



**2017 Florida Swimming  
Spring Senior Championships  
February 23-February 26, 2017**



- Sanctioned By: Florida Swimming of USA Swimming Sanction # 3922  
"In granting this sanction it is understood and agreed that USA Swimming and Florida Swimming shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event."
- Hosted By: YCF and the Central Florida YMCA
- Type of Meet: 25 yd. Short Course Consolation & Championship Finals; 14 - 16 yr. age group, A-Championship, B-Consolation, and C-Bonus Finals, Senior  
In the Finals Sessions for 14 - 16 yr. old, the Championship Final will precede the Consolation Final for each event. In the Senior category, the 'C' Consolation heat is limited to swimmers 18 years and younger. In the Finals for the Senior Category, the A-Championship final will precede the B-Consolation and then the C-Bonus final. Flyover starts and/or chase starts may be used at the discretion of the meet referee. Two pools may be used during preliminary and timed finals sessions. All preliminary and timed final events will be seeded and swam fast to slow.
- Date & Time: Thursday, February Feb. 23 - Timed Finals 5:30 PM  
Friday & Saturday, Feb. 24, Feb 25 - Prelims 9:00 AM, Finals 5:30 PM  
Sunday, Feb. 26 - Prelims 9:00 AM, Finals 4:30 PM
- Location: YMCA Orlando Florida, International Drive, 8422 International Drive, Orlando 32819
- Pool Spec: Two certified indoor, 25 yard, 8 lane competition pools with non-turbulent lane lines. Water depth in the competition pool is 7 feet minimum at start and turn. Water depth at the competition starting end(s) is a minimum of five (5) feet.
- Timing Equipment: Full Video Display Scoreboard.  
Colorado Automatic Timing Equipment.
- Warm-up: One (1) hour Fifty (50) minutes scheduled warm-up prior to the prelim sessions.  
One (1) hour Twenty (20) minutes before each final session. Pace lanes will be maintained during the 500, 1000, and 1650 races. Warm up schedule is attached.
- Eligibility: Open to all currently registered 2016 Florida Swimming swimmers who have achieved the current Senior Championship time standard as listed within a two (2) year time limit between February 15, 2015 and February 15, 2017, the meet entry deadline.  
Swimmers 14 years old, who meet the qualifying times, may swim in the 14 - 16 yr. Age Group. Note that any swimmer, 14 years old, who competes in individual events in this category at the Senior Championships will not be eligible to compete in individual events at the FLAGS meet in that season. Swimming relays at either meet is not effected by competing in individual events at either meet. Swimming in the Senior events at Senior Championships will not affect eligibility at the FLAGS meet.
- Entry Limit: Total of six (6) individual events for the meet, but no more than three (3) per day, plus relays. Teams may enter a maximum of two (2) relay teams per event and they must be designated "A" and "B". Over-entries will be automatically dropped when the limit is met for the meet and/or day. **All individual times entered must have been achieved within the two-year qualifying period (Feb. 15, 2015 to Feb. 15, 2017).** No conversions of times are acceptable. Late entries will be permitted as stated in meet letter.

Distance Events: Thursday night events will be the 1000 yd. freestyle for Men and Women. Meet management has the option of alternating women and men and flighting if it is necessary to save time. Sunday will be the 1650 for Men and women and will be consolidated by gender. The fastest two heats of 1650 will be swam at the beginning finals. In the event of flighting, 400's and above will also be consolidated and swam fast to slow while possibly alternating women and men. The fastest four heats of each swimming in session 1.

Bonus Events: The "Bonus Event" Rule will be in effect for this meet. The formula is as follows: Swimmers qualified in one or more events may swim up to two (2) bonus events during the course of this meet, subject to the meet rules on limitations on number of swims and qualifying bonus standards must be met. Each bonus swim entered must be a provable time. NT entries will not be accepted. In the OME system, select "Enter as Bonus" to enter bonus events. Swimmers may swim the 1000 free if they have the 1650 cut or they may swim the 1650 if they have the 1000 cut.

No entrant will be permitted to compete unless the entrant is a member of USA Swimming (or a FINA federation) as provided in Article 302. On-deck registration will be permitted prior to the closing of the scratch box and handled by the Florida Swimming Registration Coordinator located at the Clerk of Course.

