



## CENTRAL STATES SENIOR CHAMPIONSHIP

Bismarck, North Dakota

August 2-4, 2013

### Meet is TEAM Entered – swimmers/teams must be members of a Central Zone LSC.

- SANCTION:** Held under the sanction of USA Swimming and North Dakota Swimming Inc.  
Sanction Number ND-2013  
Time Trials Sanction Number ND-2014
- RULES:** Current USA Swimming and Central Zone rules will govern the Meet
- PARTICIPATING LSCs:** Arkansas, Iowa, Illinois, Indiana, Lake Erie, Michigan, Minnesota, Midwestern, Missouri Valley, North Dakota, Ohio, Oklahoma, Ozark, South Dakota, And Wisconsin
- SPONSORED BY:** USA Swimming, USA Swimming Central Zone Committee, and North Dakota Swimming, Inc.
- HOSTED BY:** Aquastorm Swim Club.
- MEET DIRECTORS:** Meet Director  
Charlie Jeske  
3311 Daytona Drive  
Bismarck, North Dakota 58503  
701-751-1504  
cdj3311@gmail.com
- OFFICIALS:** Referee:  
John Witzel  
952-693-6440  
[johnwitz@mac.com](mailto:johnwitz@mac.com)  
Championship Meet Coordinator:  
Paul Thompson 405-570-6529  
[Auggie1@sbcglobal.net](mailto:Auggie1@sbcglobal.net)  
Marshal:  
Marcy Ekre
- MEET SITE:** BSC Aquatic and Wellness Center  
1601 Canary Ave.  
Bismarck, North Dakota 58503  
Ph701-751-4266
- FACILITY:** The Bismarck Aquatic and Wellness Center is an indoor eight-lane 50 meter pool.
- The competition pool conforms to USA Swimming Rules and Regulation – Article 103.3. The pool is certified in accordance with USA Swimming requirements 104.2.2.C(3) & (4) and on file with USA Swimming
  - Competition pool: 8-lane, 50 meter pool. The water depth of the competition pool measured for a distance of 3' 3 1/2" (1.0 meter) to 16' 5" (5.0 meters) is 7 feet at the start end wall and 13'6" at the turn end wall. USA-S Rule 202.3.4. D.
  - Continuous warm-up/cool-down will be available in an adjacent pool varying in depth from 3.5 feet to 5.5 feet. Use of the warm-up pool will be restricted to swimmers entered in the meet.
  - The completion pool is provided with two scoreboards. The main board is opposite the seating area and measures 10' x 15'; the second board is situated

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directly above the start end of the pool and measures 6' x 10'. Both scoreboards are high resolution LED.

- Water treatment is provided by a UV treatment system. In the pool area; the air is dehumidified, filtered, and provides six air exchanges an hour.
- Parking: There is plenty of FREE parking on the east, south, and west sides of the aquatic center. Handicap parking is available on the west side of the facility.
- Timing: DakTronics electronic timing system with backup buttons and watches, horn start, and touch pads at the start and turn ends of the pool and relay take-off pads at the start end will be used.
- No food is allowed in the pool area. This includes the poolside seating and bleacher area. Competitors may bring sports drinks in plastic containers into the competition area. Teams are responsible for cleaning up their area at the conclusion of each session. **Absolutely no glass containers are allowed.**
- Seating: There are 750 seats located on the upper level on the west side of the pool for spectators. Only athletes and coaches will be allowed in the locker rooms and on the pool deck. Athlete seating will be provided on the north side of the pools.
- Concessions: Concessions are provided by a private concessionaire not associated with the host club. They will have services available in the food court.

