

2024 CONNECTICUT SWIMMING LONG COURSE SENIOR CHAMPIONSHIP

Wesleyan University Freeman Athletic Building
161 Cross Street, Middletown, CT 06457
July 11-14, 2024

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L24-46. Sponsored by Connecticut Swimming and the Senior Committee, the meet will be run in accordance with USA Swimming rules unless otherwise noted, including the Minor Athlete Abuse Prevention Policy (MAAPP), which will govern all competition. The meet will be open to eligible 2024 CT Swimming registered clubs and swimmers who have swum the attached time standards. In granting this sanction it is understood and agreed that USA Swimming and Connecticut Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

MEET DIRECTORS:	<i>Sean Farrell</i>	sfarrell@sccymca.org
	<i>Yolanda Jahan</i>	yoli.jahan1@gmail.com
MEET REFEREE:	<i>Walt Carroll</i>	wandjcarroll@comcast.net
ADMINISTRATIVE REF:	<i>Luis Tejada</i>	letejada@msn.com
CHIEF ADMIN OFFICE:	<i>Jo Ann McCaffrey</i>	
MEET ENTRY INFO:	<i>Henk Jansen</i>	office@ctswim.org
SAFETY CHAIR:	<i>Kyle Shadeck</i>	kshadeck@sccymca.org
EMERGENCY NO:	<i>Public Safety</i>	860 685-2345
WEBSITE:		http://www.ctswim.org

RULES: This meet will be governed by current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”).

FACILITY: Wesleyan University’s Freeman Athletic Center Pool

- The Freeman Center Pool is a 50-meter by 25-yard venue with a Colorado Timing System. The competition course has been certified in accordance with 104.2.2C(4). A copy of such certification is on file with USA Swimming. Colorado electronic timing system. Water depth at the start and turn end is 7.5 to 14 ft when Short Course, and 5 ft-14.5 when Long Course. Limited spectator seating; limited refreshments.
- No locks may be left on Wesleyan lockers. No shaving on premises is permitted. No access to faculty locker rooms is permitted.
- Changing into or out of swimsuits, whole or in part, other than in locker rooms or other designated areas is not appropriate and is prohibited.
- Misbehavior, unsportsmanlike conduct, vandalism and theft will not be tolerated and can result in being barred from participation in the meet.
- No electronic audio or visual recording devices, including cell phones, are permitted in changing areas, rest rooms, or locker rooms. Failure to comply may result in expulsion from the meet.



- No Folding Chairs are allowed anywhere in the building
- Spectators will be limited see “Safe Sport Policies” below for details. Spectators will be allowed to sit in the spectator viewing area ONLY.
- Any vehicle parked anywhere other than in a parking space will be subject to fines and towing.
- Wesleyan [lawn policy](#) will be in effect.
- The deck will be limited to 350 people, including swimmers, officials, and volunteers.
- Lifeguards will be on duty. AED machine, first aid and backboards will be available.
- Wifi access is available and signal strength is good at best. Meet will NOT be livestreamed.

SAFE SPORT POLICIES: A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

Spectators will be allowed, but seating is limited to 340. To control the number of spectators in the stands, wristbands may be used. Wristbands will be given to each Team in proportion to Team size.

DISABLED/ELDERLY ACCESS: Limited handicapped parking is available behind the Freeman Athletic Center. Disabled access is through the front entrance only. The elevator in the front lobby goes to the locker rooms and pool deck. The spectator area is to the left of the front lobby. If athletes, coaches, or spectators require special assistance, please contact the Meet Director.

ENTRY DEADLINE: The deadline for all entries is 7:00 p.m. Thursday, July 3, 2024. Payment is due with entry submission. Please see the PAYMENT section for details.

SCHEDULE:	Warm-up	Start
Trials –Thurs-Fri-Sat-Sun	6.30 a.m.	8.30 a.m.
Finals –Thurs-Fri-Sat-Sun	3:30 p.m.	5.00 p.m.

ENTRY INFORMATION: Swimmers must have equaled or bettered the attached time standards since **January 1, 2023** and before the entry deadline.