DECK REGISTRATION: **NEW ENTRY PROCEDURES - READ CAREFULLY**  
**SEE "OME" HIGHLIGHTS ATTACHMENT FOR MORE INFORMATION**

**On-Line Meet Entry (OME)** - Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) **ONLY**. Access this entry system from the USA Swimming web site at the address <http://www.usaswimming.org/ome> Coaches must register for an account (Free) to utilize the system. Log in and select "Enter Team". **Paper, FAX, and Email entries will not be accepted.**

**OME OPENS:** 12:01 AM EST Friday - **January 13, 2017**  
**OME CLOSES:** 10:00 PM EST Wednesday - **February 15, 2017**

**OME HELP:** Billy & Victoria Culbertson [meet.support@sportstiming.com](mailto:meet.support@sportstiming.com). 843.628.5486

**Conforming and Non Conforming times will be used for entry - short course yards then long course meters.**

**Individual Entries:** Use a time in the national database for entry that is faster than qualifying time. Fastest times need not be used. Swimmers may enter using an "Override Time" for times that are not in the national database. Override times must include the meet name and date. Override times that cannot be proven by the Entry Coordinator during the entry process will not be seeded in the meet. Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved.

**OME RELAY ENTRY PROCEDURES: ENSURE "RELAY ONLY" ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER.** Relay teams may be entered at any seed time.

**TEAMS WITH UNATTACHED OR UNREGISTERED ATHLETES:** Teams may enter athletes with an Unattached or Unregistered status. When building the roster in OME, select the "Add Unattached/Unregistered Swimmer" link. Unregistered swimmers must provide proof of registration prior to the swimmers first event.

**INDIVIDUAL UNATTACHED ATHLETES:** Unattached athletes who are not awaiting attachment to any team must enter individually. Access the OME system at the address <http://www.usaswimming.org/ome> - log in and select "Enter Individual."

**Proof of Time:** Swimmers listed in the National Data Base with qualifying times achieved within the two year qualifying period (February 15, 2015 to February 15, 2017) will be permitted to swim individual events. Swimmers with qualifying times that are not listed in these data bases must provide proof of times with their Senior Meet Entry Application, providing a copy of the results of an approved, observed or sanctioned meet, including the meet sanction number, name, location, and date of the meet, and results page(s) with the athlete's name and time(s). Conversions may not be used to prove times; the swimmer must have achieved the qualifying time as published, in the type of course used to achieve the qualifying time.

**Seeding:** All swimmers must enter with times achieved within the two year qualifying period. Non-conforming times will be seeded after short course yard qualifying times. Seeding is as follows:  
1. Short Course Yards 2. Long Course Meters  
*All events will be seeded and swum in the preliminaries fastest heats to slowest heats, unless otherwise noted in this meet letter.*

**Scratch Procedures:** Preliminary and timed final events:

No penalty for scratching on the blocks in prelims with the exception of deck seeded events. Swimmers entered and checked in for a deck seeded event must swim that event unless he/she notifies the clerk of course, before seeding begins, that he/she wishes to scratch that event. Failure to do so will result in the swimmer being barred from his/her next individual event on that day or the next, whichever is first. Deck seeded events shall be closed for seeding as listed on the order of events.

A Any swimmer who competes in a preliminary heat and qualifies as one of the original 16 finalists must swim in that final's event; or must notify the clerk of course that he/she intends to scratch from that final's event within 30 minutes of the announcement of the qualifiers.

B Swimmers may reverse their intention to scratch and choose to be seeded for finals if they do so within 30 minutes of the conclusion of the preliminary session for that day.

C Any swimmer in a championship or consolation final who fails to swim that event will be barred from their next individual event, excluding finals and relays, in which he/she is entered unless excused by the meet referee due to one of the exceptions below.

D A swimmer not originally qualified for the championship or consolation final that is seeded into a final due to a scratch of another swimmer will not be penalized for failing to swim in that final.

No penalty shall apply for failure to withdraw or compete in an individual event if:

A The referee is notified in the event of illness or injury and accepts the proof thereof.

