



**VIRGINIA SWIMMING SHORT COURSE  
AGE GROUP CHAMPIONSHIP**  
March 8-11, 2012  
SANCTION NO. VS-12-61

Hosted by:



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-12-61</b></li> <li>USA Swimming, Inc., Virginia Swimming, Inc., and Christiansburg Aquatic Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</li> </ul>		
<b>LOCATION:</b>	Christiansburg Aquatic Center, 595 N. Franklin Street Christiansburg, VA 24073, Phone: (540) 381-7665		
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>50 M pool with bulkheads set to provide the following: <ul style="list-style-type: none"> <li>Pool 1 (Competition Pool 1): 8 lanes, 25 yards. Swum wall to bulkhead. The start end is 7 feet deep sloping toward the bulkhead where the depth is 7.4 feet deep.</li> <li>Pool 2 (Competition Pool 2): 8 lanes, 25 yards. Swum wall to wall. The depth of this portion of the pool runs 12.5 feet deep from the bulkhead (lane 1) sloping to 17 feet deep to the wall (lane 8).</li> <li>Competition Pool Warm-up/Warm-down Area: 4 lanes, 25 yards, swum wall to wall. The depth of this portion of the pool is 7.5 feet deep</li> <li>Leisure Pool Warm-up/Warm-down Area: 4 lanes, approximately 20 yards, The depth of this pool is 4 feet deep and will be available until 12:00 noon each day.</li> </ul> </li> <li>Lanes have non-turbulent lane lines. Colorado Timing System with Relay Judging Pads, Dolphin Wireless Watches, color scoreboard, and separate video board.</li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4)</li> </ul>		
<b>MEET DIRECTOR:</b>	<table border="0"> <tr> <td>Amelia DaCruz VSI Age Group Chair Email: <a href="mailto:agegroupchair@virginiawswimming.org">agegroupchair@virginiawswimming.org</a> Phone: (757) 376-8606</td> <td>Scott Baldwin Host Team Coordinator Email: <a href="mailto:edbaldwi@vt.edu">edbaldwi@vt.edu</a> Phone: (540) 998-2327</td> </tr> </table>	Amelia DaCruz VSI Age Group Chair Email: <a href="mailto:agegroupchair@virginiawswimming.org">agegroupchair@virginiawswimming.org</a> Phone: (757) 376-8606	Scott Baldwin Host Team Coordinator Email: <a href="mailto:edbaldwi@vt.edu">edbaldwi@vt.edu</a> Phone: (540) 998-2327
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<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all Virginia Swimming registered athletes registered by the first day of the meet that are 14 years old and younger and meet the qualifying time in each event entered</li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li>The qualifying period for this meet is January 1, 2011 through March 4, 2012</li> <li>Age on March 8, 2012 will determine age for the entire meet.</li> </ul>		
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>		
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>Individual events for 11-12 and 13-14 swimmers EXCEPT the 11-12 500 Y Freestyle, the 13-14 1000 Y Freestyle, and the 13-14 1650 Y Freestyle will be swum as prelim/finals</li> <li>All events Thursday evening will be swum in Pool 1. <ul style="list-style-type: none"> <li>10 &amp; Younger and 11-12 500 Y Freestyle will be swum in normal event order seeded slowest to fastest,</li> <li>13-14 1000 Y Freestyle will be swum fastest to slowest, alternating girls and boys. The final heat of girls and boys may be combined.</li> </ul> </li> <li>Prelims (Friday through Sunday) will be swum in the morning sessions in Pools 1 &amp; 2 <ul style="list-style-type: none"> <li>13-14 Swimmers will swim prelims in Pool 1 on Friday and Sunday. They will swim prelims in Pool 2 on Saturday.</li> <li>11-12 Swimmers will swim prelims in Pool 2 on Friday and Sunday. They will swim prelims in Pool 1 on Saturday.</li> </ul> </li> <li>Finals (Friday through Sunday) for 11-12 and 13-14 Swimmers will be swum in the evening sessions</li> </ul>		