Swimmers may enter any individual event for which they qualify but may only compete in three (3) individual events per day and a maximum of seven (7) individual events for the meet.

Bonus events will be allowed for events 200M or shorter at a qualified event-to-bonus event ratio of: 1:2, 2:1, 3 or more: no bonus.

Swimmers who have qualified in the 800m or 1500m Freestyle distance events may enter the alternate distance as a bonus if they have achieved the alternate Distance Bonus standard during the qualifying period. The alternate distance bonus event will count towards the maximum number of individual events. **Swimmers do not need to enter the qualified distance event.**

CSI-member USA Swimming clubs will enter using Connecticut FAST Online Entries and enter an adapted athlete by contacting office@ctswim.org. Unattached athletes not affiliated with a club should email an entry file (*.sd3 or *.cl2) and proof of time to office@ctswim.org. If meet entry software is unavailable, email office@ctswim.org the athlete name, USA ID, age, event number, event name, time, and proof of time. Extra fees for manual entries will apply. See Proof of Entry Times section for acceptable proof.



WARM-UP: All Clubs must warm-up under the supervision of a coach. Coaches should register at the meet check in table when they arrive in order for their clubs to begin warm-up. Only swimmers entered in this meet may use the warm up lanes. All athletes must have a coach in attendance. Athletes participating in the meet without a coach must make prior arrangements with a club participating in the meet and ask for coach coverage. Please notify the Meet Director. Lane assignments are subject to the discretion of the Meet Referee and will be provided in the coaches' packets and on the CT website. No diving will be permitted, except in the sprint lanes. Pace lanes will be reserved for swimmers who are being timed by their coaches. No training equipment is allowed in the pool except at the discretion of the Meet Referee. Entry into the pool is feet-first from the start and turn ends of the pool.

PRELIMS: Prelims will be conducted in one 8-lane course. All Prelims will be conducted in LCM. For the distance session(excluding the top heats swum in Finals), there will be one lane(Lane 8) reserved for constant warm-up/warm-down and a buffer lane(Lane 7). The heats will be run in six (6).

FINALS: Finals will be conducted as LCM in an 8-lane course. Three heats (Top 24) will return for the evening session. Races will be conducted in the following order: C Final (17-24), B Final (9-16), and A Final (top 8.) **All Relays will swim during the evening Finals sessions (see relays section for more information on how relays will be conducted).**

There will be a 10-minute break after each Men's event in prelims and finals.

SEATING: *If the athlete count allows, swimmers will be seated on deck. If needed, Teams will be asked to sit in the hockey rink area. No folding chairs will be allowed on deck, but Wesleyan will provide small folding chairs.*

READY ROOM: Swimmers competing in the A final events **MUST** report to the Ready Room area no more than 10 minutes prior to their event. The A finalists are expected to remain in the Ready Room until they march out for their event.

COACHES MEETING: A brief coaches meeting will be held on Thursday and Friday mornings at a time designated by the meet referee and if necessary, on Saturday or Sunday.

ELIGIBILITY: This meet is open to Connecticut LSC swimmers only. Clubs and swimmers must be 2024 registered members of USA Swimming. No FLEX memberships are permitted. Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed. All registrations are processed by parents in SWIMS 3.0. All coaches must present a valid USA Swimming coach card to the Meet Director prior to the commencement of any sanctioned swim meet, and must have this card with them while on deck. Coaches will be required to check-in at the pool office in order to be on deck.

ADULT ATHLETES: All athletes who will be 18 years of age or older must complete the mandatory Athlete Protection Training prior to competition. Failure to do so will result in the swimmer being scratched from the meet.

ADAPTED SWIMMING: Any USA Swimming athlete with a disability as defined by USA Swimming Rules and Regulations should refer to the CSI Adapted Swimming Policy available on ctswim.org and may contact office@ctswim.org for time standards and other information.

FEES: Splash fees are \$15.00 per individual event, \$24.00 per relay, and \$20 per time trial. If no electronic entry is provided, there is a \$5 manual entry fee per swimmer. Payment is required upon final entry submission. Credit cards and checks are accepted.

