

WESTERN REGION LONG COURSE CHAMPIONSHIPS

MAY 31-JUNE 2, 2024

GENERAL INFORMATION

Host

Windsor Aquatic Club

Venue Information

Windsor International Aquatic and Training Centre

401 Pitt St West, Windsor Ontario, N8A 0B2

10 lane 50 Competition Pool

6 lane 25m Warm Down Pool (available for the 13 & Over competition periods)

Omega Quantum Electronic Timing System

Spectator seating will be upstairs on the mezzanine level.

GLASS CONTAINERS are strictly prohibited in and around the deck area.



The only meet package which will be considered as valid must be the most current version found on www.swimming.ca

KEY DATES

Meet Entry Deadline

Initial entry files (roster) must be received by midnight May 10th, 2024. Timeline adjustments will be made based on entries to ensure session length does not exceed 4.5 hours.

Final entry files (roster) must be submitted by **midnight May 17th, 2024.** After that time, fees will be calculated; no refunds will be granted for missed swims. Entries after May 17, 2024, will be at the discretion of the Entries Coordinator.

All entries inquiries or requests to change entries must be emailed to the Entries Coordinator.

Meet Information

Meet details will be available at www.windsoraquatic.com. Psych Sheets & session timelines will be available after May 28, 2024.

Event apparel will be available for pre-order only. Information will be sent to coaches and available on the host team website.

Pre-Event Training

Pre-Event Training will be available Thursday, May 30, 2024 6-8pm.

Competition Times

12&Under – ALL events timed finals, Friday, Saturday, Sunday afternoon sessions

13&Over – Events are Prelims/Finals with exceptions for Relays, 400IM
Prelims in AM, top 10 in **each age group** going to Finals
Fastest Heats of Relays, 400IM & 400Free will swim in Finals

Meet Management reserves the right to split or change warm up and start times for sessions.

Cancellation

In the event of unforeseen circumstances beyond the control of the City of Windsor or Windsor Aquatic Club, force the cancellation of all or part of the meet, a partial refund may be granted at the discretion of the Meet Manager.

ORGANIZING COMMITTEE

Competition Coordinator:	Ben Balkwill, Level V – ben.balkwill@gmail.com
Meet Manager:	Laura Bates, Level III – vp@windsoraquatic.com
Entries Coordinator:	Sherry Gibson, Level III – sherry@windsoraquatic.com
Minor Officials Coordinator:	Natalie Keirl, Level II – officials@windsoraquatic.com

Officials

It would be appreciated if each club would provide some officials to help with the meet. Anyone interested in officiating can email officials@windsoraquatic.com or by contacting the Competition Coordinator. WAC is happy to support aspiring senior officials to get the experience they are seeking. Officials requesting a senior position or an evaluation, please contact the Competition Coordinator directly.

SAFE SPORT

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 [Swim Ontario Concussion Management](#) the [Swimming Canada Event Photography and Videography](#) and the Swim Ontario Event Photography procedures will be in effect. For complete details click [HERE](#).

Coaches are responsible for their swimmers' conduct and knowledge of the Safety Procedure Rules. Before arrival, coaches are responsible to inform their swimmers of the Safety Rules as contained in this package, to ensure the athletes' adherence to their rules and to discipline the athletes behavior if necessary.

Meet Officials will provide a safe environment and an organized competition. Meet Officials are NOT responsible for the supervision of the athletes during the competition and especially during session breaks.

ELIGIBILITY

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.

Entry is limited to swimmers in the **Western** Region Clubs and be in good standing.

QUALIFYING STANDARDS

WESTERN Region qualifying times can be found in Appendix B of the Meet Information Package.

Stroke 50 events (Fly, Back, Breast) are NOT eligible for use in qualifying standards for this meet. Stroke 50 events can ONLY be used as bonus swims.

It is incumbent on the coaches to make sure over-qualified swimmers are entered in events as EXHIBITION, whether de-qualification was in SC or LC.

No limitation on the number of events entered, providing qualifying criteria, has been met.

