

**Meet Information Package**

**29th Annual**

**LAC - Nothers Fall Invitational - Short Course**

**November 22-24, 2019**

**London, Ontario**



**29th Annual**

**LAC - Nothers Fall Invitational**

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| **DATE(S):** | Friday, November 22 – Sunday, November 24, 2019 |
| **HOSTED BY:** | London Aquatic Club |
| **PURPOSE:** | Short Course Invitational |  |
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| **MEET PACKAGE:** | The only meet package which will be considered as valid must be the most current version found on [www.swimming.ca](http://www.swimming.ca).  |
| **SAFETY &****LIABILITY:** | Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination. For additional resources click [HERE](http://www.swimontario.com/uploads/Officials/Resources/SafeSportCompetition.pdf).Only participating swimmers, officials, certified registered coaches and authorized people are allowed on deck.**Rowan’s Law – Concussion Management**The *Rowan’s Law* requirements came into effect on July 1, 2019.  Swim Ontario takes the health and well-being of all participants in sport and recreation activities very seriously and is committed to helping all in the Swim Ontario family succeed in swimming and other activities.   Parents, coaches, officials, volunteers and swimmers all have a role to play in ensuring the safety of all participants at sanctioned competitions in Ontario.  We must create an environment that encourages and motivates participants to assume responsibility for their own safety and the safety of others.   Until further protocols or procedures are in place, the concussion management protocol will take effect for all participants at a Swim Ontario sanctioned competition who are involved in an incident resulting in a significant impact to the head, face, neck or body.  If symptoms of a possible concussion are present the participant shall be removed from any further Swim Ontario sanctioned activity until they receive Swim Ontario approval upon clearance, in writing, by a medical professional with experience in concussion treatment/protocols.  For full details and resources on Rowan’s Law and Concussion management protocols click [HERE](http://www.swimontario.com/uploads/Officials/Resources/SafeSportCompetition.pdf).**Open and Observable Environment**Swimming Canada and Swim Ontario is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both ‘open’ and ‘observable’ to others. **Event Photography/Videography**In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Ontario sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms or any other dressing area. For full details click [HERE](https://swimming.ca/content/uploads/2016/10/2016_Safe-Sport-Environment-Policy_20190329.pdf) Only individuals who have made application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access to the designated deck area and permission to do so. Please contact Meet Management for application and authorization. |

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| **LOCATION:** | Canada Games Aquatic Centre1045 Wonderland Road NorthLondon, Ontario N6G 2Y9 (between Gainsborough and Lawson Road) |
| **FACILITY:** | Eight lane, 50 meter indoor tank, with bulkheads to create two 25 meter pools; with “Keifer” type lane markers; Daktronics 64101-H8 8 lane swimming scoreboard at both ends of pool with Swiss Timing Quantum Aquatic Timing System.  |
| **MEET MANAGERS:** | Karen Campbell | lacmeetmgrkc@gmail.com  |
| **COMPETITION COORDINATOR:** | Mark Lukings – Level V | mark.lukings@gmail.com  |
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| **MINOR OFFICIALS:** | Rebecca Shearer Stephanie QuigleySonya Beckett  | lacminorofficials@hotmail.com  |
| **DESCRIPTION:** | 12 and under - events will be Timed Finals and will swim in the afternoon;13 and over - preliminary events swim in the morning - top 8 in **each age group** going to finals; * all Friday events are Timed Finals;
* all Saturday & Sunday events are preliminary and finals (top 8 each age category), except the 400 Free, which is a Timed Final on Sunday.
 |
| **COMPETITION RULES:** | Sanctioned by Swim OntarioAll current Swimming Canada (SC) rules will be followed.All swimmers participating in a provincially sanctioned meet shall be required to comply with swimwear rule GR 5. Click [HERE](https://swimontario.com/uploads/Officials/Resources/SwimwearRulesGR5_2018.pdf) to view full details. For advanced notification for exemption or for clarification of the rule please see the Competition Coordinator. Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE.](https://www.swimming.ca/en/resources/officiating/event-resources/competition-warm-up-safety-procedures/%20). Depending on swimmer count in the sessions, any warm-up may be split into two parts and teams may be assigned lanes. If lanes are assigned then coaches are expected to supervise their lanes. |
| **AGE UP DATE:** | Age determined as of first day of meet, **Friday, November 22, 2019**. |
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| **DIVE STARTS:** | As per the Facility Rules for Dive Starts, this competition will be conducted as follows:Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1* from deep end AND
* from bulkhead position at the mid point in the pool into the shallow end
 |
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| **ELIGIBILITY:** | All athletes must be registered as Competitive Swimmers with Swimming Canada (SC) and have a valid SC registration number. Swimming Canada entries without a SC registration number and registration status will be declined entry. Foreign competitors are welcome, subject to the provisions below.All foreign competitors must be registered with an amateur swimming organization recognized by FINA. All foreign swimmers and coaches must be duly registered and residents of the governing body for which they are competing. All swimmers and coaches must be in good standing with their respective governing swim body.All foreign swimmers and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be a green card, student ID, driver’s license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the [Proof of Residence and Registration Status form](http://www.swimontario.com/uploads/Clubs/Club%20Operations/Forms/2015-2016/ProofofResidence.pdf) to Swim Ontario no later than 7 days prior to start of competition. |

