

<p>The Mark J. Braun Fall Classic November 22-24 2024 Hosted by Lake Erie Silver Dolphins Held under the sanction of USA Swimming Sanction/Approved #LE 25017 SS</p>

Location:	The SPIRE Institute Aquatic Center 5201 Spire Circle Geneva, OH 44041.
Facility:	The competitive swimming pools measure 10 lanes by 25 yards in a 50 meters Olympic size pool, with 2 moveable bulkheads for subdivision of the pool. The competition will take place in both pools unless the entry is small enough to be conducted in one pool only. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. The depth of the pool at Course 1 is 8'2" at both ends (start end is under the scoreboard). The depth of the pool at Course 2 is 14' at both ends (start end is closest to the control room).
Meet Director:	Kristin MacPhail kmacphailswim@gmail.com 216-702-8523
Meet Referee:	Dave Brown
Meet Admin:	Jodi and Dave Wohlfeil
Entry Chair:	Dave Wohlfeil lesdbraumentries@gmail.com
Disclaimer:	In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
Meet Type:	This meet is open to all eligible swimmers, Swimmers must be USA registered Friday and Sunday events are Timed Finals Saturday Individual Events are prelim/Finals
Entry Deadline	Entries, electronic or otherwise, will not be accepted before Monday October 28, at 9:00 PM EST Any entries sent prior to the permitted times will be deleted. Please do not trust your organization's server time or your computer's time when submitting entries. It is suggested that you sync your computer time with the official U.S. time clock found at http://www.time.gov/ or www.time.is prior to submitting your entries. PLEASE NOTE- determination of how the meet will be split by pools WILL NOT be determined until after the meet entry process has been closed. The meet host reserves the right to split the pools by gender or age group following review of event entries. Please take this into consideration when entering events Email to: lesdbraumentries@gmail.com Mail hard copy to: Dave Wohlfeil, 2140 Elbur Lakewood OH 44107 make check payable to LESD Boosters
# and Description of Session:	<ul style="list-style-type: none"> <input type="checkbox"/> Session 1 – Friday, November 22 timed finals <ul style="list-style-type: none"> • Warm-ups will begin at 4:15 PM • Competition will begin at 5:35 PM <input type="checkbox"/> Session 2 – Saturday November 23 -13 & Over Prelims <ul style="list-style-type: none"> • Warm-ups will begin at 7:00 AM • Competition will begin at 8:35 AM <input type="checkbox"/> Session 3 – Time Trials (May be Offered) <ul style="list-style-type: none"> • Time Trials may be offered at the conclusion of the morning session <input type="checkbox"/> Session 4- Saturday November 23- 12 & Under Prelims <ul style="list-style-type: none"> • Warm-ups will begin 15 minutes after the end of session 1 • Competition will begin 50 minutes after the start of warm-ups <input type="checkbox"/> Session 5 – Saturday November 23 Finals. <ul style="list-style-type: none"> • Start times will be announced and posted prior to the conclusion of the morning session • Competition will begin 50 minutes after the start of warm-ups <input type="checkbox"/> Session 6- Sunday, November 24- 13 & Over Timed Finals

	<ul style="list-style-type: none"> • Warm-ups will begin 7:00 AM • Competition will begin at 8:35 AM □ Session 7 – Time Trials (May be Offered) <ul style="list-style-type: none"> • Time Trials may be offered at the conclusion of the morning session □ Session 8- Sunday, November 24-12 & Under Timed Finals <ul style="list-style-type: none"> • Warm-ups will begin 15 minutes after the end of session 1 • Competition will begin 50 minutes after the start of warm-ups □ Warm-ups may be split if the average number of swimmers per lane is scheduled to exceed USA Swimming's recommended number of athletes per lane. □ Sessions and events may be combined/split in order to control the length of the meet. <p>The finalized warm up plan will be found at Lake Erie website by Wed, November 20, 2024</p>
Medical Supervision available to athletes	A Meet Safety Director and lifeguards will be present to respond to an emergency or provide first aid if it is needed.

Organization Regulations/Waivers	
USA Swimming Rules	<ul style="list-style-type: none"> □ At a sanctioned competitive event, all USA Swimming athletes must be under the supervision of a USA Swimming member coach. Arrangements for coach supervision must be made in advance of the meet. □ Any swimmer entered in the meet <u>must</u> 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 without the use of the backstroke ledge. 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. □ The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. □ Use of cameras, cell phones or any other recording device is not permitted immediately behind the starting blocks at either end of the racing course(s) during race starts, competition and warm-ups. Please refer to the Safe Sport section of the LESI Swimming, Inc. policies and procedures for further information regarding the use of visual recording devices. □ Deck changes are prohibited. □ Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. □ Flash photography is not permitted at the start of any race. □ All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
Technical Suit Ban	<p>Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.</p> <p>A Technical Suit is one that has the following components:</p> <ul style="list-style-type: none"> □ Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or □ Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.
Racing Starts	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 without the use of the backstroke ledge. 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.
Ohio State Laws that are applicable to Lake Erie Swimming sanctioned events	<ul style="list-style-type: none"> □ Ohio's Return to Play Law (ORC 3313.539 and ORC 3314.03) requires that coaches and referees either (1) complete a free online training once every three (3) years in recognizing the symptoms of concussion or (2) hold a pupil-activity program permit from the Ohio State Board of Education. Free online concussion training is offered through the National Federation of State High School Association and Centers of Disease Control. Training links can be found at https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/child-injury-prevention/resources/onlineconcussiontraining □ per Ohio Administrative Code 3701-31-04-E-4.

Organization Regulations/Waivers	
<p>Safe Sport 360</p>	<ul style="list-style-type: none"> □ The U.S. Center for Safe Sport program is a comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations. □ The Minor Athlete Abuse Prevention Policy (MAAPP) prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Applicable Adults are required to abide by this policy in full during this meet. □ Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency. □ All athletes aged 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after the first day of the start of competition, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after the first day of competition, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay. □ All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. □ Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present □ For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report
<p>Waiver/Release</p>	<ul style="list-style-type: none"> □ In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. □ By entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet. □ All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or LEI website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet. □ RISK OF EXPOSURE TO COVID 19: An inherent risk of exposure to COVIC-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc. cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or yourself to and/or increasing your risk of contracting or spreading COVID-19.
<p>Code of Conduct</p>	<ul style="list-style-type: none"> □ Any individual who exhibits a behavior of a threatening, abusive, or derogatory manner toward an official or member of the meet staff is subject to immediate removal and further expulsion from the meet. Coaches will be notified of the actions of their respective teams. □ Good sportsmanship is expected at all times. Bullying or taunting, foul language or derogatory behavior will not be tolerated and will be subject to immediate removal. All volunteers, spectators, coaches, officials and meet staff are expected to be respectful of others. □ The LESI Swimming Code of Conduct governs this meet. The purpose of the Zero-Tolerance Code of Conduct Policy is to establish consistent expectations across the LSC in the best interest of our Athletes and Sport. LESI Swimming is committed to creating a safe and fair environment for all of its athlete members. This policy is to be used as a guide to promote a positive environment and good sportsmanship at meets and events conducted in the geographical boundary of LESI Swimming. The complete LESI Swimming Code of Conduct can be reviewed on the LESI Swimming website under Governance> LESI Policy & Procedures Manual.

Entering the Meet and Competition Information	
Eligibility:	<ul style="list-style-type: none"> <input type="checkbox"/> All meet contestants must be a member in good standing per Article 302.. <input type="checkbox"/> All contestants must be verified USA Swimming members. Deck Entry at a meet must show electronic athlete membership or a club coach must sign the Deck Entry Form. <input type="checkbox"/> Membership verification deadline is 5 PM EST two (2) business days prior to the first day of the meet. Unverified swimmers will be scratched from the meet after that deadline. There will be no refunds for unverified swimmers scratched from the meet. <input type="checkbox"/> All adult athletes must hold current Athlete Protection Training certification. All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. <input type="checkbox"/> Age on the first day of the meet will determine age for the entire meet. <input type="checkbox"/> Swimmers must be equal to or faster than the NAG 2024-2028 Time Standards listed below as of the entry deadline (Full set of standards is included at the end of the document) <input type="checkbox"/> 12 & Under -2024-2028 NAG BB Times <input type="checkbox"/> 13 & Over - 2024-2028 NAG A Times (<i>Open events will use 15-16 A standards</i>)
Swimmers with a Disability:	<ul style="list-style-type: none"> <input type="checkbox"/> Entry Procedures: <ul style="list-style-type: none"> 1. Enter the USA-S swimmers with a disability electronically with your team entries. 2. Email the Meet Accommodation / Modification Form included in this meet information to the entry chair. <input type="checkbox"/> Preferred seeding is in the swimmer's age group entered event at the same distance with their equivalent non-conforming time to ensure seeding in the initial heats.
Entry Limits Entry Fees:	<ul style="list-style-type: none"> <input type="checkbox"/> 13 and Over swimmers may compete in two (2) individual events Friday and in three (3) individual events per day on Saturday and Sunday <input type="checkbox"/> 12 and Under swimmers may compete in three (3) individual events Friday and Saturday and four(4) on Sunday <input type="checkbox"/> Time Trials counts towards the daily event limit <input type="checkbox"/> Teams may enter No more than two (2) relays per event for 13-14 and Open Relays <input type="checkbox"/> \$9.00 per individual event. <input type="checkbox"/> \$12.00 per relay event <input type="checkbox"/> \$3.00 LE LSC surcharge per swimmer. <input type="checkbox"/> There is a \$5.00/swimmer handling fee for entries not furnished in an electronic file
Entry Procedures:	<ul style="list-style-type: none"> <input type="checkbox"/> Entries will NOT be accepted before Monday, October 28 at 9:00 pm EST <input type="checkbox"/> Deadline for receipt of entries is Wednesday, November 13 <input type="checkbox"/> Payment should be received by Monday November and should be payable to LESD Boosters and sent to Dave Wohlfeil, 2140 Elbur Lakewood OH 44107 <input type="checkbox"/> Entries can be submitted in SCY or LCM using an electronic meet entry software (Hy-Tek/Team Unify). Converted times may not be used. Meet management will convert non-conforming times. <input type="checkbox"/> Send entries to Dave Wohlfeil at lesdraunentries@gmail.com <input type="checkbox"/> The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors and spectators at each session. <input type="checkbox"/> The meet director reserves the right to combine/split sessions depending on the number of competitors
Entry Eligibility	<ul style="list-style-type: none"> <input type="checkbox"/> Swimmers must be current athlete members of USA Swimming and Lake Erie Swimming and have met the time standard requirements. Coaches must be current coach members of USA Swimming and must check in on each day of the meet. All coaches must display the deck pass (wristband) issued by the meet host.

