

2023 SOUTH CAROLINA SHORT COURSE SENIOR LSC CHAMPIONSHIP

Date of Meet February 9-12, 2023

Meet Sanction: Held under the sanction of USA Swimming issued by SC Swimming:

Sanction Number: SC2361SCY & SC2362TT

Meet Host: South Carolina Swim Club

Meet Director:Laurie Morrinscscmanager@swimscsc.com843-849-4250Meet Referee:Aimee McMillanaimeeemcmillan@gmail.com704-504-5996AdministrativeVictoria Culbertsonmeet.support@sportstiming.com843-628-5486

Referee:

Meet Entries to:Victoria Culbertsonmeet.support@sportstiming.com843-628-5486Safety Marshal:Eric Laneelane@swimscsc.com843-849-4250Madison Kennedymkennedy@swimscsc.com843-849-4250

Facility: North Charleston Aquatic Center

8610 Patriot Blvd

North Charleston, SC 29420

Indoor 20-lane 25-yard competition pool with a moveable bulkhead and 8-lane 25-yard warm down pool with non-turbulent lane lines. The water depth of the competition course is seven (7) feet, measured from one (1) meter to five (5) meters, on the starting end of the course, and seven (7) feet, measured from one (1) meter to five (5) meters, at the turn end of the course. The water depth of the warm down course is six (6) feet, measured from one (1) meter to five (5) meters, on the starting end of the course, and four (4) feet, measured from one (1) meter to five (5) meters, at the turn end of the course. The competition course has not been certified in accordance with 104.2.2C

Lifeguards will be present for medical supervision.

Facility Rules:

NO smoking is allowed inside the facility NO coolers allowed inside the facility

NO glass containers allowed inside the facility

NO food or beverages allowed on deck, in the locker rooms or in spectator areas

NO folding chairs or seatbacks allowed in the facility. Bleacher seating will be available.

Spectators limited to designated areas

Reserving seats between sessions is prohibited

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.

Rules:

Meet to be conducted in accordance with the current USA Swimming and SC Swimming Rules and Regulations and information herein. Use of audio or visual recording devices, including a mobile phone, are not permitted in changing areas, rest rooms, or locker rooms. Recording devices are also not permitted behind the starting blocks. Deck changing is prohibited by USA Swimming and South Carolina Swimming. A first offense will result in the disqualification of the offending swimmer from the next scheduled event. The second offense for the same swimmer will result in the disqualification from the remainder of the meet.

MAAPP 2.0: All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

SWIMWEAR: No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet (USA Swimming rule 102.81.1.F.)

No equipment will be allowed in warm up.

Athlete Eligibility:

This competition is open to all qualified swimmers. All swimmers and clubs must be currently registered members of USA-Swimming and SC Swimming only. All USA Swimming registration numbers will be verified with SWIMS. Age is to be determined by the first day of the meet.

All swimmers entered must meet or exceed the South Carolina state meet qualifying standards in each event entered. All paralympic swimmers entered must meet or exceed the USA Swimming suggested LSC time standards in each event entered.

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 USA Swimming member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Image Release:

By attending or participating in this competition, you agree to be filmed and photographed by the host club approved photographer(s) and videographer(s) and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or SCLSC website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their club's head coach and the Meet Director prior to the start of the meet.

Entry Fees:

\$4.00 per individual event

\$8.00 per relay

\$28.00 pool fee per swimmer

\$7.00 per swimmer fee for electronic heat sheet

\$2.00 SCLSC Travel Fund/Program fee \$2.00 SCLSC Sports Development fee

\$1.00 Jennifer Smith Scholarship Fund

\$10.00 per time trial

Faxed entries will not be accepted. No late entries will be accepted. Deck entries will not be accepted.

\$10.00 per swimmer surcharge if entries are not submitted electronically.

Entry limit: All swimmers may swim up to eight (8) individual events total with a limit of three (3) individual events per day exclusive of relays. Section II.B.15 of the Policy and Procedures Manual of SCLSC provides "Swimmers may compete in not more than eight (8) individual events for any SCLSC State Championship meet, short-course yards, short-course meters or long-course meters." A swimmer that does not appear for a heat will be recorded as a No Show (NS) which will count as a swim. A Time Trial, exclusive of relays, is counted as an event.

