

Nevada Swim Teams - Welcome to Carson City!

The Carson Tigersharks would like to invite you and your swimmers to our State's Capitol for the **2012 Nevada State Swimming Championship**, February 17 through 20. The following information is attached to assist in making this a great weekend for Nevada Swimmers!

- Sanctioned Meet Sheet is attached for your reference and available at the Pacific Swimming Website www.pacswim.org, as well as the Carson Tigersharks website www.tigersharks.org.
- Qualifying times are included on the Meet Sheet.

Facility

The Carson Aquatic Center provides an Olympic-sized indoor pool measuring 50 meters x 25 yards, located about 40 minutes from Reno's hassle-free airport. Getting here is easy and accommodations are available in close proximity. In addition to in-town fun, Carson City is the hub of the wagon wheel for day trips. Take in the beauty of Lake Tahoe, the hustle and bustle of Reno and the old west flavor of historic Virginia City, each within a 35-minute drive!

Parking

The Carson Aquatic Facility has increased parking areas in 2011 and a map is attached to assist you. Please don't park in front of the medical offices west of the pool. Do not park RVs that occupy more than one space in the mapped areas.

Altitude Adjustments

Carson City is also located above 4,500 feet altitude. Times achieved can be adjusted to use for qualifying times.

Altitude Adjustments according to USA Swimming:

200's	1.20 Seconds
400 and 500's	5 Seconds
1000's	10 Seconds
1650's	23 Seconds

Officials

We have a fabulous complement of local Officials that will be attending the Meet all on a volunteer basis. However, our policy is to request that each team support the Meet by bringing Officials, though optional, it is important in keeping our events running smoothly and efficiently. We encourage your Team to participate! Polo shirts that feature the State Logo will be provided to Meet Officials, so we need your sizes ASAP. Please contact us with the names and shirt sizes of your Officials.

Hospitality

The Carson Tigersharks Hospitably will be serving with snacks and drinks throughout the Meet. We will also be providing the following meals to Officials and Coaches: dinner on Friday night, continental breakfast Saturday through Monday, and lunch Saturday through Monday. We will also have a complete snack bar serving meals at the Aquatic Facility.

Accommodations

The Tigersharks Premier Meet Hotel for the State Meet is the Gold Dust West Casino Hotel & Good Sam RV Park at 2171 E. William Street. The property is less than 5 driving minutes from the Carson Aquatic Center. The Gold Dust West is a full service casino, hotel & Good Sam RV Park with two restaurants, 32 lane USBC Bowling Center with arcade, snack bar & the Ten Pin Lounge. The bowling center will be featuring Rock'n & Bowl'n on Friday evening February 17th starting at 9pm & Saturday evening February 18th at 8pm.

Special hotel rates include a full breakfast with each night stay. Rates are 1-4 persons (single to quad occupancy).

- Standard rooms at \$69 plus tax
- Double Queen Suites at \$79 plus tax
- Current Carson County room tax is 10%.
- Groups needing 5 or more rooms call Hotel Sales Manager, Mary Beth Swope at (877) 519-5567 x3446 or (775) 671-3446.

Good Sam RV Park: Back in or Pull thru 30 or 50 amps, \$25 plus tax

To book your room(s) / RV site on line: (1) Go to www.gdwcasino.com (2) Click on "Book a room in Carson City (3) Enter the information for your stay & book with group code NVSTATESM. (Group code is not case sensitive.)

To book your room(s) / RV site via telephone: Call toll free at (877) 519-5567 or local (775) 885-9000 & dial 1 for reservations (2) Ask for the Nevada State Swim room block & have your credit card information available to give the hotel agent.

Please RSVP today to ensure your team's participation, Karen DeBusk at tsmeetdirector@gmail.com. We look forward to seeing you at the Nevada State Swimming Championship.

Sincerely,

Carson Tigersharks



Public Parking Areas

After Hours Parking

No Parking Please

Aquatic Center

Welcome to Carson City for the
Nevada State Swimming
Championship
February 2012
Parking Information Map

2012 NEVADA STATE SHORT COURSE
SWIMMING CHAMPIONSHIPS

February 17-20, 2012

Hosted by

THE CARSON TIGERSHARKS

SANCTION: Held under USA/Pacific Swimming Sanction No. **12-001**
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.

NOTICE: By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and meet results. By entering the meet, the athlete or his/her guardian consents to this publication.