Except for relays, swimmers must swim in the proper age group, no swimming up is permitted. Swimming “up” is only permitted on relays per SNC rules. A maximum of 2 swimmers may swim up for a relay team.

Restrictions

Any 12 & under swimmer qualifying for Ontario Festivals Championships & Any 13 & over swimmer qualifying for Ontario Swimming Championships, may swim the event as EXHIBITION in their current age group.

EXHIBITION swims are not eligible to score and are excluded from awards and finals.

A coach who has a swimmer over-qualified by age, after the entry deadline has passed, must email meet management to either withdraw the swimmer(s) or ensure the swimmer is identified as EXHIBITION for that event. The swimmer may be placed in an alternate event with NO PENALTY, provided there is an open lane. If no open lane exists, the swimmer will be refunded for the event. A new heat will not be created.

Stroke 50's (50 fly, 50 back & 50 breast) will use the Swim Canada National Eastern/Western Standard for de-qualification.

Bonus Swims

Any swimmer qualifying in one (1) or more events using the Western Region Qualifying Standards is eligible to enter bonus swims until they are entered in a maximum of 3 events per day.

The 400 IM and 400/800/1500 Free may not be used as bonus events.

All bonus swims must be entered with a ‘B’ indicator following the seedtime. To facilitate the most efficient swim sessions, coaches are requested to enter actual times for bonus swims and NOT enter them as NT.

Meet Management reserves the right to limit Bonus Swim, slowest to fastest, if necessary to meet session time limits.

Age Groups

A competitor's age is their age as of the first day of competition, Friday May 31, 2024

Male and Female

Individual: 10&Under; 11; 12; 13; 14; 15; 16&Over; PARA

Relays: 10&Under; 11-12; 13-14; 15&Over

ENTRY FEES & INFORMATION

Entry Fees

Individual Events (400m or less)	\$15.00
Distance Events (800/1500m)	\$18.00
Relay Events	\$20.00 per team
Swimmer Surcharge	\$7.00 per swimmer

Cheques/Payments and Club Information Sheets (Appendix C) must be completed and submitted with signed copy of Team Entry Report before the Team's first warm up at the meet.

Cheques are payable to **Windsor Aquatic Club** or **e-transfer** to accounts@windsoraquatic.com

Entry Process

All entries must be in Hy-Tek accepted format and must be submitted through the SNC online entries system at www.swimming.ca . Meet Management will not accept entries via any other means. Only appropriate and complete event files with appropriate entry times will be accepted.

Each Swimmer is limited to 3 individual event entries per session. Entries must include all attending coaches. No deck entries will be permitted.

Coaches will be sent confirmation in the form of an entry list once your club's entries have been finalized.

PARA Qualifying Standards and Events

There are NO qualifying / De-qualifying standards for Paralympic Athletes.

PARA events are as follows:

50 Free S1-S14, 100 Free S1-S14, 200 Free S1-5 & S14, 400 Free S6-S13

50 Back S1-S5, 100 Back S1-S14

50 Breast S2-S3, 100 Breast S1-S14

50 Fly S1-S7, 100 Fly S8-S14

150 IM SM1-SM4, 200IM SM5-SM14

PARA 400 Free S6-S13 will be timed finals.

Age Group Event Seeding & Finals

Times are to be submitted without conversion.

All preliminary heats will be seeded by time, slowest to fastest, as per SW3.1 with fastest 3 heats circle seeded regardless of age. Management reserves the right to combine age groups/events if time requires, and the right to split preliminary session age categories to ensure proper session lengths.

All 12 & Under events will be timed finals.

13 & Over preliminaries will swim combined age groups and will be separated into designated age groups for finals.

All Relays, 400/800/1500 Free Events and the 400 IM will be timed finals and swum as combined ages groups.

The 400 Free, 800 Free & 1500 Free will swim fastest to slowest and will be timed finals. Meet Management reserves the right to alternate genders.

The 400 IM will swim slowest to fastest and will be timed finals.