OUTREACH: Participating clubs may request, in writing, that individual entry fees be waived for Outreach athletes listed on the club's entry. For policy and procedure, see <http://www.ctswim.org/Content/www/CMS/files/Membership/Outreach-Entry-Fees.pdf>.

SCORING: Individual event scoring will be to 16 places as follows:

Timed Finals events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Prelim/Finals events: A (final): 20-17-16-15-14-13-12-11

B (consolation): 9-7-6-5-4-3-2-1

C final: No score

Relay event scoring will be to 16 places as follows:

Relay events: 40-34-32-30-28-26-24-22-19-14-12-10-8-6-4-2

TEAM SCORING: Team scores will be kept for the Men's, Women's and Combined Teams through 20th place as per USA Swimming rule 102.25 for all Short Course Finals events.

AWARDS: Individual and Relay awards will be presented for 1st through 3rd place at finals immediately following each event men's event. The awards presentation for Thursday evening's events will be presented prior to the start of Friday finals. Relay awards for the 800 and 400 Freestyle relay will be presented at the finals session on the following night. The Individual Distance High Point Award (for the 400IM, 500Y, 1000Y, and 1650Y Free) will be presented after the conclusion of the last distance event. The Overall Individual High Point Award will be presented at the conclusion of the last individual event on Sunday evening. Team awards will be presented at the conclusion of Sunday's finals.

SEEDING: All conforming LCM times will be seeded first, followed by SCM and then SCY entry times, and finally bonus times. Prelims will be seeded in accordance with USA Swimming rules 102.5 unless otherwise stated herein. Events will be swum from slowest to fastest unless otherwise stated herein. See the *DISTANCE EVENTS* section.

ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION: Athletes entering this meet independent of a USA Swimming club or coach shall: 1.) be under the supervision of a USA Swimming coach for the duration of the meet. It is the swimmer's responsibility to make arrangements with a USA Swimming member coach prior to the meet. Athletes unaccompanied by a USA Swimming coach will not be permitted on deck. Please contact the Meet Director for assistance. 2) 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. The name of the USA

Swimming member coach supervising the athlete and racing certification should be submitted to the Meet Director with the entry.

LATE QUALIFIERS: Any entered club that has a swimmer achieve an initial qualifying time during the period of **7:01pm July 3rd - July 8th** must enter, no later than **7:00 p.m. July 9th**, using FAST Online Entries. After this deadline, any addition or change to an entry will be considered a “deck entry” and subject to deck entry costs, see below for explanation.

CORRECTIONS: 7:00 p.m. July 9th, to email corrections to office@ctswim.org. *For new swimmers, PLEASE email the swimmer’s full name, birthdate, event numbers, and times. For swimmers already in the meet, please send their name, new event number, and time.* After this deadline, any addition or change to an entry will be considered a “deck entry” and subject to deck entry charges. Improvements in seed time will be accepted for prelims/finals events only. Corrections will be accepted by email only. \$15 will be assessed for each correction, scratch or addition on top of the meet entry fee where applicable. See examples below:

- If John Doe is omitted from a club’s entry in six (6) events, adding John is \$15 and each of his events will garner a flat \$30 charge. The total for John Doe and his 6 events is \$195.
- Each scratch while “swapping” events will garner a \$15 charge, example, take Jimmy out of the 100 back (a scratch) and put him the 100 free (new event correction). His club will be charged \$30 for the “swap” and \$15 for the entry charge totaling \$45.
- A scratch for a single swimmer where a coach will not be in attendance will not garner a charge. For example, Larry is the only swimmer attending a session for his Team and he is scratching, and this is known ahead of time. This will be done so a coach doesn’t have to attend a session just to scratch a swimmer.
- If a relay team is added, the charge will be \$24.00 plus entry fee. Total for additional relay \$48.00.
- The only corrections that WILL NOT garner a charge are changes in the attached status.
- A “**deck entry**” is any entry after the correction deadline up to the end of warm-ups on Sunday. Deck entries is a flat \$50 charge for each individual event for swimmers already in the database. Adding a swimmer will garner another \$50 charge. So if you omitted a swimmer, adding the swimmer is \$50, and adding the swimmer into two events is \$50 for each event (\$100). The total to add this one swimmer in two events is \$150. Adding a relay is \$75. Please note, that after warm-ups, no deck entries will be accepted for that day’s events. It is up to the computer table if they will take deck entries for future sessions. Overall, please be kind to the computer table and get your deck entries in as soon as possible during warm-up.

