

# Zone 1 South Board of Directors Meeting

## Minutes

**Wednesday January 14, 2026, 7:30-9:00 PM**

|  |  |   |
|--|--|---|
| <input checked="" type="checkbox"/> Trent Larsen (Chair)           | <input checked="" type="checkbox"/> Michael Greymont (Equipment)     | <input checked="" type="checkbox"/> Debbie Fujii (MAKO)           |
| <input checked="" type="checkbox"/> Kyle Kikuta (Vice Chari)       | <input type="checkbox"/> Karyn Kikuta (DDEI)                         | <input checked="" type="checkbox"/> Darlene Friedly (SBA)         |
| <input checked="" type="checkbox"/> Julie Corrigan (Secretary)     | <input checked="" type="checkbox"/> Kyler VanSwol (MAC)              | <input checked="" type="checkbox"/> Marcelo Castro (Open Water)   |
| <input checked="" type="checkbox"/> Mike Piccardo (Treasurer)      | <input type="checkbox"/> Liv Weaver (QSS)                            | <input checked="" type="checkbox"/> Violet Rutter (Ath Rep SCSC)  |
| <input checked="" type="checkbox"/> Kevin Zacher (SR Comm Rep)     | <input type="checkbox"/> Jennie Tucker (MHSA)                        | <input checked="" type="checkbox"/> Jackie Bourdet(SBA)           |
| <input checked="" type="checkbox"/> Chris Swan (AG Comm Rep)       | <input checked="" type="checkbox"/> Samuel Ciciarelli (Ath Rep TIDE) | <input checked="" type="checkbox"/> Cynthia Van Laar (GGSC)       |
| <input type="checkbox"/> Joyce Lee (Athlete Rep)                   | <input checked="" type="checkbox"/> Colin Edgar (MHSA)               | <input type="checkbox"/> Ken Fittro (SEA)                         |
| <input checked="" type="checkbox"/> Thierry Foucu (Sanctions)      | <input checked="" type="checkbox"/> Alex Cleveland (Governance)      | <input checked="" type="checkbox"/> Noah (ath rep)                |
| <input checked="" type="checkbox"/> Mette Graversen (Officials Co) | <input type="checkbox"/> Shelbi Oskolkoff-Campbell (LGSC)            | <input checked="" type="checkbox"/> Aria Pon (ath rep)            |
| <input checked="" type="checkbox"/> Trevor Gillis (Officials Co)   | <input type="checkbox"/> Chris Henry (MAKO)                          | <input type="checkbox"/> Rick Shan (ath rep)                      |
| <input type="checkbox"/> Marisa Watts Cozort (Safe Sport)          | <input type="checkbox"/> Suzie Nguyen (MHSA)                         | <input type="checkbox"/> <b>Non-Voting Invitees:</b>              |
| <input type="checkbox"/> Lucas Salles-Cunha (QSS)                  | <input type="checkbox"/> Hai Nguyen (PS)                             | <input checked="" type="checkbox"/> Verónica Hernández (VC Admin) |
| <input type="checkbox"/> Molly Fittro                              | <input checked="" type="checkbox"/> Brian Do (Ath Rep SCSC)          | <input checked="" type="checkbox"/> Beau Caldwell                 |
| <input type="checkbox"/> Tom Lebherz (MAKO)                        |  | <input checked="" type="checkbox"/> Sachi Kuwano                  |

1. **Call to order:** 7:34 PM
2. **Approval of Minutes:** Motion to approve November 12, 2025, minutes– motion M. Piccardo., K.Kikuta 2<sup>nd</sup>. C. VanLaar-abstain. Motion carries.
3. **Officer’s Reports**
  - a. Chair’s Report: Trent Larson
    - i. No report
  - b. Treasurer’s Report: Mike Piccardo, report attached.
    - i. Balances: \$223.85 Checking; \$148,323.60 Savings; \$71,888.75 investment  
Motion to accept the treasurer’s report: Kyle K., 2<sup>nd</sup> Mette G., motion carries
4. **Standing Committee Reports:**
  - a. Athletes – no report
  - b. DDEI – Karyn Kikuta – no report
  - c. Equipment – Mike Greymont – no report
  - d. Governance – Alex Cleveland
    - i. Meeting this month to discuss changing Z1S to policies & procedures, rather than bylaws, since we are not a separate non-profit, but exist under PacSwim.
  - e. Officials – Mette Graversen/Trevor Gillis
    - i. Expect a longer Brian Malick meet with the instructional pool being down.
  - f. Open Water – Marcelo Castro & Marisa Watts Cozort – no report
  - g. Safe Sport – Mariza Cozort – No report
  - h. Sanctions – Thierry Foucu- No report
  - i. Scheduling – Chris Swan/Michael Goble –
    - i. Beau C. presented proposed schedule changes for the Pacific schedule and requested feedback by end of January.

- 1. Trevor expressed concerns that the summer meet schedule would be hard on officials with no weekends off.
    - 2. Superfinal idea proposed, Trent L. to send information to Beau
  - ii. Chris will put together a committee for scheduling
- j. Senior – Kevin Zacker-
  - i. Senior Champs 2/14-16
  - ii. July Sr. Open – Santa Rosa Neptunes will host
  - iii. Need a host for June 6-7 Senior meet
- k. Age Group – Chris Swan
  - i. Beau presented Summer Age Group changes (see attached)
    - 1. Sachi, Vern, Mette expressed concerns that key officials (corners, etc) won't get a break and that we don't have as many available in the summer due to other high-level meets occurring at or around the same time. Could lead to burn out.
      - a. Further discussion that summer sectionals is a training ground for national certifications and could cause shortages in staffing LSC meets that are the same time.
      - b. Suggestion to reevaluate invigilating warmups to help with burnout. Beau stated it is not required by the rule book. Vern will discuss with Phil Grant.

**5. Business:**

- a. Items for Discussion
  - i. Brian Malick meet- M. Greymont
    - 1. Instructional Pool is down. Running 6 lanes on each course with 3 lanes of warmups between. 1 lane to be 10 & U only. No parents to be allowed in this area. 1064 swimmers, 3:30 Sat/Sun timeline after distance
      - a. Discussion around if warmups and warm downs are needed at this meet. Majority felt it was too close to the meet to change anything.
      - b. Survey to go out after the meet
      - c. Vern will be on site for Zone All-Star recruitment/applications
  - ii. Firecracker 500 Committee
    - 1. Beau requested to be added. (Mette, Alex C., Beau C. Julie C., Mike G.)
- b. Old Motions- none

**6. New Business:**

- a. Items for Discussion
  - 1. LC Far Westerns Format presented by Beau. See attached.
    - a. Officials still concerned with amount of time on deck
- b. New Motions

