

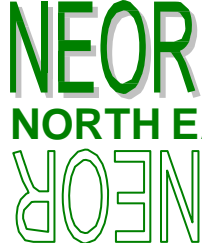
# **Dave Kensit Memorial** **Championship Short** **Course Meet**

**Hosted By:**

**The Sault Ste Marie Aquatic Club**



**February 1, 2 & 3, 2013**  
**John Rhodes Community Centre Pool**



## NORTH EASTERN ONTARIO REGION SWIMMING ASSOCIATION

**TO: All swim clubs**

**FROM: SSMAC Home Meet Team**

**SUBJECT: Dave Kensit Memorial Championship Short Course Meet**

The Dave Kensit Memorial Championship Meet will take place in Sault Ste Marie the weekend of February 1-3, 2013 at the John Rhodes Community Centre Pool.

Please make sure you read the enclosed instructions in their entirety and return your team's "Entry Package" prior to the specified deadline of **5 PM Wednesday, January 23, 2013**. This Championship Swim Meet has been sanctioned and approved by our Regional Sanction Officer & Swim Ontario.

Accommodation information can be accessed at the City of Sault Ste. Marie website: [www.sault-canada.com](http://www.sault-canada.com)

Should you have any questions, please do not hesitate to contact us. We look forward to seeing you at our meet.

Meet Entry Coordinator: Mike Keenan

**NOTE OUR NEW EMAIL ADDRESS:** [ssmac.homemeets@gmail.com](mailto:ssmac.homemeets@gmail.com)

**DATE:** February 1-3, 2013

**HOST:** Sault Ste. Marie Aquatic Club

**LOCATION:** John Rhodes Community Centre Pool  
 260 Elizabeth Street, Sault Ste. Marie, Ontario

**FACILITY:** 25 meter, 8 lane competition pool, 22 m warm-down pool

**SANCTIONED BY:** Swim Ontario. SNC rules apply. New FINA competition regulations for swim wear for local meets will be enforced.

**TIMING:** Electronic and Manual

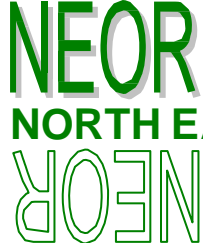
**MEET MANAGER:** Rob Rock

**MEET REFEREE:** Winona Hutchinson

**SESSION TIMES:**

| <b>Date:</b>                      | <b>Swimmers:</b>                            | <b>Times:</b>                                      |
|-----------------------------------|---|--|
| Friday February 1st               | Girls/Boys 11 and over                      | <b>Warm-up:</b> 4:00 pm*<br><b>Start:</b> 5:00pm   |
| Saturday February 2nd             | Girls/Boys 13 and over                      | <b>Warm-up:</b> 8:00 am*<br><b>Start:</b> 9:00 am  |
| Saturday February 2 <sup>nd</sup> | Girls/Boys 12 and under                     | <b>Warm-up:</b> 12:00 pm*<br><b>Start:</b> 1:00 pm |
| Saturday February 2nd             | Girls/Boys 13 and over                      | <b>Warm-up:</b> 5:30 pm*<br><b>Start:</b> 6:30 pm  |
| Sunday February 3 <sup>rd</sup>   | Girls/Boys 13 and over                      | <b>Warm-up:</b> 8:00 am*<br><b>Start :</b> 9:00 am |
| Sunday February 3rd               | 13 & over finals<br>Girls/Boys 12 and under | <b>Warm-up:</b> 12:30 pm*<br><b>Start:</b> 1:30 pm |

\* The start time for warm ups may change as required based on the number of swimmers entered in the meet.



## NORTH EASTERN ONTARIO REGION SWIMMING ASSOCIATION

### **Entry and Eligibility**

**Eligibility:** Swimmers must be registered as **competitive** with Swim Ontario, SNC and/or FINA recognized organizations in order to compete in the Dave Kensit Regional A Championships.

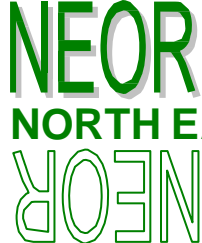
**AGE:** As of February 1, 2013, minimum age is 7 years old. (City By-law)

### **To Qualify:**

- Swimmers aged 13 and under must achieve one (1) Festival Qualifying "E" Standard as indicated on page 9.
- Swimmers aged 14 must achieve one (1) Age Group Qualifying "E" Standard as indicated on page 9.
- Swimmers aged 15 & over can participate in the meet but will only score points if they meet the Provincial E Standard (page 10).
- Swimmers cannot qualify in the 50M Back, Breast or Fly events.
- All Qualifying swim times will be verified by the host club.
- An entry time of "NT" will not be accepted.

