

2023 Northwest Region Age Group Championships

Sanction #2303-NWAG

Time Trials Sanction #2303-NWTT

Weyerhaeuser King County Aquatic Center

650 SW Campus Drive, Federal Way, Washington

Hosted by Olympic Cascade Aquatics

Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.

ENTRY DEADLINE: 11:50 PM PST, TUESDAY, MARCH 7, 2023				
SCHEDULES	THURSDAY, MARCH 16, 2023	FRIDAY, MARCH 17, 2023	SATURDAY, MARCH 18, 2023	SUNDAY, MARCH 19, 2023
Coaches Check-in & Coaches' Packet at Clerk of Course	ALL COACHES MUST CHECK IN WITH THE CLERK OF COURSE			
	2:30 PM	6:30 AM	7:00 AM	7:00 AM
Coaches' Meetings	3:30 PM	7:05 AM	NWAG Coaches Meeting will be held after Prelims	If needed
Relay Cards Due	5:30 PM	Finals Relays: 6:00 PM	Prelims Relays: 8:00 AM Finals Relays: 6:00 PM	N/A
Positive Check-in Deadlines	13-18 500 Freestyle: 4:30 PM	13-18 400 IM: 10:00 AM		All 1650 Freestyle: 10:00 AM
Timers' Meetings	4:30 PM	8:30 AM		
Officials' Meeting (prelims)	4:00 PM	8:00 AM		
Warm-ups (prelims)	N/A	7:15 AM - 7:45 AM: 13&O only in both competition pools 7:45 AM - 8:50 AM: 12&U only in south/scoreboard end pool 7:45-8:50 AM: 13&O only in north/dive tank end pool Separate diving well with dedicated pace lane open to all swimmers		
Competition-- Prelims	N/A	9:00 AM	9:00 AM	9:00 AM
Officials' Meeting (finals)	One hour before start of competition			
Warm-ups (finals)	4:00 PM	No earlier than 4:00 PM Meet Referee will announce start time by 12:30 PM each day.		
Competition-- Finals	5:00 PM	No earlier than 5:00 PM Meet Referee will announce start time by 12:30 PM each day.		
Time Trials Sign-Up	Friday & Saturday: 8:00-10:00 AM; Sunday (1650 only) TBA			
Time Trials Competition	Friday & Saturday: Competition will start ten minutes after end of preliminary session. Sunday: See Time Trials information.			

MEET DIRECTOR:

Vaishali Kukreja
 • Vaishali.kukreja@live.com
 • 206 459 5794

MEET REFEREE:

Ed Lesnick
 • edwardlesnick@msn.com

ADMINISTRATIVE REFEREE:

Dave Baer
 • dlbaer53@gmail.com

TIME TRIAL REFEREE:

Dwight Yoder
 • dandmyoder@yahoo.com

NORTHWEST REGION AGE GROUP CHAIRPERSON:

John Skroch
 • jskroch@hotmail.com

FACILITY

- Site of the 1990 Goodwill Games; 2008 and 2012 NCAA Men's Division 1 Championships; and many U.S. Open, Junior Nationals, and Nationals.
- Indoor 50-meter, 9 feet deep, 8-lane competitive pool divided into two 25-yard courses. The area between the bulkheads is closed at all times. Omega OSB starting blocks and take-off pads with adjustable setting back plates (fins).
- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- Omega electronic timing system w/full-read scoreboard
- 2500 spectator seats. No reserved seating. Seating areas may be cleared at the end of each day and articles left in the stands removed at the owner's risk. Folding chairs are only allowed behind the railing in marked platform areas, not in the bleacher sections.
- Heat Sheets on Meet Mobile; Results on PNS web site and Meet Mobile
- Paddles, pull buoys, fins, kickboards, snorkels, or other training equipment are not allowed in any facility pool.
- Diving tank will be available for continual coach-supervised warm-up/cool-down. Feet-first entry only: no diving.
- Any concessions will be under contract with King County; neither PNS nor the host team derive any benefit.
- Hospitality for coaches and officials only
- Facility parking lots. Check the PNS website for updated overflow parking information. Carpooling is strongly recommended as illegally parked vehicles will be ticketed by the Federal Way Police Department and towed at the owner's expense.
 - Do not leave valuables in vehicles!

WARM-UP PROCEDURES:

March 16: The pool will be available for warm-up after the end of the day's competition until 8:00 PM. Swimmers must be under direct supervision of a USA Swimming-certified coach.

March 17-19: Coaches are responsible for marshaling their own swimmers and following the stated warm-up notes and procedures. Except for dedicated pace and sprint lanes, circle swim counter-clockwise only.

