

# 2006 WISCONSIN 13 & OVER SC STATE CHAMPIONSHIP

## Prelim/Final Short Course Meet

Hosted By Lake Country Swim Team

SANCTION #2006-033WI

- Date:** Thursday- Sunday, March 2-5, 2006
- Place:** Walter Schroeder Aquatic Center, 9250 N. Green Bay Rd., Brown Deer, Wisconsin
- Warm-up/Start:** **Thursday:** General Warm-up 2:30-3:50 pm. Timed final will begin at 4:00 pm.  
**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 40 minute circle swim and 40 minute circle swim, pace and sprint lanes announced as needed.  
During Finals: 1 hour warm-ups will be divided into 30 minute circle swim and 30 minute circle swim, pace and sprint lanes announced as needed.  
During the Meet: The middle section will be open for warm-down and warm-up while both courses are being used for competition. The south pool will be open during finals, including during award presentation.
- Pool:** The Schroeder Aquatic Center will be configured as 2 25-yard competition pools with non-turbulent lane markers and backstroke flags. Pool depth at North pool starting end is 7'. Pool depth at South pool starting end is 16'. Block height is 29.5".
- Timing:** Colorado System 6, touch pads and back-up buttons with back-up watches
- Official Rules:** Official 2006 Short Course USA and Wisconsin LSC rules shall prevail for this meet. Swimmers must be registered USA swimmers with their age as of March 2<sup>nd</sup>, 2006.
- Adaptive Swimmers:** Please note any special requirements for adaptive swimmers on the entry form.
- Entry Chair:** Darsi Kohnhorst  
PO Box 181  
Hartland, WI 53029  
Phone: (262) 367-7657 (for pre-meet inquiries—no meet entries will be accepted by phone)  
Email: [lakecountryswim@sbcglobal.net](mailto:lakecountryswim@sbcglobal.net)
- Meet Directors:** Robert Prost and Mark Kohnhorst (262) 367-7657 Email: [lakecountryswim@sbcglobal.net](mailto:lakecountryswim@sbcglobal.net)
- Officials:** LSC Appointed
- Entry Deadlines:** Entries (Email, disk or handwritten) must be received by **Noon, Tuesday February 21<sup>st</sup>, 2006**. Waiver, hard copy of entry forms and non-refundable fees must be received by the entry chair no later than **Friday, February 24<sup>th</sup>, 2006**. No phone entries will be accepted. All express mail must be pre-signed so it will not require a signature for delivery. 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, February 27th, 2006, 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 six 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 [lakecountryswim@sbcglobal.net](mailto:lakecountryswim@sbcglobal.net). No phone entries will be accepted.**
- Any corrections(s) to team entries must be made by **Noon, Monday, February 27th, 2006.**
- Entry Limit:** Swimmers may enter a maximum of six (6) 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 the number of individually qualified athletes. **To enter a "B" relay, your team must have at least 5 individual qualifiers in that age. Each subsequent relay entry requires an additional four qualified swimmers in that age group.**
- Relay Only Entries:** **Relay only swimmers must be included in your relay entries.** 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 may 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, or slower than, their best time. All courses may be used. Non-conforming times will be seeded after SCY times. The order used for seeding will be SCY-SCM-LCM.

**Proof of Time:** Prior to the meet, entry times submitted by February 21<sup>st</sup>, will be compared to the USA Swimming SWIMS database. (Any times submitted after February 21<sup>st</sup> will not be pre-proven. Coaches should 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 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.

All swimmers disqualifying in individual events must also prove their times. Time trials or relay leads 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.

- **All preliminary heats will swum with all ages combined and seperated by age groups for finals and scoring.**
- Two pools will be used during Thursday's timed final session and all preliminary sessions. Men will compete in the South pool and women will compete in the North pool. Events may be moved to an alternate pool at the discretion of meet management. All finals will be contested in the North pool.
- Swimmers will report directly to the blocks in all pre-seeded events as assigned in the heat sheet.
- The top 16 swimmers in each age group will qualify for consolation and championship finals. There are no bonus heats.
- The 1000 Free shall be a timed final check in event with all heats competing during the timed final session on Thursday.
- The 400 IM and 500 freestyle events shall be timed final, check in events. The top 8 checked in swimmers in each age group compete in finals.
- The 1650 Free events shall be timed final, check in events. The top 8 checked in swimmers, regardless of age will compete in finals. The 1650 Free will be the first event in finals (before the 200 Back). Each swimmer must provide their own counters.
- Slower heats of the 1650 Free will be run slow to fast with the second fastest heat to be completed just prior to the start of Sunday finals warm-up. Warm-up and heat start times will be announced after check-in closes.

**Check-in Events:** The 400 IM, 1000 Free, 1650 Free, 500 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 first heats of the event are 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 may be disqualified.*

- Teams may enter an "A" relay regardless of the number of individually qualified athletes. **To enter a "B" relay, your team must have at least 5 individual qualifiers in that age. Each subsequent relay entry requires an additional four qualified swimmers in that age group.**
- 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 all heats competing during the Thursday timed final session.
- The 400 Free and Medley Relay will be timed final, check in events, with the top 16 Senior and top 8 13-14, checked in relays participating in finals.

**Seed Time Challenges:** A psych sheet will be posted on the Wisconsin Swimming website **Tuesday, February 28th, 2006**. Coaches may challenge the top 8 seeded times in check-in events, but must do so before Noon on **Thursday, March 2nd, 2006**. 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 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.:** Thursday afternoon 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.
- Admissions:** Admission will be charged during each session for all spectators, 12 and over. Senior citizens will be admitted for free. A full meet heat sheet will be available for purchase. Discounted admission will be available for spectators attending multiple sessions.
- Awards Presentation:** Top 8 individual, and top 3 relay award winners will be presented with their awards between heats in the next, event unless otherwise noted on the event list. Please have swimmer, or a proxy, in the awards staging area promptly.
- 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. LAKE and the Schroeder YMCA are not responsible for lost items. Please check the lost and found area during the meet. Items not picked-up by the end of the meet will be discarded or donated to charity.
- 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 #2006 034WI

- 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. Trials will be scheduled in the first available competition pool.
- Events:** All meet events will be offered. Event order will be the same as the meet order of events, beginning with that day's events and cycling through the entire meet order. Events will be combined where appropriate at the discretion of the meet management
- Eligibility:** Open to swimmers entered in the 2006 13 & Over State SC 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.
  - 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 Lake Country 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: "LAKE"** 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 \_\_\_\_\_

# 2006 Wisconsin 13 & Over SC 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
#3 Women 13-14 800 Freestyle Relay					
#5 Women Senior 800 Freestyle Relay					
#7 Women 13-14 200 Medley Relay					
#9 Women Senior 200 Medley Relay					
#19 Women 13-14 200 Free Relay					
#21 Women Senior 200 Free Relay					
#35 Women 13-14 400 Medley Relay					
#37 Women Senior 400 Medley Relay					
#51 Women 13-14 400 Freestyle Relay					
#53 Women Senior 400 Freestyle Relay					
#4 Men 13-14 800 Freestyle Relay					
#6 Men Senior 800 Freestyle Relay					
#8 Men 13-14 200 Medley Relay					
#10 Men Senior 200 Medley Relay					
#20 Men 13-14 200 Free Relay					
#22 Men Senior 200 Free Relay					
#36 Men 13-14 400 Medley Relay					
#38 Men Senior 400 Medley Relay					
#52 Men 13-14 400 Freestyle Relay					
#54 Men Senior 400 Freestyle Relay					



# 2006 Wisconsin 13 & Over SC State Championships

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

**Thursday – March 2, 2006**

**\*\*\*\*\* Timed Finals Order of Events \*\*\*\*\***

*Prelims: Warm-ups 2:30 -3:50 pm Meet Starts 4:00 pm*

SCY	SCM	LCM	Women	Event	Men	LCM	SCM	SCY
11:59.29	10:29.29	10:42.19	*1A	13-14 1000 Freestyle	*2A	10:40.39	10:19.29	11:47.59
11:41.59	10:13.89	10:26.39	*1B	15-16 1000 Freestyle	*2B	9:55.39	9:35.69	10:57.89
11:41.59	10:13.89	10:26.39	*1C	Senior 1000 Freestyle	*2C	9:55.39	9:35.69	10:57.89
				<b>45-minute Warm-up***</b>				
			**3	13-14 800 Freestyle Relay	**4			
			**5	Senior 800 Freestyle Relay	**6			

\* TF event swum to completion in this session. Heats will run fast to slow. All ages combined for seeding and seperated for scoring and awards.

\*\* TF event swum to completion in this session. Heats will run fast to slow.

\*\*\* Warm-up start time will be annuoned and posted after entries are final.

**Friday – March 3, 2006**

**\*\*\*\*\* 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
			*7	13-14 200 Medley Relay	*8			
			*9	Senior 200 Medley Relay	*10			
				<b>5-Minute Break</b>				
1:19.19	1:28.39	1:31.09	11A	13-14 100 Breaststroke	12A	1:26.69	1:23.69	1:14.99
1:15.19	1:23.89	1:26.39	11B	15-16 100 Breaststroke	12B	1:19.89	1:17.09	1:09.09
1:15.19	1:23.89	1:26.39	11C	Senior 100 Breaststroke	12C	1:19.89	1:17.09	1:09.09
2:09.19	2:24.19	2:25.99	13A	13-14 200 Freestyle	14A	2:24.99	2:21.69	2:06.89
2:04.39	2:18.79	2:20.49	13B	15-16 200 Freestyle	14B	2:12.19	2:09.19	1:55.69
2:04.39	2:18.79	2:20.49	13C	Senior 200 Freestyle	14C	2:12.19	2:09.19	1:55.69
1:08.89	1:16.89	1:17.39	15A	13-14 100 Butterfly	16A	1:14.99	1:14.09	1:06.39
1:05.79	1:13.49	1:13.99	15B	15-16 100 Butterfly	16B	1:06.29	1:05.79	58.69
1:05.79	1:13.49	1:13.99	15C	Senior 100 Butterfly	16C	1:06.29	1:05.79	58.69
2:29.49	2:46.79	2:49.89	17A	13-14 200 IM	18A	2:46.99	2:41.19	2:24.49
2:22.29	2:38.79	2:41.69	17B	15-16 200 IM	18B	2:30.59	2:25.29	2:10.29
2:22.29	2:38.79	2:41.69	17C	Senior 200 IM	18C	2:30.59	2:25.29	2:10.29

\* TF event swum to completion in this session.

**Friday – March 3, 2006**

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

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

Women	Event	Men
	<i>Awards for Events 1-10</i>	
11A	13-14 100 Breaststroke	12A
11B	15-16 100 Breaststroke	12B
11C	Senior 100 Breaststroke	12C
13A	13-14 200 Freestyle	14A
13B	15-16 200 Freestyle	14B
13C	Senior 200 Freestyle	14C
15A	13-14 100 Butterfly	16A
15B	15-16 100 Butterfly	16B
15C	Senior 100 Butterfly	16C
17A	13-14 200 IM	18A
17B	15-16 200 IM	18B
17C	Senior 200 IM	18C

## Saturday – March 4, 2006

\*\*\*\*\* 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
			*19	13-14 200 Freestyle Relay	*20			
			*21	Senior 200 Freestyle Relay	*22			
				<b>5-Minute Break</b>				
5:12.89	5:49.39	5:53.59	**23	13-14 400 IM	**24	5:57.29	5:46.89	5:10.79
5:14.79	5:51.29	5:55.59	**25	15-16 400 IM	**26	5:27.29	5:18.29	4:45.19
5:14.79	5:51.29	5:55.59	**27	Senior 400 IM	**28	5:27.29	5:18.29	4:45.19
27.09	30.19	30.79	29A	13-14 50 Freestyle	30A	30.19	29.29	26.29
26.49	29.59	30.09	29B	15-16 50 Freestyle	30B	27.39	26.59	23.89
26.49	29.59	30.09	29C	Senior 50 Freestyle	30C	27.39	26.59	23.89
2:47.19	3:06.59	3:09.99	31A	13-14 200 Breaststroke	32A	3:09.09	3:02.49	2:43.59
2:42.89	3:01.89	3:05.19	31B	15-16 200 Breaststroke	32B	2:54.99	2:48.49	2:31.39
2:42.89	3:01.89	3:05.19	31C	Senior 200 Breaststroke	32C	2:54.99	2:48.49	2:31.39
1:08.49	1:16.49	1:17.39	33A	13-14 100 Backstroke	34A	1:16.69	1:14.49	1:06.69
1:06.39	1:14.39	1:15.09	33B	15-16 100 Backstroke	34B	1:10.39	1:08.39	1:01.29
1:06.39	1:14.39	1:15.09	33C	Senior 100 Backstroke	34C	1:10.39	1:08.39	1:01.29
				<b>5-Minute Warm-up Break</b>				
			***35	13-14 400 Medley Relay	***36			
			****37	Senior 400 Medley Relay	****38			
				<b>15-Minute Warm-up Break</b>				
5:50.29	5:06.49	5:12.79	*****39	13-14 500 Freestyle	*****40	5:05.49	4:55.39	5:37.59
5:33.09	4:50.39	4:57.39	*****41	15-16 500 Freestyle	*****42	4:41.69	4:32.39	5:11.29
5:33.09	4:50.39	4:57.39	*****43	Senior 500 Freestyle	*****44	4:41.69	4:32.39	5:11.29

\* TF event swum to completion in this session.

\*\*TF event with the top 8 checked in swimmers in each age division participating in Finals. Prelim heats will run slow to fast in separate age groups.

\*\*\* TF event with the top 8 checked in relays participating in Finals. Heats will run fast to slow. The relays will be run following the 500 free in finals.

\*\*\*\* TF event with the top 16 checked in relays participating in Finals. Heats will run fast to slow in Prelims and slow to fast in finals. The relays will be run following the 500 free in finals.

\*\*\*\*\* TF event with the top 8 checked in swimmers in each age division participating in Finals. Prelim heats will run fast to slow in separate age groups.

## Saturday – March 4, 2006

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

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

Women	Event	Men
	<i>Awards for events 19-22</i>	
23	13-14 400 IM	24
25	15-16 400 IM	26
27	Senior 400 IM	28
29A	13-14 50 Freestyle	30A
29B	15-16 50 Freestyle	30B
29C	Senior 50 Freestyle	30C
31A	13-14 200 Breaststroke	32A
31B	15-16 200 Breaststroke	32B
31C	Senior 200 Breaststroke	32C
33A	13-14 100 Backstroke	34A
33B	15-16 100 Backstroke	34B
33C	Senior 100 Backstroke	34C
39	13-14 500 Freestyle	40
41	15-16 500 Freestyle	42
43	Senior 500 Freestyle	44
	<b>10-Minute Warm-up</b>	
35	13-14 400 Medley Relay	36
37	Senior 400 Medley Relay	38

## Sunday – March 5, 2006

### \*\*\*\*\* 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
2:29.19	2:46.59	2:48.59	45A	13-14 200 Backstroke	46A	2:45.69	2:40.89	2:24.09
2:24.49	2:41.19	2:43.19	45B	15-16 200 Backstroke	46B	2:35.29	2:30.79	2:15.09
2:24.49	2:41.19	2:43.19	45C	Senior 200 Backstroke	46C	2:35.29	2:30.79	2:15.09
58.99	1:05.79	1:06.99	47A	13-14 100 Freestyle	48A	1:05.89	1:03.99	57.29
57.39	1:03.99	1:05.19	47B	15-16 100 Freestyle	48B	1:00.09	58.39	52.29
57.39	1:03.99	1:05.19	47C	Senior 100 Freestyle	48C	1:00.09	58.39	52.29
2:35.89	2:53.99	2:55.19	49A	13-14 200 Butterfly	50A	2:48.59	2:45.59	2:28.39
2:30.09	2:47.49	2:48.69	49B	15-16 200 Butterfly	50B	2:38.59	2:35.79	2:19.59
2:30.09	2:47.49	2:48.69	49C	Senior 200 Butterfly	50C	2:38.59	2:35.79	2:19.59
<b>5-Minute Warm-up Break</b>								
			*51	13-14 400 Freestyle Relay	*52			
			**53	Senior 400 Freestyle Relay	**54			
<b>1650 Warm-up*****</b>								
20:14.99	20:11.39	20:39.79	***55A	13-14 1650 Freestyle	***56A	20:46.19	20:11.39	20:15.09
19:30.09	19:26.59	19:53.89	***55B	15-16 1650 Freestyle	***56B	18:52.79	18:21.19	18:24.49
19:30.09	19:26.59	19:53.89	***55C	Senior 1650 Freestyle	***56C	18:52.79	18:21.19	18:24.49

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

\*\*TF event with the top 16 checked in relays participating in Finals. Heats will run fast to slow in Prelims and slow to fast in finals.

\*\*\*TF event with the top 8 checked in swimmers, regardless of age, participating in Finals. Heats will run fast to slow with the second fastest men's heat finishing just before the start of finals. All ages combined for seeding and separated for scoring and awards.

\*\*\*\* Warm-up and 1650 start times will be announced after check-in on Sunday morning.

## Sunday – March 5, 2006

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

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

Women	Event	Men
55	13-Over 1650 Freestyle	56
45A	13-14 200 Backstroke	46A
45B	15-16 200 Backstroke	46B
45C	Senior 200 Backstroke	46C
47A	13-14 100 Freestyle	48A
47B	15-16 100 Freestyle	48B
47C	Senior 100 Freestyle	48C
49A	13-14 200 Butterfly	50A
49B	15-16 200 Butterfly	50B
49C	Senior 200 Butterfly	50C
<b>5 Minute Warm-up</b>		
51	13-14 400 Freestyle Relay	52
53	Senior 400 Freestyle Relay	54
<i>Awards for 400 Free Relay, Individual High Point, and Team Awards</i>		