

Sponsored by:

POOL:

2023 MVN JESSIE REES MEMORIAL "TURKEY CLASSIC"

BB MIN AGE GROUP SWIM MEET Hosted by the **Mission Viejo Nadadores**



November 13, 2023 (Mon) 5 PM

7:30 AM (Sat/Sun/Mon), 3:30 PM (Fri)

9:00 AM (Sat/Sun/Mon), 5:00 PM (Fri)

DATE OF MEET: November 17-20, 2023
Sanctioned by: Southern California Swimming

Sanction Number: #S23-141

WARM UP TIME:
Mission Viejo Nadadores MEET START TIME:

MARGUERITE RECREATION CENTER, 27474 Casta Del Sol, Mission Viejo, CA 92692.

DIRECTIONS: Take I-5 to the La Paz exit. Turn east on La Paz, left on Marguerite, and right on Casta Del Sol. Turn right at the first driveway. The swim

parking lot is behind the tennis courts on the right with the exit being at the upper level. There is no RV parking in the swim parking lot.

COURSE: The LOWER MARGUERITE AQUATIC COMPLEX POOL is an outdoor, 50 meter x 25 yard pool with up to two 8 lane, 25 yard courses.

Separate warm up pool available. Both competition courses have been certified in accordance with 104.22.2 (C). The copy of such certification

ENTRIES RECEIVED BY:

is on file with USA Swimming. Pool Depth Measurement at South End = 2M; and North End = 3.5M.

WARM UPUSA Swimming warm-up policies will be enforced by USA Swimming Officials. Swimmers warming up or down before, during, after this swim meet must be under the direct supervision of an USA Swimming member coach. There will be <u>NO DIVING</u> into the pool during these

times except into the designated sprint lane(s). All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or

diving. WARM-UP RULES WILL BE ANNOUNCED AND POSTED.

MEET

REFERE: The meet referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to

Jason Rothlein, e-mail: jtrothlein@gmail.com

RULES: USA Swimming rules will govern. Current SCS Meet procedures will be enforced and take precedence over any errors or omissions on this

entry form. (See 2023 SCS Swim Guide). Swimmers must check in with the Clerk of Course for each event they wish to swim. **THE FIRST FOUR EVENTS OF EACH SESSION WILL CLOSE 30 MINUTES PRIOR TO THE START OF THAT SESSION.** After an event has been officially closed, swimmers MAY NOT CHECK IN OR SCRATCH. Swimmers must swim in their actual Age Group determined by their age on

November 17, 2023.

All coaches and officials on deck must complete the CDC or NFHS Concussion online course, and the CANRA Mandatory Reporting online course.

Younger (5-12) swimmers may swim a maximum of FOUR events per day. MVN will limit entries to meet the "4 Hour" rule for each YOUNGER (5-12) session. 7-8 swimmers may compete in 5-8 -or- 7-10 events, but not any combination. 7-10 500 Yd Free swimmers must enter best 200 Yd Free time that meets or betters the "BB" time standard. MVN will limit entries to a maximum of eight (8) hours of competitive events for 13-Up swimmers (USA Swimming Rule 102.1).

Older (13&Up) swimmers may swim a maximum of FIVE events per day.

Timers must be provided by each team. Swimmers in the 500 Freestyle and 1650 Freestyle should provide timers for three heats. You should provide your own lap counters.

ALL events will be seeded and swum fastest to slowest. The 500 Freestyle, 1650 Freestyle, and 400 IM will be seeded and swum fastest to slowest, alternating girls and boys.

RECORDING DEVICES &

MEDIA NOTICE: The use of audio-visual recording devices, including cell phones, are not permitted in locker rooms, changing areas or restrooms. Recording

devices are not permitted behind the starting blocks during the starting sequence throughout the meet. 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 acknowledgment and consent to this fact.

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: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA

Swimming sanctioned or approved competition. Tech suits with bonded seams, kinetic tape, or meshed seams are not permitted at this meet

for 12-Under swimmers.

DECK CHANGES: Deck changes are prohibited.

RACING START Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member

CERTIFICATION: 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.

ELIGIBILITY: OPEN TO ATHLETES who hold 2023 -or- 2024 USA Swimming Registration. Online registration in SWIMS 3.0 must be completed

prior to the meet entry deadline. No late or deck registration will be accepted.

