

# 2005 WISCONSIN 13 & OVER LC STATE CHAMPIONSHIP

## Prelim/Final Long Course Meet

Hosted By South Eastern Aquatics-Y Swim Team

SANCTION #2005-095WI

- Date:** Friday- Sunday, July 29-31, 2005
- Place:** Walter Schroeder Aquatic Center, 9250 N. Green Bay Rd., Brown Deer, Wisconsin
- Warm-up/Start:** **Friday/Saturday/Sunday:** General Warm-up 7:30-8:50 am. AM prelims will begin at 9:00 am. **All Finals** warm-ups not before 4:15 pm and will last for 1 hour. Finals will start at 5:30 pm.
- During Prelims: 1 hour 20 minutes warm-ups will be divided into 50 minute circle swim and 30 minute pace and with sprint lanes designated as needed.
- During Finals: 1 hour warm-ups will be run as follows: The first 30 minutes of the warm-up will be Circle Swim. The final 30 minutes will be: Circle Swim, Push Pace, and with Sprint lanes designated as needed.
- Pool:** The Schroeder Aquatic Center is an eight lane, 50 meter pool with non-turbulent lane markers and backstroke flags. Pool depth at starting end is 7'. Block height is 29.5".
- Timing:** Colorado System with back-up watches
- Official Rules:** Official 2005 Long Course USA and Wisconsin LSC rules shall prevail for this meet. Swimmers must be registered USA swimmers with their age as of July 29, 2005.
- Adaptive Swimmers:** Please note any special requirements for adaptive swimmers on the entry form.
- Entry Chair:** Pat Lewno  
5330 Linden Circle  
Racine, WI 53406  
Phone: (262) 637-2913 (for pre-meet inquiries—no meet entries will be accepted by phone)  
Email: [lewno@execpc.com](mailto:lewno@execpc.com)
- Meet Director:** Jennifer Pennings (262) 752-0387 Email: [djennings@earthlink.net](mailto:djennings@earthlink.net)
- Officials:** LSC Appointed
- Entry Deadlines:** Waiver, entry forms, disk and non-refundable fees must be received by the entry chair no later than **Noon, Tuesday July 19, 2005**. No phone entries will be accepted. All express mail must be pre-signed so it will not require a signature for delivery. If the entry is by email, the hard copy of the entry, the waiver, and the fees are due by Noon, Tuesday, July 19, 2005. Teams are strongly encouraged to submit their entries via a Hy-Tek disk or e-mail file.
- NEW CUTS: Additional entries will be accepted up until **Noon, Monday, July 25, 2005**, for first time cuts only, and only for cuts made after the initial entry deadline. Additional relays will also be accepted if there are additional new swimmers qualified at a meet after the initial entry deadline. THERE WILL BE NO UPDATING OF PREVIOUSLY ENTERED TIMES. Swimmers entered in five events at the state meet who make an additional cut at a subsequent meet may substitute the event in which the new cut was achieved for another event already entered. All additional entries will be accepted from the team's entry person only. **These additional entries must be emailed to [lewno@execpc.com](mailto:lewno@execpc.com). No phone entries will be accepted.**
- Any corrections(s) to team entries must be made by **Noon, Monday, July 25, 2005**.
- Entry Limit:** Swimmers may enter a maximum of five (5) individual events plus relays. All swimmers are limited to 3 individual events per day in any combination of meet events and time trials. Relay only swimmers must be entered in the meet.
- Relay Limit:** Teams may enter an "A" relay regardless of athlete counts. **If you want to enter a "B" relay, your team must have at least 5 individual qualifiers in that age.** If you have 9 athletes, then you can have a "C" relay and so on.
- Relay Only Entries:** **Relay only swimmers must be entered into events 201 (girls) and 202 (boys).** Additional relay-only swimmers may be added during the meet, *but must be entered in the meet management office at least 30 minutes before the start of the session in which they swim or the relay on which they swim will be disqualified.*
- Deck Entries:** Deck entries will not be accepted. Deck registration will not be accepted.
- Fees:** Individual events are \$5.00 per event and Relays are \$16.00. All swimmers entered must pay the \$5.00 Wisconsin Swimming LSC surcharge, including relay only swimmers.
- Seed Times:** DO NOT CONVERT. Swimmers must be entered at their best time. All courses may be used. Non-conforming times will be seeded after LCM times. The order used for seeding will be LCM-SCM-SCY.
- Proof of Time:** Prior to the meet, entry times submitted by July 19, 2005, will be compared to the USA Swimming SWIMS database. (Any times submitted after July 19 will not be pre-proven. Coaches will need to bring printed final results or printouts from the SWIMS database to prove times.) Competitors not swimming equal to or faster than the meet time standard and are not pre-proven through the SWIMS database must prove their time with printed meet results or print outs from the SWIMS database, or pay a \$50 fine. Coaches, please check the SWIMS database prior to coming to the meet to verify proof. If the times are not listed in the SWIMS database, a hard copy of the results must be presented to prove times.