Entering the Meet and Competition Information	
Qualifying Times	<ul style="list-style-type: none"> <input type="checkbox"/> Swimmers must be equal to or faster than the NAG 2024-2028 Time Standards listed below as of the entry deadline (Full set of standards is included at the end of the document) <input type="checkbox"/> 12 & Under -2024-2028 NAG BB Times <input type="checkbox"/> 13 & Over - 2024-2028 NAG A Times (<i>Open events will use 15-16 A standards</i>) <input type="checkbox"/> No Time standards for relay <input type="checkbox"/> Entries can be submitted in SCY or LCM using an electronic meet entry software (Hy-Tek/Team Unify). Converted times may not be used. Meet management will convert non-conforming times. <input type="checkbox"/> NT will not be accepted <input type="checkbox"/> The host team reserves the right to enter its own swimmers into any available events in any session not closed prior to the entry deadline, even if they have not achieved the qualifying times.
Proof of Time	<p>Swimmers should enter an event only if they have achieved the listed time standard for that event. Teams of swimmers who fail to achieve the qualifying time at the meet will receive a notice of those times that cannot be verified in the SWIMS database. Teams shall submit proof of time. Proofs of time shall be from an observed swim or from a sanctioned or approved competition only unless the meet announcement specifically states that times from other meets such as high school, YMCA or NCAA may also be submitted. A fine of \$10.00 for each swim listed in the notice for which acceptable proof of time is not provided will be levied against the team or unattached swimmer.</p>
Warm-up and Safety Guidelines:	<ul style="list-style-type: none"> <input type="checkbox"/> Lake Erie Swimming safety guidelines and warm-up procedures will be in effect at all times. <input type="checkbox"/> Coaches must maintain contact with their swimmers during warm-up and throughout the meet. Warm ups shall be 30 (40) minutes each session and may be split if the average number of swimmers per lane is scheduled to exceed USA Swimming's recommended number of athletes per lane. There should be only two swimmers behind the blocks during starts. <input type="checkbox"/> There is no diving during warm-up, except in designated sprint lanes. The final 15 minutes of a 30 minute warm-up shall be conducted as follows: (<i>use the appropriate wording for your venue; adjust if your pool has odd number of lanes</i>) <i>For a 10 lane pool:</i> <ul style="list-style-type: none"> (a) Lanes 0 & 9 push/pace from the start end of the pool (or general warm-up at the discretion of Meet Referee or his/her designee). (b) Lanes 1 & 8 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool (c) Lanes 2-7 general warm-up, no diving or racing starts. Any or all of these lanes may be converted to sprint lanes at the discretion of the Meet Referee or his/her designee. <p>Swimmers are to sprint one way and climb out at the far end of the pool. Feet first entry only into the continuous warm-up lanes.</p>
Swimmers with a Disability	<p>Qualifying times for 50-yard/meter events will be waived for swimmers with a disability. Swimmers with a disability may enter an event (such as the 100 free) and swim it with a longer yardage event (such as the 200 free) provided his/her time for the lesser yardage event (100 free) is equal to or faster than the listed qualifying time for the longer yardage event (200 free). Entries for swimmers with a disability should be handled in the following manner: (1) enter the swimmer in the Hy-Tek database (or on the regular entry form); (2) list in the email accompanying the Hy-Tek entry file (or on a separate sheet of paper) the name of the swimmer, the stroke(s)/distance(s) s/he wishes to swim, the entry times, the day/session s/he wishes to swim the event(s), and the manner in which s/he prefers to be seeded (with a longer distance or with a different age group); and (3) provide any information about special accommodations needed by the swimmer. The final determination of seeding will be made by the Meet Referee after consultation with the swimmer and his/her coach.</p>
Team Supervision	<p>Teams who are entering swimmers but will not have a coach at the meet should arrange ahead of time for another coach to supervise their athletes. Swimmers without coach supervision must contact the Meet Director or Meet Referee to be assigned to a coach on deck.</p>
Competition Guidelines:	<ul style="list-style-type: none"> <input type="checkbox"/> All events will be deck seeded <input type="checkbox"/> Events seeded on the deck shall be closed for seeding no earlier than forty-five (45) minutes prior to the start of the session <input type="checkbox"/> The meet host reserves the right to split the pools by gender or age group following review of event entries. Please take this into consideration when entering events. <input type="checkbox"/> Friday & Sunday events are timed finals.

Entering the Meet and Competition Information	
	<ul style="list-style-type: none"> <input type="checkbox"/> Saturday, all individual events will be prelim/final format except for the Relays. <input type="checkbox"/> Championship heat only in the 10 & Under, 11-12, and 13-14 age groups. Consolation and championship heats (in that order) for the Open events. Ten lanes will be used at finals which will be conducted in one pool. <input type="checkbox"/> All relays are timed finals and will be swum in prelims. <input type="checkbox"/> The 1650 and 11-12 500 freestyle will be swum fastest to slowest. If both genders are competing in the same pool for the 1650/11-12 500, heats will be alternated between women and men. <input type="checkbox"/> Swimmers in the 1650 will need to provide their own timer and counter. <input type="checkbox"/> The meet host reserves the right to combine/split sessions and events and/or limit the number of entries in order to control the length of the meet.
Scratch Procedures	See Scratch Rule below
Deck Entries	Deck entries may be taken on a space available basis up to 50 minutes before the start of the session and seeded at NT. The decision about deck entries will be published after the entry deadline. Deck entrants should sign up at the deck entry table @ \$12.00 per individual event and \$16.00 per relay. Deck entry swimmers new to the meet will be charged \$3.00 LESI surcharge and swimmer must show proof of membership electronically or coach signs a deck entry form
Time Trials	Time trials will be held Saturday and Sunday after the morning and afternoon sessions at the discretion of the meet referee. Time trial entry fees are \$16.00/individual event & \$20.00/relay. Time Trial entries close 90 minutes prior to the end of the session. Time Trial events are open to swimmers already entered in an individual event in the meet. Time trials are included in the daily event limitation. Depending on the timelines and time trial entries, TT may be swum at the conclusion of the session or split into two pools when each pool is finished. This decision will be made after the deadline for time trial sign-up.
Awards:	12 & under Individual Events: Medals for 1st, 2nd and 3rd; ribbons for places 4-10. 12 & under Relay Events: Ribbons for 1st, 2nd and 3rd. High Point and Runner-up Awards: 10 & Under, 11-12, 13-14, and 15 & Over
Scoring	INDIVIDUAL...11-9-8-7-6-5-4-3-2-1 RELAYS...22-18-16-14-12-10-8-6-4-2 Consolation heats will not be scored. Open events will not be scored multi-age, but points from Open events will revert to that swimmer's respective age group for high point totals.
Initial Distance	In order to be certain that an initial distance or lead-off relay leg is entered into SWIMS, the swimmer or the swimmer's coach should notify either the meet referee or the admin before the event and provide the necessary watches as back-up to the electronic timing. All lead-off relay splits will automatically be uploaded to SWIMS after admin approval; for all other initial distances, the proper paperwork must be completed after the swim in order for the time to be entered into SWIMS.
General:	<ul style="list-style-type: none"> <input type="checkbox"/> Admission and SPIRE Parking Fees will be collected at the entrance <input type="checkbox"/> SPIRE Fuel will be open for concessions <input type="checkbox"/> Prelim results will be posted on site, Timed Finals and Final results will not be posted on site. If technology permits, the meet results will be available on Meet Mobile. TM/TU and PDF of the results will be sent to the team representatives after the meet <input type="checkbox"/> Apparel vendor will be on site

EVACUATION PLAN:

EMERGENCY INFORMATION

Geneva Police: 911

Geneva non-emergency: 440-466-1002

Two emergency phones are available on deck on the south and east walls.

In the case of an emergency, swimmers will either be directed to the internal south building hallway adjacent to the locker rooms or evacuated in accordance with the facility emergency action plan. Spectators will be evacuated in accordance with the facility emergency action plan.