Clubs may enter as many relays as desired. However, only two (2) relays per club will score and can receive awards.

No refunds will be given.

Meet Format:

Meet management reserves the right to adjust course breakdown and warm-up times based on number of entries. Meet Management also reserves the right to move an age group to another session based on the timeline and number of entries. Meet management reserves the right to utilize two courses, up to 10 lanes each for competition for any events as described below. Meet management reserves the right to insert breaks in the meet where necessary to allow athletes proper rest.

The host club may request timers from visiting clubs.

Lane assignments will be made for each preliminary session. All SCLSC and USA Swimming safety guidelines will be enforced.

All events, except those noted on the itinerary and below, will be conducted as Preliminary/Finals events with three heats of ten (10) returning for finals. The "C" heat for finals shall be a dedicated 16 & Under only heat. Heats will be contested in finals in the following order: "C" (protected 16 & Under heat), consolation "B" heat, and championship "A" heat.

The names of swimmers in each "A" championship heat will be attempted to be announced prior to the start of the event. The Meet Management committee will evaluate the timeline and determine whether names of swimmers in the "B" and "C" heats are announced when the swimmers are behind the blocks or whether they will be announced as swimmers are in the water.

The meet will be conducted according to this meet information and the SCLSC Policies and Procedures. A swimmer that misses their assigned heat will not be entered into another heat of that event unless circumstances are beyond the swimmer's control as determined by the meet referee and the swimmer may be allowed to swim.

Seeding will be done in order of SCY times, SCM times, and then LCM times. Times may not be converted.

The women's 1650 Freestyle and the men's 1000 Freestyle will be deck seeded and require a positive checkin thirty (30) minutes before the start of the session. These will be contested as timed finals events with the heats swum fastest to slowest and alternating women then men.

The 400 Individual Medley and 500 Freestyle events will be conducted as Preliminary/Finals events. These events will be deck seeded with the top two (2) women heats swimming (slow to fast, circle-seeded), followed by the top two (2) men heats (slow to fast, circle-seeded), and then the remaining heats will be competed alternating women then men, fast to slow. If two pools are utilized for these events, they will be contested as listed without alternating heats women and men as one gender will be in one pool and the other gender in one pool. There will be no "C" final events for these events.

The women's 1000 Freestyle and the men's 1650 Freestyle will be deck seeded and require a positive checkin thirty (30) minutes before the start of the session. These will be contested as timed finals events with the heats swum fastest to slowest and alternating women then men at the end of the preliminary session. The top heat of each event will swim at finals.

All relays will be at the end of Finals sessions. All relays will be deck seeded after positive check-in on the day of the relay. Positive check-ins for relays at night will close at the end of the preliminary session the day of the event.

Relay teams must meet the relay standard with aggregate times, if using swimmers not qualified in an individual event.

Scratch Rule:

Swimmers who do not intend to swim an event or must scratch down to the three events per day limit (8 total for the meet) or need to make room for a time trial should scratch by the indicated deadline. Scratch cards should be completed and deposited in the scratch box at Clerk of Course by the appropriate deadline.

There will be no penalty for not swimming in the seeded preliminary events 200 m or less or relays; it would be appreciated if a coach would inform Clerk of Course of any swimmers or relays scratching from the meet (SC Swimming Policies and Procedures XI.B.16.c).

The penalty for missing a deck-seeded event will result in being barred from the swimmer's next individual event. (SC Swimming Policies and Procedures XI.B.16.d)

Any swimmer not planning to swim during a finals session must scratch so those swimmers who would like to swim again may do so. The penalty for failure to show in a final or consolation final is being barred from the remainder of the meet (SC Swimming Policies and Procedures XI.B.16.e).