**Bonus Swims:** Swimmers qualifying at the 2013-16 Ontario SC Provincial E Standard/ Festival E standard will receive up to a maximum of 3 bonus swims (i.e. qualify in 1 event, receive 3; qualify in 2 events, receive 3; qualify in 3 events, receive 3; **4 or more** events, receive up to 3 to the **maximum of 7** individual events). See chart below;

| Quantity of Qualified Events | Quantity of Bonus Swims |
|------------------------------|-------------------------|
| 1                            | 3                       |
| 2                            | 3                       |
| 3                            | 3                       |
| 4                            | 3                       |
| 5                            | 2                       |
| 6                            | 1                       |
| 7                            | 0                       |



## NORTH EASTERN ONTARIO REGION SWIMMING ASSOCIATION

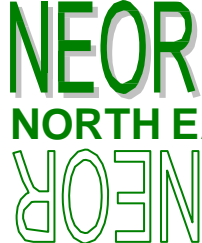
### **Entry and Eligibility - Continued**

Swimmers entering the 400 free, 800 free, 1500 free, 200 Fly, 200 Breast & 400 IM MUST have the corresponding qualifying time in order to enter these events - they can not be used as bonus swims.

Enter all bonus swims with best times and the Hy-tek "Bonus" box checked.

**ENTRY LIMIT:** Maximum of seven (7) individual events (no limit on relays).

**Results:** The results will be uploaded to [swimming.ca](http://swimming.ca)



## NORTH EASTERN ONTARIO REGION SWIMMING ASSOCIATION

### **SEEDING:**

#### Seeding General:

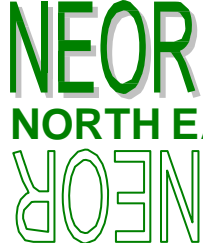
- Regional marshalling and seeding rules to apply. This meet will be circle seeded for all events with finals. All time finals will be super seeded – age groups will be combined during time finals except for events of the top 8 for each age group.
- Age Categories:
  - Girls 10 & Under,
  - Boys 10 & Under,
  - Girls 11 – 12 years,
  - Boys 11 – 12 years,
  - Girls 13 – 14 years,
  - Boys 13 – 14 years,
  - Girls 15 & Over &
  - Boys 15 & Over.

#### Girls and Boys 13 – over

1. All heats for girls and boys aged 13 years and over will be swum together and circle seeded. .
2. The fastest eight (8) girls and fastest eight (8) boys of each age category will advance to finals in their particular age category.
3. There will be A finals for girls and boys 13 & 14, and girls and boys 15 and over.
4. All 800's & 1500's are time final events, swum fastest to slowest and will be limited to the two fastest heats in each age category. A swimmer may swim 800 or 1500 Free but not both.

#### Girls and Boys 12 and Under

1. All individual events and relays events for girls and boys 12 yrs & under are time final, swum slowest to fastest in super seeded events.
2. All girls and boys 12 yrs & under may move up to swim on older relays, in any session.
3. 10 & under Girls and 10 & under Boys do not swim the 200 Fly, 200 Breast, 400 IM, 800/1500 Free events.



## NORTH EASTERN ONTARIO REGION SWIMMING ASSOCIATION

**ENTRY FEES:** Individual events: \$ 8.50  
Relay(s): \$10.00  
Official OSOA Levy fee: \$ 1.00 per swimmer

**ENTRY DEADLINE:** **W e d n e s d a y January 23, 2013 at 5:00pm.** Please submit all entries at:

[www.swimming.ca/meetlist.aspx](http://www.swimming.ca/meetlist.aspx).

**DECK ENTRIES:** **Absolutely no deck entries will be permitted.**

### **RELAYS:**

1. Girls and Boys relays will be 10 & under, 11-12, 13-14, and 15-over
2. Teams may move up no more than two **(2)** swimmers from a younger age category per relay team.
3. Coaches must have relay cards filled in and returned to the **Clerk of the Course 30 minutes prior** to the start of the relay event.