PAYMENT: Payment is expected upon submission of entry by credit card or by signed check/check request. If paying by check an image of the signed check/check request must be submitted with the entry. All payments must be made within two weeks of the conclusion of the meet.

Make the check out to *CT Swimming Inc.* and mailed to the address below.
Connecticut Swimming
68 Nichols Ave.
Shelton CT, 06484

PROOF OF ENTRY TIMES: All entry times must be pre-proven. The results of any USA Swimming sanctioned, approved, or observed meet or a meet attested by a USA Referee will be acceptable as proof of time. Eligible times not verified in Connecticut FAST may be proven by using the Connecticut FAST custom times tool available to CSI clubs or, in the case of unattached entries, by sending an email to the entry chair, which includes the meet name, date, location, referee attestation, and pertinent page(s) of the results. Failure to pre-prove an entry

time will prevent the swimmer from being entered in that event. Proof of time is the responsibility of each coach. In accordance with CSI policy, (Integrity Statement 1/25/94), the Club from which a swimmer's time cannot be proven, shall be fined the sum of \$100 per event. The \$100.00 fine must be paid by October 1.

SCRATCHES & POSITIVE CHECK-IN: Coaches will receive a team packet containing swimmer entry lists for each day's events upon team check-in. All scratches are to be submitted to the Clerk of Course by the appropriate scratch deadlines using the scratch box. The scratch box and positive check in will be located with the Clerk of Course on deck. Swimmers are automatically seeded in the meet if a scratch is NOT turned in.

This meet will follow the National Championship Scratch Rule as specified in rule 207.11.6. Scratches from finals can only be done directly with the Administrative Referee.

Scratch Procedures Rule 207.11.6

- A. Swimmers may scratch from an event in which they are entered by following the procedures set forth in the meet announcement.
- B. The scratch deadline for the first day's events shall be 6:00 pm on Wednesday, July 10, 2024. The scratch deadline for all subsequent days' events shall be thirty (30) minutes after the time established for the start of the finals sessions.
- C. In all events where preliminary heats are necessary or in any timed final event for which the swimmer has been positively checked in, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been scratched in accordance with sub-paragraphs A and B above will be barred from all further individual and relay events of that day. The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events.

If coaches are unable to access the scratch box, they may email scratches to the Meet Referee or the Administrative Referee. Emails must be received by the appropriate scratch deadlines. The time stamp on the email will determine the time the email is received.

A swimmer seeded for an A Final, B Final or C Final who fails to compete and who was not scratched shall be barred from all further competition in the meet. Sunday finalists shall be fined \$50.00 for each event not swum. Fines must be paid before October 1, 2024. No penalty will apply if:

1. The Referee is notified in the event of illness or injury and accepts the proof.
2. A swimmer qualifying for finals based on the results of preliminaries notified the Clerk of Course within 30 minutes of the announcement of qualifiers that he/she may not intend to compete and confirm his/her final intention within 30 minutes following his/her last preliminary event.
3. It is determined by the Referee that circumstances beyond the control of the swimmer cause failure to compete.

DISTANCE EVENTS: Swimmers participating in the 800/1500M Freestyles MUST positively check-in and declare their intent to swim by the check-in deadline for these events to be seeded at their entry time.

- Positive check-in is required for the Women's 1500M and Men's 800M Freestyle by 6:00 p.m. Wednesday, July 10, 2024.
- Positive check in is required for the Women's 800M and Men's 1500M Freestyle by 6:00 PM on Saturday

- Failure to positively check-in will result in the swimmer not being seeded into the event with their entry time. Any swimmers that does not scratch and/or positively check-in by the check-in deadline will be seeded at “NT.”

