



BUFFALO, NY • 2025

STAR Swimming Hosts:

The 2025 Speedo Sectional Championships

March 27 – 30. 2025

ECC Burt Flickinger Aquatic Center

21 Oak Street, Buffalo, NY 14203

Held under the sanction of USA Swimming NI 2425-050 & NI 2425-051TT

USA Swimming Inc., Niagara Swimming., Erie Community College, and STAR Swimming shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Preliminaries – 9:00 AM**Finals – 6:00 PM****Women****Men****Day 1 – Thursday, March 27**

1 1500 meter Freestyle

800 meter Freestyle 2

Day 2 – Friday, March, 28

3 200 meter Freestyle 4

5 100 meter Breaststroke 6

7 100 meter Butterfly 8

9 400 meter Individual Medley 10

11 800 meter Freestyle Relay 12

Day 3 – Saturday, March 29

13 200 meter Medley Relay 14

15 200 meter Butterfly 16

17 50 meter Freestyle 18

19 200 meter Breaststroke 20

21 100 meter Backstroke 22

23 400 meter Freestyle 24

25 400 meter Freestyle Relay 26

Day 4 – Sunday, March 30

27 200 meter Freestyle Relay 28

29 800 meter Freestyle

1500 meter Freestyle 30

31 200 meter Backstroke 32

33 100 meter Freestyle 34

35 200 meter Individual Medley 36

ADMINISTRATIVE INFORMATION:

Meet Director	TJ Day	dayswimming@gmail.com
Meet Referee	Erika Livingston	erika@aimstutoring.com
Administrative Referee	Satoshi Katsumoto	katsus@gmail.com
Host Club Officials Chair	Leo Gibbons	lcgjr1953@gmail.com
LSC Officials Chair	Bob Nicita	officials@niagaraswim.org
ECC Aquatics Director	Vince McCarthy	mccarthyv@ecc.edu

SPECTATORS:

Spectators will be permitted at this event. The meet will be accessible to all parents by a live stream provided by STAR Swimming using this YouTube link:

<https://www.youtube.com/channel/UC0JtD68fNRG-6r3FneEdkng>. This link will also be posted on the STAR Website under the Meet Sheets tab. Spectators will be allowed for this event. Families need to plan accordingly.

FACILITIES:

50-meter pool with continuous flow through gutters and Kiefer-McNeil lane dividers. Separate 25-yard, six-lane pool for continuous warm-up and warm-down. Colorado Electronic Timing system with flat wall touch pads, horn starts, and scoreboard readouts. The competition course has not been certified in accordance with 104.2.2C(4). From the start end, the pool depth is 7 feet at 1 meter and 7 feet and 5 meters. From the turn end, the pool depth is 13 feet 6 inches at 1 meter and 13 feet 6 inches and 5 meters. The balcony seating is for 1200 spectators.

PARKING:

Parking is available at Mike's Parking at the corner of Elm & Swam Street and the Adam's Parking Ramp at the corner of Washington and North Division Street. Mike's Parking has attendants supervising parking from ½ hour before the start of warm-up through the last session of the day.

OFFICIALS:

- Certified officials wishing to work the meet should submit an application by March 7, 2024 for assigned positions or to be evaluated. [Application to Officiate](#)
- A request will be submitted for this meet to be approved as a National Certification Qualifying Meet for all positions under the National Officials Certification Program. Any official interested in being evaluated should submit an Application to Officiate noting the request for evaluation. Details of the certification program can be found on the [USA Swimming Website](#).

GENERAL WARM-UP & GENERAL MEETING:

The pool will be open for general warm-up on Thursday March 27th, 2025 from 12:00 PM to 4:50 PM. The general meeting will take place at 2:00 PM on the 2nd floor in the mini-gym (hospitality room). Coaches are responsible for any and all information presented. Accordingly, please ensure at least one representative from your club is in attendance.

