

**2025  
Southern California Swimming  
June Age Group Invite  
June 12-15, 2025**

Open to:

- **Coastal:** DALD, CCAT, PATH, RNGD, SBSC
- **Desert:** SAND
- **Eastern:** MMST, SDA
- **Metro:** All (except: DWNY, LKWD, TRID)
- **Orange:** AZOT, BREA, MVN, SEAL, SPLA
- **Pacific:** BLST, CITI, WEST



**13806 La Mirada Blvd La Mirada CA 90638**

**Thursday/Friday/Saturday/Sunday (8:30 AM) Prelims' Sessions**

**Hosted by:  
Southern California Swimming & La Mirada Armada**

**2025 Southern California Swimming  
June Age Group Invite– June 12-15, 2025**

**Sanctioned By:** Southern California Swimming,  
USA Swimming

**Sponsored By:** La Mirada Armada  
So. California Swimming

**Location:** 13806 La Mirada Blvd  
La Mirada CA 90638

**Sanction Number:** Meet-S25-132 Time Trials-  
**S25-133**

**Entry Deadline:**

**DELIVERED BY** 5 PM Wednesday, June 4, 2025

**Prelims - Warm-up:** 7:00 AM

**Meet Start Time:** 8:30 AM

**Finals Start Time:** 5:00 PM

**Sessions:**

***Thursday, Friday, Saturday,  
and Sunday, June 12<sup>th</sup> to 15<sup>th</sup>, 2025***

**Eligibility:** Open to 2025 USA Swimming registered swimmers who have met and can prove the SCS “June Age Group Champs” time standards shown on this meet form. **180 swimmers from outside SCS will be accepted on a first come first served basis at each site.** Registration application must be completed online in SWIMS by **5 PM, Wednesday, June 4<sup>th</sup>**. Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding according to SCS Swimming policy.

**Facility:** La Mirada Splash Regional Aquatic Center. 13806 La Mirada Blvd La Mirada CA 90638  
The competition pool is an outdoor, 50-meter pool, 2 meters to 14' deep. A 25-yard warm-up pool will be available throughout the meet. The competition course has been certified in accordance with 104.2.2(C), on file with USA Swimming. Daktronics pads and timing system, starting blocks (w/wedge) and Finis backstroke ledges.

**Directions:** From 5 Fwy South exit Valley View, head North to Alondra, turn right to La Mirada Blvd, turn left, center on right. From 5 Fwy North exit Beach Blvd north to La Mirada Blvd, turn left, center on right.

**Partially Closed Deck:** Prelims and Finals will be run with a partially **CLOSED DECK**. Several deck areas (including behind the starting blocks, behind coaches, and in tented swimmer area) will be restricted to coaches, officials, athletes and volunteers. Parents will be restricted from these areas.

**Meet Start Times:** Thursday, Friday, Saturday and Sunday Prelims will start at **8:30 AM**. Finals will begin no sooner than 2 hours after the completion of the prelim session that day.

**Warm-up Times:** Warm-ups will be split, and teams will be assigned to specific warm-up times on Thurs/Fri/Sat/Sun beginning at 7:00 AM in the competition pool. The competition pool will be closed at 8:15 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 warmups.

***All swimmers must use 3-point, slide in entries into the pool during warm-up, no jumping or diving.***

**Meet Personnel:**

**Meet Referee:** Omar de Armas, [omarswimref@gmail.com](mailto:omarswimref@gmail.com)

**Administrative Referee:** Alina de Armas, [armadaswimming@gmail.com](mailto:armadaswimming@gmail.com)

**Meet Director (Facility Information):** Don Garman, [ihaccoach@aol.com](mailto:ihaccoach@aol.com)

**Meet Communication: Telegram -**

**Rules:** USA Swimming Rules govern; current SCS meet procedures will be in effect and take precedence over any errors or omissions on this form.

- Coaches must declare scratches daily. The swimmers/events page for each day will be available the night before. Scratches close 1 hour before the start of prelims.
- Swimmers must compete in their own age group. Age on June 12, 2025, determines the age for the meet.
- Prelims and timed finals events will be swum slow to fast.
- Prelim sessions and distance events may be swum using chase starts, if necessary.
- All officials and coaches must have completed the CDC of NFHS online Concussion course.

**The National Finals' scratch rule will be used.** A swimmer must scratch or place an intent to scratch an event within 30 minutes of the announcement of preliminary results. Final “no-show” (original top 16 places for each age group), 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.