**STARTING:** One start rule

**SCRATCHES:** Coaches to submit scratch sheets in the officials room, upstairs, **45 minutes prior to the start of the session. Scratches for finals are due 1 hour after the completion of the 13 & Over meet session**

### **SPLIT TIMES**

Meet Management acknowledges the SO policy with banning the future use of split times as official times and 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. In such a case, Meet Management and the Referee will undertake all appropriate steps as prescribed by their training to assure the quality and integrity of interval times. Any time collected according to this request will subsequently be recorded in a separate event of the appropriate distance and stroke created for such a purpose.

## SCORING:

There are no qualifying time standards for girls and boys 15 & Over swimmers. To score, however, these swimmers must equal or better the 15 & Over qualifying standard (Age Group Provincial E standard, See page 10). Swimmers who do not equal or better these qualifying standards but place in the top eight will receive the appropriate event award.

Team Scoring will be based on Final results only with the following scoring system:

## Points:

- ☐ Individual High Point based on categories as detailed on page 5.
  - Gold – 5 points, Silver – 2 points & Bronze – 1 point
- ☐ Team points; individual events: 9,7,6,5,4,3,2,1. Relays: 18,14,12,10,8,6,4,2.

## AWARDS:

- ☐ Individual:
  - Medals – 1<sup>st</sup> through 3<sup>rd</sup> Individual, Relays 1<sup>st</sup>.
  - Ribbons – 4<sup>th</sup> through 8<sup>th</sup> Individual, Relays 2<sup>nd</sup> & 3<sup>rd</sup>.
  - Individual High Point Trophies awarded as per categories detailed on page 5.
- ☐ Team:
  - Large Team Banner based on team scoring.
  - Small Team Banner based on team scoring.

Small team will be based on the number of athletes attending the meet. Meet management will determine large team/small team based on the number of swimmers in attendance – half the clubs attending will be large team and half will qualify as small. **In the event of an odd number of teams entered in the meet the middle team will be considered a large team.**



### NEOR Short Course Dave Kensit Qualifying Standards

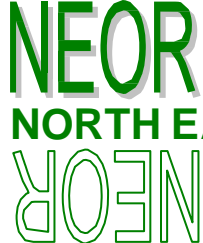
Ages 13 and Under – Festival Qualifying “E” Standard

Age 14 – Age Group Qualifying Standard

|            | Female    |          |          |          |          | Male      |          |          |          |          |
|------------|-----------|----------|----------|----------|----------|-----------|----------|----------|----------|----------|
| Event      | 10& under | 11       | 12       | 13       | 14       | 10& under | 11       | 12       | 13       | 14       |
| 50 Free    | 41.93     | 38.90    | 37.07    | 36.45    | 34.69    | 42.54     | 39.20    | 36.22    | 34.64    | 32.50    |
| 100 Free   | 1:32.99   | 1:25.09  | 1:20.22  | 1:19.31  | 1:14.84  | 1:34.81   | 1:26.30  | 1:19.62  | 1:15.97  | 1:10.56  |
| 200 Free   | 3:21.77   | 3:05.97  | 2:55.03  | 2:51.99  | 2:42.46  | 3:27.85   | 3:09.62  | 2:53.82  | 2:47.13  | 2:34.83  |
| 400 Free   | 7:09.07   | 6:33.82  | 6:08.30  | 6:04.65  | 5:43.94  | 7:20.01   | 6:41.12  | 6:09.51  | 5:58.57  | 5:29.40  |
| 800 Free   |           | 13:39.25 | 12:39.69 | 12:33.61 | 11:48.25 |           | 14:16.93 | 12:49.42 | 12:25.11 | 11:28.37 |
| 1500 free  |           |          |          | 22:57.69 | 22:37.43 |           |          |          | 22:43.74 | 21:59.71 |
| 50 Back    | 51.18     | 46.92    | 43.89    | 43.28    | 41.61    | 52.70     | 47.53    | 44.50    | 41.76    | 38.66    |
| 100 Back   | 1:46.36   | 1:37.85  | 1:31.77  | 1:30.56  | 1:24.83  | 1:49.40   | 1:39.06  | 1:32.99  | 1:27.52  | 1:21.32  |
| 200 Back   | 3:49.73   | 3:29.07  | 3:16.91  | 3:15.70  | 3:01.44  | 4:00.67   | 3:33.93  | 3:17.52  | 3:10.83  | 2:56.18  |
| 50 Breast  | 58.17     | 54.52    | 51.18    | 49.66    | 46.85    | 1:00.60   | 55.74    | 50.88    | 48.75    | 44.25    |
| 100 Breast | 2:00.34   | 1:53.04  | 1:46.36  | 1:43.32  | 1:37.70  | 2:05.20   | 1:55.47  | 1:45.75  | 1:41.49  | 1:32.49  |
| 200 Breast |           | 4:01.89  | 3:47.30  | 3:43.65  | 3:30.37  |           | 4:12.83  | 3:47.30  | 3:38.79  | 3:21.66  |
| 50 Fly     | 54.22     | 48.75    | 45.10    | 43.88    | 40.38    | 56.95     | 50.27    | 44.80    | 42.06    | 38.05    |
| 100 Fly    | 1:52.43   | 1:41.49  | 1:34.20  | 1:31.77  | 1:24.75  | 1:57.90   | 1:44.53  | 1:33.59  | 1:28.12  | 1:20.10  |
| 200 Fly    |           | 3:53.38  | 3:33.93  | 3:29.07  | 3:12.06  |           | 4:21.33  | 3:37.58  | 3:26.64  | 3:04.84  |
| 200 IM     | 3:49.73   | 3:30.28  | 3:18.13  | 3:14.48  | 3:05.18  | 3:53.38   | 3:32.71  | 3:18.13  | 3:09.01  | 2:55.29  |
| 400 IM     |           | 7:29.74  | 6:56.92  | 6:54.49  | 6:33.03  |           | 8:00.12  | 7:05.43  | 6:45.98  | 6:14.16  |