**7. Next Meeting: Wednesday, March 11 2026 at 7:30 PM**

**8. Adjournment: 8:30 PM** Mike G-1st, Kyle K.-2<sup>nd</sup>. Motion carries.

**Pacific Swimming Zone 1 South  
Balance Sheet History  
As of December 31, 2025**

|                                       | <u>Sep 30, 25</u>        | <u>Oct 31, 25</u>        | <u>Nov 30, 25</u>        | <u>Dec 31, 25</u>        |
|---------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <b>ASSETS</b>                         |                          |                          |                          |                          |
| Current Assets                        |                          |                          |                          |                          |
| Checking/Savings                      |                          |                          |                          |                          |
| Checking - Chase 8287                 | 6,331.40                 | 4,873.52                 | 4,373.52                 | 4,223.85                 |
| Savings - Chase 9002                  | 128,184.02               | 128,186.17               | 128,188.11               | 143,323.60               |
| Wells Fargo - Z1S Invest              | 70,931.25                | 71,958.64                | 71,982.11                | 71,888.75                |
| <b>Total Checking/Savings</b>         | <u>205,446.67</u>        | <u>205,018.33</u>        | <u>204,543.74</u>        | <u>219,436.20</u>        |
| <b>Total Current Assets</b>           | <u>205,446.67</u>        | <u>205,018.33</u>        | <u>204,543.74</u>        | <u>219,436.20</u>        |
| <b>TOTAL ASSETS</b>                   | <b><u>205,446.67</u></b> | <b><u>205,018.33</u></b> | <b><u>204,543.74</u></b> | <b><u>219,436.20</u></b> |
| <b>LIABILITIES &amp; EQUITY</b>       |                          |                          |                          |                          |
| Equity                                |                          |                          |                          |                          |
| 30000 · Opening Balance Equity        | 27,979.97                | 27,979.97                | 27,979.97                | 27,979.97                |
| 32000 · Retained Earnings             | 176,292.96               | 176,292.96               | 176,292.96               | 176,292.96               |
| Net Income                            | 1,173.74                 | 745.40                   | 270.81                   | 15,163.27                |
| <b>Total Equity</b>                   | <u>205,446.67</u>        | <u>205,018.33</u>        | <u>204,543.74</u>        | <u>219,436.20</u>        |
| <b>TOTAL LIABILITIES &amp; EQUITY</b> | <b><u>205,446.67</u></b> | <b><u>205,018.33</u></b> | <b><u>204,543.74</u></b> | <b><u>219,436.20</u></b> |

Increase from AGC- Meet

**Pacific Swimming Zone 1 South**  
**Income & Expense**  
 November through December 2025

|  | Nov - Dec 25  |
|--|---|
| <b>Ordinary Income/Expense</b>               |   |
| <b>Income</b>                                |   |
| 11600 · Championship Zone Meets              |   |
| 11605 · Entry Fees                           | 27,256.00   |
| <b>Total 11600 · Championship Zone Meets</b> | 27,256.00 <span style="color: red;">AGC- Meet</span>          |
| 17000 · Interest Income                      | 4.43  |
| <b>Total Income</b>                          | 27,260.43   |
| <b>Gross Profit</b>                          | 27,260.43   |
| <b>Expense</b>                               |   |
| 61000 · Zone Meets                           |   |
| 61200 · Pool Rental & Related Services       | 6,563.00  |
| 61400 · Operator Fee                         |   |
| 61410 · Computer Operators                   | 2,400.00  |
| 61450 · Timing System Operator               | 1,125.00  |
| <b>Total 61400 · Operator Fee</b>            | 3,525.00  |
| 61500 · Other Meet Costs                     |   |
| 61515 · Awards                               | 449.66  |
| 61520 · Hospitality & Officials              | 1,897.41  |
| <b>Total 61500 · Other Meet Costs</b>        | 2,347.07  |
| <b>Total 61000 · Zone Meets</b>              | 12,435.07 <span style="color: red;">AGC- Meet Expenses</span> |
| 61700 · Zone Equipment                       |   |
| 61730 · Equipment Storage                    | 322.00  |
| <b>Total 61700 · Zone Equipment</b>          | 322.00  |
| 63000 · Office Expenses                      |   |
| 63300 · Postage                              | 15.60   |
| <b>Total 63000 · Office Expenses</b>         | 15.60   |
| <b>Total Expense</b>                         | 12,772.67   |
| <b>Net Ordinary Income</b>                   | 14,487.76   |

3:20 PM  
01/08/26  
Cash Basis

**Pacific Swimming Zone 1 South**  
**Income & Expense**  
November through December 2025

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|                                  | <u>Nov - Dec 25</u>     |
|----------------------------------|-------------------------|
| Other Income/Expense             |                         |
| Other Income                     |                         |
| 85000 · Investment Income        |                         |
| 85675 · Zone 1 South Gain/(Loss) | -69.89                  |
| Total 85000 · Investment Income  | -69.89                  |
| Total Other Income               | -69.89                  |
| Net Other Income                 | -69.89                  |
| Net Income                       | <u><u>14,417.87</u></u> |

## Pacific Swimming Zone 1 South Actuals vs. Yearly Budget September through December 2025

|  | Sep - Dec 25 | Budget    | \$ Over Budget                              |
|--|--------------|-----------|---|
| <b>Ordinary Income/Expense</b>               |              |           |   |
| <b>Income</b>                                |              |           |   |
| <b>11600 · Championship Zone Meets</b>       |              |           |   |
| 11605 · Entry Fees                           | 27,256.00    | 19,000.00 | 8,256.00 AGC- Meet did better than expected |
| 11610 · Vendor Support                       | 0.00         | 500.00    | -500.00 May be something in my Jan mail     |
| <b>Total 11600 · Championship Zone Meets</b> | 27,256.00    | 19,500.00 | 7,756.00                                    |
| <b>17000 · Interest Income</b>               | 8.79         | 4.00      | 4.79  |
| <b>Total Income</b>                          | 27,264.79    | 19,504.00 | 7,760.79                                    |
| <b>Gross Profit</b>                          | 27,264.79    | 19,504.00 | 7,760.79                                    |
| <b>Expense</b>                               |              |           |   |
| <b>58000 · Officials</b>                     |              |           |   |
| 58600 · Clinics                              | 0.00         | 300.00    | -300.00                                     |
| 58700 · Motivational(Recruit/Retain)         | 242.59       | 700.00    | -457.41                                     |
| <b>Total 58000 · Officials</b>               | 242.59       | 1,000.00  | -757.41 No change from last meeting         |
| <b>61000 · Zone Meets</b>                    |              |           |   |
| 61200 · Pool Rental & Related Services       | 6,563.00     | 7,200.00  | -637.00                                     |
| <b>61400 · Operator Fee</b>                  |              |           |   |
| 61410 · Computer Operators                   | 2,400.00     | 2,000.00  | 400.00                                      |
| 61450 · Timing System Operator               | 1,125.00     | 2,400.00  | -1,275.00                                   |
| <b>Total 61400 · Operator Fee</b>            | 3,525.00     | 4,400.00  | -875.00                                     |
| <b>61500 · Other Meet Costs</b>              |              |           |   |
| 61515 · Awards                               | 449.66       | 500.00    | -50.34                                      |
| 61520 · Hospitality & Officials              | 1,897.41     | 3,500.00  | -1,602.59                                   |
| <b>Total 61500 · Other Meet Costs</b>        | 2,347.07     | 4,000.00  | -1,652.93                                   |
| <b>Total 61000 · Zone Meets</b>              | 12,435.07    | 15,600.00 | -3,164.93 AGC- meet expense under budget!   |
| <b>61700 · Zone Equipment</b>                |              |           |   |
| 61710 · Equipment Purchases                  | 1,216.88     | 800.00    | 416.88                                      |
| 61720 · Equipment Repair & Maintenance       | 0.00         | 400.00    | -400.00                                     |
| 61730 · Equipment Storage                    | 634.00       | 652.00    | -18.00                                      |
| <b>Total 61700 · Zone Equipment</b>          | 1,850.88     | 1,852.00  | -1.12                                       |