**MEET SCHEDULE:**

All times are Central Daylight Savings Time

	<b>Thursday Aug 1</b>		<b>5:00 pm All Coaches</b>	
	<b>General Meeting</b> Referee, Zone Coordinator			
	<b>PRELIMS</b>		<b>FINALS</b>	
	<b>Warm-ups</b>	<b>Start</b>	<b>Warm-ups</b>	<b>Start</b>
<b>Friday Aug 2</b>	7:00-8:50 am	9:00 am	4:00-5:20 pm	5:30 pm
<b>Saturday Aug 3</b>	7:00-8:50 am	9:00 am	4:00-5:20 pm	5:30 pm
<b>Sunday Aug 4</b>	7:00-8:50 am	9:00 am	4:00-5:20 pm	5:30 pm

- General Warm-ups are available on Thursday Aug 1 from 1:00 PM until 7:00 PM
- The main competition pool will be reserved for the last 50 minutes of warm-ups for swimmers competing in that day's events.
- At the request of the swimmer's coach and at the discretion of the Referee, at least 15 minutes will occur between swims for the same individual.

**CLUB REGISTRATION:**

Registration will be held at: Bismarck Aquatic and Wellness Center, Thursday Aug 1<sup>st</sup> from 1 p.m. to 6 p.m. Note: This registration period is for club managers/coaches only; swimmers do not need to register individually with the meet host. Clubs are encouraged to inform their swimmers in advance of exactly when and where the team will assemble at the venue.

- General Warm-ups are available on Thursday Aug 1 from 1:00 PM until 7:00 PM

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### **SAFETY/WARM-UP PROCEDURES:**

- Specifics listed by session
- Flagrant violation of **any** procedures may result in disqualification for unsportsmanlike conduct.

### **WARM-UPS PRELIM SESSION:**

General warm-up, no assigned lanes. Warm-up opens 7:00 am; there will be general warm-up with feet first entry. No Sprinting or Pace Work allowed during the general warm-up session. Swimmers may not dive into the pool during general warm-up. Swimmers must enter the pool by stepping in feet first, or sitting and sliding in, in a safe and cautious manner. Entering in any other manner may result in the disqualification from one or more of the swimmer's events for that session at the discretion of the Meet Referee. Swimmers may dive during a designated sprint warm-up.

45 minutes prior to start of competition the following warm-up procedures will be followed.

Sprint and Pace Warm-up (remainder of warm-up period).

- Lanes 1 & 8 pace lanes: No diving or racing starts. Circle swimming only
- Lanes 2 & 7 (sprint lanes: dive start, swim one direction only. Backstrokers enter the water feet first in rotation. No diving over persons in the water. On day of the 50 Free Meet Referee may have one lane starting from opposite end of pool.
- Lanes 3, 4, 5, & 6 general warm-ups. No Diving.
- Additional sprint lanes may be made available upon request to the Meet Referee.
- No equipment is to be used during warm-ups, including but not limited to kick boards, buoys and paddles.
- The last 50 minutes of warm-ups will be reserved for swimmers competing in that day's events.
- CLEAR POOL: 10 minutes prior to start of meet (8:50 am).

### **WARM-UPS FINALS SESSION**

Finals warm-up lane usage schedule: General warm-up period: feet first entry, NO Diving from the blocks or sides of pool. 30 minutes prior to start of competition, the following warm-up procedures will be followed.

- Lanes 1 & 8 pace lanes: No diving or racing starts. Circle swimming only
- Lanes 2 & 7 (sprint lanes: dive start, swim one direction only. Backstrokers enter the water feet first in rotation. No diving over persons in the water. On day of the 50 Free Meet Referee may have one lane starting from opposite end of pool.
- Lanes 3, 4, 5, & 6 general warm-ups. No Diving.
- Additional sprint lanes may be made available upon request to the Meet Referee.
- No equipment is to be used during warm-ups, including but not limited to kick boards, buoys and paddles.
- The last 50 minutes of warm-ups will be reserved for swimmers competing in that day's events.
- CLEAR POOL: 10 minutes prior to start of meet (5:20 pm).

