

speedo

SECTIONALS



DES MOINES, IA • 2021

March 11-14, 2021

2021 Central Zones Speedo Sectional Series – Section 1, Site 1

**Hosted by the DSMY Marlins & the Des Moines Swimming Federation
This site will be capped at 138 swimmers per session / flight.
with a total number of athletes capped at 300 swimmers.**



IASI Sanction: IA-21-058

Sanctioned by USA Swimming through Iowa Swimming, Inc (IASI). In granting this sanction it is understood and agreed that USA Swimming and Iowa 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.

The 2021 Central Zones Speedo Sectional Series – Section 1 will be held at 2 sites. Site 1 will be in Des Moines. IA March 12-14, 2021 and Site 2 will be in West Fargo, ND March 26-28, 2021. The entry deadline for this competition is either 11:59 p.m. Central Time Monday, March 1, 2021 or when the entry cap is reached. Please note that information in this document may be modified to meet current local, state, and federal protocols.

Location:	Wellmark YMCA, 501 Grand Ave, Des Moines, IA 50309 515-282-9622
Dates and Times:	<p>Thursday, March 11 LCM Time Trials: 2:30pm</p> <p>Friday, March 12 Prelims: 9:00am Finals: 6:00pm</p> <p>Saturday, March 13 Prelims: 9:00am Finals: 6:00pm</p> <p>Sunday, March 14 Prelims: 9:00am Finals: 5:00pm</p>
Format:	The 2021 Speedo Sectionals in Des Moines & West Fargo 3 days of short course yards prelim / finals: Prelims will start at 9:00am Friday, Saturday and Sunday. SCY Time Trials will be held after prelims if timeline allows. Thursday in Des Moines will be reserved for LCM Time Trials and Team Practice times.

Important Facts:	<ul style="list-style-type: none"> ➤ This competition may be conducted in two or more flights per session. ➤ This competition is open to all current Premium or Outreach USA Swimming member-athletes who have achieved the published time standards. ➤ The qualification period for this event is January 1, 2019 through the entry deadline. ➤ Enter the 2021 Speedo Sectionals online at usaswimming.org/ome beginning 12:00 noon Central Time Wednesday, February 10, 2021 and no later than 11:59 pm Central Time, Monday, March 1, 2021 provided the entry cap has not been reached. ➤ Swims achieving a qualifying time standard for the first time from Tuesday, March 2, 2021 through Sunday, March 7, 2021, may enter the meet through OME under the title 2021 Speedo Sectionals – Des Moines: New Qualifying Swims, provided the meet cap has not been reached. These entries must be submitted no later than 11:59pm Central Time on Sunday, March 7, 2021, and cannot be used to improve the seed time of a prior entry unless the improvement achieves a new qualifying standard. Normal entry fees apply. ➤ All swimmers entered in the 1650 Freestyle events must be positively checked-in to compete in the event. ➤ There will be bonus events. Any athlete who qualifies for one or more individual events will be permitted to enter and swim in up to two bonus events, provided he/she has achieved the published Bonus Event Time Standards.
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COVID-19	<p>An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</p> <p>USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</p> <p>BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS THE YMCA OF GREATER DES MOINES, USA SWIMMING AND IOWA SWIMMING, INC. AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF</p>
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NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

Every club planning to host or attend this competition must develop a “Return to Competition” plan. The Des Moines plan was included their sanction application can be found at www.dsmyanmarlins.com under the Hosted Events tab. Any new updates or changes will be updated on the website. Return to competition can only occur when and if local authorities have deemed it safe to return to competition. USA Swimming in no way endorses conducting practice or competition in violation of any local, state, or federal guidelines. For additional information please consult usaswimming.org and/or Iowa Swimming, Inc. To address circumstances related to COVID-19, the supplemental “Return to Competition” document to the meet sanction request must include:

- A. A statement of the local protocols and requirements;
- B. The plan for spectator ingress and egress;
- C. The planned number of individuals gathering in the spaces: pool, deck, spectator seating, etc.;
- D. Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child; and
- E. An attestation statement in which the meet host attests that the conduct of the meet will adhere to local jurisdictional guidelines.