Exceptions for failure to compete – no penalty shall apply for failure to report or swim an event if (1) the meet referee is notified in event of illness or injury and accepts the proof thereof, (2) a swimmer qualifying for a final based upon the results of preliminaries notifies the meet referee within thirty (30) minutes of the announcement of the qualifiers for that final event that they may not intend to compete and further declares their final intentions within thirty (30) minutes following their last individual preliminary event, (3) a swimmer qualifying for a final event, as a result of scratches following announcement of the qualifiers based upon the results of preliminaries or failure of a qualifier to swim, or (4) if it is determined by the meet referee that failure to compete is caused by circumstances beyond the control of the swimmer

Swim Offs:

It is the coaches' and swimmer's responsibility to check for ties leading to swim-offs. Swim-offs will be swum immediately following the preliminary session or not more than 45 minutes after the last heat of any event in which any one of these swimmers is competing in that session. Any swimmer absent for a swim-off will be dropped to the lower place.

Time Trials:

Time Trials will be conducted after preliminaries, and/or after finals at the discretion of the Meet Referee. On the final day of the meet, any event longer than 500 yards will *not* be available for time trials. Time Trial fees must be paid upon entry at the Clerk of Course. Each swimmer swimming in a time trial is required to provide their own timer.

Time of the Meet:

All preliminary warm-ups will begin at 7:30 AM. All preliminary competition will begin at 9:00 AM.

Finals warm-ups will begin at 4:00 PM on Friday and Sunday; finals warm-ups will begin at 3:45 PM on Saturday with the Senior Recognition beginning at 4:45 PM. All finals competition will begin at 5:00 PM.

Meet management reserves the right to adjust warm-up and meet start times based upon the number of entries and timeline of the meet. Clubs will be notified of any changes in the timeline via e-mail.

Entries:

Entry Deadline: All entries must be received by 11:59 PM, Monday, January 30, 2023.

SC Swimming does not accept deck registrations. All swimmers entered must be registered at time of entry deadline.

All times must be listed to the 1/100th of a second. Entries must be submitted using a South Carolina State Meet Qualifying short course yard or long course meters time. Times must have been achieved on or after January 1, 2022, and prior to the entry deadline.

For all individual events, proof of time is necessary. Entry times will be checked against the SWIMS database. For these events, the meet entry coordinator will provide the LSC with a printout of the times that will need to be proved prior to the seeding of the meet.

In all SCLSC Championship Meets, nonconforming time entries shall be sent to the club by electronic mail (e-mail). The club shall have the opportunity to correct the entry if done so within 24 hours from email time stamp.

The meet host of the SCLSC State Championships shall post a preliminary meet psych sheet within 72 hours following the meet entry deadline. Coaches will then have 48 hours upon notice of the posting to review the psych sheet and notify hosting club of any corrections. Coaches cannot change athlete's events or times once entries are received by host club (except as currently stated in the P&P where non-conforming times can be changed within 24 hours of notification by the host club to the athlete's coach). Only omissions can be corrected at the published cost of the event.

Clubs should submit a single check payable to South Carolina Swim Club MPSC-PA for the full amount due. All fees must be paid prior to any swimmer entering the pool. Entry fees for events not swum will not be refunded nor will a credit be given.

Please use swimmer's full name, age, and sanctioned short course yard, short course meters, or long course meter times. Only entries using Standard Data Interchange (SDIF/SD3) format will be accepted. Clubs or individuals not submitting entries electronically will be subject to a \$10.00 per swimmer entry surcharge.

Go to www.hy-tekltd.com to download Team Manager II Lite if your club does not possess club management software. You must submit paper (pdf) back-up and your signed club summary sheet for verification.

Mail the completed meet entry summary sheet, check, and hard copies of entry summary to:

2023 SC SCSC Short Course Senior LSC Championship

Attn: Laurie Morrin PO Box 882

Mount Pleasant, SC 29465

Entries are to be uploaded at Sports Timing, Inc. Click on upcoming meets and select SC Senior Champs. Complete the form, upload your entry file and a PDF of your entries and click submit. You will receive an email confirmation. If you need to submit your entry files prior to the deadline, you are able to sumit a new form.

Questions, up to the deadline, can be addressed to Victoria Culbertson 843-628-5486, or Eric Lane 704-930-9710.

The Meet Director is not responsible for any club's entries.