B It is determined by the referee that failure to compete is caused by circumstances beyond the control of the swimmer.

Declared False Starts:

Declared false starts and/or a deliberate delay of meet will be treated the same as "failure to swim".

NOTE 1: Alternates wishing to swim in an open lane in finals must be standing at the starters stand, ready to step on the blocks for his/her swim, when the swimmers are called to the blocks. Only the starter will call for the alternate, not the announcer.

NOTE 2: Finals/Consolation Finals scratches must be done individually; 'team' scratches will not be accepted.

NOTE 3: In addition to the swimmers being required to scratch if they are not going to swim in finals, all swimmers seeded 17-24 who do not wish to swim in finals are strongly urged to scratch.

NOTE 4: Prelims scratch cards must be signed by the coach or athlete.

**Entry Fee:** \$6.00 per individual event; \$10.00 per relay; 2\$ heat sheet fee  
\$15.00 facility fee per swimmer, \$1.00 per swimmer LSC Swimmer Support.

Relay Only swimmers pay the Facility fee and the swimmer LSC Swimmer Support fee.  
**OME is set up with zero entry fee charges to allow all teams to pay by check.**

**Make checks payable to:** YMCA of Central Florida  
**Mailing Address:** YMCA Aquatic Center  
8422 International Drive  
Orlando, FL 32819

**Entry Deadline:** Entries are to be completed through USA-S OME online entry, and it must be finished by Feb. 15, 2017 by 10:00 pm. No faxed entries accepted. You may enter your swimmers prior to the entry deadline and close out those entries, to ensure the entries are accepted and still add to your entries based on swims from Last Chance Meets prior to the entry deadline. Late entries will be allowed up to 1 hour prior to the start of the first session of the meet. Athletes would be entered at the entry time standard, in first lane available, or heat created. This will be determined on a first come, first serve basis. The athlete must fulfill all eligibility requirements for the meet. The team will be charged a one time \$100 processing fee, plus events at 2x the regular rate.

**Awards:** Team: Championship and Runner-Up Trophy  
Individual: High Point Plaque for each age group and gender;  
1-3 Medals, 4-8 Ribbons  
Relays: 1-3 Medals

**Scoring:** Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
Relay: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

**Rules:** Current USA Swimming Technical Rules will govern the meet.  
Changing into or out of swimsuits other than in locker rooms or other designated areas is not permitted.

**Team Representative:** Prior to the start of the meet, the name of one person other than the coach, who will check with the referee about any matter pertaining to the meet, may be given to the referee. This person must be a current member of USA Swimming/Florida Swimming to represent the team. For each team, the coach and that person only will be recognized.

**Officials:** Meet Referee: Stephen Plapp                      Admin Referee Don George  
Assistant Admin ref: Ellen Johnson  
Chief Judge: Jeff Breault                      National Evaluator: TBD  
Head Marshall: Mike Brady  
Meet Manager: Mike Brady

**National Officials Certification:**

1. Qualifying meets for National Official Certification (OQM) provide opportunities for evaluation of USA Swimming Officials for N2 and N3 certification and re-certification.
2. This meet is seeking designation as an OQM from USA Swimming. Applicants may utilize the "application for evaluation for 2017 FI Spring Senior Champs" link on the FI Swimming Sr. champs Webpage to fill out and mail to the meet Referee (Tim Jacobson at [tim@jbsn.com](mailto:tim@jbsn.com) .) Notice of the OQM approval will be posted on the USA Swimming website with contact info as well if/when approved.

**Identification:** Coaches and Officials shall wear their 2017 USA Swimming registration card in a conspicuous location at all times during the swim meet.

**Deck Restriction:** USA Swimming Insurance Safety Regulations require the swimming pool deck, during the operation of Florida Swimming, Inc. sanctioned meets, be closed to all persons except swimmers, coaches, marshals, officials and meet personnel. Credential tags must be presented to enter the pool deck area. Deck changing is prohibited.

**Conditions of Sanction:**

- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- In granting this approval it is understood and agreed that USA Swimming and Florida Swimming shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.
- Any swimmer entered in the meet must be certified by a USA Swimming member-coach

as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

•Use of audio or visual recording devices, including a cell phone is permitted only in designated areas.