Thursday (W1500m/M800m) and Sunday (W800m/M1500m) Distance Freestyle Events, will be swum as timed finals, with the fastest heat (top 8) in the women’s Freestyle followed by the fastest heat (top 8) in the men’s Freestyle to be conducted at the beginning of the evening finals session. The remaining heats will follow a National meet format so that the 2nd fastest heat of Men’s Free will end at approximately 3:45 pm and the 2nd fastest heat of the women’s Free will swim in the heat prior to the 2nd fastest heat of the Men’s Free. The heats will alternate between women and men. The heat order and schedule will be published after the Scratch/ Positive Check-in deadline for each of the distance sessions. Swimmers in the 800 or 1500 must supply their own timer and counter for all heats except those swum during the finals session. Swimmers need only supply their own counter if competing in the finals session. The distance session will be conducted in a six-lane course so that lane 8 will be open for warm-up throughout the distance session. Lane 7 will remain closed as a buffer lane between the competition area and warm-up area.

The warm-up lane is only open to swimmers competing in the distance session events on Thursday and Sunday.

The heat order and schedule will be published after the Positive Check-In deadline on Wednesday night (W 1500, M 800) and Saturday night (W 800, M 1500). Swimmers must supply their own timer and counter for all heats except those swum during Sunday’s finals. Swimmers need only provide their own counter if competing in the finals session.

Prelims of the 400Y IM and 400M Freestyle will be swum as follows: top 32 swimmers in each event (4 heats), with the top 16 swimmers (2 heats) being circle seeded, followed by a break then the remaining heats fastest to slowest alternating gender. Swimmers DO have to provide their own timers for these events and counters for the freestyle events.

RELAYS: Teams participating in the relay events MUST positively check-in and declare their intent to swim those relays by the relay check-in deadline(*see the scratch and positive check-in procedure*). Relays that do not check-in by the appropriate deadline will be scratched(**or Relays that do not check in by the appropriate deadline will be seeded with NT**), Relay participants must be declared to the Clerk of Course at least one hour before the relay competes. Teams will be provided with relay cards for this purpose. Relay swimmers may be changed up to the time of the swim. **Teams must provide their own timers for the Friday evening relays and the 800 Freestyle Relay.**

Clubs may enter a maximum of two relay entries per relay event. ‘Relay Only’ swimmers **are allowed one “Relay Only” per gender, that is ONE swimmer per gender, not one per relay, not one per day). A total of One Male and ONE female. Swimmers in relay only must be listed on the meet entry with their USA swimming numbers.** The time for each relay may be submitted as a composite. All relays will be swum as timed finals at the end of the evening sessions (with the exception of the 200 Medley relay on Thursday evening, which will be swum at the beginning of the Thursday evening session). The order for the relays shall be the women’s relay slowest to fastest and then the men’s relay slowest to fastest.

Teams must provide their own timers for the 800 Free Relay.

All relays will be conducted during finals and finals only.

Positive Check-In Deadlines for Relays:

Thursday Relays: 11:00 am Thursday

Friday Relays: 11:00 am, Friday

Saturday Relays: 11:00 am, Saturday

Sunday Relays: 11:00 am, Sunday

OVERSUBSCRIPTION: In the event of over-subscription, the Senior Committee and meet management reserve the right to make adjustments to the meet. These may include, but are not limited to, conducting all events in two pools or splitting sessions.

MEET JURY: The Meet Jury shall be announced by the Meet Referee at the Coaches Meeting. Written protests involving eligibility or technical rules, including disqualification due to judgment decisions of the deck officials, shall be made to the Meet Referee within 30 minutes of the protested act or occurrence. Any protest filed will be referred to the meet jury if applicable. There is a \$50 fee for a protest made by anyone, and that fee is refundable if the protest is upheld.

