



# Palo Alto College Meet Information

Posted: 09/11/17

**Meet:** •2017 South Zone TISCA Swimming and Diving Championships

**Dates:** •Friday and Saturday, December, 1st and 2nd 2017

**Venue:** •The Aquatic Center at Palo Alto College  
•1400 West Villaret Blvd.  
•San Antonio, Texas 78224

**Facility:** •Two eight-lane, 25-yard pools plus additional warm up lanes  
•Depth seven to nine feet  
•Daktronics Timing System  
•Concessions will be available

•Swimming entry deadline:  
•1200, Monday, November 27, 2017  
•No exceptions and no late entries

## Daily

### Schedule:

#### •Swimming Preliminaries (Friday and Saturday):

•First warm-ups 0710 - 0745  
•Second warm-up 0745 - 0820  
•Sprint / pace lanes open 0820 - 0840  
•Clear pool 0840  
•Sessions begin 0900

#### •Diving:

##### •Friday Girls and Boys one-meter diving

•Open Warm Up 0800 - 0830  
•Girls ONLY Warm-up 0830 - 0850  
•Clear the Pool @ 0850  
•Session Starts @ 0900

•At conclusion of the girls session there will be a 20 min Boys ONLY warm-up  
•If diver is also swimming, please notify the table to accommodate event conflicts

##### •Saturday Girls and Boys three-meter diving

•Open Warm Up 0800 - 0830  
•Girls ONLY Warm-up 0830 - 0850  
•Clear the Pool @ 0850  
•Session Starts @ 0900

•At conclusion of the girls session there will be a 20 minute Boys ONLY warm-up  
•If diver is also swimming, please notify the table to accommodate event conflicts

#### •Swimming Finals (Friday and Saturday):

•Warm-ups 1600  
•Sprint / pace lanes open 1625  
•Clear pool 1650  
•National Anthem 1657  
•Sessions begin 1700

## Coaches'

### Meeting:

•Friday, December 1, 2017 at 0840 in the southeast corner of the Natatorium

## Cell phone

### Restrictions:

•The presence and /or use of cell phones, or any other equipment capable of producing audio recordings, photographic or video images in locker rooms, rest rooms or changing areas is strictly and specifically prohibited at all times

•There are no exceptions to this prohibition

•Violators are subject to disqualification from the meet, disbarment from the facility and arrest

## Swimmer

### Photographs

### And Videos:

•There may be one or more photographers and / or videographers on deck at this meet.

•In the event such personnel are present, parents or guardians of swimmers under the age of 18 who do not wish to have photos or videos of their athletes made, are required to contact the Meet Director prior to the beginning of warm-ups.



## Meet

### Management:

- Meet Manager 6.0

### •Meet Director:

- Shanea Allen
- 210-486-3803
- sallen83@alamo.edu

### •Swimming Referee:

- Ross Robinson
- 210-262-7129
- ross.robinson@frostbank.com

### •Administrative Official:

- Karen Kliewer
- 210-842-7997
- karenskhorus@aol.com

### •Entries Chair:

- Karen Kliewer
- 210-842-7997
- karenskhorus@aol.com

### •Diving Referee:

- Craig Nolder
- 210-219-8108
- cnolder@aol.com

### •Diving Meet Manager:

- Linda Nolder
- 210-219-4749
- lnolder@aol.com

### Entry fees:

- \$ 7.00 per athlete per individual event
- \$14.00 per relay team

### Facility Rules, Regulations and Policies:

- Deck changing is prohibited
- Two-piece swim wear is prohibited
- The presence or use of cell phones, smart phones or any other devices capable of producing audio recordings, photographic or video images in locker rooms, restrooms or changing areas is strictly and specifically prohibited at all times.
  - There are no exceptions to this policy.
  - Violators are subject to disqualification from the meet and disbarment from the facility
- The presence of cell phones, smart phones, iPads, etc. anywhere behind the starting blocks is prohibited at all times during competition
  - Violators are subject to having their devices temporarily confiscated
- Photographers and videographers are specifically prohibited from the area immediately behind the starting blocks
- Parents and other spectators are not permitted on-deck at any time for any reason
- Flash photography of any sort is expressly forbidden during competition
- Times noted on the scoreboard are never official and must not ever be regarded as such

### Swimmer Photographs And Videos:

- There may be one or more photographers and / or videographers on deck at this meet.
- In the event such personnel are present, parents or guardians of swimmers under the age of 18 who do not wish to have photos or videos of their athletes made, are required to contact the Meet Director prior to the beginning of warm-ups.