For Information: **FL Senior Chairman:** Charlie Rose, [bdcoachrose@gmail.com](mailto:bdcoachrose@gmail.com)  
**FL Swimming Office:** Helen Kelly, 352-342-2445 or [flsoffice2@aol.com](mailto:flsoffice2@aol.com)  
**Facility:** 4073631911

**Meet Operation;** Billy & Victoria Culbertson [meet.support@sportstiming.com](mailto:meet.support@sportstiming.com). 843.628.5486  
**Facility Information:** YMCA of Central Florida Aquatic Center (407-363-1911).  
**Camera Zone:** Per Florida Swimming Rule 223.12, Meet Management shall designate and inform the public of "Camera Zones" at each swim meet where both still photography and video photography of a race or a competitor in a race may be taken. Acceptable "Camera Zones" may include, but are not limited to the side courses of a pool, team gathering areas, concession area, turn-end of competition course when not in use as a "start-end." Etc. Meet Management shall also designate "Non-Camera Zones." Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, rest rooms, or any other dressing area. Any individual failing to abide by this rule could be subject to the Florida Swimming Code of Conduct violation as defined in Rule 239.2.

### Warm-Up Schedule

\*\*\* NO EQUIPMENT PERMITTED \*\*\*

\*\*\* EXCEPT FOR RACING STARTS, SWIMMERS MUST ENTER THE POOL FEET FIRST WITH ONE HAND TOUCHING THE DECK OF THE POOL \*\*\*

#### Thursday, February 23, 2017

4:00 - 4:30 PM General Warm-up  
4:30 - 5:20 PM Controlled Warm-up

#### Friday, Saturday, February 24 & Feb. 25, 2017

7:00 - 8:00 AM General Warm-up  
8:00 - 8:50 AM Controlled Warm-up  
4:00 - 4:30 PM General Warm-up  
4:30 - 5:20 PM Controlled Warm-up

#### Sunday, February 26, 2017

7:00 - 8:00 AM General Warm-up  
8:00 - 8:50 AM Controlled Warm-up  
3:00 - 3:30 PM General Warm-up  
3:30 - 4:20 PM Controlled Warm-up

#### GENERAL WARM-UP:

- 1 Pace 50 and 100 circle swimming - push off
- 2 Racing starts (one length from start end only)
- 3 Swimming and pulling, push off
- 4 Swimming and pulling, push off
- 5 Swimming and pulling, push off
- 6 Swimming and pulling, push off
- 7 Racing starts (one length from start end only) 8  
Pace 50 and 100 circle swimming - push off

#### CONTROLLED WARM-UP:

- 1 Pace 50 and 100 circle swimming - push off 2  
Racing starts (one length from start end only)
- 3 Swimming and pulling, push off
- 4 Swimming and pulling, push off
- 5 Swimming and pulling, push off 6  
Racing starts (one length from start end only)
- 7 Racing starts (one length from start end only)
- 8 Pace 50 and 100 circle swimming - push off

### USA SWIMMING - ON-LINE MEET ENTRY HIGHLIGHTS

□ Ensure that swimmers times are loaded into the USA Swimming SWIMS database - Particular attention should be given to times achieved at observed and approved meets. Do not wait until immediately before the entry deadline to discover the time has not been loaded. Coaches and swimmers can verify that times are in the database by using the times look up at [www.usaswimming.org/times](http://www.usaswimming.org/times). Contact the host LSC National Times Coordinator of the meet at which the times were achieved to have

the missing times loaded.