Safe Sport:

The Safe Sport program is USA Swimming’s comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

The Minor Athlete Abuse Prevention Policy (“MAAPP”) prohibits applicable adults from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP, and that they understand that compliance with the MAAPP Policy is a condition of participation in the conduct of this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member’s responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Aquatic Event Staff, is harmful to others or to other’s property may be required to leave the competition. No swimmer will be allowed access to the pool deck without a coach member present. If the home club coach is not planning to attend event, swimmer must designate a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

Deck changes are prohibited.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

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.

About the Facility:

The Wellmark YMCA is located at 501 Grand Ave, Des Moines, IA 50309 in downtown Des Moines at the corner of 5th and Grand Ave. The facility is centrally located and attached to the downtown skywalk system. It is within walking distance to many hotels, restaurants, and amenities. The venue consists of an eight-lane 50-meter competition pool and four-lane 25-yard warm-up pool. Depths vary from 7' to 10'8" in the competition pool and 3'6" to 5'0" in the program pool. Lane width is 8 feet 3 inches. Colorado electronic timing systems will be used. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Pool hours and warm-up procedures:

Check in for the meet will begin at 10:00am Thursday, March 11th in the lower lobby of the YMCA. Practice will be available to all participants 30 minutes after the conclusion of each time trials session. One hour before each session warmup start time is reserved only for those participating in the upcoming session. Warmup lanes in the competition pool is limited to 19 swimmers per lane in LCM set up and 6 swimmers per lane in SCY set up. The warmup/cool down pool during competition is limited to 3 swimmers per lane. Swimmers may not congregate in either pool.

Meet Timeline:

<u>Thursday, March 11</u>	<u>Friday, March 12</u>
Registration: 10:00am	Registration: 7:00am
LCM Time Trials Warmup: 1:30pm	Prelims Warmup: 7:00am-8:50am
LCM Time Trials: 2:30pm	Prelims Session: 9:00am
Competition pool will be available for warmup after conclusion of time trials until 8:00pm	Time Trials: after conclusion of prelims
	Finals Warmup: 4:00pm-5:45pm
	Finals Session: 6:00pm
<u>Saturday, March 13</u>	<u>Sunday, March 14</u>
Registration: 7:00am	Registration: 7:00am
Prelims Warmup: 7:00am-8:50am	Prelims Warmup: 7:00am-8:50am
Prelims Session: 9:00am	Prelims Session: 9:00am
Time Trials: after conclusion of prelims	Time Trials: after conclusion of prelims
Finals Warmup: 4:00pm-5:45pm	Finals Warmup: 3:00pm-4:45pm
Finals Session: 6:00pm	Finals Session: 5:00pm

*All times local. This competition may be conducted in two or more flights per session; Precise timelines will be distributed once entries are received or cap is met. Each flight will have 50 minute warmup prior to starting. Meet hosts have the discretion to adjust and manage warmups to best facilitate all athletes attending the meet ability to perform.

Meet Personnel:

- Meet Referee:** Bill Brown billbrown1964@gmail.com 817-879-8775
- Admin Referee:** Ann Widdowson widsona@gmail.com 224-633-6363
- Meet Director:** John Van Meter john.vanmeter@dmymca.org 515-745-3283
- Safety Director:** Mandy Parton mandy.parton@dmymca.org

- CZ Non-Coach Director:** Pam Lowenthal pam.lowenthal@ilswim.org
- CZ Coach Director:** Michael White michaelwhite184@gmail.com

Technical Meeting: There will be no in-person technical meeting for this competition, however there may be a virtual technical meeting. Details will be sent to each coach. Additionally, information will be posted online at dsmymarlins.com under the Hosted Meets Tab.