### Rules:

- Except as may be noted elsewhere, the 2017 – 2018 National Federation Swimming and Diving Rules will apply

### Format:

- High School events plus modified World-Cup Senior Events contested over two days
  - Men will swim High School Events on Saturday – Senior Events on Friday
  - Women will swim Senior Events on Saturday – High School Events on Friday
- Championship, with two heats of most, but not all, individual events advancing to finals
  - Exceptions:**
    - One heat of each relay will advance
    - 1000-yard freestyle – **Special Notes:**
      - Timed finals, positive check-in by 0930 on the day of the event
      - Seeded on deck by gender and swum fastest to slowest as the last event ONLY in the preliminary sessions–Women on Friday and Men on Saturday
- The Federation Whistle Start and No Recall False Start Procedures will be in use at this meet
- Fly-over starts will be utilized in the preliminary sessions- please see the following section

### Fly-over

#### Starts:

- In the preliminary sessions ONLY, fly-over starts will be utilized for most individual events
  - Exceptions:** 1000 and 500 Free / 400 I-M / Backstrokes / Relays
- The purpose of fly-over starts is to conserve time and to establish and maintain meet momentum
- Under ideal conditions and with appropriate cooperation from the athletes, intervals between races can be held to a nominal 25 seconds
- The conditions required:
  - As swimmers finish their race, they MUST stay in the water and close to the wall as the next heat is started over their heads
    - A failure to do so can create potentially dangerous situations
  - As soon as the outgoing race is in the water – but not before - the just finished swimmers must promptly exit the pool

- The Fly-over start procedure:
  - When the finishing race is approximately five meters from the wall, the Deck Referee will sound the short whistles, which alerts the next heat to be immediately ready to mount the blocks
  - When the last swimmer in the incoming heat is about to touch the wall, the Deck Referee will sound the long whistle and all swimmers MUST IMMEDIATELY mount the blocks and prepare for a start
  - As soon as the Deck Referee is satisfied the pool is clear and all is in readiness, her / his arm will be extended and the Starter will give the "Take your mark" Command
  - The same process is then repeated for each additional heat
  - Intervals between events are similarly managed, i.e., there will be no delays
- Because this procedure is time sensitive with few or no delays, upcoming swimmers must anticipate their next race, have caps and goggles in place, be properly situated behind their blocks and be immediately ready to mount the blocks on hearing the long whistle
- If careful attention is not given to the situation at hand, swimmers can very easily miss their race and / or be disqualified for delay

#### National Time

##### Verification:

- This meet has been Approved for Observation by USA Swimming for NTV purposes
- Times achieved by swimmers who are currently and properly registered with USA Swimming, have an accurate and complete USA Swimming ID Number in the Meet Manager Database and conform to the Technical Rules will be loaded into the SWIMS Database
- Observation of all events involving the backstroke, including lead-off splits in the medley relays, will be accomplished "by exception" as all deck officials will be certified by at least one LSC and USA Swimming
  - No other action in this regard will be required of either coaches or athletes
- If required, additional information will be provided at the coaches' meeting
- However, coaches/ athletes must ensure swimmer's complete, accurate and valid USA Swimming ID Numbers and full names are in the Meet Manager Database prior to the conclusion of the meet if loading of times into the USA Swimming SWIMS Database is desired***
  - The necessary data is readily available from an athlete's USA Swimming ID Card

#### Team

##### Manager:

- An HYV File containing the complete meet setup, including qualifying times, will be available for download into Team Manager on the High School Championship Meet Page of the Alamo Area Aquatic Association Web Site at: <http://www.aaaa-sa.org/>
- It will be to each individual swimmer's significant advantage if legal names, dates of birth and proper USA Swimming ID Numbers are included in Team Manager Databases

#### Entry

##### Procedures:

- Entries may be made ONLY via Hy-Tek Commlink File
- Entries will be accepted ONLY by e-mail or hand-delivery
  - Under no circumstances will entries be accepted via FAX, U. S. Postal Service, FedEx, UPS, etc.
- Hand-written entries will not be accepted
- If you choose to submit entries via e-mail please review the following section
- In addition to the required Commlink File, entries must also include a Meet Entry Report and an Entry Fee Report
- Pre-proof-of-time documentation is also required – please refer to the Proof-of-Time Section below
- Entries received without a seedtime or times slower than the minimums specified will not be entered into the meet and any entry fees will not be refunded.

