



# deboer



## EAST COAST ELITE SHOWCASE MARCH 31- APRIL 4, 2026 | ST. PETERSBURG, FL

<p><b>SANCTION</b></p>	<p>Held under Observation of USA Swimming / Florida Swimming: Observation # _____</p> <p>“In granting this approval it is understood and agreed that USA Swimming/Florida Swimming shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.”</p>
<p><b>CONDITION OF SANCTION</b></p>	<p>The competition course has been certified in accordance with 104.2.2C(4). A copy of such certification is on file with USA Swimming. 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. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.</p>
<p><b>CAMERA ZONE</b></p>	<p>Per Florida Swimming Rule 223.12, meet management shall designate and inform the public of “Camera Zones” at each swim meet, where both still photography of a race or a competitor in a race may be taken. Acceptable Camera Zones may include, but are not limited to, the side course of a pool, team gathering areas, concession area, and turn-end of competition course when not in use as a “start end.” Meet management shall also designate “Non-Camera Zones.” Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the race course(s) while they are in use for “race starting purposes” during competition and warm-ups, locker rooms, restrooms, or any other dressing areas.</p>
<p><b>IMAGE AUTHORIZATION</b></p>	<p>All participants agree to be filmed and photographed by the official photographer(s) and network(s) of ISCA and USA Swimming, under the conditions authorized by USA Swimming and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during, or after the period of participation in USA Swimming competitions to promote such competitions.</p>

<b>TYPE OF MEET</b>	<p>Short Course Yards, Timed Finals on Tuesday, Prelims-Finals on Wednesday, Thursday, Friday, and Saturday. Two 8-lane courses may be used for prelims, and a 10-lane final course will be set up for evening finals.</p> <p>There will be a 25-yard / 25-meter pool for constant warm-up.</p>		
<b>LOCATION</b>	<p><b>North Shore Aquatic Complex</b>  901 North Shore Dr. NE  St. Petersburg, FL 33701</p> <p>Facility Phone: 727.893.7727</p>		
<b>SCHEDULE</b>	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><b>Finals (Tuesday)</b>  General Warm-up --- 2:30 - 3:45 PM  Meet Start --- 4:00 PM</p> <p><b>Finals (Wed, Thu, Fri, Sat)</b>  General Warm-up --- 4:10-4:50 PM  Specific Warm-up --- 4:50-5:20 PM  Meet Start --- 5:30 PM</p> </td> <td style="width: 50%; vertical-align: top;"> <p><b>Preliminaries (Wed, Thu, Fri, Sat)</b>  General Warm-up --- 6:00-7:45 AM  Meet Start --- 8:00 AM</p> </td> </tr> </table>	<p><b>Finals (Tuesday)</b>  General Warm-up --- 2:30 - 3:45 PM  Meet Start --- 4:00 PM</p> <p><b>Finals (Wed, Thu, Fri, Sat)</b>  General Warm-up --- 4:10-4:50 PM  Specific Warm-up --- 4:50-5:20 PM  Meet Start --- 5:30 PM</p>	<p><b>Preliminaries (Wed, Thu, Fri, Sat)</b>  General Warm-up --- 6:00-7:45 AM  Meet Start --- 8:00 AM</p>
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<b>POOL + FACILITY SPECS</b>	<p>The North Shore Aquatic Complex is host to a certified 50-meter outdoor pool with a maximum of 10 long course racing lanes. Non-turbulent lane lines will be used. Constant warm-down lanes are available in the additional outdoor 25-meter pool.</p>		
<b>TIMING SYSTEM</b>	<p>A Colorado timing system, touch pads, backstroke wedges, and a digital scoreboard will be used, as well as manual back up watches.</p>		
<b>ELIGIBILITY</b>	<p>Must be a 2026 USA Swimming, YMCA, AAU, and/or FINA registered athlete.</p>		

**SEEDING**

Please submit entry times according to the time swam - DO NOT SUBMIT CONVERTED TIMES. (Example: If the time was swam in long course meters, submit the long course time.) Non- conforming meter times will be seeded last, according to USA Swimming Rules and Regulations 207.12.7B. **All yard times, even if they are bonus event times, will be seeded for prelims slowest to fastest within the two age group order.** (Example: All 10 & Under yard times will be seeded slowest to fastest no matter if it's a bonus event or not. If it is entered in meters, it will be seeded at the end).