TIME TRIALS: Time trials will be conducted based on the availability of time in between prelims and finals only and at the discretion of the Meet Referee, 15 minutes after the completion of each preliminary session. Time trials will be conducted for those swimmers participating in individual events in the meet in accordance with USA Swimming rules. Each individual time trial will count as one of the seven individual swims allowed each swimmer. Swimmers must sign up for time trials Thursday/Friday/Saturday/Sunday between 7:00 am-10:00 am (subject to change). Special consideration will be made for athletes who swim events after the deadline closes and who choose to swim that event as a time trial offering an additional deadline of 10 min after that event is swum. Fees: paid in cash are \$20.00/individual event; and \$30.00/relay. Swimmers entered in time trials must provide their own timers and lap counters. The meet referee reserves the right to combine events as necessary. Note: Entering time trials constitutes an agreement to swim in combined heats without lane separation. A no show for time trials will not count towards a swimmer's total number of allowed events for the meet.

Time trials will be swum in the following order at the discretion of the meet referee to facilitate efficient conduct of the time trials:

Friday Time Trials:	Friday/Saturday/Sunday/Thursday events in that order
Saturday Time Trials:	Saturday/Sunday/Thursday/Friday events in that order
Sunday Time Trials:	Sunday/Thursday (relays only)/Friday/Saturday events in that order

The 800M and 1500M events will only be offered as the last event on either Friday or Saturday (time permitting). The day will be announced at the Coaches' Meeting. Note: If lanes are open, the 800M and 1500M events may be swum as time trials in the slowest-seeded heat during the meet. Athletes will be considered on a first-come basis until the heat is full.

For every 400 athletes, there will be a maximum of 1 hour of Time Trials and a maximum of 2 hours of Time Trials. The Meet Referee reserves the right to limit Time Trials entries based on circumstances.

WORK ASSIGNMENTS: All teams must provide workers (e.g. timers, runners, marshals, officials, etc.) in proportion to the size of their entry. Team contacts will be notified of their work assignments as soon as possible



after the entries are received. Please include the name, phone number and address of the team contact for work assignments. Interested officials should apply online at https://docs.google.com/forms/d/e/1FAIpQLSfhJwgzhGKjffXCSxlopqAk-6rzjyrc8Qi1taU3pq5uogo2g/viewform?usp=sf_link or contact the meet referee by July 1, 2024. We intend to have this meet approved as an Officials Qualifying Meet for all levels of all positions. The application to be evaluated is included in the Officials Sign-Up.

Any team that fails to provide its workers or whose workers do not work for the entire session will be fined by Connecticut Swimming, Inc. Clubs will be fined \$100 per worker who fails to show up and \$60 for each worker who is late or leaves early. NOTE WELL: A work assignment is for the duration of the session. It is up to the team to provide a backup worker in case the team's worker is unable to perform or complete the work assignment for any reason.

REFRESHMENTS: Hospitality will be provided for coaches, officials, and computer operators. Water will be distributed on deck to volunteers/timers. Host sites will provide concessions.

PHOTOGRAPHY AND VIDEO RECORDING: Meet Management has the full authority to restrict any and all photography and visual recording at the meet. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) from the deck is prohibited by all individuals other than participating Coaches unless prior authorization from the Meet Referee or his/her designee has been granted. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat.

Additionally, the following “Non-Camera Zones” shall be enforced:

- Photography or video recording and the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) is not permitted in the area behind or to the side of 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.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP, and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach’s electronic device

DRONES: 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) when athletes, coaches, officials, and/or spectators are present. Exceptions may be granted with prior written approval by the USA Swimming Vice President of Program Operations.

ORDER OF EVENTS

July 11-14, 2024

Women

Men

Thursday

No.	LCM	SCY	Event	SCY	LCM	No.
1	19:26.39	18:09.99	W 1500/M 800 Free*	10:20.99	9:22.51	2
	19:44.39B	18:27.99B	Alt Distance Bonus*	10:25.99B	9:35.19B	
3	2:36.09	2:13.99	200 Backstroke	2:06.19	2:28.79	4
5	:29.09	:25.39	50 Free	:22.59	:26.59	6
7	1:24.29	1:10.99	100 Breaststroke	1:04.19	1:16.79	8
9			400 Medley Relay**			10

Friday

11			200 Medley Relay			12
13	2:16.29	1:57.79	200 Freestyle	1:49.19	2:06.59	14
15	1:12.89	1:01.49	100 Backstroke	:57.29	1:07.19	16
17	5:32.49	4:48.69	400 IM	4:28.89	5:14.09	18
19			800 Free Relay**			20