Meet Committee: A meet committee consisting of the Meet Director, Referee, a coach representative, an athlete representative, and a certified official acting at large will be established prior to the start of competition. The committee shall serve as the meet jury to consider any administrative protests filed at the meet. Protests against judgment decisions can only be considered by the Referee and the Referee's decision is final.

Meet Entries: All event entry questions should be directed to the Administrative Referee or Meet Director. Specific questions regarding OME can be addressed to Macie McNichols at mmcnichols@usaswimming.org (719-351-6511).

- Enter the 2021 Speedo Sectionals online at usaswimming.org/ome beginning 12:00 noon Central Time Wednesday, February 10, 2021 and no later than 11:59 pm Central Time, Monday, March 1, 2021 provided the entry cap has not been reached.
- You will be required to pay for the online entries with a Visa, Mastercard, American Express or Discover. Once entries are submitted through OME, refunds will not be provided.
- OME is not an eligibility report; Coaches are responsible for knowing events for which their athletes are qualified.
- You can modify your entry online by adding to the original entry. You cannot delete an online entry once it has been paid for.
- Once you complete your online entry, you will be sent confirmations via email. Please keep all of these and bring them with you to the meet (just in case).

COVID-19, USA Swimming Waiver and Release Forms, and Therapeutic Use Exemption Forms will automatically be sent to you via email after the entry deadline. Make copies as needed for each swimmer. Additionally, a parent or legal guardian must sign form if swimmer is under the age of majority in his/her home state. Please complete these forms and email to the Meet Director john.vanmeter@dymca.org (*i.e. do not mail to USA Swimming*).

Qualifying Period: The qualification period for this event is January 1, 2019, through the entry deadline.

Event Limit: Swimmers may enter as many events as they qualify for and may compete in a maximum of 3 individual events per day.

Bonus Events: Swimmers entered in at least one individual event, may swim up to two bonus events during the championships, provided they have achieved the published "Bonus Event Time Standards".

1. Swimmers entering 1 individual event are permitted to swim 2 Bonus Events;
2. Swimmers entering 2 individual events are permitted to swim 1 Bonus Event;
3. Swimmers entering 3 or more individual events are not permitted to swim a Bonus Event.

The 1000 and 1650 freestyle are not offered as Bonus Events.

Entry Fees: A flat fee of \$100.00 per swimmer to cover all entry fees, the Central Zone Surcharge, program/facility fees and IASI Splash fees. Outreach Swimmers rate is a \$5.00. Please

contact the Meet Director directly for Outreach Entries.

New Qualifying Swims: Swims achieving a qualifying time standard for the first time from Tuesday, March 2, 2021 through Sunday, March 7, 2021, may enter the meet through OME under the title 2021 Speedo Sectionals – Des Moines: New Qualifying Swims, provided the meet cap has not been reached. These entries must be submitted no later than 11:59pm Central Time on Sunday, March 7, 2021, and cannot be used to improve the seed time of a prior entry unless the improvement achieves a new qualifying standard. Normal entry fees apply.

Late Entries: NO LATE ENTRIES.

Time Trials: **IASI Sanction:** **IA-21-059TT (LCM- Thursday) IA-21-060TT (SCY Friday-Sunday)**

Time trials will be available to any swimmer entered in the meet. Time trials may be offered if timeline allows 30 minutes after the conclusion of the morning prelim sessions SCY events only. **Time trials for all LCM event distances will be available on Thursday starting at 2:30pm.** LCM Time trials can only be entered by submitting a Hy-tek file. No day of or deck sign-ups will be taken. Only personnel with deck credentials (coach or teammate) will be allowed to use the lap counters for distance events. All time trial fees will be \$20 per event (cash only at time of sign up for SCY) with a limit of 3 events per day, swimmers are not guaranteed rest between swims if they sign up for multiple time trials in the same session. SCY time trial sign-ups will end 60 minutes prior to the scheduled end of each prelim session. A TM File will be available for LCM Time Trials. Entries opening at noon on Wednesday, February 17th and closing at 5pm, Monday, March 1, 2021.

