



Speedo Southwestern Invite

Friday, January 12-Sunday, January 14

Castaic Aquatic Center
31350 Castaic Rd, Castaic, CA 91384

Hosted by: Canyons Aquatic Club
Sponsored by: Speedo

Meet Director: Sean Kakumu
Meet Referee: Scot Ranslem
Meet Admin: Erica Johnson

Entries Due: January 3, 2024 5:00pm

IMPORTANT FACTS ABOUT THE MEET

SANCTION #: S24-010

USA SWIMMING DISCLAIMER: It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

COVID-19: Please note that information in this document may be modified to meet current USA Swimming, local, state, and/or federal COVID-19 protocols, including mandatory vaccinations, testing, capacity limits, event postponement or cancellation.

MEET START TIMES: Friday, Time Final Start 4:00 PM Sat, Sun, Prelim Start 8:30 AM

WARM-UP: All lanes will be open for USA Swimming Member Coach supervised warm-up. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. Warm-up assignments will be distributed before the meet. All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving.

MEET REFEREE: The Meet Referee is in charge of the conduct of the meet. Meet Referee is Scot Ranslem at scotranslem@discover.com

ELIGIBILITY: Open to Southern California Swimming athletes and other LSCs who hold 2024 USA Swimming Registration. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. All athletes 18 years or older must complete the free online Athlete Protection Training (APT) prior to the start of the meet in order to compete.

RULES: USA Swimming Rules govern; current SCS meet procedures will be in effect and take precedence over any errors or omissions on this form. Coaches must declare scratches daily. Prelims will enforce the 4 hour rule. The entry list for the next day will be available by the conclusion of prelims. Scratches close 1 hour before the start of prelims. Distance swimmers in the 1650 must check in by an hour before the event is to be swum on Friday. Swimmers in the 1650 must check in by 5:00 PM on Saturday to be seeded in the event on Sunday. Swimmers must compete in their own age group. Age up on January 12, 2024 determines age for the meet.

Prelims sessions will be swum slow to fast. Heats of the 1000 and 1650 Freestyle will be swum fast to slow, alternating girls and boys heats. The fastest heat of the 1000 and 1650 Freestyle will be swum in finals.

All coaches and officials on deck must complete the CDC or NFHS Concussion online course and the CANRA Mandatory Reporting training course.

All athletes 18 years or older must complete online ATHLETE PROTECTION TRAINING (APT) in order to compete.

SWIMWEAR: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. Tech suits are NOT permitted for 5-12 swimmers. Tech suits are permitted for 13-Up. Please see the Tech Suit Policy on the SCS website: www.socialswim.org

RACING START CERTIFICATION: 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.

DISTANCE EVENTS: The 1000 / 1650-yard freestyle events (all age groups combined) are "timed finals" with standard seeding procedures. Events will be swum fastest to slowest alternating girls & boys heats. Swimmers in the 1650 must check in an hour before the event is to be swum on Thursday. Swimmers in the 1000 must check in by 5:00 PM on Saturday to be seeded in the event on Sunday. Coaches may check swimmers in for the 1000 & 1650. Swimmers in the 1000 & 1650 freestyle should be prepared to supply a timer for their heats. Swimmers are also responsible for providing their own lap counters. The fastest heat of 1000 & 1650 will be swum in the evening finals.

AWARDS: Teams will be awarded 1st through 3rd place based on: Must have 10 swimmers entered to qualify for Team awards. Team points will be awarded based on highest average points per swimmer. All athletes including relay only will be included. Medals will be awarded to the top 8 athletes in each age division. Medals will be awarded to the top 3 relays in each age division.

FINALS - FRIDAY, SATURDAY, SUNDAY: A single championship final (8 swimmers) will be offered for 7-10, 11, 12, 13, 14; top twenty four (24) final, 3 heats, will be offered for 15-18. "C" Final 15-18 will be non-sectional cuts. The national finals' scratch rule will be used. A swimmer must scratch or place an intent on an event within 30 minutes of announcement of preliminary results. Final "no-show" (original top places only) except last day will be removed from the remainder of the meet. A \$50.00 fine will be assessed to the swimmer for a no show in her/his last event of the meet.

SAFESPORT INFO

The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.

The Minor Athlete Abuse Prevention Policy prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Adult Participants are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833- 587-7233) or online at uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete

Abuse Prevention Policy, please visit usaswimming.org/report.