The Mark J. Braun Fall Classic

November 22-24, 2024

Order of Events

QUALIFYING TMES	
Swimmers must be equal to or faster than the NAG 2024-2028 Time Standards listed below. Times can be SCY or LCM times. Time standards are included at the end of this document	
10 & Under Events – “BB” Times	11-12 Events -“BB” Times
13-14 Events- “A” Times	OPEN Events- 15-16“A” Times
OPEN 1650- 13-14 A times, Open 15-16 A times	No Qualifying times for Relays

Friday, November 22, 2024: Session 1

Friday Schedule of Events: Timed Finals

4:15 PM Warm-Up (75 minute) 5:35 PM Meet Start

Girls #	Age Group/Stroke	Boys #
101	OPEN 800 Free Relay	102
103	11-12 200 IM	104
105	10 & Under 200 IM	106
107	OPEN 400 IM *	108
109	11-12 200 Fly	110
111	13-14 400 IM *	112
113	10 & Under 500 Free*	114
115	OPEN 1650 Free @!	116

*Heats may be limited

@ Open 1650 free: swum fastest to slowest; female/male events will be alternated, if conducted in only one pool.

! Swimmers must provide their own timer and counter for the 1650.

Saturday, November 23, 2024: Session 2

Schedule of Events AM Prelim Session: Prelim/Final

Warm-ups will begin at 7:00 am Meet will begin at 8:35 am

Girls #	Age Group/Stroke	Boys #
201	13-14 100 Fly	202
203	OPEN 100 Fly	204
205	13-14 200 IM	206
207	OPEN 200 IM	208
209	13-14 100 Free	210
211	OPEN 100 Free	212
213	13-14 200 Back	214
215	OPEN 200 Back	216
217	13-14 100 Breast	218
219	OPEN 100 Breast	220
221	13-14 400 Free Relay	222
223	OPEN 400 Free Relay	224
225	13-14 500 Free*	226
227	OPEN 500 Free*	228

*Heats may be limited

Saturday, November 23, 2024: Session 4**Schedule of Events PM Prelim Session: Prelim/Final**

The afternoon warm-ups may be split into multiple 30-minute sessions beginning immediately after the conclusion of the morning session. If not split, the afternoon warm-ups will be 45 minutes long.

Girls #	Age Group/Stroke	Boys #
229	11-12 200 Back	230
231	10 & Under 50 Fly	232
233	11-12 50 Fly	234
235	10 & Under 100 IM	236
237	11-12 100 IM	238
239	10 & Under 100 Free	240
241	11-12 100 Free	242
243	10 & Un 50 Back	244
245	11-12 50 Back	246
247	10 & Un 100 Breast	248
249	11-12 100 Breast	250
251	10 & Un 200 Free Relay	252
253	12 & Un 200 Free Relay	254

Saturday, November 23, 2024: Session 5**Schedule of Events Finals Session**

Start times will be announced and posted prior to the conclusion of the morning session.

Competition will begin 50 minutes after the start of warm-ups.

Girls #	Age Group/Stroke	Boys #
229	11-12 200 Back	230
231	10 & Under 50 Fly	232
233	11-12 50 Fly	234
201	13-14 100 Fly	202
203	OPEN 100 Fly	204
235	10 & Under 100 IM	236
237	11-12 100 IM	238
205	13-14 200 IM	206
207	OPEN 200 IM	208
239	10 & Under 100 Free	240
241	11-12 100 Free	242
209	13-14 100 Free	210
211	OPEN 100 Free	212
243	10 & Un 50 Back	244
245	11-12 50 Back	246
213	13-14 200 Back	214
215	OPEN 200 Back	216
247	10 & Un 100 Breast	248
249	11-12 100 Breast	250
217	13-14 100 Breast	218
219	OPEN 100 Breast	220
225	13-14 500 Free	226
227	OPEN 500 Free	228

Sunday, November 24,2024: Session 6
 Schedule of Events AM Session: Timed Finals
 Warm-ups will begin at 7:00 am Meet will begin at 8:35 am

Girls#	Age Group/Stroke	Boys#
301	13-14 200 Free	302
303	OPEN 200 Free	304
305	13-14 100 Back	306
307	OPEN 100 Back	308
309	13-14 200 Breast	310
311	OPEN 200 Breast	312
313	13-14 50 Free	314
315	OPEN 50 Free	316
317	13-14 200 Fly	318
319	OPEN 200 Fly	320
321	13-14 400 Med Relay#	322
323	OPEN 400 Med Relay#	324

Sunday, November 24,2024: Session 8
 Schedule of Events PM Prelim Session: Timed Finals

The afternoon warm-ups may be split into multiple 30-minute sessions beginning immediately after the conclusion of the morning session If not split, the afternoon warm-ups will be 45 minutes long

Girls #	Age Group/Stroke	Boys #
325	11-12 200 Breast	326
327	10 & Un 200 Free	328
329	11-12 200 Free	330
331	10 & Under 100 Back	332
333	11-12 100 Back	334
335	10 & Under 50 Breast	336
337	11-12 50 Breast	338
339	10 & Un 50 Free	340
341	11-12 50 Free	342
343	10 & Un 100 Fly	344
345	11-12 100 Fly	346
347	10 & Un 200 Free Relay	348
349	12 & Un 200 Medley Relay	350
351	11-12 500 Free @*	352

@swum fastest to slowest, female/male events will be alternated, if conducted in only one pool.