Rules: USA Swimming Rules and Regulations will govern the conduct of this competition. It shall be the swimmers' and coaches' responsibility to acquaint themselves with all information contained in this meet information book. No swimmer will be permitted to compete unless he/she is a member as provided in Article 302. This event and associated time trials are held under the sanction of USA Swimming through Iowa Swimming Inc. It is understood and agreed that USA Swimming and Iowa 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.

Membership Requirement: All participants should be prepared to show a current USA Swimming membership card. Information regarding the APT course and the background check can be found online at usaswimming.org/protect. Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents and must have successfully passed the required background check and APT Course.

SWIMS Database and Proof of Time: Times from the following will be in SWIMS, the national times database. Times in the database are not automatic entries to meets.

- A. USA Swimming Sanctioned Competitions
- B. USA Swimming Approved Competitions - Check two weeks before the competition to assure the meet has been approved by the LSC, and prior to the start of the competition, ask the Meet Director for the procedure for getting a time into SWIMS.

USA Swimming Observed Swims - Be sure a proper request for an Observed Swim is made according to guidelines appearing in the USA Swimming SWIMS Time Module Policy Manual,

and prior to the start of the meet, verify that proper procedures are in place for the Observed swim.

Entering Official Times: All entry times must be made prior to the entry deadline and must be proven. No swimmer will be permitted to swim without said proof. USA Swimming reserves the right to challenge any submitted time. All scratches must be proven.

Responsibility Clause: The coach, swimmer or swimmer representative who completes a USA Swimming entry form attests that all times stated in the entry form are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$100 penalty payable to the Corporation for each such time entered, unless absolved of the fine by USA Swimming or its designee or Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by USA Swimming.

Such penalty shall also be levied against any USA Swimming verification officer who entered such a false or incorrect time(s) into the SWIMS Database.

Appeal of fines are to be made to USA Swimming or its designee and/or Board of Review. Any appeal of the decision shall be in accordance with the provisions of Part Four, specifically Article 407.

Automatic Proven Times: If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards) and it was swum in the appropriate qualifying period, it is considered a proven official time. Entry times not proven for the event will be considered as false or incorrect times and are subject to action under provisions of the USA Swimming Rules and Regulations.

Times from all college dual, invitational and conference meets should be in the database. If a qualifying time was swum at a USA Swimming observed high school meet, verify that it is in the database before using it for entry. Contact the LSC Times Official in the LSC where the meet was held if there are missing times or questions about whether the meet was observed. Times from all major international championships will be automatically entered in the database. Times from any other meets in which National time standards were met must be requested from the SWIMS Time Official in the LSC in which the meet was held. LSC officials may charge a fee for data entry requested after the meet ends. Note: Relay lead offs and/or intermediate split times must be requested from the SWIMS Time official in the LSC where the time was achieved. Requesting SWIMS data entry won't enter a swimmer into a competition nor place your club on the USA Swimming mailing list.

Seeding: For this competition, the seeding order is:
1. Short Course Yards (SCY)
2. Long Course Meters (LCM)

Finals: For individual events 500 yards or less, 16 swimmers will advance to the finals. Finals will be swum in the order of slowest to fastest.

Events greater than 500 yards will be swam as timed finals events.

Positive Check-in: Positive check in and/or down-seed requests are required for the 1650 freestyle event by 6:30pm on Saturday. Each swimmer must provide a timer and lap counter.

The single fastest heat of the 1650 freestyle will be swum in the finals.

Scratch Procedure: Scratches shall be made prior to the seeding of heats and confirmed by properly filling out a scratch card and depositing it in the scratch box. After the heats have been seeded, any swimmer who fails to compete in a preliminary individual event heat in which they have been entered and have not been scratched or have not declared a false start prior to the start of the race, will be barred from further individual and relay events that day. 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 the succeeding day's events. The scratch box shall be located at the Admin Table.