	<p>in Pool 1.</p> <ul style="list-style-type: none"> <li>• All 10 &amp; Younger events are timed finals.</li> <li>• All 10 &amp; Younger events will swim in Pool 1.</li> <li>• The 1650 Y Freestyle will be swum in two courses, boys' course and girls' course, 10 minutes after the last event in either pool whichever is latest. It will be swum fastest to slowest. The final heat of girls and boys may be combined.</li> <li>• Relay events: <ul style="list-style-type: none"> <li>○ Will be Timed Finals.</li> <li>○ The fastest heat of the 200 Medley, 200 Free and 400 Medley relays for 11-12 and 13-14 year old age groups will swim during the finals session each day.</li> <li>○ All remaining heats will be swum during the Preliminary session.</li> <li>○ All heats of the 400 Freestyle Relay will be swum on Sunday during the preliminary session.</li> <li>○ Relays will be seeded so that the slowest heat has at least three teams, even if this means that a heat in the finals session has less than eight teams.</li> <li>○ All relays both entered and swum must have at least two swimmers that have been entered in an individual event in this meet.</li> </ul> </li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Thursday evening session: Warm-ups: 4:00 pm; competition starts at 5:15 pm</li> <li>• Prelim sessions: <ul style="list-style-type: none"> <li>○ Friday and Saturday: Warm-ups: 7:00 am; competition starts at 8:30 am</li> <li>○ Sunday: Warm-ups: 8:00 am; competition starts at 9:30 am (due to daylight savings time change)</li> </ul> </li> <li>• 1650 freestyle session: Competition will begin following the conclusion of the 11-12 events or 10 minutes after the 13-14 relays, which ever comes last at approximately 12:15 pm.</li> <li>• Timed Finals Session: <ul style="list-style-type: none"> <li>○ Friday and Saturday: Warm-ups: 12:30 pm; Competition starts at 1:30 pm</li> <li>○ Sunday: Warm-ups: 2:00 pm; Competition starts at 3:00 pm</li> </ul> </li> <li>• Final sessions: <ul style="list-style-type: none"> <li>○ Friday and Saturday: General warm-ups: 4:30 pm; Specific warm-ups 5:30 pm; competition starts at 6:00 pm</li> <li>○ Sunday: General warm-ups: 4:00 pm; Specific warm-ups 4:45 pm; competition starts at 5:15 pm</li> </ul> </li> <li>• Prelim sessions: Pools will be available for warm-up and warm-down during their respective breaks.</li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the H<sub>2</sub>Okie Aquatics website no later than Tuesday, March 6, 2012, and will also be emailed to the contact person of the participating clubs.</li> <li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> <li>• <b>Depending on the number of entries, the meet director reserves the right to change the start time and format of warm-ups. Teams would be notified not later than Tuesday, March 6, 2012</b></li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, MARCH 1, 2012.</b></p> <p><b>ENTRY PROCEDURES – OME MEET ENTRY</b></p> <p><b>SEE OME HIGHLIGHTS ATTACHMENT AT END OF INVITATION FOR MORE INFORMATION</b></p> <ul style="list-style-type: none"> <li>• <b>OME OPENS:</b> 9:00 am EST – Wednesday, February 22, 2012</li> <li>• <b>OME CLOSES:</b> 11:59 pm EST – Thursday, March 01, 2012</li> <li>• Meet Entry Officer: Scott Baldwin, Phone: (540) 998-2327, Email: <a href="mailto:edbaldwi@vt.edu">edbaldwi@vt.edu</a></li> <li>• <b>On-Line Meet Entry (OME)</b> – Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) <b>ONLY</b>. Email entries during the regular entry period will not be accepted. <ul style="list-style-type: none"> <li>○ The OME system is accessed from the USA Swimming web site at the address <a href="http://www.usaswimming.org/ome">http://www.usaswimming.org/ome</a></li> <li>○ Coaches must register for an account (Free) to utilize the system. Log in and select "Enter Team."</li> </ul> </li> </ul>

- **LATE ENTRIES.** Entries desired after 11:59 pm, Thursday, March 1, 2012, and prior to the start of the meet, must be sent to the Meet Entry Officer for input and will be considered late.
- The total fees for all entries, including the late entry fee, must be paid prior to the first session of the meet (Thursday March 8, 2012) or the swimmer may not swim those events.
- A confirmation of entries will not be sent to a club until the fees are marked paid, either by credit card or by arrangement with the Meet Entry Officer.
- Payment for events entered at the meet must be made at the time of the request (made to Administrative Referee). The request must be prior to the close of the scratch box for the event desired.
- **OME HELP:**

