

## 2017 Summer Championship Formats

### **Age Group Championships**

Date: 7/21-23

Location: TBD at HOD

P/F Friday, Saturday, Sunday.

Time standards. NAG B 10&U, 11-12, 13-14.

2 relays per team can score, unlimited entries of relays per team.

2 relay only per gender per age group

A/B Finals by age group: 10U, 11-12, 13-14

Warm up procedure: 11-14 45 minute warm up followed by 10U 30 min warm up. Finals warm up will not begin before 445pm. Meet directors have discretion to change warm up times if timeline is projected past 8pm.

Time Trials after prelims, relay only swimmers are eligible for time trials, time trial events count for total events per day. Time trials must have B time or faster in the Time Trial event.

There will be a ready room and parade for the A final of all finals events.

Awards will be given for top 10 individuals and top 3 relays of all events.

Score top 20 individual and relay finishers, Award top 3 combined places, High Point and Runner-up individual swimmers per age group and gender.

Events:

10U: 50/100/200/400 free, 50/100 back, 50/100 breast, 50/100 fly, 200IM, 200 Free Relay, 200 Medley Relay

11-12: 50/100/200/400/800/1500 free, 50/100/200 back, 50/100/200 breast, 50/100/200 fly, 200/400IM, 200 Medley Relay, 200 Free Relay, 400 Free Relay, 400 medley relay

13-14: 50/100/200/400/800/1500 free, 50/100/200 back, 50/100/200 breast, 50/100/200 fly, 200/400IM, 200 Medley Relay, 200 Free Relay, 400 Free Relay, 400 Medley Relay

### **Senior Champs**

Date: July 28-30

P/F Friday, Saturday, Sunday

All relays swum at prelims. No limit to relay entries but only 2 relays may score.

2 heats of finals in all events except 50 fly/50 back/50 breast which are timed finals swum at prelims.

Score A/B finals swimmers.

Time Trials will be held between prelims and finals.

There will be no podium and awards will be given to top 2 girls teams/boys teams/combined teams.

Time Standards. NAG B 15-16. 14&unders may participate if they have achieved the 13-14 'AAA.' Time standards may be achieved in SC or LC.

#### Events

Open: 50/100/200/400/800/1500 free, 50/100/200 back, 50/100/200 breast, 50/100/200 fly, 200/400IM

Relays: Girls 400 Free Relay, Girls 400 Medley Relay, Boys 400 Free Relay, Boys 400 Medley Relay, Mixed 400 Medley Relay, Mixed 400 Free Relay