**Proof of Time Cont** All swimmers disqualifying in individual events must also prove their times. Time trials from this meet will not be accepted for proof of time. Proof must be provided, or fine paid, immediately following an event that does not meet the time standard, and in all cases, before the swimmer competes in another event or before that swimmer's team competes in any further relays. All proofs must be completed by the conclusion of Sunday's events. There will be no refunds for proofs after that time. Proof of time will be accepted at the meet management table in front of the glass office

**Meet Format:** The meet will be a combination of prelim/final events and timed final events. The Wisconsin Scratch Rule will be in effect for this meet.

- Swimmers will report directly to the blocks in all pre-seeded events as assigned in the heat sheet.
- There will be no bonus heats
- The 400 IM events shall be timed final, check in events. The top 8 checked in 13-14 swimmers compete in finals. The top 16 checked in Seniors compete in finals.
- The 800 and 1500 Free events shall be timed final, check in events, with the fastest 8 checked in swimmers, regardless of age, competing in finals. Each swimmer must provide their own counters.
- Prelim heats of the 1500 Free will be run fast to slow, alternating women and men. The 1500 Free will be the first event in finals (before the 200 Back.) Events 73 and 75 will be swum combined and separated by age group for points and awards. Events 74 and 76 will be swum combined and separated by age group for points and awards.
- Prelim heats of the 800 Free will be run fast to slow, alternating women and men. The 800 Free will be the first event in finals (before the 100 breast). Events 21 and 23 will be swum combined, but separated by age group for points and awards. Events 22 and 24 will be swum combined, but separated by age group for points and awards.
- The 400 free will be a timed final, check in event with the top 16 checked in Senior swimmers competing in finals and the top 8 checked in 13-14 swimmers competing in finals.
- Prelim heats of the 400 Free will be run fast to slow, all Women then all Men. Finals will be slow to fast.

**Check-in Events:** The 400 IM, 800 Free, 1500 Free, 400 Free, 800 Free Relay, 400 Free Relay and 400 Medley Relay will be Timed Final, check in events. Positive check in for these events must be made at the meet management table at least 30 minutes prior to the beginning of the session in which the event is swum.

**Relay Events:** First and last names, ages, and the order of the swimmers must be listed on all relay cards. Additional relay-only swimmers may be added during the meet, *but must be entered in the meet management office at least 30 minutes before the start of the session in which they swim or the relay on which they swim will be disqualified.*

- Teams may enter an "A" relay regardless of athlete counts. **If you want to enter a "B" relay, your team must have at least 5 individual qualifiers in that age.** If you have 9 athletes, then you can have a "C" relay and so on.
- The 200 Medley and 200 Free Relays will swim to completion in prelims.
- The 800 Free Relay will be a timed final, check in event, with the top 8 checked in relays participating in finals.
- The 400 Free Relay will be a timed final, check in event, with the top 16 Senior (top 8 for 13-14) checked in relays participating in finals.
- The 400 Medley Relay will be timed final, check in event, with the top 16 Senior (top 8 for 13-14) checked in relays participating in finals.

**Challenges:** A psych sheet will be posted on the Wisconsin Swimming website Tuesday, July 26, 2005. Coaches may challenge the top 8 seeded times in deck seeded events, but must do so before Noon on Thursday, July 28, 2005. Challenges should be directed to the Meet Director.

#### **Ind. Scratch Rule:**

*Pre-seeded Events* - Each swimmer shall report promptly to the starting blocks prior to the start of each race in which the swimmer is entered. Any swimmer not reporting for or competing in an individual timed final event shall not be penalized. Any swimmer not reporting for or competing in a preseeded preliminary heat when finals are scheduled shall not be penalized.

*Events Seeded on the Deck* - Any swimmer entered in an individual event that is seeded on the deck, who has checked in for the event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer is entered on that day or the next meet day, whichever is first. Events seeded on the deck shall be closed for seeding no earlier than (30) minutes prior to the start of the session in which the event is scheduled.