NEOR Regional A Short Course 15 and over Standards – for use in point calculations only.

| 15 & over Female |                              |  | 15 & over Male |                              |  |
|------------------|------------------------------|--|----------------|------------------------------|--|
| Event            | Provincial E<br>(Regional A) |  | Event          | Provincial E<br>(Regional A) |  |
| 50 FR            | 33.97                        |  | 50 FR          | 31.75                        |  |
| 100 FR           | 1:13.62                      |  | 100 FR         | 1:08.80                      |  |
| 200 FR           | 2:40.19                      |  | 200 FR         | 2:29.74                      |  |
| 400 FR           | 5:40.29                      |  | 400 FR         | 5:21.73                      |  |
| 800 FR           | 11:40.22                     |  | 800 FR         | 11:08.12                     |  |
| 1500<br>FR       | 22:22.09                     |  | 1500 FR        | 21:46.29                     |  |
| 50 BK            | 40.53                        |  | 50 BK          | 37.40                        |  |
| 100 BK           | 1:22.53                      |  | 100 BK         | 1:18.80                      |  |
| 200 BK           | 2:58.63                      |  | 200 BK         | 2:54.65                      |  |
| 50 BR            | 47.23                        |  | 50 BR          | 43.45                        |  |
| 100 BR           | 1:36.46                      |  | 100 BR         | 1:30.99                      |  |
| 200 BR           | 3:29.74                      |  | 200 BR         | 3:17.80                      |  |
| 50 FL            | 40.51                        |  | 50 FL          | 37.61                        |  |
| 100 FL           | 1:23.02                      |  | 100 FL         | 1:17.22                      |  |
| 200 FL           | 3:09.61                      |  | 200 FL         | 2:58.93                      |  |
| 200 IM           | 3:02.35                      |  | 200 IM         | 2:51.31                      |  |
| 400 IM           | 6:22.09                      |  | 400 IM         | 6:08.27                      |  |



## NORTH EASTERN ONTARIO REGION SWIMMING ASSOCIATION

**OFFICIALS:** Volunteers for pool deck positions are always appreciated and required. Please complete the enclosed officials form and return with your entry forms (by 5pm Tuesday January 29, 2013 at the latest) or email to [ssmac.officials@gmail.com](mailto:ssmac.officials@gmail.com)

**YOUR "ENTRY PACKAGE" IS AVAILABLE @ [WWW.SWIMMING.CA](http://WWW.SWIMMING.CA):**

1. Completed Release Clause and Responsibility Acknowledgement (included in this package)
2. Officials List (included in this package)
3. Cheque payable to Sault Ste. Marie Aquatic Club (can be submitted to meet manager prior to the start of warm-up of the first session).

