



AAU Junior Olympic Games - Swimming

Hosted by Swim Fanatics Swim Team

July 28-31, 2022

The Greensboro Aquatic Center
1921 W. Gate City Blvd., Greensboro, NC 27403

Approved Meet #NC22130AP

MEET DIRECTOR	MEET ENTRY COORDINATOR
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**CONDITION OF
APPROVAL**

As a condition of this approval, Swim Fanatics Swim Team agrees to comply with and to enforce all COVID-19 health and safety mandates and guidelines of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions in effect at the time of the meet. Further, the meet will be conducted in accordance with individual facility requirements as detailed in the Swim Fanatics Swim Team Meet Plan below. Meets conducted in violation of these requirements and safety plans are subject to having the approval revoked and will not be issued approvals for future meets during the COVID-19 sanctioning period.

**ASSUMPTION OF
RISK DISCLAIMER**

The Swim Fanatics has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19.

COVID-19 RELEASE

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, NORTH CAROLINA SWIMMING, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

Swim Fanatics COVID-19 MEET PLAN

NCS FACE COVERING STATEMENT

NCS recommends the proper use of face coverings at all NCS activities and expects all participants, coaches, officials, volunteers, and spectators to comply with all club and facility specific COVID-19 safety requirements and guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina, and local jurisdictions.

FACILITY

The Greensboro Aquatics Center main competition pool is a 50-meter pool which can be broken into two short course venues with a separate diving well. This competition will use the long course competition venue that is 8 lanes with continuous warm-up and cool down lanes available throughout the meet in the short course dive well. The pool depth is 9'-10' at the start and turn ends and 4" lane lines will be used to reduce turbulence. The lane width is 7'. An Omega timing system with a Daktronics Pro-Star LED Video Scoreboard Display will display results simultaneously. Starting platforms are Omega deck anchored platforms. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

No outside Food or Drink will be permitted. There is a spectator seating area with a capacity of 1850 persons. Spectators are not allowed on the deck at any time. The 650 bleacher seats on deck are reserved for swimmers only. No chairs are permitted in the stands or on deck.

Parking will be available for up to \$5.00 per vehicle

MEET FORMAT

This meet is pre-seeded WITH THE EXCEPTION OF RELAYS WHICH WILL BE DECK ENTERED. No other deck entries will be permitted.

Events may be seeded together but scored separately. There will be NO TIME TRIALS.

All 10 & Under events will swim as Timed Finals during the Prelim sessions. The 400-meter Freestyle (11-12 age group) and the 1500-meter freestyle (13-14 and 15-18 age groups) will be Timed Finals only. All relays are Timed Finals. All other events will swim as Prelims and Finals.

Session	Day	Warm-up	Meet Start	Age Group
1	Thursday timed finals	5:00 PM	6:00 PM	11&Over
2	Friday Prelims	7:00 AM	8:30 AM	13&Over
3	Friday Prelims	12:00 PM	1:00 PM	12&Under
4	Friday Finals	5:00 PM	6:00 PM	11&Over
5	Saturday Prelims	7:00 AM	8:30 AM	13&Over
6	Saturday Prelims	12:00 PM	1:00 PM	12&Under
7	Saturday Finals	5:00 PM	6:00 PM	11&Over
8	Sunday Prelims	7:00 AM	8:30 AM	13&Over
9	Sunday Prelims	12:00 PM	1:00 PM	12&Under
10	Sunday Finals	5:00 PM	6:00 PM	11&Over

AGE DIVISIONS

Girls & Boys: 8 & Under, 10 & Under, 11-12, 13-14, 15-18

Athlete's age on the first day of competition, July 28, 2022, shall determine the division of the competitor. The 8 & Under division is a recognized age group in the AAU Junior Olympic Games. The 8 & Under and 9- 10 divisions are offered for the 50M events and 200M free relays. The heats for these age

groups may be combined but will be awarded separately. Participants that are 8 & Under are also welcome to swim in the 10 & Under events if he/she meets the qualifying time standard for that event. The 10 & Under events were not awarded separately in the past – if an 8-year-old swam a 10 and under event then they were awarded where they finished.

RELAYS

Determining criteria for Club vs. Mixed Relays:

CLUB: Only ONE (1) AAU Club is represented on the relay team. More than one (1) relay team per Club is encouraged in each age group event.