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**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 ways of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

**Unaccompanied Athletes:** Any USA Swimming Athlete-Member competing at the meet must be accompanied by a USA Swimming Member-Coach for the purposes of Athlete supervision during warm-up, competition and warm-down. If a Coach Member of the Athlete's USA Swimming Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the Athlete or the Athlete's legal guardian to arrange for supervision by a USA Swimming Member-Coach. The Meet Director or Meet Referee may assist the Athlete in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the Athlete's USA Swimming Club Member-Coach.

**Racing Start Certification:** Any swimmer entered in the meet must be certified by a 2025 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 a 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&over swimmers are allowed to wear "tech suits" that conform to USA Swimming Rule 102.8. Only swimsuits complying with AQUA 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 on SWIMS 3.0. At a meet, a swimmer may compete as Unattached but is responsible for completing the Club Transfer process online in SWIMS 3.0.

**Distance Event:**

- The 800-yard freestyle events will be swum age groups combined:
  - Eligibility to swim is 800 Freestyle standard on this meet form or the 1500 Freestyle Summer Age Group Championship time standard
  - All heats fast to slow, alternating girls & boys in single 8 lane course.
  - The fastest 8 swimmers who check in will swim in finals. 800 Free will be seeded and awarded as one age group per gender.
  - Swimmers in the 800 freestyle need to supply their own timers and lap counters.
- 400 IM, 200 Fly, 200 Back, 200 Breast will have 2 heats of 11-14 and 15 & over in finals and awarded in these age groups. 11-12 400 Free will swim timed finals in prelims. 13-14 and 15 & over will have 2 heats each in finals

**Relays:** Relays and relay-only swimmers must be pre-entered electronically and prepaid (\$20 per relay and \$33.00 per relay-only swimmer, which includes a swimmer and facility surcharge).

- Relays are all timed finals events. **Teams may enter a maximum of three relays per event (A, B, C).**
- Teams may elect to swim their relays at the end of the prelim session on Thurs/Fri/Sat/Sun. If swimming at the end of the prelim session, they must be checked-in and declared as AM relays by 9:30 AM each day.
- **Enter AM or PM relays depending on preference.** AM and PM relays will be combined for results and scoring.
- Only **A&B relays will be eligible for scoring.** All other relays will be allowed to swim as exhibition.
- All relay times listed are hard cut standards. Relay soft cut standards are in the Southern California Swimming Swim Guide, or at <http://www.socalswim.org/> in the Time Standards section. **All relays must be entered using the appropriate entry time for the distance.**
- Relays must be checked in by the end of prelims Thurs/Fri/Sat/Sunday for those swimming with finals.
- Times may be proven based on the aggregate of the team's fastest 4 swimmers in that age group over the qualifying period (since 9/1/2023). A team time achieved during the qualifying period may also be used.

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- 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 a team time achieved in the qualification period or an aggregate of 4 swimmers of proper age as of June 12<sup>th</sup>.

**Finals:** A championship final (8 swimmers, 1-8) and consolation final (8 swimmers, 9-16) will be offered for 10&under, 11-12 and 13-14 and 15&over age groups. **The national finals' scratch rule will be used** (see details above).

**Awards:** Individual - 1st-8th places, custom medals.  
Relays - 1st-3rd place teams, custom medals.

**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: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

**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, 2023, 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 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.

**Bonus Events:** All Bonus events must be National BB or faster – NO NTs.

- One qualifying event may enter 2 Bonus events totaling = 3 events.
- Two qualifying events may enter 1 Bonus events totaling = 3 events
- Three qualifying events may enter 1 Bonus events totaling = 4 events
- Four or more qualifying events, no bonus events are allowed.
- The bonus events chosen must be 200 yards or shorter.
- Bonus events are to be identified with "B" designator when entered in Meet Manager program

**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 (5 PM postmark would queue before a 10 PM 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.
- 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. The card must be completely filled out, including the entire USA Swimming registration number. To avoid concern regarding receipt of the entry card at the designated address, enclose a stamped, self-addressed envelope or postcard (Receipt of entries will not be verified by phone or e-mail).

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

To avoid concern regarding receipt of the entry card to the designated address, enclose a stamped, self-addressed envelope or postcard. ***Receipt of entries will not be verified by phone or e-mail.***

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**Fees:** \$8.00 for each INDIVIDUAL EVENT, plus \$33.00 SURCHARGE (\$25.00 Athlete Surcharge and \$8.00 Facility Surcharge) per swimmer must accompany each individual entry card, Relays: \$20.00.

Entry fee for each OUTREACH registered swimmer is \$15.00 total. Coaches must inform the Meet Admin of the qualified Outreach athletes by the due date for the meet. Qualifying outreach swimmers will be verified with SCS. Returned checks will incur a service fee per SCS policy.