**PLEASE NOTE THAT THERE ARE NO CHANGES OR TIME UPDATES PERMITTED AFTER THE PSYCH SHEET IS PUBLISHED.**

All preliminary events, including relays, will be swum combined slowest to fastest in the 10 & Under, 11-12, and 13-14, with the top 10 of each single age divided out to swim in each night's finals (excluding the 500, 1000, and 1650 freestyle; and 400 individual medley). Please note the fastest 10 times across the respective 10 & Under, 11-12, and 13-14 age groups in these events will be swum in finals. **(However, they will still be awarded in single age group divisions.) There will be no positive check-in.**

**500 FREE & 400 IM**

Events 21 & 22, 48 & 49, 50 & 51, 80 & 81 and 82 & 83 will be swum within the format of their respective preliminary sessions. They will be swum slowest to fastest with the fastest ten girls and the fastest ten boys swimming in the evening finals. These will be timed final events, so swimmers will only swim the events once. **Note:** Dependent on the number of entries, and at the discretion of the Meet Referee, the 400 IM and 500 Free preliminaries may be conducted in an "A/B flight" format, which will be fastest to slowest.

**1000 & 1650 Free**

Events 1 & 2 and 3 & 4 will be swum as time finals fastest to slowest alternating girl boy on Tuesday afternoon.

**Relays**

**Top 20 teams will swim at finals. On Saturday, teams may choose AM or PM.** All swimmers must be listed on the entry sheet to be eligible to compete on a relay team. **THREE RELAYS PER CLUB MAXIMUM.**

<b>RULES</b>	<p><b>Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.</b> (Safety rules as outlined by USA Swimming will be in effect during all warm-up and warm-down time frames and areas.) No parents will be allowed on the pool deck unless they have 2025 USA Swimming Credentials and are assisting with team functions. If any swimmer needs to have coaching assistance, the coach <b>MUST</b> go directly to the Meet Referee to receive a deck pass and/or a coaching assignment.</p> <p>Age as of the first day of the meet (<b>March 31, 2026</b>) will determine the swimmer’s age group for competition. <b>Qualifying times must have been achieved</b> between <b>January 1, 2024 - March 24, 2026</b>.</p> <p>The practice of deck changing is prohibited. Swimmers must use the locker rooms to change in and out of their swimsuits. Swimmers participating in the practice of deck changing can be subject to removal from the competition.</p>
<b>AWARDS</b>	<p><b>Individual</b> Custom medals 1<sup>st</sup> through 10<sup>th</sup></p> <p><b>Relays</b> Custom medals 1<sup>st</sup> through 3<sup>rd</sup></p>
<b>INDIVIDUAL HIGH POINT</b>	<p>Individual High Point presented to the top boy and top girl in each age group: 9 &amp; Under   10   11   12   13   14</p>
<b>TEAM AWARDS</b>	<p>Top three combined teams</p>
<b>SCORING</b>	<p>Scored to 10 places in each age group. Points 11-9-8-7-6-5-4-3-2-1, with double points for relays.</p>
<b>WARM-UP</b>	<p>Enclosed warm-up schedule will be used. Warm-up will be <u>60 minutes guaranteed</u> prior to the start of each session.</p>

