



Michigan Swimming, Inc.

ULTRA State Championship

July 24 - 26, 2026

Holland Aquatic Center

[Meet Information](#)

Michigan Swimming, Inc.
ULTRA State Championship
 Hosted by Michigan Lakeshore Aquatics (MLA)
 July 24-26, 2026

KEY DATES & DEADLINES

January 1, 2025		Qualifying period begins
July 6, 2026		Entries open Entries are done via USA Swimming's Online Meet Entry (OME) system
July 19, 2026		Qualifying period ends
July 20, 2026	12:00pm ET	Entries close Check-out via USA Swimming's Online Meet Entry (OME) system
July 22, 2026	8:00pm ET	Coaches meeting via Zoom
July 23, 2026	8:00am ET	Electronic scratches open for all Friday events
	6:00 pm ET	Electronic scratches close for all Friday events
July 24, 2026 (Friday)	7:45am ET	Missed entry deadline
	7:45am ET	Scratch box closes for all Friday events
	8:00am ET	Deadline to declare names for 200 Medley Relay (coaches only)
	10:00am ET	Time trial sign-up opens (closing time will be posted at the meet)
	11:00am ET	Deadline to declare names for 800 Freestyle Relay (coaches only)
	5:30pmET	Scratch box closes for all Saturday events
	5:30pmET	Deadline to declare names for 400 Medley Relay (coaches only)
July 25, 2026 (Saturday)	10:00am ET	Time trial sign-up opens (closing time will be posted at the meet)
	11:00am ET	Deadline to declare names for 400 Freestyle Relay (coaches only)
	5:30pm ET	Scratch box closes for all Sunday events
July 26, 2026 (Sunday)	10:00am ET	Time trial sign-up opens (closing time will be posted at the meet)
	11:00am ET	Deadline to declare names for 200 Freestyle Relay (coaches only)

IMPORTANT REMINDER: The deadline to scratch from Finals is 30 minutes after event results are announced for the Preliminary heats. See the "Scratch Rules" section of this document.

Sanction	This meet is sanctioned by Michigan Swimming, Inc. (MS), as a prelim/final meet on behalf of USA Swimming (USA-S), Sanction Number MI2526159 . The Time Trial Sanction Number, if needed, MITT2526159 . In granting this sanction it is understood and agreed that USA Swimming, Inc. and Michigan Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Michigan Swimming rules, safety, and warm up procedures will govern the meet as if fully set forth in these meet rules.
Minor Athlete Abuse Prevention Policy (MAAPP)	All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. There will be at least two safety marshals at this competition, with at least one of each gender.
Location	Holland Aquatic Center 550 Maple Ave. Holland, Michigan 49423
Facilities	Holland Aquatic Center is an 8-lane 50-meter pool with a supervised warm-up and warm down area available. Depth at the start is 6’9” and 13’ at the turn. Permanent starting blocks and non-turbulent lane markers will be used. A Colorado timing system with an 8-lane display will be used.
Course Certification	The competition course has not been certified in accordance with 104.2.2C(4).
Eligibility	All athletes registered with Michigan Swimming who have achieved current long course meter, short course meter or short course yard times equal to or faster than the qualifying standards during the qualifying period are eligible to enter an event. The qualifying time must have been achieved between January 1, 2025 and July 19, 2026, inclusive.
Para-Swimming Eligibility	USA Swimming Rule 105.1.1 defines a “disability” as a permanent physical or cognitive disability that substantially limits one or more major life activities. An athlete with a disability who achieved the qualifying P1, P2, or P3 Parallel time standards for their age/classification/events may enter those events into a Michigan Swimming championship meet. An official sport class recognition of a swimmer with a disability is NOT required.
Time Standards	2026 ULTRA Long Course State Championship qualifying times will be used. The 800/1000 and 1500/1650 Freestyle times will be honored for both events.

Entry Limits

A swimmer may enter as many events as they qualify for but may swim no more than (3) individual events per day. If a swimmer is entered in more than (3) individual events per day or more than the maximum total number of individual events allowed for his/her age group, he/she must scratch out of the desired excess events. If a swimmer fails to scratch out of the excess events by the scratch deadline, all events over the limit will be automatically scratched. No shows (NS) and Declared False Starts (DFS) count against the entry limit totals.

