permitted within the facility.
- Swimmers must be in direct contact with their supervising coach before they will be allowed to enter the pool for warm-up.
- No camera cell phones are permitted in the locker rooms.

# **Hotel Accommodations**

## [Holiday Inn Express & Suites](#)

20260 Goldenrod Lane, Germantown, MD (301) 428-1300

## [Extended Stay America](#)

12450 Milestone Center Drive, Germantown, MD (301) 540-9369

## [Fairfield Inn](#)

20025 Century Boulevard, Germantown, MD (301) 916-0750

## [Gaithersburg Marriott Washingtonian Center](#)

9751 Washingtonian Boulevard, Gaithersburg, MD (301) 590-0044

## [Hilton Gaithersburg](#)

620 Perry Parkway, Gaithersburg, MD (301) 977-8900

## [Holiday Inn](#)

2 Montgomery Village Avenue, Gaithersburg, MD (301) 948-8900

## [Wyndham-Gaithersburg](#)

805 Russell Avenue, Gaithersburg, MD (301) 670-0008

# RMSC Holiday Invitational

## Preliminaries Order of Events

**Thursday, December 8, 2016**

Warm Up 4:30-5:20 PM; Events start 5:30 PM

Girls Event #	No Slower Than SCY	No Slower Than LCM		No Slower Than SCY	No Slower Than LCM	Boys Event #
1	6:02.99	5:25.99	*12&U 500 free	6:00.99	5:23.99	2
3	19:19.99	19:39.99	*13-14 1650 free	18:29.99	18:49.99	4
	18:39.99	18:59.99	*Open 1650 free	16:59.99	17:19.99	

\*Positive check-in for all Thursday events closes at 5:00 PM.

All Thursday events are swum fastest to slowest, alternating girls and boys.

1650 Events will be swum combined age groups and scored separately.

**Friday, December 9, 2016**

Warm Up 7:00-8:20 AM; Events start 8:30 AM

Girls Event #	No Slower Than SCY	No Slower Than LCM		No Slower Than SCY	No Slower Than LCM	Boys Event #
5	2:09.99	--	13-14 200 Medley Relay	2:00.99	--	6
7	2:00.99	--	Open 200 Medley Relay	1:49.99	--	8
15	1:15.99	1:22.99	13-14 100 breast	1:11.49	1:18.49	16
17	1:12.49	1:19.49	Open 100 breast	1:03.99	1:10.99	18
23	2:05.99	2:20.99	13-14 200 free	1:59.99	2:14.99	24
25	1:59.99	2:14.99	Open 200 free	1:48.69	2:03.69	26
31	1:06.19	1:12.69	13-14 100 fly	1:03.99	1:10.49	32
33	1:01.09	1:07.59	Open 100 fly	55.99	1:01.49	34
39	4:59.99	5:34.99	*13-14 400 IM	4:49.99	5:24.99	40
41	4:42.99	5:17.99	*Open 400 IM	4:22.09	4:57.09	42
47	8:34.99	--	**13-14 800 Free Relay	8:09.99	--	48
49	8:09.99	--	**Open 800 Free Relay	7:23.99	--	50

\* 400 IM check-in closes at 8:30 AM

\*\* All 800 Freestyle relays must check-in by 8:30 AM. The fastest heat in each event will swim at the end of the PM finals; all others swim at the end of preliminaries. Event is swum fastest to slowest.

If time permits, there may be a 5 minute break after the 200 Medley Relays and before the 800 Free Relays.

## Friday, December 9, 2016

Warm Up 12:00-1:00 PM; Events start 1:10 PM

Girls Event #	No Slower Than SCY	No Slower Than LCM		No Slower Than SCY	No Slower Than LCM	Boys Event #
9	2:14.99	--	11-12 200 Medley Relay	2:14.99	--	10
11	2:36.99	--	10&U 200 Medley Relay	2:36.99	--	12
13	2:38.99	2:53.99	12&U 200 back	2:38.99	2:53.99	14
19	43.39	46.89	10&U 50 breast	43.39	46.89	20
21	37.79	41.29	11-12 50 breast	37.79	41.29	22
27	1:12.99	1:18.99	10&U 100 free	1:12.99	1:18.99	28
29	1:03.29	1:09.29	11-12 100 free	1:03.09	1:09.09	30
35	37.99	40.99	10&U 50 fly	37.99	40.99	36
37	32.19	35.19	11-12 50 fly	32.19	35.19	38
43	2:59.99	3:17.99	10&U 200 IM	2:59.99	3:17.99	44
45	2:35.49	2:53.49	11-12 200 IM	2:35.29	2:53.29	46

If time permits, there may be a 5 minute break after the 200 Medley Relay.