#### **Relay Scratch Rule:**

*Pre-seeded Events* - Any relay team entered in a pre-seeded event that fails to compete in or report for that event shall not be penalized.

*Events Seeded on the Deck* - Any relay entered in a relay event that is seeded at the meet, that has been checked in and the swimmers' names declared for that event, must swim the event unless the clerk of course is notified before the seeding for that event is begun that the relay team wishes to scratch. A relay team member failing to appear ready to swim for the relay event shall be barred from the next individual event in which the swimmer is entered, either that or the next meet day. The relay team members who do appear ready to swim shall not be penalized for failure of the other relay team members to appear. Exceptions-Relay teams or team members who give acceptable notification to the referee of illness, injury, or that failure to compete caused by circumstances beyond the control of the swimmer(s) shall not be penalized. Finals shall include those relay events deck seeded but swum as timed finals in prelim-finals competition.

#### **Scratching from Cons./Finals**

Any swimmer qualifying for a consolation final or final race in an individual event who fails to compete in said consolation final or final race shall be barred from further competition for the remainder of the meet. Disqualification under this section shall only apply to swimmers qualifying based on the original preliminary results. In the event of withdrawal or barring of a swimmer from competition, the referee shall fill the consolation final or

final when possible with the next qualified swimmer(s). Listed alternates shall be announced along with the final qualifiers. These alternates shall be based on original preliminary results prior to any scratches. These alternates shall not be penalized if not available to compete in the finals. When consolation finals have not yet been swum and a barring or withdrawal is known to the referee, the referee shall reseed the consolation final and final, if necessary, by inserting the alternate(s) in the appropriate lane(s), filling all lanes in finals. If a consolation final has been contested, the companion final shall be swum without reseeding for empty lanes. Finals shall include those events deck seeded but swum as timed finals in prelim finals competition. Swimmers must declare their intent to scratch within thirty (30) minutes after the initial posting of the individual event results. Swimmers must officially scratch within thirty (30) minutes after their last individual event of the day.

- Coaches Meeting.:** Friday morning and as needed. Coaches packets can be picked up at the start of the meet at the meet management table by the glass office. All outstanding entry fees must be paid in full at the time the packet is picked up.
- Hospitality:** Food and refreshments will be available to coaches and officials who are working that session. Please show the appropriate identification to the concession personnel.
- Admissions:** Admissions for all prelim sessions will be \$5.00 for spectators, 12 and over.  
Heat sheets for Friday, Saturday, and Sunday prelims are \$4.00, and must be purchased separately.  
Admissions for all final sessions will be \$5.00 and will include a heat sheet.  
A Gold Ticket, covering admission and heat sheet for every session, will be available for a price of \$35.00.  
A Silver Ticket, covering admission for every session, without heat sheets, will be available for \$25.00.
- Awards:** *No awards will be mailed!*  
Individual Awards: 1<sup>st</sup> - 8<sup>th</sup> Medals  
Relays: 1<sup>st</sup> - 3<sup>rd</sup> Medals  
Individual High Point: 1<sup>st</sup> - 3<sup>rd</sup> male and female  
Women's & Men's Team Awards: 1<sup>st</sup> - 3<sup>rd</sup>  
Overall Team Awards: 1<sup>st</sup> - 10<sup>th</sup>  
State Championship t-shirt will be awarded to the winner in each event. (Limit one per swimmer.)
- Scoring:** Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1  
Relay Events: Double Points
- Final Results:** One copy of results will be sent to each USA registered team represented. All parents, attached and unattached swimmers may purchase a copy of the final results at the admissions table for \$12.00 per hard copy or e-mail version. It is the responsibility of teams submitting their entries via a Hy-Tek disk to pick up their disk following the meet. Any teams submitting entries via e-mail must provide a disk if they would like to receive their results via disk at the conclusion of the meet.
- Conduct:** Each team is responsible for the conduct of its swimmers and parents. Only coaches, swimmers, and meet workers are allowed on deck and in the lower bleachers. Teams are asked that following each session of the meet they pick up any garbage in their immediate team area. Swimmers and coaches may not stand on the bulkheads to cheer for their swimmers. The only people who may stop on the bulkheads are officials and counters for the distance events. By order of the Brown Deer Fire Department, there will be no videotaping, watching the meet, or picture taking allowed in any area of the stairwells or upper stair well landing areas. No coolers or large bags will be allowed in the spectator area. Anyone violating these rules will be promptly removed from that area. Please exercise consideration for your fellow spectators at all times to make for an enjoyable meet for everyone. Swimmers (and their bags) should sit in their team's area in the lower bleachers, not in the spectator stands.
- Lost & Found:** There will be a lost and found area set up near the glass office. It is recommended that athletes do not bring expensive or valuable items to the meet. SEAY and the Schroeder YMCA are not responsible for lost items. To inquire about lost items, contact Jennifer Pennings (262-752-0387 or [djpenning@earthlink.net](mailto:djpenning@earthlink.net)) until August 12, 2005. Lost and found items will be donated to charity after that date.
- Food:** According to the Brown Deer Health department, there will be no food or beverages allowed to be brought into the Schroeder Aquatic Center by parents or spectators. This includes the cafeteria area. Athletes are allowed to bring refreshments (liquids) but NO GLASS is allowed. There will be a superb selection of food and beverages available at the meet.
- Parking:** Limited parking will be located in the west parking lot. There will be additional parking available in the park and ride to the south of the Applebee's. A shuttle will run between the facility and the parking lot. The times of the shuttle will be posted as we get closer to the meet. We would encourage everyone to use the shuttle and to car pool to the meet.