A **swimmer** may swim no more than (6) individual events and (5) relay events for the entire three-day meet.

Bonus Events

Swimmers that qualify for at least one (1) individual event but less than four (4) individual events may supplement their entry with the necessary number of bonus events to reach up to four (4) total individual events. Bonus events are subject to the daily limit of three (3) individual events.

- 1 qualifying individual event – up to 3 bonus events
- 2 qualifying individual events – up to 2 bonus events
- 3 qualifying individual events – up to 1 bonus event
- 4 or more qualifying individual events – no bonus events

The following are eligible to be added as bonus events:

- 50s: Freestyle, Backstroke, Breaststroke, Butterfly
- 100s: Freestyle, Backstroke, Breaststroke, Butterfly

No other events are eligible to be added as bonus events.

Swimmers with bonus events **MUST** declare which events are bonus events on their OME entry.

There are no qualifying time standards for bonus events, however “NT” (no time) entries are **NOT** allowed.

Relay-only athletes are not permitted to enter bonus events.

Entry Fees

The fees are **\$10.00** per individual event and **\$15.00** per relay. Include a **\$5.00** Michigan Swimming athlete surcharge per athlete and a **\$10.00** per athlete facility surcharge.

Entry fees will be invoiced to each team’s Michigan Swimming account. If a team has an ACH or Credit Card on file, it will be billed.

All other entry fees may only be paid by check. Make checks payable to:

Michigan Swimming, Inc.
2245 Knollcrest

Rochester Hills, MI 48309

Entry Open / Deadline	Entries will only be accepted through USA Swimming's Online Meet Entry (OME) system. OME entries will open on July 6, 2026 and close at 12:00pm (noon) ET on July 20, 2026. NOTE: There are no fees listed in OME. The Team Manager file and this meet information packet have detailed fees.
Missed Entry	A Coach or an Entry Chair who has made an honest mistake and inadvertently fails to enter a swimmer and/or a swimmer in an event by the entry deadline may then do so by: entering the athlete(s) and/or event(s) by the scratch deadline of the first day of the meet, paying a fee of \$100.00 per team and double the entry fee for the event, and providing a paper proof of time (meet results) to the Michigan Swimming Office at the time of the entry.
Relay Entry	Each team may enter no more than two (2) relays in a relay event. Relay entries must be designated as "A" and/or "B". "A and/or B" relays must be entered with a seed time, and the seed time must be at or faster than the qualifying standard for the relay event. "A and/or B" relays may be entered without proof of a qualifying time. Teams may enter relays by entering a relay time for the team which is already in SWIMS, by entering an aggregate time from SWIMS, or they may enter a custom time for the relay(s). Swimmers participating in an individual event(s) are eligible to compete on an "A and/or B" relay. Relay only athletes are eligible to compete on an "A and/or B" relay. All relay only athletes must be included in the entry file. Athletes not in the entry file are not eligible to swim at this meet, including on relays.
Conversion / Entry Times	No time conversions are permitted. Submit times in Long Course Meters, Short Course Meters, or Short Course Yards.
Proof of Time	Michigan Swimming will accept all qualifying times contained in USA Swimming's SWIMS database, as well as times from meets sanctioned by other national governing bodies including college, high school, middle school, Masters, YMCA, and foreign meets approved by AQUA that have been run on approved meet management software within the qualifying period. The SWIMS database contains results of all sanctioned, observed and approved meets held in the USA for athletes who are registered USA Swimming members at the time of the swim. Times from the SWIMS database are proven times and do not require any further proof. If a time does not appear in OME, it

is **NOT** a proven time. Use the custom time entry function to enter the meet with this time.

Custom times are **NOT** proven. If the athlete fails to swim at least the qualifying cut in an event that has a custom time built, the team, or athlete if not attached to a team, will have 30 days from notification to prove the time. Failure to prove the time will result in a \$100.00 fine to the team, or athlete if not attached to a team, per event. Failure to pay the fine will result in that team, or athlete if not attached to a team, being barred from participating in any future events sanctioned or approved by Michigan Swimming until the fine is paid.