- No paddles, pull buoys, fins, kickboards, snorkels, or other training equipment at any time.
- Schedule:
 - 7:15-7:45 AM: 13&Over ONLY in south (scoreboard end) and north (dive tank end) pool
 - 7:45-8:50 AM: 12&Under ONLY in south (scoreboard end) pool
 - 7:45-8:50 AM: 13&Over ONLY in north (dive tank end) pool
 - Separate diving well with dedicated pace lane open to all swimmers throughout warm-ups.
- Last half hour of each warm-up period:
 - Lanes 1 & 8—pace lanes, no diving
 - Lanes 2 & 7—sprint lanes, dive starts, return in lanes 3 & 6
 - Lanes 4 & 5—general warm-up, no diving
 - Additional sprint lanes may be made available upon request to the Meet Referee.
- Pool closed promptly ten (10) minutes prior to the start of competition.
- Warm-up may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered.

ELIGIBILITY & ENTRY INFORMATION:

Meet Eligibility: All swimmers must be Premium or Outreach athlete members of USA Swimming, Inc., registered through a club in the Northwest Region (Alaska, Hawaii, Inland Empire, Montana, Oregon, Pacific Northwest, Snake River, Wyoming LSCs) as of the meet entry deadline.

- Swimmers not registered through a Northwest Region club must be registered through an above-listed LSC for at least 60 days prior to the meet entry deadline.
- On-deck USA Swimming registration will not be permitted.
- On-deck transfer to an eligible member club or LSC will not be permitted.

Entry Limits: Each swimmer may enter up to six (6) individual events but no more than three (3) per day.

- The daily limit includes Time Trials; the meet limit does not.
- Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- No deck entries will be permitted except for Time Trials.

Age Groups: Age groups are based on the age of the swimmer as of the first day of the meet.

- Age groups for competition will be 10&U, 11, 12, 13, 14, and 15-18, with the following exceptions:
 - The 200 back, 200 breast, 200 fly, 400 IM, and 1650 Freestyle age groups will be 11-12, 13, 14, and 15-18.
 - The 500 Freestyle age groups will be 11&U, 12, 13, 14, and 15-18.
 - Relay age groups will be 10&U, 11-12, 13-14, and 15-18.

Qualifying Times: Except for Bonus Events clearly marked as such in your entry file and on all entry reports, all entries must meet the published qualifying times. Entries that do not meet these standards will be scratched without notification and entry fees will **NOT** be refunded.

- Swimmers must have met the 2023 Northwest Region Age Group Championships qualifying time in USA Swimming sanctioned, approved, or observed competition between December 1, 2021, and the entry deadline.
- Swimmers with a disability must have met the PNS Championship Disability Championship time standard based on classification in USA Swimming sanctioned, approved, or observed competition between December 1, 2021, and the entry deadline.
- A swimmer age 15-18 who has achieved an **individual** Pacific Northwest Spring Speedo Sectional time (any course) may not enter this meet, not even as a relay-only swimmer and not even if the swimmer does not enter a March 2023 Western Regional Sectional meet.
- Except for Time Trials entries, all individual event entry times must be in SWIMS by the meet entry deadline, and will be reconciled with SWIMS as part of the entry processing. Entry times not in SWIMS as of that date will be scratched without notification and entry fees will **NOT** be refunded. Proof of relay entry times will not be required.
- PNS AD 02-01 does not apply to this meet.
- USA Swimming rules concerning altitude adjustment will apply.
- **Converted times from one course to another may not be used.**

Bonus Swims:

- A swimmer entered in one or more individual events with an event qualifying time may also enter bonus events, subject to the daily and meet individual event limits and the following:
 - one (1) qualifying time = eligible for up to three (3) bonus events
 - two (2) qualifying events = eligible for up to two (2) bonus events
 - three (3) qualifying events = eligible for up to one (1) bonus event
 - four (4) or more qualifying events = no bonus events
- All bonus entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition during the meet qualifying window. NT ("no time") entries are not allowed.
- All bonus entries must be clearly identified in submitting entries; you must designate bonus swims on the Meet Entries Screen and on your hard copy of your entry report. Please be advised that bonus entries

may not import into Meet Manager from non-Hy-Tek products; the host team cannot be responsible for any resulting errors.

ENTRY FEES:

- Surcharge: \$30.00
- Individual Event: \$ 8.00
- Relay: \$14.00
- No refunds or credits will be given for events entered but not swum.
- Payment information will be posted on www.pns.org.

AWARDS AND SCORING:

- **Individual events:** Medals 1st - 8th places.
Scoring 9-7-6-5-4-3-2-1
- **Relay events:** Medals 1st - 3rd places, ribbons 4th - 8th places.
Scoring 18-14-12-10-8-6-4-2
- **Team awards:** 1st through 10th place teams
- Each club is responsible for picking up its awards. After the meet, please direct any questions regarding awards to the Meet Director.