MIXED RELAY: NOTE: This is an exhibition event ONLY; the AAU Aquatics Committee is providing another opportunity for athletes to be participate in a relay who may not have a chance to be part of a club relay at the AAU Junior Olympic Games. TWO (2) or more Clubs are represented on the relay team regardless of team affiliation. You may pre-register for Mixed Relays online by the registration deadline and we will also be accepting Deck Entries.

FINALS QUALIFIERS

There are two heats of finals (top 16) in all events with the exception of the 13-14/15-18 400 IM, 400 Free, 200 Breast, 200 Back, and 200 Fly in which there will be one heat of finals (top 8). Swimmers will have thirty (30) minutes after results are announced to scratch. If you do not scratch from the finals and do not swim, you will be disqualified from the meet.

DECK ENTRIES

INDIVIDUAL EVENTS: No Deck entries will be accepted.

MIXED RELAYS: You may pre-register for Mixed Relays online by the registration deadline and we will also be accepting Deck Entries. Mixed Relays will be formed by the Meet Director or Meet Referee based on all entries.

CLUB RELAYS: Club Relays will be deck entered by submitting Relay Entry Forms, included in coach's packet (full relay for Club teams) to the meet director as follows:

400 Meter Club Medley Relay- Due no later than 6:30 PM on the 1st day of meet Thursday, July 28

400 Meter Club Freestyle Relay- Due no later than 6:30 PM on the 2nd day of the meet Friday, July 29

200 Meter Club Medley Relay- Due no later than 6:30 PM on the 3rd day of meet Saturday, July 30

200 Meter Club Freestyle Relay- Due no later than 6:30 PM on the 3rd day of meet Sunday, July 31

SAFETY & WARM-UP

USA Swimming warm up rules and AAU safety guidelines and warm-up procedures will be followed.

All AAU Junior Olympic Games facilities maintain the right to search any bags, backpacks, purses, jackets, etc. throughout the duration of the AAU Junior Olympic Games.

Coaches must maintain contact with their swimmers during warm-up. To protect all swimmers during warm-ups, swimmers are required to enter the pool feet first from the starting end of the pool at all times except when sprint lanes have been designated. No jumping or diving. The same rules will apply with respect to the warm- down pool and diving well.

Penalties for violating these rules will be in the sole discretion of the meet referee which may include ejection from the meet.

The final 20 minutes of warm-ups will be conducted as follows:

(a) Lanes 1 & 8: Pace Lanes, push off only, circle swimming only.

(b) Lanes 2 & 7: Sprint lanes, racing starts from the starting end of the pool, one way only.

(c) Lanes 3-6: General warm-up, no diving or racing starts, circle swimming only. Additional sprint lanes will be opened at the discretion of the Meet Referee or his designee.

RULES	This meet will be conducted in accordance with the current USA Swimming Technical Rules and Regulations, except where rules therein are optional, and exceptions are stated. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. 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.
ELIGIBILITY	<p>This meet is licensed by the AAU. All athletes and coaches must be AAU members. Athlete membership is \$14.00 and non-athlete (coach) membership is \$16.00. AAU membership can be obtained online at www.aausports.org.</p> <p>BE PREPARED and register your coaches early! You can no longer register for non-athlete (coach) membership onsite at the event. Background screens are conducted for all non-athletes and adult athletes. Membership is no longer instant.</p>
PRACTICE	Practice will be available on Thursday, July 28 from 12pm to 4pm at the Greensboro Aquatic Center. Athletes must check-in at the GAC and have proper credentials prior to practicing.
MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS	Swim Fanatics welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit Swim Fanatics' ability to accommodate all requests.
ENTRIES	<p>All entries must be completed online by Tuesday, July 18, 2022. Register Online at www.aaujrogames.org. VISA, Mastercard, American Express, and Discover are accepted. You will need to have your AAU membership at the time of registering. After registering online, you will receive an email confirming your entry and acceptance of payment.</p> <p>If you wish to have your scores count towards the team scores, be sure to enter your current club membership code when registering online.</p> <p>In addition to registering online, we encourage all coaches to submit a HyTek Team Manager file. Additional information will be posted at www.aaujrogames.org. Be sure to provide your valid USA Swimming membership number via your HyTek entry information for your times to count from this meet and be uploaded to SWIMS. Leave blank for swimmers that are not athlete members of USA Swimming.</p>
ENTRY LIMITATIONS	Three (3) individual events per day, exclusive of relays. Any individual may only swim ten (10) events during the entire meet, exclusive of relays. Relay swimmers cannot swim both a club and mixed relay of the same event. A swimmer must register for an individual event in order to compete in a relay.
ENTRY VERIFICATION	After registering online, you will receive an email confirming your entry and acceptance of payment.
ENTRY FEES	\$51.00 PER SWIMMER, \$45.00 per coach (\$55 for coaches registered onsite with a current non-athlete membership). All entry fees are non-refundable.

