



ITHACA, NY

March 26-29, 2026

2026 Eastern Zone Sectional Meet

Ithaca, NY

USA Swimming, Inc., Niagara Swimming, Inc., Syracuse Chargers Swimming, Medley Aquatics Inc., and Ithaca College 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.

In applying for this sanction Niagara Swimming and Syracuse Chargers agree to comply and enforce all health and safety mandates and guidelines of USA Swimming, Niagara Swimming, the State of New York, and Tompkins County.

Hosted by Syracuse Chargers

2026 Eastern Zone Speedo Sectionals – North Region
 Hosted by The Syracuse Chargers
 March 26-29, 2026

Meet Sanction #NI-2526-042. Time Trials Sanction #NI-2526-043

Held under the Sanction of USA Swimming

General Information

Co-Meet Director:	Courtney Christ & Will Chidsey	meetdirector@medleyaquatics.com
Entry Coordinator:	Will Chidsey	meetentry@medleyaquatics.com
Meet Referee:	Patrick Hunter	Phunter.usaswimming@gmail.com
Administrative Referee:	Patrick Johnstone	pjohnstone@gmail.com
LSC Officials Chair:	Bob Nicita	Officials@niagaraswim.org

Meet Host Contact

Syracuse Chargers Swimming. 204 Blackberry Rd, Liverpool, NY 13090 (315) 430-5481.
meetentry@medleyaquatics.com

Location and Facility:

Ithaca College, Athletics & Events Center, 953 Danby Road, Ithaca, NY 14850.

- Ithaca Pool is a 21 Lane pool complete with flow through lane lines and a Colorado Timing System VI. Ample team and spectator seating is available. The water depth at the start end is no less than 2.5m at a distance of 1m/5m.
- HR Smith starting blocks consist of starting fins and Myrtha backstroke ledges.

Eligibility:

- This Meet is open to any registered USA Swimming athlete with a qualifying time published on the Eastern Zone website, except for athletes from the following LSCs: MD, AM, MA, VA, PV.
- The qualifying time must have been achieved between January 1, 2025 and the meet entry deadline.
- [2026 EZ SC Sectional Qualifying Times](#)
- Qualification for the 50 backstroke, breaststroke and butterfly will use the corresponding 100 times for each stroke. These events may also be entered as bonus events. These events will be entered with 100 times and will be seeded using 100 times.

General Meeting:

- The General Meeting will take place on Zoom on Monday, March 23, 2026 at 8:30pm. The link will be sent out no later than Friday March 20, 2026.
- All and any final decisions will be communicated at this meeting.
- Coaches and teams are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance.

Deck Open

Wednesday, March 25:	6:30pm – 8:00pm
Thursday, March 26:	1:30pm - 9:00pm
Friday, March 27 – Sunday, March 29:	6:30am - 30 minutes after the end of Time Trials and will reopen 30 minutes prior to the next session's warm-ups until the 30 minutes after the conclusion of the last heat in finals.

Team Registration Schedule:

Thursday, March 26:	1:00p – end of Thursday session
Friday, March 27:	7:00am – 11:00am
Other times:	Contact the Meet Host/Meet Director

Meet Schedule:

Wednesday, March 25:	
General Warm-up:	6:30pm - 8:00pm
Thursday, March 26:	
General Warm-up:	2:00pm – 9pm
Session 1 Warm-up:	3:15pm - 4:15pm
Meet Starts:	4:30pm
Friday, March 27:	
Prelim Warm-up:	6:45am – 8:30am. Prelims Start: 8:45am
Finals Warm-up:	4:15pm - 5:20pm. Finals Start: 5:30pm
Saturday, March 28:	
Prelim Warm-up:	6:45am – 8:30am. Prelims Start: 8:45am
Finals Warm-up:	4:15pm - 5:20pm. Finals Start: 5:30pm
Sunday March 29:	
Prelim Warm-up:	6:45am – 8:30am. Prelims Start: 8:45am
Finals Warm-up:	4:15pm – 5:20pm. Finals Start: 5:30pm

Warm-Up Procedure:

Current Niagara Swimming and USA Swimming rules govern all aspects of the warm-up. No diving, and feet first entry is required, except in designated lanes and times. Warm-up procedures will be posted on deck.

Meet Format:

- The meet will be swum with circle-seeded preliminary heats in the morning session.
- If 599 or fewer swimmers are entered, the A and B Finals will be open to any age. The C Final will be open to 18&Under athletes only. If 600 or more swimmers, the A, B and C Finals will be

open to any age, based on that day's preliminary heat results. The D Final will be open to 18&Under athletes only.