# Time Trials

Sanction #2005 096WI

- When:** At the conclusion of Friday, Saturday, and Sunday prelim sessions and Sunday finals session as time permits and at the discretion of the meet directors.
- Events:** All meet events will be offered.
- Eligibility:** Open to swimmers entered in the 2005 13 & Over State LC Championship Meet.
- Fee:** \$8.00/individual event and \$16.00/relay event.
- Registration:** At the meet management table located in front of the glass office. Registration will be accepted during the prelim and final sessions up to a half hour before the end of the session. Swimmers in the last event of the day have up until the end of that event to sign up for time trials.
- Procedures:**
- Swimmer(s) will sign up for an event at the meet management table.
  - Swimmer(s) will fill out a seed card at the table -- swimmer's name, age, team, event name, and seed time.
  - Seed card and event fee must be turned into the table before the deadline.
  - An announcement will be made that time trials are beginning. Swimmers and their timers should report to the meeting immediately.
  - A meeting for all time trial participants and timers will be held prior to the start of time trials.
  - Cards with heat and lane assignments will be handed out at this meeting.
  - It is the swimmer's responsibility to be ready to swim when his/her event, name, and lane number are called. The referee will not hold the start of the event waiting for a swimmer (or timer) to show.
  - ALL time trial cards (whether or not a swimmer swims a desired time) MUST be turned in at the end of each heat.
- Meet Host Provides:** Officials, Colorado System Operator, Meet Management
- Swimmers Provide:** Two (2) Timers, Two (2) Watches, and counter (if needed)
- Reminders:**
1. The maximum number of individual events in one day is three (3). This includes time trials. This means that on Sunday, for example, that a swimmer may swim 3 individual events total per day including a combination of:
    - (1) Only time trials,
    - (2) Combining time trials and meet events, or
    - (3) Only meet events.
  2. Time trials begin promptly. It is the responsibility of the swimmer to be at the blocks, complete with his/her timers (and watches), ready to swim.
- Note: Timers must turn in their cards whether or not a swimmer achieves a desired time.

**Waiver - Summary Entry Form**  
**(Entries will not be accepted without waiver form)**

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In consideration of the acceptance of this entry: I/We hereby, for Myself/Ourselves, My/Our/Heirs, administrators and assignees, waive and release any and all claims against the United States Swimming, the Wisconsin Local Swimming Committee of United States Swimming, the South Eastern Aquatics-Y Swim Team, the Walter Schroeder Aquatic Center, and their staffs for the injuries and or expenses accrued by Me/Us at the meet, or while on the road to and from the meet. I/We are bona-fide amateur athletes and eligible to compete in all events /We have entered. I/We also understand that our club will be responsible financially for any damage done to the facility by our athletes during the meet. I/We also understand that it is our responsibility to ensure that all of our athletes and coaches are currently registered members of United States Swimming. I/We will be responsible for making our athletes/parents/coaches/club administrators aware of the waiver requirements in participation in this event.

**Make (2) copies of the entry forms:**

1. Mail one copy of entry form, Hy-Tek entry disc, plus entry fees to the entry chair.
2. Retain one copy for coaches' records.