**Please make checks payable to:** La Mirada Armada

**Mail entries to:** Alina de Armas PO Box 63 Simi Valley, CA 93062-0063

**Hand delivered to:** Don Garman 13806 La Mirada Blvd La Mirada CA 90638

**Electronic entries to:** Alina DeArmas [armadaswimming@gmail.com](mailto:armadaswimming@gmail.com)

**Last Ditch Entries from June 5<sup>th</sup> – 8<sup>th</sup> meets:**

- Swimmers achieving a new event for the first time from the due date June 4<sup>th</sup>, of the June Age Group Champions entry to Sunday prior to the meet, March 8<sup>th</sup> may be entered in the meet by submission of an additional TEAM entry **using entry file title: “Last Ditch 2025 June Age Group Champs”**
- The instructions and the meet event file will be on the SCS website on Thursday morning June 5<sup>th</sup>, 2025 - **These entries must be submitted no later than 11:59pm PST on Monday, June 9<sup>th</sup>, 2025.**
- These entries cannot be used to improve the seed time of a prior entry.
- A team representative must enter any swimmers new qualifying times, or any swimmers not previously entered using the Last Ditch 2025 June Age Group Champs and submitting to the meet processor, Alina DeArmas [armadaswimming@gmail.com](mailto:armadaswimming@gmail.com) on or before Monday, June 9<sup>th</sup>, 11:59pm.

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising because of injuries to anyone during the conduct of the meet. Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP) govern this meet.

**Time Trials (Time Permitting):** Separate Sanction #S25-XXX

- Will be swum, time permitting, on **Thursday, Friday, Saturday and Sunday following the preliminary sessions.**
- Three (3) events per day limit applies (Championship events + Time trials = 3 events per day or less).
- An event may be swum only once as a time trial.
- Deck entered entry fee is \$20.00 per event, no refunds after seeding.
- The Administrative Referee/Official will determine the order of events.
- Open only to 2025 SCS swimmers who are entered in at least 1 individual event or relay in the meet.
- Participants must provide their own backup timers.
- Distance events: 800 Free, 1500 Free, and 400 IM will be offered only one day, to be determined once entries are received and timelines are generated.

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**ASSUMPTION OF RISK:** We have taken enhanced health and safety measures for all attendees. Swimmers must follow all posted instructions. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting the venue for this racing practice, you voluntarily assume all risks related to exposure to COVID-19.

**COVID-19:** USA Swimming, Inc., cannot prevent participants from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

**COVID-19:** By attending or participating in this competition, you voluntarily assume all risks associated with exposure to Covid-19 and forever release and hold harmless USA swimming and Southern California Swimming and each of their officers, directors, agents, employees or other representatives from any liability or claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection with exposure, infection, and/or spread of Covid-19 related to participation in this meet.

**PROTOCOLS:** The conduct of this meet will follow all State, Local and Facility guidelines as it pertains to Covid-19.

**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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**Thursday – June 12, 2025 – Prelim Session, Warm-up 7:00 AM – Meet start 8:30 AM**

EVENT NO	GIRLS		EVENT	AGE	BOYS		EVENT NO
	YARDS	METERS			YARDS	METERS	
1	2:08.40	2:26.30	200 Freestyle	13-14	2:01.60	2:18.20	2
	2:03.80	2:20.60		15 & over	1:51.90	2:07.40	
3	2:42.10	3:03.10		7-10	2:41.70	3:02.60	4
5	2:18.00	2:36.40		11-12	2:17.60	2:35.90	6
7	1:07.20	1:16.00	100 Butterfly	13-14	1:02.20	1:10.40	8
	1:04.10	1:12.50		15 & over	56.20	1:03.70	
9	<b>1:30.00</b>	1:41.30		7-10	1:31.10	1:42.70	10
11	<b>1:13.70</b>	1:23.20		11-12	1:14.10	1:23.60	12
13	<b>5:18.80</b>	6:00.20	400 Individual Medley	11 & over	5:05.00	5:44.90	14
115	<b>1:57.20</b>	2:13.20	AM 200 Freestyle Relay	13-14	1:50.00	2:00.80	116
117	<b>1:58.80</b>	2:15.60		15 & over	1:46.00	2:00.80	118
15	<b>1:57.20</b>	2:13.20	PM 200 Freestyle Relay	13-14	1:50.00	2:00.80	16
17	<b>1:58.80</b>	2:15.60		15 & over	1:46.00	2:00.80	18