Use of Audio and Video: Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms

LOCATION: Carson Aquatic Facility, 841 N. Roop St. Carson City, NV. From Business Hwy. 395 go two traffic lights East on Hwy. 50 (E. Williams St.). Turn right on Roop St. and go one block south. Turn left behind the Carson City Community Center. From Reno on Hwy. 395 take exit 39. Turn right and travel West for .9 mile. Turn left into Mills Park and the Carson City Community Center.

COURSE: 25 yard by 50 meter indoor pool with 8 short-course lanes for competition and 8 lanes for warm-up and warm down. Colorado Timing system with touch pads and scoreboard. 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 minimum water depth in the main competition course as measured in accordance with Article 103.2.3, is 5 feet at the start end and 5 feet at the turn end.. The minimum water depth in the 2ND course for Friday night events is 4 feet at the start end and 4 feet at the turn end.

TIME: **FRIDAY TIMED FINALS:** begins at 2:00 p.m. with warm-ups from 12:30-1:45 p.m.
SAT, SUN, & MON PRELIMS (11 & OVER): begin at 8:30 a.m., with warm-ups from 7:00 am to 8:15 a.m.
SAT & SUN TIMED FINALS (10 & UNDER): will not begin before 12:30 p.m. with warm-ups beginning at the end of the morning session.
MONDAY's TIMED FINALS (10 and Under) WILL NOT BEGIN BEFORE 11:30 am with warm-ups beginning at the end of the morning session.
SAT, SUN, & MON FINALS (11 & OVER): will begin no sooner than ONE HOUR AFTER the completion of the 10 & Under session. The finals start time will be determined at the daily coaches meeting.

RULES: Current USA/Pacific Swimming rules will govern the meet. Pacific warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk of Course. All events for 10 & Under are timed finals. All swimmers ages 10 and under should complete competition within four (4) hours. If local conditions warrant, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down.

All coaches and deck officials must wear their USA-S membership cards in a visible manner at all times while on deck. Each swimmer must be under the supervision of a USA swimming member coach during warm-up and competition. All coaches are required to sign in at the meet before the beginning of warm-ups and present their current USA-S registration card before coaching swimmers at the meet. Except for coaches accompanying athletes participating under the provisions of 202.6 or USA Swimming's "open border" policy, all persons acting in any coaching capacity must show proof of current USA Swimming coach membership. The Meet Director or Meet Referee will assign all swimmers unaccompanied by a USA Swimming certified coach to another certified coach.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

RESTRICTIONS: Propane heaters, glass containers, and the sale and use of alcoholic beverages is strictly prohibited in all areas of the meet venue.
Smoking and the use of tobacco products is prohibited on the pool deck, in the locker room, in any of the spectator areas, and in all areas used by swimmers during the meet and warm-up periods.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

NO ANIMALS ARE ALLOWED ON THE PREMISES.

Folding and camp chairs are discouraged due to limited space on the deck and because they must be removed each night to hose down the deck. Seating is on a first come first serve basis. Special bleachers have been constructed for the meet to create as much seating as possible.

LARGE COOLERS WILL NOT BE ALLOWED ON BLEACHERS.

There will be closed areas of the deck. Cooperation of swimmers, families, and coaches will be appreciated.

UNACCOMPANIED SWIMMERS: Any USAS athlete-member competing at the meet must be accompanied by a USA Swimming member-coach for the purposes of athlete supervision during warm-up, competition and warm-down. If a coach-member of the athlete's USAS Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USAS Club Member-Coach. The swimmer must be certified by a USA Swimming member coach as being proficient in performing a racing starter must start the race in the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

ELIGIBILITY: Open to all 2012 USA Swimming registered athletes residing in the State of Nevada, or representing a team registered with USA Swimming in the State of Nevada, who have achieved one or more qualifying time standards for the meet. Swimmers must enter their name and registration number as they are shown on their Registration Card. If this is not done, it may be difficult to match the swimmer with the registration and times database. The meet host must check all swimmer registrations against the SWIMS database and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail. Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. **All Swimmers must swim in their actual age group as determined by their age on the first day of the meet.** Swimmers 19 & over may swim in prelims if they meet the time standards for 15-18, and may swim in non-scoring relays. They cannot swim in finals or score points. 11 & up swimmers may compete in the open relays or in relays for their age division but not in both. *Disabled swimmers meeting the eligibility requirements are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming Policy.*

QUALIFYING

TIMES: Submit your qualifying time as short course yard or long course times designated by "Y" or "L". Entry times will be seeded by conforming course followed by nonconforming course. **DO NOT CONVERT TIMES.** Do not submit No Times (NT) or estimated times. All entry times must meet the minimum qualifying times and will be run through the SWIMS database for verification.