FACILITY SCHEDULE:

Thursday, March 27: 12:00 PM to 8:00 PM (or 30 minutes after the last event, whichever is later)

Friday – Sunday, March 28 – 30: 6:30 AM to 30 minutes after last finals race

REGISTRATION SCHEDULE:

Thursday, March 27: 12:00 PM to 7:00 PM & Friday, March 28: 7:00 AM to 11:00 AM. At other times, please contact the Meet Director.

MEET SCHEDULE: Competition Pool

- **Thursday, March 27:** General Warm Up: 12:00 PM to 4:50 PM / Distance events start at 5:00 PM
- **Friday – Saturday, March 28 – 29:** Prelim Warm Up: 7:00 AM – 8:50 AM/ Prelims Start 9:00 AM. Finals Warm Up: 4:30 PM to 5:50 PM. Finals Start 6:00 PM
- **Sunday, March 30:** Prelim Warm Up: 7:00 AM – 8:50 AM/ Prelims Start 9:00 AM. Finals Warm Up: 4:00 PM to 4:50 PM. **Finals Start at 5:00 PM**

WARM UP PROCEDURES: Current Niagara Swimming and USA Swimming Rules govern all aspects of the warm up. No diving and feet first entry only is required, except in designated lanes and times. Only swimmers entered in this meet may use the warm up lanes.

Warmup Format: Competition Pool (tentative)

Thursday

12:00-3:00 PM	Circle swim all lanes
3:00-4:20 PM	Pace: Lanes 1 and 8 Circle: Lanes 2-7
4:20-4:50 PM	Pace: Lanes 1 and 8 Sprint: Lane 7 Circle Lanes 2-6
4:50 PM	

Friday, Saturday, and Sunday Prelims

7:00-8:00 AM	Circle swim all lanes
8:00-8:30 AM	Pace: Lanes 1 and 8 Circle swim: Lanes 2 thru 7
8:30-8:50 AM	Pace Lanes: Lanes 1 and 8 Sprint Lanes: Lanes 2 and 7 Circle Swim: Lanes 3 thru 6
8:50 AM	Clear Pool

Friday and Saturday Finals

4:30-5:00 PM	Circle swim all lanes
5:00-5:20 PM	Pace: Lanes 1 and 8 Circle swim: Lanes 2 thru 7
5:20-5:50 PM	Pace Lanes: Lanes 1 and 8 Sprint Lanes: Lanes 2 and 7 Circle Swim: Lanes 3 thru 6
5:50 PM	Clear Pool

Sunday Finals

4:00-4:30 PM	Circle swim all lanes
4:30-4:50 PM	Pace Lanes: Lanes 1 and 8 Sprint Lanes: Lanes 2 and 7 Circle Swim: Lanes 3 thru 6
4:50 PM	Clear Pool

RULES: Current USA Swimming Rules will govern all competition.

- Proper conduct on the part of all swimmer and spectators is expected at all times, and will be enforced by coaches, meet marshals, college officials, and college security. ANY SWIMMER found in the posted out of bounds areas will be barred from the remainder of the meet without recourse.
- The meet area is restricted to the pool and adjoining locker rooms, the adjacent hallway, balcony, and stands. Any swimmer competing that are found in an area designated out of bounds will be barred from participating in the remainder of the meet. Posted out of bounds areas include, but are not limited to: emergency stairwells, weight room, and the track and gym

areas. USE OF THE EMERGENCY DOORS BY ANYONE WITHOUT EXPRESS PERMISSION TO USE THE CODE IS PROHIBITED.

- The USA Swimming Code of Conduct will be enforced. No glass containers are allowed in the pool and locker room areas. Misbehavior, vandalism, and theft will not be tolerated and can result in being barred from participation in the meet.
- 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 member-coach, it is the responsibility by the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.
- Deck changes are prohibited.
- Operation of a drone, or any other flying apparatus is prohibited over the venue (pool, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during conduct of the event.
- Deck access is restricted to USA Swimming athletes, coaches, officials, and meet volunteers. All non-athlete members must have proof of registration or a credential while on deck and present them upon meet management request. Deck pass is an appropriate for of credentials
- All applicable 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 ("MAAP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

ELIGIBILITY:

The Eastern Zone Long Course Speedo Championship Series Meet is open to any swimmer currently registered with USA Swimming *in the Eastern Zone*, with a qualifying time, as of the entry due-date.

