

**2024**  
**Southern California Swimming**  
**14 & Under**  
***Elite Age Group LCM Championship***

**July 18-21, 2024**

Open to All SCS teams



**Marguerite Aquatic Center**  
**27474 Casta Del Sol**  
**Mission Viejo, CA 92692**

Thursday (4:00 PM) Timed Final Session  
Friday/Saturday/Sunday (9:00 AM) Prelims Sessions

**Hosted by:**  
**Southern California Swimming &**  
**Mission Viejo Nadadores**

# 2024 Southern California Swimming 14 & Under Elite Age Group LCM Championship July 18-21, 2024

Sanctioned By: Southern California Swimming;  
& USA Swimming

Sanction Number: #S24-183  
Entry Deadline: DELIVERED BY 5 PM  
Wednesday,  
July 10, 2024

Sponsored By: **Mission Viejo Nadadores**

Location: Marguerite Aquatic Complex,  
27474 Casta del Sol,  
Mission Viejo, CA 92692

## **Sessions:**

### ***Thursday, July 18***

Timed Finals--- **Warm-up:** 3:00 PM;  
**Finals Start Time:** 4:00 PM

### ***Friday, July 19***

Prelims: **Warm-up:** 7:00 AM;  
**Prelims Start Time:** 9:00 AM  
Finals: **Warm-up:** 4:00 PM,  
**Finals Start Time:** 5:00 PM

### ***Saturday, July 20***

Prelims: **Warm-up:** 7:00 AM;  
**Prelims Start Time:** 9:00 AM  
Finals: **Warm-up:** 4:00 PM,  
**Finals Start Time:** 5:00 PM

### ***Sunday, July 21***

Prelims: **Warm-up:** 7:00 AM;  
**Prelims Start Time:** 9:00 AM  
Finals: **Warm-up:** 3:00 PM,  
**Finals Start Time:** 4:00 PM

**Eligibility:** Open to athletes who hold 2024 USA Swimming Registration and who can prove the posted SCS Elite Age Group Championships time standards. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted. New qualifying events achieved July 11-14 must be entered in accordance with **Last Ditch Entries from July 11-14 meets** requirements described below.

**Facilities/Courses:** The Marguerite Recreation Center competition pool is an outdoor 8 lane, 50-meter pool with adjacent eight lane, 25 yard warm up pool. The competition course has been certified in accordance with 104.22.2(C) on file with USA Swimming. Pool depth at south end is 2 meters, at north end is 3.5 meters.

**Directions:** *Marguerite Recreation Center - 27474 Casta del Sol, Mission Viejo, CA, 92692 • From the 5 Fwy, take the LA PAZ exit, go east on La Paz, left on Marguerite, right on Casta del Sol. Turn right at first driveway. Swim parking is behind the tennis courts on the right, with the exit at the upper level. PLEASE do not park in the tennis lot.*

**Meet Start Times:** Thursday timed final events will begin at **4:00 PM**. Friday, Saturday and Sunday Prelims will start at **9:00 AM**. It is estimated that Prelims will be over by noon on Friday/Saturday/Sunday. Finals will begin at 5 PM on Friday and Saturday, 4 PM on Sunday.

**Warm-up Times:** Thursday warm-up will begin 3:00 PM. There will be assigned warm-ups on Friday/Sat/Sun at 7:00 AM in the competition pool. The competition pool will be closed at 8:45 AM, with supervised warm-up/warm-down available in the adjoining pool. Warm-up procedures will be posted at the pool. Swimmers must be under the supervision of a USA Swimming member coach during warm ups. Warm-ups will be split and teams will be assigned to specific warm-up times. ***All swimmers must use 3-point, slide in entries into the pool during warm-up, no jumping or diving.***

**Meet Referee:** The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to Jason Rothlein ([jtrothlein@gmail.com](mailto:jtrothlein@gmail.com))

**Rules:** USA Swimming Rules govern; current SCS meet procedures will be in effect and take precedence over any errors or omissions on this form. After each event is closed, a swimmer may not scratch, but may declare a false start which will count toward the meet total events. Scratches for each prelim session will close one-half hour prior to the start of the session. Swimmers must compete in their own age group. Age on July 18, determines age for the meet. Prelims and timed finals sessions will be swum fast to slow. A swimmer may enter events for which the time standard has been met and can be verified.

**Bonus Events:** Swimmers who qualify for 1 event can swim two (2) bonus events for a total of 3 events. Swimmers who qualify for 2 events can swim one (1) bonus event for a total of three events. Swimmers who qualify for 3 events can swim one (1) bonus event for a total of four events. Bonus events chosen must be 200 meters or shorter. All Bonus events must be Summer Age Group Champs or faster. If the swimmer qualifies for either the 800 or 1500 LCM Freestyle (1000 or 1650 SCY), they may swim the other distance as a bonus event if it meets the SAG time standard.