MEET RULES:

- Current USA Swimming rules govern throughout the meet, including warm-ups.
- This is a prelims/finals meet for all events except for the following timed finals events:
 - All 10&U events
 - All relays
 - All 400 IM, 500 Freestyle, 1650 Freestyle events
- There will be one heat of finals for all 11, 12, 13, 14, and 15-18 prelims/finals events. See the Order of Events for more information.
- Meet will be seeded YSL (short course yards/short course meters/long course meters), after which bonus events will be seeded.
- The national championship eligibility and technical rules protest policies apply. USA Swimming's 207.11.4 and 207.11.5 will be in effect.

DISTANCE EVENTS:

500 Freestyle for all age groups:

- These events will be timed finals, and timers will be provided.
- Swimmers must provide their own counter, if desired. All counters must be individuals authorized to be on deck at that time.
- 12&U age groups: These events will be pre-seeded with no penalty for a swimmer who fails to show. The top eight for each age group will be seeded by age group and swim separately youngest to oldest. The remaining heats will be seeded and swum together fastest to slowest, combined age groups, in event number order.
- 13-18 age groups: These events will be deck-seeded timed finals. All participating swimmers must check in with the Clerk of Course by the posted deadline in order to swim. See Scratch Procedures for more information. The top eight for each age group will be seeded by age group and swim separately youngest to oldest. The remaining heats will be seeded and swum together fastest to slowest, combined age groups, in event number order.
- The Meet Referee may adjust these events to accommodate the usage of pool of time.

400 IM for 11-12 age group:

- These events will be time finals pre-seeded slow-to-fast with no penalty for a swimmer who fails to show.
- Timers will be provided.

400 IM for 13-18 age groups:

- These events will be deck-seeded timed finals. All participating swimmers must check in with the Clerk of Course by the posted

deadline in order to swim. See Scratch Procedures for more information.

- The top eight for each age group will be seeded by age group and swim separately youngest to oldest. The remaining heats will be seeded and swum together fastest to slowest, combined age groups, in event number order.
- Swimmers must provide their own timers, who must be individuals authorized to be on deck at that time.
- The Meet Referee may adjust these events to accommodate the usage of pool of time.

1650 Freestyle for 11-18 age groups:

- These events will be deck-seeded timed finals. All participating swimmers must check in with the Clerk of Course by the posted deadline in order to swim. See Scratch Procedures for more information.
- Swimmers must provide their own timers and, if desired, their own counter. All timers and counters must be individuals authorized to be on deck at that time.
- The top eight for each age group will be seeded by age group and swim separately youngest to oldest. The remaining heats will be seeded and swum together fastest to slowest, combined age groups, in event number order.
- The Meet Referee may adjust these events to accommodate the usage of pool of time.

RELAYS:

Relay Entries and Slips:

- All relay swimmers must be pre-entered into the meet and the surcharge paid. Each individual swimmer may participate on no more than one relay team per relay event.
- The completed original copy of each relay slip must be submitted to the Clerk of Course by the stated deadline.
- Swimmers must take the lane copy of the relay slip with them to give to the timer in their lane to verify the order of participating swimmers prior to the start of the heat. If not, relay names cannot be included in the meet results and thus cannot be entered into USA Swimming's SWIMS database.
- All relay events will be timed finals.
- Both pools will be used for relay events swum during Prelims, but only one pool will be used for relays swum during Finals.

Thursday:

- There will be a 10-minute warm-up break between the 500 Freestyle events and the 400 Freestyle Relays.

Friday:

- The 200 yard Medley Relays for the 11-18 age groups will be swum in one pool at the end of Finals.

Saturday:

- The 200 yard Medley Relays for the 10&U age group and the 400 yard Medley Relays for the 11-18 age groups will be swum at the beginning of Prelims.
- The 200 yard Freestyle Relays for the 10&U age group will be swum in Prelims after the 12-year-old age group's 200 IM.
- The 200 yard Freestyle Relays for the 11-18 age groups will be swum in one pool at the end of Finals.

SCRATCH PROCEDURES:

- **All 10&U events, preliminary heats of all 11&O preliminary/finals events, all relays:** No check-in requirement; no penalty for failure to show.