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| **RECORDS:** | Swim Ontario has a completed certified pool length survey (25m and 50m pool only) for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial or national records.  |
| **QUALIFYING/****DE-QUALIFYING TIMES:**  | There are no qualifying or de-qualifying times. |
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| **ENTRY FEES:****PAYMENT:** | $12.00 per swimmer per individual event for all events except 800/1500. $15.00 per swimmer 800/1500 individual events.$15.00 per relay team entry. (includes HST – London Aquatic Club GST # R103378279)Please submit one cheque for all club swimmers with your entries.Payable to: **London Aquatic Club** |
| **ENTRIES:** | Entries will be at the discretion of the Meet Manager.All entries must be in a Hy-tek accepted format and must be submitted through the Swimming Canada online entries system at: [www.swimming.ca](http://www.swimming.ca/). Meet Management will not accept entries directly via any other means.Please include appropriate Short Course (in meters) entry times (**estimate if necessary – “NT” entries WILL NOT be accepted).**Except for relays, each swimmer must swim in the proper age group, no swimming up is permitted. Swimming “up” is only permitted on relays as per SC rules. A maximum of 2 swimmers may swim up for a relay team.**Maximum number of INDIVIDUAL events**:* 800m **OR** 1500m but not both events.
* 13 and over - no limit on number of events in timed finals sessions 5/6 or preliminary sessions 9/10 and 14/15.
* Maximum of 3 events in finals sessions 13 and 18.
* 12 and under – 3 events Saturday and Sunday afternoons.

Coaches are asked to consider entering Athletes who will not be available for Sunday evening finals as exhibition in the Sunday morning preliminary events.  |
| **ENTRY DEADLINE:** | Preliminary Entry file: **Friday, October 25, 2019**Entry Deadline: **Friday, November 8, 2019****You will be sent confirmation of receipt of your entries.****Please ensure that you check these entries and immediately contact the Meet Manager with any problems.** |
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| **DECK ENTRIES:** | Deck entries are Exhibition Only. Deck entries will be accepted to fill empty lanes or scratched lanes (no new heats will be created), but will not be eligible for awards or prizes in those events. Swimmers entered on deck must have valid proof of SC registration as an active, registered, competitive swimmer.Swimmers removed from 400/800/1500 events due to entry restrictions may be entered non-exhibition provided they remain within the published event limit. |
| **DECK ENTRY FEES:** | $14.00 per swimmer per individual event for all events except 800/1500. $17.00 per swimmer 800/1500 individual events.$17.00 per relay team entry.Payable at the time of the request.(includes HST – London Aquatic Club GST # R103378279) |