**ENTRY DEADLINE: 5:00pm Wednesday January 23**

**QUESTIONS REGARDING MEET ENTRIES:**

Sault Ste. Marie Aquatic Club  
Attention: Mike Keenan

**EMAIL:** [ssmac.homemeets@gmail.com](mailto:ssmac.homemeets@gmail.com)

**Swimming Canada Risk Management/Warm-up**

**SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET**

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional "practice" pools, if any, are to be supervised by lifeguards and coaches.

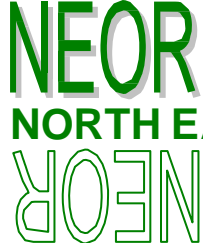
"Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period and shall ensure that all appropriate warm-up procedures are followed." (CSW 2.13.1.5)

**General Warm-up Rules:**

- ☐ **Swimmers shall enter the water FEET FIRST in a cautious manner.**
- ☐ **No Running on the pool deck or Diving from the side of the pool.**
- ☐ **Meet Management shall provide signage to indicate designated lane use during warm-up.**
- ☐ **Notices/ barriers shall be placed on starting blocks to prevent diving during the general warm-up.**
- ☐ **Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.**
- ☐ **Lanes shall be open primarily for 'Circle Swimming' during the General warm-up period.**
- ☐ **Coaches and swimmers shall allow Backstrokers & SWAD the 'right of way' for safety purposes.**
- ☐ **Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.**

**Specific/Sprint Warm-up period:**

- ☐ **Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.**
- ☐ **Outside Lanes should be designated as Sprint Lanes.**
- ☐ **Only 'one-way' swimming shall be permitted in Sprint Lanes.**
- ☐ **Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.**



## NORTH EASTERN ONTARIO REGION SWIMMING ASSOCIATION

The following statement shall appear in the meet information and in posted notices:  
"SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

### Equipment:

- ☐ **FLUTTER BOARDS and PULLBUOYS are allowed.**
- ☐ **HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.**

### SWIMSUIT POLICY

Effective September 1, 2009, all swimwear worn in swimming competitions sanctioned under the authority of Swimming Canada must conform to the January 1, 2010 FINA swimwear approval guidelines as listed below.

**MATERIAL** – The material of swimwear will definitively be constituted only by textile fabric(s). The FINA definition of "textile" currently is: "Material consisting of, natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding."

#### SHAPE

- ☐ **MEN:** swimwear shall not extend above the navel or below the knee.
- ☐ **WOMEN:** swimwear shall not cover the neck, extend past the shoulder, nor extend below knee. No zippers or other fastening system is allowed.

**USE** – Swimmers shall wear only one swimsuit, taping is not permitted.

**CONSISTENCY** – Swimwear effectively manufactured and used shall correspond to and be fully consistent with FINA approved samples. Any modification before use (including impregnation) is prohibited. Moreover, there shall be no variation/modification for individual swimmers.

**RELEASE/RESPONSIBILITY FORM****(A) RELEASE CLAUSE**

In consideration of you expecting our entry, we hereby for ourselves, heirs, executors and administrators, waive and release any and all rights and claims for damages we may have against the Ontario Section of C.A.S.A. and the Sault Ste Marie Aquatic Club for injuries suffered by us at the Dave Kensit Championship Swim Meet, February 1, 2 and 3, 2013 held at the John Rhodes Community Centre Pool, Sault Ste Marie.

**(B) RESPONSIBILITY ACKNOWLEDGMENT**

SHOULD ANY MEMBER of the undersigned Club be found to be involved in any damaging acts, we, the Club and the individual, will accept the financial responsibility for the repair of such damage.

**WE AGREE TO CLAUSES (A) and (B)**

**Name of Club:** \_\_\_\_\_

**Club Official:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**This form must be completed, signed and included in your "Entry Package".**

**Dave Kensit 2013  
REQUEST FOR OFFICIALS**

**CLUB** \_\_\_\_\_

**Official's Chairperson:** \_\_\_\_\_

**Phone: (Day)** \_\_\_\_\_

**(Evening)** \_\_\_\_\_

| NAME | LEVEL OF<br>CERTIFICATION | SESSIONS<br>AVAILABLE | Evaluation<br>Required |
|------|---------------------------|-----------------------|------------------------|
|      |                           |                       |                        |
|      |                           |                       |                        |
|      |                           |                       |                        |
|      |                           |                       |                        |
|      |                           |                       |                        |
|      |                           |                       |                        |
|      |                           |                       |                        |
|      |                           |                       |                        |
|      |                           |                       |                        |
|      |                           |                       |                        |
|      |                           |                       |                        |