- **Timed Finals Distance Events:** A positive check-in is required at the Clerk of Course for the 13-18 500 Freestyle, the 13-18 400 IM, and all 1650 Freestyle events in order to swim. Swimmers not checking in for these events will automatically be scratched without penalty. Swimmers checking in for these events who fail to show for the swim will be disqualified from the next individual event of the meet in which they are entered.
- **Finals:** Swimmers qualifying for the finals of any prelims/finals event who fail to show will be barred from competing in the rest of the meet, unless properly scratched. USA Swimming's 207.11.6.E(4) will not apply to this meet.
- **Intention to Scratch:** Once event results are announced, finalists and alternates have 30 minutes to scratch or declare their intention to scratch. Swimmers declaring an intention have until 30 minutes after the completion of their last **individual preliminary event (not timed finals)** to make a final decision to scratch. There is no penalty for scratches made under these conditions.
- Athletes who are seeded in a final event as a result of other athletes scratching will not themselves be penalized for a failure to properly scratch.
- Reseeding to include scratches made after the scratch deadline may occur at the discretion of the Meet Referee.

SAFETY INFORMATION:

- 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.
- Medical supervision will be available to all athletes participating in the meet. Lifeguards with current Red Cross lifeguarding, first aid, and CPR/AED certification will be on duty throughout warm-ups and competition. In addition, each coach's credentials include current Red Cross lifeguarding, first aid, and CPR/AED certification. The facility's AEDs are located in the southwest corner of the natatorium by the doors to the recreation pool and in the main lobby behind the front desk next to the viewing windows. A third AED is on the Banquet Hall wall by the reception desk.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Recording devices (cell phones, cameras, PDAs, etc.) are not permitted behind the starting blocks during the entire meet. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding.
- Deck changes are 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.
- No diving from the bulkheads at any time; the area between the bulkheads is closed at all times. No diving from the blocks or sides of competition pools except for designated sprint lanes during designated times.
- Jumping into the pool is not allowed.
- Backstroke swimmers enter the water feet first in rotation; no diving over persons in the water.
- Deck Marshals will be assigned to supervise the warm-up. Deck Marshals have the authority to remove any swimmer, coach, or club who does not follow the safety rules during warm-ups or the meet.
- Coaches are responsible for their team's swimmers throughout the meet, including warm-ups and warm-downs.
- All participating swimmers must be under the supervision of a USA Swimming member coach and may not enter the water at any time unless under the supervision of said coach. The Meet Director or

Meet Referee may assist a swimmer in making supervision arrangements, but it is the swimmer's responsibility to make arrangements prior to the start of warm-ups and to so notify the Meet Referee.

- 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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or of the swimmer's legal guardian to ensure compliance with this requirement.
- Only authorized volunteers and working personnel can be on deck. All others are not allowed in the designated racing venue unless timing for an event or volunteering with the management of the meet. Authorized volunteers will need to wear an ID badge or receive a lanyard from the Clerk of Course. No spectators will be permitted.
- In order to be on deck and serve in their official capacity, all officials shall visibly display their membership credentials, including current certification(s), at all times.
- All persons acting in any coaching capacity must be coach members of USA Swimming and must show proof of current coaching credentials when checking in for the meet.
- Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the swimming venue.
- Any act of theft, vandalism or similar action will result in immediate disqualification from the meet and the loss of any points accumulated toward team standings by the individual.
- Team Areas: Please keep your area clean, and pick up all trash before leaving each session.
- It is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event
- It is further understood that Pacific Northwest Swimming and Olympic Cascade Aquatics shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

TIMERS:

- Participating teams will be assigned lanes for timing during Thursday's timed finals session and all preliminary sessions. The host team will provide timers for Friday's, Saturday's, and Sunday's finals sessions.
- Lane assignments will be posted on the PNS web site: www.pns.org. Please note that teams with entries into Thursday's events will be expected to provide timers for that session.

N2/N3 Certification for Officials:

All certified officials are invited to officiate. Officials' briefings will start one hour before each session of competition. To facilitate planning, please complete the Application to Officiate at <https://forms.office.com/r/rGsAWPXhBz>

The uniform will be white-over-navy and white shoes. Shorts are acceptable at preliminary sessions, but long pants/skirts for finals sessions.

This meet has been designated as a training meet for N2 and N3 Officials Certification. Officials wishing to obtain or renew this level of certification must apply on the Application to Officiate and notify the Meet Referee. Instructions for Certification will be provided during the Officials' briefings.

Northwest Region Meeting Announcement:

The Northwest Region Age Group meeting will be held at the end of prelims on Saturday. Items should be submitted to John Skroch for the agenda.