Susan Woessner	Scott Baldwin
USA Swimming	Meet Entry Officer
Phone: (719) 866-3589	Phone: (540) 998-2327
Email: <a href="mailto:swoessner@usaswimming.org">swoessner@usaswimming.org</a>	Email: <a href="mailto:edbaldwi@vt.edu">edbaldwi@vt.edu</a>
- **Conforming and Non Conforming times will be used for entry – Short Course Yards, then Long Course Meters, then Short Course Meters**
- **Individual Entries:** Use the fastest time in national database for entry within the qualifying period.
  - Swimmers may enter using an “Override Time” for times not in the national database.
  - Override times must include the meet name and date.
  - Override times that cannot be proven during the entry process will be annotated with an asterisk (\*) on the meet psych sheet (Entry List).
- **Relay Entries:** Use the fastest time in national database for entry within the qualifying period. Relay times must be provable by team or swimmer aggregate.
- For any event requiring a positive check-in, proof of asterisk (\*) submitted times must be submitted to the Admin Referee prior to the check-in deadline. For any other event, proof of asterisk (\*) times must be submitted to the Admin Referee prior to the first session in which the team has swimmers entered.
- Any proof of times received after the heat sheet has been printed will be seeded in the first heat with an extra heat being added if necessary.
- 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.
- OME is not an eligibility report. It is the coach’s responsibility to know for which events your athlete is qualified.
- **OME RELAY ENTRY PROCEDURES: ENSURE “RELAY ONLY” ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER.**
  - If entering a “B” relay, be sure to select an entry time that does not have a double asterisk (\*\*).
  - The \*\* signifies that at least one athlete from the entry time of the “A” relay was a member of the relay that achieved that time. Select another listed time or enter an aggregate relay
  - **All entries for 13-14 200 Y Medley relays must use 400 Y Medley relay times. “No Time” (NT) entries will not be accepted.**
- **ATTENTION TEAMS WITH UNATTACHED ATHLETES:** Teams may enter athletes with an unattached status. When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link.
- **ATTENTION INDIVIDUAL UNATTACHED ATHLETES:** Unattached athletes that are not awaiting attachment to any team must enter individually.
  - Access the OME system at the address <http://www.usaswimming.org/ome> - log in and select “Enter Individual.”
  - These individuals may send a text file of their entries to the Meet entry person to be entered manually.
  - Payment must be made in that case by check to be received not later than March 8, 2012
- **ENTRY LIMITS:**
  - **Individual Events:** 12 and younger swimmers may enter a maximum of 8 individual events, no more than three per day. 13-14 swimmers may enter a maximum of 7 events, no more than three per day.
  - **Relays:** Two (2) per team per event.

	<ul style="list-style-type: none"> <li>• The Meet Director reserves the right to combine heats and events, which actions may require reseeding.</li> <li>• The Meet Director reserves the right to eliminate heats of any event if necessary.</li> <li>• <b>Proof of entry times is required for individual and relay events. Entries not proven by the proof of time deadline</b> will be scratched. "No Time" relay entries will not be accepted.</li> <li>• All late entries must submit proof of time.</li> <li>• Late entries may not be used to improve the seed time of an earlier entry.</li> </ul>
<b>FEES:</b>	<p><b>Individual events: \$7.50</b>  <b>Relay events: \$15.00</b>  <b>Swimmer surcharge: \$2.50 per person</b> (entered in the meet in any capacity)</p> <p><b>Late Fees:</b> In addition to the regular entry fee, a fee of <b>\$10</b> per event prior to the first day of the meet and <b>\$25</b> per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <ul style="list-style-type: none"> <li>• OME payments may be made using VISA, MasterCard, American Express or Discover (on line) or check. Payment by check must be received by March 11, 2011. Checks should be payable to <b>HOKI</b>.</li> <li>• Checks should be sent to: Scott Baldwin 145 Wenn Drive Christiansburg, VA 24073</li> <li>• Late fees for OME entries will be due prior to the first session of the meet (Thursday, March 8, 2012).</li> <li>• <b>Failure to pay entry fees by this deadline could result in teams being barred from the meet. All fees must be paid in full in order for the entries to be considered compete.</b></li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events will be awarded medals for first through eighth place.</li> <li>• Relay events will be awarded medals for first through fourth place and ribbons for fifth through eighth place.</li> <li>• Team awards will be given. <ul style="list-style-type: none"> <li>○ The winning team will receive a banner. The teams placing second through sixth will receive a plaque.</li> <li>○ Large Team, Medium Team, and Small Team: Women's high point and men's high point in each category</li> </ul> </li> <li>• Scoring <ul style="list-style-type: none"> <li>○ Individual Events: F – 20-17-16-15-14-13-12-11, C – 9-7-6-5-4-3-2-1.</li> <li>○ Relay Events: F – 40-34-32-30-28-26-24-22, C – 18-14-12-10-8-6-4-2</li> </ul> </li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded with the exception of the following events that will require a positive check-in at the Clerk of Course: <ul style="list-style-type: none"> <li>○ Thursday evening events by 4:30 pm</li> <li>○ 13-14 500 Freestyle and 400 IM, and the 11-12 and 13-14 400 yard relays by 9:30 am the day the event is to be swum.</li> <li>○ 11-12 and 13-14 Friday Relays by 8:30 am</li> <li>○ 11-12 and 13-14 Saturday Relays by 6:00 pm on Friday</li> <li>○ 11-12 and 13-14 Sunday Relays by 6:00 pm on Saturday</li> <li>○ 1650 Freestyle by 9:30 am Sunday</li> <li>○ 10 &amp; Under Relays by 1:00 pm on the day of the event.</li> </ul> </li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> </ul>
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li>• <b>Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded.</b></li> <li>• <b>Club may be fined \$100 for each offense, and a record of such offenses shall be kept and published as part of the official meet results.</b></li> <li>• <b>Clubs entering swimmers not legally registered with USA Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered.</b></li> </ul>

	<ul style="list-style-type: none"> <li>If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations will apply.</li> <li>All swimmers participating in the meet must be dive certified. <ul style="list-style-type: none"> <li>Swimmers unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water.</li> <li>Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian.</li> </ul> </li> <li>The overhead start procedure will be used for the Prelim sessions, and may be used for the 10 &amp; Under sessions and Final sessions at the discretion of the Referee</li> <li>The scratch procedures listed in current <i>USA Swimming Rules and Regulations</i>, Article 207.12.6, sections D and E only will be in effect and modified as follows: <b>The scratch rule regarding finals will apply to each heat, final and consolation, excluding the relays, the 1000 Free, and the 1650 Free.</b></li> <li>Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u></li> <li>In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet <ul style="list-style-type: none"> <li>Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director</li> <li>Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul> </li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Bob Rustin</b>  <b>Phone:</b> (804) 387-8736  <b>Email:</b> <a href="mailto:bob.a.rustin@usa.dupont.com">bob.a.rustin@usa.dupont.com</a></p> <ul style="list-style-type: none"> <li>Officials will be needed for all positions and all sessions for this meet.</li> <li>Officials training will only be available for the administrative component of referee training.</li> <li>Officials must have been certified for a year in the positions in which they are planning to work.</li> <li>Applications to officiate are available on the VSI website at <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a> and should be sent to <b>the meet referee</b> no later than February 24, 2012</li> <li>Application has been made to have this meet approved as an Officials Qualifying Meet for N2 Certification/Re-certification.</li> <li>Officials (including non-VSI officials) desiring to be evaluated must request evaluation on the Application to Officiate.</li> <li>There will be an Officials meeting one hour prior to the start of each session in the "wet" classroom by the leisure pool.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>Swimmers are expected to provide their own timers and lap counters for the 10&amp;U and 11-12 500 Y Freestyle, the 13-14 1000 Y Freestyle, and the 13-14 1650 Y Freestyle</li> <li>The number of timers required per club and their lane assignments will be posted on the H<sub>2</sub>Okie Aquatics website (<a href="http://www.h2okieaquatics.org">www.h2okieaquatics.org</a>) no later than March 4, 2012 and will also be emailed to the contact person of each of the individual clubs.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>Concessions will be available during the entire event</li> <li>Hospitality will be provided for all coaches and officials, to include breakfast, lunch, dinner, and light snacks each day.</li> </ul>
<b>FACILITY RULES:</b>	<p><b>FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT ALONG WITH THE TOWN OF CHRISTIANSBURG AQUATIC CENTER RULES:</b></p> <ul style="list-style-type: none"> <li>Young children must be supervised by an adult.</li> <li>Observers are to stay in designated areas.</li> <li>No tape of any kind is to be used inside to hang signs, banners or decorations. Please consult with the Director of Aquatics prior to hanging up any relevant decorations.</li> <li>Only Aquatic Staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless</li> </ul>

	<p>approved by Aquatic Staff Management.</p> <ul style="list-style-type: none"> <li>• Smoking is NOT permitted within the Town of Christiansburg Aquatic Center.</li> <li>• The Town of Christiansburg Aquatic Center is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings.</li> <li>• No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Director.</li> <li>• No glass containers of any kind are to be brought into the pool complex.</li> <li>• Parking violators will be subject to fines and/or towing as posted.</li> <li>• Overflow parking may be pre-arranged with Kroger or Christiansburg High School on weekends.</li> <li>• The Aquatic Center strongly encourages showering prior to entering the pool.</li> <li>• All emergency exits and walkways must remain clear.</li> <li>• Each club is responsible for supervising the conduct of its swimmers/spectators. Swimmers are not permitted in any room not directly associated with the meet.</li> </ul>
<b>DIRECTIONS:</b>	Directions are also available on the Virginia Swimming web site <a href="http://www.virginiawimming.org">www.virginiawimming.org</a> .
<b>HOTELS:</b>	<a href="#">HOTEL LINK</a>

## Virginia Swimming 2012 Short Course Age Group Championships Order of Events

Thursday Finals		
G	Pool 1	B
101	10 & Under 500 Freestyle	102
103	11-12 500 Freestyle	104
105	13-14 1000 Freestyle	106

### 11-14 Prelims-Final Sessions

Friday Prelims		
G	Pool 1	B
107	13-14 100 Breaststroke	108
109	13-14 200 Freestyle	110
	10 Minute Break	
111	13-14 100 Butterfly	112
113	13-14 400 IM	114
	10 Minute Break	
115	13-14 400 Med Relay(*)	116

(\*) Timed Final – final heat to swim during finals session

Friday Prelims		
G	Pool 2	B
207	11-12 50 Breaststroke	208
209	11-12 200 Freestyle	210
	10 Minute Break	
211	11-12 100 Butterfly	212
213	11-12 100 IM	214
	10 Minute Break	
215	11-12 200 Backstroke	216
	10 Minute Break	
217	11-12 400 Med Relay(*)	218

(\*) Timed Final – final heat to swim during finals session

Friday Finals		
G	Pool 1	B
207	11-12 50 Breaststroke	208
107	13-14 100 Breaststroke	108
209	11-12 200 Freestyle	210
109	13-14 200 Freestyle	110
211	11-12 100 Butterfly	212
111	13-14 100 Butterfly	112
213	11-12 100 IM	214
113	13-14 400 IM	114
215	11-12 200 Backstroke	216
115	13-14 400 Med Relay(*)	116
217	11-12 400 Med Relay(*)	218

(\*) Timed Final – final heat to swim during finals session

Saturday Prelims		
G	Pool 1	B
129	11-12 200 Free Relay (*)	130
	10 Minute Break	
131	11-12 200 Butterfly	132
133	11-12 50 Freestyle	134
	10 Minute Break	
135	11-12 100 Breaststroke	136
137	11-12 50 Backstroke	138
	10 Minute Break	
139	11-12 200 IM	140
	10 Minute Break	
141	11-12 200 Med Relay(*)	142
	13-14 500 Freestyle (**)	240

(\*\*) Will Swim following the last heat of event # 142

(\*) Timed Final – final heat to swim during finals session

Saturday Prelims		
G	Pool 2	B
229	13-14 200 Free Relay (*)	230
	10 Minute Break	
231	13-14 200 Butterfly	232
233	13-14 50 Freestyle	234
	10 Minute Break	
235	13-14 200 Breaststroke	236
237	13-14 100 Backstroke	238
	10 Minute Break	
241	13-14 200 Med Relay(*)	242
	10 Minute Break	
239	13-14 500 Freestyle (**)	

(\*) Timed Final – final heat to swim during finals session

(\*\*) Will Swim Following event # 242

Saturday Finals		
G	Pool 1	B
229	13-14 200 Free Relay (*)	230
129	11-12 200 Free Relay (*)	130
231	13-14 200 Butterfly	232
131	11-12 200 Butterfly	132
233	13-14 50 Freestyle	234
133	11-12 50 Freestyle	134
235	13-14 200 Breaststroke	236
135	11-12 100 Breaststroke	136
237	13-14 100 Backstroke	238
137	11-12 50 Backstroke	138
239	13-14 500 Freestyle	240
139	11-12 200 IM	140
241	13-14 200 Med Relay(*)	242
141	11-12 200 Med Relay(*)	142

(\*) Timed Final – final heat to swim during finals session

# 11-14 Prelims-Final Sessions

(Continued)

G	Sunday Prelims Pool 1	B
155	13-14 200 Backstroke 10 Minute Break	156
157	13-14 100 Freestyle 10 Minute Break	158
159	13-14 200 IM 10 Minute Break	160
161	13-14 400 Free Relay (*) 10 Minute Break	162
163	13-14 1650 Free (**)	164

(\*) Timed Final – all heats to swim in preliminary session

(\*\*) Timed Final – heats alternate fastest to slowest, alternating girls and boys, immediately after the relays

G	Sunday Prelims Pool 2	B
255	11-12 200 Breaststroke 10 Minute Break	256
257	11-12 100 Backstroke 10 Minute Break	258
259	11-12 100 Freestyle 10 Minute Break	260
261	11-12 50 Butterfly 10 Minute Break	262
263	11-12 400 Free Relay (*)	264

(\*) Timed Final – all heats to swim in preliminary session

G	Sunday Finals Pool 1	B
255	11-12 200 Breaststroke	256
155	13-14 200 Backstroke	156
257	11-12 100 Backstroke	258
157	13-14 100 Freestyle	158
259	11-12 100 Freestyle	260
159	13-14 200 IM	160
261	11-12 50 Butterfly	262

# 10 & Under Timed Final Sessions

10 & Under Friday Timed Finals		
119	10 & U 200 Free Relay	120
121	10 & U 50 Breaststroke	122
123	10 & U 100 IM	124
125	10 & U 50 Backstroke	126
127	10 & Under 200 Free	128

10 & Under Saturday Timed Finals		
143	10 & U 200 Medley Relay	144
145	10 & U 50 Butterfly	146
147	10 & U 100 Freestyle	148
149	10 & U 200 IM	150
151	10 & U 100 Breaststroke	152
153	10 & U 400 Medley Relay	154

10 & Under Sunday Timed Finals		
165	10 & U 100 Backstroke	166
167	10 & U 50 Freestyle	168
169	10 & U 100 Butterfly	170
171	10 & U 400 Free Relay	172