The top 10 swimmers in Age Group events for male and female 13, 14, 15, 16 & Over will swim in Finals. Preliminary events with less than 11 swimmers will still swim and not go straight to finals.

The fastest heats of 400s and relays will swim in Finals.

PARA Event Seeding & Finals

In PARA swimming events with five (5) or more entries, Paralympic swimmers will compete in Age Group events during the preliminaries, seeded by time, then compete in a PARA swimming final during final sessions. (Once the event has been completed, the results will be moved into the 400 series event).

In PARA events with fewer than five (5) entries, the event will be mixed gender paralympic-swimmer only timed finals during the preliminary session.

Paralympic athletes that have the Western Region standard in any event may enter that event as Age Group. A Paralympic athlete may swim as either Age Group or PARA in any event they qualify for, but not both.

PARA only events will be in the series 400+, see event file.

Coaches must indicate each PARA classification with their entries: This includes Paralympic swimmers entered in Age Group events; and/or Paralympic swimmers entered in PARA 400+ series events.

Paralympic swimmers 12&Under – PARA events only: Paralympic swimmers will swim in the 12&Under session with their peers in the Age Group events. These results will be moved to the 400+ series PARA events for scoring.

Swim-offs

All swim-offs will be conducted during the preliminary session in which the tie took place at a time mutually agreed upon by the coaches and officials.

Swim-offs required because of scratches will occur at the start of the finals session in which the event is to take place.

Swimmers may decline the swim-off without penalty.

Relays

Each Club is limited to 2 relay teams per club per relay event. Relay-Only swimmers are not permitted.

A mixed relay must have 2 girls and 2 boys. No other combination is allowed.

Relay sheets are to be obtained during warm-up, verified, and submitted back to meet management **45 minutes** prior to the start of relay events.

Scratches

Swimmers will not be penalized for scratching from preliminary/timed finals heats.

FINALS Scratch Deadline: 30 minutes after the end of the preliminary session.

Coaches are requested to submit scratches as soon as possible so that eligible swimmers can be notified and/or determine if a 'swim-off' is required.

Once heat sheets are printed for finals, the No SHOW fee will only apply to the top 10 swimmers in each final, and 2 alternates listed.

Scratches must be submitted on the appropriate scratch form. E-mailed scratches will not be accepted. Forms are available at the Admin Desk.

Positive Check-In is required for the 400 Free, 800 Free, 1500 and 400 IM event **30 minutes** prior to the session start at the Admin Desk.

Coaches are to ensure all their swimmers know they are in finals. This will be applied to swimmers that place 15th or higher. Coaches are to scratch swimmers up to and including 15th place.

Scratches include No Shows and Step-Downs.

The timely arrival of all 10 swimmers for FINAL heats is important. Alternatives are asked to report to the Admin Desk. Failure to arrive before a swimmer's heat is sent behind the blocks by the Clerk of Course will count as a no show, the alternate will swim, and the penalty as described below will apply.

Coaches are asked to consider entering Athletes who will not be available for Finals as Exhibition in the morning preliminary events.

Penalty

Finals "No Show" Fee – A \$25 penalty will be charged per "no show", per event. The swimmer will NOT be permitted to swim in any further events until the penalty is paid. The penalty will be payable to the host club.

COMPETITION INFORMATION

All current Swimming Canada rules will be followed.

No session will be longer than 4.5 hours. Meet Management may combine age groups if time limitations are warranted.

Management reserves the right to cancel relay events or limit bonus events should sessions run late.

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Ontario. It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

Deaf or Hard of Hearing Swimmers

This competition can provide the following accommodations for swimmers who are Deaf or Hard of hearing:

- Non-verbal instruction provided by a support person duly registered in the RTR.
- An external strobe light.

Coaches are asked to request accommodation when their entry file is submitted to ensure that accommodations are in place prior to event.