All athletes 18 years and older must complete the free online APT

(ATHLETE PROTECTION TRAINING) course prior to the start of the meet to be cleared to compete

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 Clu Transfer process online in SWIMS 3.0.

SUBMITTED

TIMES:

Times submitted must be <u>BEST RECORDED TIMES</u>, short course or long course, from this or preceding swim season (**DO NOT SUBMIT NT (no time)**, **ET (estimated time)**, **or work out times**). For Seeding purposes ONLY: after entries close, non-conforming times will be converted by meet administration. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action. As a reminder: no updated times will be accepted after the meet entry deadline.

ENTRIES:

Entries must be made on Southern California Swimming Entry form or by electronic entry. **ELECTRONIC ENTRY IS PREFERRED.** E-mail entry (entry.zip file) will be accepted ONLY when received with an attached Word or *.pdf file including electronic signature of coach and will be dated as official at that time. (5 PM postmark would queue before a 10 PM electronic). Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the 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. New swimmers accepted only if SPACE is AVAILABLE. DO NOT RE-SEND AN ENTRY FILE. A replacement file for the team will NOT be processed. Deletions will NOT be refunded.

QUALIFYING TIMES:

Times submitted must be recorded times. Swimmers must have achieved time standards listed for an event since 9/1/22. If a swimmer does not have a recorded time but is otherwise qualified, he/she may enter the meet at the **non-conforming** minimum time (see 2023 Swim Guide for exceptions).

ENTRY FEE:

\$5.50 for each INDIVIDUAL EVENT, plus \$15.00 SURCHARGE per swimmer per swimmer must accompany each individual entry card. RETURNED CHECKS WILL INCUR A SERVICE FEE PER SCS POLICY. Entries will be rejected if a check does not accompany the entry card. Please put your swimmer's name and USA Swimming number on your check! E- mail entry (entry.zipfile) will be accepted ONLY when received with an attached Word or .pdf file including electronic signature of a coach and will be dated as official at that time. (5 PM postmark would queue before a 10 PM electronic). Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the 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. New swimmers accepted SPACE AVAILABLE. Do not resend an entry file. A REPLACEMENT FILE FOR THE TEAM WILL NOT BE PROCESSED. Deletions will NOT be refunded.

ENTRIES DUE:

ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, MONDAY, NOVEMBER 13, 2023. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid any concern regarding receipt of entry card at the designated address, you are advised to enclose a stamped, self-addressed postcard or envelope for return when your entry is received.

NO certified, registered or special delivery mail will be accepted.

AWARDS:

INDIVIDUAL EVENTS:

"A" Division:

MEDALS 1st through 3rd. RIBBONS 4th through 6th

"BB" Division: RIBBONS 1st through 6th.

The following age groups will be awarded: 5-8, 5-10, 11/12.

IMX AWARDS:

A high points IMX award will be made to the overall IMX female and male high point scorers in

the following age groups: 5-9, 10, 11, 12

In order to receive an IMX score, a swimmer must legally swim each IMX event for his/her age level.

5-9 year olds; 10-year olds: 200 IM, 200 Free, 100 Back, 100 Breast, 100 Fly 11-year olds; 12-year olds: 200 IM, 500 Free, 100 Back, 100 Breast, 100 Fly

MAKE CHECKS PAYABLE TO:
And MAIL TO:
(Include swimmer's name and
USA Swimming Number)
Or EMAIL TO:

MISSION VIEJO NADADORES JUDI DIVAN 33561 CALLE MIRAMAR SAN JUAN CAPISTRANO, CA 92675 divanj@cox.net

ALL CERTIFIED, REGISTERED OR SPECIAL DELIVERY MAIL WILL BE REJECTED.

IF SENDING VIA EXPRESS MAIL, YOU MUST WAIVE SIGNATURE, OR THE ENTRY WILL BE REJECTED.

For further meet Information e-mail Sarah Dawson: coachsarah@mvnadadores.org

Receipt of entry WILL NOT be verified by phone or by email.

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 event.

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

2023 JESSIE REES MEMORIAL"TURKEY CLASSIC" BB MIN SWIM MEET-YOUNGERS

Hosted by the Mission Viejo Nadadores

Date of Meet: November 18-21, 2023 Entries RECEIVED BY: Monday, November 13, 2023 5 p.m.