3:23 PM

01/08/26

Cash Basis

**Pacific Swimming Zone 1 South**  
**Actuals vs. Yearly Budget**  
**September through December 2025**

|  | <u>Sep - Dec 25</u>     | <u>Budget</u>        | <u>\$ Over Budget</u>                                |
|--|-------------------------|----------------------|--|
| 63000 · Office Expenses                |                         |                      |  |
| 63300 · Postage                        | 15.60                   | 50.00                | -34.40   |
| 63400 · Supplies/Copying               | 0.00                    | 250.00               | -250.00  |
| <b>Total 63000 · Office Expenses</b>   | <u>15.60</u>            | <u>300.00</u>        | <u>-284.40</u> Will move toward 0 as year progresses |
| <b>Total Expense</b>                   | <u>14,544.14</u>        | <u>18,752.00</u>     | <u>-4,207.86</u>                                     |
| <b>Net Ordinary Income</b>             | <u>12,720.65</u>        | <u>752.00</u>        | <u>11,968.65</u>                                     |
| <b>Other Income/Expense</b>            |                         |                      |  |
| <b>Other Income</b>                    |                         |                      |  |
| 85000 · Investment Income              |                         |                      |  |
| 85675 · Zone 1 South Gain/(Loss)       | 2,442.62                |                      |  |
| <b>Total 85000 · Investment Income</b> | <u>2,442.62</u>         |                      |  |
| <b>Total Other Income</b>              | <u>2,442.62</u>         |                      |  |
| <b>Net Other Income</b>                | <u>2,442.62</u>         | <u>0.00</u>          | <u>2,442.62</u>                                      |
| <b>Net Income</b>                      | <u><u>15,163.27</u></u> | <u><u>752.00</u></u> | <u><u>14,411.27</u></u>                              |

### 2026-27 Pacific Swimming Meet Schedule

| Date  | Meet  | Meet Days | Notes                    |
|---|---|-----------|--------------------------|
| <b>2026</b>   |   |           |                          |
| Sept 26-27  | Senior Open   | 2         | 16 lanes desired         |
| Oct 17-18   | Officials/Banquet                                   |           |                          |
| Oct 24-25   | Senior Open   | 2         | 16 lanes desired         |
| Nov 7-8   | Senior 2 P&F *                                      | 2 - 2½    | 10 lanes min.            |
| Nov 20-22   | Senior Open   | 2½        | 16 lanes desired         |
| Dec 4-6   | Winter Age Group Championships                      | 2½        | 16 lanes min             |
|   | Senior Open   | 2½        | 8 lane min               |
| <b>2027</b>   |   |           |                          |
| Jan 24-25   | Senior Open   | 2         | 16 lanes desired         |
| Feb 13-15   | Senior Championship P/F (Senior 2)                  | 3         | 16 lanes desired         |
| Feb 27  | 10&U Festival                                       | 1         |                          |
| Mar 5-6   | Senior Open   | 2         | 16 lanes desired         |
| Mar 12-14   | Spring Age Group Champs**                           | 3         | 16 lanes                 |
| April 1-4   | SC Far Western                                      | 4         |                          |
| Apr 17-18   | Senior Open - LC                                    | 2         | 16 lanes min.            |
| Apr 25  | Zone All-Star Meet                                  | 1         | Hosted by Zone 2         |
| May 10  | Senior 2 Post CCS Walk on ***                       | 1         |                          |
| May 10  | Senior 2 Post NCS Walk on ***                       | 1         |                          |
| May 10  | Senior 2 Post NIAA Walk on ***                      | 1         |                          |
| Jun 5-6   | Senior Open - LC                                    | 2         | 8 lanes min.             |
| Jun 26-27   | Senior Open - LC                                    | 2         | 8 lanes min.             |
| July 9-11   | Senior 2 P&F - LC * (13&O)                          | 2-3       | 8 lanes min.             |
| July 16-18  | PC LC Age Group Champs** (12&U)                     | 3         | 8 lanes min.             |
| July 23-25  | PC Summer Champs<br>(All ages, slower than AGC/Sr2) | 2 1/2     | 8 lanes over 3 sites min |
| July 29-Aug 1   | Far Western - LC (all ages)                         | 4         | 8 lanes min.             |
| * 8-10 lanes scoreboard is required for all Senior P/F meets.   |   |           |                          |
| ** AG Champs meets: Event Order shall be provided by Age Group Committee. Awards will be provided by Pacific Swimming. Touch pads and 3 button timing is required |   |           |                          |
| *** Walk on meets are restricted to high school and post high school swimmers.  |   |           |                          |
| Note: Touch pads and 3 button timing is required for all Senior meets.  |   |           |                          |

#### Reasoning

Keeping fall senior meets the same, due to insufficient feedback from Sr committee to support a change

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Fits better with a senior meet  
CBA meets can be held weekend after, no conflict with sectionals qualifying

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No changes

No changes

Want to get rid of championship wording  
Can still be protected under champs rules

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No Changes

Moved up 1 week to keep 3 weeks between AGC & FW

Moved up 1 week due to Easter

Moved up 1 week to start LC 1 week earlier

No Changes

No changes

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Has to be opposite weekend as Sr Sectionals, not conflicting with FW, and reducing capacity on AG Champs - 1 heat of 13 & 14yo final will be included

Has to be same weekend as Sr Sectionals, 12&U, to create a senior champs meet, and does not conflict with Sr sectionals athlete and ability-wise

Summer champs meet to allow those slower than AGC to have a season ending meet. Intended to replace zone sponsored champs meets

## 2026 PC Adam Szmidt Summer AG Champs

### Issues -

- Prelim sessions averaging 6 hours (incl distance events)
- Finals sessions averaging 3 hours
- Including 2.5 hours for warm up each day - average is 11.25 hours/day at this meet

### Goals of PC AG Champs (in my own opinion):

- 1) fulfil our LSC agreement with USA Swimming,
- 2) provide an opportunity to bring our fastest 14&U athletes to the same meet,
- 3) allow competing athletes and coaches optimum opportunities to achieve personal growth and recognition across the LSC, Western Zone, and USA Swimming

