


	<p>2023 NEW ENGLAND SCY 15-18 CHAMPIONSHIPS</p> <p>Presented by: Crimson Aquatics Sports & Recreation Center, WPI March 10-12, 2023</p> <p>Held under the sanction of USA Swimming/New England NE23-0310CRIM</p>	<p>Hosted by</p>  <p>SSRP</p>
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Meet Director	Patty Spring	crimaquatics@gmail.com	978-495-1317
Meet Referee	Bill Carline	officialbillcarline@gmail.com	339-368-4135
Entry Chair	Gabe Hunt	gabriellehunt@live.com	603-540-9103
Admin Referee	Betsy Russell	betsy@byrussell.com	617-699-1033
Safety Monitor	Mike Spring	crimaquatics@gmail.com	978-495-1317

Intent to Officiate

SESSIONS:

	Friday	Saturday	Sunday
Prelims Warm up	7:30am	7:30am	7:30am
Prelims Start	9:00am	9:00am	9:00am
Finals Warm up	4:15pm	4:15pm	4:15pm
Finals Start	5:00pm	5:00pm	5:00pm

<p>The Meet Director, with the concurrence of the Meet Referee, reserves the right to modify session times once entries are received. Any updated session times received from the meet host will be reflected on the EVENT page of the neswim.com website.</p>	
IMPORTANT DEADLINES	<p>Entry Deadline: Tuesday February 28, 2023, at 11:59 pm Payment deadline: Saturday March 4, 2023 New Cuts Deadline: Monday March 6, 2023 at 8:00pm</p>
SITE	<p>The pool is located inside the WPI Recreation Center with a main address of 100 Institute Road, Worcester MA 01609. The competition pool is a 10 lane 25-yard 7 foot-wide lanes and non-turbulent lane lines. The timing system includes a fully-automatic Colorado Time Systems electronic timing system with touchpads at the finish and turn ends of the pool with a full-color digital scoreboard. Four lanes will be separated from the 10 lanes of competition area by a bulkhead and used for continuous warm-up and warm-down. The finish end of the pool is 6 to 11 feet deep; the turn end of the pool is 6 to 11 feet deep. Spectator seating is for 350.</p> <p>The competition course has been certified in accordance with 104.2.2C(4). [The copy of such certification is on file with USA Swimming.]</p>

FORMAT:	<ul style="list-style-type: none"> • The meet will be conducted in a prelims/finals format. Prelims and finals will compete in 10 lanes. There will be 3 heats in finals: a bonus, a consolation and a final heat, in that order, in all events except the 1000 and 1650 freestyle events, and the relays, which are timed final events. • There will be no 2 per lane competition.
DISTANCE FORMAT	<ul style="list-style-type: none"> • The top heat (10 swimmers) of women and men of the 1000 freestyle and 1650 freestyle will compete during the finals session on Friday and Sunday, respectively. • All other heats will be conducted following the conclusion of preliminaries, seeded fastest to slowest alternating heats of women and men. The slowest heats may be combined at the discretion of the Meet Referee. • All distance swimmers in the morning heats are responsible for providing their own lap counter and must provide at least 1 timer. <p>The 500 freestyle and the 400 IM may be seeded in an A/B flight format. The decision will be made by the Meet Referee directly after the scratch deadline for those events. If A/B flighted, there will be 4 or 5 heats in each A-flight. The A Flight will be swum slowest to fastest (with the top two heats circle-seeded) with the women's event first, followed by the men's event. The B flight will be swum fastest to slowest, alternating heats of women and men. All swimmers in the B flights for these two events must provide at least 2 timers. Both of these events will follow the scratch rules listed in this document.</p> <p>EARLY DISTANCE OPTION: for the Women's 1000 Freestyle and the Men's 1650 Freestyle on Sunday, coaches will have the option of declaring for a preliminary session swim. The fastest 8 swimmers who state no preference to compete in the preliminary session will be seeded into the final's session.</p>
BONUS	<p>Qualify in 1 event – get 3 bonus events Qualify in 2 events – get 2 bonus events Qualify in 3-6 events – get 1 bonus event</p>
SCRATCHES	<ul style="list-style-type: none"> • ALL FRIDAY EVENTS: by 5:30 PM Thursday night via email to: gabriellehunt@live.com. Please put the team initials and SCRATCH in the subject line. • ALL SATURDAY EVENTS by 5:30 pm on Friday • ALL SUNDAY EVENTS by 5:30 pm on Saturday, <p>DISTANCE SCRATCHES: Follow the above scratch deadlines. If a swimmer/coach would like to request a preliminary swim, regardless of seed, the request must be made to the Administrative Referee prior to the scratch deadline for the event.</p>
SPECIAL SCRATCH NOTES	<p>Coaches and swimmers are expected to understand the scratch, verification and relay rules before the meet begins.</p> <ul style="list-style-type: none"> • Swimmers who fail to compete in an individual event preliminary heat, or individual timed finals event in which they are entered, and have not been scratched, will be barred from further competition for that day, including relays and time trials. The swimmer will also be automatically scratched from the following day's events unless the Administrative Referee has been notified of the swimmer's intention to compete by the next day's scratch deadline. • Swimmers who qualify for finals and fail to notify the Control Table of their intention to withdraw from finals within 30 minutes of the posting of the results, do not

	<p>compete, and are not excused by the Meet Referee, will be barred from all subsequent competition in the meet, including relays and time trials.</p> <ul style="list-style-type: none"> On Sunday, swimmers who qualify for finals and fail to notify the Control Table of their intention to withdraw from finals within 30 minutes of the posting of the results, do not compete, and are not excused by the Meet Referee, will be barred from all subsequent competition in the meet, including relays and time trials and will be subject to \$100.00 fine.
COURSE	<ul style="list-style-type: none"> SCY Entry times will be seeded in the following order: SCY, LCM, SCM.
ELIGIBILITY	<ul style="list-style-type: none"> All swimmers must be currently registered as athlete members of United States Swimming before the entry deadline of the meet and must have achieved the qualifying time from a sanctioned, approved, or observed meet that is posted in the SWIMS database. New England swimmers must have a proof of age on file by the above deadline in order to compete. Age is determined by the age of the swimmer on the first day of the meet. Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC will impose a fine of up to \$100.00 per event against the individual, member coach, or a member club submitting the entry. Deck registrations will NOT be accepted.
DISABILITY SWIMMERS	<p>Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</p> <p>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</p>
ENTRY POLICY	<ul style="list-style-type: none"> Entry Deadline: Tuesday, February 28, 2023 @ 9PM Anyone submitting a team entry after the deadline will be surcharged \$100.00 at the sole discretion of the Entry Chair. If a team already entered in the meet wishes to add either swimmers or entries after the deadline, but before the new cuts deadline of 9:00 pm on Monday, March 6, 2023, they will be accepted at the discretion of the Meet Director and subject to a \$10 penalty per individual entry. No entries will be accepted after 9:00 pm Monday, March 6, 2023. NEW CUTS DEADLINE: Any swimmer who achieves an entry time between the entry deadline of February 28, 2023, and Monday, March 6, 2023 may send their entry to the Entry Chair before 9 PM on Monday, March 6, 2023. NO TIME UPDATES ACCEPTED. Additional fees are due by the start of the meet. No deck entries will be accepted. Qualification period: November 1, 2021 – March 6, 2023
ENTRY LIMITS	<p>Swimmers may enter as many events in which they have qualified, but may only compete in a maximum of three (3) individual events per day (including time trials) and a maximum of seven (7) individual events for the meet (not including time trials).</p>
ENTRY TIME VERIFICATION	<p>Times from the USA Swimming Sanctioned, Approved, and Observed competitions will be in SWIMS, the national times database. Anyone entering a swimmer in events where their time is not in SWIMS will be fined \$100 per event. The swimmer will be scratched from the event and may jeopardize their team's participation in future New England Swimming Championship meets.</p>
CUT PROTOCOL	<p>If a session is over-subscribed, the following changes will take place in the meet format:</p>

	<ul style="list-style-type: none"> • Bonus events will be cut • Relays will be cut to 1 relay per team. <p>Clubs will be notified of all changes by Monday, March 6, 2022.</p>
ENTRIES	<p>Electronic entries should be emailed as an attachment to the entry chairperson. Please check that your team's name, address, and contact information are listed correctly in this file.</p> <p>Mail completed signed entry cover page and waiver, and payment to: Crimson Aquatics 16 Brady Loop Andover, MA 01810</p> <p>Any team that fails to send payment, cover page and waiver form, by the entry due date may be scratched from the meet and may be assessed a \$100 fine at the discretion of the Entry Chairperson. If no payment is received after 30 days, the fine is doubled. This fine is payable to Crimson Aquatics. Late payment of entry fees may result in future exclusion from meets hosted by our club.</p> <p>IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery. All unattached swimmers must be declared as unattached on the entry cover sheet before the meet begins.</p>
RELAYS	<ul style="list-style-type: none"> • Dual Human Confirmation of relay take off violations will be required at all New England Swimming meets. • Relays will be limited to 2 relays per team per event. To enter two relays, both relays must meet the qualifying time standard. • Aggregate times for relays may be used. • All relay swimmers must be officially entered into the meet. • Unattached swimmers may not participate in any relays. • Mixed relays must consist of four swimmers, two of each gender. • The 200 Medley Relay must be entered with 400 relay times. If they aren't, they will be changed to your team's 400 relay equivalent. • There are no qualifying times for mixed relays; all teams qualifying at least one single-gender relay for the meet can enter up to two mixed relay teams per mixed event. Relay-only swimmers must be correctly entered into the meet. <p>RELAYS IN FINALS SESSIONS: At the discretion of the Meet Referee may be flighted with the fastest three heats of women being swum followed by the fastest three heats of men, slow to fast. All additional heats will then alternate women/men, seeded fastest to slowest.</p>
RELAY CARDS:	<p>Relays must scratch each night by the scratch deadline. Relay cards must be submitted one hour prior to the estimated start of the relays. Relay name or order changes may be done at the Control Table until the time of the relay heat.</p>
TIME TRIALS	<p>Time trials will be offered at the discretion of the Meet Director and the Meet Referee if time allows. Time trials are \$10.00 for individual events, and \$40.00 for relays., payment is due at the time of signups.</p>
FEES	<ul style="list-style-type: none"> • Individual events: \$10.00 • \$25.00 for Relays • Time Trials \$10.00 for IE, \$40 for relays • Swimmer Participation Fee is \$30.00 per swimmer • NES Travel Fee: \$2.00 per swimmer (to be included in the check and the host team will send to NE Swimming) <p>Non-electronic fee per swimmer (unattached only) and use the standard paper entry form found on the event page: \$10.00</p>

ADMISSIONS	<ul style="list-style-type: none"> •Admissions will be Free. •Heat sheets: \$5.00 																																																															
MEET MOBILE	<p>Meet Mobile will be functional for this meet, (dependent upon satisfactory internet access) All users should be aware that Meet Mobile publishes unverified raw data that may not always be accurate.</p>																																																															
WARM-UP	<p>USA Swimming warm-up policies will be in effect for the meet. Teams will be assigned warm-up lanes after all entries are received. The pool will close up to five minutes before the beginning of each session. Diving is always prohibited in the warm-up/down pool during the meet. One way sprint lanes will be announced during warm-ups. Coaches must instruct their swimmers to obey these rules. Failure to comply with a designated safety marshal's orders could result in disciplinary action. All swimmers participating in the meet without a USA Swimming registered coach shall report to the Meet Referee before warm-ups prior to each session.</p> <p>See "Safety" for Warm-up safety guidelines.</p>																																																															
AWARDS	<p>The first 3 places in individual events and in relays will receive awards. Timelines for the evening sessions, including any awards ceremonies, will be distributed during the Finals warm-ups. Awards will be presented to the top three high point winners for women, men, and teams. A high point distance towel will be given to the top female and male swimmer scorers in the combined distance events. The high point ceremony will take place on Sunday evening at the conclusion of the session. Coaches are responsible for making sure their swimmers are present to receive their award. Please note that only the top 16 final swims will be scored for team and high point awards</p>																																																															
SCORING	<p>SCORING: 1st to 20th place</p> <table border="1" data-bbox="375 936 1495 1121"> <thead> <tr> <th>Place</th> <th>1</th> <th>2</th> <th>3</th> <th>4</th> <th>5</th> <th>6</th> <th>7</th> <th>8</th> <th>9</th> <th>10</th> <th>11</th> <th>12</th> <th>13</th> <th>14</th> <th>15</th> <th>16</th> <th>17</th> <th>18</th> <th>19</th> <th>20</th> </tr> </thead> <tbody> <tr> <td>Ind</td> <td>24</td> <td>21</td> <td>20</td> <td>19</td> <td>18</td> <td>17</td> <td>16</td> <td>15</td> <td>14</td> <td>13</td> <td>11</td> <td>9</td> <td>8</td> <td>7</td> <td>6</td> <td>5</td> <td>4</td> <td>3</td> <td>2</td> <td>1</td> </tr> <tr> <td>Relay</td> <td>48</td> <td>42</td> <td>40</td> <td>38</td> <td>36</td> <td>34</td> <td>32</td> <td>30</td> <td>28</td> <td>26</td> <td>22</td> <td>18</td> <td>16</td> <td>14</td> <td>12</td> <td>10</td> <td>8</td> <td>6</td> <td>4</td> <td>2</td> </tr> </tbody> </table>	Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	Ind	24	21	20	19	18	17	16	15	14	13	11	9	8	7	6	5	4	3	2	1	Relay	48	42	40	38	36	34	32	30	28	26	22	18	16	14	12	10	8	6	4	2
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LEGAL SPLITS	<p>Individual Events: Preferably, legal splits should be requested before the event, by a coach, using a legal split form (available from the Control Table) and the requesting party should supply an additional timer(s) on the lane for the split, if necessary, to ensure an accurate time. (1 timer with touchpad timing, 3 timers without touchpad timing). Timers must be positioned over the lane at the end of the racing course. Optionally, a legal split may be requested after the event using a legal split form when using a fully automatic timing system. The Admin Official has discretion to either grant or deny the request after reviewing the available evidence. Backstroke legal splits must be requested in advance to ensure a legal finish.</p> <p>LEGAL SPLITS – Relays: All lead-off splits for relays are automatically loaded into SWIMS and do not require additional watches for validation unless there are no touchpads present, or the second swimmer starts in the water. If there are no touchpads, or the second swimmer starts in the water, a legal split form with three watches will be required for entry into SWIMS. Timers must be positioned over the lane at the end of the racing course. It is recommended that coaches report lead-off time discrepancies to the Administrative Referee or Administrative Official.</p>																																																															
RULES	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet. • 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 without written USA Swimming approval. 																																																															

	<ul style="list-style-type: none"> • 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>. • PHOTOGRAPHY: As per New England Swimming policy, professional photographers contracted by the Crimson Aquatics or press photographers who have been approved in advance by the Meet Director, are allowed on deck. Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks, including in any spectator area behind the starting blocks, nor in any other marked NO CAMERA ZONE, including on deck. All NO CAMERA ZONES will be clearly designated. Email the Meet Director with questions and requests. • VIDEO STREAMING: All video streaming must be approved in advance by the Meet Director. Any such video stream must conform to all current Safe Sport policies defined by USA Swimming, New England Swimming, and the Meet Host. No video stream may originate from behind the starting blocks or from any other area marked as a NO CAMERA ZONE. • Deck Changing is PROHIBITED. • An athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. • According to New England Swimming Best Practices, all athletes should shower before entering the pool. • In accordance with New England Swimming Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area
SAFETY	<ul style="list-style-type: none"> • No shaving is permitted at the competition site. • No glass containers are permitted within the facility. • Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups. • Medical Assistance will be provided at the facility. If you require medical assistance, please notify a facility lifeguard, or a member of the meet staff <p>WARM UP SAFETY:</p> <ul style="list-style-type: none"> • Diving will be prohibited during warm-ups except in specifically announced one- way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time • If a warm-up area for use during competition is provided at the facility: During competition, when entering the warm-up/warm-down area, a “sit and slide”/“three-point” entry is required at all times
SAFE SPORT	<p>The conduct of all participants and spectators at a meet is governed by USA Swimming Rules 304/305. All infractions must be reported to the Meet Referee or Meet Director.</p> <p>All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP 2.0"), and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition.</p> <p>USA Swimming and NE Swimming encourage all to report any witnessed or suspected forms of abuse/safe sport violations to the NE Swimming Safe Sport Chair, Susan Pascale-Frechette: safesportne@gmail.com (401-965-0813), or through the USA-S online reportable form.</p>

TIMING ASSIGNMENTS	<p>According to New England Swimming policy, the meet host will make timing assignments for this meet based on the size of a team's entry. Please be cooperative and punctual. We need the full cooperation of all teams, large and small, to adequately run this meet. All teams will be given timing/work assignments based on the number of entries. Teams treating this meet as a team travel meet need to assure that they have enough parental workers at the meet to fulfill their team obligation. The timing assignments will be posted on the web page with ample time to get workers. All swimmers in the prelim heats of the 1000 and 1650, and the B flights of the 500 free and 400 IM are reminded that they must provide at least 1 timer and 1 counter for the distance freestyle events.</p> <p>“NO-SHOW” WORKERS: If a team does not provide the lane timers it has been assigned at a championship meet, the team will be fined \$100 per incident and will not be allowed to enter swimmers in another New England meet until the fine(s) is paid. This can be appealed to the Board of New England Swimming and is enforced only if the meet management has properly assigned timers based on the number of swimmers a team has entered in the meet.</p>
COACH NOTES	<ul style="list-style-type: none"> • All coaches should check-in with the Control Table upon arrival at the pool. Heat sheets, scratch cards, and relay cards for that session will be available at the Control Table. • The time and place of the coaches' meeting will be announced during warm-ups of the first session. If there is a need for any additional coaches' meetings, the time and place will be announced as soon as possible once the need has been identified. • Coaches are responsible for the behavior of their swimmers at all times. Any damage to the premises or equipment is the responsibility of those doing the damage. Swimmers, parents, coaches, and spectators are restricted to the pool, spectator stands and concession area. Parents/spectators are not allowed to access the pool deck unless they are serving in a volunteer capacity. • Each team is responsible for cleaning up their area. • No smoking is permitted inside the building. • WPI, Crimson Aquatics, and New England Swimming will not assume responsibility for lost or stolen articles.
CHANGES TO MEET	<p>Once a meet is sanctioned, changes can be made to the meet invitation before the meet, only with the approval of the Technical Chair, Patrick Johnstone. Any change to the meet format after the meet begins will be at the discretion of the Meet Referee and will be presented to the coaches at a coaches meeting.</p>
MEET JURY	<p>The Meet Jury will be made up of one official, one coach, and one athlete to be selected by the Meet Referee who will present issues and moderate the Meet Jury but not vote. When possible, the three members shall be from separate teams. The Meet Jury will decide all issues of eligibility, and anything not addressed in the Meet Announcement. The Meet Referee shall have authority as described in the current USA Swimming Rulebook.</p>
DECK ACCESS	<p>All athletes and coaches must visibly display the New England Swimming Championship Meet ID card, provided by the host team, to be allowed on deck. Coach deck passes will be distributed to participating teams based on the number of meet entries:</p> <ul style="list-style-type: none"> • 1-3 swimmers in individual events or 1 relay only team: 1 deck pass. • 4-6 swimmers in individual events; 2 deck passes. • 7-9 swimmers in individual events; 3 deck passes. • 10-20 swimmers in individual events; 4 deck passes • 21-30 swimmers in individual events; 5 deck passes • 31-40 swimmers in individual events; 6 deck passes • 41-50 swimmers in individual events; 7 deck passes. • 51 or more swimmers in individual events; 9 deck passes