QUALIFICATION

First, second, and third place finishers in approved AAU District Swimming Championship Meets in individual events under 400M, will qualify for the AAU Junior Olympic Games. Swimmers must place in the District Championship in the age division they will compete in during the AAU Junior Olympic Games.

In addition, swimmers who meet or beat the USA Swimming long course **"A" time standard for all 200M, 400M, and 1500M events and "BB" time standard for events under 200M are eligible to compete** in the events where they meet the minimum time standards.

Qualification for the 400M and 1500M is time only and they may not be entered as Bonus Events. The time standard must have been met during a bona fide competition between the date of the previous year's AAU Junior Olympic Games entry deadline and the current year's entry deadline, whether it was AAU, USA Swimming, YMCA, Boys and Girls Club, Parks & Recreation, etc. **No yard times will be accepted. Yard times must be converted to long course meter times!** Swimmers must list their time on the entry form and bring their time verification to the Championship.

Qualified swimmers may swim in bonus events, as approved, for 50M, 100M and 200M events. **For every qualified event, a swimmer may enter 2 bonus events.** At a minimum, it is suggested to have a "B" time standard to request approval for bonus events. **Bonus events are subject to approval by the AAU National Aquatics Committee.**

For the following events: 1) 11-12 400 meter Freestyle, 2) 13-14 1500 meter Freestyle 3) 15-18 1500 meter Freestyle and 4) 400 IM. If room is available, the AAU Aquatics Committee will consider entries that do not meet the qualifying time standard. The remaining lanes will be filled according to best times until the heat is full (Post Scratches).

For the 8 & under division, USA Swimming long course time standards have not been established. The 8 & under division is open to any participant, however, he/she must submit an entry time to be used for seeding purpose and to verify that the athlete has swam in the event prior to the AAU Junior Olympic Games. Entries without times (NT) will not be accepted.

Qualifying period is from August 1, 2021 through July 15, 2022.

The AAU suggests a helpful online tool for time conversion. Please visit the website at www.aauswimming.org or www.aaujrolympicgames.org (select swimming).

ENTRY TIME VERIFICATION

Time verification must be provided for 400M and 1500M events prior to the event. Swimmers placing first, VERIFICATION: second or third in the District Championship must also provide time verification from the District meet. For all other events the Meet Director reserves the right to request time verification and reject entries whose qualifying times cannot be substantiated. Proof of Time may be requested at the time the entry is received, before the start of the meet (at coaches meeting) or during the meet by the Meet Director or Meet Referee. Times may only be proved by presentation of Final meet results from a bona fide meet.

SCRATCHES & SCRATCH RULE

Scratches must be submitted by 6:30 p.m. the evening before the swimmer is to compete in the event. Scratch forms will be available at the scratch table and will be collected at 6:30 p.m. daily. No swimmer may scratch an event to enter another. The scratch procedures will be in accordance with current USA Swimming rules (207.11.6.c) unless otherwise specified in the meet information. Deadline for Thursday's events shall be 15 minutes after the coaches meeting on Thursday, July 28.

Failure to swim an individual prelim or timed final event will mean disqualification from further individual and relay events for the day.

For all prelim/final events, the finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals. **Any qualified swimmer in the event (a swimmer is qualified for finals if he/she has successfully completed the event in Prelims) may be moved into finals due to scratches.** Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. **Finalists who will not be present at finals must scratch to avoid a possible suspension from the meet.** Finalist set at this point may be subject to the above fines and banishment from competition, even though any qualified swimmer may be moved into finals. Alternates, after the existing scratches are tabulated, will not be penalized if they are unavailable to compete in finals.

It is the swimmer's responsibility to report to the assigned heat and lane.