Club Name: \_\_\_\_\_ Abbr: \_\_\_\_\_

**Signature of Club Official, Parent, or Guardian**

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Entry Fee Recap:**

Total No. of Individual Events in Meet: \_\_\_\_\_ x Ind. Entry Fee @ \$5.00 = \$ \_\_\_\_\_

Total No. of Relays in Meet: \_\_\_\_\_ x Relay Entry Fee @ \$16.00 = \$ \_\_\_\_\_

\*\*Number of Swimmers Entered in Meet \_\_\_\_\_ X \$5.00 ea (WI LSC Splash Fee) = \$ \_\_\_\_\_

**(\*\*Be sure to include your "relay only" swimmers)**

**Make Checks Payable to: "SEAY"** Your Check Number Is \_\_\_\_\_ Total Entry Fee = \$ \_\_\_\_\_

**Name of coaches representing your team at meet:**

Name: \_\_\_\_\_ Phone \_\_\_\_\_

Name: \_\_\_\_\_ Phone \_\_\_\_\_

Name: \_\_\_\_\_ Phone \_\_\_\_\_

**Contact information for team entry person (in case of entry problem):**

Name: \_\_\_\_\_ Phone \_\_\_\_\_ E-mail \_\_\_\_\_

**Name and address for mailing final results:**

Name: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

# 2005 Wisconsin 13 & Over LC State Championships

## *Relay Entry Form*

Team Name: \_\_\_\_\_

USA Team Code: \_\_\_\_\_

Entry Contact: \_\_\_\_\_

E-mail \_\_\_\_\_

Day Phone #: \_\_\_\_\_

Evening phone #: \_\_\_\_\_

**Please Write Legibly!**

Event Number-Description	A	B	C	D	E
#17 Women 13-14 800 Freestyle Relay					
#19 Women Senior 800 Freestyle Relay					
#25 Women 13-14 200 Freestyle Relay					
#27 Women Senior 200 Freestyle Relay					
#45 Women 13-14 400 Medley Relay					
#47 Women Senior 400 Medley Relay					
#53 Women 13-14 200 Medley Relay					
#55 Women Senior 200 Medley Relay					
#69 Women 13-14 400 Freestyle Relay					
#71 Women Senior 400 Freestyle Relay					
#18 Men 13-14 800 Freestyle Relay					
#20 Men Senior 800 Freestyle Relay					
#26 Men 13-14 200 Freestyle Relay					
#28 Men Senior 200 Freestyle Relay					
#46 Men 13-14 400 Medley Relay					
#48 Men Senior 400 Medley Relay					
#54 Men 13-14 200 Medley Relay					
#56 Men Senior 200 Medley Relay					
#70 Men 13-14 400 Freestyle Relay					
#72 Men Senior 400 Freestyle Relay					



# 2005 Wisconsin 13 & Over LC State Championships

All qualifying times will be seeded by LCM, SCM, and finally SCY in prelims.

**Friday – July 29, 2005**

**\*\*\*\*\* Prelim Order of Events \*\*\*\*\***

*Prelims: Warm-ups 7:30 -8:50 am Meet Starts 9:00 am*

SCY	SCM	LCM	Women	Event	Men	LCM	SCM	SCY
			<b>201</b>	<b>Relay Only Swimmer</b>	<b>202</b>			
1:19.19	1:28.39	1:31.09	1	13-14 100 Breaststroke	2	1:26.69	1:23.69	1:14.99
1:15.19	1:23.89	1:26.39	3	Senior 100 Breaststroke	4	1:19.89	1:17.09	1:09.09
2:09.19	2:24.19	2:25.99	5	13-14 200 Freestyle	6	2:24.99	2:21.69	2:06.89
2:04.39	2:18.79	2:20.49	7	Senior 200 Freestyle	8	2:12.19	2:09.19	1:55.69
1:08.89	1:16.89	1:17.39	9	13-14 100 Butterfly	10	1:14.99	1:14.09	1:06.39
1:05.79	1:13.49	1:13.99	11	Senior 100 Butterfly	12	1:06.29	1:05.79	58.69
2:29.49	2:46.79	2:49.89	13	13-14 200 IM	14	2:46.99	2:41.19	2:24.49
2:22.29	2:38.79	2:41.69	15	Senior 200 IM	16	2:30.59	2:25.29	2:10.29
				<b>5 minute Warm-up Break</b>				
			*17	13-14 800 Freestyle Relay	*18			
			*19	Senior 800 Freestyle Relay	*20			
				<b>15 minute Warm-up Break</b>				
11:59.29	10:29.29	10:42.19	**21	13-14 800 Freestyle	**22	10:40.39	10:19.29	11:47.59
11:41.59	10:13.89	10:26.39	**23	Senior 800 Freestyle	**24	9:55.39	9:35.69	10:57.89

\* TF event with the top 8 checked in relays participating in Finals. The heats will be run fast to slow.

