



# North East Independent School District Alamo Area Aquatic Association

www.aaaa-sa.org

## Meet Information

Posted: 05/02/19

- Meet:** •2019 South Zone TISCA Swimming and Diving Championships
- Dates:** •Friday and Saturday, December 6 and 7, 2019
- Venue:** •Bill Walker Pool and Josh Davis Natatorium  
•Blossom Athletic Center (Northeast Stadium)  
•Jones-Maltsberger Road at Starcrest Drive or East Bitters Road  
•San Antonio, TX 78216  
•210-356-6925

**Absolute entry deadline:  
1200, Monday, December 3, 2019  
No exceptions and no late entries**

- Coaches' Meeting:** •Friday morning ONLY – 0730 Davis Natatorium deck-level classroom

- Daily Schedule:**
- |   |   |
|---|---|
| •Swimming Preliminaries in Walker Pool (both days): | •Swimming Finals in Davis Pool (both days): |
| •Warm-ups begin at 0800                             | •Warm-ups begin at 1600                     |
| •Officials meet at 0830 See page six (6)            | •Officials meet at 1615 See page six (6)    |
| •Sprint lanes open at 0915                          | •Sprint / pace lanes open 1625              |
| •Clear pools at 0930                                | •Clear pool at 1650                         |
| •Competition begins at 0945                         | •National Anthem at 1655                    |
|   | •Competition begins at 1700                 |
- Diving, Preliminaries AND Finals in Davis Pool:
- Men's and women's three (3)-meter competition Friday morning:
    - Warm-ups begin at 1100
    - Competition begins at 1200
  - Men's and women's one (1)-meter competition Saturday morning:
    - Warm-ups begin at 1100
    - Competition begins at 1200

- Facilities:** •The Walker Pool and the Davis Natatorium are part of the North East School District's Blossom Athletic Center and is also known as the North East Stadium

- WALKER (swimming preliminaries):
- Two (2) ten-lane by 25-yard racing courses
  - 2.29-meters (7.5-ft wide lanes ranging from 1.55-meters (5.1ft) to 2.45-meters 8ft) in depth
  - All DAKTRONICS starting and timing with full digital scoreboards
  - Strobe on each starting block
  - Six (6) adjacent lanes for warm-ups and cool downs
  - Off-deck stadium seating for 800 spectators
  - Ample deck seating opposite stands for athletes and coaches.
  - Concessions and swim shop in the Davis lobby
  - Orientation:
    - The NORTH Pool backs up to the Piper-Bass Student Center
    - The SOUTH Pool backs up to the Davis Natatorium and has the full-motion scoreboard
- DAVIS (swimming finals)
- Eight FINA width lanes (2.75-meters) with buffers outside lanes one and eight
  - 2.12-meters minimum overall depth
  - All automatic DAKTRONICS starting and timing with full digital scoreboard
  - Four one-meter and two three-meter diving boards
  - Strobe on each starting block
  - The adjacent 26-lane Walker Pool will be available for constant warm-ups / cool downs
  - Off-deck, stadium type seating for 1500 spectators
  - Concessions and swim shop in the lobby

- Rules:** • Except as may be noted elsewhere, the 2019 – 2020 National Federation Swimming and Diving Rules will apply
- Swimming Format:**
- Championship format, i.e. preliminaries and finals
  - Consolation (“B”) and Championship (“A”) finals
    - **Exceptions:**
      - One heat of each relay will advance
      - 1650-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
          - Men on Friday and Women on Saturday
          - Not contested in the finals sessions
    - 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 section below
    - The preliminaries MAY be conducted simultaneously in the two (2) ten-lane Walker Pools:
    - Once all of the entries have been received, Meet Management will determine how the preliminary sessions of this meet will be conducted, i.e.:
      - Single pool, gender separated - OR
      - Two pools simultaneously, gender separated - OR
      - Two pools simultaneously, odd-even heat separated
      - Each team will be notified via e-mail as to which scheme will be utilized
      - That information will be posted with the Psych Sheet as well

- Fly-over Starts:**
- In the preliminary sessions **ONLY**, fly-over starts will be utilized for most individual events
    - **Exceptions:** 1650 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 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