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### CLUB/UNATTACHED ATHLETE REPRESENTATIVE:

- All athletes must have a representative at the General Meeting. Athletes swimming unattached or without a coach may attend the General Meeting. All athletes must have a USA Swimming member coach supervising them while on deck. This includes warm ups. If an athlete is unable to secure a coach, then the meet host will work with the athlete to have a coach assigned. This coach will also be the liaison between the athlete and the meet host.

### ATHLETE CONDUCT:

- The USA Swimming Code of Conduct will be enforced.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. USA-S Rule 202.3.4 F.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. USA-S Rule 202.3.4 E.

### ELIGIBILITY:

- A. Membership: All athletes (unattached or attached) and clubs must be regular (not seasonal) USA Swimming members and must be registered in an LSC within the Central Zone.
- B. Swimmer's Age: Swimmer must be 15 years or older on the first day of the pool competition, August 2, 2013. There is no "top end" age restriction for this meet.
- C. 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.
- D. Qualifying Time/Eligibility:
  - Swimmers must have achieved a 15-16 National AAA time (LCM, SCM, SCY) after July 1, 2011 and the meet entry deadline. Swimmers who have achieved the short course National AAA time, but not the long course time during the qualification period, must enter with the time they have actually achieved annotating that it is short course yards (SCY) or short course meters (SCM) i.e. override time.
  - Swimmers who have achieved an individual event qualifying time for the USA Swimming Summer Nationals or US Open shall not be eligible to compete in that particular stroke and distance, including relay events.
  - All qualifying individual entry times not in the SWIMS Database may be proven by submitting meet results from College, High School, Junior High, YWCA or YMCA meets which were sanctioned by their respective governing organizations. **Proof of time must be provided no later than 15 minutes after the General Meeting. If no proof of time is provided, the swimmer will be scratched from the event.**
  - Times not proven by the SWIMS Database will be flagged on the psych sheet (\*) i.e. override entry time. All unproven times will be listed in the psych sheet at the short course yard cut. **Valid proof must be provided no later than 15 minutes after the general meeting in order for proper seeding to be allowed.**
  - The responsibility for proving times lies with the entering club. The host will submit an exceptions report to each participating club designee by noon Wednesday, July 31, 2013.

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- **Verification/Proof-of-Time must be in accordance with the type of time entered (LCM, SCY, or SCM).** Clubs are responsible for presenting any results for resolution for proof of time. **These results must be submitted to the Entry Chair no later than 15 minutes after the General Meeting.**
- Bonus Events Eligibility:

# of Qualified Events	# of Bonus Events
1	2
2	1
3+	0

There are no time standards for bonus events. Use of OME override is permitted for entering "bonus events" The 800 and the 1500 **cannot** be swum as bonus events.

**RELAY ENTRIES:**

- A. Each entering club is responsible for relay entries.
- B. Relay-only swimmers must be entered through the OME.
- C. Competing relays must include at least one swimmer with a provable time in a qualifying individual event.

**ENTRY LIMITS:**

- A. Swimmers may enter no more than three (3) individual events per day.
- B. Each Club is limited to two (2) relays per relay event. All relay-only swimmers must be entered through the OME.
- C. No limit exists on the number of swimmers that a Club may enter in an individual event.

**ENTRY RESPONSIBILITY:**

- A. The club Coach, Entry Chair, swimmer, or swimmer representative who enters any Central Zone Championship Senior Meet thereby attests that all times on the entry are true and correct achieved qualifying times for each event entered and that all entered swimmers are eligible under current rules. He/she assumes all responsibility for false or incorrect times or times which are unacceptable under USA Swimming or Central Zone rules and shall be assessed a \$100 penalty payable to the Central Zone for each false or incorrect entry unless absolved of the fine by the elected officers of the Central Zone, their designee or a Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by the Central Zone or USA Swimming.
- B. Appeal of fines or penalties imposed is to be made to the elected officers of the Central Zone, their designee, and/or a Board of Review.