Saturday

21	1:09.59	1:00.19	100 Butterfly	:53.79	1:03.19	22
23	3:01.09	2:34.69	200 Breaststroke	2:22.29	2:48.79	24
25	4:49.79	5:14.09	400 Freestyle	4:56.59	4:30.79	26
27			400 Free Relay**			28

Sunday

29	10:04.39	10:59.99	W 800/ M 1500 Free*	17:43.99	18:26.99	
	10:13.39B	11:08.99B	Alt Distance Bonus*	18:03.99B	18:44.99B	30
31	2:43.79	2:19.49	200 Butterfly	2:11.19	2:29.59	32
33	1:03.09	:54.29	100 Freestyle	:48.99	:57.79	34
35	2:37.59	2:13.89	200 IM	2:03.09	2:24.39	36
37			200 Free Relay**			38

*- These events will be swum as timed finals.

** - Events will be swum as timed finals during the finals session.

The fastest heat of the Women's 1500 and 800 Freestyles along with the fastest heat of the Men's 800 and 1500 Freestyles, will swim in the finals session. After the morning preliminary events have concluded, all other heats will be held in a distance session. The start time of the distance session will be determined once the positive check in deadline has expired for the distance events.

All Relays will be swum in the finals session

SENIOR CHAMPIONSHIPS - ADAPTIVE CUTS

<i>Girls</i>			<i>Boys</i>	
<i>EVENTS</i>	<i>SCY</i>	<i>LCM</i>	<i>SCY</i>	<i>LCM</i>
<i>50 Free</i>	<i>33.77</i>	<i>0:38.69</i>	<i>0:30.04</i>	<i>0:35.36</i>
<i>100 Free</i>	<i>1:12.21</i>	<i>1:22.58</i>	<i>1:05.16</i>	<i>1:16.86</i>
<i>200 Free</i>	<i>2:36.66</i>	<i>3:01.27</i>	<i>2:25.22</i>	<i>2:48.36</i>
<i>500 Free</i>	<i>6:57.74</i>	<i>6:25.42</i>	<i>6:34.46</i>	<i>6:00.15</i>
<i>1000 Free</i>	<i>14:37.79</i>	<i>13:23.84</i>	<i>13:45.92</i>	<i>12:28.14</i>
<i>1650 Free</i>	<i>24:09.69</i>	<i>25:51.30</i>	<i>23:35.11</i>	<i>24:32.30</i>
<i>100 Back</i>	<i>1:21.78</i>	<i>1:36.94</i>	<i>1:16.20</i>	<i>1:29.36</i>
<i>200 Back</i>	<i>2:58.21</i>	<i>3:27.60</i>	<i>2:47.83</i>	<i>3:17.89</i>
<i>100 Breast</i>	<i>1:34.42</i>	<i>1:52.11</i>	<i>1:25.37</i>	<i>1:42.13</i>
<i>200 Breast</i>	<i>3:25.74</i>	<i>4:00.85</i>	<i>3:09.25</i>	<i>3:44.49</i>
<i>100 Fly</i>	<i>1:20.05</i>	<i>1:32.55</i>	<i>1:11.54</i>	<i>1:24.04</i>
<i>200 Fly</i>	<i>3:05.52</i>	<i>3:37.84</i>	<i>2:54.48</i>	<i>3:18.95</i>
<i>200 IM</i>	<i>2:58.07</i>	<i>3:29.59</i>	<i>2:43.71</i>	<i>3:12.04</i>
<i>400 IM</i>	<i>6:23.96</i>	<i>7:22.21</i>	<i>5:57.62</i>	<i>6:57.74</i>