Warm-Safety Procedures

Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) and Swim Ontario warm-up safety rules will be in effect. Details [HERE](#)

Depending on swimmer count in each session, any Warm-Ups may be split in to 2 parts. Sprint lanes (lanes 0,1 and 8,9) will be available for the last 20 minutes of warm-ups. These lanes will be used for Sprinting and are designated as diving lanes. After the dive the swimmer must

leave the lane and return to the start end. Additional diving lanes may be opened at the discretion of Meet Management. **Coaches are asked to request designated PARA warm up lanes in advance if required otherwise paralympic athletes will swim in the general warm-up.**

Starts

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.16.1.4 and 4.1, Swimming Canada C16.1.4.1, C4.1.1 & C4.1.2.

Backstroke Ledges

Backstroke ledges will be available for use in all sessions. Swimmers shall be responsible for setting the device.

Official Splits

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 at least 30 minutes prior to the commencement of the session in which the event will take place.

An 'Official Split' also requires that coaches complete an "Official Split Request" form prior to the session.

The split for the lead-off leg in relays will still be regarded as an official split and therefore no request by coaches is needed for relays. However, in the 'mixed gender' relays, lead-off times/splits are not considered "official splits" as per international practice.

Final sessions are not eligible for official splits.

Records

Coaches are asked to inform Meet Management of any potential Swimming Canada and/or Swim Ontario record attempts.

Swim Canada has a completed certified pool length survey for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial or national records.

Mixed Gender

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.

In spite of these exceptions, any swimmer who achieves a record time at a competition that recognizes records at any level (regionals, 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 ensures that the swimmer competes with competitors of the same gender for his/her heat.

In the event that mixed gender swims are permitted, the results must still be posted separately by the gender of the swimmers.

COACH REGISTRATION

Meet management will cross reference the **list of coaches and required support staff submitted with entries** at this competition with the [Swim Ontario Compliance lists](#). If a coach or support staff

is not on this list, meet management is obligated to enforce the Swimming Canada policy and not permit that individual to attend the meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

AWARDS & SCORING INFORMATION

Awards

Age Group Events

Medals 1st TO 3rd - individual events; 1st for Relay events.

Ribbons 4th TO 8th - individual events; 2nd & 3rd for Relay events.

PARA Events

Medals will be awarded in IPC eligible events only using PARA British Points System and shall be awarded on a “mixed gender” basis to the top 3 swimmers in each event. In order to award gold, there must be at least 2 competitors, to award silver there must be at least 3 competitors and to award bronze there must be at least 4 competitors in the event.

Meet Scoring

All Individual and Relay Events will be scored from 1st – 8th place: 9-7-6-5-4-3-2-1

If there are fewer than 8 entrants, the event will be “Reversed-scored” (For example, if there are 4 entrants, the event will be scored 4-3-2-1)

PARA event scoring will be based on the number of entrants and will be scored the same as Age Group events.

Result times that are slower than the qualifying time for the event are still eligible for scoring.

Results

Unofficial LIVE Results will be available as soon as possible at www.windsoraquatic.com and on Meet Mobile. Priority will be given to running the meet over ensuring unofficial results are available.

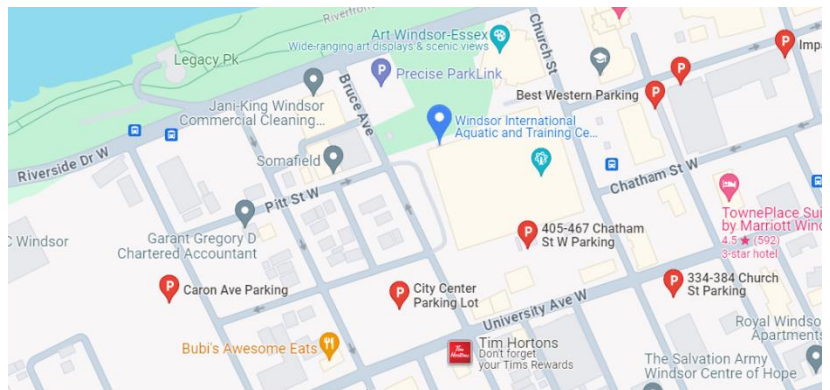
Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca

SITE INFORMATION

Parking is available at the facility for a fee.