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| **SCRATCH RULES:** | The scratch deadline for finals sessions will be **30 minutes** after the conclusion of the preliminary session. **If a swimmer is a late scratch or is a no show or steps down** for a final swim that swimmer will not be allowed to swim any of their other events during that final session. |
| **CONVERSION:** | Any Long Course times submitted will be converted into Short Course times using MM7 default conversion factor. |
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| **AGE CLASSIFICIATIONS:** | Male and female:Individual: 10 and under; 11; 12; 13; 14; 15; 16 and over. Relays: 10 and under; 11 - 12; 13 - 14; 15 and over.  |
| **PARA:** | PARA swimmers will be officiated under WPS Swimming Rules. |
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| **MANAGEMENT ITEMS:** | Meet Management reserves the right to split preliminary session age categories to ensure proper session lengths. Meet Management reserves the right to limit the number of entries and the number of swimmers in any event. Meet Management reserves the right to advance the Sunday finals start time.Preliminary events with less than 9 swimmers will still be swum – will not go straight to finals.800/1500 Free Events:* MAY be limited to the first 48 entries, a maximum of 6 heats per event;
* Meet Management will notify clubs in the event of 800/1500m event restrictions;
* Senior seeded (combined age/gender), awarded separately by age and gender;
* Swum **fastest to slowest.**

Top 16 will swim one per lane, slower heats **MAY** be swum 2 per lane.400 Free and 400 IM Events:* MAY be limited to 48 swimmers, maximum of 6 heats **regardless of event/age/gender** at Meet Manager’s discretion;
* Meet Management will notify clubs in the event of 400m event restrictions;
* Events will be awarded by age group;
* 13 and over - 400 IM on Friday afternoon will be swum as Timed Finals, swimming **slowest to fastest.**

 400m Free all days and all ages will be swum as Timed Finals, swimming **fastest to slowest.**Timed Final Events:12 and under - all Timed Finals;13 and over - relays, 50m breast, 50m back, 50m fly, 400/800/1500m - Timed Finals.Sprint lanes for the last 20 minutes of warm-ups. Lanes 1 and 8 will be used for Sprinting and are designated as diving lanes. After the dive the swimmer must leave the lane and return to the starting end. PARA and Backstroke start lanes may also be designated, will be announced, and then will be controlled by the Safety Marshalls. Meet officials will provide a safe environment and an organized competition. We are not responsible for the supervision of the athletes during the competition or during session breaks.Backstroke ledges will be available and their use is optional. Swimmers and coaches are expected to know, understand and follow rule SW6.1 regarding the backstroke start. Warnings will NOT be given.  |
| **CANCELLATIONS:** | In the event of unforeseen circumstances beyond the control of the City of London or London Aquatic Club, (for example but not limited to; weather interruptions or facility malfunctions) that force the cancellation of all or part of the meet, a partial refund **may** be granted at the discretion of the Meet Manager.  |

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| **COACH'S REGISTRATION:** | Meet Management will cross-reference the list of coaches in attendance at this competition with the [Swim Ontario Compliancy lists](http://www.swimontario.com/page.php?id=2748).  If a coach is not on this list, Meet Management is obligated to enforce the Swimming Canada policy and not permit that coach to attend the meet. Meet Management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.  |
| **TIME SPLITS:** | The procedure for obtaining an 'Official Split' now requires that coaches make the request to the Session Referee or Meet Management on a time card (provided by the Meet Office) prior to the race. The split for the lead-off leg in relays will still be regarded as an official split and therefore no request by coaches is needed for relays. However, in the new 'mixed gender' relays, lead-off times/splits are not considered “official splits' as per international practice.**Official Splits:** Meet Management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee prior to the commencement of the session (or event) in question. **Please note that the coach must provide 3 timers to complete this official split.****Events finals (sessions 13 and 18) are NOT eligible for official splits.**  |

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| **AWARDS:** | Individual events: age categories 10 and under; 11; 12; 13; 14; 15; 16 and over:* 12 and under & 13 and over – medals for 1st, 2nd, and 3rd; ribbons for 4th -8th;