- Only one account per team (Head Coach) can be used for team entries. The USAS ID number of the head coach will be required to begin the entry process.
- Read the tutorial comments on each page during the entry process. Most questions will be answered if the instructions are read.
- When advancing through the entry process, each time the "NEXT" link is pressed, the information on that page is saved. This allows the entry to be processed during multiple sessions. Coaches can start an entry, save it as-you-go and OME will retain the progress that has been made on the entry.
- Use the links on the left side of the entry page to jump forward or backwards to specific sections of the entry process (i.e. Relay, etc.). Using these links also saves the information on the previous page.
- Payment must be made directly to YCF Swimming, YMCA of Central Florida, 8422 International Dr., Orlando FL 32819. OME is set up with zero entry fee charges to allow all teams to pay by check.
- Teams do not have to wait until the entire entry is completed. Teams can enter some athletes, then return at a later date and add more events, relays, or athletes.
- An athlete is not entered in the meet until the entries have been finalized/checked out.**

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When entering "Override Times" (times not currently showing up in the SWIMS database), in the meet name field, give meet name and brief details on where the time was achieved - i.e.: FGJO13-14-400FRelay Lead - There is room for 25 characters of data. Also enter the date of the meet in the date field. The National Times Coordinator will pre-clear as many (\*) times as possible.

Relays: When entering more than one relay per event (A and B), OME selects the fastest time in the database for the A relay and the fastest remaining time in the database for the B relay. If one of the athletes on the B relay (that OME selected) was also an athlete on the A relay, OME will signify that time with a (\*\*). That time is not eligible for entry for the "B" relay. Select another listed time for the "B" relay or enter an aggregate time. As an alternative to using the OME best relay time, select Team (from the dropdown), then enter an override time for the relay.

Hy-Tek Team Manager can be used as a tool to assist in the OME process.

1. First load the "Meet Events File".
2. In the Meet Maintenance panel, set the minimum age for open events as desired.
3. Click on the "Enforce Qualifying Times".
4. Set the "Use Times Since" date to the beginning of the qualifying period for the meet.
5. Create a "Meet Eligibility" report. REPORTS/PERFORMANCE/MEET ELIGIBILITY. Select "Only Eligible Swimmers". This report shows all eligible swimmers for the meet.
6. Highlight events to be entered for each swimmer.
7. Look up and record bonus event entry times for swimmers eligible for bonus events.
8. Proceed with On-Line Meet Entry.

**2017 Florida Swimming Spring Senior Championships**  
**Order of Events**

Event #	Age	Event Name	Short Course		Long Course	
			Women	Men	Women	Men
<b>Thursday, Feb. 23 2017 – Timed Finals – 5:30 PM</b>						
1 - 2	14-16	1000 Freestyle *	11:09.09	10:36.19	9:59.89	9:51.59
3 - 4	Senior	1000 Freestyle *	11:09.09	10:36.19	9:59.89	9:25.89
5 - 6	Senior	800 Free Relay ***	-----	-----	-----	-----
<b>Friday, Feb. 24, 2017 – Prelims-9:00 AM Consolations, and Finals-5:30 PM</b>						
7 - 8	senior	200 free relay *****	-----	-----	-----	-----
9 – 10	14-16	200 Freestyle	2:01.99	1:53.79	2:17.19	2:11.49
11 – 12	Senior	200 Freestyle	2:01.49	1:48.19	2:16.99	2:03.59
13 – 14	14-16	200 Breaststroke	2:42.19	2:26.79	3:04.29	2:52.39
15 – 16	Senior	200 Breaststroke	2:39.89	2:25.99	3:04.09	2:48.29
17 – 18	14-16	100 Butterfly	1:02.79	:56.39	1:11.19	1:07.39
19 – 20	Senior	100 Butterfly	1:02.79	:55.19	1:11.09	1:03.29
21 – 22	14-16	50 Breaststroke	1:14.89	1:07.19	1:25.59	1:19.59
23 – 24	senior	50 Breaststroke	1:14.19	1:06.79	1:25.69	1:15.99
25 – 26	14-16	400 IM #	4:55.29	4:46.89	5:37.59	5:32.99
27 – 28	Senior	400 IM #	4:51.09	4:32.09	5:35.29	5:23.99
29 – 30	Senior	400 Medley Relay ***	-----	-----	-----	-----
<b>Saturday, Feb 25, 2017 – Prelims-9:00 AM Consolations, and Finals-5:30 PM</b>						
31 – 32	senior	200 Med relay*****	-----	-----	-----	-----
33 – 34	14-16	50 Freestyle	:26.19	23.99	29.49	27.69
35 – 36	Senior	50 Freestyle	26.09	22.89	29.49	26.89
37 – 38	14-16	200 IM	2:20.39	2:09.29	2:38.99	2:34.69
39 – 40	Senior	200 IM	2:19.39	2:06.39	2:39.89	2:24.89
41 – 42	14-16	100 Backstroke	1:04.19	59.49	1:12.99	1:10.79
43 – 44	Senior	100 Backstroke	1:04.79	59.49	1:12.99	1:07.39
45 - 46	14-16	50 Butterfly	1:02.79	:56.39	1:11.19	1:07.39
47 – 48	Senior	50 Butterfly	1:02.79	:55.19	1:11.09	1:03.29
49 – 50	14-16	500 Freestyle #	5:25.39	5:07.69	4:48.99	4:37.09
51 – 52	Senior	500 Freestyle #	5:16.79	4:56.79	4:48.99	4:28.19
53 – 54	Senior	400 Free Relay ***	-----	-----	-----	-----