TIME TRIALS:

- Should timeline and facility constraints so allow, Time Trials will be offered each day as follows:
 - Friday's events will be the Friday/Saturday/Sunday/Thursday events, and Saturday's events will be the Saturday/Sunday/Thursday/Friday events, with the exception of the 1650 Freestyle which will only be offered on Sunday.
 - The 1650 Freestyle Time Trial will be the only Time Trial offered on Sunday and will be at the Meet Referee's discretion. If available, it will be swum at the same time as the slowest heats of the 1650 Freestyle events.
- Time Trial entry will be at the Clerk of Course between 8:00 AM and 10:00 AM. The closing time for the 1650 Freestyle Time Trial will be announced.
- Time Trial fees must be paid at sign-up. Time Trial entry fees are \$8.00 per individual event and \$14.00 per relay event. Cash only; change will not be available for overpayment.
- Swimmers are asked to provide an accurate seed time but may enter a Time Trial as NT (no time).
- A swimmer must be pre-entered into the Meet--listed on a Master Entry Summary and Meet Surcharge paid prior to the Meet Entry deadline--to be eligible for Time Trials. Each swimmer may enter up to one (1) Time Trial per day, subject to the daily event limitations.
- Swimmers may only enter events offered at this meet for their age group as of the first day of the meet.
- Swimmers must provide their own timers. Distance freestyle swimmers must provide their own counter, if desired. All timers and counters must be individuals authorized to be on deck at that time.
- Events will be swum slowest to fastest and may be swum mixed by stroke, gender, and/or age.
- Friday and Saturday Time Trials may be limited to one hour each day.

ENTRY SUBMITTAL INFORMATION

Complete entries must be submitted to
nwagregionals@gmail.com
and received no later than 11:59 PM, PST, Tuesday, March 7, 2023.

Use the following format for your email subject line
NWAG entry-Full name of club-club code-LSC code
and include all of the following

1. **Entry File** from Hy-Tek Team Manager or equivalent with all bonus events clearly identified as such
2. **Meet Entry Report** for individual (sorted by swimmer) and relay (sorted by event) events from Team Manager or equivalent. Your PDF-formatted report must include proof of time information for all individual events, and all bonus events must be clearly identified as such.
3. **Meet Entry Fee Report** from Team Manager or equivalent, including all relay-only and unattached-but-affiliated 60-day transfer rule athletes
4. **Meet Entry Fees –** Proof of entry fee payment. Entries will not be processed without receipt of payment. Payment options will be posted on the PNS web site, www.pns.org.

RELAY-ONLY SWIMMERS: Relay-only swimmers must be listed on the Meet Entry Report, and appropriate surcharges must be included with your entry. In addition, list each relay-only swimmer's name, gender (competition category), date of birth (MM/DD/YYYY format), and USA Swimming i.d. number in your cover email.

60-DAY TRANSFER RULE: Be sure to include all swimmers registered through your club -- even those who must compete as unattached due to the 60-day transfer rule -- with your entry file, documents, and payment. In addition, list each 60-day transfer swimmer's name and i.d. number in your cover email; those swimmers will be "unattached" from your team roster after your entry is processed.

INDIVIDUAL SWIMMER NOT AFFILIATED WITH A MEMBER CLUB: Use **NWAG entry-surname-UN-LSC** code as your email's subject line. Your email must include the following:

- If not using Hy-Tek Team Manager software, provide the swimmer's full legal name, preferred name, gender (competition category), date of birth (MM/DD/YYYY format), USA Swimming i.d. number, LSC through which the swimmer is registered, and the events to be entered (event number and description) with the entry time for each with proof of time information and noting any bonus events.
- The swimmer's parent/guardian name(s) and contact telephone number(s); if the swimmer is 18, include the swimmer's own contact telephone number(s).
- Include the name, club affiliation, LSC, and contact telephone number of the USA Swimming member-coach who will be responsible for the athlete at the meet.

OTHER NOTES:

- Use the importable TM events file posted on the PNS web page, www.pns.org, to prepare your entries.
- Late, incomplete, or paper entries will not be processed, and no additional entries or corrections will be accepted after the deadline.
- Please be advised that entries may not import into Meet Manager from non-Hy-Tek products. The host club will not be responsible for entry errors due to software incompatibility.
- All entry times will be assumed to be SCY unless otherwise indicated.

**2023 NORTHWEST REGION AGE GROUP CHAMPIONSHIPS
ORDER OF EVENTS
THURSDAY**

Timed Finals 5:00 p.m.

Event #	Event	Age Group	Event #
1	500 free	11 & Under	2
	500 free	12	
3	500 free	13	4
	500 free	14	
	500 free	15-18	
5	400 free relay	11-12	6
7	400 free relay	13-14	8
9	400 free relay	15-18	10

NOTE: There will be a 10-minute warm-up break between the completion of Event #4 and the start of Event #5.

FRIDAY

Prelims 9:00 a.m.

