

# 2019 Senior Regional Championships

Hosted by Golden West Swim Club

August 2,3,4 & 5, 2019

- 170+ Swimmers
- USA Swimming Rules will govern. Current SCS Meet procedure for Heats and Finals meets will be enforced (See 2019 SCS Swim Guide).
- National Championship Scratch rule will be used. Swimmers **MUST** scratch if they do not want to swim finals within **30 minutes** after results of Preliminaries are read.
- Time line is **Estimated**.
- The meet will **NOT** be delayed to meet the time line. Swimmers must be prepared to swim at the beginning of their race. Swimmers should plan on arriving early to the pool, to ensure they do not miss their events.
- Start time of final sessions are listed below and warmups will be one hour before.

<u>Friday 8/02/2019</u>	<u>Sunday 8/04/2019</u>	<u>Monday 8/05/2019</u>
<b>W800/ M1500 Free 5:00 pm*</b>  <b>Prelims End: 5:39 pm</b>  <u>Saturday 8/03/2019</u>  <b>100 Freestyle 9:00 am</b> <b>200 Butterfly 9:29 am</b> <b>200 Backstroke 9:53 am</b> <b>400 Freestyle 10:19 am</b>  <b>Prelims End: 11:03 am</b>  <b>Finals Start: 4:00 pm</b> <b>Finals End: 5:49 pm</b>	<b>200 Freestyle 9:00 am</b> <b>200 Breaststroke 9:42 am</b> <b>50 Freestyle 10:12 am</b> <b>400 IM 10:33 am</b>  <b>Prelims End: 11:01 am</b>  <b>Finals Start: 4:00 pm</b> <b>Finals End: 5:59 pm</b>	<b>100 Fly 9:00 am</b> <b>100 Backstroke 9:25 am</b> <b>100 Breaststroke 9:34 am</b> <b>200 IM 10:10 am</b>  <b>W1500 Free** 10:30 am</b> <b>M800 Free 10:50 am</b>  <b>Prelims End: 10:59 am</b>  <b>Finals Start: 3:00 pm</b> <b>Finals End: 4:54 pm</b>

## 800 and 1500 DISTANCEEVENTS:

1. \* Friday events will be swum fastest to slowest with alternating heats of Women and Men.
2. Fastest heat of 800 and 1500 will swim with Finals.
3. Positive check-in for the 800 and 1500 MFreestyle is required by day's scratch deadline.
4. \*\* If **ALL** Prelims 800/1500 Free event do not finish by 2:00 pm the start for finals warm-up the remaining heats will be swum after finals.
5. Swimmers are requested to provide their own lap counter and one timer, to time a minimum of three heats, for these events.