**2012 Short Course Age Group Championship  
Qualifying Times**

March 8-11, 2012 – Christiansburg Aquatic Center, Christiansburg VA

<b>10 and Under Girls</b>				<b>10 and Under Boys</b>		
<b>SCM</b>	<b>LCM</b>	<b>Yards</b>	<b>Events</b>	<b>Yards</b>	<b>LCM</b>	<b>SCM</b>
35.59	36.39	<b>32.09</b>	<b>50 Free</b>	<b>31.49</b>	35.79	34.89
1:18.19	1:19.79	<b>1:10.39</b>	<b>100 Free</b>	<b>1:09.49</b>	1:18.79	1:17.19
2:52.29	2:55.49	<b>2:35.19</b>	<b>200 Free</b>	<b>2:31.89</b>	2:51.79	2:47.89
5:57.39	6:04.49	<b>6:48.39</b>	<b>500 Free</b>	<b>6:44.59</b>	6:01.09	5:54.09
41.79	42.39	<b>37.69</b>	<b>50 Back</b>	<b>37.39</b>	42.19	41.59
1:29.29	1:30.49	<b>1:20.39</b>	<b>100 Back</b>	<b>1:20.19</b>	1:30.29	1:29.09
46.49	47.69	<b>41.99</b>	<b>50 Breast</b>	<b>42.19</b>	48.09	46.69
1:42.29	1:42.29	<b>1:32.09</b>	<b>100 Breast</b>	<b>1:31.79</b>	1:44.99	1:41.39
39.59	40.29	<b>35.59</b>	<b>50 Fly</b>	<b>35.49</b>	40.99	39.39
1:32.69	1:34.09	<b>1:23.49</b>	<b>100 Fly</b>	<b>1:22.99</b>	1:33.59	1:32.19
1:28.69		<b>1:19.89</b>	<b>100 IM</b>	<b>1:20.89</b>		1:29.59
3:11.69	3:14.89	<b>2:52.69</b>	<b>200 IM</b>	<b>2:51.89</b>	3:13.99	3:13.79
<b>11-12 Girls</b>				<b>11-12 Boys</b>		
<b>SCM</b>	<b>LCM</b>	<b>Yards</b>	<b>Events</b>	<b>Yards</b>	<b>LCM</b>	<b>SCM</b>
31.49	32.29	<b>28.29</b>	<b>50 Free</b>	<b>27.89</b>	31.79	30.99
1:07.89	1:09.49	<b>1:01.09</b>	<b>100 Free</b>	<b>1:01.29</b>	1:09.69	1:08.09
2:28.79	2:31.99	<b>2:13.99</b>	<b>200 Free</b>	<b>2:14.69</b>	2:32.79	2:29.59
5:11.29	5:17.69	<b>5:55.99</b>	<b>500 Free</b>	<b>5:56.19</b>	5:17.89	5:11.49
36.69	37.29	<b>32.99</b>	<b>50 Back</b>	<b>32.79</b>	36.99	36.39
1:17.79	1:18.99	<b>1:10.09</b>	<b>100 Back</b>	<b>1:10.89</b>	1:19.89	1:18.69
2:48.29	2:50.69	<b>2:31.59</b>	<b>200 Back</b>	<b>2:29.99</b>	2:48.89	2:46.49
41.29	42.09	<b>37.19</b>	<b>50 Breast</b>	<b>37.29</b>	42.69	41.19
1:28.79	1:30.49	<b>1:19.99</b>	<b>100 Breast</b>	<b>1:20.49</b>	1:31.99	1:28.99
3:13.09	3:17.09	<b>2:53.89</b>	<b>200 Breast</b>	<b>2:52.89</b>	3:15.99	3:10.99
34.59	35.29	<b>31.09</b>	<b>50 Fly</b>	<b>31.49</b>	35.69	34.99
1:18.29	1:19.69	<b>1:10.49</b>	<b>100 Fly</b>	<b>1:10.59</b>	1:19.79	1:18.39
2:55.19	2:59.29	<b>2:38.59</b>	<b>200 Fly</b>	<b>2:35.29</b>	2:58.49	2:51.59
1:18.59		<b>1:10.79</b>	<b>100 IM</b>	<b>1:10.69</b>		1:18.49
2:48.29	2:51.49	<b>2:31.59</b>	<b>200 IM</b>	<b>2:31.49</b>	2:51.39	2:48.19
<b>13-14 Girls</b>				<b>13-14 Boys</b>		
<b>SCM</b>	<b>LCM</b>	<b>Yards</b>	<b>Events</b>	<b>Yards</b>	<b>LCM</b>	<b>SCM</b>
29.59	30.39	<b>26.59</b>	<b>50 Free</b>	<b>25.09</b>	28.69	27.89
1:03.89	1:05.49	<b>57.49</b>	<b>100 Free</b>	<b>54.49</b>	1:02.09	1:00.49
2:17.99	2:21.19	<b>2:04.29</b>	<b>200 Free</b>	<b>1:58.79</b>	2:15.09	2:11.89
4:52.49	4:58.89	<b>5:34.79</b>	<b>500 Free</b>	<b>5:19.39</b>	4:45.09	4:38.69
10:06.89	10:19.69	<b>11:34.29</b>	<b>1000 Free</b>	<b>11:19.19</b>	10:06.19	9:53.39
19:44.69	20:08.69	<b>19:44.79</b>	<b>1650 Free</b>	<b>19:09.59</b>	19:32.59	19:08.59
1:12.49	1:13.69	<b>1:05.29</b>	<b>100 Back</b>	<b>1:02.89</b>	1:11.09	1:09.89
2:35.29	2:37.69	<b>2:19.89</b>	<b>200 Back</b>	<b>2:14.19</b>	2:31.39	2:28.99
1:22.59	1:24.59	<b>1:14.39</b>	<b>100 Breast</b>	<b>1:10.49</b>	1:20.29	1:18.29
2:59.49	3:03.49	<b>2:41.69</b>	<b>200 Breast</b>	<b>2:34.09</b>	2:55.09	2:51.09
1:11.69	1:13.09	<b>1:04.59</b>	<b>100 Fly</b>	<b>1:01.59</b>	1:09.79	1:08.39
2:40.79	2:43.59	<b>2:24.79</b>	<b>200 Fly</b>	<b>2:18.79</b>	2:36.89	2:34.09
2:36.89	2:40.09	<b>2:21.29</b>	<b>200 IM</b>	<b>2:13.79</b>	2:31.79	2:28.59
5:32.89	5:39.29	<b>4:59.89</b>	<b>400 IM</b>	<b>4:46.59</b>	5:24.59	5:18.19