\* Deck Seeded Timed Final Event. Events 1 & 3, 2 & 4 will be consolidated by gender and seeded as a single event in order of submitted qualifying time. Results will be separated by age group for places, awards, and scoring. The fastest 4 women's heats and the fastest 4 men's heats will be swum fast to slow, alternation women/men. All remaining heats will be swum fastest to slowest, alternating women/men immediately following event 6 in the prelims.

Positive Check-In is 4:45 P.M., Thursday.

\*\*\*\*\* 200 free relay and 200 med relay will be timed finals in the AM

\*\*\* Relays: All 800 & 400 relays will swim at night. Fastest two heats first then all other heats will swim, alternating gender, fast to slow. All relays will be deck seeded events. Check in will be till 4:30 pm for Thursday relays and till 8:15 am for all relays on Friday and Saturday.

- # Events 25-28 400 IM (and Events 49-52 500 Free): The four fastest heats may be flighted during the preliminary session, swimming fastest to slowest in event order following Event 24 (48). The remaining heats will be swum at the conclusion of event 28 (54) in the preliminary session, swimming fastest to slowest heats. There will be no break after Event 28 (54) prior to resuming the concluding heats of Events 25-28 (49-52), continuing to swim fastest to slowest and possibly alternating women then men heats.

**Order of Events (cont.)**

Event #	Age	Event Name	Short Course		Long Course	
			Women	Men	Women	Men
<b>Sunday, Feb 26, 2017 – Prelims- 9:00 AM</b>						
55 – 56	14-16	50 back	1:04.19	59.49	1:12.99	1:10.79
57 – 58	Senior	50 back	1:04.79	59.49	1:12.99	1:07.39
59 – 60	14-16	200 Butterfly	2:22.79	2:12.99	2:43.39	2:31.69
61 – 62	Senior	200 Butterfly	2:19.19	2:11.69	2:43.39	2:31.69
63 – 64	14-16	100 Freestyle	56.99	52.09	1:03.99	1:00.99
65 - 66	Senior	100 Freestyle	55.89	50.09	1:03.99	57.19
76 - 68	14-16	100 Breaststroke	1:14.89	1:07.19	1:25.59	1:19.59
69 - 70	Senior	100 Breaststroke	1:14.19	1:06.79	1:25.69	1:15.99
71 - 72	14-16	200 Backstroke	2:19.79	2:12.89	2:38.59	2:32.89
73 - 74	Senior	200 Backstroke	2:19.79	2:11.59	2:38.59	2:31.89
75 - 76	14-16	1650 Freestyle ****	18:44.99	18:14.99	19:24.99	18:50.99
77 - 78	Senior	1650 Freestyle ****	18:44.99	17:45.99	19:24.99	18:45.79

- \*\*\*\* Deck Seeded Timed Final Event. Events 75 and 77 and 76 and 78 will be consolidated by gender and seeded as a single event in order of submitted qualifying time. Results will be separated by age group for places, awards, and scoring. The fastest women's heat and the fastest men's heat will be swum at the beginning finals (top 8). All remaining heats will be swum fastest to slowest alternating women/men immediately following event 74 in the prelims.