Relays: age categories 10 and under; 11 - 12; 13 - 14; 15 and over:* Medals for 1st; ribbons for 2nd and 3rd.
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| **MEET RESULTS:** | The meet will run on Hy-Tek Meet Manager. Results will be posted on the LAC website [www.londonaquaticclub.ca](http://www.londonaquaticclub.ca) as quickly as possible and uploaded to [www.swimming.ca](http://www.swimmeet.ca) within 48 hours of the completion of the meet.**Unofficial** results will also be posted to Meet Mobile following each event.  |
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|  **MIXED GENDER:** | An exemption from the requirement to swim events in gender separated events due to limited time, developmental opportunities or facility requirements and/or due to a missed swim, where on an exception basis, a Referee agrees to have the swimmer swim with a heat of an opposite gender event.In spite of these exceptions, any swimmer who achieves a record time at a competition that recognizes records at any level (regional, provincial, national, etc. whether age group or open) will not be recognized for that record unless the coach has advised the Referee prior to the start of the session that there is a possibility of the record being broken, and the Referee ensures that the swimmer competes with competitors of the same gender for his/her heat.In the event that mixed gender swims are permitted, the results must still be posted separately by the gender of swimmers. |
| **DURING THE MEET:** | **Parking & Accommodations**:Parking and accommodation options will be posted on the LAC website – LAC Hosted Meet – Nothers. ( <http://www.londonaquaticclub.ca> )**Supplies**:Team Aquatic Supplies will have a booth at the pool for all your equipment needs.**Concession:**A snack bar will be open throughout the meet. |
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| **SCHEDULE OF SESSIONS:** |  |
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| Session # | Date | Prelim/Finals | Warm Up | Start | Finish | Estimated Duration |
| 1 | Nov. 22 | Final | 9:00 am | 10:00 am | 1:00 pm | 3 hrs. |
| 2 | Nov. 22 | Final | 9:00 am | 10:00 am | 1:00 pm | 3 hrs. |
| 3 | Nov. 22 | Final | 1:00 pm | 1:45 pm | 3:45 pm | 2 hrs. |
| 4 | Nov. 22 | Final | 1:00 pm | 1:45 pm | 3:45 pm | 2 hrs. |
| 5 | Nov. 22 | Final | 3:30 pm | 4:30 pm | 5:45 pm | 1:15 hrs.  |
| 6 | Nov. 22 | Final | 3:30 pm | 4:30 pm | 5:45 pm | 1:15 hrs.  |
| 7 | Nov. 22 | Final | 5:45 pm | 6:30 pm | 8:00 pm | 1:30 hrs.  |
| 8 | Nov. 22 | Final | 5:45 pm | 6:30 pm | 8:00 pm | 1:30 hrs.  |
| 9 | Nov. 23 | Preliminary | 7:00 am | 8:00 am | 12:00 noon | 4 hrs.  |
| 10 | Nov. 23 | Preliminary | 7:00 am | 8:00 am | 12:00 noon | 4 hrs.  |
| 11 | Nov. 23 | Final | 12:00 noon | 1:00 pm | 5:00 pm | 4 hrs.  |
| 12 | Nov. 23 | Final | 12:00 noon | 1:00 pm | 5:00 pm | 4 hrs.  |
| 13 | Nov. 23 | Final | 4:30 pm | 5:30 pm | 7:30 pm | 2 hrs.  |
| 14 | Nov. 24 | Preliminary | 7:00 am | 8:00 am | 12:00 noon | 4 hrs.  |
| 15 | Nov. 24 | Preliminary | 7:00 am | 8:00 am | 12:00 noon | 4 hrs.  |
| 16 | Nov. 24 | Final | 12:00 noon | 1:00 pm | 5:00 pm | 4 hrs.  |
| 17 | Nov. 24 | Final | 12:00 noon | 1:00 pm | 5:00 pm | 4 hrs.  |
| 18 | Nov. 24 | Final | 4:30 pm | 5:30 pm | 7:30 pm | 2 hrs.  |

 \*\*\* **The above schedule is tentative. No session will be longer than 4.5 hours in length**

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| **SCHEDULE OF EVENTS:** | See Event List - Appendix C on Page 9. |