**Friday – June 13, 2025 - Prelim Session, Warm-up 7:00 AM - Meet start 8:30 AM**

EVENT NO	GIRLS		EVENT	AGE	BOYS		EVENT NO
	YARDS	METERS			YARDS	METERS	
19	2:26.40	2:45.70	200 Individual Medley	13-14	2:17.70	2:36.00	20
	2:20.30	2:38.90		15 & over	2:07.00	2:24.10	
21	2:36.40	2:56.80		11-12	2:35.50	2:55.80	22
23	3:04.80	3:28.30		7-10	3:02.60	3:25.90	24
25	58.70	1:06.70	100 Freestyle	13-14	54.90	1:02.50	26
	56.30	1:04.10		15 & over	51.50	58.70	
27	1:02.60	1:11.00		11-12	1:02.00	1:10.40	28
29	1:13.10	1:22.70		7-10	1:13.10	1:22.10	30
31	2:40.40	3:00.80	200 Butterfly	11 & over	2:33.70	2:53.40	32
33	32.20	36.40	50 Butterfly	11-12	31.90	36.10	34
35	38.60	43.50		7-10	38.10	42.90	36
137	2:22.60	2:40.90	AM 200 Medley Relay	11-12	2:23.50	2:58.90	138
139	2:38.90	2:59.40		7-10	2:38.90	2:41.20	140
37	2:22.60	2:40.90	PM 200 Medley Relay	11-12	2:23.50	2:58.90	38
39	2:38.90	2:59.40		7-10	2:38.90	2:41.20	40

**Saturday, June 14, 2025 - Prelim Session, Warm-up 7:00 AM - Meet start 8:30 AM**

EVENT NO	GIRLS		EVENT	AGE	BOYS		EVENT NO
	YARDS	METERS			YARDS	METERS	
41	2:30.60	2:49.50	200 Backstroke	11 & over	2:25.40	2:43.80	42
43	39.80	44.70	50 Backstroke	7-10	39.90	44.80	44
45	34.70	39.10		11-12	34.30	38.60	46
47	1:18.00	1:28.50	100 Breaststroke	13-14	1:12.20	1:22.10	48
	1:14.90	1:25.10		15 & over	1:05.80	1:15.00	
49	1:24.20	1:35.40		11-12	1:24.10	1:35.30	50
51	1:38.60	1:51.40		7-10	1:38.90	1:51.70	52
153	6:12.60	5:32.50	400 Freestyle	11-12	6:15.50	5:35.10	154
53	5:46.40	5:09.10		13-14	5:36.20	5:00.00	54
	5:37.30	5:01.00		15 & over	5:06.90	4:33.90	
155	2:02.80	2:19.60	AM 200 Freestyle Relay	11-12	2:03.20	2:17.60	156
157	2:15.60	2:33.60		7-10	2:16.40	2:32.40	158
55	2:02.80	2:19.60	PM 200 Freestyle Relay	11-12	2:03.20	2:17.60	56
57	2:15.60	2:33.60		7-10	2:16.40	2:32.40	58



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**Sunday, March 16, 2024 – Prelim Session, Warm-up 7:00 AM – Meet start 9:00 AM**

EVENT NO	GIRLS		EVENT	AGE	BOYS		EVENT NO
	YARDS	METERS			YARDS	METERS	
59	2:50.00	3:12.60	200 Breaststroke	11 & over	2:40.50	3:02.10	60
61	44.60	50.50	50 Breaststroke	7-10	45.60	51.60	62
63	39.00	44.20		11-12	39.00	44.30	64
65	1:08.80	1:17.60	100 Backstroke	13-14	1:06.00	1:14.40	66
	1:06.00	1:14.50		15 & over	1:00.10	1:07.90	
67	1:13.70	1:23.00		11-12	1:14.90	1:24.30	68
69	1:37.30	1:38.10		7-10	1:27.20	1:37.90	70
71	27.00	30.80	50 Freestyle	13-14	25.20	28.70	72
	26.00	29.60		15 & over	23.00	26.30	
73	28.80	32.70		11-12	28.60	32.50	74
75	32.90	37.30		7-10	32.30	36.50	76
77	12:29.90	11:02.20	800 Freestyle	11 & over	11:58.00	10:40.80	78
179	1:57.79	2:16.99	AM 200 Medley Relay	13-14	1:48.59	2:04.89	180
181	1:56.39	2:16.69		15 & over	1:45.49	2:01.89	182
79	1:57.79	2:16.99	PM 200 Medley Relay	13-14	1:48.59	2:04.89	80
81	1:56.39	2:16.69		15 & over	1:45.49	2:01.89	82

\*\*\*Heats of the 800 Freestyle will be swum at the **end** of the Sunday prelims session (before time trials), fast to slow alternating girls and boys. Athletes entered and checked-in the top 8 will swim with finals in the event order listed. Swimmers may declare "AM" if they wish to be seeded in the heats swimming in prelims.