#### E-Mail

##### Entries:

- Entries in Commlink Format only, MUST be sent to: **karenskhorus@aol.com**
- Please rename the Commlink File to clearly identify the entering team- the shorter the better
- Athletes included in improperly identified Commlink Files (cfile0X.cl2 or zfile00X.zip) will not be entered into the meet and any entry fees will not be refunded.
- Athletes WILL NOT be entered into Meet Manager until the Meet Entry, Entry Fee Reports and appropriate pre-proof-of-time documentation are received or hand-delivered and fees are paid.
- Do not assume your entries have been received without confirmation
- Most e-mail programs have provisions for requesting a return receipt.

##### Checks:

- Please make checks payable to:**Palo Alto College**
  - Please mail checks to:
    - The Aquatic Center at Palo Alto College
    - 1400 West Villaret Blvd
    - San Antonio, TX 78224

##### Breaks:

- A five minute break will be taken after the women's and men's 100-yard breaststroke in preliminaries and a 15 minute break after the 50-yard freestyle in both preliminaries and finals
- A five minute break will be taken after the 1000 Freestyle in finals only!

- Entry Restrictions:**
- This meet is open to ALL public and private high schools from within and without the State of Texas
  - Only one relay team per school may enter each relay event
  - An individual swimming competitor is permitted to enter a maximum of four (4) High School events per day, no more than two (2) of which may be individual events
  - An individual swimming competitor is permitted to enter a maximum of four (4) Senior events per day, no more than two (2) of which may be individual events
  - Individual swimmers must meet the minimum qualifying time standards on page eight (8)
  - In general, this is a proof-of-time meet
  - For eligibility purposes this meet is regarded a two separate meets held in conjunction with one another over a two-day period
  - Under UIL Rules this meet is counted as two of the annually allotted invitational meets

- Relays:**
- Minimum relay qualifying times (page eight [8]) must have been achieved subsequent to September 1, 2017
  - "Relay only" swimmers ARE permitted
  - Only the four (4) swimmers declared on the front of the relay card are permitted to report to the blocks and compete
  - If relay swimmers are to be correctly noted in the Final Results, the order of swimming must also be specified
  - Relay cards for the preliminary\* 200-yard and 400-yard Medley Relays must be turned in to the Official Scorer not later than 7:15 AM each day
  - Relay cards for the preliminary\* 800-yard Free Relays must be turned in to the Official Scorer not later than the start of the 500-yard freestyles each day
  - Relay cards for the preliminary\* 200-yard Free Relays must be turned in to the Official Scorer not later than the start of the 200-yard individual medleys each day
  - Relay cards for the preliminary\* 400-yard Free Relay must be turned in to the Official Scorer not later than the start of the 100-yard breaststrokes each day
  - Once relay cards have been turned in to the Official Scorer, no name changes will be permitted
  - Designation of the lead-off swimmer may be altered up until the swimmers report to the blocks
  - Post-meet corrections or alterations cannot be made
  - For the finals\* session, if there is no change in the order of swimmers or the makeup of a relay team, the Official Scorer will **NOT** require a new card be submitted
  - For the finals\* session, if there is a change in **either** the order of the swimmers or the makeup of a relay team a **NEW** card must be prepared and submitted to the Official Scorer as noted above.
    - \*In cases where there are eight (8) or fewer entries for any relay event, it will be contested as a timed final in the finals session only and **NOT** swum in preliminaries – the card submission restrictions noted above will, however, still apply

- Entry Times:**
- Individual swimmers must be entered with previously achieved, provable seed times in short course yards only
  - Entries with no time (NT) WILL NOT be accepted and any entry fees submitted will not be refunded
  - Times converted from long or short course meters are NOT acceptable
  - Relay teams must enter with a seed time and conform to the minimum qualifying times on page seven (7)
  - Relay qualifying times may be of an actual team or in the aggregate
  - Relay qualifying times must have been achieved subsequent to September 1, 2017