**ENTRY FEES:**

\$8.00 per individual pool event  
\$16.00 per relay  
\$1.00 per swimmer Central Zone surcharge (*to be paid by host to Central Zone*)  
Make check payable to: *Aquastorm*

**ENTRY CHAIRMAN:**

Gerry Pfau  
3031 Ontario Lanes  
Bismarck, ND 58503  
701-391-2663  
*ndlsc@bis.midco.net*

**ENTRY PROCEDURE AND**

- Entry in the meet is exclusively through USA Swimming OME

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### DEADLINE:

[www.usaswimming.org/ome](http://www.usaswimming.org/ome)

- All entry times must have been achieved within the previous 24 months between July 1, 2011 and the entry deadline Monday July 29, 2013.
- Entries may be submitted on-line beginning *July 1, 2013 at* (12:01 CDT).
- **Entry deadline is Monday July 29, 2013 at 12:59 AM CDT**
- No credit card payments through OME will be permitted.
- Entry fees must be paid directly to the meet host. Payment must be made no later than Thursday August 1 at 6:30 PM at the registration table. Checks should be made payable to Aquastorm
- If you are entering “bonus” events from acceptable USA Swimming meets and using times not in the USA SWIMS data base, entering non-conforming times or times from meets that are not recognized in the SWIMS database you can still enter your athlete into the meet. You will need to create an “override” entry time. All entries entered in this manner will be flagged by the OME and moved to the slowest non-conforming entry time for this meet. This will be the AAA Short Course Yard time standard for 15-16 year old athletes.
- Bonus Event entries must come from a meet where times may be found in the USA Swims database.
- If you have acceptable proof of times for any “override” entry times you should bring valid proof to the venue for possible resolution and revised seeding.
- Proof of Time from meets not recognized in the SWIMS database i.e. college, high school, junior high and YMCA meets must be provided within 15 minutes after the conclusion of the General Meeting on Thursday August 1, 2013. If no proof of time is provided, the swimmer will be scratched from the event.
- Coaches are required to complete the “Deck Pass” request through the OME. Please indicate the names of coaches and staff that will be in attendance so that a pre meet recon of certification requirements through USA Swimming will be initiated. Coaches not participating in this step will need to provide certification of all requirements prior to being issued deck access at the meet. No exceptions.
- A club may update their entries through the OME at any time prior to the entry deadline.
- **Once an entry has been completed and “checked out” no entries may be deleted or changed.**
- Upon successful “check out” the OME system will send to the entry person a confirmation of entries and entry fee summary.
- Bring all communications to the meet in case there are problems with your entries.
- Problems/Questions: If you have any difficulty or questions about using the OME process, please contact the following: Larry Herr at: [lherr@usaswimming.org](mailto:lherr@usaswimming.org) or (719) 332-3119, or the Host Entry Chair: Gerry Pfau for this meet at [ndlsc@bis.midco.net](mailto:ndlsc@bis.midco.net) or at (701) 391-2663, or the CZ Championship Meet Coordinator: Paul Thompson at: [auggie1@sbcglobal.net](mailto:auggie1@sbcglobal.net) or at (405) 570-6529.
- **There will be no deck entries at this meet.**

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- A. Entries for swimmers with a disability should be sent on separate entry form indicating preference for seeding. See CZ Disability Entry Form.

**PROTESTS:**

Eligibility and Rules protests shall be handled in accordance with Articles 207.11.4 A-F and 207.11.5 of the USA Swimming Rule Book.