<p><b>SCRATCHES</b></p>	<p>Scratches for events are due at <b>5:00pm</b> the evening before the race. No penalty for scratching on the block with the exception of deck seeded events. Check-in must be done with the clerk of course prior to the listed check-in time to be seeded in that event. Any swimmer properly entered in a deck seeded event, who fails to check in for that event, will not be seeded, but will be allowed to swim in an open lane for that event only. No new heats will be created - first come first served.</p>																										
<p><b>FINALS</b></p>	<p>Any swimmer who competed in a preliminary heat and qualifies for finals must swim the event during finals, unless the swimmer announces his/her intention to scratch from the event within 30 minutes of the announcement of the qualifiers for that event. He/she has until 30 minutes after his or her final prelim of the day to finalize his/her scratch with the clerk of course. <b>Any swimmer not reporting to a final event in which the results were posted for his/her swim will be barred from their next individual event in the meet, PLUS a \$50.00 fee will be assessed to swimmers not in compliance with the scratch rule, UNLESS relieved for good cause by the Meet Referee.</b></p>																										
<p><b>ENTRY LIMIT</b></p>	<p>Swimmers will be limited to <b>three events per day</b> and a total of <b>9</b> for the entire meet. If a swimmer is over-entered in a session, any events entered over the 3-event limit will be dropped at the point of over-entry.</p> <p><b>BONUS EVENTS</b> For 1 or more qualifying times: Swimmer earns 4 bonus events. <b>Bonus events must be entered with a time. NT will not be accepted. BONUS SWIMS CAN ONLY BE IN 50'S AND 100'S, UNLESS IT'S THE 400IM/500 FREE/ 1000 FREE/ 1650 FREE AND YOU HAVE A QUALIFYING TIME IN ONE OF THOSE EVENTS YOU MAY SWIM AN ADDITIONAL EVENT AS A BONUS. Example you have a qualifying time in the 1650 FREE you could swim the 400IM as a bonus.</b></p>																										
<p><b>ENTRY FEES</b></p>	<table border="1"> <tr> <td colspan="2"><b>REGULAR FEES</b></td> </tr> <tr> <td>Fee per Relay Event</td> <td>\$20</td> </tr> <tr> <td>Facility/ Video Surcharge per Swimmer</td> <td>\$35</td> </tr> <tr> <td>On Deck Coach Fee per Coach</td> <td>\$25</td> </tr> <tr> <td>Out of State (FL) Fee per Swimmer</td> <td>\$3</td> </tr> <tr> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> </tr> <tr> <td colspan="2"><b>SWIMMER FEES (Up to 10 events per swimmer)</b></td> </tr> <tr> <td>1-9 Swimmers</td> <td>\$155</td> </tr> <tr> <td>10-24 Swimmers</td> <td>\$145</td> </tr> <tr> <td>25-40 Swimmers</td> <td>\$135</td> </tr> <tr> <td>41+ Swimmers</td> <td>\$125</td> </tr> <tr> <td colspan="2"><b>LATE ENTRY FEES</b></td> </tr> </table>	<b>REGULAR FEES</b>		Fee per Relay Event	\$20	Facility/ Video Surcharge per Swimmer	\$35	On Deck Coach Fee per Coach	\$25	Out of State (FL) Fee per Swimmer	\$3					<b>SWIMMER FEES (Up to 10 events per swimmer)</b>		1-9 Swimmers	\$155	10-24 Swimmers	\$145	25-40 Swimmers	\$135	41+ Swimmers	\$125	<b>LATE ENTRY FEES</b>	
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<b>DECK ENTRIES</b>	<p data-bbox="418 352 1477 457">Deck entries will be accepted to fill heats only. No new heats will be created. Fees are \$20 per individual deck entry, plus the facility and athlete surcharges if not previously entered in meet. Fees must be paid at time of entry.</p> <p data-bbox="418 499 1477 604">Deck entries will be accepted by the administrative referee or designated representative and assigned a lane no later than <b>45 minutes</b> prior to the start of each session. A swimmer may not drop an event to deck enter another event.</p> <p data-bbox="418 638 1477 709"><b>The entry limit of three (3) individual swims per day applies (including time trials).</b></p>				
<b>ENTRY DEADLINE</b>	<p data-bbox="418 777 1490 848"><b>All entries must be received by 11:59 PM, Tuesday, March 24, 2026.</b> Deck entry must be submitted no later than 45 minutes prior to the start of the session.</p>				
<b>ENTRY PROCEDURE</b>	<p data-bbox="418 924 1393 995"><b>PLEASE NOTE: WE WILL NOT BE USING OME - ALL ENTRIES MUST BE SUBMITTED BY HY-TEK OR A SIMILAR ENTRY SYSTEM</b></p> <p data-bbox="418 1029 844 1058"><b>GUARANTEED REGISTRATION</b></p> <p data-bbox="418 1066 1494 1205">In order to guarantee your team's registration, make a \$200 deposit on the event page at <a href="http://swimisca.org">swimisca.org</a>. <b><i>In the absence of a pre-registration deposit, teams are not guaranteed a place in the meet.</i></b> For questions about pre-registration, please visit the event page at <a href="http://swimisca.org">swimisca.org</a> or email <a href="mailto:dougfonder@gmail.com">dougfonder@gmail.com</a>.</p> <p data-bbox="418 1247 721 1276"><b>INDIVIDUAL ENTRIES</b></p> <p data-bbox="418 1285 1477 1562">Entries should use a time in the National Database that is faster than the qualifying time and achieved during the qualifying period. Swimmers may enter using an "override time" for times that are not in the National Database. Override times must include the meet name and date. Override times that cannot be proven by the Entry Coordinator during the entry process will not be seeded in the meet. Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved.</p> <p data-bbox="418 1604 639 1633"><b>RELAY ENTRIES</b></p> <p data-bbox="418 1642 1494 1747">A team may enter no more than 3 relays in each relay event. Relays must be pre-entered and relay times must be provable by team or aggregate. A swimmer may be used only once to prove a relay in each relay event.</p> <p data-bbox="418 1852 1250 1881"><b>TEAMS WITH UNATTACHED OR UNREGISTERED ATHLETES</b></p> <p data-bbox="418 1885 1325 1915">Teams may enter athletes with an unattached or unregistered status.</p>				