SUBMIT BEST RECORDED TIMES (SCY or LCM)

YOUNGERS MAY SWIM A MAXIMUM OF FOUR (4) EVENTS PER DAY YOUNGERS ENTRIES WILL BE LIMITED TO MEET THE 4 HOUR RULE.

7-8 swimmers may compete in 5-8 -or- 7-10 events, but not any combination.

7-10 500 Yard Freestyle swimmers enter best 200 Yard Freestyle time that meets or exceeds an "BB" time.

Girls		Frida	ay, Novemb	er 17, 2023– 5:00 p.m.			Boys
No.	Division	Age	Minimum	Event	Age	Minimum	No.
1	BB MIN	11-12	BB	500 Yd Freestyle	11-12	BB	2

Ointo				023- "Blue" Session - 9:0	0 a.m.		Davis
Girls No.	Division	Age	= 5-8 GIRIS, 7- Minimum	10 Girls & 11-12 Boys Event	Age	Minimum	Boys No.
3	BB MIN	5-8	1:46.40	100 Yd Freestyle	Aye	WIIIIIIIIIIIII	NO.
J	BB MIN	J - 0	1.40.40	100 Yd Freestyle	11-12	BB	4
5	BB MIN	7-10	BB	100 Yd Freestyle	11-12	טט	7
<u> </u>	BB MIN	7-10	טט	400 Yd IM	11-12	BB	6
7	BB MIN	5-8	57.80	50 Yd Backstroke	11-12	טט	U
'	BB MIN	3 0	37.00	50 Yd Backstroke	11-12	BB	8
9	BB MIN	7-10	BB	50 Yd Backstroke	11-12	טט	U
5	BB MIN	7 10	טט	200 Yd Backstroke	11-12	BB	10
11	BB MIN	5-8	1:02.80	50 Yd Breaststroke	11 12		10
11	BB MIN	0 0	1.02.00	50 Yd Breaststroke	11-12	BB	12
13	BB MIN	7-10	BB	50 Yd Breaststroke	11 12		12
10	BB MIN	7 10	DD	200 Yd Breaststroke	11-12	BB	14
15	BB MIN	7-10	BB	100 Yd Butterfly	11 12	55	
10	BB MIN	7 10	55	100 Yd Butterfly	11-12	BB	16
17	BB MIN	7-10	BB	200 Yd IM	11.12	55	10
	BB MIN	, 10	55	200 Yd IM	11-12	BB	18
		Saturo	dav. Novemb	er 18, 2023 – "Gold" Sess		,	
				7-10 Boys & 11-12 Girls			
Girls				an 30 minutes after "Blue	" Session e	ends.	Boys
No.	Division	Age	Minimum	Event	Age	Minimum	No.
	BB MIN			100 Yd Freestyle	5-8	1:42.00	19
20	BB MIN	11-12	BB	100 Yd Freestyle			
	BB MIN			100 Yd Freestyle	7-10	BB	21
22	BB MIN	11-12	BB	400 Yd IM			
	BB MIN			50 Yd Backstroke	5-8	56.30	23
24	BB MIN	11-12	BB	50 Yd Backstroke			
	BB MIN			50 Yd Backstroke	7-10	BB	25
26	BB MIN	11-12	BB	200 Yd Backstroke			
	BB MIN			50 Yd Breaststroke	5-8	1:01.20	27
28	BB MIN	11-12	BB	50 Yd Breaststroke			
	BB MIN			50 Yd Breaststroke	7-10	BB	29
30	BB MIN	11-12	BB	200 Yd Breaststroke			
				100 Yd Butterfly	7-10	BB	31
	BB MIN				7 10	1 00	01
32	BB MIN	11-12	BB	100 Yd Butterfly			
32 34		11-12 11-12	BB BB		7-10	BB	33