**SEEDING/CONDUCT:**

- A. Conduct:
- Preliminary/Finals format except 800, 1500 Freestyle and relay events shall be timed finals with only the fastest heat at finals.
- B. Seeding Order:
- First – Conforming times (LCM)
  - Second – Non-conforming times (SCM then SCY)
- C. Finals:
- There will be 3 heats at finals.
  - The top 8 fastest swimmers from the preliminary heats shall advance to the A final; the next 8 fastest from the preliminary heats shall advance to the B final; and the remaining 8 fastest swimmers from the preliminary heats who are 15-18 years old shall compete in the C final.
- D. Distance Freestyle:
- The fastest heat of 800 and 1500 Free shall be swum in finals. All remaining heats of the 800 shall be swum in the preliminary session, swimming fastest to slowest, alternating women and men. All remaining heats of the 1500 shall be swum in the preliminary session, swimming slowest to fastest, alternating women and men with the fastest heat finishing one hour prior to finals.
- E. Relays:
- The top two heats of relays will swim at finals. All remaining heats shall swim at the end of the preliminary session fastest to slowest alternating women and men.
  - Relays will begin 15 minutes after the conclusion of the preliminary session individual events
  - Exception: For the 800 Free Relay, only the fastest heat for women and men shall swim at finals.
  - Relay Take-off pads will be used for early exchange confirmation.

**SCRATCHES/CHECK-IN**

- A. All individual events will conform to USA Swimming National Scratch Procedure Rules (207.11.6 A-E)
- B. Scratch Deadline: A scratch box will be available at registration, the General Meeting, and throughout all meet sessions.
- All athletes or their coaches are required to fill out a scratch slip, verified by the Clerk of Course, Meet Referee or Admin Referee and place it in the scratch box prior to the scratch deadline for that event. This applies to all events, timed final, preliminary and relays.

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<b>Day</b>	<b>Time</b>	<b>Scratch</b>
Thursday, August 1	15 min. after conclusion of General Meeting	Friday Events
Friday, August 2	6:00 pm	Saturday Events
Saturday, August 3	6:00 pm	Sunday Events

- C. Entrants in the 800 and 1500 free must check in and confirm their intention to compete prior to the scratch deadline for that day's events in order to be seeded.
- D. Relay cards designating the swimmers' names shall be submitted to meet management on the day of the relay no later than 10:00 AM. Names and order of swimmers may be changed up to the time of the swim.
- E. Scratching from Finals.
  - USA Swimming National Scratch Procedure Rules (207.11.6 D) will be followed.
  - Clubs whose swimmers in the Final or Consolation heats on Sunday evening fail to scratch shall be fined a \$100 penalty per swim. Fees will be collected by the Central Zone Championship Coordinator.
  - All funds shall remain with the meet host.
  - Failure on the part of the Club to pay imposed penalties shall result in barring from future Central Zone Championship Meets.

**TIME TRIALS:**

Time Trials will be offered at the discretion of the Meet Referee, time permitting.

- Time Start: (15 minutes after the conclusion of Prelims)

Sequence of Events: Friday – Fri-Sat-Sun-  
Saturday – Sat-Sun-Fri  
Sunday – Sun-Fri-Sat

Distance events – the day swum in the meet (time permitting)

Time Trial specifics:

- Swimmers will be limited to two time trials total for the entire meet.
- Time trials will count toward the three event limit per day.
- Time trials will conclude 90 minutes prior to the start of finals.
- The fee is \$10 per event payable to: Aquastorm
- Sign-up deadline is 10:00 am each day.
- On the final day of the meet, time trials are at the discretion of the referee.

**SCORING:**

- A. Individual Pool events:  
20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
- B. Relay events:  
40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

**SWIMMER**

**INTRODUCTIONS:**

- A. C Finals will be announced in the water
- B. B Finals will be announced before the race.
- C. A Finals will be paraded and announced before the race.

**AWARDS:**

- A. Individual Pool Events:

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- 1-8 place: medals with neck ribbons
- B. Relay events:
  - 1-3 place: medals with neck ribbons
- C. Team Awards:
  - 1<sup>st</sup> Place Combined Men and Women’s Team Award
  - 1<sup>st</sup> Place Women’s Team Award
  - 1<sup>st</sup> Place Men’s Team Award
  - 1– 3 Place Women’s Individual High Point Award
  - 1-3 Place Men’s Individual High Point Award
- D. Awards ceremony: After each “A” Final event, the medals will be awarded immediately in the designated area. The coach of the 1<sup>st</sup> place athlete will present the awards for that event.