	<p>Unregistered swimmers must provide proof of registration prior to the swimmer's first event.</p> <p><b>INDIVIDUAL UNATTACHED ATHLETES</b> Unattached athletes that are not awaiting attachment to any team must enter individually.</p> <p><b>PAYMENT</b> An estimated invoice will be emailed to you following the entry deadline. <b>Please plan to submit payment for all meet fees via check payable to ISCA on-site at the Meet Registration Table on Tuesday, March 31st. <u>Payment MUST be collected before an athlete is allowed to swim.</u></b></p> <p>Note: Payment by credit card is not available at this time.</p>														
<p><b>SPECTATOR FEES</b></p>	<table border="1" data-bbox="418 667 1203 743"> <tr> <td>All Sessions</td> <td>\$75 total</td> </tr> <tr> <td>Per Day (Includes Prelims and Finals)</td> <td>\$25 per day</td> </tr> </table> <p><b>ALL SPECTATOR FEES MUST BE PAID IN CASH OR CHECK. CREDIT CARDS NOT ACCEPTED.</b></p>	All Sessions	\$75 total	Per Day (Includes Prelims and Finals)	\$25 per day										
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<p><b>FOREIGN ATHLETES</b></p>	<p>Foreign athletes are welcome to attend. All foreign athletes must be a registered member in good standing with FINA or USA Swimming.</p> <p>Entries for foreign teams can be submitted through a HY-TEK file. To receive the entry file, please send a request to <a href="mailto:dougfonder@gmail.com">dougfonder@gmail.com</a>.</p>														
<p><b>OFFICIALS</b></p>	<table border="1" data-bbox="418 1102 1497 1213"> <tr> <td><b>Head Referee</b></td> <td>Steve Woolfolk</td> <td><a href="mailto:woolfolks@aol.com">woolfolks@aol.com</a></td> </tr> <tr> <td><b>Admin Referee/Official</b></td> <td>Eva Gronke</td> <td><a href="mailto:eva@fastswimresults.com">eva@fastswimresults.com</a></td> </tr> <tr> <td><b>Meet Director</b></td> <td>Doug Fonder</td> <td><a href="mailto:dougfonder@gmail.com">dougfonder@gmail.com</a></td> </tr> </table> <p>Meet officials receive free admission to the meet every day they serve as an official. Register to become an official at <a href="http://www.swimisca.org/officials">www.swimisca.org/officials</a>.</p>	<b>Head Referee</b>	Steve Woolfolk	<a href="mailto:woolfolks@aol.com">woolfolks@aol.com</a>	<b>Admin Referee/Official</b>	Eva Gronke	<a href="mailto:eva@fastswimresults.com">eva@fastswimresults.com</a>	<b>Meet Director</b>	Doug Fonder	<a href="mailto:dougfonder@gmail.com">dougfonder@gmail.com</a>					
<b>Head Referee</b>	Steve Woolfolk	<a href="mailto:woolfolks@aol.com">woolfolks@aol.com</a>													
<b>Admin Referee/Official</b>	Eva Gronke	<a href="mailto:eva@fastswimresults.com">eva@fastswimresults.com</a>													
<b>Meet Director</b>	Doug Fonder	<a href="mailto:dougfonder@gmail.com">dougfonder@gmail.com</a>													
<p><b>COACH DECK PASSES</b></p>	<p>Deck passes for coaches with verified credentials can be purchased at the Meet Registration Table for \$25 per coach. Please indicate number of coach passes requested, and include with final entry payment.</p> <p>The number of deck passes allowed per team is dependent on the number of qualified athletes.</p> <table border="1" data-bbox="418 1646 1333 1900"> <thead> <tr> <th>NUMBER OF ATHLETES</th> <th>NUMBER OF COACH DECK PASSES</th> </tr> </thead> <tbody> <tr> <td>1-4</td> <td>1</td> </tr> <tr> <td>5-9</td> <td>2</td> </tr> <tr> <td>10-16</td> <td>3</td> </tr> <tr> <td>17-21</td> <td>4</td> </tr> <tr> <td>22-30</td> <td>5</td> </tr> <tr> <td>31-40</td> <td>6</td> </tr> </tbody> </table>	NUMBER OF ATHLETES	NUMBER OF COACH DECK PASSES	1-4	1	5-9	2	10-16	3	17-21	4	22-30	5	31-40	6
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31-40	6														