All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. **Any athlete who turns 18 on or after 30 days prior to the start of the competition, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed.** Times achieved by an athlete who turns age 18 on or after 30 days prior to the start of the competition, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Referee, Meet Director or Meet Marshal (with the concurrence of the Referee), is harmful to others or to the property may be required to leave the competition. No swimmer will be allowed access to the pool deck without a coach member present. If the home club coach is not planning to attend event, a swimmer must designate a supervising coach. Arriving with fellow LSC club/coach is preferred, however if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

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

Deck changes are prohibited.

The use of audio visual recording devices, including cell phones, is not permitted in locker rooms, changing areas or restrooms. Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.

It is understood and agreed that USA Swimming, the Meet Hosts, Facility Owners, Officials, and the LSCs shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

EMERGENCY ACTION PLAN

Location: Castaic Aquatic Center, 31350 Castaic Rd, Castaic, CA 91384
Host: Canyons Aquatic Club
Date: 1/12-1/14, 2024
Time: Friday, Saturday, Sunday
Host Team Contact: Sean Kakumu – (661) 877-3776
Meet Referee: Scot Ranslem – (661)510-5133 –
scotranslem@discover.com
Meet Admin: Erica Johnson - (805) 729-3040 -
ericajohnson.swim@gmail.com

MEDICAL RESPONSE AND LAW ENFORCEMENT

Emergency: Dial 911
Medical Assistance or First Aid: Call 911 / Control crowds around victim /
await assistance from first responders
Medical Emergency: Call 911
Fire Department: Los Angeles County Fire Department – 27223 Henry
Mayo Drive, Valencia, CA 91355 – Call 911 / (661)257-4144
Closest Hospital: Henry Mayo Hospital – 23845 McBean Parkway,
Valencia, CA 91355 – Call 911 / (661) 200-2000
Closest Urgent Care: Facey Immediate Care – 26357 McBean Parkway
#120, Valencia, CA 91355 (661)222-2643
Law Enforcement: Santa Clarita Sheriff's Department – 26201 Golden
Valley Road, Santa Clarita, CA 91350 – (661) 260-4000

For Civil Disturbance, dial 911, notify meet manager, separate uninvolved
parties to a safe area.

For Suspicious Persons, dial 911, notify meet manager, maintain a safe
distance until law enforcement responds.

For Missing Person/ Child, notify meet manager, obtain description of
missing person, announce as appropriate for help in locating missing
person, contact law enforcement if needed to report missing person.

LIFE SAFETY

Earthquake: Adhere to facility emergency procedures. Notify all occupants
to clear pool immediately. Call 911 if needed. Evacuate all persons in
attendance to parking lot or front lawn away from all buildings. Contact all
teams and request an accountability check.

Weather Emergencies: Notify all occupants to clear the pool immediately.
If lightning in the area, all occupants must leave the pool and the deck for
at least 30 minutes after the last lightning strike in the area.

Fires: Call 911. Clear the pool immediately. Evacuate all persons in
attendance to parking lot or safe area outside of structure. Contact all
teams and request an accountability check. Await emergency response
outside structure and report to responding personnel if all persons are
accounted for.

Hazardous Materials: Call 911. Evacuate all persons in attendance to a
safe area away from and upwind of any hazardous material.

Electrical Emergency: Call 911. Notify all occupants to clear the pool
immediately. Isolate the area of hazard and deny entry. Move all
attendees to a safe area away from the hazard.

EMERGENCY CONTACTS

For life and Safety: Dial 911 and state nature of emergency
CANY Board President: Scott Bleitz – (323) 206-0126
SCS Coastal Committee: Steve Reardon – (818) 389-8812
SCS Coastal Officials Chair: Omar de Armas – (805) 522-4134
SCS Chair: Stacy Smith: – (714) 742-3764
SCS Safe Sport Chair: Chantal Woodard: – (704) 941-7374

Document any incident as soon as possible. Include witness name and
contact information, statements, timeline, and facts as happened.

LOCATION DYNAMICS

Outdoor Facility
One 50Mx25 Yard Pool w/ two SCY courses, One 10Mx25Y Pool w/ 10
SCY warm-down lanes
2 Exits East Side, 1 Exit North Side, 2 Exits West side– Direct to outside
1 additional exit (WestSide) through the restroom/locker room that lead
outside
AED Located in lifeguard office

CALIFORNIA CONCUSSION LAW

California has modified its existing school concussion law to apply the
requirements to youth sports organizations in which athletes participate,
including swimming. These requirements apply to out of state coaches
whose swimmers are attending these Championships.