BONUS

EVENTS: Swimmers with 1 qualifying time standard may enter up to 2 additional Bonus Events where the bonus standard is achieved. Swimmers with 2 qualifying times may enter 1 additional Bonus Event where the bonus standard is achieved. **SWIMMERS WITH 3 OR MORE QUALIFYING TIMES - NO BONUS EVENTS.**

Bonus time standards for events distance 25 add .25 sec, 50 add .50 sec, 100 add 1.00 sec, 200 add 2.00 sec to the qualifying time standards for those events. There are no bonus events for distances longer than 200.

DISTANCE

EVENTS: All events for Friday are timed final events and may be run on two (2) courses at the discretion of the Meet Referee. The 400 IM and 11-12 500 freestyle events will be swum fastest to slowest, no alternating, and will remain in separate age groups. The 1650 freestyle will be swum fastest to slowest alternating girls and boys. The 1650 will be swum 13-14 and 15 & up together, but scored and awarded separately. Swimmers must provide their own timers and lap counters for the 1650 freestyle. The 13-14 and 15-18 500 freestyle events on Monday will be swum slowest to fastest in separate age groups without alternating.

RELAYS:

Relays will be deck entered by the announced time on Saturday & Sunday. Relay cards will be handed out the morning of the relays.

All relay swimmers must be entered in an individual event in the meet or **the name(s) of all relay only swimmer(s) must be submitted with the team entries with the participation fee.**

11 & Over swimmers may compete in the open relays or in relays for their age division, **BUT NOT BOTH.**

ENTRY LIMIT: Swimmers may enter as many events as they wish, but shall check in for and compete in no more than:

10 and Under: 4 events per day, 7 maximum for the meet, plus relays.

11 and Over: 3 events per day, 7 maximum for the meet, plus relays.

Relays: 2 scoring relays per event, to be designated as 'A' and 'B' on relay card; additional non-scoring relays are permitted for the same entry fee. Swimmers 19 and older may not participate in scoring relays.

CHECK-IN: The meet will be deck seeded. **The first two events of each session will close together thirty (30) minutes before the start of the session. All other events will close no more than sixty (60) minutes prior to the estimated start of the event.** Swimmers who do not check-in will not be allowed to compete in the event.

SCRATCHES: Any swimmer who has checked-in for an individual preliminary or timed-final event, and fails to swim that event, will be barred from competing in his/her next individual event. The penalty will not apply if the swimmer scratches before the event is seeded or if the Meet Referee accepts proof that the failure was caused by illness, injury, or other circumstances beyond the control of the swimmer.

FINALS: Events for the 11-12 and 13-14 age groups will have B and A finals, in that order.
Events for the 15 & Over age group will have C, B and A finals, in that order.
The national championship finals scratch rule will be in effect.
An athlete wishing to scratch from finals must scratch or declare their intent within 30 minutes of the announcement of the preliminary results of that event.
Any swimmer originally qualifying for an A, B, or C final race in an individual event who fails to compete in said race, without properly scratching, shall be barred from further competition for the remainder of the meet.
If the failure to compete occurs on the last day that the swimmer is entered in an individual event in the meet, and no other individual event penalty is applicable, the swimmer shall be fined \$25.00 by Pacific Swimming.
Exceptions for failure to compete: No penalty shall apply for failure to withdraw or compete in an individual event if **1)** the referee is notified in the event of illness or injury and accepts proof thereof, **2)** it is determined by the referee that the failure to compete was caused by circumstances beyond the control of the swimmer, **3)** the swimmer originally qualified as an alternate, or **4)** the swimmer qualified for finals due to scratches of one or more original finalists.

OFFICIALS: **The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the meet referee.**

Meet Referee: Gale Maynor

Head Starter: Richard Hayes

Administrative Referee: Jim Morefield

Head Marshall: Marc Grunert

Meet Director: Karen Debusk

tsmeetdirector@gmail.com

Minimum Officials:

All available USA Swimming member certified officials are welcomed and encouraged to work at this meet. As the number of certified officials allows, interested parents/trainees are also welcome to shadow working officials for education and/or mentoring. Participating clubs are **requested** to provide at least the following number of certified and carded officials for each session:

Club swimmers entered in session	Trained and carded officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	5

Officials please contact the meet director with shirt size information prior to the meet.