*Heats may be limited

USA Swimming 2024-2028 Motivational Standards



8/29/2024 1:21:39 AM

B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
10 & under Girls						10 & under Boys						
39.79 *	35.99 *	32.09 *	30.89 *	29.59 *	28.29 *	50 FR SCY	27.49 *	28.69 *	29.89 *	31.09 *	34.59 *	38.19 *
1:30.79 *	1:21.09 *	1:11.49 *	1:08.29 *	1:04.99 *	1:01.79 *	100 FR SCY	1:00.69 *	1:03.79 *	1:06.79 *	1:09.79 *	1:18.89 *	1:27.99 *
3:22.79 *	3:00.59 *	2:38.39 *	2:30.99 *	2:23.59 *	2:16.19 *	200 FR SCY	2:12.69 *	2:18.99 *	2:25.29 *	2:31.59 *	2:50.59 *	3:09.49 *
8:36.69 *	7:45.09 *	6:53.39 *	6:36.19 *	6:18.99 *	6:01.69 *	500 FR SCY	5:52.99 *	6:09.79 *	6:26.59 *	6:43.39 *	7:33.79 *	8:24.29 *
48.59 *	43.29 *	37.99 *	36.19 *	34.39 *	32.59 *	50 BK SCY	32.19 *	33.99 *	35.79 *	37.59 *	42.89 *	48.29 *
1:45.79 *	1:33.99 *	1:22.29 *	1:18.39 *	1:14.49 *	1:10.59 *	100 BK SCY	1:08.99 *	1:12.49 *	1:16.09 *	1:19.59 *	1:30.09 *	1:40.69 *
54.59 *	48.69 *	42.79 *	40.89 *	38.89 *	36.89 *	50 BR SCY	36.39 *	38.29 *	40.19 *	42.09 *	47.69 *	53.39 *
2:00.29 *	1:46.89 *	1:33.59 *	1:29.09 *	1:24.69 *	1:20.19 *	100 BR SCY	1:18.79 *	1:22.69 *	1:26.59 *	1:30.59 *	1:42.29 *	1:54.09 *
48.39 *	42.69 *	36.99 *	35.09 *	33.19 *	31.29 *	50 FL SCY	30.79 *	32.59 *	34.29 *	35.99 *	41.29 *	46.49 *
1:56.69 *	1:41.39 *	1:26.09 *	1:20.99 *	1:15.99 *	1:10.89 *	100 FL SCY	1:09.79 *	1:14.59 *	1:19.49 *	1:24.39 *	1:38.99 *	1:53.49 *
1:44.29 *	1:33.19 *	1:22.09 *	1:18.39 *	1:14.69 *	1:10.99 *	100 IM SCY	1:09.79 *	1:13.09 *	1:16.39 *	1:19.69 *	1:29.69 *	1:39.69 *
3:42.09 *	3:18.79 *	2:55.49 *	2:47.69 *	2:39.99 *	2:32.19 *	200 IM SCY	2:30.89 *	2:38.39 *	2:45.89 *	2:53.49 *	3:15.99 *	3:38.59 *
2:53.19 *	2:35.89 *	2:18.59 *	2:12.79 *	2:06.99 *	2:01.19 *	200 FR-R SCY	2:00.19 *	2:05.89 *	2:11.59 *	2:17.29 *	2:34.49 *	2:51.69 *
3:14.99 *	2:55.49 *	2:35.99 *	2:29.49 *	2:22.99 *	2:16.49 *	200 MED-R SCY	2:15.39 *	2:21.79 *	2:28.29 *	2:34.69 *	2:53.99 *	3:13.39 *
11-12 Girls						11-12 Boys						
33.99 *	31.69 *	29.29 *	28.09 *	26.99 *	25.79 *	50 FR SCY	24.59 *	25.79 *	26.99 *	28.09 *	30.49 *	32.79 *
1:14.69 *	1:09.39 *	1:03.99 *	1:01.39 *	58.69 *	55.99 *	100 FR SCY	53.59 *	56.19 *	58.69 *	1:01.29 *	1:06.39 *	1:11.49 *
2:42.59 *	2:30.89 *	2:19.29 *	2:13.49 *	2:07.69 *	2:01.89 *	200 FR SCY	1:56.99 *	2:02.59 *	2:08.19 *	2:13.69 *	2:24.89 *	2:35.99 *
7:16.89 *	6:45.69 *	6:14.49 *	5:58.89 *	5:43.29 *	5:27.69 *	500 FR SCY	5:14.99 *	5:29.99 *	5:44.99 *	5:59.99 *	6:29.99 *	6:59.89 *
15:02.69 *	13:58.19 *	12:53.79 *	12:21.49 *	11:49.29 *	11:16.99 *	1000 FR SCY	11:02.59 *	11:34.19 *	12:05.79 *	12:37.29 *	13:40.39 *	14:43.49 *
25:07.39 *	23:19.69 *	21:32.09 *	20:38.19 *	19:44.39 *	18:50.59 *	1650 FR SCY	18:20.79 *	19:13.19 *	20:05.59 *	20:58.09 *	22:42.89 *	24:27.69 *
38.79 *	35.99 *	33.19 *	31.79 *	30.49 *	29.09 *	50 BK SCY	28.19 *	29.69 *	31.19 *	32.69 *	35.59 *	38.49 *
1:26.59 *	1:19.79 *	1:12.99 *	1:09.59 *	1:06.19 *	1:02.69 *	100 BK SCY	59.49	1:02.79	1:05.99	1:09.29 *	1:15.69	1:22.19
2:59.49 *	2:46.69 *	2:33.89 *	2:27.49 *	2:20.99 *	2:14.59 *	200 BK SCY	2:09.69 *	2:15.89 *	2:21.99 *	2:28.19 *	2:40.49 *	2:52.89 *
43.99 *	40.89 *	37.69 *	36.19 *	34.59 *	32.99 *	50 BR SCY	31.49 *	33.29 *	34.99 *	36.69 *	40.09 *	43.49 *
1:36.49 *	1:29.29 *	1:22.19 *	1:18.59 *	1:15.09 *	1:11.49 *	100 BR SCY	1:07.79 *	1:11.39 *	1:14.89 *	1:18.39 *	1:25.49 *	1:32.59 *
3:25.69 *	3:10.99 *	2:56.29 *	2:48.99 *	2:41.69 *	2:34.29 *	200 BR SCY	2:27.29 *	2:34.39 *	2:41.39 *	2:48.39 *	3:02.39 *	3:16.39 *
36.89 *	34.29 *	31.59 *	30.29 *	28.99 *	27.69 *	50 FL SCY	26.69 *	28.19	29.69	31.19	34.19	37.09
1:25.79 *	1:18.89 *	1:12.09 *	1:08.59 *	1:05.19 *	1:01.79 *	100 FL SCY	59.09 *	1:02.49 *	1:05.89	1:09.29	1:16.09	1:22.89
3:03.39 *	2:50.29 *	2:37.19 *	2:30.59 *	2:24.09 *	2:17.59 *	200 FL SCY	2:12.39 *	2:18.69 *	2:24.99 *	2:31.39 *	2:43.99 *	2:56.59 *
1:25.19 *	1:19.09 *	1:13.09 *	1:09.99 *	1:06.99 *	1:03.89 *	100 IM SCY	1:01.09 *	1:03.99 *	1:06.99 *	1:09.99 *	1:15.89 *	1:21.89 *
3:03.89 *	2:50.69 *	2:37.59 *	2:30.99 *	2:24.49 *	2:17.89 *	200 IM SCY	2:12.09 *	2:18.79 *	2:25.59 *	2:32.29 *	2:45.79 *	2:59.29 *
6:31.69 *	6:03.69 *	5:35.79 *	5:21.79 *	5:07.79 *	4:53.79 *	400 IM SCY	4:42.79 *	4:56.29 *	5:09.79 *	5:23.19 *	5:50.09 *	6:17.09 *
2:24.79 *	2:14.39 *	2:04.09 *	1:58.89 *	1:53.79 *	1:48.59 *	200 FR-R SCY	1:44.39 *	1:49.29 *	1:54.29 *	1:59.29 *	2:09.19 *	2:19.09 *
5:18.09 *	4:55.39 *	4:32.69 *	4:21.29 *	4:09.99 *	3:58.59 *	400 FR-R SCY	3:50.09 *	4:00.99 *	4:11.99 *	4:22.89 *	4:44.79 *	5:06.79 *
2:41.19 *	2:29.69 *	2:18.19 *	2:12.39 *	2:06.69 *	2:00.89 *	200 MED-R SCY	1:55.59 *	2:01.09 *	2:06.59 *	2:12.09 *	2:23.09 *	2:34.09 *
5:53.49 *	5:28.29 *	5:02.99 *	4:50.39 *	4:37.79 *	4:25.09 *	400 MED-R SCY	4:14.79 *	4:26.99 *	4:39.09 *	4:51.19 *	5:15.49 *	5:39.79 *