SCORING

All scoring for individual and relay events will be on a sixteen (16) place basis as follows:

- Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- Relay events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2; only 2 relays per gender may score for each team.

AWARDS

Individual: AAU Junior Olympic Games medals will be awarded to the top eight (8) finishers in each individual age group event. Ribbons will be awarded to athletes placing 9th – 16th.

CLUB RELAYS: AAU Junior Olympic Games medals will be awarded to every team member on each of the top eight (8) places in age group CLUB RELAY events only. Ribbons will be awarded to each CLUB RELAY team member placing 9th – 16th.

AWARD CEREMONIES: AAU Junior Olympic Games medals will be presented to the top eight (8) finishers in individual events and Club Relays during award ceremonies conducted throughout the session (Finals) or at the end of each session with timed final events.

DECK ACCESS

AAU Junior Olympic Games credentials (Athlete, Coach, Official and Volunteer) will be required to be shown for access to the deck. In addition, coaches must also be able to present the AAU required coaches' certifications during the meet.

SEEDING

The conforming time standard for this meet is long course meters. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. No yard times will be accepted. Yard times must be converted to long course meter times!

MAAPP

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

SAFE SPORT

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.

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 without the use of a backstroke ledge. 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 also the responsibility of the swimmer or the swimmer's guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer's team is unable to attend.

Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

COACHES

Coaches must complete the Coach's Entry Form and submit the \$45.00 coach's entry fee, in order to receive CREDENTIALS: the coach's pass which allows admission into any of the venues for the AAU Junior Olympic Games. Coach entries received onsite in will require an additional \$10 late fee. All coaches must be non-athlete members of the AAU. Only coaches meeting the certification requirements below will be eligible to receive credentials allowing access to the deck.

Coaches' certification requirements are as follows:

1. Current certification in CPR and First Aid, and
2. American Red Cross Coaches Safety Training and First Aid, American Red Cross, or YMCA Life Guard Training. OR
3. Valid USA Swimming Coach's Card.

Swimmers with no certified coach will be assigned to another team for practice and warm-up.

Deck Access Coaches' Credentials will be provided to teams as follows:

- 1 – 5 Swimmers Entered 1 Coach
- 6 – 10 Swimmers Entered 2 Coaches
- 11 – 20 Swimmers Entered 3 Coaches
- 21 & Above Swimmers Entered 4 Coaches

One of the coaches, per the schedule above, must be designated as the Team Head Coach at the Coaches Meeting on July 28. Only these coaches will receive a coach's packet, be allowed on the deck and attend coaches' meetings.

A mandatory coaches meeting will take place at 4:00 p.m. on July 28 at Greensboro Coliseum Complex Aquatic Center.

The AAU is happy to make available FREE Coaches' Education for all AAU non-athlete members. This excellent program is MANDATORY for all AAU non-athletes and will be administered by Positive Coaching Alliance (PCA). Please visit www.aausports.org and click on PCA COACHES EDUCATION order to enter and take the MANDATORY AAU/PCA coaches educational course. Membership may be revoked from non- athletes who do not complete course prior to competition.

**OFFICIALS/
TIMERS/
VOLUNTEERS**

All currently certified USA Swimming officials are cordially invited to participate. All USA Swimming officials must be registered with USA Swimming for 2022, have a current Background Check and participate in the athlete protection course acknowledged by USA Swimming. The appropriate number of certified USA Swimming officials must be present to observe and certify that the conduct of the competition and all times achieved in such competition were in conformance with USA Swimming technical rules.

HOUSING

The AAU makes every effort to provide the best quality experience for athletes, coaches and families that participate in AAU events. Athletes, coaches and families can choose from a wide variety of accommodations in various price points and with several levels of amenities. The Local Organizing Committee and PSE Housing Services have carefully selected host hotels for participants with the lowest rates available. The hotels selected for the program not only provide great rates, but also the greatest convenience in regards to location and other amenities.

All reservations are handled through PSE Housing Services. **DO NOT CONTACT THE HOTELS DIRECTLY AS YOU WILL NOT RECEIVE THE DISCOUNTED RATE.** Please visit the website at www.aaujrogames.org and click on Hotels to make your reservations, or call 888-417-6446 for assistance. Please check online regarding deposit requirements and cancellation policies which may vary depending on hotel. AAU is not responsible for any refunds from cancellation.