Deadlines:

Deadline for Friday's events: Thursday 6:30 pm

Deadline for Saturday's events: Friday 6:30 pm

Deadline for Sunday's events: Saturday 6:30 pm

Finals & Scratching from Finals: Any finalist who fails to compete at finals, consolation finals or any other bonus final heat, for which he/she has qualified and failed to scratch with the Clerk of Course prior to the scratch deadline, shall be banned from further competition in the meet in accordance with the USA Swimming Rules and Regulations.

In a Prelim/Final meet, the finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals. All swimmers who will not be present at finals are strongly encouraged to scratch even if they did not initially qualify for finals as they may be moved into finals due to scratches in order to allow swimmers who will be present a chance to compete. Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists and two (2) alternates for the event will be set.

Ready Room: A Ready Room will not be used during this competition. A Ready Wall will be used on the west side of the wall. Please refer to the www.dsmyanmarlins.com under the Hosted Events tab for the most current protocols for the meet.

Distance Freestyle:

- A. Distance Entry - Any swimmer who qualifies for the 1000 or 1650 freestyle events may enter at their fastest time or at the qualifying time standard if entered in two or more events on the day of the event.
- B. All swimmers entered in the 1650 Freestyle events must be positively checked-in in order to compete in the event.

Distance events will swim fastest to slowest, alternating women and men beginning at designated time if the session is not flighted. If session is flighted, Women will swim in the first flight followed by the men's flight.

Meet Scoring and Awards: All events will be scored to 16 places.

Individual awards will not be offered.

Results: Results will be posted to Meet Mobile.

Image Release: Participants consent to be photographed/filmed by any authorized photographer(s) and/or network(s) of IASI and/or the host club under conditions determined by the host club, and authorize the use of names, pictures, likenesses, and biographical information before, during or after the event to promote swimming.

Swimmers with Disabilities: Please inform the Meet Referee of any swimmers needing additional accommodations prior to the start of each session. P1, P2, P3 Sectional Motivational Times are attached below.

No Alcohol or Tobacco: The use of any tobacco or alcohol products is prohibited in the swimming venue.

Spectator Info: Spectator seating: Limited for social distance. Facemasks required. Fees, ticketing purchasing link and additional details may be found at www.dsmymarlins.com under the hosted events tab. The meet will be live streamed at www.dsmytv.com.

Safety Plan: The complete Return to Competition Safety Plan for the Wellmark YMCA aquatic center may be found on the hosted events tab at www.dsmymarlins.com. Face masks are required for athletes, coaches, volunteers and spectators. Athlete seating may be on the pool deck, spectator stands and/or in an off-deck conference room with live streaming. Face mask mandate via the mayor of Des Moines.

Coaches: Limited on deck will be standing room only. Off deck seating areas will be available. We encourage coaches who do not have a swimmer racing to rotate out to allow those who do to observe along the east side (scoreboard) of the pool deck.

Coaches per swimmer ratios may be adjusted based on the number of athletes attending the meet.

- 1-9 swimmers: 1 deck pass.
- 10-19 swimmers: 2deck passes.
- 20+ swimmers: 3 deck passes.

Medical Assistance: First Aid is located between the competition and warm up pools. Facility Lifeguards will be on site for the duration of the event. EMS is located a few minutes from the Wellmark YMCA.

Hotel: Hotel Room blocks may be found on the Hosted Events tab at www.dsmymarlins.com

Parking: Wellmark YMCA parking is available throughout downtown The 5th & Keo garage is conveniently located across the street from the YMCA. Also available is street (metered) parking and most of the downtown hotels have their own parking/shuttle service and are within walking distance of the YMCA via the skywalk system.