<i>Girls</i>			<i>Boys</i>	
<i>EVENTS</i>	<i>SCY</i>	<i>LCM</i>	<i>SCY</i>	<i>LCM</i>
<i>50 Free</i>	<i>0:43.16</i>	<i>0:49.45</i>	<i>0:38.40</i>	<i>0:45.20</i>
<i>100 Free</i>	<i>1:32.29</i>	<i>1:45.55</i>	<i>1:23.28</i>	<i>1:38.24</i>
<i>200 Free</i>	<i>3:20.24</i>	<i>3:51.69</i>	<i>3:05.62</i>	<i>3:35.20</i>
<i>500 Free</i>	<i>8:53.95</i>	<i>8:12.64</i>	<i>8:24.20</i>	<i>7:40.34</i>
<i>1000 Free</i>	<i>18:41.98</i>	<i>17:07.46</i>	<i>17:35.68</i>	<i>15:56.27</i>
<i>1650 Free</i>	<i>30:52.98</i>	<i>33:02.86</i>	<i>30:08.78</i>	<i>31:21.88</i>
<i>100 Back</i>	<i>1:44.53</i>	<i>2:03.91</i>	<i>1:37.39</i>	<i>1:54.22</i>
<i>200 Back</i>	<i>3:47.78</i>	<i>4:25.35</i>	<i>3:34.52</i>	<i>4:12.94</i>
<i>100 Breast</i>	<i>2:00.68</i>	<i>2:23.29</i>	<i>1:49.12</i>	<i>2:10.54</i>
<i>200 Breast</i>	<i>4:22.97</i>	<i>5:07.85</i>	<i>4:01.89</i>	<i>4:46.94</i>
<i>100 Fly</i>	<i>1:42.32</i>	<i>1:58.30</i>	<i>1:31.44</i>	<i>1:47.42</i>
<i>200 Fly</i>	<i>3:57.13</i>	<i>4:38.44</i>	<i>3:43.02</i>	<i>4:14.30</i>
<i>200 IM</i>	<i>3:47.61</i>	<i>4:27.90</i>	<i>3:29.25</i>	<i>4:05.46</i>
<i>400 IM</i>	<i>8:10.77</i>	<i>9:25.23</i>	<i>7:37.11</i>	<i>8:53.95</i>
<i>Girls</i>			<i>Boys</i>	

<i>EVENTS</i>	<i>SCY</i>	<i>LCM</i>	<i>SCY</i>	<i>LCM</i>
<i>50 Free</i>	<i>1:19.98</i>	<i>1:31.63</i>	<i>1:11.16</i>	<i>1:23.76</i>
<i>100 Free</i>	<i>2:51.01</i>	<i>3:15.58</i>	<i>2:34.32</i>	<i>3:02.04</i>
<i>200 Free</i>	<i>6:11.04</i>	<i>7:09.31</i>	<i>5:43.95</i>	<i>6:38.76</i>
<i>500 Free</i>	<i>16:29.38</i>	<i>15:12.84</i>	<i>15:34.26</i>	<i>14:12.99</i>
<i>1000 Free</i>	<i>34:38.97</i>	<i>31:43.83</i>	<i>32:36.12</i>	<i>29:31.91</i>
<i>1650 Free</i>	<i>57:13.47</i>	<i>61:14.13</i>	<i>55:51.57</i>	<i>58:07.02</i>
<i>100 Back</i>	<i>3:13.69</i>	<i>3:49.60</i>	<i>3:00.46</i>	<i>3:31.65</i>
<i>200 Back</i>	<i>7:02.07</i>	<i>8:11.68</i>	<i>6:37.50</i>	<i>7:48.69</i>
<i>100 Breast</i>	<i>3:43.62</i>	<i>4:25.51</i>	<i>3:22.20</i>	<i>4:01.89</i>
<i>200 Breast</i>	<i>8:07.27</i>	<i>9:30.43</i>	<i>7:28.21</i>	<i>8:51.69</i>
<i>100 Fly</i>	<i>3:09.60</i>	<i>3:39.21</i>	<i>2:49.44</i>	<i>3:19.05</i>
<i>200 Fly</i>	<i>7:19.39</i>	<i>8:35.94</i>	<i>6:53.25</i>	<i>7:51.21</i>
<i>200 IM</i>	<i>7:01.75</i>	<i>8:16.41</i>	<i>6:27.73</i>	<i>7:34.83</i>