Event #	Event	Age Group	Event #
11	100 back	10&U	12
13	100 back	11	14
15	100 back	12	16
17	100 back	13	18
19	100 back	14	20
21	100 back	15-18	22
23	200 fly	11-12	24
25	200 fly	13	26
27	200 fly	14	28
29	200 fly	15-18	30
31	50 free	10 & Under	32
33	50 free	11	34
35	50 free	12	36
37	50 free	13	38
39	50 free	14	40
41	50 free	15-18	42
43	100 breast	10 & Under	44
45	100 breast	11	46
47	100 breast	12	48
49	100 breast	13	50
51	100 breast	14	52
53	100 breast	15-18	54
55	400 IM	11-12	56
57	400 IM	13	58
	400 IM	14	
	400 IM	15-18	

Finals - no earlier than 5:00 p.m.

Event #	Event	Age Group	Event #
13	100 back	11	14
15	100 back	12	16
17	100 back	13	18
19	100 back	14	20
21	100 back	15-18	22
23	200 fly	11-12	24
25	200 fly	13	26
27	200 fly	14	28
29	200 fly	15-18	30
33	50 free	11	34
35	50 free	12	36
37	50 free	13	38
39	50 free	14	40
41	50 free	15-18	42
45	100 breast	11	46
47	100 breast	12	48
49	100 breast	13	50
51	100 breast	14	52
53	100 breast	15-18	54
59	200 med relay	11-12	60
61	200 med relay	13-14	62
63	200 med relay	15-18	64

SATURDAY

Prelims 9:00 a.m.

Event #	Event	Age Group	Event #
65	200 med relay	10 & Under	66
67	400 med relay	11-12	68
69	400 med relay	13-14	70
71	400 med relay	15-18	72
73	50 fly	10 & Under	74
75	50 fly	11	76
77	50 fly	12	78
79	200 breast	11-12	80
81	200 breast	13	82
83	200 breast	14	84
85	200 breast	15-18	86
87	50 back	10 & Under	88
89	50 back	11	90
91	50 back	12	92
93	100 free	10 & Under	94
95	100 free	11	96
97	100 free	12	98
99	100 free	13	100
101	100 free	14	102
103	100 free	15-18	104
105	200 IM	10 & Under	106
107	200 IM	11	108
109	200 IM	12	110
111	200 IM	13	112
113	200 IM	14	114
115	200 IM	15-18	116
117	200 free relay	10 & Under	118

Finals - no earlier than 5:00 p.m.

Event #	Event	Age Group	Event #
75	50 fly	11	76
77	50 fly	12	78
79	200 breast	11-12	80
81	200 breast	13	82
83	200 breast	14	84
85	200 breast	15-18	86
89	50 back	11	90
91	50 back	12	92
95	100 free	11	96
97	100 free	12	98
99	100 free	13	100
101	100 free	14	102
103	100 free	15-18	104
107	200 IM	11	108
109	200 IM	12	110
111	200 IM	13	112
113	200 IM	14	114
115	200 IM	15-18	116
119	200 free relay	11-12	120
121	200 free relay	13-14	122
123	200 free relay	15-18	124

SUNDAY

Prelims 9:00 a.m.

Finals - no earlier than 5:00 p.m.

Event #	Event	Age Group	Event #
125	50 breast	10 & Under	126
127	50 breast	11	128
129	50 breast	12	130
131	200 back	11-12	132
133	200 back	13	134
135	200 back	14	136
137	200 back	15-18	138
139	100 fly	10 & Under	140
141	100 fly	11	142
143	100 fly	12	144
145	100 fly	13	146
147	100 fly	14	148
149	100 fly	15-18	150
151	200 free	10 & Under	152
153	200 free	11	154
155	200 free	12	156
157	200 free	13	158
159	200 free	14	160
161	200 free	15-18	162
163	100 IM	10 & Under	164
165	100 IM	11	166
167	100 IM	12	168
169	1650 free	11-12	170
	1650 free	13	
	1650 free	14	
	1650 free	15-18	

Event #	Event	Age Group	Event #
127	50 breast	11	128
129	50 breast	12	130
131	200 back	11-12	132
133	200 back	13	134
135	200 back	14	136
137	200 back	15-18	138
141	100 fly	11	142
143	100 fly	12	144
145	100 fly	13	146
147	100 fly	14	148
149	100 fly	15-18	150
153	200 free	11	154
155	200 free	12	156
157	200 free	13	158
159	200 free	14	160
161	200 free	15-18	162
165	100 IM	11	166
167	100 IM	12	168



NORTHWEST AGE GROUP REGIONALS
MARCH 16-20, 2023
TIME STANDARDS
WEYERHAEUSER KING COUNTY AQUATIC
CENTER QUALIFYING TIME PERIOD 12/1/2021