- Locker Rooms:** Men's and Women's Locker rooms are adjacent to the competition pool. Social distancing will be marked accordingly. Both locker rooms will have LIMITED capacity. Swimmers are encouraged to come to the pool with their practice/warmup suits already on and to shower/change at the hotel and to only utilize the locker rooms to change into tech suits and for bathroom needs. Facemasks required. The facility is not liable for lost or stolen items.
- Concessions:** The Wellmark YMCA will have a general concession stand in the spectator seating area. The Wellmark YMCA is conveniently located near restaurants downtown in the skywalk system and at street level. www.catchdesmoines.com Additional details will be provided at www.dsmyarllns.com as the event draws near.
- Hospitality:** Light refreshments and snacks will be provided.
- Vendor:** Splash Multi-Sport will be on site and will be offering a variety of swimming apparel & equipment.
- Officials Information:** All officials must attend a mandatory meeting one hour before the start of each session. The uniform for all preliminary sessions will be white polo shirt over navy blue shorts/pants/skirt, as appropriate. Finals uniform will be white polo shirt over navy blue pants/skirt (NO shorts) as appropriate.
- THIS MEET WILL NOT BE AN OQM.** Due to the split nature of this meet, USA Swimming considers this meet to be a virtual meet with the other Section 1 Sectional Meet being held in Fargo. Per direction for the USA Swimming Officials Committee, virtual meets are not eligible for OQMs.

Order of Events

Women's Event #	Thursday, March 11	Men's Event #
	LCM Time Trials	
	Friday, March 12	
1	200 Backstroke	2
3	100 Freestyle	4
5	200 Butterfly	6
7	500 Freestyle	8
	Saturday, March 13	
9	200 Freestyle	10
11	200 Breaststroke	12
13	100 Butterfly	14
15	400 IM	16
	Sunday, March 14	
17	100 Backstroke	18
19	100 Breaststroke	20
21	50 Freestyle	22
23	200 IM	24
25	1650 Freestyle	26

Time Standards

Women				EVENT	Men			
LCM	SCY	BONUS LCM	BONUS SCY		BONUS SCY	BONUS LC	SCY	LCM
28.59	<i>24.89</i>	29.59	25.89	50 Freestyle	23.29	26.99	<i>22.29</i>	25.99
<i>1:02.19</i>	<i>53.99</i>	1:04.19	55.99	100 Freestyle	51.49	58.59	<i>49.49</i>	56.59
2:14.99	<i>1:56.69</i>	2:18.99	2:00.69	200 Freestyle	1:52.69	2:07.99	1:48.69	2:03.99
4:44.89	5:16.39	4:52.89	5:26.39	400/500 Freestyle	5:06.39	4:32.79	4:56.39	4:24.79
9:49.39	10:54.49			800/1000 Freestyle			10:14.09	9:12.09
18:50.69	18:26.99			1500/1650 Freestyle			17:12.19	17:41.79
<i>1:10.69</i>	<i>1:00.49</i>	1:12.69	1:02.49	100 Backstroke	58.29	1:07.09	56.29	1:05.09
<i>2:33.69</i>	<i>2:10.49</i>	2:37.69	2:14.49	200 Backstroke	2:05.69	2:24.39	2:01.69	2:20.39
<i>1:21.19</i>	<i>1:08.29</i>	1:23.19	1:10.29	100 Breaststroke	1:05.09	1:14.39	1:03.09	1:12.39
2:54.59	<i>2:30.09</i>	2:58.59	2:34.09	200 Breaststroke	2:21.59	2:42.79	2:17.59	2:38.79
<i>1:08.89</i>	<i>59.39</i>	1:10.89	1:01.39	100 Butterfly	57.09	1:03.99	55.09	1:01.99
2:32.89	2:15.09	2:36.89	2:19.09	200 Butterfly	2:05.79	2:22.49	2:01.79	2:18.49
<i>2:34.29</i>	<i>2:12.19</i>	2:38.29	2:16.19	200 Individual Medley	2:07.29	2:25.69	2:03.29	2:21.69
5:26.99	4:48.49	5:34.99	4:56.49	400 Individual Medley	4:30.99	5:08.99	4:22.99	5:00.99

Para 1 Sectional Motivational Time Standards									
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	Women				P1	Men			
	Sectional		Bonus			Sectional		Bonus	
	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
	1:18.39	1:18.39	1:21.59	1:21.59		50 FR	1:12.29	1:12.29	1:15.29
2:44.39	2:44.39	1:51.19	1:51.19	100 FR	2:43.09	2:43.09	2:49.89	2:49.89	
6:33.69	6:33.69	6:50.09	6:50.09	200 FR	4:28.49	4:28.49	4:39.69	4:39.69	
1:32.69	1:32.69	1:36.59	1:36.59	50 BK	1:00.29	1:00.29	1:02.79	1:02.79	
2:50.39	2:50.39	2:57.49	2:57.49	100 BK	2:11.79	2:11.79	2:17.29	2:17.29	
1:25.79	1:25.79	1:29.39	1:29.39	50 BR	1:05.19	1:05.19	1:07.89	1:07.89	
4:04.79	4:04.79	4:14.99	4:14.99	100 BR	3:09.09	3:09.09	3:16.99	3:16.99	
2:17.99	2:17.99	2:23.69	2:23.69	50 FL	2:02.29	2:02.29	2:07.29	2:07.29	
5:41.99	5:41.99	5:56.19	5:56.19	150 IM	5:27.29	5:27.29	5:40.99	5:40.99	

Para 2 Sectional Motivational Time Standards									
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	Women				P2	Men			
	Sectional		Bonus			Sectional		Bonus	
	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
	42.69	44.89	44.49	46.79		50 FR	39.29	41.39	40.89
1:34.89	1:39.89	1:38.89	1:44.09	100 FR	1:26.59	1:31.19	1:30.19	1:34.99	
3:15.39	3:25.69	3:23.59	3:34.29	200 FR	3:03.19	3:12.79	3:10.79	3:20.89	
7:57.69	6:29.89	8:17.49	6:46.09	400/ 500	7:42.39	6:17.39	8:01.59	6:33.09	
51.79	54.49	53.99	56.79	50 BK	44.39	46.79	46.29	48.69	
1:59.89	2:06.19	2:04.89	2:11.39	100 BK	1:51.19	1:56.99	1:55.79	2:01.89	
4:07.29	4:20.29	4:17.69	4:31.19	200 BK	3:28.79	3:39.69	3:37.39	3:48.79	
54.09	56.89	56.39	59.29	50 BR	50.29	52.99	52.39	55.19	
1:59.99	2:06.29	2:05.09	2:11.59	100 BR	1:51.59	1:57.49	1:56.19	2:02.39	
4:22.79	4:36.59	4:33.79	4:48.19	200 BR	4:00.79	4:13.49	4:10.79	4:23.99	
52.19	54.89	54.39	57.19	50 FL	40.69	42.79	42.39	44.59	
2:14.19	2:21.19	2:19.79	2:27.09	100 FL	2:07.49	2:14.19	2:12.79	2:19.79	
4:08.79	4:21.89	4:19.19	4:32.79	200 IM	3:49.19	3:59.19	3:56.69	4:09.19	