ENTRIES: TWO OPTIONS FOR MEET ENTRY

Option 1: Team Meet Entries: If teams wish to submit a group entry using Hytek's Team Manager please contact Karen Debusk at tsmeetdirector@gmail.com to receive the computer file and entry instructions.

Option 2: Surface Mail Entries: Entries must be submitted on the enclosed consolidated entry form. Paper entries will be assessed a \$1.00 per swimmer processing fee. Each entry must be completely filled out with the **qualifying entry time marked "Y" for short course yards or "L" for long course times** for each event. "No time" entries **will not be accepted.**

ALL PAPER ENTRIES MUST BE POSTMARKED BY Wednesday February 1st, 2012, or HAND DELIVERED by Friday February 3rd to the Carson Tigershark Team Box, Carson Aquatic Facility, 841 N. Roop Street, Carson City, NV 89702. (Address for hand delivery only.) For confirmation of entry include a self-addressed stamped postcard/envelope. Relays will be deck entered by the announced time on Saturday and Sunday.

ENTRY FEES: \$5.50 for each individual entry, \$20.00 for each relay entry, plus a \$8.00 participation fee per swimmer.

NO REFUNDS will be given except for mandatory scratch downs.

Make checks payable to the **Carson Tigersharks** and mail with entries to:

Carson Tigersharks

P.O. Box 1876

Carson City, NV 89702

NO LATE OR DECK ENTRIES (except for Relay events) WILL BE ACCEPTED.

AWARDS: Team Trophies: 1st – 4th

Trophies will be awarded for Individual High Point & Runner-up

(8 & Under, 9-10, 11-12, 13-14, 15-18)

Individual Events: medals 1st – 9th place, ribbons 10th – 16th place

(8 & Under, 9-10, 11-12, 13-14, 15-18)

Relays: Medals 1st-3rd

ALL AWARDS MUST BE PICKED UP AT THE MEET. NO AWARDS WILL BE MAILED.

Each team is asked to designate a representative to collect the awards.

SCORING: Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

19 & up swimmers will not score or receive awards.

ADMISSION: Free. A four-day program will be available for a fee.

SNACK BAR: A snack bar will be available during the meet

HOSPITALITY: Snacks, lunches, and beverages will be served to all coaches and working officials.

TIMERS: Clubs will be assigned lanes based on the number of swimmers from each club (host club will not be expected to time). Swimmers will need to provide their own timers for the 1650 freestyle events.

ACCOMMODATIONS:

We will have a preferred list of hotels on our website at www.tigersharks.org

SCHEDULE OF EVENTS:
Friday, February 17, 2012
Warm Ups 12:30 p.m. Start Time 2:00 p.m.

Girls Time Standards (SCY/LCM)	Girls Event #	Event Description Timed Finals	Boys Event #	Boys Time Standards (SCY/LCM)
6:00.89/6:44.97	1	13-14 400 IM	2	6:10.27/6:55.29
5:25.05/6:05.55	3	15& Over 400 IM	4	5:39.95/6:21.94
6:43.35/6:06.94	5	11-12 500 Freestyle	6	7:24.59/6:43.23
24:00.71/24:30.71	7	13-14 1650 Freestyle	8	23:37.97/24:07.97
21:12.49/21:42.49	7	15& Over 1650 Freestyle	8	21:48.50/22:18.50

Friday, February 17, 2012
Warm Ups 12:30 p.m. Start Time 2:00 p.m.