15-18	14	13	12	11	10	SCY	10	11	12	13	14	15-18
:25.89	:26.29	:26.79	:27.29	:28.39	:29.79	50 Free	:30.29	:28.49	:26.29	:25.19	:24.09	:23.09
:55.99	:56.89	:57.99	:59.49	1:01.69	1:06.29	100 Free	1:07.49	1:02.59	:57.29	:54.69	:52.79	:50.29
2:01.49	2:02.49	2:05.59	2:09.79	2:15.59	2:26.29	200 Free	2:28.39	2:17.09	2:06.09	1:58.99	1:54.69	1:49.99
5:28.79	5:29.19	5:34.09	5:46.39	6:04.09		500 Free	6:06.39		5:37.79	5:20.09	5:10.09	5:02.69
19:14.79	18:54.49	19:22.19	20:11.99		1650 Free		19:45.49		18:32.79	18:20.89	17:54.39	
			:30.89	:32.49	:34.89	50 Back	:35.59	:33.19	:30.49			
1:01.99	1:01.89	1:03.69	1:07.09	1:10.39	1:15.99	100 Back	1:17.89	1:11.49	1:05.59	1:01.19	:58.09	:56.19
2:14.19	2:15.09	2:18.19	2:25.09		200 Back		2:24.99		2:12.89	2:07.39	2:03.39	
			:34.89	:36.69	:39.49	50 Breast	:40.69	:37.69	:34.29			
1:10.79	1:10.89	1:12.69	1:15.79	1:20.19	1:26.49	100 Breast	1:29.09	1:22.39	1:14.99	1:08.99	1:05.39	1:02.79
2:34.69	2:33.59	2:38.69	2:45.39		200 Breast		2:45.39		2:30.99	2:23.89	2:17.79	
			:29.49	:31.09	:33.89	50 Fly	:34.39	:31.79	:29.19			
1:01.19	1:01.39	1:03.29	1:06.49	1:11.19	1:18.39	100 Fly	1:21.29	1:12.89	1:05.09	1:00.09	:57.29	:54.69
2:18.39	2:19.99	2:24.59	2:34.39		200 Fly		2:34.79		2:17.69	2:10.29	2:03.79	
			1:08.09	1:11.09	1:15.99	100 IM	1:17.59	1:12.89	1:05.99			
2:16.89	2:16.59	2:20.79	2:26.09	2:33.69	2:44.49	200 IM	2:48.79	2:33.69	2:22.59	2:12.49	2:08.59	2:03.39
4:53.39	4:52.29	4:59.09	5:11.59		400 IM		5:03.49		4:44.29	4:34.59	4:24.69	
1:49.99	1:46.79		1:49.49		2:05.99	200 FRR	2:07.49	1:48.09		1:35.89		1:37.69
4:00.59	3:46.09		4:02.49			400 FRR		4:03.19		3:32.09		3:35.79
2:02.19	1:54.29		2:01.69		2:21.79	200 MR	2:23.39	2:01.39		1:46.99		1:49.99
4:21.99	4:09.99		4:30.89			400 MR		4:34.89		3:53.39		3:58.89
15-18	14	13	12	11	10U	LCM	10U	11	12	13	14	15-18
:29.69	:30.19	:30.79	:31.39	:32.59	:34.29	50 Free	:35.29	:33.19	:30.59	:29.29	:28.09	:26.69
1:04.09	1:05.09	1:06.39	1:08.09	1:10.59	1:15.89	100 Free	1:18.29	1:12.59	1:06.39	1:03.39	1:01.19	:58.29
2:18.99	2:20.19	2:23.79	2:28.59	2:35.19	2:47.39	200 Free	2:51.59	2:38.49	2:25.79	2:17.59	2:12.59	2:07.49
4:57.39	4:56.09	5:00.49	5:11.59	5:27.49		500 Free	5:31.59		5:05.69	4:49.69	4:40.69	4:35.49
19:51.29	19:23.59	19:51.99	20:43.09		1650 Free		20:28.49		19:13.19	19:00.89	18:24.69	
			:36.29	:38.09	:40.99	50 Back	:42.69	:39.79	:36.59			
1:12.19	1:12.59	1:14.69	1:18.69	1:22.59	1:29.09	100 Back	1:33.29	1:25.69	1:18.59	1:13.29	1:09.59	1:06.79
2:36.09	2:37.69	2:41.29	2:49.39		200 Back		2:50.79		2:36.59	2:30.09	2:26.79	
			:40.19	:42.19	:45.39	50 Breast	:47.59	:44.09	:40.09			