### How do we reduce the length of a meet?

| <b><u>Remedy</u></b>   | <b><u>PC Relevance/Notes</u></b>  |
|--|---|
| Lengthen Meet  | Not possible due to current policies & procedures   |
| Tighten Standards  | These were some events adjusted with more than 64 entrants<br>This remedy mainly reduces the number of events/athlete, does not reduce athletes in the meet.  |
| Reduce total events  | Athletes can currently swim 7 individual events<br>7 events for an AG Champs meet is the median & mode, with 7.29 being the average across 59 LSC's<br>Reducing to 6 is not recommended by Competition Coordinator. |
| Reduce bonus events  | Currently, no bonus events are permitted at Summer AG Champs  |
| Remove an entire age group                                       | Cannot change for 2026 due to bids and scheduling already in place<br>Plan in developmental stages for 2027   |
| Remove some longer events  | Unpopular - PC coaches want the opportunity for athletes/team/coach to achieve in every event recognized by USA Swimming  |
| Change some age groups & events from prelim/final to timed final | I don't see a better option<br>No events get cut, just reduced number of opportunities for some<br>More recovery for athletes, coaches, and officials to be at their best   |

|  | <b>Current</b>  | <b>Proposed</b>  |
|--|---|--|
| <b>Duration</b>  | 3 days<br>Fri/Sat/Sun - AM Prelims<br>Fri/Sat/Sun - PM Finals | 3 days<br>11-14 Fri/Sat/Sun - AM Prelims<br>11-14 Fri/Sat/Sun - PM Finals<br>10&U Timed finals in finals |
| <b>Finals</b>  | Single age- A final only<br>10&U, 11, 12, 13, 14              | Single age- A final only<br>10&U, 11, 12, 13, 14   |
| <b>10&amp;U 200 IM</b>   | Pre/Fin   | TF - finals  |
| <b>10&amp;U 400/500 free</b>                                     | Pre/Fin   | TF - mid-day   |
| <b>10&amp;U Relays</b>   | 200 Med; 200 Free   | 200 Med, 200 free  |
| <b>11-12 200 fly/bk/brst</b>                                     | Pre/Fin   | TF- prelims  |
| <b>11-12 400 IM</b>  | Pre/Fin   | TF - finals  |
| <b>11-12 800/1000 free</b>                                       | Timed Final   | Timed Final - mid day  |
| <b>11-12 1500/1650 free</b>                                      | Timed Final   | Timed Final - mid day  |
| <b>11-12 Relays</b>  | 200 Med; 200 & 400 Free                                       | 200 Med; 200 & 400 Free  |
| <b>13-14 400/500 free</b>  | Pre/Fin   | TF -prelims  |
| <b>13-14 400 IM</b>  | Pre/Fin   | TF - finals  |
| <b>13-14 800/1000 free</b>                                       | Timed Final   | Timed Final  |
| <b>13-14 1500/1650 free</b>                                      | Timed Final   | Timed Final  |
| <b>13-14 Relays</b>  | 200 Med; 200 & 400 Free                                       | 200 Med; 200 & 400 Free  |
| <b>Total Athletes</b>  | 929   | 929  |
| <b>Total Entries</b>   | 3667  | 3667   |
| <b>Max evnts/athlete</b>   | 7   | 7  |
| <b>Avg events/Athlete</b>  | 3.95  | 3.95   |
| <b>Relay only Athletes</b>                                       | 78  | 78   |
| <b>Avg Prelim Athletes</b>                                       | 578   | 555  |
| <b>Avg Prelim duration</b>                                       | 4 hours 27 min (NOT incl distance)                            | 3 hours 25 min   |
| <b>Avg mid-day duration</b>                                      | 1 hour 20 min   | 1 hours 30 min   |
| <b>Avg Final athletes</b>  | 359 athletes (incl RO)  | 340 (incl RO)  |
| <b>Avg Final duration</b>  | 3 hours   | 3 hrs 2 min  |
| <b>Total Prelims duration</b>                                    | 13 hrs 21 min   | 10 hrs 15 min  |
| <b>Total mid-day duration</b>                                    | 4 hours   | 4 hours 30 min   |
| <b>Total Finals duration</b>                                     | 9 hrs 2 min   | 9 hrs 6 min  |
| <b>Total average daily time<br/>(incl 2.5 hours for warm up)</b> | 11 hours 17 min   | 10 hrs 27 min  |

Proposed formatting follows what the majority of LSC's do with mentioned events  
Hidden benefits - more recovery time in afternoon for those NOT doing distance, prelims begin 9:00am consistently, 10&U reduce 1 night in hotel and compete during warmer part of the day

**2025 Age Group Championships - copied - 7/11/2025 to 7/13/2025**

**Session Report**

Session: 1 Friday AM

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 0 Seconds / Back +15 Seconds / Chase -15

| Round   | Event                              | Entries | Heats | Starts at |       |
|---------|------------------------------------|---------|-------|-----------|-------|
| Prelims | 9 Girls 11-12 100 Backstroke       | 65      | 9 u   | 09:00 AM  | _____ |
| Prelims | 10 Boys 11-12 100 Backstroke       | 44      | 6 u   | 09:13 AM  | _____ |
| Prelims | 7 Girls 13-14 100 Backstroke       | 41      | 6 u   | 09:21 AM  | _____ |
| Prelims | 8 Boys 13-14 100 Backstroke        | 48      | 6 u   | 09:29 AM  | _____ |
| Prelims | 41 Girls 11-12 200 Freestyle       | 36      | 5 u   | 09:36 AM  | _____ |
| Prelims | 42 Boys 11-12 200 Freestyle        | 39      | 5 u   | 09:47 AM  | _____ |
| Prelims | 39 Girls 13-14 200 Freestyle       | 34      | 5 u   | 09:59 AM  | _____ |
| Prelims | 40 Boys 13-14 200 Freestyle        | 43      | 6 u   | 10:09 AM  | _____ |
| Prelims | 37 Girls 11-12 50 Butterfly        | 66      | 9 u   | 10:20 AM  | _____ |
| Prelims | 38 Boys 11-12 50 Butterfly         | 56      | 7 u   | 10:26 AM  | _____ |
| Prelims | 151 Girls 13-14 50 Butterfly       | 0       | 0     | 10:30 AM  | _____ |
| Prelims | 152 Boys 13-14 50 Butterfly        | 0       | 0     | 10:30 AM  | _____ |
| Finals  | 33 Girls 11-12 200 Breaststroke    | 48      | 6 u   | 10:30 AM  | _____ |
| Finals  | 34 Boys 11-12 200 Breaststroke     | 32      | 4 u   | 10:48 AM  | _____ |
| Prelims | 31 Girls 13-14 200 Breaststroke    | 49      | 7 u   | 10:59 AM  | _____ |
| Prelims | 32 Boys 13-14 200 Breaststroke     | 46      | 6 u   | 11:19 AM  | _____ |
| Finals  | 27 Girls 11-12 200 Freestyle Relay | 21      | 3 u   | 11:34 AM  | _____ |
| Finals  | 28 Boys 11-12 200 Freestyle Relay  | 20      | 3 u   | 11:41 AM  | _____ |
| Finals  | 25 Girls 13-14 200 Freestyle Relay | 22      | 3 u   | 11:47 AM  | _____ |
| Finals  | 26 Boys 13-14 200 Freestyle Relay  | 22      | 3 u   | 11:53 AM  | _____ |
|         | Swimmers Counts for Warm-ups: 557  | =====   | ===== |           |       |
|         | Entry / Heat Totals:               | 732     | 99    |           |       |
|         | Finish Time                        |         |       | 11:59 AM  | _____ |

**2025 Age Group Championships - copied - 7/11/2025 to 7/13/2025  
Session Report**

Session: 9 Friday Distance

Day of Meet: 1 Starts at 01:25 PM Heat Interval: 30 Seconds / Back +15 Seconds

| <b>Round</b> | <b>Event</b>                     | <b>Entries</b> | <b>Heats</b> | <b>Starts at</b> |       |
|--------------|----------------------------------|----------------|--------------|------------------|-------|
| Finals-S     | 59 Girls 13-14 800 Freestyle     | 14             | 2 u          | 01:25 PM         | _____ |
| Finals-S     | 60 Boys 13-14 800 Freestyle      | 17             | 3 u          | 01:47 PM         | _____ |
| Finals       | 61 Girls 11-12 800 Freestyle     | 24             | 3 u          | 02:19 PM         | _____ |
| Finals       | 62 Boys 11-12 800 Freestyle      | 23             | 3 u          | 02:54 PM         | _____ |
|              | Swimmers Counts for Warm-ups: 94 | =====          | =====        |                  |       |
|              | Entry / Heat Totals:             | 78             | 11           |                  |       |
|              | Finish Time                      |                |              | 03:28 PM         | _____ |

Ages combined for 11-14 event  
 Warm up starts 50 min before scheduled event  
 Anticipated start based on combining ages - 1:33pm  
 Top heat swimming at night

**2025 Age Group Championships - copied - 7/11/2025 to 7/13/2025**

**Session Report**

Session: 2 Friday PM

Day of Meet: 1 Starts at 04:30 PM Heat Interval: 45 Seconds / Back +15 Seconds

| Round    | Event                                   | Entries | Heats | Starts at |       |
|----------|---|---------|-------|-----------|-------|
| Finals-1 | 59 Girls 13-14 800 Freestyle            | 8       | 1 u   | 04:30 PM  | _____ |
| Finals-1 | 60 Boys 13-14 800 Freestyle             | 8       | 1 u   | 04:42 PM  | _____ |
| Finals   | 29 Girls 10 & Under 200 Freestyle Relay | 13      | 2 u   | 04:52 PM  | _____ |
| Finals   | 30 Boys 10 & Under 200 Freestyle Relay  | 13      | 2 u   | 04:59 PM  | _____ |
| Finals   | 9 Girls 11-12 100 Backstroke            | 16      | 2 u   | 05:05 PM  | _____ |
| Finals   | 10 Boys 11-12 100 Backstroke            | 16      | 2 u   | 05:10 PM  | _____ |
| Finals   | 7 Girls 13-14 100 Backstroke            | 16      | 2 u   | 05:14 PM  | _____ |
| Finals   | 8 Boys 13-14 100 Backstroke             | 16      | 2 u   | 05:19 PM  | _____ |
| Finals   | 11 Girls 10 & Under 100 Backstroke      | 26      | 4 u   | 05:23 PM  | _____ |
| Finals   | 12 Boys 10 & Under 100 Backstroke       | 28      | 4 u   | 05:33 PM  | _____ |
| Finals   | 41 Girls 11-12 200 Freestyle            | 16      | 2 u   | 05:43 PM  | _____ |
| Finals   | 42 Boys 11-12 200 Freestyle             | 16      | 2 u   | 05:49 PM  | _____ |
| Finals   | 39 Girls 13-14 200 Freestyle            | 16      | 2 u   | 05:55 PM  | _____ |
| Finals   | 40 Boys 13-14 200 Freestyle             | 16      | 2 u   | 06:01 PM  | _____ |
| Finals   | 43 Girls 10 & Under 200 Freestyle       | 26      | 4 u   | 06:07 PM  | _____ |
| Finals   | 44 Boys 10 & Under 200 Freestyle        | 26      | 4 u   | 06:21 PM  | _____ |
| Finals   | 37 Girls 11-12 50 Butterfly             | 16      | 2 u   | 06:35 PM  | _____ |
| Finals   | 38 Boys 11-12 50 Butterfly              | 16      | 2 u   | 06:38 PM  | _____ |
| Finals   | 151 Girls 13-14 50 Butterfly            | 0       | 2 u   | 06:40 PM  | _____ |
| Finals   | 152 Boys 13-14 50 Butterfly             | 0       | 2 u   | 06:43 PM  | _____ |
| Finals   | 35 Girls 10 & Under 50 Butterfly        | 37      | 5 u   | 06:46 PM  | _____ |
| Finals   | 36 Boys 10 & Under 50 Butterfly         | 40      | 5 u   | 06:53 PM  | _____ |
| Finals   | 31 Girls 13-14 200 Breaststroke         | 16      | 2 u   | 07:00 PM  | _____ |
| Finals   | 32 Boys 13-14 200 Breaststroke          | 16      | 2 u   | 07:08 PM  | _____ |
|          | Swimmers Counts for Warm-ups: 330       | =====   | ===== |           |       |
|          | Entry / Heat Totals:                    | 417     | 60    |           |       |
|          | Finish Time                             |         |       | 07:14 PM  | _____ |

**2025 Age Group Championships - copied - 7/11/2025 to 7/13/2025**

**Session Report**

Session: 3 Saturday AM

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 0 Seconds / Back +15 Seconds / Chase -20

| Round   | Event                             | Entries | Heats | Starts at |       |
|---------|-----------------------------------|---------|-------|-----------|-------|
| Prelims | 13 Girls 13-14 50 Freestyle       | 82      | 11 u  | 09:00 AM  | _____ |
| Prelims | 14 Boys 13-14 50 Freestyle        | 74      | 10 u  | 09:06 AM  | _____ |
| Prelims | 15 Girls 11-12 50 Freestyle       | 90      | 12 u  | 09:11 AM  | _____ |
| Prelims | 16 Boys 11-12 50 Freestyle        | 71      | 9 u   | 09:17 AM  | _____ |
| Prelims | 69 Girls 13-14 200 Backstroke     | 29      | 4 u   | 09:22 AM  | _____ |
| Prelims | 70 Boys 13-14 200 Backstroke      | 40      | 5 u   | 09:32 AM  | _____ |
| Finals  | 71 Girls 11-12 200 Backstroke     | 44      | 6 u   | 09:44 AM  | _____ |
| Finals  | 72 Boys 11-12 200 Backstroke      | 34      | 5 u   | 10:01 AM  | _____ |
| Prelims | 77 Girls 13-14 100 Butterfly      | 47      | 6 u   | 10:15 AM  | _____ |
| Prelims | 78 Boys 13-14 100 Butterfly       | 57      | 8 u   | 10:20 AM  | _____ |
| Prelims | 79 Girls 11-12 100 Butterfly      | 47      | 6 u   | 10:26 AM  | _____ |
| Prelims | 80 Boys 11-12 100 Butterfly       | 37      | 5 u   | 10:32 AM  | _____ |
| Prelims | 251 Girls 13-14 50 Breaststroke   | 0       | 0     | 10:37 AM  | _____ |
| Prelims | 252 Boys 13-14 50 Breaststroke    | 0       | 0     | 10:37 AM  | _____ |
| Prelims | 75 Girls 11-12 50 Breaststroke    | 48      | 6 u   | 10:37 AM  | _____ |
| Prelims | 76 Boys 11-12 50 Breaststroke     | 40      | 5 u   | 10:41 AM  | _____ |
| Finals  | 63 Girls 13-14 200 Medley Relay   | 21      | 3 u   | 10:44 AM  | _____ |
| Finals  | 64 Boys 13-14 200 Medley Relay    | 20      | 3 u   | 10:52 AM  | _____ |
| Finals  | 65 Girls 11-12 200 Medley Relay   | 21      | 3 u   | 11:00 AM  | _____ |
| Finals  | 66 Boys 11-12 200 Medley Relay    | 21      | 3 u   | 11:08 AM  | _____ |
| Finals  | 21 Girls 11-12 400 Freestyle      | 29      | 4 u   | 11:16 AM  | _____ |
| Finals  | 22 Boys 11-12 400 Freestyle       | 37      | 5 u   | 11:36 AM  | _____ |
| Finals  | 19 Girls 13-14 400 Freestyle      | 43      | 6 u   | 12:01 PM  | _____ |
| Finals  | 20 Boys 13-14 400 Freestyle       | 58      | 8 u   | 12:29 PM  | _____ |
|         | Swimmers Counts for Warm-ups: 582 | =====   | ===== |           |       |
|         | Entry / Heat Totals:              | 990     | 133   |           |       |
|         | Finish Time                       |         |       | 01:04 PM  | _____ |

400 freestyles will combine to 11-14  
 Anticipated finish 12:55pm

**2025 Age Group Championships - copied - 7/11/2025 to 7/13/2025  
Session Report**

Session: 8 10&U 400 free

Day of Meet: 2 Starts at 02:55 PM Heat Interval: 30 Seconds / Back +15 Seconds

| <b>Round</b> | <b>Event</b>                      | <b>Entries</b> | <b>Heats</b> | <b>Starts at</b> |       |
|--------------|-----------------------------------|----------------|--------------|------------------|-------|
| Finals       | 23 Girls 10 & Under 400 Freestyle | 16             | 2 u          | 02:55 PM         | _____ |
| Finals       | 24 Boys 10 & Under 400 Freestyle  | 23             | 3 u          | 03:08 PM         | _____ |
|              | Swimmers Counts for Warm-ups: 39  | =====          | =====        |                  |       |
|              | Entry / Heat Totals:              | 39             | 5            |                  |       |
|              | Finish Time                       |                |              | 03:27 PM         | _____ |

Warm up begins 45 min prior to session start  
Anticipated warm up start 2:10pm

**2025 Age Group Championships - copied - 7/11/2025 to 7/13/2025**

**Session Report**

Session: 4 Saturday PM

Day of Meet: 2 Starts at 04:30 PM Heat Interval: 45 Seconds / Back +15 Seconds

| Round  | Event                                | Entries | Heats | Starts at |       |
|--------|--------------------------------------|---------|-------|-----------|-------|
| Finals | 67 Girls 10 & Under 200 Medley Relay | 13      | 2 u   | 04:30 PM  | _____ |
| Finals | 68 Boys 10 & Under 200 Medley Relay  | 11      | 2 u   | 04:39 PM  | _____ |
| Finals | 13 Girls 13-14 50 Freestyle          | 16      | 2 u   | 04:46 PM  | _____ |
| Finals | 14 Boys 13-14 50 Freestyle           | 16      | 2 u   | 04:49 PM  | _____ |
| Finals | 15 Girls 11-12 50 Freestyle          | 16      | 2 u   | 04:51 PM  | _____ |
| Finals | 16 Boys 11-12 50 Freestyle           | 16      | 2 u   | 04:54 PM  | _____ |
| Finals | 18 Boys 10 & Under 50 Freestyle      | 37      | 5 u   | 04:56 PM  | _____ |
| Finals | 17 Girls 10 & Under 50 Freestyle     | 29      | 4 u   | 05:03 PM  | _____ |
| Finals | 69 Girls 13-14 200 Backstroke        | 16      | 2 u   | 05:08 PM  | _____ |
| Finals | 70 Boys 13-14 200 Backstroke         | 16      | 2 u   | 05:15 PM  | _____ |
| Finals | 79 Girls 11-12 100 Butterfly         | 16      | 2 u   | 05:22 PM  | _____ |
| Finals | 80 Boys 11-12 100 Butterfly          | 16      | 2 u   | 05:26 PM  | _____ |
| Finals | 81 Girls 10 & Under 100 Butterfly    | 27      | 4 u   | 05:30 PM  | _____ |
| Finals | 82 Boys 10 & Under 100 Butterfly     | 29      | 4 u   | 05:39 PM  | _____ |
| Finals | 77 Girls 13-14 100 Butterfly         | 16      | 2 u   | 05:48 PM  | _____ |
| Finals | 78 Boys 13-14 100 Butterfly          | 16      | 2 u   | 05:51 PM  | _____ |
| Finals | 75 Girls 11-12 50 Breaststroke       | 16      | 2 u   | 05:55 PM  | _____ |
| Finals | 76 Boys 11-12 50 Breaststroke        | 16      | 2 u   | 05:58 PM  | _____ |
| Finals | 73 Girls 10 & Under 50 Breaststroke  | 25      | 4 u   | 06:01 PM  | _____ |
| Finals | 74 Boys 10 & Under 50 Breaststroke   | 25      | 4 u   | 06:07 PM  | _____ |
| Finals | 251 Girls 13-14 50 Breaststroke      | 0       | 2 u   | 06:13 PM  | _____ |
| Finals | 252 Boys 13-14 50 Breaststroke       | 0       | 2 u   | 06:16 PM  | _____ |
| Finals | 91 Girls 11-12 400 IM                | 29      | 4 u   | 06:19 PM  | _____ |
| Finals | 92 Boys 11-12 400 IM                 | 25      | 4 u   | 06:47 PM  | _____ |
| Finals | 90 Boys 13-14 400 IM                 | 44      | 6 u   | 07:14 PM  | _____ |
| Finals | 89 Girls 13-14 400 IM                | 33      | 5 u   | 07:51 PM  | _____ |
|        | Swimmers Counts for Warm-ups: 390    | =====   | ===== |           |       |
|        | Entry / Heat Totals:                 | 519     | 76    |           |       |
|        | Finish Time                          |         |       | 08:24 PM  | _____ |

400 IM's combined to 11-14, run double ends  
 Anticipated finish 8:10pm

**2025 Age Group Championships - copied - 7/11/2025 to 7/13/2025**

**Session Report**

Session: 5 Sunday AM

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 0 Seconds / Back +15 Seconds / Chase -20

| Round   | Event                              | Entries | Heats | Starts at |       |
|---------|------------------------------------|---------|-------|-----------|-------|
| Prelims | 55 Girls 11-12 100 Freestyle       | 67      | 9 u   | 09:00 AM  | _____ |
| Prelims | 56 Boys 11-12 100 Freestyle        | 46      | 6 u   | 09:08 AM  | _____ |
| Prelims | 53 Girls 13-14 100 Freestyle       | 48      | 6 u   | 09:13 AM  | _____ |
| Prelims | 54 Boys 13-14 100 Freestyle        | 63      | 8 u   | 09:17 AM  | _____ |
| Finals  | 47 Girls 11-12 200 Butterfly       | 16      | 2 u   | 09:23 AM  | _____ |
| Finals  | 48 Boys 11-12 200 Butterfly        | 16      | 2 u   | 09:28 AM  | _____ |
| Prelims | 45 Girls 13-14 200 Butterfly       | 22      | 3 u   | 09:34 AM  | _____ |
| Prelims | 46 Boys 13-14 200 Butterfly        | 26      | 4 u   | 09:40 AM  | _____ |
| Prelims | 86 Boys 11-12 100 Breaststroke     | 36      | 5 u   | 09:49 AM  | _____ |
| Prelims | 83 Girls 13-14 100 Breaststroke    | 46      | 6 u   | 09:55 AM  | _____ |
| Prelims | 85 Girls 11-12 100 Breaststroke    | 46      | 6 u   | 10:01 AM  | _____ |
| Prelims | 84 Boys 13-14 100 Breaststroke     | 46      | 6 u   | 10:08 AM  | _____ |
| Prelims | 51 Girls 11-12 50 Backstroke       | 42      | 6 u   | 10:14 AM  | _____ |
| Prelims | 52 Boys 11-12 50 Backstroke        | 47      | 6 u   | 10:19 AM  | _____ |
| Prelims | 351 Girls 13-14 50 Backstroke      | 0       | 0     | 10:24 AM  | _____ |
| Prelims | 352 Boys 13-14 50 Backstroke       | 0       | 0     | 10:24 AM  | _____ |
| Prelims | 1 Girls 13-14 200 IM               | 30      | 4 u   | 10:24 AM  | _____ |
| Prelims | 2 Boys 13-14 200 IM                | 41      | 6 u   | 10:34 AM  | _____ |
| Prelims | 3 Girls 11-12 200 IM               | 57      | 8 u   | 10:46 AM  | _____ |
| Prelims | 4 Boys 11-12 200 IM                | 54      | 7 u   | 11:07 AM  | _____ |
| Finals  | 97 Girls 13-14 400 Freestyle Relay | 18      | 3 u   | 11:25 AM  | _____ |
| Finals  | 98 Boys 13-14 400 Freestyle Relay  | 19      | 3 u   | 11:38 AM  | _____ |
| Finals  | 99 Girls 11-12 400 Freestyle Relay | 19      | 3 u   | 11:50 AM  | _____ |
| Finals  | 100 Boys 11-12 400 Freestyle Relay | 17      | 3 u   | 12:05 PM  | _____ |
|         | Swimmers Counts for Warm-ups: 514  | =====   | ===== |           |       |
|         | Entry / Heat Totals:               | 822     | 112   |           |       |
|         | Finish Time                        |         |       | 12:19 PM  | _____ |

**2025 Age Group Championships - copied - 7/11/2025 to 7/13/2025**  
**Session Report**

Session: 7 Distance Finals

Day of Meet: 3 Starts at 12:45 PM Heat Interval: 30 Seconds / Back +15 Seconds

| <b>Round</b> | <b>Event</b>                     | <b>Entries</b> | <b>Heats</b> | <b>Starts at</b> |       |
|--------------|----------------------------------|----------------|--------------|------------------|-------|
| Finals       | 101 Girls 1500 Freestyle         | 31             | 4 u          | 12:45 PM         | _____ |
| Finals       | 102 Boys 1500 Freestyle          | 39             | 5 u          | 01:27 PM         | _____ |
|              | Swimmers Counts for Warm-ups: 70 | =====          | =====        |                  |       |
|              | Entry / Heat Totals:             | 70             | 9            |                  |       |
|              | Finish Time                      |                |              | 02:28 PM         | _____ |