**This form must be completed and included in your "Entry Package" or  
Emailed to [ssmac.officials@gmail.com](mailto:ssmac.officials@gmail.com)**

## SCRATCH SHEET

The purpose of this scratch sheet is to indicate those swimmers who have been included in a team entry, but are not attending the meet. This will give us an opportunity to remove cards for scratched swimmers prior to the start of the Meet and will assist the Clerk of Course and the computer operator. To assist in the smooth operation of the Meet it is important that this sheet be submitted to the Clerk of Course immediately upon arrival at the pool on Day 1 of the meet. For teams traveling to the Meet from out of town this form could be prepared en route so it is ready on arrival. We appreciate your assistance.

**TEAM** \_\_\_\_\_

| Swimmer's Name | Event # | Event # | Event # | Event # | Event # | Event # | Event # | Event # | Event # |
|----------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
|                |         |         |         |         |         |         |         |         |         |
|                |         |         |         |         |         |         |         |         |         |
|                |         |         |         |         |         |         |         |         |         |
|                |         |         |         |         |         |         |         |         |         |
|                |         |         |         |         |         |         |         |         |         |
|                |         |         |         |         |         |         |         |         |         |

**This form must be completed and submitted to the Clerk of Course or Office 45 minutes prior to the start of the session.**



**Day One**  
**Friday, February 1, 2013 Warm-ups 4:00 p.m.**  
**Swimmers 11 and over**                      **Session 1**

|    |           |                   |           |    |
|----|-----------|-------------------|-----------|----|
| 1  | 13-14     | 200 Medley Relay* | 13-14     | 2  |
| 3  | 15 & over | 200 Medley Relay* | 15 & over | 4  |
| 5  | 11-12     | 50 m Back*        | 11-12     | 6  |
| 7  | 13& Over  | 50 m Back*        | 13 & Over | 8  |
| 9  | 11-12     | 200 m I.M.*       | 11-12     | 10 |
| 11 | 13 & Over | 200m I.M.         | 13 & Over | 12 |
| 13 | 11-12     | 50m Free*         | 11-12     | 14 |
| 15 | 13 & Over | 50 m Free         | 13 & Over | 16 |
| 17 | 11 & Over | 800m Free*        | 11 & Over | 18 |
| 19 | 13 & Over | 1500 m Free*      | 13 & Over | 20 |

(swimmer may swim 800 or 1500 Free but not both)

**Day Two**  
**Saturday, February 2, 2013 Warm-ups: 8:00 a.m. Swimmers 13 & Over**  
**Preliminaries / Finals Session Two**

|    |           |              |           |    |
|----|-----------|--------------|-----------|----|
| 21 | 13 & Over | 200m Free    | 13 & Over | 22 |
| 23 | 13 & Over | 100m Back    | 13 & Over | 24 |
| 25 | 13 & Over | 200m Breast  | 13 & Over | 26 |
| 27 | 13 & Over | 100m Fly     | 13 & Over | 28 |
| 29 | 13 & Over | 50 m Breast* | 13 & Over | 30 |
| 31 | 13 & Over | 400m I.M.*   | 13 & Over | 32 |

### Day Two

#### **Saturday, February 2, 2013 Warm-ups: 12:00 noon 12 & Under all events Time Finals Session Three**

|    |            |                  |               |
|----|------------|------------------|---------------|
| 33 | 12 & Under | 200m Free*       | 12 & Under 34 |
| 35 | 12 & Under | 100m Back*       | 12 & Under 36 |
| 37 | 12 & Under | 50 m Breast*     | 12 & Under 38 |
| 39 | 11 & 12    | 200m Breast*     | 11 & 12 40    |
| 41 | 12 & Under | 100m Fly*        | 12 & Under 42 |
| 43 | 10 & Under | 200m I.M.*       | 10 & Under 44 |
| 45 | 11 & 12    | 400m I.M.*       | 11 & 12 46    |
| 47 | 10 & Under | 200m Free Relay* | 10 & Under 48 |
| 49 | 11 & 12    | 200m Free Relay* | 11 & 12 50    |