Proof Of Time:

A fine of \$100.00 will be levied against the club (if unattached, against the swimmer) when a swimmer fails to swim a time equal to or faster than the qualifying standard for each event at the long-course or short-course State Championships and the club (or the swimmer if unattached) is unable to prove, using officials results, that he or she has met the qualifying standard in that event in a meet held since the last like-course State Championship. This fine must be paid (or the time must be proved) within 45 days from the date of notification. If the fine is not paid within the 45 days, it will be doubled. This notification will be made through an exception report that will be generated by the host club and sent with the meet results. The Administrative Vice-Chair will enforce the fines. If swimmers participate in a relay, and the relay fails to meet the qualifying standard, their club must demonstrate that the aggregate of the times of the four competing swimmers meets the relay qualifying standard. Otherwise, fines will be issued. Coaches are to submit Proof of Time with their entries. Be sure to select "Include Proof of Time" filter on the entry software.

Awards: Banner and rotating trophies: First place overall, men, and women

Plaques: Second and Third place overall

Individual Events: Medals for First through Tenth place

Relays: Medals for First through Third; Ribbons for Fourth through Tenth place High Point: Plaques for highest scoring male and highest scoring female

Scoring: Individual Events: 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1

Relay Events: 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2

Colorado timing system and data processing services provided by Sports Timing, Inc. There will be a

secondary semi-automatic timing system of two buttons per lane.

Coaches Eligibility:

Timing:

Coaches must check in at Clerk of Course and provide current coaching credentials to be permitted on deck. The USA Swimming app is an acceptable proof of USA Swimming membership. All coaches must be a current

member in good standing with USA Swimming.

Graduating Seniors

Please provide a list of all graduating seniors (see attached form at the end of the meet information.) Seniors will be recognized prior to the start of the finals sessions on Saturday, February 11, 2023. If this information is not received prior to the entry deadline, seniors will not be recognized in the heat sheet and will not receive the flowers (their names may be announced if provided in a timely manner.)

Other Information:

Coaches: A coaches meeting will be held fifteen minutes prior to the start of the Thursday session. The Meet Referee may call other coaches meetings as needed. One coach from each club may pick up the club's packet at Clerk of Course. Finals heat sheets, relay cards, and any announcements will be available at Clerk of Course.

Officials: Individuals wishing to officiate at this meet should apply online through the sc-swimming.org website officials portal. All officials must be currently registered as USA Swimming Non-Athlete members in good standing. Selections will be posted one week before the start of the meet. Walk-ins will not be accommodated.

The dress at the State Championship Meet will be a collared, white, sleeved SC Swimming shirt over navy for all officials on deck during prelim and timed final sessions. During the finals sessions on Friday, Saturday and Sunday, the dress is a collared red sleeved shirt over navy. No shorts at finals are allowed. (You will receive a red shirt if you have not previously. Additional shirts can also be purchased.) White shoes should be worn at all sessions; please, no open-toed shoes of any kind (sandals, flip flops, feet shoes or crocs) are allowed. If officials have any questions, please contact the Meet Referee.

Officials will meet one (1) hour before the start of each session in the officials room.

Officials are expected to work time trial sessions.

This meet will be an Officials Qualifying Meet. Officials interested in advancing their national level qualifications can obtain the following evaluations at this meet:

Stroke and Turn: N2/N3 Chief Judge: N2/N3i

Starter: N2 Deck Referee: N2

Administrative Referee/Official: N2

Officials desiring an evaluation must turn in a Request for Evaluation form, which can be found on the SC-Swimming website under the Officials tab. Send this form to the Officials Chair (officials@sc-swimming.org). Please make sure that you have the prerequisite sessions to request any evaluation before sending it to the Officials Chair.

Meet Eligibility Jury: A Meet Eligibility Jury will be formed by the Meet Referee after the entries have been received as deemed necessary. This jury will be comprised of three (3) individuals as follows: one coach, one athlete, and one official. This jury will meet and determine the outcome of any protests affecting the eligibility of any swimmer to compete or to represent any club/organization.

Meet Committee: A Meet Committee will be formed by the Meet Referee prior to the start of the first session of the meet. This jury will consist of not less than three (3) people and not more than five (5) persons, at least one of whom must be a coach and one an athlete.