In order to complete your registration to participate in the 2022 AAU Junior Olympic Games, you are required to use hotel accommodations as advertised at www.aaujrogames.org. If your team or athlete is local or not planning to stay at one of the recommended properties, you can submit a Housing Form available online at www.aaujrogames.org.

TRANSPORTATION

All participants and spectators are responsible for their own transportation to and from all activities, events and hotels.

ADMISSION FEE

Athletes and coaches with a credential will receive admission to all competition venues and the Celebration of Athletes as part of your entry fee. Please note that you must check-in and pick up your credential prior to receiving admittance into any venue, including the Celebration of Athletes. You must have the appropriate wristband or credential. Spectators can purchase tickets onsite at the venues. Daily passes are \$15.00 (6 & under free) and includes admission to all competition venues on the designated day only. Event passports are \$45.00 (6 & under free). For more information on ticket options, please visit www.aaujrogames.org.

NO GUARANTEE

The AAU cannot and does not guarantee the appearance and/or participation of specific participant(s) and/or teams (as applicable) in this event. The AAU has sanctioned (approved) this Event as an official AAU Event (competition), but the AAU is not and shall not be responsible for any participant's or spectator's expenses related to this Event (nor reimbursements for same) in case of dissatisfaction of any participant, friend, family, or spectator, this includes, but is not limited to all travel, hotel (lodging), food, entry fees and/or any other expenses related to the event.

**CELEBRATION OF
ATHLETES**

The Celebration of Athletes will be held on Monday, August 1, 2022 – TIME TBD at North Carolina A&T ATHLETES: Aggie Stadium, 1601 E. Market St., Greensboro, NC 27401. You won't want to miss this year's Celebration! More information will be posted at www.aaujrogames.org as it becomes available.

RESULTS	Complete meet results will be posted on the AAU Junior Olympic Games website at www.aaujrogames.org .
GENERAL INFORMATION	Any errors or omissions in the program will be documented and signed by the meet Referee and available for review at the Clerk of Course for Coaches review. Information will also be covered at the Coaches' Meeting.
TECH SUIT BAN FOR 12&U'S	<p>Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.</p> <p>A Technical Suit is one that has the following components:</p> <ul style="list-style-type: none"> • Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or • Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.
CONDUCT	<p>Each team is responsible for the behavior of their swimmers. Teams will be financially responsible for any damage caused to the facility by their athletes, coaches, or parents/spectators.</p> <p>The Referee may remove any swimmer from competition for disruptive or disorderly behavior. The Meet Marshal will notify the Referee and the coach of any swimmer who is behaving/acting in an unsafe manner.</p> <p>Deck changes are prohibited.</p> <p>USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING CELL PHONES, IS NOT PERMITTED AT ANY TIME IN CHANGING AREAS, RESTROOMS, OR LOCKER ROOMS.</p>
INDEMNITY	In granting this approval, it is understood and agreed that Swim Fanatics, USA Swimming, Inc, North Carolina Swimming, Inc., and the Greensboro Aquatic Center shall be free and held harmless from any liabilities or claims for damages by reason of injuries during the conduct of the event.
IMAGE RELEASE	All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

2022 AAU JUNIOR OLYMPIC GAMES

JULY 28-31, 2022

ORDER OF EVENTS

Day 1: Thursday, July 28, 2022

Athlete Check-In: 8:00 AM - 4:00 PM Greensboro Coliseum Complex

Practice: 12:00 PM - 4:00 PM Greensboro Aquatic Center

Coaches Meeting: 4:00 PM Greensboro Aquatic Center

Athletes must check-in at least the day prior to competing with the exception of the 400M and 1500M individual events. These athletes may register on Thursday. Check-in is open daily. Visit www.aaurogames.org for additional check-in hours.

NOTES TIMED FINALS EVENT

Session #1 (PM) – Thursday, July 28, 2022 – All Timed Finals

Warm-up: 5:00PM; Meet Start: 6:00PM

Girls/Women	Qualifying Time	Event	Qualifying Time	Boys/Men
1	5:29.09	11-12 400 M Freestyle	5:21.89	2
3	20:39.79	13-14 1500 M Freestyle	19:48.39	4
5	20:20.49	13-14 1500 M Freestyle	18:59.39	6

Events #1 through #6 WILL SWIM FASTEST TO SLOWEST, alternating Girls and Boys 1500 may be seeded together, but scored separately.