TIMERS:

STAR Swimming will be providing timers throughout the meet. The Meet Director Reserves the right to ask all visiting teams to provide timers throughout the meet. Athletes must provide their own timer for time trials.

MEET FORMAT:

The meet will be swum with circle-seeded preliminary heats in the morning session with C-Final, B-Final, and A-Final (in that order) in the evening session, unless otherwise noted. **C-Final qualifiers must be 18 years old or younger.** The A and B Finals are open to any age based upon place in the

morning Trials. If there are 600 or more athletes entered in individual events, a D-Final (18 & Under) will be added. In that case, the C-Final would not be 18 & Under.

- Thursday Distance Events (**W 1500/M 800**): The women's 1500 meter Freestyle will be swim slowest to fastest, followed by the men's 800 meter Freestyle swim slowest to fastest. These events are timed finals.
- Sunday Distance Events (**W 800/M 1000**): The fastest heat of 8 in the Women's 800 meter freestyle and the Men's 1500 meter Freestyle will be swum at the beginning of the evening final session. The remaining heats will swim on Sunday afternoon, alternating women and men, such that the last heat finishes at 4:00pm. The heat order and schedule will be published after the scratch deadline on Saturday night. These events are timed finals.
- There is also a Sunday Early Distance option. During the positive check in process for Sunday distance events, coaches will have the option of declaring for an early afternoon or regular option. Swimmers can also ensure an early distance swim by entering with a non-conforming, qualifying time.
- **Relay Events:** Relays are timed-final events. The fastest two heats will swim with finals during the evening session. The remaining heats will swim with preliminaries during the morning session. Relays must check in by the specified deadline to be seeded. Relay participants must be declared to the Clerk of Course one hour before the relay swims, but may be changed up to the time of the swim. Relay participants may only compete on one relay team per relay event, either the 'A' relay or 'B' relay but not both. Each relay must have at least one swimmer who qualifies and competes in at least one non-bonus individual event. 200 Meter Medley Relay must be entered with a provable 400 medley relay times.

Sunday Relays (400 medley relay): The "Sunday Relay Rule" will be in effect. Any relay that wishes to swim with preliminaries during the morning session may do so. **ALL** Sunday relays **MUST** indicate a preference for swimming with preliminaries or with finals. The preliminaries/finals preference must be declared by the check-in deadline (Saturday at 6:30 pm). The fastest 16 relays that wish to swim during the evening finals will swim during the evening finals. All other Sunday relays will swim during the Sunday morning preliminaries.

- A/B Flight Format: Depending on the number of entries, and at the discretion of the Meet Referee, the preliminary sessions may be conducted in an "A/B Flight" format. If adopted, details of this procedure, including the number of heats of each event to be swum in the "A Flight" session, will be announced at the general meeting.
- There will be a 10 minute break after the 200 medley relay and the 200 freestyle relay and before the last relay on each day. This 10 minute break will apply to both preliminary and finals sessions.
- Flyover starts may be used at the discretion of the Referee

ENTRY INFORMATION:

- Meet Entry Coordinator: TJ Day: dayswimming@gmail.com
- Qualification Period: January 1, 2024 through entry deadline for meet.
- Seeding Order: LCM, SCM, SCY. Bonus entries are seeded last in the same order.
- Entry Fees: \$15.00 per individual event, \$30.00 per relay, and a \$7.50 per swimmer surcharge.
- Time Trials: \$20.00 for individual events, \$35.00 per relay event.
- Regular Entry Deadline: Monday, March 17, 2025 at 11:59 PM EST. Entries will be submitted via OME. OME will open for this meet on February 10, 2025, at <http://www.usaswimming.org/ome>

ENTRY RULES:

A swimmer may enter any number of individual events in which the qualifying time standard has been met. A swimmer may only swim a maximum of three (3) individual events per day (including time trials) and a maximum of seven (7) individual events for the meet. Each team is allowed to enter up to 2 relays in each event.