- Proof of Time:**
- All entries are subject to proof-of time
  - The only acceptable sources for proving times are:
    - USA Swimming National SWIMS Database
    - AAAA Results Archives
    - Specified Team manager Proof-of-Time Reports
  - Teams with swimmers who fail to swim at least their entered times will be reported in writing to their school's principal and they may be denied entry to this meet in future years
  - In cases where the proof-of-time verification process fails to prove the time, the athlete will not be entered into the event and any entry fees submitted will not be refunded

- Qualifying Times and Proof-of-Time:**
- Individual swimmers and relay teams may enter this meet ONLY if they have at some time achieved the qualifying time listed in the Order of Events on page seven (7) for each event entered.
  - There are no "free" or "bonus" events
  - Swimmers who enter into and / or compete in events for which they have not achieved the qualifying time are therefore ineligible for further competition, previous exceptions noted
  - Any team which suffers four (4) or more failures to prove the minimum individual event qualifying time will be banned from participation in future South Zone TISCA Championship meets

- Swimming Entry Deadline:**
- 1200, Tuesday November 28, 2017
  - No Exceptions will be made and no late or deck entries will be permitted

**Scratch Rules:**

**COACHES: PLEASE CAREFULLY REVIEW THESE SCRATCH RULES!**

**•Pre-Meet:**

- Please report all known pre-meet scratches to the Meet Director within 24 hours of the Psych Sheet being posted
- That deadline will be noted in the Psych Sheet
- Accuracy of the Heat Sheets cannot be ensured and entry fees will not be refunded if this time constraint is not met

**•General:**

- There will be no penalty for scratching (no show) from any pre-seeded preliminary event
- No shows in the finals sessions will be penalized per rule and as noted below
- The 1000-yard freestyle will be seeded on deck (*not pre-seeded*) and competitors who checked in (by 9:30AM on the day of the event), and then fail to appear for their race will be barred from further competition in the meet, illness and injury excepted

**•For Finals Qualifiers:**

- USA Swimming Championship Scratch Rules will prevail and the 30 minute rule will be observed, i. e. after the official announcement and/or posting of the results of any given preliminary event (1000 free excepted) have been made, individual competitors and relay teams who qualify for the finals in Friday's events must scratch with the Official Scorer (Timing Console Room) within 30 minutes of that announcement / posting, OR they must compete in the finals session under penalty of disqualification from further participation in the meet
- Failures to compete by reason of illness or injury are excepted, as are alternates

- Swimmers and relay teams who qualify for finals events on Saturday, fail to scratch within the 30 minute time limit and subsequently fail to appear for competition will be stripped of all points and awards, including those awarded to any relay team(s) on which an offending swimmer may have participated.
- In addition, their school's Principal will be notified in writing of the incident
- Failures to compete by reason of illness or injury are excepted, as are alternates

**Alternates:**

- Swimmers who may qualify as alternates for final events and wish to compete should no shows occur, must be within an area previously designated by the Meet Referee and be immediately available
- Immediately is defined as being properly attired, on the block, and ready to swim within 30 seconds of being called

**Scoring:**

Place →	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
<b>Individual</b>	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
<b>Relay</b>	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

**Automatic Finals:**

- Any event having eight (8) or fewer entries will be considered as an automatic final and not swum in the preliminary session

**Advancement Exceptions:**

- Only a single heat of the 1000-yard freestyle will advance to finals
  - The 1000-yard freestyle will be swum as the first event in the finals sessions
- Only one heat of relays will advance to finals

**Time trials:**

- None!

**Awards:**

- Medals for places one through three in each event
- Plaques for first, second, and third place Women's Teams
- Plaques for first, second, and third place Men's Teams
  - By Divisions, 6-A and 5-A and Under

**Timers:**

- The host facility will attempt to provide backup timers for this meet
- However, volunteers will be needed, welcome and greatly appreciated
- Competitors in the preliminary sessions of the 1000-yard freestyle must provide their own backup timers and lap counters

**Diving:**

- One meter**
- NFHS 11 Dive Format
- NFHS Degree of Difficulty
- Optional Dive total DD minimum 12.8
- DIVING EVENT RUNS CONCURRENT WITH THE SWIMMING EVENTS, please notify the table to accommodate event conflicts

•**Three meter**

•NFHS 11 Dive Format

•FINA Degree of Difficulty

•Optional Dive total DD minimum 12.1

•DIVING EVENT RUNS CONCURRENT WITH THE SWIMMING EVENTS, please notify the table to accommodate event conflicts

**Diving Entries:**

•Must be submitted to CleanEntries.com by 1200, Tuesday November 28, 2017

•Diving revisions may be made up until the deadline or on-deck by 0815 the day of competition.

