

# SCS Winter Age Group Champs

## Hosted by Golden West Swim Club

### December 7, 8 & 9 2018

- 1375 Swimmers competing, 295 Relay Only Swimmers & 857 Relays
- 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.
- Estimated time line is based on 2% scratches. **FLY OVER STARTS WILL BE USED.**
- 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 will be **1 Hour** after the **End of 5-12 Timed Finals.**

Friday 12/7/18	Saturday 12/8/18	Sunday 12/9/18
400 IM: 8:30 am	500 Free: 8:30 am	200 Free: 8:30 am
200 Back: 9:37 am	100 Back: 9:55 am	200 Breast: 9:23 am
100 Breast: 10:27 am	200 Fly: 10:23 am	50 Free: 10:25 am
100 Free: 11:02 am	200 IM: 11:19 am	100 Fly: 10:45 am
Finish Prelims: 11:31 am	Finish Prelims: 12:09 am	Finish Prelims: 11:00 am
		If needed:
Start 1650: 11:30 am	5-12 Timed Finals	Med Relay: 11:16 am
Finish 1650: 2:35 pm	200 Free: 1:00 pm	
	50 Back: 1:47 pm	Start 1000: 11:20 am
5-12 Timed Finals	100 IM: 2:07 pm	Finish 1000: 1:26 pm
500 Free: 3:35 pm	50 Fly: 2:39 pm	
100 Breast: 4:19 pm	200 Medley Relay: 2:57 pm	5-12 Timed Finals
50 Free: 4:56 pm	200 Free Relay: 3:16 pm	200 IM: 2:20 pm
100 Fly: 5:14 pm	Finish 5-12 3:45 pm	100 Back: 3:07 pm
400 Free Relay: 5:43 pm		50 Breast: 3:34 pm
Finish 5-12: 6:06 pm		100 Free: 3:57 pm
		400 Medley Relay: 4:22 pm
		200 Medley Relay: 4:53 pm
		Finish 5-12: 5:08 pm
Start of Finals: 7:00 pm	Start of Finals: 4:45 pm	Start of Finals: 6:00 pm
End of Finals: 9:13 pm	End of Finals: 7:23 pm	End of Finals: 8:46 pm

#### **1650 and 1000 DISTANCE EVENTS:** (Age Groups Combined)

1. The 1000 and 1650 Freestyle are 'timed finals'. All heats will be swum fastest to slowest alternating girls' & boys'. All heats of the 1650 & 1000 will swim at the **End of Prelims** on Friday & Sunday, respectively.
2. 1650 event will close at **9:00 am Friday.**
3. 1000 event will close at **6:00 pm Saturday; Coaches may check swimmers in.**
4. Swimmers are requested to provide their own timers & lap counter.