## Saturday, December 10, 2016

Warm Up 7:00-8:20 AM; Events start 8:30 AM

Girls Event #	No Slower Than SCY	No Slower Than LCM		No Slower Than SCY	No Slower Than LCM	Boys Event #
51	1:50.99	--	13-14 200 Free Relay	1:43.99	--	52
53	1:44.99	--	Open 200 Free Relay	1:33.99	--	54
59	2:43.99	3:01.99	13-14 200 breast	2:37.99	2:55.99	60
61	2:36.99	2:54.99	Open 200 breast	2:21.99	2:39.99	62
65	27.09	29.99	13-14 50 free	25.49	28.39	66
67	25.69	28.59	Open 50 free	23.09	25.99	68
73	1:06.59	1:13.09	13-14 100 back	1:04.79	1:11.29	74
75	1:03.49	1:09.99	Open 100 back	57.59	1:04.09	76
81	5:29.99	4:57.99	*13-14 500 free	5:17.99	4:45.99	82
83	5:15.99	4:43.99	*Open 500 free	4:52.99	4:20.99	84
89	4:31.99	--	**13-14 400 Medley Relay	4:19.99	--	90
91	4:16.99	--	**Open 400 Medley Relay	3:51.99	--	92

\* 500 Free check-in closes at 8:30 AM

\*\*All 400 Medley relays must check-in by 8:30 AM. The fastest heat in each event will swim at the end of the PM finals; all others swim at the end of preliminaries. Event is swum fastest to slowest.

If time permits, there may be a 5 minute break after the 200 Free Relays and before the 400 Medley Relays.

## Saturday, December 10, 2016

Warm Up 12:00-1:00 PM; Events start 1:10 PM

Girls Event #	No Slower Than SCY	No Slower Than LCM		No Slower Than SCY	No Slower Than LCM	Boys Event #
55	1:57.99	--	11-12 200 Free Relay	1:57.99	--	56
57	2:13.99	--	10&U 200 Free Relay	2:13.99	--	58
63	2:49.99	3:06.99	12&U 200 fly	2:49.99	3:06.99	64
69	1:35.49	1:42.49	10&U 100 breast	1:35.49	1:42.49	70
71	1:22.49	1:29.49	11-12 100 breast	1:22.49	1:29.49	72
77	38.99	41.99	10&U 50 back	38.99	41.99	78
79	33.99	36.99	11-12 50 back	33.99	36.99	80
85	2:38.99	2:53.99	10&U 200 free	2:38.99	2:53.99	86
87	2:17.99	2:33.99	11-12 200 free	2:16.99	2:32.99	88
93	4:58.99	--	11-12 400 Medley Relay	4:58.99	--	94

All 400 Medley relays must check-in by 1:10 PM.

If time permits, there may be a 5 minute break after the 200 Free Relays and before the 400 Medley Relays.

## Sunday, December 11, 2016

Warm Up 7:00-8:20 AM; Events start 8:30 AM

Girls Event #	No Slower Than SCY	No Slower Than LCM		No Slower Than SCY	No Slower Than LCM	Boys Event #
99	2:21.99	2:37.99	13-14 200 back	2:16.99	2:32.99	100
101	2:14.99	2:30.99	Open 200 back	2:02.99	2:18.99	102
107	58.09	1:04.59	13-14 100 free	54.29	1:00.79	108
109	55.09	1:01.59	Open 100 free	50.09	56.59	110
115	2:29.99	2:47.99	13-14 200 fly	2:24.99	2:42.99	116
117	2:17.99	2:35.99	Open 200 fly	2:03.99	2:21.99	118
123	2:23.69	2:40.69	13-14 200 IM	2:16.99	2:33.99	124
125	2:14.99	2:31.99	Open 200 IM	2:03.49	2:20.49	126
131	3:56.99	--	*13-14 400 Free Relay	3:40.99	--	132
133	3:44.99	--	*Open 400 Free Relay	3:23.99	--	134
95	11:24.99	10:14.99	**13-14 1000 free	11:09.99	9:59.99	96
	10:55.99	9:45.99	**Open 1000 free	9:59.99	8:49.99	

\*All 400 Free relays must check-in by 8:30 AM. The fastest heat in each event will swim at the end of the PM finals; all others swim at the end of preliminaries. Event is swum fastest to slowest.