**DECK PASSES/EVENT CREDENTIAL:**

- A. Deck Passes/credentials for each coach will be issued according to the deck pass request formula (see below) list submitted in OME. Coach certification recon should be run through OME. Coaches not cleared through OME will be required at registration to provide all required certifications prior to receiving credentials.

B.

Deck Pass Rules:	
Number of Swimmers	Number of Deck Passes Provided
1-5	1
6-11	2
12-19	3
20-27	4
28 & Above	5

- C. Each athlete, coach, official and volunteer will be issued a meet credential
- D. Credentials must be displayed at all times while in the venue.

**GENERAL ADMISSION TICKETS:**

Cost for General Admission is \$35.00 all session pass; \$11.00 single session  
Cost for parking is free.

**MEET PROGRAM/FINAL RESULTS:**

The cost of Meet Program will be as follows:  
\$10.00 meet program  
\$4.00 daily prelim heat sheets.  
\$1.00 Finals Heat Sheets each Session.  
Final results will be posted at [www.aquastormswimming.com](http://www.aquastormswimming.com) and on the Central Zone website – [www.centralzones.org](http://www.centralzones.org) .

**GENERAL MEETING:**

A pre-meet General Meeting is scheduled for Thursday at 6:30 p.m., at High Plains Art and Science Center for all coaches and Team representatives. The general meeting facility is within walking distance of the aquatic center. Detailed directions will be provided at the aquatic center. All athletes must have a representative at the General Meeting. Athletes swimming unattached or without a coach may attend the General Meeting. See map for directions at [www.aquastormswimming.com](http://www.aquastormswimming.com)

- Meet procedures and meet information will be discussed.
- Members of the Meet Committee will be identified.
- No deviation from the published Meet Information may occur without

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100% agreement by Club representatives in attendance.

- Each Club or unattached athlete is responsible for ALL information handed out at the General Meeting as well as any competition updates conducted at the General Meeting.

### OFFICIALS INFORMATION:

- This meet will be submitted for designation as an "Officials Qualifying Meet" for certification and re-certification for N2 and N3 level positions. A combined Application to Officiate / Request for Evaluation is on the Central Zone website. Completed forms should be sent to the Assistant Central Zone Officials Chair as indicated on the form. Opportunities for evaluations may be limited by time and personnel resources. Availability for final evaluations for N3 positions may be provided at the discretion of the USA Swimming Officials Committee designation of the meet.
- Officials Briefings: Friday, August 2, 2013 at 7:30 AM. There will be an Officials briefing one hour before the start of each subsequent session.
- Officials Uniform:
  - Preliminary Sessions: White polo shirt over khaki with white deck shoes
  - Finals Sessions: Light blue oxford cloth shirt over khaki trousers with white deck shoes
  - (Meet shirts will be provided for officials to wear at a designated session.)
- (If you have any questions about the Meet Uniform, please contact the Meet Referee.) National certification for officials will be available for this Meet.

### VOLUNTEERS:

Timers and officials from visiting Clubs are encouraged and welcome. Please visit [www.aquastormswimming.com](http://www.aquastormswimming.com) to review and sign up for volunteer activities.

### REFRESHMENTS:

Athlete refreshments available on deck will follow the National protocol to insure safety.

### THURSDAY WARM-UP:

A general warm-up time will be available on Thursday August 1 from 1:00 PM to 7:00 PM. Coaches are responsible for conducting the warm-up and the safety of their swimmers.