	41-50	6	
	51+	6	
<b>COACHES / OFFICIALS</b>	<p>Coaches/officials must visibly display a valid USA membership card at all times while on deck or show Deck Pass proof. A 2026 coaching member of USA Swimming must supervise each swimmer participating in a Florida Swimming-approved/sanctioned meet during warm-up and competition. An unattached athlete, without a team affiliation and not escorted by a coach member, must check in with the meet referee upon arrival. Such athletes will be assigned to a substitute coach who will supervise the swimmer during warm-up and competition.</p> <p><b>There will be a coach meeting Tuesday, March 31, at 2:00 PM at the North Shore Aquatic Complex.</b></p>		
<b>MEET VOLUNTEERS</b>	<p>As per ISCA policy, all volunteers must present a valid photo ID or meet credentials to gain deck access.</p>		
<b>TEAM REPRESENTATIVE</b>	<p>Before the start of the meet, the name of one person for each team other than the coach may be given to the meet referee. The meet referee will only recognize the coach and that designated person relative to matters pertaining to the meet.</p>		
<b>NOTE</b>	<p>Events/heats may be combined at the discretion of the Meet Referee. Official start times may be amended at the discretion of the Meet Referee.</p>		

# WARM-UP SCHEDULE

## First Half Hour

Lane 1	Pace 50 and 100 circle swimming
Lane 2	Push off 25s, one way only
Lane 3	Swim and pulling, push off
Lane 4	Swim and pulling, push off
Lane 5	Swim and pulling, push off
Lane 6	Swim and pulling, push off
Lane 7	Swim and pulling, push off
Lane 8	Swim and pulling, push off
Lane 9	Push off 25s, one way only
Lane 10	Pace 50 and 100 circle swimming

## Last Hour

Lane 1	Pace 50 and 100 circle swimming
Lane 2	Racing starts 25s one length
Lane 3	Swim and pulling, push off
Lane 4	Swim and pulling, push off
Lane 5	Swim and pulling, push off
Lane 6	Swim and pulling, push off
Lane 7	Swim and pulling, push off
Lane 8	Racing starts 25s one length
Lane 9	Racing starts 25s one length
Lane 10	Pace 50 and 100 circle swimming

**NO EQUIPMENT TO BE USED DURING WARM-UP**

**NO RACING STARTS IN WARM-UP OR COOL DOWN LANES DURING MEET**

**Swimmers must enter water feet first with at least one hand on pool deck.**

# EVENT SCHEDULE

## TUESDAY March 31<sup>st</sup>

GIRLS	AGE	EVENT	BOYS
1	11-12	1000 Free	2
3	13-14	1650 Free	4

## WEDNESDAY April 1<sup>st</sup>

GIRLS	AGE	EVENT	BOYS
5	13-14	50 Back	6
7	11-12	50 Back	8
9	10-Under	50 Back	10
11	13-14	200 Breast	12
13	11-12	200 Breast	14
15	10-Under	100 Breast	16
17	13-14	100 Fly	18
19	11-12	100 Fly	20
21	10-Under	500 Free	22
23	13-14	200 Free	24
25	11-12	200 Free	26
27	10-Under	200 Medley Mixed Relay *	27
28	11-12	200 Medley Mixed Relay *	28
29	13-14	200 Medley Mixed Relay *	29

**\*\* ALL MIXED RELAYS ARE TWO BOYS + TWO GIRLS \*\***

**THURSDAY****April 2<sup>nd</sup>**

<b>GIRLS</b>	<b>AGE</b>	<b>EVENT</b>	<b>BOYS</b>
30	13-14	200 IM	31
32	11-12	200 IM	33
34	10-Under	100 IM	35
36	13-14	50 Breast	37
38	11-12	50 Breast	39
40	10-Under	50 Breast	41
42	13-14	100 Back	43
44	11-12	100 Back	45
46	10-Under	200 Free	47
48	13-14	500 Free	49
50	11-12	500 Free	51
52	10-Under	400 Medley Mixed Relay *	52
53	11-12	400 Medley Mixed Relay *	53
54	13-14	400 Medley Mixed Relay *	54