Combined ages 11-14  
 2/lane, Anticipated start 1:30pm

**2025 Age Group Championships - copied - 7/11/2025 to 7/13/2025**

**Session Report**

Session: 6 Sunday PM

Day of Meet: 3 Starts at 04:30 PM Heat Interval: 45 Seconds / Back +15 Seconds

| Round  | Event                                | Entries | Heats | Starts at |       |
|--------|--------------------------------------|---------|-------|-----------|-------|
| Finals | 53 Girls 13-14 100 Freestyle         | 16      | 2 u   | 04:30 PM  | _____ |
| Finals | 54 Boys 13-14 100 Freestyle          | 16      | 2 u   | 04:34 PM  | _____ |
| Finals | 55 Girls 11-12 100 Freestyle         | 16      | 2 u   | 04:37 PM  | _____ |
| Finals | 56 Boys 11-12 100 Freestyle          | 16      | 2 u   | 04:41 PM  | _____ |
| Finals | 57 Girls 10 & Under 100 Freestyle    | 31      | 4 u   | 04:45 PM  | _____ |
| Finals | 58 Boys 10 & Under 100 Freestyle     | 36      | 5 u   | 04:53 PM  | _____ |
| Finals | 45 Girls 13-14 200 Butterfly         | 16      | 2 u   | 05:03 PM  | _____ |
| Finals | 46 Boys 13-14 200 Butterfly          | 16      | 2 u   | 05:10 PM  | _____ |
| Finals | 85 Girls 11-12 100 Breaststroke      | 16      | 2 u   | 05:16 PM  | _____ |
| Finals | 86 Boys 11-12 100 Breaststroke       | 16      | 2 u   | 05:20 PM  | _____ |
| Finals | 87 Girls 10 & Under 100 Breaststroke | 32      | 4 u   | 05:25 PM  | _____ |
| Finals | 88 Boys 10 & Under 100 Breaststroke  | 24      | 3 u   | 05:34 PM  | _____ |
| Finals | 83 Girls 13-14 100 Breaststroke      | 16      | 2 u   | 05:41 PM  | _____ |
| Finals | 84 Boys 13-14 100 Breaststroke       | 16      | 2 u   | 05:46 PM  | _____ |
| Finals | 51 Girls 11-12 50 Backstroke         | 16      | 2 u   | 05:50 PM  | _____ |
| Finals | 52 Boys 11-12 50 Backstroke          | 16      | 2 u   | 05:53 PM  | _____ |
| Finals | 49 Girls 10 & Under 50 Backstroke    | 25      | 4 u   | 05:56 PM  | _____ |
| Finals | 50 Boys 10 & Under 50 Backstroke     | 34      | 5 u   | 06:03 PM  | _____ |
| Finals | 351 Girls 13-14 50 Backstroke        | 0       | 2 u   | 06:11 PM  | _____ |
| Finals | 352 Boys 13-14 50 Backstroke         | 0       | 2 u   | 06:14 PM  | _____ |
| Finals | 3 Girls 11-12 200 IM                 | 16      | 2 u   | 06:18 PM  | _____ |
| Finals | 4 Boys 11-12 200 IM                  | 16      | 2 u   | 06:25 PM  | _____ |
| Finals | 5 Girls 10 & Under 200 IM            | 29      | 4 u   | 06:32 PM  | _____ |
| Finals | 6 Boys 10 & Under 200 IM             | 31      | 4 u   | 06:47 PM  | _____ |
| Finals | 1 Girls 13-14 200 IM                 | 16      | 2 u   | 07:03 PM  | _____ |
| Finals | 2 Boys 13-14 200 IM                  | 16      | 2 u   | 07:09 PM  | _____ |
|        | Swimmers Counts for Warm-ups: 302    | =====   | ===== |           |       |
|        | Entry / Heat Totals:                 | 498     | 69    |           |       |
|        | Finish Time                          |         |       | 07:16 PM  | _____ |

|                 | Thursday |                        | Friday |                    | Saturday |                   | Sunday |                     |
|-----------------|----------|------------------------|--------|--------------------|----------|-------------------|--------|---------------------|
| Prelims         | 13&O     | 100 free               | 13&O   | 200 free           | 13&O     | 50 free           | 13&O   | 50 back             |
|                 | 13&O     | 200 IM                 | 13&O   | 50 breast          | 13&O     | 100 breast        | 13&O   | 200 breast          |
|                 |          |                        | 13&O   | 200 fly            | 13&O     | 200 back          | 13&O   | 100 fly             |
|                 |          |                        | 13&O   | 100 back           | 13&O     | 50 fly            | 13&O   | 800 free            |
|                 |          |                        | 13&O   | 400 IM             | 13&O     | 400 free          |        | 25 min              |
|                 |          |                        |        |                    |          | 10 min            |        |                     |
|                 |          |                        |        |                    |          |                   |        |                     |
| Mid-day         | 11&O     | 1650 free              | 12&U   | 200 free           | 12&U     | 200 IM            | 12&U   | 100 free            |
|                 |          |                        | 12&U   | 50 breast          | 12&U     | 50 free           | 12&U   | 50 back             |
|                 |          |                        | 11-12  | 200 fly            | 12&U     | 100 breast        | 12&U   | 100 fly             |
|                 |          |                        | 12&U   | 100 back           | 11-12    | 200 back          | 11-12  | 200 breast          |
|                 |          |                        | 11-12  | 400 IM             | 12&U     | 50 fly            | 11-12  | 800 free            |
|                 |          |                        | 11-12  | 200 medley relay   | 12&U     | 400 free          | 10&U   | 200 medley relay    |
|                 |          |                        |        |                    |          |                   |        |                     |
|                 |          |                        |        |                    |          |                   |        |                     |
| Finals          | 13-14    | 200 medley relay       | 12&U   | 200 free           | 12&U     | 200 IM            | 13&O   | 800 free*           |
|                 | 15-18    | 200 medley relay       | 13&O   | 200 free           | 13&O     | 50 free           | 12&U   | 100 free            |
|                 | 11&O     | W 1650 free*           | 12&U   | 50 breast          | 12&U     | 50 free           | 13&O   | 50 back             |
|                 | 13&O     | 100 free               | 13&O   | 50 breast          | 13&O     | 100 breast        | 12&U   | 50 back             |
|                 | 11&O     | M 1650 free*           | 11-12  | 200 fly            | 12&U     | 100 breast        | 13&O   | 200 breast          |
|                 | 13&O     | 200 IM                 | 13&O   | 200 fly            | 13&O     | 200 back          | 11-12  | 200 breast          |
|                 | 13&O     | 800 free relay         | 12&U   | 100 back           | 11-12    | 200 back          | 13&O   | 100 fly             |
|                 |          | *fastest heat at night | 13&O   | 100 back           | 13&O     | 50 fly            | 12&U   | 100 fly             |
|                 |          |                        | 11-12  | 400 IM             | 12&U     | 50 fly            | 15-18  | 400 medley relay    |
|                 |          |                        | 13&O   | 400 IM             | 13&O     | 400 free          | 13-14  | 400 medley relay    |
|                 |          |                        | 11-12  | 200 free relay     | 11-12    | 400 Free          | 11-12  | 400 medley relay    |
|                 |          |                        | 13-14  | 200 free relay     | 15-18    | 400 free relay    |        |                     |
|                 |          |                        | 15-18  | 200 free relay     | 13-14    | 400 free relay    |        |                     |
|                 |          |                        |        |                    | 11-12    | 400 free relay    |        |                     |
|                 |          |                        |        |                    | 10&U     | 200 free relay    |        |                     |
|                 |          |                        |        |                    |          |                   |        |                     |
| Prelim Warm-up  |          | 9:00-10:15am (279)     |        | 7:15-8:35am (349)  |          | 7:00-8:35am (486) |        | 7:15-8:35am (347)   |
| Prelim Start    |          | 10:30 AM               |        | 8:45 AM            |          | 8:45 AM           |        | 8:45 AM             |
| Prelim End      |          | 11:46 AM               |        | 12:08 PM           |          | 11:40 AM          |        | 11:40 AM            |
| Mid day warm up |          | 12:00 PM               |        | 12:15-1:00pm (298) |          | 11:45-12:30 (317) |        | 11:45-12:30pm (315) |
| Mid day start   |          | 1:00 PM                |        | 1:10 PM            |          | 12:40 PM          |        | 12:40 PM            |
| Mid day end     |          | 3:45 PM                |        | 3:39 PM            |          | 3:44 PM           |        | 3:10 PM             |
| Finals warm-up  |          | 4:00-4:50pm            |        | 4:00-4:50pm        |          | 4:00-4:50 PM      |        | 4:00-4:50 PM        |
| Finals start    |          | 5:00 PM                |        | 5:00 PM            |          | 5:00 PM           |        | 5:00 PM             |
| Finals end      |          | 7:30 PM                |        | 7:51 PM            |          | 8:22 PM           |        | 7:44 PM             |