**Entry Limits:** A swimmer may **enter no more than 9** individual events; **may swim no more than 6** individual events during the meet, or more than 3 individual events per day. All officials and coaches must have completed the CDC or NFHS online Concussion course. All coaches and officials on deck must have completed the CANRA mandatory reporting course.

**The National Finals' scratch rule will be used.** A swimmer must scratch or place an intent to scratch on an event within 30 minutes of *announcement* of preliminary results. Final "no-show" (original top 16 places only), except last day, will be removed from the remainder of the meet. **A \$50.00 fine will be assessed to any swimmer for a "no show" in her/his last event of the meet.** This fine must be paid before any future competitions in SCS.

**Recording Devices & Media Notice:** The use of audio-visual recording devices, including cell phones, is not permitted in locker rooms, changing areas or restrooms. Recording devices are not permitted behind the starting blocks during the starting sequence. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

**Racing Start Certification:** Any swimmer entered in the meet must be certified by a 2024 USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water without the use of backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**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) any time athletes, coaches, officials and/or spectators are present.

**Swimwear:** "Tech suits" (suits with bonded seams, kinetic tape or meshed seams) are not permitted at this meet for all 12-Under swimmers. 13-14 swimmers are allowed to wear "tech suits" that conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned meet.

**Deck Changes:** Deck changes are prohibited.

**Change of Affiliation:** Club Transfers (Unattach or Attach) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as Unattached, but is responsible to complete the Club Transfer process online in SWIMS 3.0

**Distance Events:**

The **1500-meter freestyle** events (age groups combined) will be swum:

All heats fastest to slowest, alternating girls & boys.

**Swimmers in the 1500 freestyle need to supply their timers and lap counters.**

The **800-meter freestyle** events (age groups combined) will be swum:

800 check in to swim by seeded time closes 30 minutes after the start of finals on

Saturday; .Sunday. Swimmers may declare the desire to swim in the AM session.

All heats fastest to slowest, alternating girls & boys. The fastest heat of girls and boys that check in by 5:30 PM on Saturday will swim with Finals.

**Swimmers in the 800 freestyle need to supply their own timers and lap counters.**

**Awards:**

<b>Individual:</b>	1 <sup>st</sup> Special Award, 2 <sup>nd</sup> – 8 <sup>th</sup> Place Medals
<b>Relays:</b>	1 <sup>st</sup> Special Award, 2 <sup>nd</sup> and 3 <sup>rd</sup> Place Medals.
<b>TEAMS:</b>	1 <sup>st</sup> -3 <sup>rd</sup> award plaques for <b>Combined</b> team in Large & Small Divisions; 1 <sup>st</sup> – 3 <sup>rd</sup> award for <b>Girls &amp; Boys</b> in Large & Small Divisions.
<b>NOTE:</b>	<b>Teams will be assigned to divisions prior to meet start based on meet entries.</b>

**Scoring:**

Top 16 individuals and top 16 relays will score  
Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
Relays: 40-34-32-30-18-16-14-22-18-14-12-10-8-6-4-2

**Relays:** Relays and relay-only swimmers must be pre-entered electronically and prepaid. Relays are all timed finals events. **Teams may enter a maximum of three relays per events (A, B, C).** Thursday relays will be swum in event order during the timed finals session. All other relays will swim at the end of the finals' sessions Friday, Saturday and Sunday, in event number order. Only **A&B relays will be eligible for scoring.** The **C** relay will be allowed to swim as exhibition. Relays must be checked in by 4:00 PM Thursday and by the end of prelims Fri/Sat/Sunday

A club entering a single relay must meet the soft cut. Times may be proven based on the aggregate of the team's fastest 4 swimmers in that age group over the qualifying period (since 9/1/2022). A team time achieved during the qualifying period may also be used. A club entering multiple relays **MUST** use the aggregate of each listed swimmer's individual best times. Swimmers used to prove relays must be in the age group of the relay on the first day of the meet. Team times are not allowed for multiple relays. Entries must be proven by meeting the aggregate or the hard cut. Entries must be proven by a team time achieved in the qualification period or an aggregate of 4 swimmers of proper age as of July 18.

**Finals: Friday/Saturday/ Sunday:** A championship final (8 swimmers, 1-8) and consolation final (8 swimmers, 9-16) will be offered for 5-10, 11-12 and 13-14 age groups. **The national finals' scratch rule will be used** (see details above).

**Submitted/Qualifying Times:** **This is a proof-of-time meet.** Proof of time is required through SWIMS, the National Times database, or recognized FINA competitions. Times must be achieved at (a) a USA Swimming sanctioned competition, (b) a USA Swimming observed competition, (c) a USA Swimming approved competition, or (d) a FINA approved competition. Submit **ACTUAL** times achieved for each event. If Standard is achieved in **SHORT COURSE YARDS**, enter event with **SHORT COURSE YARD** time, indicated on entry by "Y". If Standard is achieved in **LONG COURSE METERS**, enter event with **LONG COURSE METER** time, indicated on entry by "L". When entering electronically, "L" or "Y"

must be specified and a proof of time report included. If using an individual entry form, time must be clearly marked with either "L" or "Y". Times must have been achieved on or after **Sept. 1, 2022**, and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) - refer to SCS Swim Guide. Discrepancies in submitted times may lead to disciplinary action.

**Entry Procedure: Team Electronic Entry is highly preferred.** Electronic entry will be accepted ONLY when received with an attached Word or pdf file including electronic signature of coach AND PROOF OF TIME and will be dated as official at that time (5PM postmark would queue before a 10PM electronic). Full payment (single team check or certified funds) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (this includes e-mail) ONLY. DO NOT RESEND AN ENTRY FILE: A replacement file for the team will NOT be processed. Deletions will NOT be refunded.

Returned checks will incur a service fee per SCS policy. For an individual entry, submit a Southern California Swimming Consolidated Entry Card for each swimmer. Card must be completely filled out, including entire USA Swimming registration number. To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard. (Receipt of entries will not be verified by phone or e-mail). **Individual email entry will not be accepted.**

**Last Ditch Entries from July 11-14 meets:** Swimmers achieving a new event for the first time from the due date, July 10, of the Summer Elite Age Group Championships entry to the Sunday prior to the meet, July 14, may be entered in the meet by submission of an additional TEAM entry using entry file title: "**Last Ditch 2024 Summer Elite Age Group Champs**". The instructions and the meet event file will be on the SCS website on Thursday morning, July 11, 2024. These entries must be submitted no later than 11:59 PM Pacific time on Monday, July 15, 2024. These entries cannot be used to improve the seed time of a prior entry.

A team representative must enter any swimmer's new qualifying times, or any swimmer not previously entered using the **Last Ditch 2024 Summer Elite Age Group Champs** and submitting to the meet processor, Judi Divan (divanj@cox.net) on or before Monday, July 15, at 11:59pm.

**Partially Closed Deck:** Prelims and Finals will be run with a partially **CLOSED DECK**. Several deck areas will be restricted to coaches, officials, athletes, and volunteers. Parents will be restricted from these areas.

**DISABILITY:** Coaches entering swimmers with disabilities that require any reasonable accommodations or modifications, including the need for personal assistants, and/or registered service animals, must provide advance notice in writing (email), accompanying their meet entry file, to the meet referee by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

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#### **USA SWIMMING MEET 360:**

**Permanently suspended or ineligible individuals cannot be present on deck, coach, or perform any function at a meet requiring USA Swimming membership**

**During registration, ensure all coaches, officials, trainers, massage therapists, LSC or host club staff, and medical professionals show proof of current USA Swimming membership (e.g., require them to show their Membership Card via the USA Swimming app) at registration. If such an individual cannot demonstrate proof of membership in good standing, deck access will not be granted.**

Individuals permanently suspended or ineligible can be spectators at a meet and may be in the stands.

Violators shall be reported to the Meet Director or Meet Referee, who can then direct that individual to the spectator area. A subsequent report should also be made to USA Swimming.

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.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at [www.uscenterforsafesport.org/report-a-concern](http://www.uscenterforsafesport.org/report-a-concern). Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention policy, please visit [www.usaswimming.org/report](http://www.usaswimming.org/report).

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**NO REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED.**

To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard.

***Receipt of entries will not be verified by phone or e-mail.***

**Fees: \$8.00 for each INDIVIDUAL EVENT, plus \$25.00 SURCHARGE per swimmer and \$8.00 FACILITY FEE per swimmer must accompany each individual entry card, Relays \$20.00. Returned checks will incur a service fee per SCS policy**

**Outreach athletes are \$15.00 flat fee for the meet. Teams must provide proof of outreach athlete status by including a copy of their team roster when submitting entries.**

Please make checks payable to:	Mission Viejo Nadadores
Mail entries to:	Judi Divan, 33561 Calle Miramar, Juan Capistrano, CA 92675
Hand delivered to:	Same
Electronic entries to:	Judi Divan, <a href="mailto:divanj@cox.net">divanj@cox.net</a>
Meet Information:	Sarah Dawson, <a href="mailto:coachsarah@mvnadadores.org">coachsarah@mvnadadores.org</a>

***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 meet. Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0) govern this meet.***

**Time Trials: Separate Sanction #S24-184**

Will be swum, time permitting, on **Friday, Saturday and Sunday following the preliminary sessions**. Three (3) events per day limit applies (Meet events + Time trials = 3 events per day or less). Deck entered entry fee is \$20.00 per event, no refunds after seeding.

Open only to 2024 SCS swimmers who are entered in at least 1 individual event or relay in the meet. **RELAY-ONLY SWIMMERS WILL BE ALLOWED TO SWIM IN TIME TRIALS PROVIDED THEY ACTUALLY SWIM ON A RELAY.** Participants must provide their own backup timers. The Administrative Referee/Official will determine the order of events.

THURSDAY, JULY 18, 2024 – 4:00 PM								
Event No	Girls		Age	Event	Age	Boys		Event No
	SC Yards	LC Meters				SC Yards	LC Meters	
1	19:32.30	19:55.80	11-14	1500 LCM Freestyle	11-14	18:44.60	19:07.10	2
3	2:31.30 *	2:51.20 *	5-10	400 LCM Freestyle	5-10	2:29.80 *	2:49.50*	4
5	8:29.10	9:37.90	13-14	800 LCM Freestyle Relay	13-14	8:07.20	9:13.60	6
	8:38.00	9:48.00	13-14 (SOFT)		13-14 (SOFT)	8:15.70	9:23.30	

FRIDAY, JULY 19, 2024 – 9:00 AM								
Event No	Girls		Age	Event	Age	Boys		Event No
	SC Yards	LC Meters				SC Yards	LC Meters	
7	26.20	29.90	13-14	50 LCM Freestyle	13-14	24.60	28.20	8
9	27.80	31.70	11-12		11-12	27.40	31.20	10
11	31.50	35.80	5-10		5-10	31.20	35.50	12
13	2:38.80	3:00.30	11-14	200 LCM Breaststroke	11-14	2:29.70	2:50.20	14
15	36.40	41.40	11-12	50 LCM Breaststroke	11-12	35.80	40.80	16
17	41.60	47.20	5-10		5-10	42.60	48.30	18
19	1:03.30	1:11.70	13-14	100 LCM Butterfly	13-14	59.10	1:07.00	20
21	1:08.00	1:16.90	11-12		11-12	1:07.50	1:16.40	22
23	1:21.60	1:32.00	5-10		5-10	1:20.20	1:30.50	24
25	5:28.80	4:53.50	13-14	400 LCM Freestyle	13-14	5:16.90	4:42.90	26
27	5:49.30	5:11.80	11-12		11-12	5:47.00	5:09.70	28
29	4:28.60	5:04.40	13-14	400 LCM Medley Relay	13-14	4:16.70	4:51.30	30
	4:33.30	5:09.90	13-14 (SOFT)		13-14 (SOFT)	4:21.20	4:56.40	
31	4:47.30	5:25.30	11-12		11-12	4:49.70	5:28.00	32
	4:52.40	5:31.00	11-12 (SOFT)		11-12 (SOFT)	4:54.80	5:33.80	

SATURDAY, JULY 20, 2024 – 9:00 AM								
Event No	Girls		Age	Event	Age	Boys		Event No
	SC Yards	LC Meters				SC Yards	LC Meters	
33	2:03.20	2:20.00	13-14	200 LCM Freestyle	13-14	1:56.20	2:12.20	34
35	2:11.20	2:28.90	11-12		11-12	2:08.90	2:26.30	36
37	2:31.20	2:51.20	5-10		5-10	2:29.80	2:49.50	38
39	1:13.80	1:24.00	13-14	100 LCM Breaststroke	13-14	1:07.70	1:17.20	40
41	1:19.00	1:29.70	11-12		11-12	1:18.40	1:29.10	42
43	1:30.40	1:42.40	5-10		5-10	1:31.30	1:43.40	44
45	2:19.30	2:37.10	11-14	200 LCM Backstroke	11-14	2:13.50	2:30.60	46
47	32.30	36.50	11-12	50 LCM Backstroke	11-12	32.30	36.50	48
49	37.20	41.90	5-10		5-10	37.00	41.70	50
51	4:57.10	5:36.20	11-14	400 LCM Individual Medley	11-14	4:43.50	5:21.10	52
53	2:30.60	2:50.30	5-10	200 LCM Medley Relay	5-10	2:32.50	2:52.40	54
	2:33.30	2:53.30	5-10 (SOFT)		5-10 (SOFT)	2:35.00	2:55.40	
55	2:11.50	2:29.20	11-12		11-12	2:13.20	2:31.10	56
	2:13.80	2:31.70	11-12 (SOFT)		11-12 (SOFT)	2:15.60	2:33.80	
57	4:28.60 **	5:04.50	13-14	200 LCM Freestyle Relay	13-14	4:16.70 **	4:51.30 **	58
	4:33.30 **	5:09.90 **	13-14 (SOFT)		13-14 (SOFT)	4:21.20 **	4:56.40 **	
59	2:09.40	2:26.80	5-10		5-10	2:10.20	2:27.70	60
	2:11.70	2:29.40	5-10 (SOFT)		5-10 (SOFT)	2:12.50	2:30.30	
61	1:55.60	2:11.50	11-12		11-12	1:56.60	2:12.60	62
	1:57.70	2:13.80	11-12 (SOFT)		11-12 (SOFT)	1:58.70	2:15.00	
63	1:50.40	2:05.70	13-14	200 LCM Freestyle Relay	13-14	1:43.80	1:58.40	64
	1:52.40	2:07.90	13-14 (SOFT)		13-14 (SOFT)	1:45.60	2:00.50	

SUNDAY, JULY 21, 2024 – 9:00 AM								
Event No	Girls		Age	Event	Age	Boys		Event No
	SC Yards	LC Meters				SC Yards	LC Meters	
65	56.60	1:04.50	13-14	100 LCM Freestyle	13-14	53.20	1:00.70	66
67	1:00.30	1:08.60	11-12		11-12	59.30	1:07.50	68
69	1:09.30	1:18.60	5-10		5-10	1:08.50	1:17.70	70
71	2:23.80	2:42.50	11-14	200 LCM Butterfly	11-14	2:17.40	2:35.40	72
73	30.50	34.60	11-12	50 LCM Butterfly	11-12	30.20	34.30	74
75	35.30	39.90	5-10		5-10	35.40	40.00	76
77	1:04.30	1:12.60	13-14	100 LCM Backstroke	13-14	1:01.40	1:09.40	78
79	1:09.00	1:17.80	11-12		11-12	1:08.60	1:17.40	80
81	1:20.40	1:30.50	5-10		5-10	1:20.40	1:30.50	82
83	2:19.80	2:38.40	13-14	200 LCM Individual Medley	13-14	2:12.10	2:29.90	84
85	2:28.90	2:48.50	11-12		11-12	2:26.80	2:46.20	86
87	2:50.70	3:12.70	5-10		5-10	2:49.00	3:10.80	88
89	11:34.10	10:19.50	11-14	800 LCM Freestyle	11-14	11:03.10	9:51.90	90
91	4:09.60	4:43.40	11-12	400 LCM Freestyle Relay	11-12	4:09.30	4:43.10	92
	4:14.00	4:48.40	11-12 (SOFT)		11-12 (SOFT)	4:13.70	4:48.10	
93	3:55.60	4:27.90	13-14		13-14	3:42.70	4:13.60	94
	4:00.00	4:32.60	13-14 (SOFT)		13-14 (SOFT)	3:46.60	4:18.10	



\*\*\*\*Events #1/2 (1500 Freestyle), #45/46 (200 Backstroke), #13/14 (200 Breaststroke), #71/72 (200 Butterfly) and Events #89/90 (800 Freestyle) and #51/52 (400 IM) are being contested as one age group for 11-14 to be awarded and scored as one age group.

\*\*\*The fastest heat each of Womens and of Mens 800 Freestyle (age groups combined), who have checked in and elected to swim in the PM will be held during finals. All remaining heats of the 800 Freestyle, will be swum at the end of the Sunday prelims session (before time trials), fast to slow alternating women and men.

Events \*\*95-96\*\* (13-14 200 Medley Relay):

The number of teams that qualify to enter a 200 Medley Relay is based upon the number of relays qualified in the 400 Medley Relay.

Entry times for the 200 Medley Relay must be one of the following:

- Aggregate each 50 times for the four swimmers.

- A team owned time for the 200 Medley Relay.

- If a team cannot present a time with either of the above, then the team will divide the 400 Medley time by 2 and enter that time.

All relays will swim in event order during Thursday Timed final session and Friday/Saturday Finals. Relays may elect on Sunday to swim AM session after Prelims and prior to the 800 Free AM heats.

A & B relays will be eligible for scoring. All other relays will be allowed to swim as exhibition. Teams may enter a maximum of three relay teams per event (A,B,C)