	<p>Unattached swimmers with a team shall be included in the above schedule even if listed on separate entry blank.</p> <p>Unattached swimmers not with a team: 1 deck pass</p> <p>Additional deck passes can be purchased at the Meet Registration Desk for \$25.00, payable to the meet host team. Deck passes are non-transferable between teams</p>
OFFICIALS	<p>Officials are requested to help with the pre-meet planning for this meet by stating their availability to help as soon as possible. Please provide the information requested on the INTENT TO OFFICIATE form for this meet. Host Team officials are reminded that they also need to submit an application. All applications that are received by the meet entry deadline Tuesday, February 28, 2023, will count towards the work requirements for the official's team. "Walk-on" officials are always welcome. The uniform for this meet will be white polos and blue pants or skirts for all preliminary sessions and dark blue polos and khaki pants or skirts for all final sessions. White sneakers for all sessions please.</p>
GENERAL	<p>A t-shirt vendor will be onsite. Coach and Official Hospitality will be available throughout the meet. Light snacks/drinks during the day. Dinner will be served.</p>
DIRECTIONS	<p>From the East: Take Mass. Turnpike (I-90) to Exit 11A (I-495). Proceed north to exit 25B (I-290), then west into Worcester. Take Exit 18 (Lincoln Sq., Rte. 9), turn right at end of ramp, then an immediate right before the next traffic light. At next light, proceed straight through, bearing to the right on Salisbury St. At the WPI sign, turn left onto Boynton St., then right onto Institute Rd. Take your first right (Private Way).</p> <p>From the South and West: Take Mass. Turnpike (I-90) to Exit 10(Auburn). Proceed east on I-290 into Worcester. Take Exit 17 (Lincoln Sq., Rte. 9), turn left at end of ramp, follow Rte. 9 west through Lincoln Sq., straight onto Highland Street, then right at light onto West St. Travel one block and cross Institute Road (onto Private Way).</p>
PARKING	<p>There is ample parking available in the parking garage adjacent to the WPI Recreation Center for both Saturday and Sunday Sessions. Alternative Parking areas will be opened for all of Friday's sessions. Parking information will be provided to all accepted teams.</p>
HOTELS	<p>The following hotels and motels are in the area:</p> <p>Courtyard Worcester 72 Grove Street, Worcester, MA 0.4 mi E (508) 363-0300</p> <p>Hilton Garden Inn Worcester 35 Major Taylor Boulevard, Worcester, MA 0.7 mi SE (508)753-5700</p> <p>Holiday Inn Express 110 Summer St. Worcester, MA 2.5 mi SE (508) 757-0400</p>
EVENTS	<p>See below</p>
WAIVERS	<p>USA Swimming, Inc., New England Swimming, Inc., and Crimson Aquatics cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/New England Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming/New England Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</p>

2023 NEW ENGLAND SCY 15-18 CHAMPIONSHIPS

Presented by: **Crimson Aquatics**

Sports & Recreation Center, WPI

March 10-12, 2023

ORDER OF EVENTS

Friday Prelims

Warm up at 7:30am Start at 9:00am

Women	Event	Men
1	1000 Yard Freestyle	2
3	100 Yard Butterfly	4
5	200 Yard Freestyle	6
7	100 Yard Backstroke	8
9	400 Yard IM	10

Friday Finals

Warm up at 4:15pm Start at 5:00pm

Women	Event	Men
1	1000 Yard Freestyle**	2
3	100 Yard Butterfly	4
5	200 Yard Freestyle	6
7	100 Yard Backstroke	8
9	400 Yard Individual Medley	10
11	800 Yard Freestyle Relay	12

**Prelim heats of events 1 & 2 will be swum after event 10

Saturday Prelims

Warm up at 7:30am Start at 9:00am

Women	Event	Men
14	200 Yard Individual Medley	15
16	50 Yard Freestyle	17
18	200 Yard Breaststroke	19
20	500 Yard Freestyle	21

Saturday Finals

Warm up at 4:15pm Start at 5:00pm

Women	Event	Men
13	Mixed 200 Yard Free Relay	13
	5 Min Break	
14	200 Yard Individual Medley	15
16	50 Yard Freestyle	17
18	200 Yard Breaststroke	19
20	500 Yard Freestyle	21
	10 Min Break	
22	400 Yard Medley Relay	23

Sunday Prelims

Warm up at 7:30am Start at 9:00am

Women	Event	Men
25	1650 Yard Freestyle***	26
27	200 Yard Backstroke	28
29	100 Yard Freestyle	30
31	100 Yard Breaststroke	32
33	200 Yard Butterfly	34

***Prelim heats of events 27 & 28 will be swum after event 36.

Sunday Finals

Warm up at 4:15pm Start at 5:00pm

Women	Event	Men
24	Mixed 200 Medley Relays	24
	5 Min Break	
25	1650 Yard Freestyle	26
27	200 Yard Backstroke	28
29	100 Yard Freestyle	30
31	100 Yard Breaststroke	32
33	200 Yard Butterfly	34
	10 Min Break	
35	400 Yard Free Relay	36