- Finals will be swum D-Final, C-Final, B-Final, and A-Final (in that order) in the evening session, unless otherwise noted.
- Depending on the number of entries, the preliminary sessions may be contested in an 8, 9, 10, or 12 Lanes or in two courses. Information regarding course set up will be sent out prior to the meet.
- Flyover starts may be used at the discretion of the Referee during all preliminary sessions.

Thursday Distance Events (W 1000/M 1650):

- These events will swim slowest to fastest, all women's heats followed by all men's heats, without alternating. Swimmers must supply own timer and counter.
- All distance swimmers must positively check-in and declare their intent to swim by the scratch deadline in order to be seeded.

Sunday Distance Event (W 1650/M 1000):

- The fastest heat of each event will swim during the Sunday finals session, following the conclusion of the 200 yard Freestyle Relay.
- The remaining heats will swim on Sunday afternoon, beginning at a predetermined time, seeded slowest to fastest, alternating heats by gender, so that the 2nd fastest heat of men's 1000 Free will end at 4:30pm.
- The heat order and schedule will be published after the scratch deadline on Saturday night.
- Swimmers must supply own timer and counter.
- All distance swimmers must positively check-in and declare their intent to swim by the scratch deadline in order to be seeded.
- In the positive check-in process, swimmers will have the option to declare a preference to swim in the afternoon distance session. The fastest heat of women and the fastest heat of men that do not declare a preference to swim in the afternoon distance session will be seeded in the evening finals.

Relay Events:

- The fastest two heats will swim with finals during the evening session, slowest to fastest.
- Remaining heats will swim with preliminaries during the morning session, slowest to fastest.
- Relay participants must be declared to the Administrative table one hour before the relay swims but may be changed up to the time of the swim.
- 200 yard Medley Relay entry times must be a provable 400 Medley Relay times.
- There may be breaks before or after relays, at the discretion of the Meet Ref and Meet Director.

Sunday Relays (200 free relay, 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 at the Administrative table.
- The preliminaries/finals preference must be declared by the scratch deadline (Saturday at 6:00pm).

- The fastest two(2) heats of relays that declare PM will swim in the evening finals session.
- All other Sunday relays will swim during the Sunday morning preliminaries.

Entry Information & Contact

- Will Chidsey, (315) 430-5481. meetentry@medleyaquatics.com
- Regular Entry Deadline: Monday, March, 16, 2026 at 9:59 PM EST.
- Qualification Period: January 1, 2025 through meet entry deadline.
- All Entries are to be On-Line Meet Entry (OME):
 - OME will open on Saturday, February 1st at 10am EST
 - Entries prior to the regular entry deadline will be processed using the USA Swimming On-Line Meet Entry System (OME) ONLY. Email entries during the regular entry period will not be accepted.
 - Entry fees are to be mailed by check or paid at check-in via Check or Cash
 - OME questions, please contact, Katie Trace, ktrace@usaswimming.org.
- Send your initial list of coaches that will be in attendance, with their full names, with your entry file. Additional coaches can be added later.
- All entry times must have been achieved in a sanctioned, approved, or observed meet, with the exception of bonus events.
- 50s of butterfly, backstroke, and breaststroke are to be entered using the 100 time for the corresponding stroke.
- “No Time” entries for individual or relay events will not be accepted.
- Seeding Order: SCY, LCM, SCM. Bonus entries are seeded last in the same order.
- Entry Fees:
 - \$16.00 for individual events
 - \$32.00 for relay events
 - \$7.50 per swimmer surcharge
- Time Trial Fees: (Cash or Check payment only at meet)
 - \$20.00 for individual events
 - \$35.00 for relay events
- Payment by check for any entries must be received at or before the first session in which the team has swimmers entered. If payment is not received by this time, the entries in question will be scratched from the meet.
- Pay by check or Cash Only:

Syracuse Chargers Swimming
204 Blackberry Rd
Liverpool, NY 13090
- Secondary Qualifying Period:
 - First time qualifiers from meets occurring between March 17, 2026 and March 22, 2026 are due by 3:00 PM (EST) on Monday, March 23, 2026
 - Entries submitted during the Secondary Qualifying Period may not be used to improve the seed time of an earlier entry, with the following exception: If an athlete achieves a qualifying time during the Secondary Entry Period for an event they were already entered in as a bonus event, please contact the Meet Entry Chair for instructions.
 - Please email meetentry@medleyaquatics.com with your entries for this qualifying period.

- Late Entry Provision:
 - 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 the Meet Entry Chair. Contact via e-mail for further instructions.
 - Entries must be submitted no later than noon, Tuesday March 24, 2026.
 - Team or entrant must pay a one-time processing fee of \$150 and \$32 per event.
 - Late Entry fees are by cash/check only at time of check in.