Lockers will be available for this event for coaches & volunteers in the family changerooms. Athletes may use their gender designated changerooms. Bring your own lock. No overnight locks permitted.

LySports and Booster Juice will be available in the lobby.



EVENT PHOTOGRAPHY/VIDEOGRAPHY

In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Ontario sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. Only individuals that have made an application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access and permission to do so.

Please contact Meet Manager for an application and authorization.

SESSION TIMELINES

Session		Warm-up	Start	Age Group
Friday May 31, 2024	1	7:00 am	8:00 am	13 & Over
	2	12:30 am	1:30 pm	12 & Under
	3	5:00 pm	6:00 pm	Finals
Saturday June 1, 2024	4	7:00 am	8:00 am	13 & Over
	5	12:30 pm	1:30 pm	12 & Under
	6	5:00 pm	6:00 pm	Finals
Sunday June 2, 2024	7	7:00 am	8:00 am	13 & Over
	8	12:30 pm	1:30 pm	12 & Under
	9	5:00 pm	6:00 pm	Finals

APPENDIX A

Event List

Session 1: 13 & Over Warm-up: 7:00 am
 Friday May 31, 2024 Prelims & Timed Finals Start: 8:00 am

Event #	Women	Event	Men	Event #
401	PARA Mixed S5-S14	200 IM	PARA Mixed S5-S14	401
402	PARA Mixed S1-S4	150 IM	PARA Mixed S1-S4	402
1	13 & Over	200 IM	13 & Over	2
403	PARA Mixed S1-S14	100 Free	PARA Mixed S1-S14	403
3	13 & Over	100 Free	13 & Over	4
405	PARA Mixed S1-S5	50 Backstroke	PARA Mixed S1-S5	405
5	13 & Over	50 Backstroke	13 & Over	6
7	13 & Over	200 Butterfly	13 & Over	8
409	PARA Mixed S8-S14	100 Breaststroke	PARA Mixed S8-S14	409
9	13 & Over	100 Breaststroke	13 & Over	10
101	13-14	4x50 Medley Relay*	13-14	102
103	15 & Over	4x50 Medley Relay*	15 & Over	104
411	PARA Mixed S6-S14	400 Free	PARA Mixed S6-S14	411
11	13 & Over	400 Free*	13 & Over	12

*Fastest Heat will race in Finals

Session 2: 12 & Under Warm-up: 12:30 pm
 Friday May 31, 2024 Timed Finals Start: 1:30 pm

Event #	Women	Event	Men	Event #
201	11 & 12	400IM	11 & 12	202
203	10 & Under	100 Free	10 & Under	204
205	11	100 Free	11	206
207	12	100 Free	12	208
209	10 & Under	50 Backstroke	10 & Under	210
211	11	50 Backstroke	11	212
213	12	50 Backstroke	12	214
215	11	200 Butterfly	11	216
217	12	200 Butterfly	12	218
219	10 & Under	100 Breaststroke	10 & Under	220
221	11	100 Breaststroke	11	222
223	12	100 Breaststroke	12	224
301	10 & Under	4x50 Medley Relay	10 & Under	302
303	11 – 12	4x50 Medley Relay	11 – 12	304
225	12 & Under	400 Free	12 & Under	226

Session 3:
Friday May 31, 2024

13 & Over
Finals

Warm-up: 5:00 pm
Start: 6:00 pm

Event #	Women	Event	Men	Event #
1	13,14,15,16&Over	200 IM	13,14,15,16&Over	2
3	13,14,15,16&Over	100 Free	13,14,15,16&Over	4
5	13,14,15,16&Over	50 Backstroke	13,14,15,16&Over	6
7	13,14,15,16&Over	200 Fly	13,14,15,16&Over	8
9	13,14,15,16&Over	100 Breast	13,14,15,16&Over	10
11	13&Over	400 Free	13&Over	12
101	13-14	4x50 Medley Relay	13-14	102
103	15&Over	4x50 Medley Relay	15&Over	104