1:23.59	1:21.49	1:23.59	1:27.19	1:32.19	1:39.49	100 Breast	1:44.09	1:36.29	1:27.69	1:20.69	1:16.39	1:15.89
3:02.39	2:54.99	3:00.79	3:08.39		200 Breast		3:12.79		2:55.99	2:47.79	2:45.99	
			:33.69	:35.49	:38.69	50 Fly	:39.69	:36.69	:33.69			
1:09.69	1:10.09	1:12.19	1:15.89	1:21.19	1:29.69	100 Fly	1:33.69	1:23.99	1:14.99	1:09.29	1:06.09	1:02.89
2:40.39	2:38.99	2:44.19	2:55.29		200 Fly		2:58.79		2:39.09	2:30.49	2:24.59	
2:38.69	2:37.59	2:42.39	2:48.59	2:57.29	3:09.79	200 IM	3:16.99	2:59.39	2:46.39	2:34.69	2:30.09	2:24.29
5:37.79	5:33.69	5:41.49	5:55.79		400 IM		5:50.89		5:28.69	5:17.49	5:11.39	
2:05.29	2:01.49		2:04.49		2:22.59	200 FRR	2:24.29	2:02.99		1:49.49		1:52.29
4:30.19	4:16.79		4:34.79			400 FRR		4:35.59		4:01.39		4:06.39
2:20.69	2:09.29		2:17.89		2:39.99	200 MR	2:41.79	2:17.59		2:01.69		2:05.69
5:02.89	4:42.99		5:05.99			400 MR		5:10.39		4:24.79		4:36.59
15-18	14	13	12	11	10U	SCM	10U	11	12	13	14	15-18
:28.79	:29.39	:29.09	:34.09	:31.69	:33.29	50 Free	:33.89	:31.89	:29.39	:28.19	:26.89	:25.49
1:01.59	1:03.49	1:04.79	1:06.49	1:08.89	1:13.99	100 Free	1:15.39	1:09.89	1:03.99	1:01.09	:58.99	:55.49
2:13.79	2:16.79	2:20.19	2:24.89	2:31.39	2:43.29	200 Free	2:45.59	2:33.09	2:20.79	2:12.89	2:08.09	2:01.79
4:43.89	4:48.09	4:52.29	5:03.09	5:18.59		500 Free	5:20.59		4:55.59	4:40.09	4:32.29	4:21.89
19:02.39	18:51.19	19:18.79	20:08.39		1650 Free		19:41.99		18:29.49	18:17.69	17:34.49	
			:34.49	:36.29	:38.99	50 Back	:39.79	:37.09	:34.09			
1:08.99	1:09.09	1:11.09	1:14.89	1:18.59	1:24.89	100 Back	1:26.99	1:19.79	1:13.29	1:08.29	1:04.89	1:02.49
2:30.09	2:30.79	2:34.29	2:41.99		200 Back		2:41.89		2:28.39	2:22.19	2:18.49	
			:38.99	:40.99	:44.09	50 Breast	:45.49	:42.09	:38.29			
1:17.89	1:19.19	1:21.19	1:24.59	1:29.59	1:36.59	100 Breast	1:39.49	1:31.99	1:23.69	1:17.09	1:12.99	1:08.59
2:50.09	2:51.49	2:57.19	3:04.59		200 Breast		3:04.59		2:48.59	2:40.59	2:30.99	
			:32.99	:34.79	:37.89	50 Fly	:38.39	:35.49	:32.59			
1:07.19	1:08.59	1:10.69	1:14.29	1:19.49	1:27.49	100 Fly	1:30.79	1:21.39	1:12.69	1:07.09	1:03.99	1:00.99
2:33.39	2:36.29	2:41.39	2:52.39		200 Fly		2:52.79		2:33.69	2:25.49	2:17.19	
			1:15.99	1:19.39	1:24.89	100 IM	1:26.69	1:21.39	1:13.69			
2:31.09	2:32.49	2:37.19	2:43.09	2:51.59	3:03.59	200 IM	3:08.39	2:51.59	2:39.19	2:27.89	2:23.59	2:16.49
5:23.49	5:26.29	5:33.89	5:47.79		400 IM		5:38.79		5:17.29	5:06.49	4:53.39	
2:02.79	1:57.49		2:00.49		2:18.59	200 FRR	2:20.29	1:58.99		1:45.49		1:48.99
4:24.79	4:08.79		4:26.79			400 FRR		4:27.59		3:53.29		3:58.19
2:17.59	2:05.79		2:13.89		2:35.99	200 MR	2:37.79	2:13.59		1:57.69		2:01.29
4:59.19	4:34.99		4:57.99			400 MR		5:02.39		4:16.79		4:28.59