Para 3 Sectional Motivational Time Standards									
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	Women				P3	Men			
	Sectional		Bonus			Sectional		Bonus	
	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
	33.09	36.69	34.39	38.19		50 FR	28.89	32.19	30.09
1:10.39	1:18.19	1:13.39	1:21.49	100 FR	1:02.89	1:09.89	1:05.49	1:12.79	
2:53.69	3:12.89	3:00.89	3:20.99	200 FR	2:23.79	2:39.79	2:29.79	2:46.39	
6:35.19	5:47.39	6:51.69	6:01.89	400/ 500	6:12.49	5:27.39	6:27.89	5:40.99	
15:10.39	12:54.79	15:44.49	13:23.79	800/ 1000 FR	14:41.29	12:29.99	15:17.89	13:01.19	
27:41.99	25:57.69	28:40.09	26:52.09	1500/ 1650 FR	27:15.29	25:32.59	28:23.49	26:36.49	
40.09	44.49	42.19	46.79	50 BK	33.19	36.89	34.59	38.39	
1:24.49	1:33.79	1:27.99	1:37.69	100 BK	1:09.89	1:17.69	1:12.79	1:20.89	
3:22.59	3:45.09	3:32.79	3:56.39	200 BK	2:47.59	3:06.19	2:54.59	3:13.99	
40.49	44.99	42.59	47.29	50 BR	36.19	40.29	37.79	41.89	
1:29.79	1:39.69	1:33.49	1:43.89	100 BR	1:20.49	1:29.39	1:23.79	1:33.09	
3:16.29	3:38.39	3:26.39	3:49.29	200 BR	2:56.09	3:15.59	3:03.39	3:23.79	
36.39	40.39	38.29	42.49	50 FL	31.49	34.99	32.79	36.39	
1:16.29	1:24.69	1:19.39	1:28.19	100 FL	1:06.09	1:13.49	1:08.89	1:16.49	
3:12.89	3:34.29	3:22.49	3:44.99	200 FL	2:47.39	3:05.89	2:44.29	3:13.69	
2:58.49	3:18.29	3:05.99	3:26.59	200 IM	2:32.49	2:49.49	2:38.89	2:56.49	
7:01.19	7:47.99	7:22.29	8:11.39	400 IM	6:06.79	6:40.09	6:56.79	6:56.79	

Entry Procedure for swimmers with a disability

Coaches/club entry contact should:

1. Enter the swimmers with a disability electronically, or, on the paper entry form.
2. Provide advance notice of any “necessary accommodations.”
3. List in the email with the electronic entry (or, on paper) the swimmer’s name, entry times, strokes/distances and days/sessions.

Eligibility for swimmers with a disability

A. For entry into this Sectional Championship swimmers with a disability approved time(s) must meet or exceed the Nationally Approved ‘Sectional Motivational Time Standards for Para-Swimmers’ for one event and Bonus Time Standards for up to 3 bonus swims in the self reported Grouping (P1, P2, and P3).

B. Official sport class recognition of a swimmer with a disability is NOT required; however, they MUST be identified as such on the team’s meet entry form.

C. Swimmers with a disability will be given the designation of D-2. The Grouping (P1, P2, and P3) standards are provided as a means to group swimmers with similar (dis)abilities into general classes and provide the appropriate nationally recognized time-standards as qualification for entry. Inclusion in any one of these groupings will be athlete/coach-reported and any questions should be referred to the Disability Chair for clarification.

Grouping Descriptions:

P1 - non-ambulatory (wheelchair bound): limited use of all four extremities

P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.

P3 - single limb deficiencies, visual impairments, and intellectual impairments, ambulatory without significant assistance

Conduct of the meet for swimmers with a disability (D-2)

- 1) D-2 Swimmers will swim preliminaries during their respective event, or paired event and seeded by time. Preferred seeding is in the swimmer’s entered event at the same distance, or in a longer distance race (i.e., 100 free during the 200 free). Exceptions to this should be listed in “necessary accommodations.”
- 2) D-2 Swimmers will swim a separate final for each of the championship events to include up a combination of male and female athletes not to exceed one full heat finalists per event.
- 3) D-2 Swimmers will score points and be awarded and recognized in the same fashion as the D-1 swimmers.
- 4) D-2 Swimmer final events may be combined if the total number of finalists do not exceed one full heat of competitors.
- 5) The D-2 finals heat will precede the respective D-1 heat.

Accommodations:

Coaches entering swimmers with disabilities that require any accommodations, including the needs for personal assistants and/or registered service animals must provide advance notice in writing, accompanying their meet entry file, to the meet director by the entry deadline. Failure to provide advance notice may limit the host’s ability to accommodate all requests.