2023 MVN JESSIE REES MEMORIAL"TURKEY CLASSIC" BB MIN SWIM MEET-YOUNGERS

(Continued) Hosted by the Mission Viejo Nadadores

Girls				23 – "Blue" Session - 9:00 -10 Girls & 11-12 Boys	a.m.		Boys
No.	Division	Age	Minimum		Age	Minimum	No.
35	BB MIN	5-8	55.60	50 Yd Butterfly			
	BB MIN			50 Yd Butterfly	BB	11-12	36
37	BB MIN	7-10	BB	50 Yd Butterfly			
	BB MIN			200 Yd Butterfly	BB	11-12	38
39	BB MIN	7-10	BB	100 Yd Breaststroke			
	BB MIN			100 Yd Breaststroke	BB	11-12	40
41	BB MIN	7-10	BB	100 Yd Backstroke			
	BB MIN			100 Yd Backstroke	BB	11-12	42
43	BB MIN	5-8	48.60	50 Yd Freestyle			
44	BB MIN	7-10	BB	50 Yd Freestyle			
	BB MIN			50 Yd Freestyle	BB	11-12	45
46	BB MIN	5-8	2:01.40	100 Yd IM			
47	BB MIN	7-10	BB	100 Yd IM			
	BB MIN			100 Yd IM	BB	11-12	48
49	BB MIN	7-10	BB	200 Yd Freestyle			
	BB MIN			200 Yd Freestyle	BB	11-12	50
				r 19, 2023 – "Gold" Sessic	n		
				7-10 Boys & 11-12 Girls			
Girls		<u>ssion will begin ı</u>	<u>no sooner th</u>	an 30 minutes after "Blue"			Boys
	BB MIN			50 Yd Butterfly	56.40	5-8	51
52	BB MIN	11-12	BB	50 Yd Butterfly			
	BB MIN		_	50 Yd Butterfly	BB	7-10	53
54	BB MIN	11-12	BB	200 Yd Butterfly			
	BB MIN			100 Yd Breaststroke	BB	7-10	55
56	BB MIN	11-12	BB	100 Yd Breaststroke			
	BB MIN			100 Yd Backstroke	BB	7-10	57
58	BB MIN	11-12	BB	100 Yd Backstroke	1= 44		
	BB MIN			50 Yd Freestyle	47.30	5-8	59
	BB MIN			50 Yd Freestyle	BB	7-10	60
61	BB MIN	11-12	BB	50 Yd Freestyle	4 =6 22		
	BB MIN			Nonday, November 21, 20	1:58.20	5-8	62
	BB MIN			100 Yd IM	BB	7-10	63
64	BB MIN	11-12	BB	100 Yd IM			
	BB MIN			200 Yd Freestyle	BB	7-10	65
66	BB MIN	11-12	BB	200 Yd Freestyle			

Girls		Mo	nday, Noven	nber 20, 2023 – 9:00 a.m.			Boys
No.	Division	Age	Minimum	Event	Minimum	Age	No.
67	BB MIN	7-10	2:42.00	500 Yd Freestyle	02:41.80	7-10	68
				(Enter 200 Free Time)			
69	BB MIN	11-12	21:32.10	1650 Yd Freestyle	21:51.50	11-12	70

^{***} SWIMMERS IN THE 500 & 1650 FREE SHOULD PROVIDE A TIMER TO TIME A MINIMUM OF 3 HEATS IN ORDER TO SWIM.

*** SWIMMERS SHOULD PROVIDE THEIR OWN LAP COUNTERS.

*** ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

2023 MVN JESSIE REES MEMORIAL"TURKEY CLASSIC" BB MIN SWIM MEET – OLDERS

Hosted by the Mission Viejo Nadadores

Date of Meet: November 17-20, 2023 Entries RECEIVED BY: Monday, November 13, 2023 5 PM SUBMIT BEST RECORDED TIMES (SCY or LCM)