**Appendix A**

**Canada Games Aquatic Centre**

**Event Procedure Policy For:**

**Meet Managers, Officials, Coaches, Athletes & Spectators**

1. The City Of London Aquatic Staff (and specifically the CGAC Deck Supervisor) will remain in control of the facility at all times during the event. Their decisions and instructions are to be complied with without argument by all participants, coaches and officials. In the event of an emergency, City staff will only transfer care of an individual to EMS personnel.
2. No coach or official may permit a swimmer to enter the pool prior to the lifeguards being in place. No swimmer is to enter the pool without lifeguards in place.
3. All participants must obey all pool rules as posted.
4. No outside footwear may be worn on the pool deck by any participant, coach, official or any other person.
5. No food of any kind is permitted on the pool deck, except for refreshments provided directly to officials.
6. Coaches are responsible for the conduct of their team at all times in all areas of the facility.
7. Participants / coaches are responsible for picking up their garbage and depositing it in waste containers; excessive garbage left on the pool deck will be billed as an additional staffing charge.
8. Participants must be dry and wearing footwear on the upper level.
9. Participants / coaches / officials must not leave belongings in front of access points, including but not limited to emergency exits, staff offices, first aid rooms, change rooms, etc.
10. Parking is permitted in designated areas only; parking is not permitted on curbs or on grass areas surrounding the building. Signs will be posted indicating parking locations.

**RZONE**

Rzone is a program requiring all persons wishing to visit or use any City of London recreation facility, park, or program, to respect others and take responsibility in helping the City maintain a positive environment. The "R" in Rzone stands for Respect and Responsibility. Respect for yourself, Respect for others, and Responsibility for your actions. The Rzone program applies to all community organizations and individuals using City of London recreational facilities, parks, and programs.

**Please review the information online at** [**http://london.ca/rzone**](http://london.ca/rzone) **before attending this event.**

**Appendix B**

**City Of London By-Law**

**Single Use Disposable Water Bottles**

According to the City of London by-laws, single use disposable standard water bottles can no longer be sold at events hosted at city-owned facilities.

We will continue with our Maximize Waste Diversion. Water coolers / city water taps will be available for water needs for our Athletes, Coaches, Officials, and Volunteers.

Please make sure that you bring a refillable water bottle with you to our meet.



**Appendix C**

**Event List**

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| **Session 1 & 2** |
| **Friday Morning, November 22,2019****Timed Finals** |
| **Warm-up ⇒ 9.00 a.m. Start ⇒ 10:00 a.m. Finish ⇒ 1:00 p.m.** |
|  |  |  |  |  |
| Session/ Gender | Event  | Prelim. / Final  | Gender |
| 1 | 1500 free | 13 and over | Timed final | Mixed |
| 2 | 800 free | 13 and over | Timed final | Mixed |

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| **Session 3 & 4** |
| **Friday Afternoon, November 22,2019** **Timed Finals** |
| **Warm-up ⇒ 1:00 p.m. Start ⇒ 1:45 p.m. Finish ⇒ 3:45 p.m.** |
|  |
| Session/ Gender | Event  | Prelim. / Final  | Gender |
| 3 | 800 free | 12 and under | Timed final | Mixed |
|  |  |  |  |  |
| Girls |  |  |  | Boys |
| 4 | 400 free | 10 and under | Timed final | 5 |

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| **Session 5 & 6** |
| **Friday Afternoon, November 22,2019****Timed Finals** |
| **Warm-up ⇒ 3:30 p.m. Start ⇒ 4:30 p.m. Finish ⇒ 5:45 p.m.** |
|  |  |  |  |  |
| Session/ Gender | Event  | Prelim. / Final  | Gender |
| Women |  |  |  | Men |
| 6 | 50 fly | 15 and over | Timed final | 7 |
| 8 | 50 fly | 13 - 14 | Timed final | 9 |
| 10 | 50 back | 15 and over | Timed final | 11 |
| 12 | 50 back |  13 - 14 | Timed final | 13 |
| 14 | 50 breast | 15 and over | Timed final | 15 |
| 16 | 50 breast |  13 - 14 | Timed final | 17 |
| 18 | 400 I.M. | 15 and over | Timed final | 19 |
| 20 | 400 I.M. | 13 - 14 | Timed final | 21 |