Clubs can request a "morning relay swim" on Sunday if they are not planning on staying for finals.

If time permits, there may be a 5 minute break before the 400 Free Relays.

**\*\* Positive check in for the 1000 free will close at 6:30 PM on Saturday, December 10.**

The fastest heat of the combined men's and women's 1000 freestyle will swim as the first event in finals.

All other women's and men's 1000s will be swum at the conclusion of the preliminary session.

13-14 and Open 1000 free will be swum combined, fastest to slowest, alternating girls and boys.

## Sunday, December 11, 2016

Warm Up 12:00-1:00 PM; Events start 1:10 PM

Girls Event #	No Slower Than SCY	No Slower Than LCM		No Slower Than SCY	No Slower Than LCM	Boys Event #
97	2:59.99	3:17.99	12&U 200 breast	2:59.99	3:17.99	98
103	1:25.99	1:32.49	10&U 100 back	1:25.99	1:32.49	104
105	1:12.99	1:19.49	11-12 100 back	1:12.99	1:19.49	106
111	32.89	35.79	10&U 50 free	32.89	35.79	112
113	28.79	31.69	11-12 50 free	28.79	31.69	114
119	1:33.99	1:40.99	10&U 100 fly	1:33.99	1:40.99	120
121	1:14.09	1:21.09	11-12 100 fly	1:14.09	1:21.09	122
127	1:22.79	--	10&U 100 IM	1:22.79	--	128
129	1:12.69	--	11-12 100 IM	1:12.39	--	130
135	4:17.99	--	11-12 400 Free Relay*	4:16.99	--	136

\*All 400 Free relays must check-in by 1:10 PM.

If time permits, there may be a 5 minute break before the 400 Free Relays.

# Finals Order of Events

## Friday, December 9, 2016

Warm Up 13 & Over 4:45-5:35 PM, 12 & Under 5:35-6:05 PM

Events start 6:15 PM

Girls Event #		Boys Event #
13	12&U 200 back	14
15	13-14 100 breast	16
17	Open 100 breast	18
19	10&U 50 breast	20
21	11-12 50 breast	22
23	13-14 200 free	24
25	Open 200 free	26
27	10&U 100 free	28
29	11-12 100 free	30
31	13-14 100 fly	32
33	Open 100 fly	34
35	10&U 50 fly	36
37	11-12 50 fly	38
39	13-14 400 IM	40
41	Open 400 IM	42
43	10&U 200 IM	44
45	11-12 200 IM	46
47	13-14 800 Free Relay	48
49	Open 800 Free Relay	50

## Saturday, December 10, 2016

Warm Up 13 & Over 4:45-5:35 PM, 12 & Under 5:35-6:05 PM

Events start 6:15 PM

Girls Event #		Boys Event #
59	13-14 200 breast	61
61	Open 200 breast	62
63	12&U 200 fly	64
65	13-14 50 free	66
67	Open 50 free	68
69	10&U 100 breast	70
71	11-12 100 breast	72
73	13-14 100 back	74
75	Open 100 back	76
77	10&U 50 back	78
79	11-12 50 back	80
80	13-14 500 free	82
83	Open 500 free	84
85	10&U 200 free	86
87	11-12 200 free	88
89	13-14 400 Medley Relay	90
91	Open 400 Medley Relay	92

## Sunday, December 11, 2016

Warm Up 13 & Over 4:45-5:35 PM, 12 & Under 5:35-6:05 PM

Events start 6:15 PM

Girls Event #		Boys Event #
95	13-14/Open 1000 free*	96
97	12&U 200 breast	98
99	13-14 200 back	100
101	Open 200 back	102
103	10&U 100 back	104
105	11-12 100 back	106
107	13-14 100 free	108
109	Open 100 free	110
111	10&U 50 free	112
113	11-12 50 free	114
115	13-14 200 fly	116
117	Open 200 fly	118
119	10&U 100 fly	120
121	11-12 100 fly	122
123	13-14 200 IM	124
125	Open 200 IM	126
127	10&U 100 IM	128
129	11-12 100 IM	130
131	13-14 400 Free Relay	132
133	Open 400 Free Relay	134