Girls Time Standards (SCY/LCM)	Girls Event #	Event Description Timed Finals	Boys Event #	Boys Time Standards (SCY/LCM)
6:00.89/6:44.97	1	13-14 400 IM	2	6:10.27/6:55.29
5:25.05/6:05.55	3	15& Over 400 IM	4	5:39.95/6:21.94
6:43.35/6:06.94	5	11-12 500 Freestyle	6	7:24.59/6:43.23
24:00.71/24:30.71	7	13-14 1650 Freestyle	8	23:37.97/24:07.97
21:12.49/21:42.49	7	15& Over 1650 Freestyle	8	21:48.50/22:18.50

Saturday, February 18, 2012 – Morning Prelims Session
Warm Ups 7:00 a.m. Start Time 8:30

Girls Time Standards (SCY/LCM)	Girls Event #	Event Description AM and Finals Sessions	Boys Event #	Boys Time Standards (SCY/LCM)
2:32.03/2:51.23	9	11-12 200 Freestyle	10	2:47.07/3:07.77
2:21.88/2:40.06	11	13-14 200 Freestyle	12	2:24.78/2:43.25
2:09.15/2:26.06	13	15 & Over 200 Freestyle	14	2:11.71/2:28.88
42.32/47.55	15	11-12 50 Breaststroke	16	46.68/52.34
1:27.65/1:38.41	17	13-14 100 Breaststroke	18	1:30.88/1:41.96
1:20.13/1:30.14	19	15 & Over 100 Breaststroke	20	1:21.23/1:31.35
1:20.37/1:30.40	21	11-12 100 Backstroke	22	1:32.10/1:43.31
2:42.53/3:02.78	23	13-14 200 Backstroke	24	2:56.35/3:17.98
2:29.87/2:48.85	25	15 & Over 200 Backstroke	26	2:43.84/3:03.82
37.13/41.84	27	11-12 50 Butterfly	28	38.98/43.87
1:18.40/1:28.24	29	13-14 100 Butterfly	30	1:18.28/1:28.10
1:09.34/1:18.27	31	15 & Over 100 Butterfly	32	1:10.88/1:19.96
-	33*	11-12 200 Medley Relay	34*	-
-	35*	13-14 400 Medley Relay	36*	-
-	37*	Open 400 Medley Relay	38*	-

***Relays will be swum only during the evening finals.**

**Saturday, February 18, 2012 – Afternoon
Warm Ups End of Morning Session
Start Time Not Before 12:30**

Girls Time Standards (SCY/LCM)	Girls Event #	Event Description PM Timed Finals Session	Boys Event #	Boys Time Standards (SCY/LCM)
3:04.40/3:26.84	39	9-10 200 Freestyle	40	3:07.14/3:29.85
1:51.58/ 2:04.73	41	8 & Under 100 Freestyle	42	1:47.33/2:00.06
49.77/55.74	43	9-10 50 Breaststroke	44	51.83/58.01
29.93	45	8 & Under 25 Breaststroke	46	29.12
1:36.53/1:48.18	47	9-10 100 Backstroke	48	1:44.04/1:56.44
59.89/1:06.87	49	8 & Under 50 Backstroke	50	59.15/1:06.06
1:33.87	51	9-10 100 IM	52	1:39.92
-	53	8 & Under 100 Medley Relay	54	
-	55	9-10 200 Medley Relay	56	

**Sunday, February 19, 2012
Warm Ups 7:00 a.m. Start Time 8:30**

Girls Time Standards (SCY/LCM)	Girls Event #	Event Description AM and Finals Sessions	Boys Event #	Boys Time Standards (SCY/LCM)
2:27.83/2:46.61	57	15 & Over 200 IM	58	2:30.24/2:49.26
2:38.46/2:58.30	59	13-14 200 IM	60	2:50.13/3:11.14
1:19.39	61	11-12 100 IM	62	1:28.23
3:00.99/3:23.08	63	15 & Over 200 Breaststroke	64	3:02.80/3:25.08
3:10.60/3:33.65	65	13-14 200 Breaststroke	66	3:17.76/3:41.53
1:34.98/1:46.47	67	11-12 100 Breaststroke	68	1:42.30/1:54.53
59.15/1:07.06	69	15 & Over 100 Freestyle	70	58.29/1:06.11
1:03.88/1:12.66	71	13-14 100 Freestyle	72	1:05.99/1:14.58
1:09.58/1:17.53	73	11-12 100 Freestyle	74	1:14.34/1:23.77
2:55.43/3:16.97	75	15 & Over 200 Butterfly	76	2:43.47/3:03.92
3:02.28/3:24.50	77	13-14 200 Butterfly	78	2:56.86/3:18.54
1:27.94/1:38.73	79	11-12 100 Butterfly	80	1:30.14/1:41.15
-	81	11-12 200 Freestyle Relay	82	-
-	83*	13-14 400 Freestyle Relay	84*	-
-	85	Open 400 Freestyle Relay	86	-

*Relays will be swum only during the evening finals.