\*\* TF event with the top 8 checked in swimmers, regardless of age, participating in Finals. Events 21 and 23 will be swum combined, but separated by age group for points and awards. Events 22 and 24 will be swum combined, but separated by age group for points and awards. Prelim heats of the 800 Free will be run fast to slow alternating women and men. The 800 Free will be the first event in finals.

**Friday – July 29, 2005**

**\*\*\*\*\* Final Order of Events \*\*\*\*\***

*Finals: Warm-ups 4:15 pm Meet Starts 5:30 pm*

Women	Event	Men
**21	13-14 800 Freestyle	**22
**23	Senior 800 Freestyle	**24
1	13-14 100 Breaststroke	2
3	Senior 100 Breaststroke	4
	<b>In Water Warm-up Break</b>	
5	13-14 200 Freestyle	6
7	Senior 200 Freestyle	8
	<b>In Water Warm-up Break</b>	
	<i>Tentative Awards Break for 800 Free and 100 Breast</i>	
9	13-14 100 Butterfly	10
11	Senior 100 Butterfly	12
13	13-14 200 IM	14
15	Senior 200 IM	16
	<b>In Water Warm-up Break</b>	
	<i>Tentative Awards Break for 200 Free, 100 Butterfly, and 200 IM</i>	
*17	13-14 800 Freestyle Relay	*18
*19	Senior 800 Freestyle Relay	*20



## Saturday – July 30, 2005

### \*\*\*\*\* Prelim Order of Events \*\*\*\*\*

*Prelims: Warm-ups 7:30 -8:50 am Meet Starts 9:00 am*

SCY	SCM	LCM	Women	Event	Men	LCM	SCM	SCY
			*25	13-14 200 Freestyle Relay	*26			
			*27	Senior 200 Freestyle Relay	*28			
				<b>In Water Warm-up Break</b>				
5:12.89	5:49.39	5:53.59	**29	13-14 400 IM	**30	5:57.29	5:46.89	5:10.79
5:14.79	5:51.29	5:55.59	**31	Senior 400 IM	**32	5:27.29	5:18.29	4:45.19
27.09	30.19	30.79	33	13-14 50 Freestyle	34	30.19	29.29	26.29
26.49	29.59	30.09	35	Senior 50 Freestyle	36	27.39	26.59	23.89
2:47.19	3:06.59	3:09.99	37	13-14 200 Breaststroke	38	3:09.09	3:02.49	2:43.59
2:42.89	3:01.89	3:05.19	39	Senior 200 Breaststroke	40	2:54.99	2:48.49	2:31.39
1:08.49	1:16.49	1:17.39	41	13-14 100 Backstroke	42	1:16.69	1:14.49	1:06.69
1:06.39	1:14.38	1:15.09	43	Senior 100 Backstroke	44	1:10.39	1:08.39	1:01.29
				<b>In Water Warm-up Break</b>				
			***45	13-14 400 Medley Relay	***46			
			****47	Senior 400 Medley Relay	****48			
				<b>In Water Warm-up Break</b>				
5:50.29	5:06.49	5:12.79	*****49	13-14 400 Freestyle	*****50	5:05.49	4:55.39	5:37.59
5:33.09	4:50.39	4:57.39	*****51	Senior 400 Freestyle	*****52	4:41.69	4:32.39	5:11.29

\*TF event. Run to completion in Prelims

\*\*TF event with the top 8 check in 13-14 swimmers and the top 16 checked in swimmers participating in Finals. The heats will be run fast to slow, all women than all men.

\*\*\* TF event with the top 8 checked in relays participating in Finals. The heats will be run fast to slow.

\*\*\*\*TF event with top 16 checked in relays participating in Finals. The heats will be run fast to slow. The relays will be run following the 400 Free in Finals.

\*\*\*\*\*TF event with the top 8 checked in 13-14 swimmers and the top 16 checked in Senior swimmers participating in Finals. Prelim heats will be run fast to slow, all women then all men.