Session 4:
Saturday, June 1, 2024

13 & Over
Prelims & Timed Finals

Warm-up: 7:00 am
Start: 8:00 am

Event #	Women	Event	Men	Event #
13	13 & Over	200 Breaststroke	13 & Over	14
415	PARA Mixed S1-S7	50 Butterfly	PARA Mixed S1-S7	415
15	13 & Over	50 Butterfly	13 & Over	16
417	PARA Mixed S1-S14	100 Backstroke	PARA Mixed S1-S14	417
17	13 & Over	100 Backstroke	13 & Over	18
419	PARA Mixed S1-5 & S14	200 Free	PARA Mixed S1-5 & S14	419
19	13 & Over	200 Free	13 & Over	20
105	13 – 14	4x50 Free Relay*	13-14	106
107	15 & Over	4x50 Free Relay*	15 & Over	108
21	13 & Over	1500 Free	13 & Over	22

*Fastest Heat will race in Finals

Session 5:
Saturday, June 1, 2024

12 & Under Timed
Finals

Warm-up: 12:30 pm
Start: 1:30 pm

Event #	Women	Event	Men	Event #
227	11	200 Breaststroke	11	228
229	12	200 Breaststroke	12	230
231	10 & Under	50 Butterfly	10 & Under	232
233	11	50 Butterfly	11	234
235	12	50 Butterfly	12	236
237	10 & Under	100 Backstroke	10 & Under	238
239	11	100 Backstroke	11	240
241	12	100 Backstroke	12	242
243	10 & Under	200 Free	10 & Under	244
245	11	200 Free	11	246
247	12	200 Free	12	248
305	10 & Under	4x50 Free Relay	10 & Under	306
307	11-12	4x50 Free Relay	11-12	308
249	11-12	800 Free	11-12	250

Session 6:
Saturday, June 1, 2024

13 & Over
Finals

Warm-up: 5:00 pm
Start: 6:00 pm

Event #	Women	Event	Men	Event #
13	13,14,15,16&Over	200 Breaststroke	13,14,15,16&Over	14
15	13,14,15,16&Over	50 Butterfly	13,14,15,16&Over	16
17	13,14,15,16&Over	100 Backstroke	13,14,15,16&Over	18
19	13,14,15,16&Over	200 Free	13,14,15,16&Over	20
105	13-14	4x50 Free Relay	13-14	106
107	15&Over	4x50 Free Relay	15&Over	108

Session 7:
Sunday June 2, 2024

13 & Over
Prelims & Timed Finals

Warm-up: 7:00 am
Start: 8:00 am

Event #	Women	Event	Men	Event #
23	13 & Over	400 IM*	13 & Over	24
425	PARA Mixed	50 Free	PARA Mixed	425
25	13 & Over	50 Free	13 & Over	26
27	13 & Over	200 Backstroke	13 & Over	28
429	PARA Mixed S2-S7	50 Breaststroke	PARA Mixed S2-S7	429
29	13 & Over	50 Breaststroke	13 & Over	30
431	PARA Mixed S8-S14	100 Butterfly	PARA Mixed S8-S14	431
31	13 & Over	100 Butterfly	13 & Over	32
109	13 -14	4x50 Mixed Medley Relay*	13-14	109
110	15 & Over	4x50 Mixed Medley Relay*	15 & Over	110
33	13 & Over	800 Free	13 & Over	34

*Fastest Heat will race in Finals

Session 8:
Sunday, June 2, 2024

12 & Under
Timed Finals

Warm-up: 12:00 pm
Start: 1:00 pm

Event #	Women	Event	Men	Event #
251	10 & Under	200 IM	10 & Under	252
253	11	200 IM	11	254
255	12	200 IM	12	256
257	10 & Under	50 Free	10 & Under	258
259	11	50 Free	11	260
261	12	50 Free	12	262
263	10 & Under	200 Backstroke	10 & Under	264
265	11	200 Backstroke	11	266
267	12	200 Backstroke	12	268
269	10 & Under	50 Breaststroke	10 & Under	270
271	11	50 Breaststroke	11	272
273	12	50 Breaststroke	12	274
275	10 & Under	100 Butterfly	10 & Under	276
277	11	100 Butterfly	11	278
279	12	100 Butterfly	12	280
309	10 & Under	4x50 Mixed Medley Relay	10 & Under	309
310	11-12	4x50 Mixed Medley Relay	11-12	310