OLDERS MAY SWIM A MAXIMUM OF FIVE (5) EVENTS PER DAY

Women		Friday,	November 1	17, 2023 – 5:00 p.m.			Men
No.	Division	Age	Minimum	Event	Age	Minimum	No.
101	BB MIN	13-14	BB	500 Yd Freestyle	13-14	BB	102
101	BB MIN	15 & Up	BB	500 Yd Freestyle	15 & Up	BB	102
Women		Saturday,	November	18, 2023 – 9:00 a.m.			Men
No.	Division	Age	Minimum	Event	Age	Minimum	No.
103	BB MIN	13-14	BB	200 Yd Freestyle	13-14	BB	104
105	BB MIN	15 & Up	BB	200 Yd Freestyle	15 & Up	BB	106
107	BB MIN	13-14	BB	200 Yd Breaststroke	13-14	BB	108
109	BB MIN	15 & Up	BB	200 Yd Breaststroke	15 & Up	BB	110
111	BB MIN	13-14	BB	100 Yd Backstroke	13-14	BB	112
113	BB MIN	15 & Up	BB	100 Yd Backstroke	15 & Up	BB	114
115	BB MIN	13-14	BB	200 Yd Butterfly	13-14	BB	116
117	BB MIN	15 & Up	BB	200 Yd Butterfly	15 & Up	BB	118
119	BB MIN	13-14	BB	200 Yd IM	13-14	BB	120
121	BB MIN	15 & Up	BB	200 Yd IM	15 & Up	BB	122
Women		Sunday, November 19, 2023 – 9:00 a.m.				Men	
	B1 1 1		NA inclination	F 4	Α	NA : :	MI.
No.	Division	Age	Minimum	Event	Age	Minimum	No.
No. 123	BB MIN	13-14	BB	100 Yd Freestyle	Age 13-14	BB	NO. 124
				100 Yd Freestyle 100 Yd Freestyle			
123	BB MIN	13-14	BB	100 Yd Freestyle	13-14	BB	124
123 125 127 129	BB MIN BB MIN	13-14 15 & Up	BB BB	100 Yd Freestyle 100 Yd Freestyle	13-14 15 & Up	BB BB	124 126
123 125 127	BB MIN BB MIN BB MIN	13-14 15 & Up 13-14	BB BB BB	100 Yd Freestyle 100 Yd Freestyle 200 Yd Backstroke	13-14 15 & Up 13-14	BB BB BB	124 126 128
123 125 127 129	BB MIN BB MIN BB MIN BB MIN	13-14 15 & Up 13-14 15 & Up	BB BB BB BB	100 Yd Freestyle 100 Yd Freestyle 200 Yd Backstroke 200 Yd Backstroke	13-14 15 & Up 13-14 15 & Up	BB BB BB BB	124 126 128 130
123 125 127 129 131	BB MIN BB MIN BB MIN BB MIN BB MIN	13-14 15 & Up 13-14 15 & Up 13-14	BB BB BB BB	100 Yd Freestyle 100 Yd Freestyle 200 Yd Backstroke 200 Yd Backstroke 100 Yd Butterfly	13-14 15 & Up 13-14 15 & Up 13-14	BB BB BB BB	124 126 128 130 132
123 125 127 129 131 133	BB MIN BB MIN BB MIN BB MIN BB MIN BB MIN	13-14 15 & Up 13-14 15 & Up 13-14 15 & Up	BB BB BB BB BB	100 Yd Freestyle 100 Yd Freestyle 200 Yd Backstroke 200 Yd Backstroke 100 Yd Butterfly 100 Yd Butterfly	13-14 15 & Up 13-14 15 & Up 13-14 15 & Up	BB BB BB BB BB	124 126 128 130 132 134
123 125 127 129 131 133 135	BB MIN	13-14 15 & Up 13-14 15 & Up 13-14 15 & Up 13-14	BB BB BB BB BB BB	100 Yd Freestyle 100 Yd Freestyle 200 Yd Backstroke 200 Yd Backstroke 100 Yd Butterfly 100 Yd Butterfly 100 Yd Breaststroke	13-14 15 & Up 13-14 15 & Up 13-14 15 & Up 13-14	BB BB BB BB BB BB	124 126 128 130 132 134 136
123 125 127 129 131 133 135 137	BB MIN	13-14 15 & Up 13-14 15 & Up 13-14 15 & Up 13-14 15 & Up	BB BB BB BB BB BB BB	100 Yd Freestyle 100 Yd Freestyle 200 Yd Backstroke 200 Yd Backstroke 100 Yd Butterfly 100 Yd Butterfly 100 Yd Breaststroke 100 Yd Breaststroke	13-14 15 & Up 13-14 15 & Up 13-14 15 & Up 13-14 15 & Up	BB BB BB BB BB BB BB	124 126 128 130 132 134 136 138