1. The law requires that a youth athletic program must immediately
remove an athlete from an athletic activity for the remainder of the day, if
the athlete is suspected of sustaining a concussion or head injury, and
prohibit the athlete from returning to the activity until the athlete is
evaluated by a licensed health care provider, trained in the management
of concussions, and acting within the scope of his or her practice. The
athlete must receive written clearance from the licensed health care
provider to return to the athletic activity. If the athlete is diagnosed with a
concussion, they must go through a graduated return to play protocol of
no less than seven days under the supervision of a licensed health care
provider. Youth sports organizations must also notify the parents or
guardians of athletes 17 or younger who have been removed from athletic
activities due to suspected concussions.

2. Coaches and administrators must successfully complete the
concussion and head injury education required under the bill at least once
either online or in person. The following courses from the Center for
Disease Control and Prevention (CDC) or the National Federation of State
High School Associations (NFHS) satisfy the requirements.

<https://www.cdc.gov/headsup/youthsports/training/index.html>

<https://nfhslearn.com/courses/61129/concussion-in-sports>

3. USA Swimming has also developed concussion and head injury
education materials for coaches and administrators. Below is a
concussion at the pool checklist for coaches, officials, and parents.

<https://www.usaswimming.org/docs/default-source/risk-management/safety-and-operational-risk/possible-concussion-at-the-pool---checklist.pdf?sfvrsn=10>

After entering the meet, you will receive the standard USA Swimming
Participant Waiver, a Concussion Information Sheet for Parents and
Swimmers, and the Concussion Acknowledgment Document. Please be
sure to take the time to read this information to avoid any delays or issues
at the meet. Both the waiver and the acknowledgment document will need
to be signed and submitted for each athlete at registration.

ADMINISTRATION

HOST TEAM:

Canyons Aquatic Club
PO Box 55125
Santa Clarita, CA 91385
(661) 362-3210
canyons.org

MEET OFFICIALS:

Referee: Scot Ranslem
scotranslem@discover.com
Admin: Erica Johnson
ericajohnson.swim@gmail.com

MEET DIRECTOR:

Sean Kakumu
seank@canyons.org

HEAD COACH

Kyle Hastings
kyleh@canyons.org

CLUB PRESIDENT

Scott Blietz
scottb@canyons.org

SITE INFORMATION

POOL:

Castaic Aquatic Center
31350 Castaic Rd
Castaic, CA 91384

DIRECTIONS:

5 FWY NORTH: Take RIDGE ROUTE ROAD exit. Right on RIDGE ROUTE ROAD. Right on CASTAIC ROAD. Left into front parking lot.
From 5 FWY SOUTH: Take RIDGE ROUTE ROAD exit. Right on RIDGE ROUTE ROAD. Right on CASTAIC ROAD. Left into front parking lot. Additional parking, continue down CASTAIC ROAD, turn left into CASTAIC SPORTS COMPLEX past LA County yard. Able to park directly behind pool by baseball field.

COURSE: Castaic Aquatic Center competition pool is an outdoor 25 yard x 50 meter, 20 lane pool. A separate warm-up/warm-down 10-lane, 25-yard course pool will be open during the meet. Competition courses have been certified in accordance with 104.22.2(C). Pool depth at start and turn end is 7'6". Prelims sessions may be run combined age groups on 2 courses up to 8 lanes – girls on the North Course, odd events, boys on the South Course, even events. Finals sessions will be run on 2 courses 8 lanes – girls on the North Course, odd events, boys on the South Course, even events. If the number of entries do not warrant running two courses, events will be run in sequential order on one course. All events will be swum fast-to-slow.

TIMING: The facility utilizes a Colorado timing system for up to two (2), ten (10) short course yard.

LOST & FOUND:

A Lost & Found will be available at the lifeguard office.

MEDICAL ASSISTANCE:

Medical assistance and first aid will be provided by the Santa Clarita Lifeguards.

CONCESSIONS:

Concessions will be available for spectators from the concession stand between the competition pool and warm-down pool.