### Bonus Standards

Event #	Age	Event Name	Short Course		Long Course	
			Women	Men	Women	Men
<b>Thursday, Feb. 23 2017 – Timed Finals – 5:30 PM</b>						
1 - 2	14-16	1000 Freestyle *				
3 - 4	Senior	1000 Freestyle *				
5 - 6	Senior	800 Free Relay ***	-----	-----	-----	-----
<b>Friday, Feb. 24, 2017 – Prelims-9:00 AM Consolations, and Finals-5:30 PM</b>						
7 - 8	senior	200 Free relay	-----	-----	-----	-----
9 – 10	14-16	200 Freestyle	2:05.99	1:57.79	2:21.19	2:15.49
11 – 12	Senior	200 Freestyle	2:05.49	1:52.19	2:20.99	2:07.59
13 – 14	14-16	200 Breaststroke	2:46.19	2:30.79	3:08.29	2:56.39
15 – 16	Senior	200 Breaststroke	2:43.89	2:29.99	3:08.09	2:52.29
17 – 18	14-16	100 Butterfly	1:04.79	58.39	1:13.19	1:09.39
19 – 20	Senior	100 Butterfly	1:04.79	:57.19	1:13.09	1:05.29
21 – 22	14-16	50 breaststroke	1:16.89	1:09.19	1:27.59	1:21.59
23 – 24	Senior	50 breaststroke	1:16.19	1:08.79	1:27.69	1:17.99
25 – 26	14-16	400 IM #	5:03.29	4:54.89	5:45.59	5:40.99
27 - 28	Senior	400 IM #	4:59.09	4:40.09	5:43.29	5:31.99
29 – 30	Senior	400 Medley Relay ***	-----	-----	-----	-----
<b>Saturday, Feb 25, 2017 – Prelims-9:00 AM Consolations, and Finals-5:30 PM</b>						
31 – 32	senior	200 Med relay	-----	-----	-----	-----
33 – 34	14-16	50 Freestyle	:27.19	24.99	30.49	28.69
35 – 36	Senior	50 Freestyle	27.09	23.89	30.49	27.89
37 – 38	14-16	200 IM	2:24.39	2:13.29	2:42.99	2:38.69
39 – 40	Senior	200 IM	2:23.39	2:10.39	2:43.89	2:28.89
41 – 42	14-16	100 Backstroke	1:06.19	1:00.49	1:14.99	1:12.79
43 - 44	Senior	100 Backstroke	1:06.79	1:00.49	1:14.99	1:09.39
45 – 46	14-16	50 Butterfly	1:04.79	58.39	1:13.19	1:09.39
47 – 48	Senior	50 Butterfly	1:04.79	:57.19	1:13.09	1:05.29
49 – 50	14-16	500 Freestyle #	5:33.39	5:15.69	4:56.99	4:45.09
51 - 52	Senior	500 Freestyle #	5:24.79	5:04.79	4:56.99	4:36.19
53 – 54	Senior	400 Free Relay ***	-----	-----	-----	-----

			Short Course		Long Course	
<b>Sunday, Feb 26, 2017 – Prelims- 9:00 AM Consolations, and Finals-4:30 PM</b>						
55 – 56	14-16	50 back	1:06.19	1:00.49	1:14.99	1:12.79
57 – 58	Senior	50 back	1:06.79	1:00.49	1:14.99	1:09.39
59 – 60	14-16	200 Butterfly	2:26.79	2:16.99	2:47.39	2:35.69
61 – 62	Senior	200 Butterfly	2:23.19	2:15.69	2:47.39	2:35.69
63 - 64	14-16	100 Freestyle	58.99	54.09	105.99	1:02.99

65 - 66	Senior	100 Freestyle	57.89	52.09	1:05.99	59.19
67 - 68	14-16	100 Breaststroke	1:16.89	1:09.19	1:27.59	1:21.59
69 - 70	Senior	100 Breaststroke	1:16.19	1:08.79	1:27.69	1:17.99
71 - 72	14-16	200 Backstroke	2:23.79	2:16.89	2:42.59	2:36.89
73 - 74	Senior	200 Backstroke	2:23.79	2:15.59	2:42.59	2:35.89
75 - 76	14-16	1650 Freestyle ****				
77 - 78	Senior	1650 Freestyle ****				