Acceptable proofs include printed meet results which clearly identify the meet host, meet location and meet date as well as the name of the event and the names, clubs and times of other swimmers in the event. The **preferred** proof is an unlocked Meet Manager backup of the meet. Team Manager export files are also acceptable but are not preferred. Computer printed award labels and/or time cards signed by a meet referee and times from Meet Mobile and Swimcloud are **NOT** acceptable for proof purposes.

**Relay Proof
of Time**

If a relay team is disqualified (DQ) or does not swim equal to or faster than the qualifying time, the team must prove the time.

This is done by proving the aggregate time for the four individuals who actually swam on the particular relay within 30 days following the conclusion of the meet to the Michigan Swimming office or by proving that the team-owned entry time was achieved at acceptable competition during the qualifying period. The aggregate time to be proved need not be equivalent to the submitted entry time for the relay, however, the time must be at or faster than the qualifying standard for the relay event.

Aggregate proof times must all be equivalent (i.e. all SCY, all SCM, all LCM). All times must have been achieved during the qualifying period and conversions may not be used in determining the submitted proof of time. Failure to prove a qualifying aggregate or team-owned time within the 30 days will result in a fine of \$100 payable immediately to Michigan Swimming. Failure to pay the \$100 fine will result in that team being barred from participating in any future events sanctioned or approved by Michigan Swimming until the fine is paid.

Refunds

There are no refunds in full or in part once a team or individual entry has been accepted.

**Deck
Registration
/ Deck
Entries**

Deck registrations and deck entries are NOT permitted at this meet.

Meet Format

This is a three-day, preliminary/finals LSC championship. There will be three (3) heats of individual events at finals, with one (1) additional heat of individual events at finals for para-swimmers only (when applicable). Each heat is comprised of a maximum of eight (8) swimmers.

- A Final – swimmers placing 1st through 8th overall in preliminaries
- B Final – swimmers placing 9th through 16th overall in preliminaries
- C Final – swimmers placing 17th through 24th overall in preliminaries
- D Final – for para-swimmers only, the next-fastest eight (8) para-swimmers that did not qualify for the A Final, B Final or C Final based on overall place

The heats will be swum in the following order: D Final, C Final, B Final, A Final. The D Final & C Final may be combined at the discretion of the Meet Referee.

All individual events will be swum as preliminaries/finals, **except:**

- 800 Freestyle – timed finals, all swimmers compete during preliminaries
- 1500 Freestyle – timed finals, all swimmers compete during preliminaries

All relay events will be swum in the same session:

- 200 Medley Relay – all heats swim in preliminaries
- 800 Freestyle Relay – all heats will swim in finals
- 400 Medley Relay – all heats swim in preliminaries
- 400 Freestyle Relay – all heats swim in finals
- 200 Freestyle Relay – all heats will swim in finals

Seeding

Individual Events

The fastest three (3) preliminary heats will be circle seeded, and the remainder of heats will be seeded slowest to fastest, except:

- 400 Freestyle – the fastest two (2) preliminary heats will be circle seeded, and the remainder of heats will be seeded slowest to fastest
- 400 IM – the fastest two (2) preliminary heats will be circle seeded, and the remainder of heats will be seeded slowest to fastest
- 800 Freestyle – seeded fastest to slowest and alternating gender (female/male)
- 1500 Freestyle – seeded fastest to slowest and alternating gender (female/male)

Relay Events

All relay events will be seeded slowest to fastest.

Declaration of Relay Swimmers

There will be no positive check-in for relays. The names and order of relays should be initially declared by:

- Friday, 8:00am – 200 Medley Relay
- Friday, 11:00am – 800 Freestyle Relay
- Friday, 5:30pm – 400 Medley Relay

- Saturday, 11:00 am – 400 Freestyle Relay
- Sunday, 11:00am – 200 Freestyle Relay

If the names and order of relay swimmers are not declared by the deadline, the relay will not be seeded.

The order of relay swimmers may be changed **before** the start of the relay heat. If the relay fails to swim in the order as declared on the lane timer sheet, the relay will be disqualified.