HOSPITALITY:

Coaches' and Officials' hospitality will be available throughout the meet in the classroom adjacent and in view of the competition pool. Providing breakfast, lunch, and dinner. Indoor seating also provided.

VENDORS:

Conjeo Swimworks will be on deck providing racing gear and swim products. Northwest Design will be selling commemorative t-shirts and other apparel.

LOCKER ROOMS: Locker-rooms provided inside main building. Locker-room area for athletes only. Bathrooms for non-athletes are past athlete bathrooms. Coaches and officials will have separate bathrooms located inside the main building.

DECK ARRANGEMENT: There will be two warming-tents at the north and south end of the facility. Starting area will have wind blocks along fence. Covered coaches areas on North and South Side of pool. Bleacher area only for parents, no canopies, umbrellas, or tents. Teams and spectators can further set-up outside of the pool area on the east side of the pool.

PARKING: Coaches, officials, and volunteer parking located in the front lot to the west of the main building. Spectator parking is available in the park to the south and east of the pool site and south of the facility in the sports complex. Please follow all signs and parking laws.

ENTERING THE MEET

Received by deadline: **5:00 pm, January 3, 2024**

ENTRIES: Make Checks payable to Canyons Aquatic Club; Email for team electronic entries only: ericajohnson.swim@gmail.com

SUBMITTED TIMES: Submit ACTUAL times achieved for each event. If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L". If Standard is achieved in SHORT COURSE YARDS, enter event with SHORT COURSE YARD time, indicated on entry by "Y". For Seeding purposes ONLY: after entries close, non-conforming times will be converted by meet administration.

If using an entry card, time on front of card must be clearly marked with either "L" or "Y". If entering electronically, "L" or "Y" must be indicated on proof of time sheet. (See 2024 SCS Swim Guide or www.socalswim.org for SHORT COURSE YARD and SHORT COURSE METER time standards) Time standards must have been achieved on or after Sept. 1, 2022, and must be verifiable. Meets outside SCS or non USA Swimming meets are provable only with official results subject to SCS approval. (Refer to 2024 SCS Swim Guide.)

As a reminder: No updated times will be accepted after the meet entry deadline

This meet will be capped with the Road to Paris time standard.

PROOF OF TIME: This is a proof of time meet. All entry times will be verified through the USA Swimming SWIMS times database. An unverified entry time must be proven prior to the beginning of the competition or the swimmer or relay will be scratched from that event. Only swimmers and/or relay teams with verified times will be seeded. Entry times not proven by the scratch deadline shall be subject to the "Responsibility Clause" in the USA Swimming Rules & Regulations (207.8.3)

EVENT LIMIT: A swimmer can swim no more than EIGHT (8) individual events during the meet, a limit of TWO (2) individual events on Friday, and THREE (3) individual events on Saturday and Sunday.

ENTRY FEES: \$6.00 for each Individual Athlete plus \$15.50 surcharge for every athlete. \$10.00 for each relay team. Team Hy-Tek/TeamUnify entries will be submitted to Erica Johnson for meet processing, ericajohnson.swim@gmail.com NO REFUNDS will be issued. Add events (entered swimmers) and new swimmers accepted SPACE AVAILABLE.

ENTRIES DUE: Entries must be RECEIVED no later than 5:00 PM PDT Wednesday, January 3, 2024. Relays must be pre-entered by coaches with provable times. NO LATE ENTRIES will be accepted. All entries not meeting the deadline WILL BE REJECTED. To avoid any concern regarding receipt of entry card enclose a self-addressed stamped envelope or postcard. No certified, registered, special delivery or mail requiring a signature will be accepted. If signature is not waived, entry WILL BE REJECTED. Receipt of entry will NOT be confirmed by phone -or- by email. Note: keep a copy of the entry form for your records.

Individual emailed, scanned, or texted entry will not be accepted.

CHANGE OF AFFILIATION: Club Transfers (unattach or attach) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as Unattached, but is responsible to complete the Club Transfer Process online in SWIMS 3.0

RELAYS: Relays are timed finals events and will be swum in the finals session with the following exception: 5-10 relays will be swum at the end of the prelims sessions. Teams have the option to swim relays after prelims on Sunday. A club may enter as many three (3) relays teams. Submitting relay entries with team entry is available, however the deadline for coaches to turn in 5-10 relay entries is 10:30am, and relay entries for finals is the end of prelims each day. Relay only swimmers must be included with the team entry and pay the athlete surcharge. There will be unlimited teams for the 200 relays. A maximum of four(4) teams per club will be allowed for the 400 relays.

ROAD TO PARIS LONG COURSE STANDARDS

| WOMEN | | MEN | |
|----------|-----------|----------|--|
| 29.19 | 50 FREE | 26.29 | |
| 1:03.19 | 100 FREE | 57.19 | |
| 2:15.69 | 200 FREE | 2:05.59 | |
| 4:45.59 | 400 FREE | 4:26.29 | |
| 9:48.49 | 800 FREE | 9:16.09 | |
| 18:46.59 | 1500 FREE | 17:35.29 | |
| 1:10.89 | 100 BACK | 1:04.59 | |
| 2:32.39 | 200 BACK | 2:20.29 | |
| 1:20.49 | 100 BRST | 1:12.79 | |
| 2:53.49 | 200 BRST | 2:39.19 | |
| 2:34.39 | 200 IM | 2:21.29 | |
| 5:27.09 | 400 IM | 5:01.49 | |

MEET PROCEDURES

WARM-UP and SAFETY: Meet Admin will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be distributed with the meet information at registration, posted throughout the venue, announced on a regular basis before and during the meet, and monitored by the Meet Referee (or his/her special designees). Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. Encourage your swimmers to cooperate with marshals. The main competition pool will be reserved the last 60 minutes for swimmers competing in that final session's events.

SCRATCHES: Coaches are responsible for all scratches. It is preferred that coaches scratch the day before, during finals. Scratches will close each day ONE HOUR before the start of prelims. The entry list for the next day will be available by the conclusion of prelims. You may communicate scratched as you receive them. You may do this in person at admin, by email, or by text (805-504-5093)...whichever is easier for coaches.

DISTANCE FREESTYLE: 1000/1650 will be swum FAST to SLOW – Alternating Girls and Boys with the fastest 8 for each swimming in finals. There is a POSITIVE CHECK-IN for distance events. Swimmers must check in for the 1000 at least 1 hour before the event is to be swum on Saturday (timed finals). Swimmers must check in for the 1650 FR must check-in by 5PM SATURDAY to swim on Sunday. Coaches may check-in a swimmer. Swimmers will have the option of AM or PM when checking in for both events.

HOT HEATS: The Meet Referee will designate random hot heats where the heat winner will receive a prize.

HOT PICKLE HEATS: The Meet Referee will designate random hot pickle heats where the lane timer with the closest pickle to touchpad pad time will win a prize. The overall team that has the most accurate pickle times will receive a prize.

FINALS READY AREA: A Ready Area will be used at these Championships prior to each "A" finals heat. Each swimmer in the "A" final (including the fastest-seeded heats of the distance events) must report to the Ready Room five minutes preceding the event. Bonus, Consolation, and Relay heats will report directly to their assigned starting block.

WALK UP MUSIC: The first A Finals seed may choose their own walk up music for finals. Once finals is seeded, the first seed needs to notify the announcer by the end of prelims.

AWARDS VICTORY LAP/STAGING: First-third medalists in each event should report to the awards area following the "A" Finals for their event. Medalists will receive their award on the podium.

DISTANCE FREESTYLE:

Swimmers may qualify for the 1000 and 1650 Freestyle events using either the 800m/1000yd or 1500m/1650yd qualifying standards (i.e. the conforming or non-conforming distance event standards).

Swimmers in the 1000 and 1500 Freestyle events must be positively checked-in with the administrative referee prior to the scratch/positive check-in deadline for the respective event .

The 1000y and 1650y freestyle events will be swum slowest to fastest, alternating women's and men's heats, with the fastest top eight(8) of each race swum during the evening session. All other heats will be swum so the second fastest heat of the Men's event finishes approximately one hour prior to the start of the evening session.

1000y and 1650y will be combined and scored within their age groups.

FINALS SESSION EVENT ORDER

A single championship final (8 swimmers) will be offered for 7-10, 11, 12, 13, 14; top twenty four (24) final, 3 heats, will be offered for 15-18. "C" Final 15-18 will be non-sectional cuts.

MEET SCORING: Scoring will be on a sixteen (16) place basis. Individual events: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1. Relay events receive double these point values.

RESULTS: Results will be routinely updated to Meet Mobile.

AWARDS:

All medalists in each event should report to the Awards Staging Area in full team warm-up attire immediately following the "A" Finals for their event.

Team Awards - Team awards will be presented to the top three teams in Men's, Women's, and Combined categories.

Individual Awards - Medals will be awarded to all place winners in the "A" final.

If you read all of this meet information, please give yourself an imaginary gold star.

TIME TRIALS

TIME TRIALS: SANCTION: S24-011

Time Trials will be conducted for all swimmers entered in the meet provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session, on Saturday and Sunday only.

Entry fee is \$20.00 per event, no refunds after seeding. Time trials are open to 2024 FINA and USA Swimming registered swimmers who are entered in at least 1 individual event or relay in the meet. Participants must provide their own backup timers. The Administrative Referee/Official will determine the order of events.

- Three (3) events per day limit applies (Invite events + Time trials = 3 events per day or less)
- Relay-only swimmers will be allowed to swim in time trials provided they actually swim on a relay.
- The Time Trial entry deadline shall be one hour prior to the estimate
- The distance freestyle events will typically be offered on only one day of the meet. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc., and be announced before the first day of the meet.

| Girls | | FRIDAY, January, 12 - 4:00 PM TIMED FINAL | | | | Boys | |
|---------|---------|---|---------------|-------|---------|---------|---------|
| SCY | LCM | Event # | Description | Age | Event # | SCY | LCM |
| 3:15.59 | 3:43.19 | 1 | 200 IM | 7-10 | 2 | 3:13.19 | 3:40.79 |
| 3:00.19 | 3:26.09 | | | 11-12 | | 2:57.29 | 3:23.79 |
| 6:24.19 | 7:19.69 | 3 | 400 IM | 11-12 | 4 | 6:13.09 | 7:09.89 |
| 6:03.59 | 6:55.49 | | | 13-14 | | 5:41.49 | 6:32.69 |
| 5:30.49 | 6:18.79 | | | 15-18 | | 5:03.69 | 5:47.29 |
| 7:34.89 | 6:51.09 | 5 | 500 Freestyle | 7-10 | 6 | 7:26.99 | 6:44.49 |
| 7:08.79 | 6:23.89 | | | 11-12 | | 6:57.29 | 6:15.49 |
| 6:47.79 | 6:06.79 | | | 13-14 | | 6:26.59 | 5:49.09 |
| 6:11.99 | 5:32.89 | | | 15-18 | | 5:44.09 | 5:09.89 |

| Girls | | SATURDAY, January, 13 - 8:30 AM Prelim Start | | | | Boys | |
|----------|----------|--|------------------|-------|---------|----------|----------|
| SCY | LCM | Event # | Description | Age | Event # | SCY | LCM |
| 2:56.59 | 3:24.49 | 7 | 200 Backstroke | 11-12 | 8 | 2:51.99 | 3:19.49 |
| 3:10.89 | 3:39.69 | | | 13-14 | | 2:56.59 | 3:25.49 |
| 2:52.79 | 3:20.49 | | | 15-18 | | 2:17.49 | 2:41.39 |
| | | 9 | 50 Backstroke | 7-10 | 10 | | |
| | | | | 11-12 | | | |
| | | | | 13-14 | | | |
| | | | | 15-16 | | | |
| | | 11 | 100 Breaststroke | 7-10 | 12 | | |
| | | | | 11-12 | | | |
| | | | | 13-14 | | | |
| | | | | 15-18 | | | |
| 2:59.99 | 3:24.89 | 13 | 200 Butterfly | 11-12 | 14 | 2:53.19 | 3:20.49 |
| 2:48.99 | 3:12.99 | | | 13-14 | | 2:38.19 | 3:00.89 |
| 2:33.49 | 2:52.99 | | | 15-18 | | 2:20.49 | 2:39.99 |
| | | 15 | 50 Butterfly | 7-10 | 16 | | |
| | | | | 11-12 | | | |
| | | | | 13-14 | | | |
| | | | | 15-18 | | | |
| | | 17 | 100 Freestyle | 7-10 | 18 | | |
| | | | | 11-12 | | | |
| | | | | 13-14 | | | |
| | | | | 15-18 | | | |
| | | 19 | 100 IM | 7-10 | 20 | | |
| | | | | 11-12 | | | |
| | | | | 13-14 | | | |
| | | | | 15-18 | | | |
| 2:49.79 | 3:15.79 | 21 | 200 IM | 13-14 | 22 | 2:39.99 | 3:04.59 |
| 2:34.89 | 2:58.19 | | | 15-18 | | 2:20.89 | 2:43.99 |
| 24:53.99 | 25:45.79 | 23 | 1000 Freestyle | 11-12 | 24 | 24:21.89 | 25:13.59 |
| 23:23.49 | 24:06.39 | | | 13-14 | | 22:18.89 | 23:06.49 |
| 21:26.19 | 22:02.19 | | | 15-18 | | 20:02.89 | 20:33.99 |
| | | 25 | 200 Free Relay | 7-10 | 26 | | |
| | | | | 11-12 | | | |
| | | | | 13-14 | | | |
| | | | | 15-18 | | | |
| | | 27 | 400 Medley Relay | 11-12 | 28 | | |
| | | | | 13-14 | | | |
| | | | | 15-18 | | | |