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| **Session 7 & 8** |
| **Friday Evening, November 22, 2019** **Timed Finals** |
| **Warm-up ⇒ 5.45 p.m. Start ⇒ 6:30 p.m. Finish 8:00 p.m.** |
|  |  |  |  |  |
| Session/ Gender | Event  | Prelim. / Final  | Gender |
| Girls |  |  |  | Boys |
| 22 | 400 I.M. | 11 - 12 | Timed final | 23 |
| 24 | 200 I.M. | 10 and under | Timed final | 25 |

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| **Session 9 & 10** |
| **Saturday Morning, November 23, 2019** **Prelims/ Timed Finals** |
| **Warm Up ⇒ 7:00 a.m. Start ⇒ 8:00 a.m. Finish ⇒ 12:00 noon** |
|  |  |  |  |  |
| Session/ Gender | Event  | Prelim. / Final  | Gender |
| Women |  |  |  | Men |
| 200 | 4X50 Medley Relay | 15 and over | Timed final | 201 |
| 202 | 4X50 Medley Relay | 13 - 14 | Timed final | 203 |
| 26 | 200 I.M. | 15 and over | Prelim | 27 |
| 28 | 200 I.M. | 13 - 14 | Prelim | 29 |
| 30 | 50 free | 15 and over | Prelim | 31 |
| 32 | 50 free | 13 - 14 | Prelim | 33 |
| 34 | 100 back | 15 and over | Prelim | 35 |
| 36 | 100 back | 13 - 14 | Prelim | 37 |
| 38 | 200 breast | 15 and over | Prelim | 39 |
| 40 | 200 breast | 13 - 14 | Prelim | 41 |
| 42 | 100 fly | 15 and over | Prelim | 43 |
| 44 | 100 fly | 13 - 14 | Prelim | 45 |
| 46 | 200 free | 15 and over | Prelim | 47 |
| 48 | 200 free | 13 – 14 | Prelim | 49 |

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| **Session 11 & 12** |
| **Saturday Afternoon, November 23, 2019****Timed Finals**  |
| **Warm up ⇒ 12:00 noon Start ⇒ 1:00 p.m. Finish ⇒ 5:00 p.m.**  |
|  |  |  |  |  |
| Session/ Gender | Event  | Prelim. / Final  | Gender |
| Girls |  |  |  | Boys |
| 204 | 4X50 Medley Relay | 11 -12 | Timed final | 205 |
| 206 | 4X50 Medley Relay | 10 and under | Timed final | 207 |
| 50 | 50 free | 11 - 12 | Timed final | 51 |
| 52 | 50 free | 10 and under | Timed final | 53 |
| 54 | 200 breast | 11 - 12 | Timed final | 55 |
| 56 | 200 breast | 10 and under | Timed final | 57 |
| 58 | 100 back | 11 - 12 | Timed final | 59 |
| 60 | 100 back | 10 and under | Timed final | 61 |
| 62 | 100 fly | 11 - 12 | Timed final | 63 |
| 64 | 100 fly | 10 and under | Timed final | 65 |
| 66 | 200 free | 11 - 12 | Timed final | 67 |
| 68 | 200 free | 10 and under | Timed final | 69 |
| 70 | 50 breast | 11 - 12 | Timed final | 71 |
| 72 | 50 breast | 10 and under | Timed final | 73 |

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| **Session 13** |
| **Saturday Evening, November 23, 2019****Finals**  |
| **Warm up ⇒ 4:30 p.m. Start ⇒ 5:30 p.m. Finish ⇒ 7:30 p.m.** |
|  |  |  |  |  |
| Session/ Gender | Event  | Prelim. / Final  | Gender |
| Women |  |  |  | Men |
|  |  | **Top 8 each age group** |  |  |
| 26 | 200 I.M. | 15; 16 and over | Final | 27 |
| 28 | 200 I.M. | 13; 14 | Final | 29 |
| 30 | 50 free | 15; 16 and over | Final | 31 |
| 32 | 50 free | 13; 14 | Final | 33 |
| 34 | 100 back | 15; 16 and over | Final | 35 |
| 36 | 100 back | 13; 14 | Final | 37 |
| 38 | 200 breast | 15; 16 and over | Final | 39 |
| 40 | 200 breast | 13; 14 | Final | 41 |
| 42 | 100 fly | 15; 16 and over | Final | 43 |
| 44 | 100 fly | 13; 14 | Final | 45 |
| 46 | 200 free | 15; 16 and over | Final | 47 |
| 48 | 200 free | 13; 14 | Final | 49 |

