

# 2017 SPEEDO SECTIONALS AT IOWA CITY, IA

## CENTRAL ZONE SECTION 1

### SHORT COURSE CHAMPIONSHIPS

University of Iowa Recreational Services & Iowa Flyers Swim Club

March 9-12, 2017 (Thursday – Sunday)

**SANCTIONED BY:** Iowa Swimming, Inc.

**SANCTION #:** IA-17-32

**TIME TRIALS SANCTION #:** IA-17-33

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**MEET HOST:** Iowa Flyers Swim Club

**DATES OF MEET:** Thursday, March 9 through Sunday, March 12, 2017

**MEET LOCATION:** University of Iowa Campus Recreation and Wellness Center (CRWC), 309 S Madison St, Iowa City, IA 52242

**START TIMES:** THURSDAY TIMED FINALS: 6:00pm; PRELIMS FRIDAY-SUNDAY: 9:00am all days; FINALS FRIDAY-SUNDAY: 6:00pm all days

**REGISTRATION:** Thursday, March 9, 12:00pm-7:00pm; Friday, March 10, 7:00am-1:00pm. For those arriving after 1:00pm on Friday, March 10, assistance can be provided at the CRWC Membership desk or volunteer check-in area.

**GENERAL MEETING:** Thursday, March 9, 3:00pm, CRWC Meeting Room 1A/1B. Additional Coaches Meetings may be held as determined by the Meet Referee. It is the responsibility and obligation of each team or unattached swimmer to be represented at all Coaches Meetings. **Coaches or other team and swimmer representatives are responsible for all information presented at these meetings including change to the meet format or conduct.**

**MEET REFEREE:** Eric Peterson, dgcowboy@msn.com, (847) 528-1277

**OFFICIALS MEETINGS:** Thursday 5:00pm. Friday Prelims 7:30am. Saturday & Sunday Prelims 8:00am; All Finals sessions 5:00pm.

**FACILITY:** The CRWC Natatorium houses an 8-lane, 50-meter x 25-yard indoor pool ranging from 7 feet to 9 feet deep. The competition portion of the pool ranges from 8 feet to 9 feet deep with an 8-foot start-end depth and 8-foot turn-end depth. The warmup/cool-down portion of the pool ranges in depth from 7 feet to 8 feet. Lanes are 9 feet wide with 6-inch Kiefer Wave Eater Lane Lines and Kiefer Elite Starting Platforms. Daktronics timing system and display will be used. A separate three-lane 20-yard facility (leisure pool) will be available for warmup and cool-down, except on Thursday, March 9. A separate eight-lane 25-yard facility (diving well) may be used for warmup and cool-down when available and as deemed necessary by meet director and meet referee. The competition course has been certified in accordance with 104.2.2C(4). A copy of such certification is on file with USA Swimming.

**PARKING:** Parking is available in the following locations:

University Lot 11/Recreation Center Lot (spaces limited M-F from 8am-4:30pm), 1 block southeast of CRWC; \$5.00 per entry special event rate parking is available in this lot.

University Library Lot, 1 block north of CRWC;

Court Street Transportation Center, 4 blocks east of CRWC on Court St;

Old Capitol Center Garage, 2 blocks east of CRWC on Burlington St;

Follow this link for more information: [www.iflyswimclub.com](http://www.iflyswimclub.com)

**DECK ACCESS:** Entrance to the building for all Coaches, Athletes, Officials, and Meet Personnel is located on the corner of Burlington St and Madison St. Event credentials will be required for pool deck access. No spectators will be allowed on the pool deck. There will be a \$10.00 charge to replace a lost credential.

**SPECTATOR ADMISSION:** Entrance to the building for all Spectators is located on the corner of Burlington St and Madison St.

Single Session admission: \$5.00.

Single Session Heat Sheets: \$2.00 each.

Psych Sheets: \$5.00 each.

All-Session Pass, including a Psych Sheet and one Heat Sheet per session: \$30.00.

**OFFICIALS CERTIFICATION/APPLICATION TO OFFICIATE:** This meet will be submitted for designation as an "Officials Qualifying Meet," for certification and re-certification evaluations for N2- and N3-level positions. A combined Request for Evaluation/Application to Officiate is available on the Central Zone website. Completed forms should be sent to the Assistant Central Zone Officials Chair, as indicated on the form. Opportunities for evaluations may be limited by time and personnel resources. Availability of final evaluations for N-3 Starter and N-3 Deck Referee may be provided at the discretion of USAS Officials Committee designation of the meet.

**INDEMNIFICATION:** Held under sanction of USA Swimming and Iowa Swimming, Inc. ("ISI"). It is understood and agreed that USA Swimming and ISI shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

## ENTRY INTO THE MEET

**ELIGIBILITY:** All swimmers MUST be current 2017 registered athlete members of USA Swimming. Seasonally registered athletes are not allowed, and there will be no on deck registration. All coaches allowed access on deck MUST be non-athlete coach members for 2017 and have current certifications as a USA Swimming coach. The representative submitting entries shall be responsible for verifying that all swimmers and coaches satisfy these requirements. Additionally, all coaches participating in this meet must sign the Coaches Sign-In form (ISI Form APP-29) as verification that all coaching certifications required by USA Swimming are current. Deck Pass is acceptable proof of membership in USA Swimming. The meet is open to USA Swimming athletes registered in the following LSCs: Illinois, Iowa, Minnesota, North Dakota, South Dakota, and Wisconsin. Up to 200 Non-resident athletes from LSCs outside Central Zone Section 1 will also be accepted into the meet based on a first-come, first-served reservation process. A \$10.00 per athlete reservation fee is required for each non-resident athlete spot reserved. Non-resident swimmers entering the meet must have achieved the qualifying time standard in one or more individual events. Classified disability swimmers may enter the meet without achieving the time standards, but must be Central Zone Section 1 resident athletes.

**QUALIFYING:** The qualifying period is December 1, 2015 through the entry deadline. Qualifying time standards are included in this packet (see pg. 6). Entry times will be accepted in Short Course Yards, Short Course Meters, or Long Course Meters, and all events will be seeded in that order.

**ENTRY LIMITS:** Swimmers may compete in a maximum of three individual events per day including time trials. Each team may enter a maximum of two relay teams in each relay event. Two relay teams from each team are permitted to score.

**BONUS EVENTS:** Swimmers entering 1 or 2 individual events are permitted to swim 1 bonus event. Swimmers entering 3 or more individual events are not permitted to swim a bonus event. The 1000 freestyle and 1650 freestyle are not offered as bonus events. All bonus event entries must meet the minimum bonus event time standard included in this packet (see pg. 6).

**ENTRY FEES:** \$12.50 per individual event; \$25.00 per relay event. \$4.00 Athlete/Swimmer Surcharge per athlete entered in the meet (see below).

**ATHLETE SURCHARGES:** A Central Zone surcharge of \$1.00 per athlete and an ISI surcharge of \$3.00 per athlete entered in the meet (including relay only athletes) will be collected via OME at the time of entry. ISI Swimmer Surcharge does not apply to any outreach athletes of ISI or USA Swimming.

**USA SWIMMING OUTREACH ATHLETES:** Outreach Athletes of ISI and USA Swimming may enter the maximum number of individual events for a total entry fee of \$5.00. Teams should contact the Meet Director at [phil-julson@uiowa.edu](mailto:phil-julson@uiowa.edu) if they wish to enter an Outreach Athlete into the meet.

**ENTRY PROCEDURE:** All entries must be submitted using USA Swimming OME (online meet entry) at [www.usaswimming.org/ome](http://www.usaswimming.org/ome). Payment method through OME must be Visa, MasterCard, American Express or Discover. Entries are not considered accepted until payment method is validated. A confirmation email will be sent upon completion of your entries. Entrants are responsible for following up if acknowledgement is not received. Please bring a copy of all communications about your entries with you to the meet. Once entries are paid for, times can be modified and events can be added up until the entry deadline, but events cannot be deleted. Please contact Jaime Lewis at USA Swimming with any questions about the OME system at (719) 866-3581.

**ENTRY DEADLINE:** Entries may be submitted online beginning February 1, 2017 (9:00am Central Standard Time) and will be accepted through **Monday, March 6, 2017 at 11:59pm (Central Standard Time)**. Updates for improved seed times will be allowed on the OME system through 11:59pm (Central Standard Time) on Monday, March 6, 2017.

**LATE ENTRIES:** Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:

- 1) Late entries must be received no later than 15 minutes after the conclusion of the general meeting on Thursday, March 9, 2017.
- 2) Late entries must be submitted via email to the Meet Director at [phil-julson@uiowa.edu](mailto:phil-julson@uiowa.edu) or made in person with the Administrative Referee at the facility.
- 3) A one-time processing fee of \$50.00 plus entry fees of \$20.00 per individual event and \$25.00 per relay event must be paid prior to the start of the meet (6:00pm on Thursday, March 9, 2017).

**PROOF OF TIME:** All "Custom or Override Times" must be verified prior to the scratch deadline for that event. If an entry time is entered into the SWIMS database after the entry deadline, please be prepared to prove the time. Computer access will NOT be provided; coaches/swimmers must bring appropriate proof of time to the meet. Times that are not proven prior to seeding will be down-seeded. **!!!Failure to meet the qualification time standard during the competition or prove that a qualification time was achieved will result in a \$100.00 fine. Fines must be paid before the start of the following session--athletes with unproven times and unpaid fines will not be allowed to compete until the matter is resolved.**

### **FOR MORE INFORMATION, CONTACT:**

Phil Julson, Meet Director	(319) 384-1165	<a href="mailto:phil-julson@uiowa.edu">phil-julson@uiowa.edu</a>
Nathan Mundt, Iowa Flyers Swim Club Head Coach	(319) 335-8211	<a href="mailto:nathan-mundt@uiowa.edu">nathan-mundt@uiowa.edu</a>
Eric Peterson, Meet Referee	(847) 528-1277	<a href="mailto:dgcowboy@msn.com">dgcowboy@msn.com</a>
Iowa Swimming Office	(563) 391-5832	<a href="mailto:admin@isiswim.org">admin@isiswim.org</a>
Michael Lawrence, Central Zone Section 1 Contact	(847) 220-3940	<a href="mailto:pegasus523@gmail.com">pegasus523@gmail.com</a>
Iowa Flyers Swim Club Website		<a href="http://www.iflyswimclub.com">www.iflyswimclub.com</a>

## RULES AND PROCEDURES

**RULES:** Current National USA Swimming Technical Rules will govern all competitions, except as otherwise specified in this meet information or the Section 1 Competition Manual. All information, rules and regulations, including time standards, schedules, order of events, meet operations and requirements can be found in the USA Swimming 2017 Rulebook.

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. 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.

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

Deck Changes are prohibited.

Participants consent to be photographed/filmed by any authorized photographer(s) and/or network(s) of ISI 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. No awards received in this competition may be used for trade or financial gain.

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.

The meet host is not responsible for providing lap counters for Athletes who desire a lap counter.

**WARM UP:** Feet-first, three-point, slip-in entries only, except in designated lanes during designated times. Violations may result in disqualification from next individual event or expulsion from the meet. More detailed warm up procedures will be distributed at registration and during the General Meeting.

**POOL HOURS:** Thursday, March 9 from 12:00pm until 30 minutes after competition. Friday, Saturday, and Sunday doors open at 7:00am and a pool will be open for general warm-up all day when not in use for competition. The structured warm-up schedule for the competition pool is listed below. The pool will close 30 minutes after competition is completed each night.

	<u>STRUCTURED WARM-UP</u>	<u>PRELIMS</u>	<u>STRUCTURED WARM-UP</u>	<u>FINALS</u>
Thursday	General Warmup 12:00pm-4:30pm		4:30-5:50pm	6:00pm
Friday	7:00-8:50am	9:00am	4:30-5:50pm	6:00pm
Saturday	7:00-8:50am	9:00am	4:30-5:50pm	6:00pm
Sunday	7:00-8:50am	9:00am	4:30-5:50pm	6:00pm

Anyone interested in pool time prior to the beginning of general warmups on Thursday, March 9 should contact Aquatics Director Phil Julson directly at (319) 384-1165 or [phil-julson@uiowa.edu](mailto:phil-julson@uiowa.edu). Arrangements must be made at least two full weeks in advance.

**CONDUCT OF THE MEET:** This meet is a prelim/final meet. 32 athletes will advance to the finals in events 500y or less with the "D" final reserved for the fastest remaining athletes who are 18 years or younger. The top 8 18 & Under swimmers who do not qualify for the Bonus (C), Consolation (B), or Championship (A) heats will advance to the "D" final. If there are not enough 18 & Under swimmers to fill the "D" final in an event, the heat will be filled with the next fastest 19 & Over swimmers who do not qualify for the Bonus, Consolation or Championship heats. Each event during finals will consist of a "D", Bonus, Consolation, and Championship Final heat except for the 1000y and 1650y Freestyles and all relays. These events will be conducted as timed final events. Preliminaries of events will be conducted using fly-over starts. Two-pool racing may be used during prelims and time trials as deemed necessary by the meet director and meet referee.

**THURSDAY:** The 1000 Freestyles will be timed final events and will be deck seeded with a positive check-in deadline 15 minutes after the conclusion of the General Meeting on Thursday. All heats will be swum fastest to slowest alternating heats of women/men.

**FRIDAY:** The 800 Freestyle Relays will be timed final events with the single fastest heat of women and men seeded into the finals session. All other heats will be swum during the Friday prelim session, fastest to slowest alternating heats of women/men. Positive check-in is required by 5:30pm Thursday.

**SATURDAY:** The 400 Medley Relays will be timed final events swum slowest to fastest with the fastest two heats of women and men seeded into the finals session. All other heats will be swum during the Saturday prelim session. Positive check-in is required by 6:30pm Friday.

**SUNDAY:** The 1650 Freestyle will be deck seeded with a positive check-in by 6:30pm Saturday. The single fastest heat of women and men will be seeded into finals. All other heats will be swum as the last event of prelims (following the 400 Freestyle Relays) fastest to slowest alternating heats of women/men. The 400 Freestyle Relays will be timed final events swum slowest to fastest with the fastest two heats of women and men seeded into finals. All other heats will be swum during the Sunday prelim session. Positive check-in is required by 6:30pm Saturday.

**SCRATCHES:** The following are the scratch deadlines for each day's events:

Deadline for Thursday's events: 15 minutes after general meeting on Thursday  
Deadline for Friday's events: Thursday 6:30pm  
Deadline for Saturday's events: Friday 6:30pm  
Deadline for Sunday's events: Saturday 6:30pm

The meet will be administered according to the National Championship scratch procedures (2017 Rulebook, Section 207.11.6). More information on check in deadlines, scratch procedures and deadlines, and the location of the scratch box will be distributed at registration and the general meeting. There will be no clerk of course. If you will not be arriving in time to make the deadline, coaches may scratch events via email to Phil Julson at [phil-julson@uiowa.edu](mailto:phil-julson@uiowa.edu). Scratches submitted by email must be completed by the deadlines listed above.

**POSITIVE CHECK-IN:** Positive check-in is required for the 1000 and 1650 Freestyles and all relays. Swimmers and relays who fail to positive check-in will be down-seeded to the slowest heat. Positive check-in deadlines are the same as the scratch deadlines. If you will not be arriving in time to make the deadline, coaches may check-in for events via email to Phil Julson at [phil-julson@uiowa.edu](mailto:phil-julson@uiowa.edu). Positive check-ins submitted by email must be completed by the deadlines listed above. Relays may down-seed to the prelims session on Sunday only by informing the Administrative Referee prior to the positive check-in deadline on Saturday.

**RELAY JUDGING EQUIPMENT:** Automatic relay take off platforms will be used for all relays as verification.

**MEET COMMITTEE:** A Meet Committee consisting of the Meet Director, the Meet Referee, at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters.

**SCORING:** All events will be scored to 16 places using the following point system:

Individual Scoring: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay Scoring: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

**AWARDS:**

Individual: Top 8 Awarded (medals), Top 3 places presented via awards ceremony. Places 4-8 distributed to athlete/team.

Relays: Top 3 Awarded (medals), Top 3 places presented via awards ceremony.

Team: Top 3 Women's teams, Top 3 Men's teams, Top 3 Combined Teams awarded (plaques).

**TIME TRIALS:** Time permitting, time trials may be offered Thursday (1000 Freestyle only), and on Friday, Saturday, and Sunday 15 minutes after the completion of the preliminary session for athletes already registered in the Speedo Sectionals Meet. The entry fee is \$12.50 per individual event and \$25.00 for relays. Time trials sign up will be from 9am-11am each day. Athletes must provide their own lane timer for all time trial events.

TIME TRIAL SCHEDULE (Time Permitting)

Order of Events

Thursday evening

1000 Freestyle only (time permitting and may be merged into open lanes of existing event)

Friday afternoon following 800 Freestyle Relay

Friday events/Saturday events/Sunday events  
\*800 Freestyle Relay time trials Friday afternoon only (time permitting and may be merged into open lanes of existing event)

Saturday afternoon following 400 Medley Relay

Saturday events/Sunday events/Friday events

Sunday afternoon following 1650 Freestyle

Sunday events/Friday events/Saturday events  
\*1650 Freestyle time trials Sunday afternoon only (time permitting and may be merged into open lanes of existing event)

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SANCTION #: IA-17-32

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### Event Order with Awards and Breaks

WOMEN	THURSDAY, MARCH 9	MEN
EVENT #	EVENT	EVENT #
+1	1000 Freestyle	+2

WOMEN	FRIDAY, MARCH 10	MEN
EVENT #	EVENT	EVENT #
<i>Awards for Women's and Men's 1000 Freestyle Top 3 Places (Finals)</i>		
3	100 Backstroke	4
5	100 Breaststroke	6
7	200 Freestyle	8
9	100 Butterfly	10
11	200 Individual Medley	12
<i>Awards for Top 3 Places presented immediately after A-Final of each event</i>		
<i>10 MINUTE BREAK (Prelims and Finals)</i>		
+13*	800 Freestyle Relay	+14*

WOMEN	SATURDAY, MARCH 11	MEN
EVENT #	EVENT	EVENT #
<i>Awards for Women's and Men's 800 Freestyle Relay Top 3 Places (Finals)</i>		
15	400 Individual Medley	16
17	50 Freestyle	18
19	200 Breaststroke	20
21	500 Freestyle	22
<i>Awards for Top 3 Places presented immediately after A-Final of each event</i>		
<i>10 MINUTE BREAK (Prelims and Finals)</i>		
+23	400 Medley Relay	+24

WOMEN	SUNDAY, MARCH 12	MEN
EVENT #	EVENT	EVENT #
<i>Awards for Women's and Men's 400 Medley Relay Top 3 Places (Finals)</i>		
+25*	1650 Freestyle	+26*
27	200 Backstroke	28
29	100 Freestyle	30
31	200 Butterfly	32
<i>Awards for Top 3 Places presented immediately after A-Final of each event</i>		
<i>10 MINUTE BREAK (Prelims and Finals)</i>		
+33	400 Freestyle Relay	+34
<i>Awards for Women's and Men's 400 Freestyle Relay Top 3 Places (Finals)</i>		
Team Awards Presentation		

\* Swum at the end of prelims fastest to slowest alternating women/men, fastest heat of men and women will be swum during finals