Entry Rules:

- Entry Limits:
 - All Relay-only swimmers must be included in the meet entry.
 - A swimmer may enter any number of events in which they have met the qualifying time standard.
 - A swimmer may only compete in three (3) individual events per day, including Time Trials.
 - A swimmer may only compete in seven (7) individual events for the duration of the meet, NOT including Time Trials.
 - Each team may enter up to two (2) relays in each event.
 - Relay participants may only compete on one relay team per relay event, either the 'A' relay or 'B' relay but not both.
- 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 will not be permitted to enter bonus events.
 - Bonus entries are seeded last.
 - There shall be no bonus swims for the 1000 freestyle or 1650 freestyle except for the following condition: any swimmer achieving a qualifying time in the 1000 freestyle or 1650 freestyle may choose to enter the other distance event as a bonus entry. Please contact entry chair for details.

Instructions and Guidelines for Swimmers with Disabilities

- Each swimmer with a disability that achieves their Sectional Parallel Time Standard can participate in the meet. There is no limit on the number of athletes with a disability accepted that achieved the standard. Time standards will be posted on the Host website.
- Proof of time for each event entered must be e-mailed, along with a Disability Necessary Accommodation Form, which can be found on the last page of the meet announcement. Please indicate the P1-3 category that you feel your swimmer should be categorized in.

- Swimmers with disabilities may compete in Finals, earn awards and score points for their team in the same manner as the able-bodied swimmers.
- It is the responsibility of the swimmer, or their coach, to inform the Meet Referee and Meet Director/ Entry Chair of any disability-related accommodations they may need in order to compete.
- This information must be given in advance of the meet on the entry form.
- The Meet Referee shall approve any modifications that may be required and relay the information to the starter and stroke and turn judges. These options include:
 - seeding the swimmer with others of the appropriate gender,
 - allowing the swimmer to compete half the distance of their age group (swim the 100 meter backstroke during the 200 meter backstroke race).
 - reassigning the lane of a deaf swimmer if a required view of the strobe light is obscured and the light cannot be repositioned.
- Visually impaired swimmers who require tappers must bring their own devices and individuals to use them.
- Should a Disability Record be set, it is the swimmer's responsibility to complete and submit the application for an American Record.
- The final meet results will show the swimmer with a disability listed in the correct age and event, regardless of where they actually competed.

Proof of Time:

- Verification of times for all events (including relays) is required, with the exception of bonus swims. 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. Unproven times will not be seeded. Any additional requested Proof of Times must be submitted to meetentry@medleyaquatics.com prior to the Scratch deadline for the session in which the event is being swum. The Proof of Times must include the name and USA-S ID of the athlete as well as the meet, event and time swum.
- 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 fine is paid. All swimmers, coaches and officials must be properly registered with USA Swimming for 2025.

Scoring and Awards:

Scoring:

- This meet will be scheduled to be competed in a 9-lane course at finals. Scoring will be to 18 places as follows:

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
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Individual	2 2	1 9	1 8	1 7	1 6	1 5	1 4	1 3	1 2	1 0	8 1	7 2	6 4	5 2	4 3	3 2	2 1
Relay	4 4	3 8	3 6	3 4	3 2	3 0	2 8	2 6	2 4	2 0	1 6	1 4	1 2	1 0	8 6	6 4	2 2

Awards:

- Relay events: Top 3 finishers
- Individual events: Top 8 finishers
- Team awards (female, male, and combined scores): Top 3 teams
- Individual high point: Top 3 Female and Top 3 Male
- If only three (3) heats are swum in finals, awards will be presented during the evening Finals when there is no D Final.
 - A full sequencing of events and awards will be published with the heat sheet for each finals session.
 - Awards for the Thursday distance events will be presented during the Friday evening finals.
- If more than three (3) heats are swum in finals, awards will be distributed at a later time.

Scratch Procedure:

- Scratch deadlines:

Thursday, 3:30pm:	All Thursday events (including distance positive check-in)
Thursday, 6:00pm:	All Friday events (including relays)
Friday, 6:00pm:	All Saturday events (including relays)
Saturday, 6:00pm:	All Sunday events (including relay declaration and distance positive check-in)
- Scratch Box Location:
 - The scratch box will be located at the Registration Table until the start of warmups Thursday.
 - Then the scratch box will be located with the Administrative Referee on Deck.
- This meet will follow the National Championship Scratch Rules as specified in rule 207.11.6. **with the exception of 207.11.6B, please follow the above stated scratch deadlines.** DFS are allowed in Prelims.
- Specific procedures will be explained at the General Meeting on Monday.
- Scratches from finals can only be done directly with the Administrative Referee. Do not use the scratch box.
- Swimmers who advance to the final's session in each prelim/finals event: Any swimmer initially qualifying prior to scratches, for a final's session race in an individual event who fails to compete in that race will either be:
 - Barred from further competition in the meet, or
 - Assessed a \$200 fine, payable to the host.
 - The Eastern Zone Policy for No Shows in Sunday's finals will be observed. Any swimmer who is initially announced as qualifying for a final event, excluding alternates, and does not show up to compete (without properly scratching or without being excused by the Referee) will be subjected to a \$50 fine.