Meet Management Committee: A Meet Management Committee shall be established by the Meet Referee prior to entry deadline for the meet and convened prior to publication of timelines. This committee will consist of five (5) persons: (a) one athlete designated by the Senior Athlete Representative; (b) the head coach of the host club; (c) the Meet Director; (d)the Meet Referee; and (e) one Board of Directors member, (Age Group Championship: Age Group Chair; Senior Championship: Senior Chair). If the respective chair for the meet is unavailable, a Board of Directors member shall be selected in the order of Coaches Representative, Senior or Age Group Chair, and Technical Planning Chair. There shall be no more than two members from the host club. Prior to the beginning of the meet, the Meet Management Committee must convene and make the decisions regarding timeline breaks or any other changes needed to run the meet in the most efficient manner. Once the meet begins, these decisions will revert to the Meet Referee.

Hospitality: Hospitality for coaches and officials will be provided.

Concessions: Vendors and concessions may be provided in the area outside the pool.

Alternate Contact: Eric Lane elane@swimscsc.com 704-930-9710

2023 SOUTH CAROLINA SHORT COURSE SENIOR LSC CHAMPIONSHIP

February 9-12, 2023

Held under the sanction of USA Swimming issued by SC Swimming Sanction Number: SC2361SCY & SC2362TT

Order of Events

Thursday February 9

Session 1: Timed Finals Warm-ups 4:00 pm Start 5:30 pm

Women		Men
1	200 Medley Relay	2
3	1650 Freestyle	
	1000 Freestyle	4
5	800 Freestyle Relay	6

Friday February 10

Session 2: Preliminaries Warm-ups 7:30 am Start 9:00 am

Women		Men
7	200 Freestyle	8
9	100 Breaststroke	10
11	200 Butterfly	12
13	50 Freestyle	14
15	400 Individual Medley	16

Session 3: Finals Warm-ups 4:00 pm Start 5:00 pm

women		ivien
7	200 Freestyle	8
9	100 Breaststroke	10
11	200 Butterfly	12
13	50 Freestyle	14
15	400 Individual Medley	16
17	200 Freestyle Relay	18

Saturday February 11

Session 4: Preliminaries Warm-ups 7:30 am Start 9:00 am

Women		Men
19	100 Backstroke	20
21	200 Breaststroke	22
23	100 Butterfly	24
25	500 Freestyle	26

Session 5: Finals Warm-ups 3:45 pm Start 5:00 pm

Women		Men
19	100 Backstroke	20
21	200 Breaststroke	22
23	100 Butterfly	24
25	500 Freestyle	26
27	400 Medley Relay	28

Sunday February 12

Session 6: Preliminaries Warm-ups 7:30 am Start 9:00 am

Women		Men
31	200 Individual Medley	32
33	100 Freestyle	34
35	200 Backstroke	36
29	1000 Freestyle	
	(Timed finals – Top heat at finals)	
	1650 Freestyle	30
	(Timed finals – Top heat at finals)	

Session 7: Finals Warm-ups 4:00 pm Start 5:00 pm

Women		Men
29	1000 Freestyle	
	(Timed finals - Top heat)	
	1650 Freestyle	30
	(Timed finals – Top heat)	
31	200 Individual Medley	32
33	100 Freestyle	34
35	200 Backstroke	36
37	400 Freestyle Relay	38

2023 SOUTH CAROLINA SHORT COURSE SENIOR LSC CHAMPIONSHIP FEBRUARY 9-12, 2023

 $Held\ under\ the\ sanction\ of\ USA\ Swimming\ issued\ by\ SC\ Swimming\ Sanction\ Number\ SC2361SCY\ \&\ SC2362TT$

Meet Entry Summary Sheet

Club Name			Abbreviation	າ	
Coach					
Club Contact Person					
Home/Cell Phone Number		Work	Phone Number		
E-Mail Address					
Club Mailing Address					
Club Mailing Address Number of Coaches Attending:	Thur	Fri	Sat	Sun	
Number of Individual Events	×\$4	1.00 each \$. <u></u>		
Number of Relay Events	× \$8.00) each \$			
Number of Swimmers	× \$28.0	00 Pool Surcha	rge fee \$		
Number of Swimmers	× \$7.00	DElectronic He	at Sheet \$		
Number of Swimmers	× \$4.00	O SC Swimming	g LSC Fees \$		
(SCLSC Travel Fund/Pro					
Number of Swimmers	× \$1.00) Jennifer Smit	h Scholarship Fee	\$	
I, the undersigned coach, or closed entry forms are register attached for verification purposed it is understood and agreed that by reason of injuries to anyone It is further understood that the less from any liabilities or claim	red with US ses. It USA Swir during the	onming shall be conduct of the colina LSC, SCS	A copy of the clu free from any lial e event. C, and Sports Timi	b's current USA Solities or claims for the first or grant the grant the first or grant the grant the first or grant the grant the first or grant the first or grant the grant the grant	Swimming roster is for damages arising ree and held harm-
event.				to anyone during	the conduct of the
Signature/Title				<u></u> -	
Mail check for the above amou	nt and sign	ed copy of this	s form to:		
2023 SC SCSC Short Course Sen Attn: Laurie Morrin PO Box 882	ior State C	hampionship N	Лееt		

Mount Pleasant, SC 29465

Coaches/Club Reps: Please type into this document ALL of your club's 2023 graduating high school seniors and pertinent information and return to Laurie Morrin: scscmanager@swimscsc.com

2023 South Carolina Swimming Graduating Seniors:

Club:

Coach:				
Name (first last)	High School	College Choice or Undecided		



2022-2023 **SENIOR STATE CHAMPIONSHIP**

Time Standards

WOMEN MEN						
SCY	SCM	LCM	EVENT	SCY	SCM	LCM
:26.59	:29.39	:30.69	50 Free	:23.49	:25.99	:27.49
:56.79	1:02.99	1:05.99	100 Free	:50.69	:56.19	:59.99
2:04.39	2:17.99	2:21.59	200 Free	1:51.49	2:03.69	2:11.39
5:29.19	4:53.79	4:57.69	400/500 Free	5:11.39	4:32.39	4:41.69
11:20.09	10:06.89	10:14.29	800/1000 Free	10:40.09	9:20.09	9:36.39
19:15.09	19:38.19	19:50.89	1500/1650 Free	18:09.09	18:15.59	18:46.09
n/a	n/a	n/a	50 Back	n/a	n/a	n/a
1:04.69	1:11.79	1:15.69	100 Back	:57.39	1:03.69	1:08.89
2:20.69	2:35.99	2:42.09	200 Back	2:06.69	2:20.59	2:28.89
n/a	n/a	n/a	50 Breast	n/a	n/a	n/a
1:14.49	1:22.89	1:25.39	100 Breast	1:06.49	1:13.79	1:16.99
2:41.29	2:58.89	3:05.39	200 Breast	2:24.59	2:40.49	2:48.39
n/a	n/a	n/a	50 Fly	n/a	n/a	n/a
1:03.99	1:10.99	1:13.39	100 Fly	:56.79	1:02.99	1:05.89
2:22.89	2:38.59	2:41.39	200 Fly	2:12.99	2:24.09	2:27.99
n/a	n/a	n/a	100 IM	n/a	n/a	n/a
2:22.59	2:38.19	2:41.29	200 IM	2:04.29	2:17.89	2:27.89
5:04.49	5:37.89	5:47.09	400 IM	4:29.19	4:58.79	5:26.09
1:45.99	1:56.59	2:03.79	200 Free Relay	1:34.09	1:43.49	1:50.09
3:48.39	4:11.29	4:23.99	400 Free Relay	3:22.79	3:43.09	3:59.99
8:17.99	9:07.79	9:26.39	800 Free Relay	7:25.99	8:10.59	8:45.59
2:02.99	2:15.29	2:24.29	200 Medley Relay	1:47.29	1:57.99	2:10.89
4:23.09	4:49.39	5:06.39	400 Medley Relay	3:52.39	4:15.79	4:36.89

PARA-SWIMMING:

Para-Swimming athletes are eligible to compete at LSC Championships provided they achieve the USA Swimming suggested LSC time standards for any offered event.