- Diving:**
- National Federation Rules will apply
  - The Degree-of-Difficulty requirements for this meet are:
    - Optionals* - Minimum 12.8 for ONE METER - *Voluntaries* not to exceed 9.0 – National Federation DD Table
    - Optionals* - Minimum 12.1 for THREE METER - *Voluntaries* not to exceed 9.5 – Fina DD Table
  - Please note the daily schedule on page one (1)
- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• <u>One-meter competition, Saturday:</u></li> <li>• Events will be 11-dive contests</li> <li>• Five (5) voluntary (one from each category)</li> <li>• Six (6) optional dives (one from each category) <u>plus</u> one extra dive</li> </ul> | <ul style="list-style-type: none"> <li>• <u>Three-meter competition, Friday:</u></li> <li>• Events will be 11-dive contests</li> <li>• Five (5) voluntary (one from each category)</li> <li>• Six (6) optional dives (one from each category) <u>plus</u> one extra dive</li> </ul> |
|---|---|
- All divers **MUST** be entered with their team via Hy-Tek Commlink File **\*\*AND\*\***
  - All divers **MUST** enter completed sheets via [www.cleanentries.com](http://www.cleanentries.com) by 1200, Dec. 3, 2019
- THERE CAN BE NO EXCEPTIONS!***
- All corrections, revisions, additions, deletions, etc. must be completed in writing and in the hands of the Diving Referee not later than one hour before the scheduled start of competition.

**Spectator Clear Bag Policy:**

- Please review the graphic on page six 6)

**Spectator Access**

- Spectators **must** enter via the Davis Natatorium front doors
- The rear doors of the Davis Natatorium are for entry and exit of Staff, Athletes, Coaches, Administrators and Officials only!

**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
- Standing in front of and / or leaning against the glass rails in the Davis Pool is expressly forbidden
- Filming in the Davis Pool may only be accomplished from the blue-rail areas behind the diving boards
- Times noted on the scoreboards are never official and must not ever be regarded as such

**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 are easily available from athlete’s USA Swimming ID Card**

**Breaks:**

- A 15-minute break after the men’s 50-yard freestyle in both preliminaries and finals
- A five-minute break will be taken after the men’s 100-yard breaststroke in preliminaries

**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, if applicable; are included in the participating 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 seed time 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: **djohns1@neisd.net**
- 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

## Submit

### Entries To:

- David Johnson
- Bill Walker Pool
- 12002 Jones-Maltsberger Road
- San Antonio, TX 78216
- 210-356-6929
- djohns1@neisd.net

### •Entry fees:

- \$ 7.00 per athlete per individual event
- \$14.00 per relay team
- Please make checks payable to: **N.E.I.S.D.**
- Please mail checks to:  
David L. Johnson  
Bill Walker Pool  
12002 Jones-Maltsberger Road  
San Antonio, TX 78216

## 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 five (5) Senior events per day, no more than three (3) 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 as 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 seven [7]) must have been achieved subsequent to September 1, 2019
- 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 Medley Relay must be turned in to the Official Scorer not later than the beginning of the coaches' meeting
- Relay cards for the preliminary\* 200-yard Free Relay must be turned in to the Official Scorer not later than the start of the 500-yard Freestyles
- Relay cards for the preliminary\* 800-yard Free Relay must be turned in to the Official Scorer not later than the start of the 50-yard Backstrokes
- 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
- 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, 2019

## 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
  - Specific 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 (Lifetime best) 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
  - In addition, the Principal of the offending school will be notified in writing of the matter

**Meet Management:**

- |   |   |   |
|---|---|---|
| <ul style="list-style-type: none"> <li>• Meet Manager 7.0</li> <li>• <b>Meet Director:</b></li> <li>• David L Johnson</li> <li>• 210-356-6925</li> <li>• djohns1@neisd.net</li> </ul> | <ul style="list-style-type: none"> <li>• <b>Swimming Referee:</b></li> <li>• Rick Russell</li> <li>• 210-834-7409</li> <li>• rd.russ@yahoo.com</li> </ul> | <ul style="list-style-type: none"> <li>• <b>Administrative Official:</b></li> <li>• Mindy Donofrio</li> <li>• 210-391-2024</li> <li>• Mindy311@sbcglobal.net</li> </ul> |
| <ul style="list-style-type: none"> <li>• <b>Entries Chair:</b></li> <li>• Bill Spurgeon</li> <li>• 210-356-6929</li> <li>• FAX: 210-491-6133</li> <li>• wspurg@neisd.net</li> </ul>   | <ul style="list-style-type: none"> <li>• <b>Diving Referee:</b></li> <li>• Craig Nolder</li> <li>• 210-490-1035</li> <li>• cnolder@aol.com</li> </ul>     | <ul style="list-style-type: none"> <li>• <b>Diving Administrator:</b></li> <li>• Rene Rodriguez</li> <li>• 210-356-6928</li> <li>• drodri49@neisd.net</li> </ul>        |