Session 9:
Sunday, June 5, 2022

13 & Over
Finals

Warm-up: 5:00 pm
Start: 6:00 pm

Event #	Women	Event	Men	Event #
109	13-14	4x50 Mixed Medley Relay	13-14	109
110	15&Over	4x50 Mixed Medley Relay	15&Over	110
23	13,14,15,16&Over	400IM	13,14,15,16&Over	24
25	13,14,15,16&Over	50 Free	13,14,15,16&Over	26
27	13,14,15,16&Over	200 Backstroke	13,14,15,16&Over	28
29	13,14,15,16&Over	50 Breaststroke	13,14,15,16&Over	30
31	13,14,15,16&Over	100 Butterfly	13,14,15,16&Over	32

APPENDIX B

Western Region Qualifying Time Standards

WOSA 2023-2024 Standards							
Long Course							
FEMALE	10&U	11	12	13	14	15	16&O
50 FR	41.94	37.14	35.39	32.11	31.54	31.08	30.88
100 FR	1:33.01	1:21.24	1:16.59	1:09.53	1:08.05	1:07.30	1:06.89
200 FR	3:24.88	2:57.55	2:47.10	2:31.03	2:27.72	2:27.29	2:24.49
400 FR	7:09.14	6:21.70	5:56.96	5:21.20	5:12.72	5:10.97	5:06.83
800 FR		13:02.13	12:05.27	11:03.52	10:53.76	10:47.46	10:34.15
1500 FR				21:11.71	20:53.01	20:38.84	20:15.43
100 BK	1:46.37	1:33.41	1:27.60	1:18.47	1:17.13	1:16.02	1:14.87
200 BK	3:49.77	3:19.60	3:07.99	2:49.37	2:45.07	2:43.24	2:41.88
100 BR	2:00.36	1:47.92	1:41.54	1:29.91	1:28.84	1:28.15	1:27.67
200 BR		3:50.93	3:37.00	3:13.69	3:11.27	3:10.70	3:09.22
100 FL	1:52.44	1:36.89	1:29.93	1:18.27	1:17.04	1:15.87	1:14.88
200 FL		3:42.81	3:24.24	2:57.76	2:54.63	2:53.27	2:47.76
200 IM	3:53.27	3:23.81	3:12.03	2:53.17	2:48.38	2:46.64	2:44.19
400 IM		7:09.36	6:44.09	6:05.92	6:02.80	5:52.70	5:50.44
MALE	10 & U	11	12	13	14	15	16&O
50 FR	41.72	37.43	34.58	30.46	29.56	29.02	27.94
100 FR	1:34.83	1:22.39	1:16.01	1:06.67	1:04.38	1:02.87	1:00.87
200 FR	3:31.05	3:01.03	2:45.94	2:26.01	2:21.58	2:16.98	2:13.03
400 FR	7:20.08	6:28.77	5:58.14	5:12.51	5:02.78	4:54.49	4:47.55
800 FR		13:38.10	12:14.56	10:52.58	10:35.42	10:16.72	10:00.04
1500 FR				20:58.83	20:18.18	19:42.35	19:10.37
100 BK	1:49.41	1:34.57	1:28.77	1:16.02	1:13.94	1:12.02	1:08.90
200 BK	4:00.70	3:24.24	3:08.56	2:44.29	2:40.19	2:36.48	2:29.81
100 BR	2:05.21	1:50.24	1:40.96	1:27.30	1:24.10	1:23.16	1:19.46
200 BR		4:01.37	3:37.00	3:08.45	3:03.36	3:00.75	2:53.14
100 FL	1:57.93	1:39.79	1:29.35	1:16.00	1:12.83	1:10.57	1:08.21
200 FL		4:09.49	3:27.71	2:51.46	2:48.07	2:43.52	2:33.41
200 IM	3:56.96	3:26.17	3:12.03	2:46.65	2:40.63	2:36.55	2:31.81
400 IM		7:38.37	6:52.34	5:54.75	5:45.38	5:39.94	5:31.80