USA Swimming 2024-2028 Motivational Standards



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B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
13-14 Girls						13-14 Boys						
32.49 *	30.19	27.89	26.69 *	25.59	24.39	50 FR SCY	22.39 *	23.49	24.59	25.59 *	27.69 *	29.89
1:10.99 *	1:05.89 *	1:00.89 *	58.29 *	55.79 *	53.29 *	100 FR SCY	48.69 *	51.09 *	53.39 *	55.69 *	1:00.29 *	1:04.99 *
2:33.59 *	2:22.69 *	2:11.69 *	2:06.19 *	2:00.69 *	1:55.29 *	200 FR SCY	1:46.89 *	1:51.99 *	1:57.09 *	2:02.19 *	2:12.29 *	2:22.49 *
6:52.19 *	6:22.79 *	5:53.39 *	5:38.59 *	5:23.89 *	5:09.19 *	500 FR SCY	4:49.29 *	5:03.09 *	5:16.89 *	5:30.59 *	5:58.19 *	6:25.69 *
14:11.09 *	13:10.29 *	12:09.49 *	11:39.09 *	11:08.69 *	10:38.29 *	1000 FR SCY	9:58.49 *	10:26.99 *	10:55.49 *	11:23.99 *	12:20.99 *	13:17.99 *
23:42.89 *	22:01.19 *	20:19.59 *	19:28.79 *	18:37.99 *	17:47.19 *	1650 FR SCY	16:47.19 *	17:35.19 *	18:23.09 *	19:11.09 *	20:46.99 *	22:22.89 *
1:16.89 *	1:11.39 *	1:05.89 *	1:03.19 *	1:00.49 *	57.69 *	100 BK SCY	53.49 *	55.99 *	58.59 *	1:01.09 *	1:06.19 *	1:11.29 *
2:46.39 *	2:34.49 *	2:22.59 *	2:16.69 *	2:10.69 *	2:04.79 *	200 BK SCY	1:55.99 *	2:01.59 *	2:07.09 *	2:12.59 *	2:23.69 *	2:34.69 *
1:28.69 *	1:22.29 *	1:15.99 *	1:12.89 *	1:09.69 *	1:06.49 *	100 BR SCY	1:00.39 *	1:03.29 *	1:06.19 *	1:08.99 *	1:14.79 *	1:20.49 *
3:10.99 *	2:57.39 *	2:43.79 *	2:36.89 *	2:30.09 *	2:23.29 *	200 BR SCY	2:11.19 *	2:17.39 *	2:23.59 *	2:29.89 *	2:42.39 *	2:54.89 *
1:16.79 *	1:11.29 *	1:05.89 *	1:03.09 *	1:00.39 *	57.59 *	100 FL SCY	52.89 *	55.39 *	57.89 *	1:00.39 *	1:05.49 *	1:10.49 *
2:51.19 *	2:38.99 *	2:26.69 *	2:20.59 *	2:14.49 *	2:08.39 *	200 FL SCY	1:57.59 *	2:03.19 *	2:08.79 *	2:14.39 *	2:25.59 *	2:36.79 *
2:51.79 *	2:39.49 *	2:27.19 *	2:21.09 *	2:14.99 *	2:08.79 *	200 IM SCY	1:58.49 *	2:04.09 *	2:09.79 *	2:15.39 *	2:26.69 *	2:37.99 *
6:05.79 *	5:39.69 *	5:13.49 *	5:00.49 *	4:47.39 *	4:34.29 *	400 IM SCY	4:13.29 *	4:25.39 *	4:37.39 *	4:49.49 *	5:13.59 *	5:37.69 *
2:16.29 *	2:06.59 *	1:56.89 *	1:51.99 *	1:47.09 *	1:42.29 *	200 FR-R SCY	1:33.69 *	1:38.19 *	1:42.59 *	1:47.09 *	1:55.99 *	2:04.89 *
4:57.29 *	4:35.99 *	4:14.79 *	4:04.19 *	3:53.59 *	3:42.99 *	400 FR-R SCY	3:24.89 *	3:34.59 *	3:44.39 *	3:54.19 *	4:13.69 *	4:33.19 *
10:49.19 *	10:02.79 *	9:16.39 *	8:53.29 *	8:30.09 *	8:06.89 *	800 FR-R SCY	7:33.29 *	7:54.89 *	8:16.39 *	8:37.99 *	9:21.19 *	10:04.39 *
2:29.89 *	2:19.19 *	2:08.49 *	2:03.09 *	1:57.79 *	1:52.39 *	200 MED-R SCY	1:43.69 *	1:48.59 *	1:53.59 *	1:58.49 *	2:08.39 *	2:18.19 *
5:26.89 *	5:03.59 *	4:40.19 *	4:28.59 *	4:16.89 *	4:05.19 *	400 MED-R SCY	3:44.49 *	3:55.19 *	4:05.89 *	4:16.49 *	4:37.89 *	4:59.29 *
15-16 Girls						15-16 Boys						
31.79	29.49	27.29 *	26.09	24.99	23.89 *	50 FR SCY	21.19 *	22.19 *	23.19 *	24.19 *	26.29 *	28.29 *
1:08.79 *	1:03.79 *	58.89 *	56.49 *	53.99 *	51.59 *	100 FR SCY	46.49 *	48.79 *	50.99 *	53.19 *	57.59 *	1:01.99 *
2:28.99 *	2:18.39 *	2:07.69 *	2:02.39 *	1:57.09 *	1:51.79 *	200 FR SCY	1:41.99 *	1:46.89 *	1:51.79 *	1:56.59 *	2:06.29 *	2:15.99 *
6:40.99 *	6:12.39 *	5:43.69 *	5:29.39 *	5:15.09 *	5:00.79 *	500 FR SCY	4:36.29 *	4:49.49 *	5:02.69 *	5:15.79 *	5:42.09 *	6:08.39 *
13:52.89 *	12:53.49 *	11:53.99 *	11:24.19 *	10:54.49 *	10:24.69 *	1000 FR SCY	9:38.89 *	10:06.39 *	10:33.99 *	11:01.59 *	11:56.69 *	12:51.79 *
23:15.89 *	21:36.19 *	19:56.49 *	19:06.69 *	18:16.79 *	17:26.89 *	1650 FR SCY	16:04.99 *	16:50.89 *	17:36.89 *	18:22.79 *	19:54.69 *	21:26.59 *
1:14.69	1:09.39	1:04.09 *	1:01.39	58.69	56.09 *	100 BK SCY	50.69 *	53.09 *	55.49 *	57.89 *	1:02.69 *	1:07.49 *
2:42.19 *	2:30.59 *	2:19.09 *	2:13.29 *	2:07.49 *	2:01.69 *	200 BK SCY	1:50.69 *	1:55.99 *	2:01.29 *	2:06.59 *	2:17.09 *	2:27.59 *
1:25.89	1:19.79 *	1:13.69 *	1:10.59 *	1:07.49	1:04.49 *	100 BR SCY	57.69 *	1:00.39 *	1:03.19 *	1:05.89 *	1:11.39 *	1:16.89 *
3:05.99	2:52.69 *	2:39.39 *	2:32.79	2:26.19	2:19.49	200 BR SCY	2:05.29 *	2:11.29 *	2:17.29 *	2:23.19 *	2:35.19 *	2:47.09 *
1:14.39 *	1:09.09 *	1:03.79 *	1:01.09 *	58.39 *	55.79 *	100 FL SCY	50.39 *	52.79 *	55.19 *	57.59 *	1:02.39 *	1:07.19 *
2:45.79 *	2:33.99 *	2:22.09 *	2:16.19 *	2:10.29 *	2:04.39 *	200 FL SCY	1:52.69 *	1:58.09 *	2:03.39 *	2:08.79 *	2:19.49 *	2:30.19 *
2:46.19 *	2:34.29 *	2:22.39 *	2:16.49 *	2:10.59 *	2:04.59 *	200 IM SCY	1:53.19 *	1:58.59 *	2:03.99 *	2:09.39 *	2:20.19 *	2:30.89 *
5:54.99 *	5:29.69 *	5:04.29 *	4:51.59 *	4:38.99 *	4:26.29 *	400 IM SCY	4:01.59 *	4:13.19 *	4:24.69 *	4:36.19 *	4:59.19 *	5:22.19 *
2:15.19 *	2:05.59 *	1:55.89 *	1:51.09 *	1:46.29 *	1:41.39 *	200 FR-R SCY	1:31.39 *	1:35.69 *	1:40.09 *	1:44.39 *	1:53.09 *	2:01.79 *
4:54.89 *	4:33.79 *	4:12.79 *	4:02.29 *	3:51.69 *	3:41.19 *	400 FR-R SCY	3:21.59 *	3:31.19 *	3:40.79 *	3:50.39 *	4:09.59 *	4:28.79 *
10:47.79 *	10:01.59 *	9:15.29 *	8:52.19 *	8:28.99 *	8:05.89 *	800 FR-R SCY	7:27.79 *	7:49.09 *	8:10.39 *	8:31.79 *	9:14.39 *	9:57.09 *
2:28.09 *	2:17.49 *	2:06.99 *	2:01.69 *	1:56.39 *	1:51.09 *	200 MED-R SCY	1:40.69 *	1:45.49 *	1:50.19 *	1:54.99 *	2:04.59 *	2:14.19 *
5:23.29 *	5:00.19 *	4:37.09 *	4:25.59 *	4:13.99 *	4:02.49 *	400 MED-R SCY	3:40.69 *	3:51.19 *	4:01.69 *	4:12.19 *	4:33.19 *	4:54.19 *

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B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
17-18 Girls						17-18 Boys						
31.39	29.09	26.89	25.79	24.69 *	23.49	50 FR SCY	20.69 *	21.69 *	22.59 *	23.59 *	25.59 *	27.59 *
1:08.09 *	1:03.19 *	58.39 *	55.89 *	53.49 *	51.09 *	100 FR SCY	45.29 *	47.39 *	49.59 *	51.69 *	55.99 *	1:00.29 *
2:27.19 *	2:16.69 *	2:06.19 *	2:00.89 *	1:55.69 *	1:50.39 *	200 FR SCY	1:40.19 *	1:44.99 *	1:49.69 *	1:54.49 *	2:03.99 *	2:13.59 *
6:36.49 *	6:08.19 *	5:39.89 *	5:25.69 *	5:11.59 *	4:57.39 *	500 FR SCY	4:32.39 *	4:45.39 *	4:58.39 *	5:11.39 *	5:37.29 *	6:03.19 *
13:46.09 *	12:47.09 *	11:48.09 *	11:18.59 *	10:49.09 *	10:19.59 *	1000 FR SCY	9:30.19 *	9:57.29 *	10:24.49 *	10:51.59 *	11:45.89 *	12:40.19 *
22:47.19 *	21:09.59 *	19:31.89 *	18:43.09 *	17:54.29 *	17:05.39 *	1650 FR SCY	15:51.79 *	16:37.09 *	17:22.39 *	18:07.69 *	19:38.39 *	21:08.99 *
1:13.39 *	1:08.09 *	1:02.89 *	1:00.29 *	57.69 *	54.99 *	100 BK SCY	48.89 *	51.29 *	53.59 *	55.89 *	1:00.59 *	1:05.19 *
2:38.79 *	2:27.39 *	2:16.09 *	2:10.39 *	2:04.79 *	1:59.09 *	200 BK SCY	1:47.89 *	1:53.09 *	1:58.19 *	2:03.29 *	2:13.59 *	2:23.89 *
1:24.79 *	1:18.79	1:12.69 *	1:09.69 *	1:06.69	1:03.59 *	100 BR SCY	55.99 *	58.69 *	1:01.39 *	1:03.99 *	1:09.39 *	1:14.69 *
3:04.69 *	2:51.49 *	2:38.29 *	2:31.69 *	2:25.09 *	2:18.49 *	200 BR SCY	2:01.69 *	2:07.49 *	2:13.29 *	2:19.09 *	2:30.69 *	2:42.29 *
1:13.59	1:08.29	1:03.09	1:00.39 *	57.79	55.19	100 FL SCY	49.09 *	51.39 *	53.69 *	56.09 *	1:00.79 *	1:05.39 *
2:42.79 *	2:31.19 *	2:19.49 *	2:13.69 *	2:07.89 *	2:02.09 *	200 FL SCY	1:49.79 *	1:55.09 *	2:00.29 *	2:05.49 *	2:15.99 *	2:26.39 *
2:43.59 *	2:31.89 *	2:20.19 *	2:14.39 *	2:08.49 *	2:02.69 *	200 IM SCY	1:50.59 *	1:55.89 *	2:01.09 *	2:06.39 *	2:16.89 *	2:27.39 *
5:50.69 *	5:25.59 *	5:00.59 *	4:47.99 *	4:35.49 *	4:22.99 *	400 IM SCY	3:57.99 *	4:09.39 *	4:20.69 *	4:31.99 *	4:54.69 *	5:17.39 *
2:14.69 *	2:05.09 *	1:55.39 *	1:50.59 *	1:45.79 *	1:40.99 *	200 FR-R SCY	1:26.69 *	1:30.79 *	1:34.89 *	1:39.09 *	1:47.29 *	1:55.59 *
4:49.49 *	4:28.79 *	4:08.19 *	3:57.79 *	3:47.49 *	3:37.19 *	400 FR-R SCY	3:10.39 *	3:19.39 *	3:28.49 *	3:37.49 *	3:55.69 *	4:13.79 *
10:32.29 *	9:47.19 *	9:01.99 *	8:39.39 *	8:16.79 *	7:54.29 *	800 FR-R SCY	7:02.99 *	7:23.09 *	7:43.19 *	8:03.39 *	8:43.69 *	9:23.89 *
2:26.89 *	2:16.39 *	2:05.89 *	2:00.69 *	1:55.39 *	1:50.19 *	200 MED-R SCY	1:34.69 *	1:39.19 *	1:43.69 *	1:48.19 *	1:57.19 *	2:06.29 *
5:20.29 *	4:57.39 *	4:34.49 *	4:23.09 *	4:11.69 *	4:00.19 *	400 MED-R SCY	3:27.59 *	3:37.49 *	3:47.39 *	3:57.29 *	4:17.09 *	4:36.79 *