- In all timed final events (1000 Free and 1650 Free) and all prelim events, after the events have been either positively checked in or seeded, any swimmer who fails to compete in an individual event in which they are entered and from which they have not been scratched properly will be:
 - Barred from all further individual and relay events of that day. In order to swim any events on the 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, or
 - Assessed a \$50 fine, payable to the host.
- Head Coaches will be asked to provide a cell number for contact in case a swimmer scratches into finals once the event is closed. While all reasonable efforts will be made to contact coaches if a swimmer scratches into finals, it remains the coaches' responsibility to monitor their athletes' standings while the event is still open.

Time Trials:

Time trials will be offered each day, time permitting.

- All time trials will be seeded by time.
- 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 trials may be seeded with mixed events and genders in heats with no open lanes.
- Time trials are open to all swimmers entered in the meet, including relay-only swimmers.
- Each swimmer is limited to a maximum of three time trials during the meet. Be aware that time trials count towards the daily maximum of three events.
- Registration table for time trial signups are open:
 - Thursday: 2pm - 4:00pm at the Administrative table.
 - Friday – Sunday: 9:00am - 10:00am at the time trial table near the diving boards.
- Time trials will end no later than 3:00pm on Friday. Time trials on Sunday will end no later than 30 minutes prior to the start of the heats of the Women's 1650 free/Men's 1000 free. Swimmers must supply own timers and counters (if needed).
- The order of events for time trials is listed below. Note that the 1000 freestyle, 1650 freestyle and 800 Freestyle Relay are only offered on Thursday.
 - Thursday time trials: 1000 Free, 1650 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.

*The order may change after time trial entries are received to merge events together to save time. So please keep that in mind if entering multiple events on one day.

Coach Information and Deck Access

- Please use designated pool entry areas.
- All coaches planning to attend the meet MUST check in at the team check in table and provide proof of valid credentials. Credentials must be valid through the last day of the meet to receive deck access.

- 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 free deck passes for coaches using the following Niagara LSC formula based on the number of athletes entered in individual events:

○ 1-5 swimmers in individual events or 1 relay-only team:	1 coaching pass
○ 6-12 swimmers in individual events:	2 coaching passes
○ 13-22 swimmers in individual events:	3 coaching passes
○ 23-30 swimmers in individual events:	4 coaching passes
○ 31-39 swimmers in individual events:	5 coaching passes
○ 40-49 Swimmers in individual events:	6 coaching passes
○ 50+ swimmers in individual events:	7 coaching passes
○ Unattached swimmers entered without a team:	1 coaching pass
○ Unattached swimmers with a team will be counted in the numbers for the team	
○ Additional deck passes can be purchased at the Meet Registration Desk for \$35.	
○ Deck passes will only be issued to individuals registered with USA Swimming. All coaches must be prepared to use USA Swimming's <i>Deck Pass</i> or show a registration card at the registration table to receive their deck pass.	

Officials:

- [Application to Officiate](#)
- Certified officials wishing to be considered for an assigned position or national evaluation should submit an application by March 1, 2026.
- Officials wishing to work the meet may submit an application by Tuesday, March 24, 2026.
- 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.
- If requesting evaluation, please note so in the application. Details of the National Certification program can be found on the [USA Swimming Website](#).
- Officials' Briefings Schedule:

○ Thursday, March 26:	3:30 pm
○ Friday:	Prelims: 7:45 am, Finals: 4:30 pm
○ Saturday:	Prelims: 7:45 am, Finals: 4:30 pm
○ Sunday:	Prelims: 7:45 am, Finals: 4:30 pm

Hospitality:

- Hospitality will be in the Wet Classroom located just off the Competition Pool deck. The hospitality area is for officials, coaches, and meet staff must have appropriate credentials to enter the hospitality area.

Locker Rooms:

- Locker Rooms will be available for athletes. Do not leave locks on lockers overnight; locks may be cut off. Ithaca College and Syracuse Chargers Swimming are NOT responsible for lost or stolen property. The Ithaca College Varsity locker room is off-limits to all participants.