**\*\* ALL MIXED RELAYS ARE TWO BOYS + TWO GIRLS \*\*****FRIDAY****April 3<sup>rd</sup>**

<b>GIRLS</b>	<b>AGE</b>	<b>EVENT</b>	<b>BOYS</b>
55	13-14	100 IM	56
57	11-12	100 IM	58
59	10-Under	100 Back	60
61	13-14	200 Fly	62
63	11-12	200 Fly	64
65	10-Under	50 Fly	66
67	13-14	100 Breast	68
69	11-12	100 Breast	70
71	10-Under	100 Free	72
73	13-14	100 Free	74
75	11-12	100 Free	76
77	10-Under	200 Free Mixed Relay *	77
78	11-12	200 Free Mixed Relay *	78
79	13-14	200 Free Mixed Relay *	79

**\*\* ALL MIXED RELAYS ARE TWO BOYS + TWO GIRLS \*\***

**SATURDAY**  
**April 4<sup>th</sup>**

<b>GIRLS</b>	<b>AGE</b>	<b>EVENT</b>	<b>BOYS</b>
80	13-14	400 IM	81
82	11-12	400 IM	83
84	10-Under	200 IM	85
86	13-14	50 Free	87
88	11-12	50 Free	89
90	10-Under	50 Free	91
92	13-14	50 Fly	93
94	11-12	50 Fly	95
96	10-Under	100 Fly	97
98	13-14	200 Back	99
100	11-12	200 Back	101
102	10-Under	400 Free Mixed Relay *	102
103	11-12	400 Free Mixed Relay *	103
104	13-14	400 Free Mixed Relay *	104

**\*\* ALL MIXED RELAYS ARE TWO BOYS + TWO GIRLS \*\***

# QUALIFYING TIME STANDARDS

1. All 50s for 13-year olds and 14-year olds will be allowed to be swum if you are registered in the meet.
2. All entries for all teams including foreign teams must be submitted through HY-TEK MEET MANAGER, COMMLINK (please email [Dougfonder@gmail.com](mailto:Dougfonder@gmail.com) for additional information).
3. The 500 Free, 1000 Free, 1650 Free, and 400 IM will be swum as timed final events. The fastest 10 swimmers in combined 11-12 or 13-14 age group will swim at night, but will be awarded as individual age group. All other events will be prelims and finals.
4. Qualifying times are minimum times.
5. Entries are limited to **3** individual events per day with a maximum **9** for the entire meet for all age groups.
6. Non-conforming meter entry times will be seeded last. All yard times, even for bonus events, will be seeded fastest to slowest, with meter times falling at the end.
7. Relay-only swimmers must be included in the master entry submission.

## BONUS EVENTS

- For 1 or more qualifying times, you earn 4 bonus events.
- **All bonus events must be entered with a time. NT will not be accepted.**

## 9 YEAR OLD QUALIFYING TIMES

GIRLS			EVENT	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
40.89	39.79	35.99	<b>50 Free</b>	34.59	38.19	39.79
1:21.89	1:18.99	1:11.49	<b>100 Free</b>	1:09.79	1:17.09	1:20.19
2:51.99	2:46.79	2:30.99	<b>200 Free</b>	2:25.29	2:40.59	2:46.09
5:43.69	5:31.59	6:18.99	<b>500/400 Free</b>	6:09.79	5:23.59	5:36.09
49.69	47.79	43.29	<b>50 Back</b>	42.89	47.39	49.29
1:34.59	1:30.89	1:22.29	<b>100 Back</b>	1:19.59	1:27.89	1:32.29
55.49	53.79	48.69	<b>50 Breast</b>	47.69	52.79	54.39
1:48.39	1:43.39	1:33.59	<b>100 Breast</b>	1:30.59	1:40.09	1:45.49
48.09	47.19	42.69	<b>50 Fly</b>	41.29	45.59	46.39
1:37.99	1:35.19	1:26.09	<b>100 Fly</b>	1:24.39	1:33.19	1:36.19
	1:30.69	1:22.09	<b>100 IM</b>	1:19.69	1:28.09	
3:13.09	3:05.29	2:47.69	<b>200 IM</b>	2:45.89	3:03.39	3:09.39

## 10 YEAR OLD QUALIFYING TIMES

GIRLS			EVENT	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
36.59	35.59	32.19	<b>50 Free</b>	31.19	34.49	35.69
1:18.29	1:15.49	1:08.29	<b>100 Free</b>	1:07.19	1:14.19	1:16.79
2:51.99	2:46.79	2:30.99	<b>200 Free</b>	2:25.39	2:40.69	2:46.39
5:43.99	5:31.99	6:19.39	<b>500/400 Free</b>	6:09.99	5:23.79	5:36.59
43.59	41.89	37.99	<b>50 Back</b>	37.79	41.69	43.09
1:30.39	1:26.59	1:18.39	<b>100 Back</b>	1:16.29	1:24.39	1:28.19
48.79	47.29	42.79	<b>50 Breast</b>	42.09	46.49	47.89
1:43.39	1:38.49	1:29.09	<b>100 Breast</b>	1:27.69	1:36.89	1:41.09
41.59	40.89	36.99	<b>50 Fly</b>	36.09	39.79	40.59
1:32.59	1:29.49	1:20.99	<b>100 Fly</b>	1:19.79	1:28.09	1:30.69
	1:27.19	1:18.89	<b>100 IM</b>	1:16.49	1:24.59	
3:13.49	3:06.09	2:48.39	<b>200 IM</b>	2:45.89	3:03.39	3:09.69

## 11 YEAR OLD QUALIFYING TIMES

GIRLS			EVENT	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
34.79	33.69	30.49	<b>50 Free</b>	30.09	33.19	34.19
1:13.29	1:10.49	1:03.79	<b>100 Free</b>	1:02.49	1:08.99	1:12.09
2:38.49	2:33.49	2:18.89	<b>200 Free</b>	2:16.89	2:31.19	2:35.89
5:21.19	5:12.19	5:56.79	<b>500/400 Free</b>	5:50.59	5:06.79	5:15.69
11:22.29	10:49.39	12:22.09	<b>1000/ 800 Free</b>	12:17.59	10:45.39	11:05.29
40.09	38.49	34.79	<b>50 Back</b>	34.89	38.59	40.29
1:24.99	1:20.49	1:12.79	<b>100 Back</b>	1:12.09	1:19.69	1:24.09
3:01.19	2:52.19	2:35.89	<b>200 Back</b>	2:34.09	2:50.29	2:58.19
44.89	43.09	38.99	<b>50 Breast</b>	39.49	43.69	44.99
1:34.49	1:30.39	1:21.79	<b>100 Breast</b>	1:21.19	1:29.69	1:34.79
3:23.99	3:15.49	2:56.89	<b>200 Breast</b>	2:55.99	3:14.49	3:23.39
37.39	36.79	33.39	<b>50 Fly</b>	33.69	37.19	37.99
1:22.69	1:20.29	1:12.59	<b>100 Fly</b>	1:11.89	1:19.39	1:22.19
3:06.39	2:58.29	2:41.39	<b>200 Fly</b>	2:37.49	2:54.09	3:01.79
	1:20.49	1:12.79	<b>100 IM</b>	1:12.09	1:19.59	
3:01.19	2:54.99	2:38.39	<b>200 IM</b>	2:36.49	2:52.89	2:59.19
6:13.99	5:57.79	5:23.79	<b>400 IM</b>	5:15.49	5:48.59	6:06.59

## 12 YEAR OLD QUALIFYING TIMES

GIRLS			EVENT	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
33.39	32.39	29.39	<b>50 Free</b>	28.09	31.09	32.09
1:10.39	1:07.79	1:01.39	<b>100 Free</b>	58.79	1:04.89	1:07.49
2:33.49	2:28.29	2:14.19	<b>200 Free</b>	2:08.19	2:21.59	2:27.19
5:08.69	5:00.69	5:43.59	<b>500/400 Free</b>	5:29.99	4:48.69	4:59.49
10:46.19	10:20.59	11:49.29	<b>1000/ 800 Free</b>	11:34.19	10:07.39	10:30.59
38.49	36.79	33.29	<b>50 Back</b>	32.69	36.09	37.79
1:20.79	1:16.89	1:09.59	<b>100 Back</b>	1:05.99	1:12.89	1:18.09
2:50.99	2:43.49	2:27.89	<b>200 Back</b>	2:21.99	2:36.89	2:46.69
42.69	41.69	37.69	<b>50 Breast</b>	36.69	40.49	41.99
1:29.99	1:26.89	1:18.69	<b>100 Breast</b>	1:14.89	1:22.79	1:27.19
3:14.89	3:06.89	2:49.09	<b>200 Breast</b>	2:41.39	2:58.29	3:07.19
35.79	34.99	31.69	<b>50 Fly</b>	31.19	34.49	35.29
1:18.79	1:16.09	1:08.89	<b>100 Fly</b>	1:05.89	1:12.79	1:15.59
2:53.39	2:46.49	2:30.59	<b>200 Fly</b>	2:25.19	2:40.39	2:48.79
	1:17.39	1:10.09	<b>100 IM</b>	1:06.99	1:13.99	
2:53.19	2:46.99	2:31.09	<b>200 IM</b>	2:25.59	2:40.89	2:46.49
5:52.69	5:40.59	5:08.29	<b>400 IM</b>	4:56.49	5:27.69	5:44.09