- Bonus Events: Swimmers making 1 qualifying time will be permitted to enter 3 bonus events. Swimmers making 2 qualifying times will be permitted to enter 2 bonus events. Swimmers making 3 qualifying times will be permitted to enter 1 bonus event. Swimmers making 4 or more qualifying times are not permitted to enter bonus events. Bonus entries are seeded last. There shall be no bonus swims for the 800 freestyle or 1500 freestyle except for the following condition: any swimmer achieving a qualifying time in the 800 freestyle or 1500 freestyle may choose to enter the other distance event as a bonus entry. See Entry Information for seeding order.
- ~~At least one swimmer participating on each relay team must also be entered and compete in at least one, non-bonus, individual event.~~ All relay-only swimmers must be listed on the meet entry.

ONLINE MEET ENTRY:

All entries must be submitted through USA Swimming's website using OME (Online Meet Entry). Ensure that relay only swimmers are included in the team roster entry. All coaches planning to attend the meet MUST be included with the entry for the confirmation of coach credentials prior to arriving at the meet. Any coach not on the original entry MUST show proof of current credentials prior to receiving coach's packets or deck credentials.

- **Entry Instructions:** Payment for entries using OME is accepted using Visa, MasterCard, American Express or Discover. After you complete your online entry, you will be sent confirmation via email. Bring all communications with you to the meet. You can return to your entry to modify entry times through the initial March 17, 2025 entry deadline. Once you have paid for your entry, you may add events to your entry but you cannot delete events. Entries will not be considered accepted until entry fees are received. Entry times, under OME, are taken from the SWIMS national database, or a custom time may be entered. All swims entered as a custom time must be proven in hard copy at the meet. Only times that are achieved at a USA

Swimming sanctioned or observed/approved meets are valid. Times must be entered in the proper course in which achieved; converted times will not be accepted. Times other than long course meters will be treated as “nonconforming” and will be seeded according to USA Swimming procedures. Do not convert times before entering them. Entries that have NOT used the OME entry process will not be accepted. No fax entries will be accepted at any time.

- **Questions Regarding OME?** Contact: Trey Freeman, at tfreeman@usaswimming.org

LATE QUALIFYING TIMES:

- Additional entries from meets occurring between March 18, 2025 and March 23, 2025 are due by 11:59 PM (EST) on Monday, March 24, 2025.
- OME must also be used for these additional entries. Follow instructions given in the section above for the meet named 2025 EZ LC Sectional Meet – LATE QUALIFIERS.
- Late entries may not be used to improve the seed time of an earlier entry.

LATE ENTRIES:

Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:

- Late entries must be submitted through OME.
- Entries must be received no later than 11:59 pm (EST) Tuesday, March 25, 2025.
- The team or athlete must pay a one-time processing fee of \$150 *and* entry fees of \$30 per individual event.

FEES:

Emails must include reports by name and by event with proof of times.

Payment by check for any entries must be received at or before the pre-meet general meeting on Thursday, March 27, 2025. If payment is not received by this time, the entries in question will be scratched from the meet

Checks for entry fees are payable To: STAR Swimming.

PROOF OF TIME:

Verification of times for all events (including relays) is required. Times submitted through OME will be automatically verified through the USA Swimming SWIMS database unless a custom time is used. Coaches entering with custom times (those not in the SWIMS database) must be prepared to prove the times with a copy of the official meet result. Any proof of time must be submitted prior to the Scratch/Positive Check-in deadline for the session in which the event is being swum. High School, College, YMCA and similar non-USAS swims must be a swim officially authorized by USA Swimming. Only times that are achieved at a USA Swimming Sanctioned or observed/approved meets are valid.

Warning:

Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100.00, and no further entries will be accepted from the club until the said fine is paid. All swimmers, coaches and officials must be properly registered with USA Swimming for 2023.

Scratch Procedures/ Positive Check in

The scratch box and positive check in will be located at the Registration Table until the General Meeting. The scratch box and positive check in will then be at the General Meeting. Following the General Meeting, the scratch box and positive check in will be located with the Clerk of Course on deck.

This meet will follow the National Championship Scratch Rules as specified in rule 207.11.6. Specific procedures will be explained at the General Meeting on Thursday afternoon. Scratches from finals can only be done directly with the Administrative Referee. Do not use the scratch box. **The Eastern Zone Policy for No Shows in Sunday's finals will be observed. Any swimmer initially announced in the top 24 who does not show up to compete (without properly scratching) will be subjected to a \$50 fine and will be barred from all other events that evening. Checks will be made out to the Eastern Zone.**

Any swimmer who fails to compete in a preliminary event in which he/she has been entered and has not been scratched will be barred from further individual and relay events that day. In order to swim any events on remaining days the coach and/or swimmer must positively check-in with the Administrative Referee prior to the scratch deadline of that day's events.

Scratch Deadlines are as follows:

- **Thursday:** 3:00 PM: All Thursday events. 5:30 PM: All Friday events (including positive check in for the 200 medley relay).
- **Friday:** 6:30 PM All Saturday events (including positive check in for the 200 medley relay and 400 free relay)
- **Saturday:** 6:30 PM: All Sunday event (including positive check in for the 200 free relay and 400 medley relay)

Time Trials: Time trials will be offered each day, time permitting.

Time trial fees: \$20.00 per individual event; \$35.00 per relay event. All time trials will be seeded by time. Note that the 800 Free, 1500 Free and 800 Free Relay are only offered on Thursday. Thursday time trials may be seeded into empty lanes in the scheduled events. Otherwise, they will start immediately following the conclusion of the session. Friday, Saturday, and Sunday time trials will start approximately 15 minutes following the conclusion of each day's preliminary session (time permitting). Time trials may be seeded with mixed events and genders in heats with no open lanes between them. Events longer than 200 meters may be combined regardless of distance:

Time trials are open to all swimmers entered into the meet, including relay only swimmers. Each swimmer is limited to a maximum of three time trials during the meet. Also, please be aware that time

trials count towards the daily maximum of three events, but not the total of seven maximum events for the meet. Time trial deadlines will be discussed in the general meeting. Registration for time trials will close at 4:00 PM on Thursday and at 10:00 AM every other day, unless otherwise noted at the general meeting. Time trials will be conducted as long as there is time available.

Time trials on Sunday will end 30 minutes prior to the heats of the Women's 1500 Free/ Men's 800 Free. Swimmers must provide their own timer for all time trial events. The meet referee has the option of changing the event order if necessary.

- Thursday time trials: 800 Free, 1500 Free, 800 Free Relay events only.
- Friday time trials: Friday/Saturday/Sunday events in that order.
- Saturday time trials: Saturday/Sunday/Friday events in that order.
- Sunday time trials: Sunday/Friday/Saturday events in that order.

Deck Access:

Please use designated pool entry areas. Only swimmers, coaches, officials, and meet staff with proper credentials will be permitted on the pool deck. These must be visible at all times when on deck. Teams will be allocated deck passes for coaches using the following formula based on the number of athlete entered into individual events:

1 – 5	Swimmers in individual events or 1 relay only team with any number of alternates	1 deck pass
6 – 12	Swimmers in individual events	2 deck passes
13 – 22	Swimmers in individual events	3 deck passes
23 - 30	Swimmers in individual events	4 deck passes
31 – 39	Swimmers in individual events	5 deck passes
40 – 49	Swimmers in individual events	6 deck passes
50+	Swimmers in individual events	7 deck passes

Coaches must request a deck pass through OME. Deck passes will only be issued to individuals registered with USA Swimming. All coaches must be prepared to show a current USA Swimming registration card at the registration table to receive their deck pass. Replacements for lost credentials will cost \$25.00.

No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, swimmer must be assigned a supervising coach (per USA Swimming rule 202.5.2). Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

Scoring: Scoring will be to 16 places

Place:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Individual:	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Relay:	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

Awards:

Awards will not be presented during the evening finals. The coach of each event's winning competitor should pick up their awards by the end of each night. A full sequencing of events will be published with the heat sheet for each finals session.

- Individual Events: Top 3 Finishers
- Relay Events: Top 3 Relay Teams
- Team Awards (female, male, and combined scores): Top 3 Teams
- Individual High Point: Top 3 female and top 3 male

CONCESSIONS:

There will be a concession stand open for the duration of the meet. The concession area is on the lower level of the pool, near the small pool.

HOSPITALITY:

A hospitality area will be available for coaches and meet staff. Coaches and meet staff must have appropriate credentials to enter the hospitality area. The Hospitality Area will be in the upstairs mini gym located across from the elevators.

SPECTATOR ADMISSION AND HEAT SHEETS:

The spectator seating area will open one hour before the start of each session. The spectator entrance is on the upper level of the Erie Community College Athletic Center. Prices are as follows: - Heat sheets will be posted on starswimming.org under the meet sheets tab.

- ALL SESSION PASS: \$40.00
- Adult Single All Day Pass (includes prelims and finals) - \$15.00
- Children (ages 6-12) Single All Day Pass - \$10.00
- Finals Admission - \$7.00

**Adult Single All Day passes and All-Session passes will be available for presale on the meet page on our website. Children's all day passes and Finals Admission will be sold at the event. Cash or charge accepted.*

LOCKER ROOMS:

All competitors are to use the general locker room only. Do not leave locks on lockers overnight. Do not leave valuables in your locker. Erie Community College and STAR Swimming is NOT responsible for lost or stolen property. There will be dry locker rooms available for coaches, officials, and volunteers. Coaches, officials, and volunteers are NOT permitted in the general locker room. There will be dry locker rooms available for coaches and meet staff. Athletes are NOT permitted in these locker rooms.

Spring 2025 Eastern Zone Speedo Sectional Qualifying Times

Women				Men		
LCM	SCM	SCY	EVENTS	SCY	SCM	LCM
28.29	27.09	24.79	50 Freestyle	22.39	24.69	25.49
1:00.69	58.89	53.09	100 Freestyle	48.49	53.89	55.49
2:10.89	2:07.69	1:54.99	200 Freestyle	1:46.29	1:57.99	2:01.29
4:37.69	4:29.29	5:08.79	400 / 500 Freestyle	4:47.39	4:09.89	4:17.59
9:29.99	9:19.99	10:38.99	800 / 1000 Freestyle	9:59.49	8:43.49	8:58.39
18:16.79	17:43.29	17:49.39	1500 / 1650 Freestyle	16:43.99	16:35.19	17:18.99
1:07.89	1:05.79	59.29	100 Backstroke	54.49	59.99	1:01.99
2:26.19	2:23.29	2:08.89	200 Backstroke	1:58.59	2:11.79	2:14.79
1:17.89	1:15.49	1:08.19	100 Breaststroke	1:01.49	1:08.99	1:09.69
2:49.39	2:44.79	2:29.39	200 Breaststroke	2:14.99	2:29.89	2:32.59
1:06.29	1:04.99	58.49	100 Butterfly	53.19	58.99	1:00.19
2:29.09	2:25.59	2:12.09	200 Butterfly	2:01.19	2:14.19	2:16.19
2:28.39	2:24.49	2:10.69	200 Individual Medley	1:59.39	2:12.59	2:16.29
5:20.49	5:07.29	4:38.39	400 Individual Medley	4:15.09	4:43.19	4:49.89
1:57.79	1:56.19	1:44.59	4 x 50 Freestyle Relay	1:32.69	1:42.19	1:45.49

4:14.99	4:10.89	3:45.79	4 x 100 Freestyle Relay	3:21.89	3:44.09	3:48.69
9:06.29	8:58.89	8:05.39	4 x 200 Freestyle Relay	7:22.39	8:06.69	8:14.79
4:42.09	4:28.29	4:10.29	4 x 100 Medley Relay	3:45.99	4:14.59	4:18.69

Qualifying times must be achieved after 1/1/2024