Time Trials

Time permitting, at the discretion of the Meet Referee and Meet Director, time trials for athletes may be offered each day after the completion of the preliminary session. The Meet Referee will determine the time at which Time Trials will begin.

Athletes must be already entered in the meet to swim a time trial. At the discretion of the Meet Referee, athletes who are not already entered in the meet and are potential National, US Open, World Cup, or Olympic Trial qualifiers may be allowed to compete in time trial events.

Time trials do count against the maximum per day entry limit of three (3) but not against the total meet entry limit of six (6) and are limited to no more than two (2) per day. The entry fee is **\$10.00** per individual event and **\$15.00** for relays.

Time trials sign up will begin at 10:00 am each day of the meet and will close at a time determined by the Meet Referee and Meet Director.

Marshaling

This is a self-marshalled meet.

Scratch Rules

Swimmers may scratch from an event in which they are entered by the following procedures set forth in this meet information packet.

The scratch deadline for all of the first day's events shall be fifteen (15) minutes after the start of warm-ups for the preliminary session. Early scratches for all first day events (i.e., Friday events) will be accepted at escratch@miswim.org on **Thursday July 23, 2026 from 8:00 AM to 6:00 PM ET**. The scratch deadline for all subsequent days' events shall be thirty (30) minutes after the time established for the start of the finals sessions on the previous day (i.e., 5:30 PM on Friday for Saturday's preliminary and timed final events & 5:30 PM on Saturday for Sunday's preliminary and timed final events).

In all events where preliminary heats are necessary or in any timed final event for which the swimmer has been positively checked-in, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been scratched in accordance with these scratch rules will be barred from all further individual and relay events of that day. The application of this

penalty shall pertain to the order in which the events/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events.

Scratch Deadline for All Finals Events

Thirty (30) minutes after the qualifiers for the event are announced.

Any swimmer qualifying for a bonus, consolation or championship final in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as set forth below. A declared false start under 101.1.3.E of USA Swimming Rulebook or deliberate delay of meet under 101.1.5 of the USA Swimming Rulebook is not permitted and will be regarded as a failure to compete.

In the event of withdrawal or barring of a swimmer from competition, the Meet Referee shall fill the consolation or championship final, when possible, with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. The alternates shall not be penalized if unavailable to compete.

Where the bonus and consolation final has not been swum and a barring or withdrawal is known to the Meet Referee, the Meet Referee shall reseed the consolation and championship final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.

If the bonus and consolation finals have already been contested, the championship final shall be swum without reseeding for the empty lane(s).

No penalty shall apply for failure to withdraw or compete in an individual event if:

- The Meet Referee is notified in the event of illness or injury and accepts proof thereof.
- A swimmer qualifying for a consolation or championship final based upon the results of the preliminaries notifies the Meet Referee within thirty (30) minutes after the announcement of the qualifiers for that race that he/she may not intend to compete and further declares their final intentions within thirty (30) minutes following his/her last individual preliminary event.
- It is determined by the Meet Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

Additional \$50 Penalty

In addition to the procedures and penalties stated above, if a swimmer participates in any event in this meet and then fails to compete in his/her last scheduled individual

event of the meet without being properly scratched for that event, he/she shall be fined \$50 payable immediately to Michigan Swimming.

The swimmer is not allowed to compete in any subsequent Michigan Swimming sanctioned or approved events until the fine is paid.

Results	Official results will be posted following the conclusion of the meet on the Michigan Swimming Website at www.miswim.org . Unofficial results will also be available (HY-TEK Meet Manager) to coaches only (coaches must provide a flash drive). Use Meet Mobile for unofficial live results (subject to availability).
----------------	--

Scoring	Individual Events • 20, 17, 16, 15, 14, 13, 12, 11 points for 1st through 8th place overall, respectively • 9, 7, 6, 5, 4, 3, 2, 1 for 9th through 16th place overall, respectively Relay Events • 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2 points 1st through 16th place overall, respectively
----------------	---

Awards	Individual Events • Medals will be given to finishers 1st through 8th place overall Medals will also be given to the top eight (8) para-swimmers that did not otherwise place and be awarded in the A Final or B Final based on overall performance. Relay Events • Medals will be given to the top finishers 1st through 8th place overall High Point Awards • Individual high point awards will be given for the top one (1) overall finishers in both the male and female competition category who are 18 or younger. • Team high point awards will be given for the top one (1) team finisher in the combined team score category.
---------------	--

Awards Presentation	There will be a formal awards presentation for the top eight (8) finishers in each event. See the event schedule for additional details. Individual High Point and Team Awards will be presented following the conclusion of the meet.
----------------------------	---

Award Distribution	If an athlete misses the awards presentation, they can pick up their medal at the awards table any time during the meet. No awards will be mailed. There will be no exceptions.
---------------------------	---

Controlled Warm-up

Teams will be assigned to a warm-up group for Friday, Saturday, and Sunday preliminaries and timed finals sessions. There is no assigned warm-up for finals.

DAY	GROUP A	GROUP B	1 WAY	EVENTS START
Friday Prelim	7:30AM	8:00AM	8:30AM	9:00AM
Friday Finals	4:00PM		4:30PM	5:00PM
Saturday Prelims	7:30AM	8:00AM	8:30AM	9:00AM
Saturday Finals	4:00PM		4:30PM	5:00PM
Sunday Prelims	7:30AM	8:00AM	8:30AM	9:00AM
Sunday Finals	4:00PM		4:30PM	5:00PM

Admissions/ Programs

Admissions will be \$10.00 per person, per day. Children 10 & younger are free. Heat sheets will be available free of charge on Meet Mobile.

Medical Supervision

Lifeguards will be on duty during the entirety of the meet. An Operating Supervisor (OS) will be available on deck or by radio at all times during open hours to facilitate emergency needs. The facility has several AED devices located around the competition and warm up areas for easy access.

Facility Items

- A. First Aid supplies will be kept in the pool office.
- B. No smoking is allowed in the building or on the grounds of the facility.
- C. Pursuant to applicable Michigan Law, no glass containers will be allowed on the pool deck or in the locker rooms.
- D. No bare feet allowed outside of the pool area. Swimmers need to have shoes to go into the hallway.
- E. An Emergency Action Plan is available for review and inspection in the **pool office**.
- F. To comply with USA Swimming privacy and security policy, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- G. Deck changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes is **prohibited**.
- H. 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.
- I. Note: Flashing lights may be used during the meet. Individuals with sensitivity to flashing lights should take appropriate precautions.
- J. Holland Aquatic Center is now providing a separate drop off/pick up area for athletes in the southwest corner of the building. **This area is for drop off and pick up of athletes, coaches and officials only.** Spectators will still enter through the main entrance. See map below.

Lost and Found	Articles may be turned in to a designated lost and found area. The Meet host will retain articles not picked up by the end of the meet for 14 days.
Safe Sport / Safe Facility	Michigan Swimming safety and warm up rules will be followed. To protect all swimmers during warm-ups, swimmers are required to enter the pool feet first at all times except when sprint lanes have been designated. No jumping or diving. The same rules apply with respect to the warm-down area. Penalties for violating these rules will be in the sole discretion of the Meet Referee which may include ejection from the meet. In the event of a medical emergency the swimmer's coach is responsible for the care of the athlete. The participating athlete and/or the athlete's USA Swim Club will be responsible for any costs incurred if it is necessary to call 911, EMS, etc. If the athlete is participating without a parent present it is highly suggested that the coach(s) have the athlete's insurance cards and signed releases allowing them to direct medical care.
Deck Personnel	Only registered and current coaches, athletes, officials and meet personnel are allowed on the deck and only athletes in locker rooms. Access to the pool deck may only be granted to any other individual in the event of emergency through approval by the Meet Director or the Meet Referee. The Michigan Swimming Board of Directors, the Michigan Swimming Officials Chair, and the Michigan Swimming Office staff are authorized deck personnel at all MS meets. Personal assistants/helpers of athletes with a disability shall be permitted when requested by an athlete with a disability or a coach of an athlete with a disability. All individuals seeking access to the pool deck must show a valid digital USA Swimming membership card reflecting good standing in order to receive a deck credential. The credential must be displayed at all times during the meet and will include the host team name as well as the function of the individual being granted access to the pool deck (Coach, Official, Timer, or Meet Personnel). To obtain a credential, Coaches and Officials must be current in all certifications through the final date of the meet. Meet personnel must return the credential at the conclusion of working each session and will be reissued a credential at the start of the next session. All access points to the pool deck and locker rooms will either be secured or staffed by a meet worker checking credentials throughout the duration of the meet.
Swimmers with Disabilities	If any of your swimmers have special needs or requests, please indicate this with the Meet Referee during warm ups.
Swimmers Without a Coach	Any swimmer entered in the meet, unaccompanied by a USA-S member coach, must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge.

It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Coaches' Meeting	There will be a coach meeting on Wednesday, July 22, 2026 at 8:00 p.m. via Zoom. The Zoom link will be sent to all coaches after entries have been closed.		
General Information	Any errors or omissions in this meet announcement, with the authorization of the Meet and Sanctioning Chair, will be documented by the Meet Referee and available for review at the Administrative Referee table. Information will also be covered at the Coaches' Meeting. If necessary and at the discretion of the Meet Referee, breaks may be added to the preliminary session.		
Protests	USA Swimming Rule 102.22 shall be used.		
Contacts	Meet Referee:	Adam Forbes	forbesajswim@gmail.com
	Admin Referee:	Dawn Gurley	dawn.gurley@miswimorg
	Meet Director:	Ian Townsend	ian@hollandaquatic.org
	Safety Marshall:	Cait Boss	cait@hollandaquatic.org

Prelim/Finals Event List

Friday Morning Prelims

7:30 – 8:50am	Controlled warm-up
7:45am	Scratch box closes for all Friday events
8:00am	200 Medley Relay names declared (by coaches only)
9:00am	Preliminary events begin
11:00am	800 Freestyle Relay names declared (by coaches only)

If you qualify for Finals and do not want to compete in the event in the evening session, you must scratch or declare you intention to scratch within 30 minutes after the qualifiers for the finals in the event are announced. See the Meet Referee or his/her designee.

Women	Event	Men
1	200 Medley Relay*	2
3	200 Individual Medley	4
5	50 Backstroke	6
7	100 Freestyle	8
9	200 Butterfly	10
11	100 Breaststroke	12
13	800 Freestyle **	14
15	800 Freestyle Relay***	16

*Times Final Event. All heat swim in Prelims

**Timed Final Event. All heats swim in Prelims. Alternating gender, fastest to slowest.

*** Timed Final Event all heats will swim in Finals

Friday Evening Finals

4:00 – 4:50pm	General warm-up (no lane assignments)
4:50 – 4:55pm	800 Freestyle and 200 Medley Relay awards ceremony
5:00pm	Finals events begin
5:30pm	Scratch box closes for all Saturday events (including relays)
5:30pm	400 Medley Relay names declared (by coaches only)

No Friday Finals Check in Required

Event order: 3-12, 15-16

Awards ceremonies: Following events 4, 6, 8, 10, 12 and 16

Saturday Morning Prelims

7:30 – 8:50am	Controlled warm-up
9:00am	Preliminary events begin
11:00am	400 Freestyle Relay names declared (by coaches only)

If you qualify for Finals and do not want to compete in the event in the evening session, you must scratch or declare you intention to scratch within 30 minutes after the qualifiers for the finals in the event are announced. See the Meet Referee or his/her designee.

Women	Event	Men
17	400 Medley Relay*	18
19	50 Freestyle	20
21	200 Backstroke	22
23	200 Breaststroke	24
25	100 Butterfly	26
27	400 Freestyle	28
29	400 Freestyle Relay**	30

*Timed Final Event. All heats swim in Prelims.

**Timed Final Event. All heats swim in Finals.

Saturday Evening Finals

4:00 – 4:50pm	General warm-up (no lane assignments)
4:50 – 4:55pm	400 Medley Relay awards ceremony
5:00pm	Finals events begin
5:30pm	Scratch box closes for all Sunday events (including relays)

No Saturday Finals Check in Required

Event order: 19-30

Awards ceremonies: Following events 20, 22, 24, 26, 28 and 30

Sunday Morning Prelims

7:30 – 8:50am	Controlled warm-up
9:00am	Preliminary events begin
11:00am	200 Freestyle Relay names declared (by coaches only)

If you qualify for Finals and do not want to compete in the event in the evening session, you must scratch or declare you intention to scratch within 30 minutes after the qualifiers for the finals in the event are announced. See the Meet Referee or his/her designee.

Women	Event	Men
31	200 Freestyle	32
33	50 Breaststroke	34
35	100 Backstroke	36
37	400 IM	38
39	50 Butterfly	40
41	1500 Freestyle*	42
43	200 Freestyle Relay**	44

* Timed Final event. Alternating gender, fastest to slowest. All heats will swim in Prelims.

**Timed Final event. All heats will swim in Finals

Sunday Evening Finals

4:00 – 4:50pm	General warm-up (no lane assignments)
4:50 – 4:55pm	1500 Freestyle awards ceremony
5:00pm	Finals events begin

No Sunday Finals Check in Required

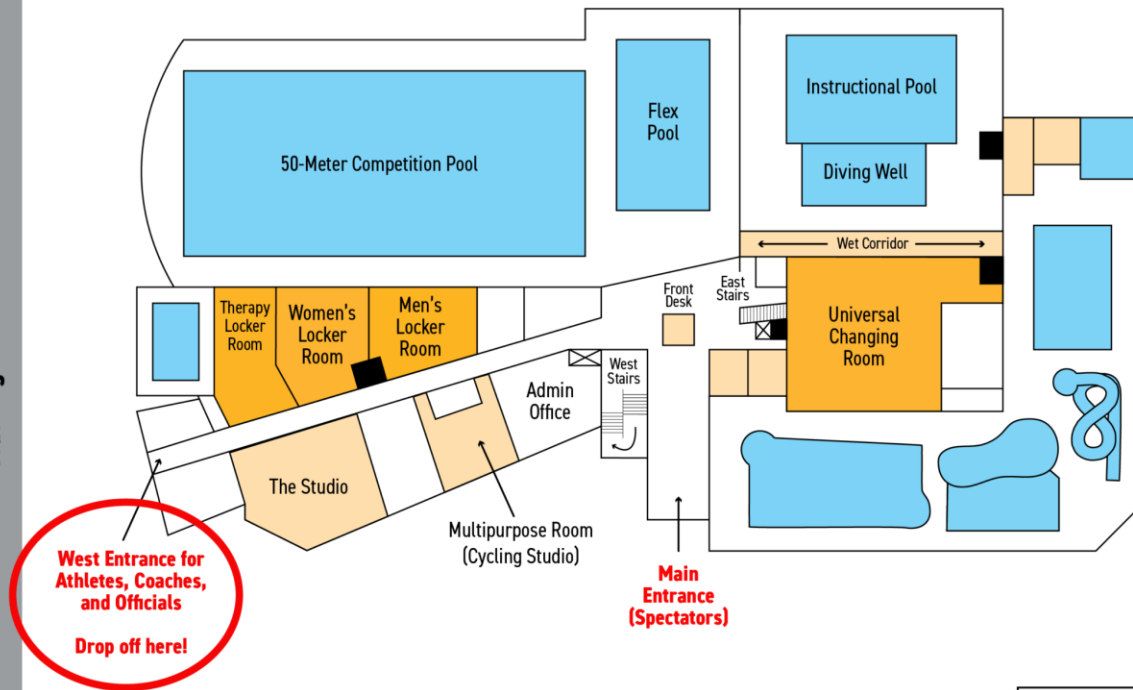
Event order: 31-40, 43-44

Awards ceremonies: Following events 32, 34, 36, 38, 40 and 44

22nd Street

Washington Avenue

Maple Avenue



2nd Floor West
Spectator Viewing Area
Concessions
Fishbowl Conference Room
Restrooms

2nd Floor East
Fitness Center
Indoor Track
Restrooms

KEY
 ■ Unisex Restroom
 ⊠ Elevator
 ■ Changing Room
 ■ Pool/Aquatic Feature
 ■ Point of Interest