Medical Assistance:

- Medical assistance will be provided at the facility. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.

Spectator Admissions and Heat Sheets:

- The spectator seating area will open one hour before the start of each session.
- Admission prices are as follows and include appropriate heat sheets:
 - All Sessions: \$40
 - Thursday Timed Finals Session: \$5
 - Friday, Saturday or Sunday (prelim/final) Day pass: \$20

Concessions:

- There will be a concession stand operated by Ithaca College.

Timers:

- It may be necessary to solicit timers from the spectators attending the meet. All visiting teams should be prepared to provide meet timers.
- The meet director reserves the right to assign teams with lane assignments for timer coverage depending on entries.
- All Thursday and Sunday Distance participants and all Time Trials participants need to supply their own timers and counters (if needed)
- Anyone wishing to time may do so by following this link: [CLICK TO TIME](#). This link will be open from January 1, 2026 to the start of the meet. If you volunteer, the host will refund you the cost of a daily admission charge per session, not to exceed amount of the general admission all session pass. This offer is not valid for Thursday events, time trials or Sunday distance events.
- Documentation of volunteer hours are available for community service hours and can be provided upon request.

Rules and Regulations:

- Current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern all competitions.
- 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 cell phones, is not permitted in changing areas, rest rooms or locker rooms.
 - In addition, photography behind the blocks is not permitted.
- Deck changes are prohibited.
- 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 of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- 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 the conduct of the event.

- Deck access is restricted to USA Swimming athlete and coach members and officials with approved meet credentials.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectators areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- 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 202.5.3). Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, they must find a willing coach at the facility to supervise them before a credential can be issued. The Meet Referee should be informed of which coach is supervising the swimmer.
- 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.
- Any athlete suspected of sustaining a concussion or exhibiting signs of a concussion will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with the release authorization signed by a licensed healthcare provider.
- All athletes must complete and hand in the USA Swimming required waiver to receive their deck credentials.

Meet Management Committee:

- Consists of the following personnel: Meet Directors, Meet Entry Chair, Meet Referee, Administrative Referee and Computer Operator.

Meet Jury:

- Meet Referee will appoint an Eligibility and a Technical Jury and announce the members at the General Meeting.

Ithaca College Athletic and Event Center:

- Young children must be supervised by an adult.
- Observers are to stay in designated areas.
- No glass containers of any kind are to be brought into the pool complex.
- Parking violators will be subject to fines and/or towing as posted.
- All emergency exits and walkways must remain clear.
- All individuals must have a shirt, shoes, and pants on when outside the pool/locker room area.
- Teams and individuals should not utilize the hallways as a stretching/warm-up area.
- Ithaca College and the A&E building does not allow pets, this includes emotional support animals.

EVENT ORDER

Thursday, March 26, 2026		
<i>4:30pm start</i>		
Women	Event	Men
1	1000 yard Freestyle	
	1650 yard Freestyle	2

Friday, March 27, 2026		
<i>Prelims: 8:45am start</i>		
Women	Event	Men
3	200 yard Freestyle	4
5	100 yard Breaststroke	6
7	50 yard Backstroke	8
9	100 yard Butterfly	10
11	400 yard Individual Medley	12
13	800 yard Free Relay	14

Saturday, March 28, 2026		
<i>Prelims: 8:45am start</i>		
Women	Event	Men
15	200 yard Medley Relay	16
17	200 yard Butterfly	18
19	50 yard Freestyle	20
21	200 yard Breaststroke	22
23	100 yard Backstroke	24
25	500 yard Freestyle	26
27	400 yard Free Relay	28

Sunday, March 29, 2026		
<i>Prelims: 8:45am start</i>		
Women	Event	Men
29	200 yard Free Relay	30
33	200 yard Backstroke	34
35	50 yard Breaststroke	36
37	100 yard Freestyle	38
39	200 yard Individual Medley	40
41	50 yard Butterfly	42
43	400 yard Medley Relay	44
	AFTERNOON	
31	1650 yard Freestyle	
	1000 yard Freestyle	32

Necessary Accommodation Form

Meet:

Date:

Swimmer's name/ team:

Performance Grouping

- P1
- P2
- P3

Coaches Name:

Coaches Cell #:

Identified Accommodations (Necessary for swimmer with a disability to access facility and maneuver to the blocks:

Event Modification per Article 105 in accordance with 105.1.2. (Any modifications of the technical rules allowing parallel performance for a swimmer)

Session	Event		Modification(s) Per Article 105

Referee acknowledgment of communication with the coach regarding this athlete

Referee Signature:

Date: