



**15K - Highpoint Competition**  
(Open & 15/16)

*All 4 races totaling 15K*

**9K - Highpoint Competition**  
(Open, 11/12, 13/14, 15/16)

*3 Races (4.5, 3, 1.5K) totaling 9K*

**Individual Distance Races**  
(swimmers may enter multiple distance)

6K

4.5K

3K

1.5K

\*\*RACE START TIMES ARE FIXED AS PART OF THE DELIBERATE ORDER OF EVENTS & TO PROVIDE ATHLETE REST TIME\*\*

**Silver Strand Elementary - Coronado, CA**  
Hosted by





Sanctioned by: San Diego Imperial  
Hosted by: Coronado Swim Team Elite  
Sanction Number: Coming From LSC

Date of Meet: Saturday, September 30, 2023  
Entry deadline: Sunday September 24, 2023 at 5 PM (PACIFIC)

**VENUE:** SILVER STRAND TRAINING COMPLEX (NORTH), Coronado CA - 1350 Leyte Rd, Coronado, CA 92118 United States

Apple Maps Pin: Click [HERE](#)

Google Maps Pin: Click [HERE](#)

**WARM-UP:** Designated areas at the race location will be available for warm up prior to races.

**MEET REFEREE:** The meet referee shall be in charge of the meet. Any questions regarding the conduct of the meet should: be directed to Meet Referee Paul Szuszkiec - [pszsz@hotmail.com](mailto:pszsz@hotmail.com).

**MEET Director:** Peter McVey [peter@swimcoronado.org](mailto:peter@swimcoronado.org): please direct all event related questions to the meet director.

**RULES:** Current USA Swimming rules, including the *Minor Athlete Abuse Prevention Policy (MAAPP)*, will govern this meet. All coaches on deck must complete the CDC or NFHS Concussion course. Current San Diego Swimming Meet procedures will be enforced and take precedence over any errors or missions on this entry form. Please see Part Seven of the USA Swimming Rules & Regulations for a complete list of Open Water Rules. Swimmers must swim in their actual Age Group as determined by their age on **December 31, 2023 (FINA Age Rules)**.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.

The Minor Athlete Abuse Prevention Policy ([www.usaswimming.org/maapp](http://www.usaswimming.org/maapp)) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at [www.uscenterforsafesport.org/report-a-concern](http://www.uscenterforsafesport.org/report-a-concern). Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit [www.usaswimming.org/report](http://www.usaswimming.org/report).



All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after September 30, 2023, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until 4 such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after September 30, 2023, who competes in this USA Swimming sanctioned events without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

**DISABILITY SWIMMERS:** Please contact the Meet Referee regarding any special needs. The swimmer/coach shall provide any assistance(s) and/or equipment required.

**RECORDING DEVICES & MEDIA NOTICE:** The use of audio-visual recording devices, including cell phones are not permitted in locker rooms, areas or restrooms. Recording devices are not permitted behind the starting blocks during the sequence throughout the meet. This meet may be covered by the media, including photographs, video, webcasting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

**DRONES:** Operation of a drone or any flying apparatus is prohibited over the venue (pools, athlete/coach areas, spectator areas, open ceiling locker rooms, lake, race course, and other race related features) any time athletes, coaches, officials and/or spectators are present.

**ELIGIBILITY:** The event is open to all participating athletes and clubs within USA Swimming. Athletes must be currently registered as year-round members with USA Swimming, and meet the specific event qualifying criteria. All athletes 18 years or older must complete ATHLETE PROTECTION TRAINING (within 30 days of turning 18).

All swimmers, coaches, and officials participating in this competition must be currently (2023 or 2024) registered with USA Swimming. All Coaches are required to complete the USADA Coaching Advantage, and all officials and coaches are to have completed Concussion Protocol Training. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

All swimmers must be registered with USA Swimming by the entry deadline.

**SWIMWEAR:** No swimmer shall be allowed to use or wear any device that may be an aid to his/her speed, endurance, or buoyancy. A maximum of two (2) caps may be used. Swimwear must conform to USA Swimming Rule 701.5. Only swimsuits complying with FINA Open Water swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

**AWARDS:** 1<sup>st</sup> – 3<sup>rd</sup> place finishers, male and female by age divisions and open division, will be awarded medals for each event and Top Highpoint Winners for each Division male and female for (all age groups and open) for both the 15K and 9K participants will be determined after the completion of all races. Final results will be posted to the CSTE's open water website.

Swimmers competing in the 15K/9K will receive points based on their finishes in the four individual distances. Top 16 score points in accordance with normal championship scoring procedures. Swimmers competing in the 15K / 9K will be scored separately from the field to ensure athletes competing in single distances do not affect the scoring of athletes who have competed across multiple events throughout the day.

**ENTRY PROCEDURE:** Race entry file will be available for download from CSTE's Open Water Page on our website at [www.swimcoronado.org](http://www.swimcoronado.org). **Entries will be due no later than Sunday, September 24, 2023 by 5PM Pacific Time. Email entry files to Melissa Eisenhamer ([info@swimcoronado.org](mailto:info@swimcoronado.org)).**

*If individual swimmers are interested in entering the event and do not have access to Meet Manager - please contact Mel ([info@swimcoronado.org](mailto:info@swimcoronado.org)), she will get you entered in the meet - please provide a copy of USA Swimming Membership card, and verification of time.* We will send you an invoice via email to pay your meet fees.



**ENTRY FEES Schedule:**

<b>Fee Schedule</b>			
	<b>10% Discount</b>	<b>5% Discount</b>	<b>Full Price</b>
<b>Distance</b>	<b>Before 25 Aug 23 @ 11:59 PM Pacific</b>	<b>Before 15 Sep 23 @ 11:59 PM Pacific</b>	<b>Between 16 - 24 Sep</b>
<b>15K</b>	\$202.50	\$213.75	\$225
<b>9K</b>	\$135	\$142.40	\$150
<b>6K</b>	\$77	\$80.75	\$85
<b>4.5K</b>	\$63	\$66.50	\$70
<b>3K</b>	\$50	\$52.25	\$55
<b>1.5K</b>	\$36	\$38.00	\$40
<b>*** \$20 surcharge per athlete applies ***</b>			

**2-Ways To Register:**

- Team's may enter their swimmers through the Hy-tek Meet File on our website: [HERE](#) or contact Mel [-info@swimcoronado.org](mailto:info@swimcoronado.org) and she will send you the meet file.
- Individual swimmers who don't have access to Meet Manager can send Mel ([info@swimcoronado.org](mailto:info@swimcoronado.org)) an email and she will email you an entry form. Once the information is received we will enter you manually into the meet. **We'd encourage athletes to ask their teams to send in a meet file but we understand there are unique circumstances.**

**All athletes will receive:** an event t-shirt and souvenir sports water bottles (to reduce potential for disposable plastic waste/bottles in the ocean). A t-shirt order form will be sent out after receipt of entries.

Additionally 15K and 9K participants will be given post race nutrition packs after the first 3 races (15K participants) and after the first 2 races (9K participants) - **SINGLE race participants will not receive complimentary nutrition packs but they will be available for purchase if desired.**

Each Post Race Nutrition/Hydration Pack will include:

- 1 x Protein Shake (Plant Based and Whey Based Option will be available)
- 1 x electrolyte hydration pack
- 1 x piece of fruit (Banana or Orange)
- 1 x organic oatmeal fruit bar
- 1 x pack of pistachios or almonds

**\*\*\*Payment - After receiving the meet entry file, CSTE will send an invoice with electronic payment options (credit card and ACH) to the email provided with the entry file, checks will not be accepted, teams will \*\*\*.**

**TECHNICAL MEETINGS:** All swimmers and coaches must attend the technical meeting on race day (for athletes this will be conducted ~15 prior to the start of the race) -Coaches meeting will be held on site at 0730. Each coach and swimmer are responsible for all



information distributed at their respective meetings. Technical meeting(s) will be conducted virtually, via Zoom. Meeting information will be published the week of the meet.

**PRE-RACE BRIEFINGS:** In addition to the technical meeting, all swimmers must be present for the Pre-Race Briefing at the race staging area prior to each race. At this meeting, race officials will distribute last minute information on weather and water conditions, emergency procedures, etc. Briefings will be held 10 minutes prior to the scheduled race start. **Positive check-in is required for each race at the check-in station - 15 minutes prior to the start of each race swimmers will be checked into the staging / briefing area, once checked in athletes will not be permitted to leave to ensure final head count prior to entering the water - restrooms will be available to athletes from the staging area.**

**WEATHER CONTINGENCY:** The safety of swimmers is our primary concern. Therefore, this event may be delayed or canceled due to poor conditions. The Independent Safety Monitor and the Meet Director will make this decision. The following rescheduling priorities will be used:

- Priority 1 – Later during the race day
- Priority 2 – USA Swimming Sanctioned events re-attempt Oct 1, 2023.

**RACE DAY SCHEDULES:** *Advertised RACE START TIMES ARE INTENDED TO BE EXACT. Race check-in times, briefings, start times and strict rules to ensure the schedule of events will be executed as planned and swimmers have ample recovery time.*

#### Race day check-in:

6K races: **Opens - 6:30 am / Closes @ 7:40 am.**

Check-in for later races will open 1.5 hours prior to the scheduled start of the race. Athletes are encouraged to arrive 1 hour before their approximate race start time.

**MANDATORY Pre-Race Briefing:** Briefings will take place in designated meeting area 15 minutes prior to race start (men's & women's race meetings will be done together if possible)

**PARKING INFO:** Directions and signage to the race site will be posted in the school parking lot and surrounding public parking areas. Parking will be available along residential streets and at Coronado Strand Elementary School. Please allow 15 minutes for parking and walking to the venue. There is no charge to park.

#### QUALIFYING STANDARDS & AGE DIVISIONS:

The Coronado Strand Classic will have the following age groups for each race:

- 15K Races: Open, 15-16: age of athlete is determined as of December 31, 2023
- 9K Races: Open, 15-16 and 13- 14, 11-12: age of athlete is determined as of December 31, 2023
- 6K Races: Open, 15-16 and 13- 14: age of athlete is determined as of December 31, 2023
- 4.5 K Races: Open,15-16 and 13- 14, 11-12: age of athlete is determined as of December 31, 2023
- 3K Races: Open,15-16 and 13- 14, 11-12, 9-10: age of athlete is determined as of December 31, 2023
- 1.5K Races: Open,15-16 and 13- 14, 11-12, 9-10: age of athlete is determined as of December 31, 2023

\*\*\* Any 11-12 yo interested in competing in the 6K may do so if they meet the 13-14 qualifying time and will be competing in the open division\*\*\*

\*\*\* Any 13-14 yo competing in the 6K cannot compete in the 9K High Point Event due to order of event\*\*\*

**PLEASE SEE BACK PAGE FOR THE SPECIFIC QUALIFYING TIMES**



**COURSE INFO:** The planned course map is provided. It is subject to change. There will not be feed stations for these races. An in water "rope start" will be used to begin the races. Athletes will swim the lap section of the course clockwise (if applicable) and keep designated turn buoys on their right per the course map.

Athletes will finish the race in the water by touching a finishing pad. Finishes will be judged by race officials. Video replay at the finish will be available. Electronic chip timing will be available.

Anticipated conditions:

- Water temperature will range between 68-78°F
- Air temperature will range between 68-85°F
- Current: Mild
- Marine life: Fish

Athletes are limited to finishing their race within 30 minutes of the first finisher. All athletes still on the course 30 minutes after the finishing of the first swimmer will be brought into shore via boat support.

**Timing** - all races will be RFID chip timed and video will be used in the event of a miss read or close finish between swimmers.

#### RACE SAFETY AND EMERGENCY INFORMATION

**Independent Safety Monitor:** Captain Sean Carey - City of Coronado Fire Department (Lifeguard Division)

#### Supervision

Races will be supervised by certified lifeguards, provided by the City of Coronado. Motorized water safety crafts will be on the course during races, following the athletes. In addition to the motorized crafts, lifeguards in kayaks/ SUPs, officials and event staff will be monitoring the course as safety observers ~ every 200 meters

#### Accounting for Swimmers

Competitors will be pre-assigned race numbers. All swimmers will be checked in and marked at race time. Number of swimmers in a race will be announced to all officials and safety personnel prior to the start of the race.

#### Communication

Meet officials will have direct radio communication with each other and the Safety Monitor, who will be located on shore. If the lifeguards on the course do not have radio communication, non-verbal communication will be used to indicate a swimmer in distress or an emergency. The non-verbal communication will be lifting and waving the kayak paddle in the air while issuing a series of short whistle blasts.

#### Evacuation

In the case of an emergency, athletes will exit the course by swimming west to shore. An emergency will be indicated by the lifeguards issuing 3-long whistle blasts, after exiting the water a head count will be conducted and total head count will be passed to Meet Director and EMS personnel. If an athlete is unable to evacuate on their own, kayakers will secure the athlete until a motorized watercraft can assist the athlete to shore. The start/finish area will be the primary evacuation / muster point.

#### EMTs & Hospital

Coronado Fire Beach Lifeguard Division will be on-site and will be responsible for calling additional EMS/ Paramedic personnel if required, Coronado Fire and US Navy Federal Fire are both briefed on the event and are standing by to support. The person will be transported to:

**Coronado Sharp Hospital**



250 Prospect Pl, Coronado, CA 92118  
(619) 522-3600

#### **Medical Equipment**

AEDs and first aid are available near the start/finish area. Lifeguards will have basic first aid on hand.

#### **Thermal Safety**

Tents for shade will be set up in the athlete hospitality areas. Bottles of water post-race will be provided, but athletes are strongly encouraged to bring their own hydration.

**The event will be in compliance with USA Swimming Rules. See Section 7 of the USA Swimming Rulebook for more information or topics not addressed in this meet form.**



## Qualification Time Standards:

Girls Events	1650 / 1500	1000/800	500/400	200Y /200M	Event	1650 / 1500	1000/800	500/400	200Y /200M	Boys Events
101	18:44.09Y/ 19:18.49M	11:18.69Y/ 10:05.29M	5:24.99Y/ 4:53.39M	2:01.99Y/ 2:13.19M	15K - Open	17:22.09Y/ 17:59.89M	10:27.09Y/ 9:23.59M	4:57.49/ 4:30.39M	1:49.29Y/ 2:06.99M	102
103	18:57.79Y/ 19:29.59M	11:21.19Y/ 10:08.99M	5:29.29Y/ 5:50.19M	2:02.69Y/ 2:20.09M	15K - 15-16	17:44.09Y/ 18:11.69M	10:34.99Y/ 9:35.09M	5:04.39Y/ 4:34.19M	1:52.09Y/ 2:09.29M	104
105	18:44.09Y/ 19:18.49M	11:18.69Y/ 10:05.29M	5:24.99Y/ 4:53.39M	2:01.99Y/ 2:13.19M	9K - Open	17:22.09Y/ 17:59.89M	10:27.09Y/ 9:23.59M	4:57.49/ 4:30.39M	1:49.29Y/ 2:06.99M	106
107	18:57.79Y/ 19:29.59M	11:21.19Y/ 10:08.99M	5:29.29Y/ 5:50.19M	2:02.69Y/ 2:20.09M	9K - 15-16	17:44.09Y/ 18:11.69M	10:34.99Y/ 9:35.09M	5:04.39Y/ 4:34.19M	1:52.09Y/ 2:09.29M	108
109	19:12.89Y/ 19:48.09M	11:31.59Y/ 10:20.99M	5:34.99Y/ 5:01.29M	2:04.99Y/ 2:23.19M	9K - 13-14	18:19.79Y/ 18:58.89M	10:58.09Y/ 9:56.29M	5:17.59Y/ 4:46.69M	1:57.49Y/ 2:14.79M	110
111	20:27.19Y/ 21:09.79M	12:09.49Y/ 11:00.59M	5:52.19Y/ 5:15.39M	2:11.79Y/ 2:29.69M	9K - 11-12	20:00.79Y/ 20:43.29M	11:56.79Y/ 10:50.39M	5:42.79Y/ 5:08.49M	2:06.99Y/ 2:25.79M	112
1	18:44.09Y/ 19:18.49M	11:18.69Y/ 10:05.29M	5:24.99Y/ 4:53.39M	2:01.99Y/ 2:13.19M	6K Open	17:22.09Y/ 17:59.89M	10:27.09Y/ 9:23.59M	4:57.49/4: 30.39M	1:49.29Y/ 2:06.99M	2
3	18:57.79Y/ 19:29.59M	11:21.19Y/ 10:08.99M	5:29.29Y/ 5:50.19M	2:02.69Y/ 2:20.09M	6K - 15-16	17:44.09Y/ 18:11.69M	10:34.99Y/ 9:35.09M	5:04.39Y/ 4:34.19M	1:52.09Y/ 2:09.29M	4
5***	19:12.89Y/ 19:48.09M	11:31.59Y/ 10:20.99M	5:34.99Y/ 5:01.29M	2:04.99Y/ 2:23.19M	6K - 13-14	18:19.79Y/ 18:58.89M	10:58.09Y/ 9:56.29M	5:17.59Y/ 4:46.69M	1:57.49Y/ 2:14.79M	6***
7	19:12.89Y/ 19:48.09M	11:31.59Y/ 10:20.99M	5:34.99Y/ 5:01.29M	2:04.99Y/ 2:23.19M	4.5K - 13-14	18:19.79Y/ 18:58.89M	10:58.09Y/ 9:56.29M	5:17.59Y/ 4:46.69M	1:57.49Y/ 2:14.79M	8
9	20:27.19Y/ 21:09.79M	12:09.49Y/ 11:00.59M	5:52.19Y/ 5:15.39M	2:11.79Y/ 2:29.69M	4.5K - 11-12	20:00.79Y/ 20:43.29M	11:56.79Y/ 10:50.39M	5:42.79Y/ 5:08.49M	2:06.99Y/ 2:25.79M	10
11	18:44.09Y/ 19:18.49M	11:18.69Y/ 10:05.29M	5:24.99Y/ 4:53.39M	2:01.99Y/ 2:13.19M	4.5K Open	17:22.09Y/ 17:59.89M	10:27.09Y/ 9:23.59M	4:57.49/4: 30.39M	1:49.29Y/ 2:06.99M	12
13	18:57.79Y/ 19:29.59M	11:21.19Y/ 10:08.99M	5:29.29Y/ 5:50.19M	2:02.69Y/ 2:20.09M	4.5K - 15-16	17:44.09Y/ 18:11.69M	10:34.99Y/ 9:35.09M	5:04.39Y/ 4:34.19M	1:52.09Y/ 2:09.29M	14
15	19:12.89Y/ 19:48.09M	11:31.59Y/ 10:20.99M	5:34.99Y/ 5:01.29M	2:04.99Y/ 2:23.19M	3K - 13-14	18:19.79Y/ 18:58.89M	10:58.09Y/ 9:56.29M	5:17.59Y/ 4:46.69M	1:57.49Y/ 2:14.79M	16
17	20:27.19Y/ 21:09.79M	12:09.49Y/ 11:00.59M	5:52.19Y/ 5:15.39M	2:11.79Y/ 2:29.69M	3K - 11-12	20:00.79Y/ 20:43.29M	11:56.79Y/ 10:50.39M	5:42.79Y/ 5:08.49M	2:06.99Y/ 2:25.79M	18
19			6:27.49Y/ 5:50.19M	2:28.19Y/ 2:48.09M	3K - 9-10			6:20.79Y/ 5:44.49M	2:23.09Y/ 2:43.69M	20
21	18:44.09Y/ 19:18.49M	11:18.69Y/ 10:05.29M	5:24.99Y/ 4:53.39M	2:01.99Y/ 2:13.19M	3K Open	17:22.09Y/ 17:59.89M	10:27.09Y/ 9:23.59M	4:57.49Y/ 4:30.39M	1:49.29Y/ 2:06.99M	22
23	18:57.79Y/ 19:29.59M	11:21.19Y/ 10:08.99M	5:29.29Y/ 5:50.19M	2:02.69Y/ 2:20.09M	3K - 15-16	17:44.09Y/ 18:11.69M	10:34.99Y/ 9:35.09M	5:04.39Y/ 4:34.19M	1:52.09Y/ 2:09.29M	24
25	19:12.89Y/ 19:48.09M	11:31.59Y/ 10:20.99M	5:34.99Y/ 5:01.29M	2:04.99Y/ 2:23.19M	1.5K - 13-14	18:19.79Y/ 18:58.89M	10:58.09Y/ 9:56.29M	5:17.59Y/ 4:46.69M	1:57.49Y/ 2:14.79M	26

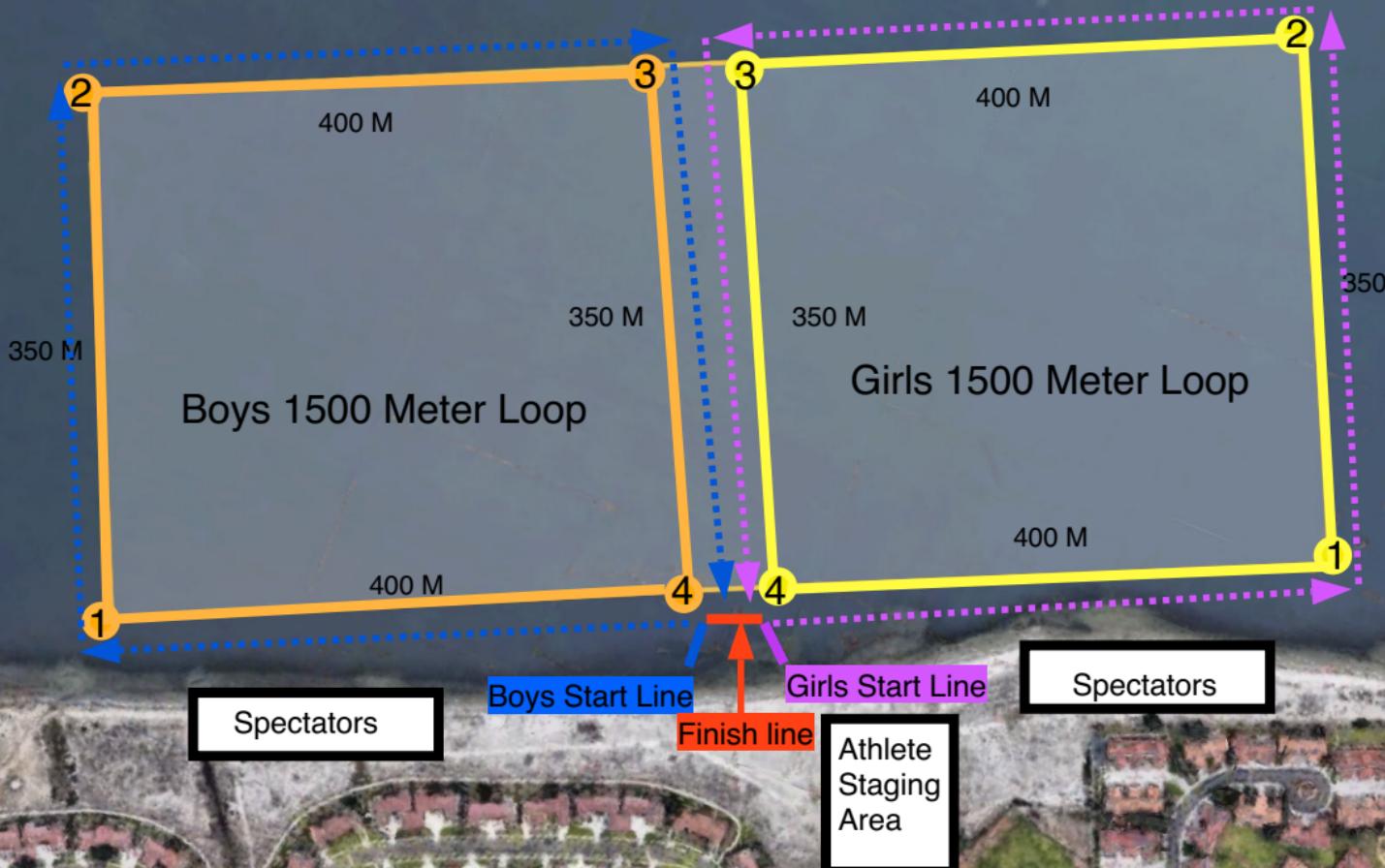


	19:48.09M	10:20.99M	5:01.29M	2:23.19M		18:58.89M	9:56.29M	4:46.69M	2:14.79M	
27	20:27.19Y/ 21:09.79M	12:09.49Y/ 11:00.59M	5:52.19Y/ 5:15.39M	2:11.79Y/ 2:29.69M	1.5K - 11-12	20:00.79Y/ 20:43.29M	11:56.79Y/ 10:50.39M	5:42.79Y/ 5:08.49M	2:06.99Y/ 2:25.79M	28
29			6:27.49Y/ 5:50.19M	2:28.19Y/ 2:48.09M	1.5K - 9-10			6:20.79Y/ 5:44.49M	2:23.09Y/ 2:43.69M	30
31	18:44.09Y/ 19:18.49M	11:18.69Y/ 10:05.29M	5:24.99Y/ 4:53.39M	2:01.99Y/ 2:13.19M	1.5K Open	17:22.09Y/ 17:59.89M	10:27.09Y/ 9:23.59M	4:57.49/4: 30.39M	1:49.29Y/ 2:06.99M	32
33	18:57.79Y/ 19:29.59M	11:21.19Y/ 10:08.99M	5:29.29Y/ 5:50.19M	2:02.69Y/ 2:20.09M	1.5K - 15-16	17:44.09Y/ 18:11.69M	10:34.99Y/ 9:35.09M	5:04.39Y/ 4:34.19M	1:52.09Y/ 2:09.29M	34
Athletes register for the 15K will be placed in the 6K, 4.5K, 3K & 1.5K for their respective division										
Athletes registered for 9K will be placed in 4.5K, 3K & 1.5K for their respective division										
13-14 6K (event 5 & 6) if they swim this race they are NOT competing in the 9K highpoint due to order of event of events for 13-14										
Combine Events:	1,3,5 / 2,46	7&9 / 8&10	11&13 / 12& 14	15,17&19 / 16,18&20	21&23 / 22&24	25,27&29 / 26,28&30	31&33 / 32&34			

**\*Swimmer Proof of time report is required.**

### Timeline of Events:

<b>Detailed Timeline and Schedule of Events</b>					
<b>Age</b>		<b>Distance</b>	<b>Check-In Closes</b>	<b>Report to Staging Area</b>	<b>Start Times: Girls / Boys</b>
Open, 15-16, 13-14 (not eligible for 9K)		<b>6K</b>	7:30 AM	7:50 AM	8:00 AM
11-14		<b>4.5K</b>	9:00 AM	9:30 AM	9:40 AM
Open & 15-16		<b>4.5K</b>	10:20 AM	10:50 AM	11:00 AM
<b>Officials / EMS Break ~12:15 - 1:00 PM</b>					
9-14		<b>3K</b>	12:20 PM	12:50 PM	1:00 PM
Open & 15-16		<b>3K</b>	1:35 PM	2:05 PM	2:15 PM
9-14		<b>1.5K</b>	2:40 PM	3:20 PM	3:30 PM
Open & 15-16		<b>1.5K</b>	3:25 PM	4:05 PM	4:15 PM



### Course Description:

- Boys Course will have a right shoulder turn
- Girls Course will have a left shoulder turn

6K = 4 loops

4.5 = 3 loops

3K = 2 loops

1.5K = 1 loop

After final turn around Buoy 3 of each race d swimmers may proceed directly to finish shoot for an in-water - hand touch finish.