**Scratch Rules:**

**Coaches: Please review these Scratch Rules carefully!**

- **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 each of the finals sessions will be penalized per rule and as noted below
- The 1650-yard freestyle will be seeded on deck (not pre-seeded) and competitors who checked in (by 9:30 AM 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 have been made, individual competitors and relay teams who qualify for the finals in Friday’s events must scratch with the Official Scorer 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 16 or fewer entries will be considered as an automatic final and not swum in the preliminary session

**Advancement Exceptions:**

- Only one heat of relays will advance to finals
- The 1650-yard freestyle will be contested ONLY as the last event in the preliminary sessions, i.e., it WILL NOT be swum in 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 1650-yard freestyle must provide their own backup timers and lap counters

**Swimming Officials**

**Please Make**

**Special Note:**

- All deck officials must be currently (2019 – 2020) 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, December 1, 2019
- Please specify the sessions for which you will be available
- Please submit your information to: [rd.russ@yahoo.com](mailto:rd.russ@yahoo.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 (**NO SHORTS, JEANS OR FLIP-FLOPS PLEASE**)
- Officials please meet with the Meet Referee to be briefed and receive assignments in the Davis Natatorium Class Room at 0830 for preliminaries and at 1615 for finals.

**Coaches and Administrators**

**Please NOTE:**

- Buses are required to unload and re-load their athletes in the soccer field parking area at the rear of the Davis pool.
- Personnel must then enter and exit through the large double doors behind the Davis starting blocks
- Buses must remain parked in that same area behind the Davis Pool

**Athlete, Coach, Administrator and Official Access**

•Staff, Athletes, Coaches, Administrators and Officials are expected to enter and exit the facilities via the large double doors behind the Davis starting blocks



**Prohibited Bags**

PROHIBITED ITEMS INCLUDE, BUT ARE NOT LIMITED TO:

- All purses, bags or containers larger than a small clutch bag
- Backpacks
- Binocular case – Binoculars may be worn around the neck
- Briefcases
- Camera bags
- Cinch bags
- Computer bags
- Coolers
- Fanny packs
- Luggage of any kind



**Approved Bags**

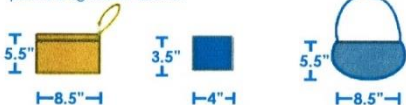
**CLEAR TOTE**  
Plastic, vinyl or PVC – not exceeding 12" x 6" x 12"

**PLASTIC STORAGE BAG**  
Clear, one (1) gallon, re-sealable



**SMALL CLUTCH PURSE**

Approximately the size of your hand, but absolutely no larger than 5.5" x 8.5" (see our small guide sheet) with or without a handle or strap. Can be carried separately or within an approved plastic bag shown above.



To enhance public safety, Blossom Athletic Center has modified its security policy by limiting the size and style of bags allowed into events.

An exception will be made for medically necessary items after proper inspection at a gate designated for this purpose. Please limit the number of items you bring to the stadium on event days.

**These restrictions DO NOT apply to Athletes, Coaches, Administrators or Officials!**

# 2019 South Zone TISCA Championships

## Order of the Preliminary 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
1 <sup>6,7,8,9</sup>	Women 200 Medley Relay <sup>6,7,8,9</sup>	2:01.79	25 <sup>6,7,8,9</sup>	Men 200 Medley Relay <sup>6,7,8,9</sup>	1:45.99
2 <sup>6,7,8,9</sup>	Men 400 Medley Relay <sup>6,7,8,9</sup>	4:00.39	26 <sup>6,7,8,9</sup>	Women 400 Medley Relay <sup>6,7,8,9</sup>	4:25.49
3	Women 200 Freestyle	2:12.89	27	Men 200 Freestyle	1:53.79
4	Men 50 Butterfly	0:28.99	28	Women 50 Butterfly	0:31.99
5	Women 200 Individual Medley	2:25.69	29	Men 200 Individual Medley	2:13.09
6	Men 50 Backstroke	0:28.59	30	Women 50 Backstroke	0:33.19
7	Women 50 Freestyle	0:26.49	31	Men 50 Freestyle	0:23.99
8	Men 800 Free Relay <sup>6,7,8,9</sup>	7:25.49	32	Women 800 Free Relay <sup>6,7,8,9</sup>	8:00.09
<b>Fifteen-minute break</b>					
9	Women 100 Butterfly	1:05.89	33	Men 100 Butterfly	0:58.09
10	Men 200 Backstroke	2:18.39	34	Women 200 Backstroke	2:24.99
11	Women 100 Freestyle	0:59.69	35	Men 100 Freestyle	0:56.29
12	Men 50 Breaststroke	0:32.09	36	Women 50 Breaststroke	0:36.99
13	Women 500 Freestyle	5:32.69	37	Men 500 Freestyle	5:16.99
14	Men 200 Breaststroke	2:28.39	38	Women 200 Breaststroke	2:46.59
15	Women 200 Free Relay <sup>6,7,8,9</sup>	1:50.99	39	Men 200 Free Relay <sup>6,7,8,9</sup>	1:35.39
16	Men 400 Individual Medley	4:53.69	40	Women 400 Individual Medley	5:19.19
17	Women 100 Backstroke	1:07.69	41	Men 100 Backstroke	1:00.39
18	Men 200 Butterfly	2:18.09	42	Women 200 Butterfly	2:25.09
19	Women 100 Breaststroke	1:16.49	43	Men 100 Breaststroke	1:06.09
20	Men 100 Individual Medley	1:01.69	44	Women 100 Individual Medley	1:10.39
<b>Five-minute break</b>					
21 <sup>6,7,8,9</sup>	Women 400 Free Relay <sup>6,7,8,9</sup>	3:55.19	45 <sup>6,7,8,9</sup>	Men 400 Free Relay <sup>6,7,8,9</sup>	3:32.49
22 <sup>10</sup>	Men 1650 Freestyle <sup>10</sup>	18:30.39	46 <sup>10</sup>	Women 1650 Freestyle	19:47.29
23	Women three-meter Diving		47	Women one-meter Diving	
24	Men three-meter Diving		48	Men one-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 1650-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, 2019 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 each of the finals sessions.
10. The 1650-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 contested as the last event ONLY in the preliminary sessions – men on Friday and women on Saturday.

# FINALS ORDER OF EVENTS

Friday, December 6th, 2019		Saturday, December 7th, 2019	
#	Gender / Distance (yds)/Stroke	#	Gender / Distance (yds) / Stroke
1	Women 200 Medley Relay	25	Men 200 Medley Relay
2	Men 400 Medley Relay	26	Women 400 Medley Relay
3	Women 200 Freestyle	27	Men 200 Freestyle
4	Men 50 Butterfly	28	Women 50 Butterfly
5	Women 200 Individual Medley	29	Men 200 Individual Medley
6	Men 50 Backstroke	30	Women 50 Backstroke
7	Women 50 Freestyle	31	Men 500 Freestyle
8	Men 800 Free Relay	32	Women 800 Free Relay
<b>Fifteen-minute break / Pool open for ten minutes</b>			
9	Women 100 Butterfly	33	Men 100 Butterfly
10	Men 200 Backstroke	34	Women 200 Backstroke
11	Women 100 Freestyle	35	Men 100 Freestyle
12	Men 50 Breaststroke	36	Women 50 Backstroke
13	Women 500 Freestyle	37	Men 500 Freestyle
14	Men 200 Breaststroke	38	Women 200 Breaststroke
15	Women 200 Free Relay	39	Men 200 Free Relay
16	Men 400 Individual Medley	40	Women 400 Individual Medley
17	Women 100 Backstroke	41	Men 100 Backstroke
18	Men 200 Butterfly	42	Women 200 Butterfly
19	Women 100 Breaststroke	43	Men 100 Breaststroke
20	Men 100 Individual Medley	44	Women 100 Individual Medley
<b>Five-minute break / Pool closed</b>			
21	Women 400 Free Relay	45	Men 400 Free Relay