## 13 YEAR OLD QUALIFYING TIMES

GIRLS			EVENT	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
32.59	31.59	28.59	<b>50 Free</b>	26.69	29.49	30.59
1:07.99	1:05.79	59.59	<b>100 Free</b>	55.49	1:01.29	1:04.29
2:28.19	2:23.19	2:09.59	<b>200 Free</b>	2:01.39	2:14.09	2:19.69
4:57.89	4:49.19	5:30.49	<b>500/400 Free</b>	5:13.29	4:34.09	4:42.79
19:45.59	18:57.79	19:04.59	<b>1650/1500 Free</b>	18:10.19	18:03.59	18:50.59
37.49	35.29	31.89	<b>50 Back</b>	30.39	33.59	35.39
1:16.09	1:11.99	1:05.09	<b>100 Back</b>	1:01.09	1:07.49	1:11.79
2:44.09	2:35.19	2:20.39	<b>200 Back</b>	2:13.19	2:27.19	2:35.89
42.09	40.89	36.99	<b>50 Breast</b>	34.69	38.39	39.39
1:25.99	1:22.59	1:14.69	<b>100 Breast</b>	1:09.29	1:16.59	1:19.89
3:05.49	2:57.89	2:40.99	<b>200 Breast</b>	2:30.29	2:46.09	2:55.29
35.29	34.79	31.49	<b>50 Fly</b>	29.69	32.89	33.49
1:13.79	1:11.59	1:04.79	<b>100 Fly</b>	1:00.59	1:06.99	1:09.09
2:45.39	2:39.99	2:24.79	<b>200 Fly</b>	2:15.79	2:29.99	2:35.19
	1:14.55	1:09.55	<b>100 IM</b>	1:05.99	1:10.99	
2:46.19	2:40.39	2:25.09	<b>200 IM</b>	2:15.29	2:29.49	2:36.39
5:37.79	5:24.89	4:53.99	<b>400 IM</b>	4:37.19	5:06.29	5:19.59

## 14 YEAR OLD QUALIFYING TIMES

GIRLS			EVENT	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
31.99	30.99	27.99	<b>50 Free</b>	25.59	28.29	29.39
1:06.99	1:04.49	58.29	<b>100 Free</b>	53.49	59.09	1:01.69
2:17.89	2:13.59	2:00.89	<b>200 Free</b>	1:51.99	2:03.79	2:08.89
4:49.79	4:43.49	5:23.99	<b>500/400 Free</b>	5:03.29	4:25.39	4:34.99
19:17.09	18:33.09	18:39.89	<b>1650/ 1500 Free</b>	17:35.49	17:29.09	18:13.19
36.59	34.59	31.39	<b>50 Back</b>	28.89	31.89	33.89
1:13.89	1:10.09	1:03.39	<b>100 Back</b>	58.59	1:04.79	1:08.69
2:32.39	2:25.79	2:11.89	<b>200 Back</b>	2:01.99	2:14.79	2:22.99
41.09	39.89	36.09	<b>50 Breast</b>	33.09	36.49	37.79
1:24.19	1:20.59	1:12.89	<b>100 Breast</b>	1:06.19	1:13.19	1:17.19
2:53.49	2:45.89	2:30.09	<b>200 Breast</b>	2:17.79	2:32.19	2:40.19
34.29	34.09	30.89	<b>50 Fly</b>	28.39	31.39	31.99
1:11.79	1:09.79	1:03.19	<b>100 Fly</b>	57.89	1:03.99	1:05.99
2:34.59	2:28.79	2:14.69	<b>200 Fly</b>	2:03.29	2:16.19	2:21.49
	1:12.55	1:07.55	<b>100 IM</b>	1:03.99	1:08.99	
2:35.09	2:29.79	2:15.59	<b>200 IM</b>	2:04.09	2:17.19	2:23.79
5:28.79	5:17.89	4:47.69	<b>400 IM</b>	4:25.39	4:53.19	5:07.49