

2024 SCS / GWSC Summer AG Championships

Hosted by Golden West Swim Club & Southern California Swimming

July 25-28, 2024

- SAG Sanction # S24-191 Time Trial Sanction #S24-192
- USA Swimming and Southern California Swimming rules will govern the meet. Estimated timeline is based on no scratches.
- The meet will **NOT** be delayed to meet the time line. Swimmers must be prepared to swim at the long whistle.
- National Scratch and No Show Rules will be in effect.
- **Time Trials** will be held after preliminaries, Thursday through Sunday.

▪ DAY OF EVENT	DEADLINE
THURSDAY – WOMEN’S / MEN’S 1500	<i>CLOSES at 9:00 AM Thursday</i>
SUNDAY – WOMEN’S / MEN’S 800	<i>CHECK- IN BY 4:30 PM Saturday COACH MAY CHECK IN SWIMMER</i>

RELAYS
Changes/adds to relay only swimmers due no later than 6:00 pm Wednesday July 24, 2024 Fastest two heats of relays in each event will swim in finals.

NOTE ON FINALS OF “HEATS & FINALS” EVENTS
The scratch deadline for finals is 30 minutes following the announcement of prelims results. The top 16 athletes <u>who have not scratched</u> by this time <u>will be seeded</u> into finals.

All times are estimated. We will NOT speed up or slow down the swim meet to meet the timeline.

Two 15 minute breaks have been added to the timeline to allow swimmers arriving just prior to their event to use the competition pool for warm up and pace. This will be 10 minutes in the water and 5 minutes to get timers back in their chairs, for exactly 15 minutes.

Thursday 7/25/24	Friday 7/26/24	Saturday 7/27/24	Sunday 7/28/24
100 Back 9:00 am	100 Fly 9:00 am	100 Free 9:00 am	100 Breast 9:00 am
200 Back 9:18 am	200 Free 9:11 am	400 Free 9:14 am	200 Breast 9:30 am
*15 minute break after event 4	*15 minute break after event 36	*15 minute break after event 58	*15 minute break after event 82
100 Fly 10:33 am	100 Back 11:06 am	50 Fly 11:17 am	50 Back 10:40 am
200 Fly 10:44 am	400 IM 11:25 am	100 Fly 11:36 am	100 Back 11:02 am
*15 minute break after event 8	*15 minute break after event 42	*15 minute break after event 64	*15 minute break after event 88
100 Free 11:34 am	50 Breast 12:58 pm	200 IM 12:20 am	50 Free 11:48 am
	100 Breast 1:18 pm		
Finish Prelims 12:32am		Finish Prelims 1:55 pm	Finish of Prelims: 12:29 pm
	Finish Prelims 1:51 pm		
If we have AM relays		If we have Relays 1:55 pm	If we have Relays 12:29 pm
200 Free Relay	If we have AM relays		
200 Medley Relay	800 Free Relay	Time Trials	800 Free
		10 Minutes after relays	15 Minutes after relay
1500 Free	Time Trials		
Start 15 min after relays	10 Minutes after relays	Start of Finals: 4:00 pm	Time Trials
		End of Finals: 7:51 pm	10 minutes after 800 Free
Time Trials	Start of Finals: 4:00 pm		
10 minutes after 1500 Free	End of Finals: 7:40 pm		Start of Finals: 4:00 pm
			End of Finals: 7:01 pm
Start of Finals: 4:00 pm			
End of Finals: 8:00 pm			

800 and 1500 DISTANCE EVENTS:

Will be swum fastest to slowest, alternating Girls / Boys, participants in 800 and 1500 Freestyle are requested to supply one timer for three heats as well as their own lap counter. Fastest heats of Girls / Boys 1500 Freestyle will be swum at the end of Finals. 800 Freestyle Girls fastest heat swum after event #82 and Boys after event #88.