**Swimming Officials**

**Please Make**

**Special Note:**

•All deck officials must be currently (2017 – 2018) registered with Arbiter Sports

•Officials who are not properly registered have no Federation insurance and will not be assigned

•The Meet Referee will make most deck assignments BEFORE the meet

•Therefore, all officials who desire to be assigned to deck positions MUST notify the Meet Referee of their intentions and availability NOT LATER than 1800, Sunday, November 26, 2017

•Please specify the sessions for which you will be available

•Please submit your information to: [ross.robinson@frostbank.com](mailto:ross.robinson@frostbank.com)

•You WILL NOT be assigned if your commitment and information are not received by the deadline

•Uniforms for deck officials will be as follows:

•**Preliminaries** – white polo shirts/blouses over khaki trousers, skirts, Bermuda-length shorts, or capris(NO JEANS OR FLIP-FLOPS PLEASE)

•**Finals** – navy blue polo shirts/blouses over khaki trousers or skirts (NOSHORTS, JEANS OR FLIP-FLOPS PLEASE)

•Please meet with the Referee in the southeast corner of the deck 45 minutes prior to the scheduled start time of any session to receive assignments



PALO ALTO COLLEGE  
**PALOMINOS**



# Order of Events and Minimum Time Standards <sup>2,4</sup>

Superscript Reference Notes are at the bottom of this page

Ev. No	Gender / Distance (yds.) / Stroke	Time	Ev. No.	Gender / Distance (yds.) / Stroke	Time
<b>1</b> <sup>6,7,8,9</sup>	Women 200 Medley Relay <sup>6,7,8,9</sup>	1:58.99	<b>23</b> <sup>6,7,8,9</sup>	Men 200 Medley Relay <sup>6,7,8,9</sup>	1:45.89
<b>2</b> <sup>6,7,8,9</sup>	Men 400 Medley Relay <sup>6,7,8,9</sup>	3:59.09	<b>24</b> <sup>6,7,8,9</sup>	Women 400 Medley Relay <sup>6,7,8,9</sup>	4:27.39
<b>3</b>	Women 200 Freestyle	2:03.09	<b>25</b>	Men 200 Freestyle	1:53.79
<b>4</b>	Men 50 Butterfly	0:26.19	<b>26</b>	Women 50 Butterfly	0:29.79
<b>5</b>	Women 200 Individual Medley	2:20.49	<b>27</b>	Men 200 Individual Medley	2:09.59
<b>6</b>	Men 50 Backstroke	0:27.79	<b>28</b>	Women 50 Backstroke	0:31.19
<b>7</b>	Women 50 Freestyle	0:26.39	<b>29</b>	Men 50 Freestyle	0:23.99
<b>Fifteen minute break</b>					
<b>8</b>	Women 100 Butterfly	1:04.49	<b>30</b>	Men 100 Butterfly	0:58.39
<b>9</b>	Men 200 Backstroke	2:07.89	<b>31</b>	Women 200 Backstroke	2:18.39
<b>10</b>	Women 100 Freestyle	0:57.99	<b>32</b>	Men 100 Freestyle	0:51.09
<b>11</b>	Men 50 Breaststroke	0:31.59	<b>33</b>	Women 50 Breaststroke	0:35.79
<b>12</b>	Women 500 Freestyle	5:28.89	<b>34</b>	Men 500 Freestyle	5:04.59
<b>13</b>	Men 200 Breaststroke	2:27.09	<b>35</b>	Women 200 Breaststroke	2:43.59
<b>14</b>	Women 200 Free Relay <sup>6,7,8,9</sup>	1:48.89	<b>36</b>	Men 200 Free Relay <sup>6,7,8,9</sup>	1:35.19
<b>15</b>	Men 400 Individual Medley	4:43.19	<b>37</b>	Women 400 Individual Medley	5:13.99
<b>16</b>	Women 100 Backstroke	1:05.69	<b>38</b>	Men 100 Backstroke	0:59.59
<b>17</b>	Men 200 Butterfly	2:14.29	<b>39</b>	Women 200 Butterfly	2:26.39
<b>18</b>	Women 100 Breaststroke	1:15.19	<b>40</b>	Men 100 Breaststroke	1:06.29
<b>Five minute break</b>					
<b>19</b> <sup>6,7,8,9</sup>	Women 400 Free Relay <sup>6,7,8,9</sup>	3:55.99	<b>41</b> <sup>6,7,8,9</sup>	Men 400 Free Relay <sup>6,7,8,9</sup>	3:31.29
<b>20</b> <sup>10</sup>	Men 1000 Freestyle <sup>10</sup>	10:39.89	<b>42</b> <sup>10</sup>	Women 1000 Freestyle	11:34.19
<b>21</b>	Women 1-meter Diving		<b>43</b>	Men 1-meter Diving	
<b>22</b> <sup>11</sup>	Men 3-meter Diving <sup>12</sup>		<b>44</b> <sup>11</sup>	Women 3-meter Diving	