123 125 127 129 131 133 135 137	BB MIN	13-14 15 & Up 13-14 15 & Up 13-14 15 & Up 13-14 15 & Up	BB BB BB BB BB BB BB	100 Yd Freestyle 100 Yd Freestyle 200 Yd Backstroke 200 Yd Backstroke 100 Yd Butterfly 100 Yd Butterfly 100 Yd Breaststroke 100 Yd Breaststroke 50 Yd Freestyle	13-14 15 & Up 13-14 15 & Up 13-14 15 & Up 13-14 15 & Up 13-14	BB BB BB BB BB BB BB BB	124 126 128 130 132 134 136 138
123 125 127 129 131 133 135 137 139	BB MIN	13-14 15 & Up 13-14 15 & Up 13-14 15 & Up 13-14 15 & Up 13-14 15 & Up	BB BB BB BB BB BB BB BB BB	100 Yd Freestyle 100 Yd Freestyle 200 Yd Backstroke 200 Yd Backstroke 100 Yd Butterfly 100 Yd Butterfly 100 Yd Breaststroke 100 Yd Breaststroke 50 Yd Freestyle 50 Yd Freestyle	13-14 15 & Up 13-14 15 & Up 13-14 15 & Up 13-14 15 & Up 13-14 15 & Up	BB BB BB BB BB BB BB BB BB	124 126 128 130 132 134 136 138 140
123 125 127 129 131 133 135 137 139 141 143	BB MIN	13-14 15 & Up 13-14 15 & Up 13-14 15 & Up 13-14 15 & Up 13-14 15 & Up 13-14 15 & Up	BB	100 Yd Freestyle 100 Yd Freestyle 200 Yd Backstroke 200 Yd Backstroke 100 Yd Butterfly 100 Yd Butterfly 100 Yd Breaststroke 100 Yd Breaststroke 50 Yd Freestyle 50 Yd Freestyle 400 Yd IM 400 Yd IM ber 20 2023– 9:00 a.m.	13-14 15 & Up 13-14 15 & Up 13-14 15 & Up 13-14 15 & Up 13-14 15 & Up	BB	124 126 128 130 132 134 136 138 140 142
123 125 127 129 131 133 135 137 139 141 143 143 Women No.	BB MIN	13-14 15 & Up Mond Age	BB	100 Yd Freestyle 100 Yd Freestyle 200 Yd Backstroke 200 Yd Backstroke 100 Yd Butterfly 100 Yd Butterfly 100 Yd Breaststroke 100 Yd Breaststroke 50 Yd Freestyle 50 Yd Freestyle 400 Yd IM 400 Yd IM per 20 2023– 9:00 a.m. Event	13-14 15 & Up 13-14 15 & Up 13-14 15 & Up 13-14 15 & Up 13-14 15 & Up 13-14 15 & Up	BB	124 126 128 130 132 134 136 138 140 142 144 144 Men No.
123 125 127 129 131 133 135 137 139 141 143 143 Women	BB MIN	13-14 15 & Up	BB	100 Yd Freestyle 100 Yd Freestyle 200 Yd Backstroke 200 Yd Backstroke 100 Yd Butterfly 100 Yd Butterfly 100 Yd Breaststroke 100 Yd Breaststroke 50 Yd Freestyle 50 Yd Freestyle 400 Yd IM 400 Yd IM ber 20 2023– 9:00 a.m.	13-14 15 & Up 13-14 15 & Up 13-14 15 & Up 13-14 15 & Up 13-14 15 & Up 13-14	BB	124 126 128 130 132 134 136 138 140 142 144 144 Men

^{***} SWIMMERS IN THE 500 & 1650 FREE SHOULD PROVIDE A TIMER TO TIME A MINIMUM OF 3 HEATS IN ORDER TO SWIM.

*** SWIMMERS SHOULD PROVIDE THEIR OWN LAP COUNTERS.

^{***} SWIMMERS IN THE 500 & 1650 FREE AND THE 400 IM: THESE EVENTS WILL BE SEEDED AND SWUM AS ONE EVENT EACH FOR WOMEN & MEN, SWIMMING FASTEST TO SLOWEST, ALTERNATING WOMEN AND MEN. AWARDS ARE BY AGE GROUP.

*** ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST