

# 2023 Central Region 'A' Championships

Rev 1 – Comp Coordinators added Rev 2 – session time changes

Rev – session time changes

<b>DATE(s):</b>	26-29 January 2023	<b>REGION:</b>	Central Region	
<b>HOSTED BY:</b>	York Swim Club and all Central Region Clubs			
<b>LOCATION:</b>	Etobicoke Olympium, 590 Rathburn Road, Toronto ON, M9C 3T3			
<b>FACILITY:</b>	8 lane 50 metre competition pool. Swiss Timing electronic timing.			
<b>PURPOSE &amp; DESCRIPTION:</b>	Central Region Championships Meet. Preparation for Eastern's and qualifying opportunity for Ontario Championships Meets (OYJ, OSC, and Festivals)			
<b>MEET PACKAGE:</b>	The only meet package which will be considered as valid must be the most current version found on <a href="http://www.swimming.ca">www.swimming.ca</a>			
<b>COMPETITION COORDINATOR:</b>	Anita Scheffel-Woo, Clarissa Moldawa, Libby Kalman	Level:	V, V, IV	
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>			
<b>MEET MANAGER:</b>	Charlotte Carroll Steve Goodwin	Email:	<a href="mailto:charlottecarroll1@gmail.com">charlottecarroll1@gmail.com</a> <a href="mailto:sdg9@rogers.com">sdg9@rogers.com</a>	
<b>SAFETY AT COMPETITION:</b>	Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe, welcoming and inclusive sport environment that is free of abuse, harassment and discrimination. The <a href="#">Swim Ontario Concussion Management</a> & <a href="#">Swimming Canada Event Photography</a> procedures will be in effect. For complete details click <a href="#">HERE</a> . Every club and its participants are responsible for ensuring all facility rules and requirements are followed.			
<b>COMPETITION RULES:</b>	<b>Sanctioned by Swim Ontario.</b>			
	All current Swimming Canada rules will be followed. All swimmers participating in a provincially sanctioned meets shall be required to comply with swimwear rule GR 5. Click <a href="#">HERE</a> to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator. Please note that <a href="#">Swimming Canada Competition Warm-Up Safety Procedures</a> will be in effect. As per the Facility Rules for Dive Starts, this competition will be conducted as follows			
	FINA FR 2.3 and SW 4.1, Swimming Canada CFR 2.3.1, CSW 4.1.1 & 4.1.2	<input checked="" type="checkbox"/>	Starting Platforms at	Both ends
		<input type="checkbox"/>	Deck or Bulkhead at	
	<input type="checkbox"/>	In-Water at		
<b>COMPETITON:</b>	The age groups for qualification and awards will be 10&U, 11, 12, 13, 14, 15, 16&O. All events will be LCM. All 12&U swims will be Time Finals. All 400, 800, and 1500 events will be Time Finals and will swim fastest to slowest. All Relays will be Time Finals and swum during the Preliminary Sessions. Prelim events (13&O) – 200's will have A finals only, all 100's & 50's will have A and B Finals (events with fewer than 18 entries will have A finals only and any events with fewer than 6 swimmers in B finals after scratch deadline will have A Finals only). Finals will swim young to old and A finals before B Finals.			
<b>ELIGIBILITY:</b>	All athletes must be registered as Competitive swimmers with Swimming Canada. All athletes must be registered as Competitive swimmers with Swimming Canada and have a valid Swimming Canada registration number. Entries without a valid Swimming Canada registration number and registered status will be declined entry. This is an invitational meet. Participation of this meet is at the full discretion of the host club.			

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	This event includes participants from the following clubs:		Central Region clubs only (of Swim Ontario)	
	<input type="checkbox"/>	Preference will be given to the host club first.		
	<input checked="" type="checkbox"/>	Meet Management reserves the right to further limit individual swims per session and to limit heats if necessary to keep session times to within 4.5 hours.		
	<input type="checkbox"/>	Pre-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Pre-competitive swimmers will compete as Exhibition		
<b>FOREIGN COMPETITORS:</b>	<input checked="" type="checkbox"/>	Foreign competitors' entries will not be accepted		
	<input type="checkbox"/>	Foreign competitors are welcome, subject to the following provisions. All foreign competitors must be registered with an amateur swimming organization recognized by FINA. All foreign swimmers and coaches must be duly registered and residents of the governing body for which they are competing. All swimmers and coaches must be in good standing with their respective governing swim body. All foreign swimmers and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the <a href="#">Proof of Residence and Registration Status form</a> to Swim Ontario no later than 7 days prior to start of competition.		
<b>AGE UP DATE:</b>	Ages submitted are to be as	26 January 2023		
<b>ENTRY LIMITS:</b>	The maximum number of participants per session is	500		
	Each club is limited to the following number of swimmers	n/a		
	The maximum number of entries per swimmer is	7 individual events. Only one distance event on Thursday		
<b>ENTRY SUBMISSIONS:</b>	Entries must be submitted through the Swimming Canada online entries system at <a href="http://www.swimming.ca">www.swimming.ca</a> . Meet Management will not accept entries via email.			
	Entries must include all attending coaches.			
	<input checked="" type="checkbox"/>	NT entries are not permitted		
	<input checked="" type="checkbox"/>	Entries must be submitted using provable times, recorded during the qualifying period. Swimmers with provable times recorded during the qualifying period must submit those times and not enter swimmers with "NT".		
	<input checked="" type="checkbox"/>	Qualifying standard for entry is:	See times in Order of Events and event file: - 14 & Over qualifying times are Swim Ontario B times - 13 year old qualifying times are Swim Ontario Fest B times (ON B for 1500 Free) - 12 year old qualifying times are Swim Ontario Fest C times - 11 year old and 10& under qualifying times are Swim Ontario Fest D times	
	<input checked="" type="checkbox"/>	Qualifying period for entry to the meet is:	1 Sep 2021	
<input checked="" type="checkbox"/>	Relay swimmers must be entered in a non-relay event in order to compete.			
<b>CONVERSION:</b>	<input type="checkbox"/>	Entry times can be converted.		

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	<input checked="" type="checkbox"/>	Entry times are not to be converted. Please submit times in course achieved.			
	<input type="checkbox"/>	Times will be converted by the host			
	<input checked="" type="checkbox"/>	Times will not be converted			
<b>ENTRY DEADLINE:</b>	<b>11 January 2023</b>				
	Changes to entries will be accepted until			23 January 2023	
<b>ENTRY FEE:</b>	<input type="checkbox"/>	No Fee			
	<input checked="" type="checkbox"/>	Individual Events	\$15.00	Relay Events	\$20.00
	<input type="checkbox"/>	Swimmer Fee			
	Payment Method:		Cheque payable to York Swim Club brought to meet. Please contact Meet Manager for electronic payment methods.		
<b>COACH'S REGISTRATION:</b>	Meet management will cross reference the <b>list of coaches submitted with entries</b> at this competition with the <a href="#">Swim Ontario Compliance lists</a> . If a coach is not on this list, meet management is obligated to enforce the Swimming Canada policy and not permit that coach to attend the meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.				
<b>SEEDING:</b>	<input checked="" type="checkbox"/>	Seeding will be in order of times entered, slowest to fastest, as converted using standard Hy-Tek conversion (2%). 400/800/1500 will be seeded fast to slow.			
	<input checked="" type="checkbox"/>	Preliminary heat events will be seeded as per SW3.1 with fastest 3 heats circle seeded.			
	<input type="checkbox"/>	Seeding will be in the following order:			

SCHEDULE OF SESSIONS:					
<u>Session #</u>	<u>Date</u>	<u>Warm-up period</u>	<u>Start of session</u>	<u>Approx. Finish of session</u>	<u>Time Final/Heats /Finals</u>
1	Thurs 26 Jan	4:30 – 5:25 pm	5:30 pm	9:00 pm	Time Final
2	Fri 27 Jan	8:00 – 8:55 am	9:00 am	11:00 am	Prelims
3	Fri 27 Jan	12:00 – 12:55 pm	1:00 pm	3:00 pm	Time Finals
4	Fri 27 Jan	4:00 – 4:55 pm	5:00 pm	7:00 pm	Finals
5	Sat 28 Jan	8:00 – 8:55 am	9:00 am	12:00 pm	Prelims
6	Sat 28 Jan	12:00 – 12:55 pm	1:00 pm	3:00 pm	Time Finals
7	Sat 28 Jan	4:00 – 4:55 pm	5:00 pm	7:00 pm	Finals
8	Sun 29 Jan	8:00 – 8:55 am	9:00 am	11:45 am	Prelims
9	Sun 29 Jan	11:45 – 12:40 pm	1:00 pm	3:55 pm	Time Finals
10	Sun 29 Jan	4:00 – 4:55 pm	5:00 pm	7:00 pm	Finals

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<b>MIXED-GENDER:</b>	<p>An exemption from the requirement to swim events in gender separated events due to limited time, developmental opportunities or facility requirements and/or due to a missed swim, where on an exception basis, a referee agrees to have the swimmer swim with a heat of an opposite gender event.</p> <p>In spite of these exemptions, any swimmer who achieves a record time at a competition that recognizes records at any level (regional, provincial, national etc, whether age group or open) will not be recognized for that record unless the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken, and the referee insures that the swimmer competes with competitors of the same gender for his/her heat.</p> <p>In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers.</p>	
<b>CHECKIN AND SCRATCHES:</b>	<input checked="" type="checkbox"/> There will be no scratch deadline for the following:	Prelim Events and Time Finals events
	<input checked="" type="checkbox"/>	Scratches on posted heat sheets are required for all Relay and 400/800/1500 time finals at least 30 minutes before the start of the session. Scratches for prelims & 12&U time final events are to be made on the posted heat sheets without penalty.
	<input checked="" type="checkbox"/>	A scratch deadline will apply for finals.
	<input checked="" type="checkbox"/>	30 minutes following the posting of results of last prelim event of prelims sessions
	<input type="checkbox"/>	30 minutes following the posting of results of respective event
<b>PENALTIES:</b>	<input type="checkbox"/> No scratch penalty shall be imposed for late or day of scratches or No-Shows	
	<input checked="" type="checkbox"/> Failure to participate in an event with a scratch or checkin deadline will result in following penalty:	\$50.00 fine for each offence payable to York Swim Club. This fine applies to originally named finalists & alternates only should an empty lane occur in finals.
<b>DECK ENTRIES:</b>	<input checked="" type="checkbox"/> No Deck Entries are permitted	
<b>OFFICIAL SPLIT TIMES:</b>	<input checked="" type="checkbox"/> Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee prior to the commencement of the session (or event) in question.	
<b>RECORDS:</b>	<input checked="" type="checkbox"/> Swim Ontario has a completed certified pool length survey (25m and 50m pool only) for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial or national records.	
	<input type="checkbox"/> Swim times achieved at this competition will NOT be used for applications of provincial and national records.	
<b>MEET RESULTS:</b>	Official Results will be posted within 48 hours of completion of the meet to <a href="http://www.swimming.ca">www.swimming.ca</a>	
	<input checked="" type="checkbox"/> The meet program will be run on Hy-Tek Meet Manager.	
	<input checked="" type="checkbox"/> Results will be posted electronically as quickly as possible at the meet.	
	<input checked="" type="checkbox"/> Live Results / Meet Mobile are available.	
<b>SCORING:</b>	<input checked="" type="checkbox"/> The following will be scored: Individual High Point – 5-2-1 Team Points – 25-21-17-14-13-12-11-10-8-7-6-5-4-3-2-1 Relay Points – 50-42-34-28-26-24-22-20-16-14-10-8-6-4-2	

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<b>AWARDS:</b>	<input type="checkbox"/>	No awards
	<input checked="" type="checkbox"/>	<p>The following will be awarded:</p> <p>Medals – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>          (Individual &amp; Relay events in the following age groups (10&amp;U, 11, 12, 13, 14, 15,16&amp;O)          Individual High Point for each gender/age group – ties broken by highest FINA point swim          Team High Point Award</p>
<b>ADDITIONAL INFORMATION:</b>	<p><b>ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES</b></p> <ol style="list-style-type: none"> <li>The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet.</li> <li>Absolutely no food in the bleachers or on the pool deck.</li> <li>No running on the deck, under the bleachers or on the bleachers.</li> <li>No climbing across the railing between the gallery and the bleachers.</li> <li>No climbing over the yellow gates between the pool deck and the bleachers.</li> <li>Shoes must be worn whenever outside the pool or change room areas.</li> <li>No diving off the starting blocks or bulkhead during warm-ups. Please slip or jump into the pool. It is recommended to designate lanes one and eight as sprint lanes in one direction only, for the last part of warm-ups.</li> <li>The use of flippers and hand paddles, during warm-ups is prohibited.</li> <li>Swimmers that are not competing are not to be in other areas of the building and are not to upset the normal operation of the other departments.</li> <li>Coaches are directly responsible for the supervision of their athletes at all times. This includes the pool area, change rooms, hallways, and all other areas of the Etobicoke Olympium</li> </ol>	

## SCHEDULE OF EVENTS and Time Standards:

<b>THURSDAY EVENING</b>								
Warm-up: 4:30 pm								
Start: 5:30 pm								
<b>GIRLS</b>				<b>EVENTS</b>	<b>BOYS</b>			
Event	Age	SCM Qual	LCM Qual		Event	Age	SCM Qual	LCM Qual
1	11	12:43.47	12:58.75	800 FREE	2	11	13:18.59	13:34.56
	12	11:17.19	11:30.73			12	11:25.86	11:39.58
	13	10:41.24	10:54.06			13	10:33.99	10:46.67
	14	10:11.81	10:24.05			14	9:54.64	10:06.53
	15	10:04.87	10:18.03			15	9:37.14	9:48.68
	16&O	9:53.46	10:05.33		16&O	9:21.53	9:32.76	
3	13	19:50.10	20:13.91	1500 FREE	4	13	19:38.05	20:01.61
	14	19:32.60	19:56.06			14	19:00.02	19:22.81
	15	19:19.35	19:42.53			15	18:26.47	18:48.60
	16&O	18:57.43	19:20.19			16&O	17:56.54	18:18.08

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## FRIDAY MORNING

Warm-up: 8:00 am

Start: 9:00 am

<b>WOMEN</b>				<b>EVENTS</b>	<b>MEN</b>			
<u>Event</u>	<u>Age</u>	<u>SCM Qual</u>	<u>LCM Qual</u>		<u>Event</u>	<u>Age</u>	<u>SCM Qual</u>	<u>LCM Qual</u>
5	13	2:26.35	2:29.28	200 FREE	6	13	2:22.21	2:25.06
	14	2:18.24	2:21.00			14	2:12.50	2:15.15
	15	2:16.99	2:20.60			15	2:08.19	2:10.76
	16&O	2:15.21	2:17.92			16&O	2:04.50	2:06.99
7	13	3:10.30	3:14.10	200 BREAST	8	13	3:06.17	3:09.89
	14	2:58.99	3:02.57			14	2:51.59	2:55.02
	15	2:58.46	3:02.03			15	2:49.16	2:52.54
	16&O	2:57.08	3:00.62			16&O	2:42.03	2:45.27
9	13	31.02	31.64	50 FREE	10	13	29.47	30.06
	14	29.52	30.10			14	27.66	28.21
	15	29.09	29.66			15	27.15	27.70
	16&O	28.90	29.47			16&O	26.15	26.67
11	13	2:57.89	3:01.45	200 FLY	12	13	2:55.82	2:59.34
	14	2:43.42	2:46.69			14	2:37.28	2:40.43
	15	2:42.15	2:45.40			15	2:33.03	2:36.08
	16&O	2:37.00	2:40.14			16&O	2:23.57	2:26.43

## FRIDAY AFTERNOON

Warm-up: 12:00 pm

Start: 1:00 pm

<b>GIRLS</b>				<b>EVENTS</b>	<b>BOYS</b>				
<u>Event</u>	<u>Age</u>	<u>SCM Qual</u>	<u>LCM Qual</u>		<u>Event</u>	<u>Age</u>	<u>SCM Qual</u>	<u>LCM Qual</u>	
13	10&U	3:10.90	3:14.72	200 FREE	14	10&U	3:16.65	3:20.58	
15	11	2:53.32	2:56.78			16	11	2:56.71	3:00.24
	12	2:36.02	2:39.15			12	12	2:34.95	2:38.04
17	10&U	50.00	50.00	50 BREAST	18	10&U	50.00	50.00	
19	11	3:45.42	3:49.93	200 BREAST	20	11	3:55.61	4:00.33	
	12	3:22.61	3:26.67			12	12	3:22.61	3:26.67
21	10&U	39.08	39.86	50 FREE	22	10&U	39.65	40.43	
23	11	36.25	36.97			24	11	36.54	37.27
	12	33.04	33.70			12	12	32.29	32.93
25	10&U	45.00	45.00	50 FLY	26	10&U	45.00	45.00	
27	11	3:37.49	3:41.84	200 FLY	28	11	4:03.55	4:08.41	
	12	3:10.70	3:14.51			12	12	3:13.95	3:17.82

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<b>FRIDAY FINALS</b>				
Warm-up: 4:00 pm Start: 5:00 pm				
<b>WOMEN</b>		<b>EVENTS</b>	<b>MEN</b>	
<u>Event</u>	<u>Age</u>		<u>Event</u>	<u>Age</u>
5	13	200 FREE	6	13
	14			14
	15			15
	16&O			16&O
7	13	200 BREAST	8	13
	14			14
	15			15
	16&O			16&O
9	13	50 FREE	10	13
	14			14
	15			15
	16&O			16&O
11	13	200 FLY	12	13
	14			14
	15			15
	16&O			16&O

<b>SATURDAY MORNING</b>								
Warm-up: 8:00 am Start: 9:00 am								
<b>WOMEN</b>				<b>EVENTS</b>	<b>MEN</b>			
<u>Event</u>	<u>Age</u>	<u>SCM Qual</u>	<u>LCM Qual</u>		<u>Event</u>	<u>Age</u>	<u>SCM Qual</u>	<u>LCM Qual</u>
29	13	1:07.48	1:08.84	100 FREE	30	13	1:04.64	1:05.93
	14	1:03.68	1:04.95			14	1:00.25	1:01.46
	15	1:02.98	1:04.24			15	58.83	1:00.01
	16&O	1:02.60	1:03.85			16&O	56.96	58.11
31	13	2:46.52	2:49.85	200 BACK	32	13	2:42.38	2:45.63
	14	2:34.48	2:37.56			14	2:29.91	2:32.91
	15	2:32.76	2:35.82			15	2:26.43	2:29.36
	16&O	2:31.48	2:34.52			16&O	2:20.20	2:23.00
33	13	1:18.09	1:19.64	100 FLY	34	13	1:14.98	1:16.48
	14	1:12.10	1:13.54			14	1:08.16	1:09.52
	15	1:11.00	1:12.42			15	1:06.03	1:07.36
	16&O	1:10.08	1:11.47			16&O	1:03.83	1:05.11
35	13-14			4x50 FREE	36	13-14		
37	15&O			4x50 FREE	38	15&O		
39	13	5:58.05	6:05.21	400 IM **	40	13	5:50.70	5:57.71
	14	5:39.52	5:46.31			14	5:23.21	5:29.68
	15	5:30.07	5:36.67			15	5:18.13	5:24.49
	16&O	5:27.95	5:34.51			16&O	5:10.52	5:16.72

\*\* NOTE – 400 IM will swim fast to slow

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<b>SATURDAY AFTERNOON</b>								
Warm-up: 12:00 pm Start: 1:00 pm								
<b>GIRLS</b>				<b>EVENTS</b>	<b>BOYS</b>			
<u>Event</u>	<u>Age</u>	<u>SCM Qual</u>	<u>LCM Qual</u>		<u>Event</u>	<u>Age</u>	<u>SCM Qual</u>	<u>LCM Qual</u>
41	10&U	1:26.65	1:28.39	100 FREE	42	10&U	1:28.35	1:30.13
43	11	1:19.89	1:20.88		44	11	1:20.43	1:22.03
	12	1:11.51	1:12.94			12	1:10.97	1:12.39
45	10&U	3:34.08	3:38.37	200 BACK	46	10&U	3:44.28	3:48.77
47	11	3:14.83	3:18.73		48	11	3:19.36	3:23.35
	12	2:55.53	2:59.04			12	2:56.07	2:59.59
49	10&U	1:44.78	1:46.87	100 FLY	50	10&U	1:49.88	1:52.08
51	11	1:34.59	1:36.47		52	11	1:37.42	1:39.36
	12	1:23.97	1:25.65			12	1:23.44	1:25.10
53	10&U			4x50 FREE	54	10&U		
55	11-12			4x50 FREE	56	11-12		
57	11	6:59.12	7:07.50	400 IM **	58	11	7:27.44	7:36.39
	12	6:17.30	6:24.85			12	6:25.00	6:32.70

\*\* NOTE – 400 IM will swim fast to slow

<b>SATURDAY FINALS</b>				
Warm-up: 4:00 pm Start: 5:00 pm				
<b>WOMEN</b>		<b>EVENTS</b>	<b>MEN</b>	
<u>Event</u>	<u>Age</u>		<u>Event</u>	<u>Age</u>
29	13	100 FREE	30	13
	14			14
	15			15
	16&O			16&O
31	13	200 BACK	32	13
	14			14
	15			15
	16&O			16&O
33	13	100 FLY	34	13
	14			14
	15			15
	16&O			16&O



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<b>SUNDAY MORNING</b>								
Warm-up: 8:00 am Start: 9:00 am								
<b>WOMEN</b>				<b>EVENTS</b>	<b>MEN</b>			
Event	Age	SCM Qual	LCM Qual		Event	Age	SCM Qual	LCM Qual
59	13	2:48.00	2:51.36	200 IM	60	13	2:40.83	2:46.54
	14	2:37.56	2:40.72			14	2:30.33	2:33.33
	15	2:35.95	2:39.06			15	2:26.51	2:29.44
	16&O	2:33.65	2:36.72			16&O	2:22.07	2:24.91
61	13	1:27.92	1:29.67	100 BREAST	62	13	1:26.36	1:28.08
	14	1:23.13	1:24.80			14	1:18.70	1:20.27
	15	1:22.50	1:24.15			15	1:17.82	1:19.38
	16&O	1:22.05	1:23.69			16&O	1:14.36	1:15.85
63	13	1:17.05	1:18.59	100 BACK	64	13	1:14.47	1:15.96
	14	1:12.18	1:13.63			14	1:09.20	1:10.58
	15	1:11.14	1:12.57			15	1:07.39	1:08.74
	16&O	1:10.07	1:11.46			16&O	1:04.48	1:05.77
65	13-14			4x50 MEDLEY	66	13-14		
67	15&O			4x50 MEDLEY	68	15&O		
69	13	5:15.00	5:21.30	400 FREE**	70	13	5:09.75	5:15.95
	14	4:52.66	4:58.50			14	4:43.34	4:49.01
	15	4:51.02	4:56.84			15	4:35.59	4:41.11
	16&O	4:47.14	4:52.89			16&O	4:29.09	4:34.48

\*\* NOTE – 400 Free will swim fast to slow

<b>SUNDAY AFTERNOON</b>								
Warm-up: 11:45 am Start: 12:45 pm								
<b>GIRLS</b>				<b>EVENTS</b>	<b>BOYS</b>			
Event	Age	SCM Qual	LCM Qual		Event	Age	SCM Qual	LCM Qual
71	10&U	3:37.35	3:41.70	200 IM	72	10&U	3:40.80	3:45.22
73	11	3:18.95	3:22.93		74	11	3:21.25	3:25.28
	12	2:59.30	3:02.89			12	2:59.30	3:02.89
75	10&U	1:52.15	1:54.39	100 BREAST	76	10&U	1:56.68	1:59.00
77	11	1:45.35	1:47.46		78	11	1:47.62	1:49.77
	12	1:34.81	1:36.70		12	1:34.27	1:36.15	
79	10&U	1:39.12	1:41.10	100 BACK	80	10&U	1:41.95	1:43.98
81	11	1:31.18	1:33.00		82	11	1:32.32	1:34.16
	12	1:21.81	1:23.44			12	1:22.89	1:24.55
83	10&U			4x50 MEDLEY	84	10&U		
85	11-12				86	11-12		
87	10&U	6:39.87	6:47.86	400 FREE	88	10&U	6:50.06	6:58.26
89	11	6:12.60	6:20.05		90	11	6:19.50	6:27.09
	12	5:33.30	5:39.97			12	5:34.40	5:41.09

\*\* NOTE – 400 Free will swim fast to slow

# 2023 Central Region 'A' Championships

Rev 1 – Comp Coordinators added Rev 2 – session time changes

Rev – session time changes

## SUNDAY FINALS

Warm-up: 4:00 pm

Start: 5:00 pm

<b>WOMEN</b>		<b>EVENTS</b>	<b>MEN</b>	
<u>Event</u>	<u>Age</u>		<u>Event</u>	<u>Age</u>
59	13	200 IM	60	13
	14			14
	15			15
	16&O			16&O
61	13	100 BREAST	62	13
	14			14
	15			15
	16&O			16&O
63	13	100 BACK	64	13
	14			14
	15			15
	16&O			16&O