Session #2 (AM) – Friday, July 29, 2022

Warm-up: 7:00 AM; Meet Start: 8:30 AM

Girls/Women	Qualifying Time	Event	Qualifying Time	Boys/Men
7	2:30.09	13-14 200 M Freestyle	2:20.59	8
9	2:26.49	15-18 200 M Freestyle	2:14.89	10
11	3:09.79	13-14 200 M Breaststroke	2:56.79	12
13	3:05.39	15-18 200 M Breaststroke	2:48.39	14
15	1:21.09	13-14 100 M Butterfly	1:15.49	16
17	1:19.49	15-18 100 M Butterfly	1:11.79	18
19	5:57.79	13-14 400 M IM	5:36.59	20
21	5:49.69	15-18 400 M IM	5:20.09	22
23		13-14 400 M Club Medley Relay		24
25		15-18 400 M Club Medley Relay		26

Session #3 (Afternoon) – Friday, July 29, 2022

Warm-up: 12:00 PM; Meet Start: 12:45 PM

Girls/Women	Qualifying Time	Event	Qualifying Time	Boys/Men
27	2:56.29	10 & U 200 M Freestyle	2:50.79	28
29	2:37.09	11-12 200 M Freestyle	2:32.49	30
31	2:01.49	10 & U 100 M Breaststroke	1:57.69	32
33	1:41.39	11-12 100 M Breaststroke	1:38.49	34
35		8 & U 50 M Butterfly		36
37	47.29	9-10 50 M Butterfly	45.99	38
39	38.29	11-12 50 M Butterfly	38.69	40
41		11-12 400 M Club Medley Relay		42

Session #4 (FINALS) – Friday, July 29, 2022

Warm-up: 5:00 PM; Meet Start: 6:00 PM

Girls/Women	Qualifying Time	Event	Qualifying Time	Boys/Men
29	2:37.09	11-12 200 M Freestyle	2:32.49	30
7	2:30.09	13-14 200 M Freestyle	2:20.59	8
9	2:26.49	15-18 200 M Freestyle	2:14.89	10
33	1:41.39	11-12 100 M Breaststroke	1:38.49	34
11	3:09.79	13-14 200 M Breaststroke	2:56.79	12
13	3:05.39	15-18 200 M Breaststroke	2:48.39	14
39	38.29	11-12 50 M Butterfly	38.69	40
15	1:21.09	13-14 100 M Butterfly	1:15.49	16
17	1:19.49	15-18 100 M Butterfly	1:11.79	18
19	5:57.79	13-14 400 M IM	5:36.59	20
21	5:49.69	15-18 400 M IM	5:20.09	22

Session #5 (AM) – Saturday, July 30, 2022

Warm-up: 7:00 AM; Meet Start: 8:30 AM

Girls/Women	Qualifying Time	Event	Qualifying Time	Boys/Men
43	34.59	13-14 50 M Freestyle	31.99	44
45	33.79	15-18 50 M Freestyle	30.19	46
47	2:49.19	13-14 200 M IM	2:38.79	48
49	2:45.89	15-18 200 M IM	2:31.39	50
51	1:23.59	13-14 100 M Backstroke	1:18.29	52
53	1:21.99	15-18 100 M Backstroke	1:14.69	54
55	5:14.69	13-14 400 M Freestyle	4:59.19	56
57	5:07.29	15-18 400 M Freestyle	4:46.09	58
59		13-14 400 M Club Free Relay		60
61		15-18 400 M Club Free Relay		62
63		13-18 400 M Mixed Free Relay		64

Session #6 (Afternoon) – Saturday, July 30, 2022

Warm-up: 12:00 PM; Meet Start: 12:45 PM

Girls/Women	Qualifying Time	Event	Qualifying Time	Boys/Men
65		8 & U 50 M Freestyle		66
67	39.89	9-10 50 M Freestyle	39.49	68
69	45.49	11-12 50 M Breaststroke	45.39	70
71	3:17.09	10 & U 200 M IM	3:15.39	72
73	2:56.79	11-12 200 M IM	2:53.89	74
75		8 & U 50 M Backstroke		76
77	48.89	9-10 50 M Backstroke	49.19	78
79	41.19	11-12 50 M Backstroke	40.89	80
81		11-12 400 M Club Free Relay		82
83		12 & U 400 M Mixed Free Relay		84