WOSA 2023-2024 Standards							
Short Course							
FEMALE	10&U	11	12	13	14	15	16&O
50 FR	41.12	36.41	34.69	31.47	30.92	30.47	30.27
100 FR	1:31.18	1:19.64	1:15.09	1:08.17	1:06.72	1:05.98	1:05.58
200 FR	3:20.86	2:54.08	2:43.82	2:28.07	2:24.83	2:23.52	2:21.65
400 FR	7:00.73	6:14.22	5:49.97	5:14.90	5:06.59	5:04.88	5:00.82
800 FR		12:46.79	11:51.05	10:50.51	10:40.95	10:33.68	10:21.72
1500 FR				20:46.77	20:28.44	20:14.55	19:51.60
100 BK	1:44.29	1:31.58	1:25.90	1:16.93	1:15.61	1:14.53	1:13.40
200 BK	3:45.26	3:15.68	3:04.31	2:46.05	2:41.83	2:40.04	2:38.70
100 BR	1:58.00	1:45.81	1:39.55	1:28.15	1:27.09	1:26.43	1:25.95
200 BR		3:46.40	3:32.74	3:09.89	3:07.52	3:06.96	3:05.52
100 FL	1:50.24	1:35.00	1:28.18	1:16.73	1:15.54	1:14.38	1:13.41
200 FL		3:38.44	3:20.23	2:54.27	2:51.20	2:49.87	2:44.47
100 IM	1:43.53						
200 IM	3:48.69	3:19.82	3:08.27	2:49.77	2:45.07	2:43.37	2:40.96
400 IM		7:00.94	6:36.17	5:58.74	5:55.69	5:45.79	5:43.56
MALE	10 & U	11	12	13	14	15	16&O
50 FR	40.35	36.70	33.90	29.87	28.97	28.45	27.39
100 FR	1:32.96	1:20.78	1:14.53	1:05.36	1:03.12	1:01.63	99.68
200 FR	3:26.91	2:57.47	2:42.69	2:23.15	2:18.81	2:14.30	2:10.43
400 FR	7:11.45	6:21.15	5:51.12	5:06.38	4:56.84	4:48.72	4:41.91
800 FR		13:22.06	12:00.16	10:39.78	10:22.95	10:04.63	9:48.27
1500 FR				20:34.15	19:54.30	19:19.16	18:47.81
100 BK	1:47.27	1:32.72	1:27.03	1:14.53	1:12.49	1:10.60	1:07.55
200 BK	3:55.98	3:20.23	3:04.87	2:41.06	2:37.05	2:33.41	2:26.87
100 BR	2:02.77	1:48.08	1:38.99	1:25.58	1:22.45	1:21.52	1:17.90
200 BR		3:56.63	3:33.74	3:04.76	2:59.76	2:57.21	2:49.74
100 FL	1:55.62	1:37.85	1:27.60	1:14.50	1:11.40	1:09.18	1:06.87
200 FL		4:04.61	3:23.65	2:48.09	2:44.77	2:40.31	2:30.40
100 IM	1:45.81						
200 IM	3:52.32	3:22.13	3:08.27	2:51.05	2:37.49	2:33.48	2:28.83
400 IM		7:29.38	6:44.25	5:47.80	5:38.60	5:33.28	5:25.30

APPENDIX C

Club Information Sheet for Coaches and Support Staff

Please fill out this form and return with payment by first day of the meet.

Club: _____

Club Mailing Address: _____

Club Phone #: _____

13& Over Lead Coach: _____

Cellphone #: _____

Email address: _____

12U Lead Coach: _____

Cellphone #: _____

Email address: _____

Other Coaches/Staff: _____