**Sunday, February 19, 2012 – Afternoon
Warm Ups End of Morning Session
Start Time Not Before 12:30**

Girls Time Standards (SCY/LCM)	Girls Event #	Event Description PM Timed Finals Session	Boys Event #	Boys Time Standards (SCY/LCM)
44.29/49.71	87	9-10 50 Butterfly	88	43.39/48.72
26.63	89	8 & Under 25 Butterfly	90	26.63
43.55/48.90	91	9-10 50 Backstroke	92	46.70/52.37
26.59	93	8 & Under 25 Backstroke	94	26.95
1:51.25/2:04.37	95	9-10 100 Breaststroke	96	1:55.27/2:08.72
1:06.44/1:14.08	97	8 & Under 50 Breaststroke	98	1:04.79/1:12.26
1:22.43/1:32.67	99	9-10 100 Freestyle	100	1:25.70/1:36.27
49.09/54.99	101	8 & Under 50 Freestyle	102	49.25/55.17
-	103	9-10 200 Freestyle Relay	104	-
-	105	8 & Under 100 Freestyle Relay	106	-

**Monday, February 20, 2012
Warm Ups 7:00 a.m. Start Time 8:30**

Girls Time Standards (SCY/LCM)	Girls Event #	Event Description AM and Finals Sessions	Boys Event #	Boys Time Standards (SCY/LCM)
37.10/41.81	107	11-12 50 Backstroke	108	41.94/47.13
1:14.15/1:23.56	109	13-14 100 Backstroke	110	1:22.01/1:32.21
1:10.17/1:19.18	111	15 & Over 100 Backstroke	112	1:13.81/1:23.19
2:52.04/3:13.24	113	11-12 200 IM	114	3:13.52/3:36.87
6:18.12/5:44.74	115	13-14 500 Freestyle	116	6:31.55/5:56.56
5:41.41/5:12.44	117	15 & Over 500 Freestyle	118	5:52.00/5:21.75
31.02/35.12	125	11-12 50 Freestyle	126	34.11/38.52
29.59/33.54	121	13-14 50 Freestyle	122	30.80/34.88
27.55/31.30	123	15 & Over 50 Freestyle	124	26.84/30.52

**Monday, February 20, 2012 – Afternoon
Warm Ups End of Morning Session
Start Time Not Before 11:30**

Girls Time Standards (SCY/LCM)	Girls Event #	Event Description PM Timed Finals Session	Boys Event #	Boys Time Standards (SCY/LCM)
3:32.66/3:57.92	125	9-10 200 IM	126	3:37.02/4:02.72
2:08.54	127	8 & Under 100 IM	128	2:04.84
1:46.40/1:59.04	129	9-10 100 Butterfly	130	1:44.85/1:57.33
57.81/1:04.59	131	8 & Under 50 Butterfly	132	58.63/1:05.49
36.35/40.98	133	9-10 50 Freestyle	134	38.47/43.31
21.73	135	8 & Under 25 Freestyle	136	22.01

EVENT SUMMARY:

	8 & Under	9-10	11-12	13-14	15 & Over
Friday	None	None	500 Free	400 IM 1650 Free	400 IM 1650 Free
Saturday	100 Free 25 Breast 50 Back 100 Med R	200 Free 50 Breast 100 Back 100 IM 200 Med R	200 Free 50 Breast 100 Back 50 Fly 200 Med R <u>or</u> 400 Med R <i>Open</i>	200 Free 100 Breast 200 Back 100 Fly 400 Med R <u>or</u> 400 Med R <i>Open</i>	200 Free 100 Breast 200 Back 100 Fly 400 Med R <i>Open</i>
Sunday	25 Fly 25 Back 50 Breast 50 Free 100 Free R	50 Fly 50 Back 100 Breast 100 Free 200 Free R	100 IM 100 Breast 100 Free 100 fly 200 Free R <u>or</u> 400 Free R <i>Open</i>	200 IM 200 Breast 100 Free 200 Fly 400 Free R <u>or</u> 400 Free R <i>Open</i>	200 IM 200 Breast 100 Free 200 Fly 400 Free R <i>Open</i>
Monday	100 IM 50 Fly 25 Free	200 IM 100 Fly 50 Free	50 Back 200 IM 50 Free	100 Back 500 Free 50 Free	100 Back 500 Free 50 Free