## SUPERSCRIPIT REFERENCE NOTES:

1. There are minimum qualifying times for all events including relays.
2. Swimmers MUST at some time (Lifetime Best) have achieved the minimum specified time for each individual event entered.
3. This is a proof-of-time meet. Please see page three (3) for details.
4. There are no "free or bonus" events, i.e., each entering swimmers must at some time (Lifetime Best), have achieved at least the minimum time for each and every individual event entered.
5. Two heats of each individual event, except the 1000-yard freestyle, will advance to finals. Exceptions may come to exist.
6. Aggregate times may be used for relay team entry purposes. Such times MUST have been achieved since September 1, 2017 and be traceable to the athletes actually entered into this meet.
7. Each school is limited to one (1) relay team per relay event and a provable time must be specified.
8. "Relay Only" swimmers ARE permitted.
9. One heat of each relay event will advance to the finals session.
10. The 1000-yard freestyle is a timed final event, will be seeded on deck and require a positive check-in by 0930 on the day of the event. It will be swum as the last event in the preliminary sessions – men on Friday and women on Saturday and swum as the first event in finals sessions, followed by a five minute break.
11. Please see the Daily Schedule on page one (1)

# FINALS ORDER OF EVENTS

Friday, December First		Saturday, December Second	
#	Gender / Distance (yds) / Stroke	#	Gender / Distance (yds) / Stroke
<b>20</b>	Men 1000 Freestyle	<b>42</b>	Women 1000 Freestyle
<b>Five Minute Break / Pool closed</b>			
<b>1</b>	Women 200 Medley Relay	<b>23</b>	Men 200 Medley Relay
<b>2</b>	Men 400 Medley Relay	<b>24</b>	Women 400 Medley Relay
<b>3</b>	Women 200 Freestyle	<b>25</b>	Men 200 Freestyle
<b>4</b>	Men 50 Butterfly	<b>26</b>	Women 50 Butterfly
<b>5</b>	Women 200 Individual Medley	<b>27</b>	Men 200 Individual Medley
<b>6</b>	Men 50 Backstroke	<b>28</b>	Women 50 Backstroke
<b>7</b>	Women 50 Freestyle	<b>29</b>	Men 500 Freestyle
<b>Fifteen minute break / Pool open for 10 minutes</b>			
<b>8</b>	Women 100 Butterfly	<b>30</b>	Men 100 Butterfly
<b>9</b>	Men 200 Backstroke	<b>31</b>	Women 200 Backstroke
<b>10</b>	Women 100 Freestyle	<b>32</b>	Men 100 Freestyle
<b>11</b>	Men 50 Breaststroke	<b>33</b>	Women 50 Backstroke
<b>12</b>	Women 500 Freestyle	<b>34</b>	Men 500 Freestyle
<b>13</b>	Men 200 Breaststroke	<b>35</b>	Women 200 Breaststroke
<b>14</b>	Women 200 Free Relay	<b>36</b>	Men 200 Free Relay
<b>15</b>	Men 400 Individual Medley	<b>37</b>	Women 400 Individual Medley
<b>16</b>	Women 100 Backstroke	<b>38</b>	Men 100 Backstroke
<b>17</b>	Men 200 Butterfly	<b>39</b>	Women 200 Butterfly
<b>18</b>	Women 100 Breaststroke	<b>40</b>	Men 100 Breaststroke
<b>Five minute break / Pool closed</b>			
<b>19</b>	Women 400 Free Relay	<b>41</b>	Men 400 Free Relay