USA Swimming 2024-2028 Motivational Standards



8/29/2024 1:21:39 AM

B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
10 & under Girls						10 & under Boys						
45.29 *	40.89 *	36.59 *	35.09 *	33.69 *	32.19 *	50 FR LCM	31.59 *	32.99 *	34.39 *	35.69 *	39.79 *	43.89 *
1:44.09 *	1:32.99 *	1:21.89 *	1:18.19 *	1:14.49 *	1:10.79 *	100 FR LCM	1:09.79 *	1:13.19 *	1:16.69 *	1:20.19 *	1:30.59 *	1:40.99 *
3:50.99 *	3:25.69 *	3:00.39 *	2:51.99 *	2:43.49 *	2:35.09 *	200 FR LCM	2:31.69 *	2:38.89 *	2:46.09 *	2:53.39 *	3:14.99 *	3:36.69 *
7:48.59 *	7:01.69 *	6:14.89 *	5:59.29 *	5:43.69 *	5:27.99 *	400 FR LCM	5:20.79 *	5:36.09 *	5:51.39 *	6:06.59 *	6:52.49 *	7:38.29 *
55.79 *	49.69 *	43.59 *	41.59 *	39.49 *	37.49 *	50 BK LCM	36.99 *	38.99 *	41.09 *	43.09 *	49.29 *	55.39 *
2:01.59 *	1:48.09 *	1:34.59 *	1:30.09 *	1:25.59 *	1:21.09 *	100 BK LCM	1:19.99 *	1:24.09 *	1:28.19 *	1:32.29 *	1:44.49 *	1:56.69 *
1:02.19 *	55.49 *	48.79 *	46.49 *	44.29 *	42.09 *	50 BR LCM	41.49 *	43.59 *	45.79 *	47.89 *	54.39 *	1:00.89 *
2:19.39 *	2:03.89 *	1:48.39 *	1:43.29 *	1:38.09 *	1:32.99 *	100 BR LCM	1:31.69 *	1:36.29 *	1:40.89 *	1:45.49 *	1:59.19 *	2:12.89 *
54.49 *	48.09 *	41.59 *	39.49 *	37.29 *	35.19 *	50 FL LCM	34.69 *	36.59 *	38.59 *	40.59 *	46.39 *	52.29 *
2:12.79 *	1:55.39 *	1:37.99 *	1:32.19 *	1:26.39 *	1:20.59 *	100 FL LCM	1:19.59 *	1:25.09 *	1:30.69 *	1:36.19 *	1:52.89 *	2:09.49 *
4:15.69 *	3:48.89 *	3:22.09 *	3:13.09 *	3:04.19 *	2:55.29 *	200 IM LCM	2:52.19 *	3:00.79 *	3:09.39 *	3:17.89 *	3:43.69 *	4:09.49 *
3:17.49 *	2:57.79 *	2:37.99 *	2:31.39 *	2:24.79 *	2:18.29 *	200 FR-R LCM	2:17.19 *	2:23.69 *	2:30.19 *	2:36.79 *	2:56.39 *	3:15.89 *
3:43.59 *	3:21.19 *	2:58.89 *	2:51.39 *	2:43.99 *	2:36.49 *	200 MED-R LCM	2:37.59 *	2:45.09 *	2:52.59 *	3:00.09 *	3:22.59 *	3:45.09 *
11-12 Girls						11-12 Boys						
38.49 *	35.89 *	33.19 *	31.89 *	30.49 *	29.19 *	50 FR LCM	28.09 *	29.39 *	30.69	32.09 *	34.79 *	37.39 *
1:25.59 *	1:19.49 *	1:13.39 *	1:10.29 *	1:07.19 *	1:04.19 *	100 FR LCM	1:01.59 *	1:04.49 *	1:07.49 *	1:10.39 *	1:16.19 *	1:22.09 *
3:06.39 *	2:53.09 *	2:39.79 *	2:33.09 *	2:26.49 *	2:19.79 *	200 FR LCM	2:14.39 *	2:20.79 *	2:27.19 *	2:33.59 *	2:46.39 *	2:59.19 *
6:32.89 *	6:04.79 *	5:36.79 *	5:22.79 *	5:08.69 *	4:54.69 *	400 FR LCM	4:45.89 *	4:59.49 *	5:13.09 *	5:26.69 *	5:53.89 *	6:21.09 *
13:41.59 *	12:42.89 *	11:44.19 *	11:14.89 *	10:45.49 *	10:16.19 *	800 FR LCM	10:00.09 *	10:28.69 *	10:57.29 *	11:25.89 *	12:22.99 *	13:20.19 *
26:06.89 *	24:14.99 *	22:22.99 *	21:27.09 *	20:31.09 *	19:35.19 *	1500 FR LCM	19:23.89 *	20:19.29 *	21:14.69 *	22:10.19 *	24:00.99 *	25:51.79 *
44.79 *	41.59 *	38.39 *	36.79 *	35.19 *	33.59 *	50 BK LCM	32.59 *	34.29 *	35.99 *	37.69 *	41.09 *	44.49 *
1:40.59 *	1:32.69 *	1:24.79 *	1:20.79 *	1:16.89 *	1:12.89 *	100 BK LCM	1:10.39 *	1:14.29 *	1:18.09 *	1:21.89 *	1:29.59 *	1:37.19 *
3:28.09 *	3:13.29 *	2:58.39 *	2:50.99 *	2:43.49 *	2:36.09 *	200 BK LCM	2:32.19 *	2:39.49 *	2:46.69 *	2:53.99 *	3:08.49 *	3:22.99 *
49.79 *	46.19 *	42.69 *	40.89 *	39.09 *	37.39 *	50 BR LCM	36.09 *	38.09 *	39.99 *	41.99 *	45.89 *	49.79 *
1:50.39 *	1:42.19 *	1:33.99 *	1:29.99 *	1:25.89 *	1:21.79 *	100 BR LCM	1:18.99 *	1:23.09 *	1:27.19 *	1:31.29 *	1:39.59 *	1:47.79 *
3:56.79 *	3:39.89 *	3:22.99 *	3:14.49 *	3:06.09 *	2:57.59 *	200 BR LCM	2:50.99 *	2:59.09 *	3:07.19 *	3:15.39 *	3:31.59 *	3:47.89 *
41.79 *	38.79 *	35.79 *	34.29 *	32.89 *	31.39 *	50 FL LCM	30.29 *	31.99 *	33.59	35.29 *	38.69 *	41.99 *
1:38.29 *	1:30.49 *	1:22.59 *	1:18.69 *	1:14.79 *	1:10.79 *	100 FL LCM	1:07.79 *	1:11.69 *	1:15.59 *	1:19.49 *	1:27.29 *	1:35.09 *
3:31.09 *	3:15.99 *	3:00.89 *	2:53.39 *	2:45.89 *	2:38.29 *	200 FL LCM	2:33.59 *	2:40.89 *	2:48.29 *	2:55.59 *	3:10.19 *	3:24.79 *
3:30.59 *	3:15.59 *	3:00.59 *	2:52.99 *	2:45.49 *	2:37.99 *	200 IM LCM	2:30.59 *	2:38.29 *	2:45.99 *	2:53.69 *	3:08.99 *	3:24.39 *
7:28.89 *	6:56.79 *	6:24.79 *	6:08.69 *	5:52.69 *	5:36.69 *	400 IM LCM	5:28.39 *	5:44.09 *	5:59.69 *	6:15.39 *	6:46.59 *	7:17.89 *
2:44.29 *	2:32.59 *	2:20.89 *	2:14.99 *	2:09.09 *	2:03.29 *	200 FR-R LCM	2:00.19 *	2:05.89 *	2:11.59 *	2:17.39 *	2:28.79 *	2:40.19 *
6:03.69 *	5:37.69 *	5:11.79 *	4:58.79 *	4:45.79 *	4:32.79 *	400 FR-R LCM	4:26.79 *	4:39.49 *	4:52.19 *	5:04.89 *	5:30.29 *	5:55.69 *
3:04.19 *	2:50.99 *	2:37.89 *	2:31.29 *	2:24.69 *	2:18.19 *	200 MED-R LCM	2:14.79 *	2:21.29 *	2:27.69 *	2:34.09 *	2:46.89 *	2:59.79 *
6:48.79 *	6:19.59 *	5:50.39 *	5:35.79 *	5:21.19 *	5:06.59 *	400 MED-R LCM	4:59.69 *	5:13.99 *	5:28.19 *	5:42.49 *	6:10.99 *	6:39.59 *

USA Swimming 2024-2028 Motivational Standards



8/29/2024 1:21:39 AM

B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
13-14 Girls						13-14 Boys						
37.19 *	34.59 *	31.89 *	30.59 *	29.29 *	27.89	50 FR LCM	25.69 *	26.89 *	28.19 *	29.39 *	31.79 *	34.29 *
1:21.19 *	1:15.39 *	1:09.59 *	1:06.69 *	1:03.79 *	1:00.89 *	100 FR LCM	56.39 *	58.99 *	1:01.69 *	1:04.39 *	1:09.79 *	1:15.09 *
2:55.29 *	2:42.79 *	2:30.29 *	2:23.99 *	2:17.79 *	2:11.49 *	200 FR LCM	2:02.99 *	2:08.89	2:14.69 *	2:20.59	2:32.29	2:43.99 *
6:08.09 *	5:41.79 *	5:15.49 *	5:02.39 *	4:49.19 *	4:36.09 *	400 FR LCM	4:21.29 *	4:33.79 *	4:46.19 *	4:58.69 *	5:23.49 *	5:48.39 *
12:45.49 *	11:50.79 *	10:56.09 *	10:28.79 *	10:01.49 *	9:34.09 *	800 FR LCM	9:00.49 *	9:26.19 *	9:51.99 *	10:17.69 *	11:09.19 *	12:00.59 *
24:28.39 *	22:43.49 *	20:58.59 *	20:06.19 *	19:13.69 *	18:21.29 *	1500 FR LCM	17:18.49 *	18:07.89 *	18:57.39 *	19:46.79 *	21:25.69 *	23:04.59 *
1:29.69 *	1:23.29 *	1:16.89 *	1:13.69 *	1:10.49 *	1:07.29 *	100 BK LCM	1:02.79 *	1:05.79 *	1:08.69 *	1:11.69 *	1:17.69 *	1:23.69 *
3:13.29 *	2:59.49 *	2:45.69 *	2:38.79 *	2:31.89 *	2:24.99 *	200 BK LCM	2:16.29 *	2:22.79 *	2:29.29 *	2:35.79 *	2:48.79 *	3:01.79 *
1:42.39 *	1:34.99 *	1:27.69 *	1:24.09 *	1:20.39 *	1:16.79 *	100 BR LCM	1:10.29 *	1:13.69 *	1:16.99 *	1:20.39 *	1:27.09 *	1:33.79 *
3:40.29 *	3:24.59 *	3:08.89 *	3:00.99 *	2:53.09 *	2:45.29 *	200 BR LCM	2:32.09 *	2:39.39 *	2:46.59 *	2:53.79 *	3:08.29 *	3:22.79 *
1:27.19 *	1:20.99 *	1:14.79 *	1:11.69 *	1:08.59 *	1:05.39 *	100 FL LCM	1:00.29 *	1:03.09 *	1:05.99 *	1:08.89 *	1:14.59 *	1:20.29 *
3:15.69 *	3:01.69 *	2:47.79 *	2:40.79 *	2:33.79 *	2:26.79 *	200 FL LCM	2:14.79 *	2:21.19 *	2:27.59 *	2:33.99 *	2:46.79 *	2:59.69 *
3:17.19 *	3:03.09 *	2:48.99 *	2:41.99 *	2:34.89 *	2:27.89 *	200 IM LCM	2:17.19 *	2:23.69 *	2:30.19 *	2:36.69 *	2:49.79 *	3:02.89 *
6:57.99 *	6:28.19 *	5:58.29 *	5:43.39 *	5:28.39 *	5:13.49 *	400 IM LCM	4:52.99 *	5:06.99 *	5:20.89 *	5:34.89 *	6:02.79 *	6:30.69 *
2:35.59 *	2:24.39 *	2:13.29 *	2:07.79 *	2:02.19 *	1:56.69 *	200 FR-R LCM	1:47.69 *	1:52.79 *	1:57.89 *	2:03.09 *	2:13.29 *	2:23.59 *
5:40.89 *	5:16.49 *	4:52.19 *	4:39.99 *	4:27.79 *	4:15.69 *	400 FR-R LCM	3:56.49 *	4:07.69 *	4:18.99 *	4:30.19 *	4:52.79 *	5:15.29 *
12:28.29 *	11:34.79 *	10:41.39 *	10:14.59 *	9:47.89 *	9:21.19 *	800 FR-R LCM	8:42.99 *	9:07.89 *	9:32.79 *	9:57.69 *	10:47.49 *	11:37.29 *
2:53.29 *	2:40.89 *	2:28.49 *	2:22.39 *	2:16.19 *	2:09.99 *	200 MED-R LCM	1:59.19 *	2:04.89 *	2:10.59 *	2:16.29 *	2:27.59 *	2:38.99 *
6:18.39 *	5:51.39 *	5:24.29 *	5:10.79 *	4:57.29 *	4:43.79 *	400 MED-R LCM	4:21.79 *	4:34.29 *	4:46.79 *	4:59.19 *	5:24.09 *	5:49.09 *
15-16 Girls						15-16 Boys						
36.09 *	33.49 *	30.89 *	29.59 *	28.29 *	27.09 *	50 FR LCM	24.69 *	25.89 *	26.99 *	28.19 *	30.59 *	32.89 *
1:18.39 *	1:12.79 *	1:07.19 *	1:04.39 *	1:01.59 *	58.79 *	100 FR LCM	53.79 *	56.39 *	58.99 *	1:01.49 *	1:06.69 *	1:11.79 *
2:49.19 *	2:37.09 *	2:25.09 *	2:18.99 *	2:12.99 *	2:06.89 *	200 FR LCM	1:57.49 *	2:03.09 *	2:08.69 *	2:14.29 *	2:25.39 *	2:36.59 *
5:55.19 *	5:29.89 *	5:04.49 *	4:51.79 *	4:39.09 *	4:26.39 *	400 FR LCM	4:10.59 *	4:22.49 *	4:34.39 *	4:46.39 *	5:10.19 *	5:34.09 *
12:17.79 *	11:25.09 *	10:32.39 *	10:05.99 *	9:39.69 *	9:13.29 *	800 FR LCM	8:40.49 *	9:05.29 *	9:29.99 *	9:54.79 *	10:44.39 *	11:33.99 *
23:33.49 *	21:52.49 *	20:11.59 *	19:21.09 *	18:30.59 *	17:40.09 *	1500 FR LCM	16:36.19 *	17:23.59 *	18:11.09 *	18:58.49 *	20:33.39 *	22:08.29 *
1:26.89 *	1:20.69 *	1:14.49 *	1:11.39 *	1:08.29 *	1:05.19 *	100 BK LCM	59.49 *	1:02.39 *	1:05.19 *	1:07.99 *	1:13.69 *	1:19.39 *
3:06.79 *	2:53.39 *	2:40.09 *	2:33.39 *	2:26.79 *	2:20.09 *	200 BK LCM	2:09.19 *	2:15.39 *	2:21.49 *	2:27.69 *	2:39.99 *	2:52.29 *
1:38.59 *	1:31.59 *	1:24.49 *	1:20.99 *	1:17.49 *	1:13.99 *	100 BR LCM	1:07.09 *	1:10.29 *	1:13.49 *	1:16.69 *	1:23.09 *	1:29.49 *
3:32.49 *	3:17.29 *	3:02.09 *	2:54.49 *	2:46.99 *	2:39.39 *	200 BR LCM	2:25.89 *	2:32.79 *	2:39.79 *	2:46.69 *	3:00.59 *	3:14.49 *
1:24.29 *	1:18.29 *	1:12.29 *	1:09.29 *	1:06.29 *	1:03.29 *	100 FL LCM	57.59 *	1:00.29 *	1:03.09 *	1:05.79 *	1:11.29 *	1:16.79 *
3:07.79 *	2:54.39 *	2:40.99 *	2:34.29 *	2:27.59 *	2:20.89 *	200 FL LCM	2:08.79 *	2:14.89 *	2:21.09 *	2:27.19 *	2:39.49 *	2:51.69 *
3:11.19 *	2:57.49 *	2:43.89 *	2:36.99 *	2:30.19 *	2:23.39 *	200 IM LCM	2:12.09 *	2:18.39 *	2:24.69 *	2:30.99 *	2:43.59 *	2:56.19 *
6:44.69 *	6:15.79 *	5:46.89 *	5:32.49 *	5:17.99 *	5:03.59 *	400 IM LCM	4:41.09 *	4:54.39 *	5:07.79 *	5:21.19 *	5:47.99 *	6:14.69 *
2:36.49 *	2:25.39 *	2:14.19 *	2:08.59 *	2:02.99 *	1:57.39 *	200 FR-R LCM	1:44.89 *	1:49.89 *	1:54.89 *	1:59.89 *	2:09.89 *	2:19.89 *
5:41.09 *	5:16.79 *	4:52.39 *	4:40.19 *	4:27.99 *	4:15.89 *	400 FR-R LCM	3:49.89 *	4:00.89 *	4:11.79 *	4:22.79 *	4:44.69 *	5:06.49 *
12:25.39 *	11:32.19 *	10:38.89 *	10:12.29 *	9:45.69 *	9:19.09 *	800 FR-R LCM	8:32.59 *	8:56.99 *	9:21.39 *	9:45.79 *	10:34.69 *	11:23.49 *
2:53.99 *	2:41.49 *	2:29.09 *	2:22.89 *	2:16.69 *	2:10.49 *	200 MED-R LCM	1:56.29 *	2:01.89 *	2:07.39 *	2:12.89 *	2:23.99 *	2:35.09 *
6:14.39 *	5:47.69 *	5:20.89 *	5:07.59 *	4:54.19 *	4:40.79 *	400 MED-R LCM	4:15.89 *	4:28.09 *	4:40.19 *	4:52.39 *	5:16.79 *	5:41.19 *