### Day Two

#### **Saturday, February 2, 2013 Warm-ups: 5:30 p.m.13 & Over Finals Session Four**

|     |           |                   |           |      |
|-----|-----------|-------------------|-----------|------|
| 11A | 13 & 14   | 200m I.M. FINAL   | 13 & 14   | 12A  |
| 11B | 15 & Over | 200m I.M. FINAL   | 15 & Over | 12 B |
| 21A | 13 & 14   | 200m Free FINAL   | 13 & 14   | 22A  |
| 21B | 15 & Over | 200m Free FINAL   | 15 & Over | 22B  |
| 23A | 13 & 14   | 100m Back FINAL   | 13 & 14   | 24A  |
| 23B | 15 & Over | 100m Back FINAL   | 15 & Over | 24B  |
| 25A | 13 & 14   | 200m Breast FINAL | 13 & 14   | 26A  |
| 25B | 15 & Over | 200m Breast FINAL | 15 & Over | 26B  |
| 27A | 13 & 14   | 100m Fly FINAL    | 13 & 14   | 28A  |
| 27B | 15 & Over | 100m Fly FINAL    | 15 & Over | 28B  |
| 15A | 13 & 14   | 50 m Free FINAL   | 13 & 14   | 16A  |
| 15B | 15 & Over | 50 m Free FINAL   | 15 & Over | 16B  |

**Day Three****Sunday, February 3, 2013 Warm-ups: 8:00 a.m.13 & Over****Preliminaries/Finals Session Five**

|    |           |                  |           |    |
|----|-----------|------------------|-----------|----|
| 51 | 13 & Over | 100m Free        | 13 & Over | 52 |
| 53 | 13 & Over | 200m Back        | 13 & Over | 54 |
| 55 | 13 & Over | 50m Fly*         | 13 & Over | 56 |
| 57 | 13 & Over | 100m Breast      | 13 & Over | 58 |
| 59 | 13 & Over | 200 m Fly        | 13 & Over | 60 |
| 61 | 13 & Over | 400m Free*       | 13 & Over | 62 |
| 63 | 13 & 14   | 200m Free Relay* | 13 & 14   | 64 |
| 65 | 15 & Over | 200m Free Relay* | 15 & Over | 66 |

**Day Three****Sunday, February 3, 2013 Warm-ups: 12:30 p.m.12 & Under Time****Finals and 13 & Over Finals Session Six**

|     |            |                    |            |     |
|-----|------------|--------------------|------------|-----|
| 67  | 11 & 12    | 200m Medley Relay* | 11 & 12    | 68  |
| 69  | 10 & Under | 200m Medley Relay* | 10 & Under | 70  |
| 51A | 13 & 14    | 100m Free FINAL    | 13 & 14    | 52A |
| 51B | 15 & Over  | 100m Free FINAL    | 15 & Over  | 52B |
| 71  | 12 & Under | 100m Free*         | 12 & Under | 72  |
| 53A | 13 & 14    | 200m Back FINAL    | 13 & 14    | 54A |
| 53B | 15 & Over  | 200m Back FINAL    | 15 & Over  | 54B |
| 73  | 12& Under  | 200m Back*         | 12& Under  | 74  |
| 75  | 10 & Under | 50m Back*          | 10& Under  | 76  |
| 57A | 13 & 14    | 100m Breast FINAL  | 13 & 14    | 58A |
| 57B | 15 & Over  | 100m Breast FINAL  | 15 & Over  | 58B |
| 77  | 12& Under  | 100m Breast*       | 12 & Under | 78  |
| 59A | 13 & 14    | 200m Fly FINAL     | 13 & 14    | 60A |
| 59B | 15 & Over  | 200m Fly FINAL     | 15 & Over  | 60B |
| 79  | 12 & Under | 50m Fly*           | 12 & Under | 80  |
| 81  | 11 & 12    | 200m Fly*          | 11 & 12    | 82  |
|     | 10 & Under | 50m Free*          | 10 & Under |     |
| 83  | 12 & Under | 400m Free *        | 12 & Under | 84  |

\*denotes TIME FINALS please note all 12 & under events are time finals and well as all relays, 13&over 50 Breast,50 Back, 50 Fly, 800 Free,1500Free, 400 Free, 400 I.M.