Session #7 (FINALS) – Saturday, July 30, 2022

Warm-up: 5:00 PM; Meet Start: 6:00 PM

Girls/Women	Qualifying Time	Event	Qualifying Time	Boys/Men
69	35.79	11-12 50 M Breaststroke	34.69	70
43	34.59	13-14 50 M Freestyle	31.99	44
45	33.79	15-18 50 M Freestyle	30.19	46
73	2:56.79	11-12 200 M IM	2:53.89	74
47	2:49.19	13-14 200 M IM	2:38.79	48
49	2:45.89	15-18 200 M IM	2:31.39	50
79	41.19	11-12 50 M Backstroke	40.89	80
51	1:23.59	13-14 100 M Backstroke	1:18.29	52
53	1:21.99	15-18 100 M Backstroke	1:14.69	54
55	5:14.69	13-14 400 M Freestyle	4:59.19	56
57	5:07.29	15-18 400 M Freestyle	4:46.09	58

Session #8 (AM) – Sunday, July 31, 2022

Warm-up: 7:00 AM; Meet Start: 8:30 AM

Girls/Women	Qualifying Time	Event	Qualifying Time	Boys/Men
85	34.59	13-14 200 M Club Free Relay	31.99	86
87	33.79	15-18 200 M Club Free Relay	30.19	88
89	2:49.19	13-14 200 M Backstroke	2:38.79	90
91	2:45.89	15-18 200 M Backstroke	2:31.39	92
93	1:23.59	13-14 100 M Breaststroke	1:18.29	94
95	1:21.99	15-18 100 M Breaststroke	1:14.69	96
97	5:14.69	13-14 200 M Butterfly	4:59.19	98
99	5:07.29	15-18 200 M Butterfly	4:46.09	100
101	1:15.39	13-14 100 M Freestyle	1:09.99	102
103	1:13.59	15-18 100 M Freestyle	1:07.09	104
105		13-14 200 M Club Medley Relay		106
107		15-18 200 M Club Medley Relay		108
109		13-18 200 M Mixed Free Relay		110

Session #9 (Afternoon) – Sunday, July 31, 2022

Warm-up: 12:00 PM; Meet Start: 12:45 PM

Girls/Women	Qualifying Time	Event	Qualifying Time	Boys/Men
111		8 & U 200 M Club Free Relay		112
113		9-10 200 M Club Free Relay		114
115		11-12 200 M Club Free Relay		116
117	1:45.99	10 & U 100 M Backstroke	1:43.59	118
119	1:31.09	11-12 100 M Backstroke	1:29.09	120
121		8 & U 50 M Breaststroke		122
123	53.99	9-10 50 M Breaststroke	53.29	124
125	45.49	11-12 50 M Breaststroke	45.39	126
127	1:52.99	10 & U 100 M Butterfly	1:51.39	128
129	1:28.49	11-12 100 M Butterfly	1:26.29	130
131	1:31.49	10 & U 100 M Freestyle	1:30.29	132
133	1:18.49	11-12 100 M Freestyle	1:15.69	134
135		10 & U 200 M Club Medley Relay		136
137		11-12 200 M Club Medley Relay		138
139		12 & U Mixed 200 M Free Relay		140

Session #10 (FINALS) – Sunday, July 31, 2022

Warm-up: 5:00 PM; Meet Start: 6:00 PM

Girls/Women	Qualifying Time	Event	Qualifying Time	Boys/Men
119	1:31.09	11-12 100 M Backstroke	1:29.09	120
89	2:49.19	13-14 200 M Backstroke	2:38.79	90
91	2:45.89	15-18 200 M Backstroke	2:31.39	92
125	45.49	11-12 50 M Breaststroke	45.39	126
93	1:23.59	13-14 100 M Breaststroke	1:18.29	94
95	1:21.99	15-18 100 M Breaststroke	1:14.69	96
129	1:28.49	11-12 100 M Butterfly	1:26.29	130
97	5:14.69	13-14 200 M Butterfly	4:59.19	98
99	5:07.29	15-18 200 M Butterfly	4:46.09	100
133	1:18.49	11-12 100 M Freestyle	1:15.69	134
101	1:15.39	13-14 100 M Freestyle	1:09.99	102
103	1:13.59	15-18 100 M Freestyle	1:07.09	104