+ Timed Finals, positive check-in is required

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### Time Standards

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.59	28.49	25.09	50 Freestyle	22.49	25.29	25.99
1:02.49	1:00.59	54.49	100 Freestyle	49.59	54.89	56.59
2:14.99	2:11.99	1:59.09	200 Freestyle	1:48.69	2:00.49	2:03.99
4:44.89	4:37.69	5:16.39	400/500 Freestyle	4:56.39	4:16.69	4:24.79
9:49.39	9:33.49	10:54.49	800/1000 Freestyle	10:14.09	8:57.29	9:12.09
18:50.69	18:23.09	18:26.99	1500/1650 Freestyle	17:12.19	17:09.09	17:41.79
1:11.99	1:08.79	1:01.39	100 Backstroke	56.29	1:02.69	1:05.09
2:34.79	2:29.29	2:14.69	200 Backstroke	2:01.69	2:15.19	2:20.39
1:21.49	1:19.19	1:10.49	100 Breaststroke	1:03.09	1:10.09	1:12.39
2:54.59	2:51.09	2:32.99	200 Breaststroke	2:17.59	2:34.39	2:38.79
1:09.29	1:07.59	1:01.09	100 Butterfly	55.09	1:00.19	1:01.99
2:32.89	2:28.39	2:15.09	200 Butterfly	2:01.79	2:13.39	2:18.49
2:34.49	2:30.29	2:14.39	200 Individual Medley	2:03.29	2:16.29	2:21.69
5:26.99	5:19.29	4:48.49	400 Individual Medley	4:22.99	4:51.19	5:00.99
4:21.89	4:17.39	3:47.79	400 Freestyle Relay	3:24.39	3:47.19	3:55.29
9:25.99	9:16.69	8:15.39	800 Freestyle Relay	7:31.29	8:21.69	8:36.79
4:52.99	4:45.09	4:10.69	400 Medley Relay	3:49.09	4:15.99	4:23.89

### Bonus Time Standards

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.69	28.79	25.19	50 Freestyle	22.69	25.59	26.29
1:03.09	1:01.09	55.79	100 Freestyle	50.19	55.49	57.19
2:16.19	2:13.19	1:59.69	200 Freestyle	1:49.89	2:01.69	2:05.19
4:48.19	4:40.09	5:17.89	400/500 Freestyle	4:59.39	4:19.09	4:27.19
<b>NOT OFFERED</b>			800/1000 Freestyle	<b>NOT OFFERED</b>		
<b>NOT OFFERED</b>			1500/1650 Freestyle	<b>NOT OFFERED</b>		
1:12.59	1:09.39	1:01.99	100 Backstroke	56.59	1:03.29	1:05.69
2:35.99	2:30.49	2:15.29	200 Backstroke	2:02.29	2:16.39	2:21.59
1:22.09	1:19.79	1:10.79	100 Breaststroke	1:03.39	1:10.69	1:12.99
2:55.29	2:52.29	2:33.59	200 Breaststroke	2:18.19	2:35.59	2:39.99
1:09.89	1:08.19	1:01.39	100 Butterfly	56.39	1:00.79	1:02.59
2:34.09	2:29.59	2:15.69	200 Butterfly	2:02.39	2:14.59	2:19.69
2:35.69	2:31.49	2:14.99	200 Individual Medley	2:03.89	2:17.49	2:22.89
5:29.39	5:21.69	4:49.69	400 Individual Medley	4:24.19	4:53.59	5:02.39
<b>NOT OFFERED</b>			400 Freestyle Relay	<b>NOT OFFERED</b>		
<b>NOT OFFERED</b>			800 Freestyle Relay	<b>NOT OFFERED</b>		
<b>NOT OFFERED</b>			400 Medley Relay	<b>NOT OFFERED</b>		

Swimmers entering 1 or 2 individual events are permitted to swim 1 bonus event. Swimmers entering 3 or more individual events are not permitted to swim a bonus event. The 1000 freestyle and 1650 freestyle are not offered as bonus events. All bonus event entries must meet the minimum bonus event time standard.