USA Swimming 2024-2028 Motivational Standards



8/29/2024 1:21:39 AM

B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
17-18 Girls						17-18 Boys						
35.89 *	33.29 *	30.69 *	29.49 *	28.19 *	26.89 *	50 FR LCM	23.99 *	25.09 *	26.19 *	27.39 *	29.59 *	31.89 *
1:17.69 *	1:12.19 *	1:06.59 *	1:03.89 *	1:01.09 *	58.29 *	100 FR LCM	52.39 *	54.89 *	57.39 *	59.89 *	1:04.89 *	1:09.89 *
2:47.69 *	2:35.69 *	2:23.69 *	2:17.69 *	2:11.69 *	2:05.79 *	200 FR LCM	1:54.69 *	2:00.09 *	2:05.59 *	2:11.09 *	2:21.99 *	2:32.89 *
5:53.39 *	5:28.19 *	5:02.99 *	4:50.29 *	4:37.69 *	4:25.09 *	400 FR LCM	4:04.89 *	4:16.49 *	4:28.19 *	4:39.79 *	5:03.09 *	5:26.49 *
12:10.29 *	11:18.19 *	10:25.99 *	9:59.89 *	9:33.79 *	9:07.79 *	800 FR LCM	8:28.49 *	8:52.69 *	9:16.89 *	9:41.09 *	10:29.49 *	11:17.89 *
23:20.89 *	21:40.79 *	20:00.79 *	19:10.79 *	18:20.69 *	17:30.69 *	1500 FR LCM	16:19.39 *	17:05.99 *	17:52.59 *	18:39.29 *	20:12.49 *	21:45.79 *
1:25.89 *	1:19.79 *	1:13.69 *	1:10.59 *	1:07.49 *	1:04.49 *	100 BK LCM	58.19 *	1:00.89 *	1:03.69 *	1:06.49 *	1:11.99 *	1:17.49 *
3:05.79 *	2:52.49 *	2:39.19 *	2:32.59 *	2:25.99 *	2:19.29 *	200 BK LCM	2:06.89 *	2:12.89 *	2:18.99 *	2:24.99 *	2:37.09 *	2:49.19 *
1:37.49 *	1:30.49 *	1:23.59 *	1:20.09 *	1:16.59 *	1:13.09 *	100 BR LCM	1:05.09 *	1:08.19 *	1:11.29 *	1:14.39 *	1:20.59 *	1:26.69 *
3:29.89 *	3:14.99 *	2:59.99 *	2:52.49 *	2:44.99 *	2:37.49 *	200 BR LCM	2:21.89 *	2:28.59 *	2:35.39 *	2:42.19 *	2:55.69 *	3:09.19 *
1:23.59 *	1:17.69 *	1:11.69 *	1:08.69 *	1:05.69 *	1:02.69 *	100 FL LCM	55.99 *	58.69 *	1:01.29 *	1:03.99 *	1:09.29 *	1:14.59 *
3:04.49 *	2:51.39 *	2:38.19 *	2:31.59 *	2:24.99 *	2:18.39 *	200 FL LCM	2:05.29 *	2:11.29 *	2:17.19 *	2:23.19 *	2:35.09 *	2:46.99 *
3:09.29 *	2:55.79 *	2:42.29 *	2:35.49 *	2:28.79 *	2:21.99 *	200 IM LCM	2:08.99 *	2:15.09 *	2:21.19 *	2:27.39 *	2:39.59 *	2:51.89 *
6:40.29 *	6:11.69 *	5:43.09 *	5:28.79 *	5:14.49 *	5:00.29 *	400 IM LCM	4:35.69 *	4:48.79 *	5:01.89 *	5:15.09 *	5:41.29 *	6:07.59 *
2:34.19 *	2:23.19 *	2:12.19 *	2:06.69 *	2:01.19 *	1:55.59 *	200 FR-R LCM	1:40.99 *	1:45.79 *	1:50.59 *	1:55.39 *	2:04.99 *	2:14.59 *
5:34.19 *	5:10.29 *	4:46.39 *	4:34.49 *	4:22.59 *	4:10.59 *	400 FR-R LCM	3:40.49 *	3:50.99 *	4:01.49 *	4:11.99 *	4:32.99 *	4:53.99 *
12:15.79 *	11:23.29 *	10:30.69 *	10:04.39 *	9:38.19 *	9:11.89 *	800 FR-R LCM	8:10.89 *	8:34.19 *	8:57.59 *	9:20.99 *	10:07.69 *	10:54.49 *
2:51.39 *	2:39.09 *	2:26.89 *	2:20.79 *	2:14.69 *	2:08.49 *	200 MED-R LCM	1:51.39 *	1:56.69 *	2:01.99 *	2:07.29 *	2:17.89 *	2:28.49 *
6:10.89 *	5:44.39 *	5:17.89 *	5:04.69 *	4:51.39 *	4:38.19 *	400 MED-R LCM	4:02.89 *	4:14.49 *	4:26.09 *	4:37.59 *	5:00.79 *	5:23.89 *

SCRATCH RULE

- 1) Each swimmer/relay team shall be aware of the meet starting time and shall report to the proper meet authorities promptly upon call.
- 2) **Pre-Seeded Event:** Each swimmer/relay team shall report promptly to the Clerk of Course or starting blocks prior to the race in which the swimmer/relay team is entered. Any swimmer/relay team not reporting for or competing shall not be penalized. Teams that enter multiple swimmers and subsequently fail to notify the meet host prior to the seeding that multiple swimmers they entered do not intend to compete may be fined \$25 per swimmer per day, at the discretion of the Meet Referee.
- 3) **Events Seeded on the Deck**
 - a) Any swimmer who has checked in for an individual event 400 yards/meters or longer must swim in the event unless the swimmer notifies the Administrative Official before the seeding of the event has begun that the swimmer wishes to scratch; failure to scratch prior to seeding and not swimming the event will result in a fine of \$25.00 to the swimmer's club or to the unattached swimmer, except as noted in "Exceptions for Failure to Compete" (below). A declared false start or deliberate delay of the meet in events 400 yards/meters or longer is not permitted and will be regarded as a failure to compete.
 - b) Any agent of a team (coach, parent, swimmer, etc) who check in swimmers for events when those swimmers are not present at the meet may cause a fine of \$25.00 per swimmer per day to be levied against the team, as the discretion of the Meet Referee.
 - c) Events seeded on the deck and swum as a timed final with one or more heats swimming with finals shall provide the swimmers the opportunity to indicate their desire to swim only during the preliminary session by indicating this desire by placing a "P" next to their name on the check-in sheet. Any swimmer failing to indicate this desire who does not compete during the finals session shall be subject to a fine of \$25.00, except as noted in "Exceptions for Failure to Compete" (below).
- 4) **Scratching from Finals**
 - a) Any swimmer qualifying for a bonus, consolation, or championship final race in an individual event who fails to compete in said final race shall be barred from further competition for the remainder of the meet, except as noted below in "Exceptions for Failure to Compete ". If such failure to compete occurs on the swimmer's last day of the meet, the swimmer's club shall be fined \$25.00 by LESI. If the swimmer is not a member of a USA Swimming member club, the swimmer shall be fined \$25.00. A declared false start or deliberate delay of the meet is not permitted and will be regarded as a failure to compete.
 - b) In the event of withdrawal or barring a swimmer from competition, the Referee shall fill the bonus, consolation, or championship final, when possible, with the next qualified swimmer(s). First and second alternates shall be announced along with final qualifiers. These alternates shall not be penalized if unavailable to compete at finals.
 - c) When consolation finals have not yet been swum and a barring or withdrawal is known to the Referee, the Referee shall re-seed the consolation final and the final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.
 - d) If a consolation final has already been contested, the final shall be swum without reseeding for the empty lane(s).
- 5) **Exceptions for Failure to Compete:** 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) A swimmer qualifying for a bonus or consolation final or final race following preliminaries notifies the Referee or designee within 30 minutes after the announcement of the qualifiers for that race that the swimmer may not intend to compete. The swimmer must declare within 30 minutes following the swimmer's last individual preliminary event a final intention to scratch or swim.
 - c) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

The Mark J. Braun Fall Classic
November 22-24, 2024
 Summary of Fees/Release Form

Team Name	
Club Representative	
Club Rep Email (for questions about entries)	
Coach Attending	
Coach Phone	
Coach Email	

Item	Total #	Cost per	Total
Individual Entries (exclude Outreach)		\$9.00 per event	
Relay Entries		\$12.00per relay	
LESI Swimmer Surcharge (exclude Outreach)		\$3.00 per swimmer	
Handling Fee for paper entry		\$5.00 per swimmer	
Total Fees Due			

(Outreach fees can be subtracted from your team totals)

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach, or team representative, verify that all the swimmers listed on the enclosed entry and coaches attending the meet are current USA Swimming members **IN GOOD STANDING**. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Ohio Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Lake Erie Silver Dolphins, Spire Institute LESI Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

 Signature (Coach or Club Representative)

 Club Title (Coach etc)

 Name of Club

 Date

Send this form with check to:
 [Meet Host Information]

Lake Erie Swimming Meet Accommodation Form for Swimmer with a Disability

Meet Name:	
Date of Meet:	
Team:	
Swimmer's Name:	
Swimmer's Ability Grouping (P1, P2, P3)	
Coach's Name:	
Coach Cell:	

What, if any, accommodations are needed for the swimmer (include access to facility) up to the time they arrive at the starting block?

What modification of the technical rules per Article 105 (in accordance with 105.1.2) are needed for the swimmer with a disability for this event?

Event #	Description	Modification(s) Per Article 105

Please send a copy of this for to both the meet entry chair and Referee for the Meet.