## Saturday – July 30, 2005

### \*\*\*\*\* Final Order of Events \*\*\*\*\*

*Finals: Warm-ups 4:15 pm Meet Starts 5:30 pm*

Women	Event	Men
**29	13-14 400 IM	**30
**31	Senior 400 IM	**32
33	13-14 50 Freestyle	34
35	Senior 50 Freestyle	36
	<b>In Water Warm-up Break</b>	
	<i>Tentative Awards Break for 800 Free Relay, 200 Free Relay, and 400 IM</i>	
37	13-14 200 Breaststroke	38
39	Senior 200 Breaststroke	40
41	13-14 100 Backstroke	42
43	Senior 100 Backstroke	44
*****49	13-14 400 Freestyle	*****50
*****51	Senior 400 Freestyle	*****52
	<b>In Water Warm-up Break</b>	
	<i>Tentative Awards Break for 50 Free, 200 Breast, 100 Back, and 400 Free</i>	
***45	13-14 400 Medley Relay	***46
****47	Senior 400 Medley Relay	****48

## Sunday – July 31, 2005

### \*\*\*\*\* Prelim Order of Events \*\*\*\*\*

*Prelims: Warm-ups 7:30 -8:50 am Meet Starts 9:00 am*

SCY	SCM	LCM	Women	Event	Men	LCM	SCM	SCY
			*53	13-14 200 Medley Relay	*54			
			*55	Senior 200 Medley Relay	*56			
				<b>In Water Warm-up Break</b>				
2:29.19	2:46.59	2:48.59	57	13-14 200 Backstroke	58	2:45.69	2:40.89	2:24.09
2:24.49	2:41.19	2:43.19	59	Senior 200 Backstroke	60	2:35.29	2:30.79	2:15.09
58.99	1:05.79	1:06.99	61	13-14 100 Freestyle	62	1:05.89	1:03.99	57.29
57.39	1:03.99	1:05.19	63	Senior 100 Freestyle	64	1:00.09	58.39	52.29
2:35.89	2:53.99	2:55.19	65	13-14 200 Butterfly	66	2:48.59	2:45.59	2:28.39
2:30.09	2:47.49	2:48.69	67	Senior 200 Butterfly	68	2:38.59	2:35.69	2:19.59
				<b>In Water Warm-up Break</b>				
			**69	13-14 400 Freestyle Relay	**70			
			***71	Senior 400 Freestyle Relay	***72			
				<b>In Water Warm-up Break</b>				
20:14.99	20:11.39	20:39.79	****73	13-14 1500 Freestyle	****74	20:46.19	20:11.39	20:15.09
19:30.09	19:26.59	19:53.89	****75	Senior 1500 Freestyle	****76	18:52.79	18:21.19	18:24.49

\* TF event. Run to completion in Prelims.

\*\*TF event with the top 8 checked in relays participating in Finals. The heats will be run fast to slow in Prelims.

\*\*\*TF event with the top 16 check in relays participating in Finals. The heats will be run fast to slow in Prelims.

\*\*\*\*TF event with the top 8 checked in swimmers, regardless of age, participating in Finals. Prelim heats of the 1500 will be run fast to slow, alternating women and men. Events will be swum combined and separated by age group for points and awards.

## Sunday – July 31, 2005

### \*\*\*\*\* Final Order of Events \*\*\*\*\*

*Finals: Warm-ups 4:15 pm Meet Starts 5:30 pm*

Women	Event	Men
****73	13-14 1500 Freestyle	****74
****75	Senior 1500 Freestyle	****76
57	13-14 200 Backstroke	58
59	Senior 200 Backstroke	60
	<b>In Water Warm-up Break</b>	
	<i>Tentative Awards Break for 200 Med. Relay, 400 Med. Relay and 1500 Free</i>	
61	13-14 100 Freestyle	62
63	Senior 100 Freestyle	64
65	13-14 200 Butterfly	66
67	Senior 200 Butterfly	68
	<b>In Water Warm-up Break</b>	
	<i>Tentative Awards Break for 200 Back, 100 Free and 200 Butterfly</i>	
**69	13-14 400 Freestyle Relay	**70
***71	Senior 400 Freestyle Relay	***72
	<b>Short Break to Tabulate Awards</b>	
	<i>Awards for 400 Free Relay, Individual High Point, and Team Awards</i>	