Swimmers in the 1000 and 1500 Freestyle events must be positively checked-in with the administrative referee prior to the scratch/positive check-in deadline for the respective event .

The 1000y and 1650y freestyle events will be swum slowest to fastest, alternating women's and men's heats, with the fastest top eight(8) of each race swum during the evening session. All other heats will be swum so the second fastest heat of the Men's event finishes approximately one hour prior to the start of the evening session.

1000y and 1650y will be combined and scored within their age groups.

| Girls | | SUNDAY, January, 14 - 8:30 AM Prelim Start | | | | Boys | |
|----------|----------|--|------------------|-------|---------|----------|----------|
| SCY | LCM | Event # | Description | Age | Event # | SCY | LCM |
| 2:57.19 | 3:20.99 | 29 | 200 Freestyle | 7-10 | 30 | 2:47.99 | 3:12.09 |
| 2:40.39 | 3:02.29 | | | 11-12 | | 2:34.59 | 2:57.49 |
| 2:32.09 | 2:54.29 | | | 13-14 | | 2:22.99 | 2:44.09 |
| 2:18.69 | 2:38.29 | | | 15-18 | | 2:06.79 | 2:26.09 |
| | | 31 | 100 Butterfly | 7-10 | 32 | | |
| | | | | 11-12 | | | |
| | | | | 13-14 | | | |
| | | | | 15-18 | | | |
| 3:20.89 | 3:52.59 | 33 | 200 Breaststroke | 11-12 | 34 | 3:14.09 | 3:44.69 |
| 3:10.89 | 3:39.69 | | | 13-14 | | 2:56.59 | 3:25.49 |
| 2:52.79 | 3:20.49 | | | 15-18 | | 2:36.19 | 3:01.39 |
| | | 35 | 50 Breaststroke | 7-10 | 36 | | |
| | | | | 11-12 | | | |
| | | | | 13-14 | | | |
| | | | | 15-16 | | | |
| | | 37 | 100 Backstroke | 7-10 | 38 | | |
| | | | | 11-12 | | | |
| | | | | 13-14 | | | |
| | | | | 15-18 | | | |
| | | 39 | 50 Freestyle | 7-10 | 40 | | |
| | | | | 11-12 | | | |
| | | | | 13-14 | | | |
| | | | | 15-18 | | | |
| 24:53.99 | 25:45.79 | 41 | 1650 Freestyle | 11-12 | 42 | 24:21.89 | 25:13.59 |
| 23:23.49 | 24:06.39 | | | 13-14 | | 22:18.89 | 23:06.49 |
| 21:26.19 | 22:02.19 | | | 15-18 | | 20:02.89 | 20:33.99 |
| | | 43 | 400 Free Relay | 11-12 | 44 | | |
| | | | | 13-14 | | | |
| | | | | 15-18 | | | |
| | | 45 | 200 Medley Relay | 7-10 | 46 | | |
| | | | | 11-12 | | | |
| | | | | 13-14 | | | |
| | | | | 15-18 | | | |

Swimmers in the 1000 and 1500 Freestyle events must be positively checked-in with the administrative referee prior to the scratch/positive check-in deadline for the respective event .

The 1000y and 1650y freestyle events will be swum slowest to fastest, alternating women's and men's heats, with the fastest top eight(8) of each race swum during the evening session. All other heats will be swum so the second fastest heat of the Men's event finishes approximately one hour prior to the start of the evening session.

1000y and 1650y will be combined and scored within their age groups.