### DIRECTIONS:

**Directions to Aquatic and Wellness Center:** Approaching Bismarck from the West on Highway I-94 take Exit 157. Go to the exit stop light and proceed directly through the intersection on Schafer Street until you come to Canary Avenue (approximately 2 blocks) then take a right and proceed until you arrive at the parking lot entrance which will be on your left (approximately 2 blocks). If you are coming from the East on Highway I-94 take exit 157, turn left at the exit stop light onto West Divide Avenue. Proceed to the next stop light and turn right on Schafer Street, Travel to Canary Avenue (approximately 2 blocks) take a right and proceed until you arrive at the parking lot entrance which will be on your left (approximately 2 blocks). If you are coming from the North or South on US Highway 83 turn West on I-94 (Exit 159) and follow the above directions coming in from the East. Entrance to the pool is on the SOUTHWEST corner of the building. PARKING WILL BE IN THE PARKING LOT SOUTHWEST OF THE FACILITY.

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**HOTEL INFORMATION**

**Lodging:** A complete list of hotels and motels is available on the Aquastorm website [www.aquastormswimming.com](http://www.aquastormswimming.com) along with information on how to book your room. Additionally, a hotel list is provided at the end of this meet information.

**OTHER INFORMATION:**

Additional information or places to visit may be obtained by visiting [www.discoverbismarckmandan.com](http://www.discoverbismarckmandan.com) or [www.bisparks.org](http://www.bisparks.org)

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**CENTRAL STATES SENIOR CHAMPIONSHIP MEET**

**SCHEDULE OF EVENTS 3 DAY FORMAT**

**Friday August 2nd**

<b>GIRLS</b>	<b>EVENTS</b>	<b>BOYS</b>
<b>MORNING PRELIMS</b>		
1.....	400 Individual Medley .....	2
3.....	100 Breaststroke .....	4
5.....	200 Freestyle .....	6
7.....	100 Butterfly.....	8
15 minute break		
9.....	4 x 100 Freestyle Relay* .....	10
11.....	800 Freestyle** .....	12
*All remaining heats, fastest to slowest alternating women/men.		
**All remaining heats, fastest to slowest alternating women/men		
<b>CONSOLATION &amp; CHAMPIONSHIP FINALS</b>		
11.....	800 Freestyle – fastest heat .....	12
1.....	400 Individual Medley .....	2
3.....	100 Breaststroke .....	4
5.....	200 Freestyle .....	6
7.....	100 Butterfly.....	8
9.....	4 x 100 Freestyle Relay fastest 2 heats .....	10

**Saturday August 3**

<b>GIRLS</b>	<b>EVENTS</b>	<b>BOYS</b>
<b>MORNING PRELIMS</b>		
13.....	400 Freestyle .....	14
15.....	100 Freestyle .....	16
17.....	200 Breaststroke .....	18
19.....	100 Backstroke .....	20
21.....	200 Butterfly .....	22
15 minute break		
23.....	4 x 200 Freestyle Relay* .....	24
*All remaining heats, fastest to slowest alternating women/men.		
<b>CONSOLATION &amp; CHAMPIONSHIP FINALS</b>		
13.....	400 Freestyle .....	14
15.....	100 Freestyle .....	16
17.....	200 Breaststroke .....	18
19.....	100 Backstroke .....	20
21.....	200 Butterfly .....	22
23.....	4 x 200 Freestyle Relay fastest heat.....	24

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**Sunday August 4**

<b>GIRLS</b>	<b>EVENTS</b>	<b>BOYS</b>
<b>MORNING PRELIMS</b>		
25.....	200 Backstroke .....	26
27.....	200 Individual Medley.....	28
29.....	50 Freestyle .....	30
15 minute break		
31.....	4 x 100 Medley Relay* .....	32
33.....	1500 Freestyle** .....	34
*All remaining heats, fastest to slowest alternating women/men.		
**All remaining heats, slowest to fastest alternating women/men.		
<b>CONSOLATION &amp; CHAMPIONSHIP FINALS</b>		
25.....	200 Backstroke .....	26
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