

2023 Lake Erie Summer Long Course Junior Olympics

Eligibility: 14 & Under

Date: July 20-23

Location: Cleveland State University

Host: LESI

	11-14	10U
Thursday	Timed Finals 400 IM 1500 Free	Timed Finals 200 IM 400 Free
Friday-Sunday	Prelims/Finals	Timed Finals
Finals	11-12 Top 9 13-14 Top 18	All Heats/Relays @ Finals
Timed Standards *NT not accepted; times must be in SWIMS	2021-2024 NAG 'BB' and faster	2021-2024 NAG 'B' and faster
Bonus *NT not accepted; times must be in SWIMS	1 cut=1 bonus for 200 events and shorter	1 cut=1 bonus for 200 events and shorter
Relays	Teams may enter 2 relays; both can score Teams may bring up to 2 relay-only swimmers to fill out A relays only	Teams may enter 2 relays; both can score Teams may bring up to 2 relay-only swimmers to fill out A relays only
Relay-only Bonus *NT not accepted; times must be in SWIMS	Relay-only swimmers may swim 1 bonus event on the day of their relay, 50 or 100 meter events only	Relay-only swimmers may swim 1 bonus event on the day of their relay, 50 or 100 meter events only
Individual/Relay Awards	Top 9 Individual Top 5 Relays	Top 9 Individual Top 5 Relays

Scoring: Top 18

Time Trials: Time Trials may be offered

Team Awards: Top 3

Individual High Point & Runner Up by Age Group & By Gender

Deck Entries: Space Available Basis