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| **Session 14 & 15** |
| **Sunday Morning, November 24, 2019****Prelims/ Timed Finals** |
| **Warm Up ⇒ 7:00 a.m. Start ⇒ 8:00 a.m. Finish ⇒ 12:00 noon** |
|  |  |  |  |  |
| Session/ Gender | Event  | Prelim. / Final  | Gender |
| Women |  |  |  | Men |
| 208 | 4X50 Free Relay | 15 and over | Timed final | 209 |
| 210 | 4X50 Free Relay | 13 - 14 | Timed final | 211 |
| 74 | 100 free | 15 and over | Prelim | 75 |
| 76 | 100 free | 13 - 14 | Prelim | 77 |
| 78 | 200 back | 15 and over | Prelim | 79 |
| 80 | 200 back | 13 - 14 | Prelim | 81 |
| 82 | 200 fly | 15 and over | Prelim | 83 |
| 84 | 200 fly | 13 - 14 | Prelim | 85 |
| 86 | 100 breast | 15 and over | Prelim | 87 |
| 88 | 100 breast | 13 - 14 | Prelim | 89 |
| 90 | 400 free | 15 and over | Timed final | 91 |
| 92 | 400 free | 13 - 14 | Timed final | 93 |

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| **Session 16 & 17** |
| **Sunday Afternoon, November 24, 2019****Timed Finals**  |
| **Warm up ⇒ 12:00 noon Start ⇒ 1:00 p.m. Finish ⇒ 5:00 p.m.**  |
|  |  |  |  |  |
| Session/ Gender | Event  | Prelim. / Final  | Gender |
| Girls |  |  |  | Boys |
| 212 | 4X50 Free Relay | 10 and under | Timed final | 213 |
| 214 | 4X50 Free Relay | 11 - 12 | Timed final | 215 |
| 94 | 50 back | 11 - 12 | Timed final | 95 |
| 96 | 50 back | 10 and under | Timed final | 97 |
| 98 | 200 I.M. | 11 - 12 | Timed final | 99 |
| 100 | 100 free | 11 - 12 | Timed final | 101 |
| 102 | 100 free | 10 and under | Timed final | 103 |
| 104 | 200 back | 11 - 12 | Timed final | 105 |
| 106 | 200 back | 10 and under | Timed final | 107 |
| 108 | 50 fly | 11 - 12 | Timed final | 109 |
| 110 | 50 fly | 10 and under | Timed final | 111 |
| 112 | 100 breast | 11 - 12 | Timed final | 113 |
| 114 | 100 breast | 10 and under | Timed final | 115 |
| 116 | 400 free | 11 - 12 | Timed final | 117 |

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| **Session 18** |
| **Sunday Evening, November 24, 2019****Finals** |
| **Warm up ⇒ 4:30 p.m. Start ⇒ 5:30 p.m. Finish ⇒ 7:30 p.m.**  |
|  |  |  |  |  |
| Session/ Gender | Event  | Prelim. / Final  | Gender |
| Women |  |  |  | Men |
|  |  | **Top 8 each age group** |  |  |
| 74 | 100 free | 15; 16 and over | Final | 75 |
| 76 | 100 free | 13; 14 | Final | 77 |
| 78 | 200 back | 15; 16 and over | Final | 79 |
| 80 | 200 back | 13; 14 | Final | 81 |
| 82 | 200 fly | 15; 16 and over | Final | 83 |
| 84 | 200 fly | 13; 14 | Final | 85 |
| 86 | 100 breast | 15; 16 and over | Final | 87 |
| 88 | 100 breast | 13; 14 | Final | 89 |