

SWIMMING

EVENT COORDINATOR: Diane Brimer

Email: dbrimer@somo.org

DATE: Wednesday 17 June, 2020 08:00 Warm-ups 09:00 Heats

LOCATION: Cowan Center, 500 East Elm Street, Lebanon, MO 65536

<http://lebanonmissouri.org/Facilities/Facility/Details/Cowan-Civic-Center-34>

GUIDING BODY: Can-Am Police-Fire Games Federation, USA Swimming

SPORT DESCRIPTION: The pool is 8 lanes, 25 yards, timed finals. All swimmers will be assigned randomly to heats and lanes. All swimmers compete against the clock. This will be a card less meet. A swimmer who fails to register with the clerk of course when their event is announced will be scratched from that event. All age groups will be heated together and then separated for finals, results and medals. Heats and finals to be held on the same day. Top 8 to swim in the finals for medal placing. No deck entries will be allowed.

Relays must be made up of competitors from the same law enforcement or fire service agency. Team events consist of 4 person, same gender teams with the exception of the coed 200 yd. Freestyle Relay team, which must have at least one team member of the opposite gender.

WARM-UP PROCEDURE: No diving... feet first entry with one hand on the pool deck upon entry for general warm-ups. Diving permitted only when doing one way sprints during the last 15 minutes of warm-up. The meet hosts reserve the right to adjust warm-up times, assignments and procedures to more evenly divide the number of swimmers in the pool during warm-ups for safety or meet management purposes.

EVENT ENTRY CODES

<u>Men-50yds-Freestyle-Under 30</u>	SW01A	S	18-29	M
<u>Men-50yds-Freestyle-Senior</u>	SW02A	S	30-39	M
<u>Men-50yds-Freestyle-Master</u>	SW03A	S	40-49	M
<u>Men-50yds-Freestyle-Grand Master A</u>	SW04A	S	50-59	M
<u>Men-50yds-Freestyle-Grand Master B</u>	SW05A	S	60-69	M
<u>Men-50yds-Freestyle-Grand Master C</u>	SW06A	S	70-0	M
<u>Men-100yds-Freestyle- Under 30</u>	SW07A	S	18-29	M
<u>Men-100yds-Freestyle-Senior</u>	SW08A	S	30-39	M
<u>Men-100yds-Freestyle-Master</u>	SW09A	S	40-49	M
<u>Men-100yds-Freestyle-Grand Master A</u>	SW10A	S	50-59	M
<u>Men-100yds-Freestyle-Grand Master B</u>	SW11A	S	60-69	M
<u>Men-100yds-Freestyle-Grand Master C</u>	SW12A	S	70-0	M
<u>Men-200yds-Freestyle- Under 30</u>	SW13A	S	18-29	M

<u>Men-200yds-Freestyle-Senior</u>	SW14A	S	30-39	M
<u>Men-200yds-Freestyle-Master</u>	SW15A	S	40-49	M
<u>Men-200yds-Freestyle-Grand Master A</u>	SW16A	S	50-59	M
<u>Men-200yds-Freestyle-Grand Master B</u>	SW17A	S	60-69	M
<u>Men-200yds-Freestyle-Grand Master C</u>	SW18A	S	70-0	M
<u>Men-50yds-Backstroke- Under 30</u>	SW19A	S	18-29	M
<u>Men-50yds-Backstroke-Senior</u>	SW20A	S	30-39	M
<u>Men-50yds-Backstroke-Master</u>	SW21A	S	40-49	M
<u>Men-50yds-Backstroke-Grand Master A</u>	SW22A	S	50-59	M
<u>Men-50yds-Backstroke-Grand Master B</u>	SW23A	S	60-69	M
<u>Men-50yds-Backstroke-Grand Master C</u>	SW24A	S	70-0	M
<u>Men-100yds-Backstroke- Under 30</u>	SW25A	S	18-29	M
<u>Men-100yds-Backstroke-Senior</u>	SW26A	S	30-39	M
<u>Men-100yds-Backstroke-Master</u>	SW27A	S	40-49	M
<u>Men-100yds-Backstroke-Grand Master A</u>	SW28A	S	50-59	M
<u>Men-100yds-Backstroke-Grand Master B</u>	SW29A	S	60-69	M
<u>Men-100yds-Backstroke-Grand Master C</u>	SW30A	S	70-0	M
<u>Men-50yds-Breast- Under 30</u>	SW31A	S	18-29	M
<u>Men-50yds-Breast-Senior</u>	SW32A	S	30-39	M
<u>Men-50yds-Breast-Master</u>	SW33A	S	40-49	M
<u>Men-50yds-Breast-Grand Master A</u>	SW34A	S	50-59	M
<u>Men-50yds-Breast-Grand Master B</u>	SW35A	S	60-69	M
<u>Men-50yds-Breast-Grand Master C</u>	SW36A	S	70-0	M
<u>Men-100yds-Breast- Under 30</u>	SW37A	S	18-29	M
<u>Men-100yds-Breast-Senior</u>	SW38A	S	30-39	M
<u>Men-100yds-Breast-Master</u>	SW39A	S	40-49	M
<u>Men-100yds-Breast-Grand Master A</u>	SW40A	S	50-59	M
<u>Men-100yds-Breast-Grand Master B</u>	SW41A	S	60-69	M
<u>Men-100yds-Breast-Grand Master C</u>	SW42A	S	70-0	M
<u>Men-50yds-Butterfly- Under 30</u>	SW43A	S	18-29	M
<u>Men-50yds-Butterfly-Senior</u>	SW44A	S	30-39	M
<u>Men-50yds-Butterfly-Master</u>	SW45A	S	40-49	M
<u>Men-50yds-Butterfly-Grand Master A</u>	SW46A	S	50-59	M
<u>Men-50yds-Butterfly-Grand Master B</u>	SW47A	S	60-69	M
<u>Men-50yds-Butterfly-Grand Master C</u>	SW48A	S	70-0	M
<u>Men-100yds-Butterfly- Under 30</u>	SW49A	S	18-29	M
<u>Men-100yds-Butterfly-Senior</u>	SW50A	S	30-39	M
<u>Men-100yds-Butterfly-Master</u>	SW51A	S	40-49	M

<u>Men-100yds-Butterfly-Grand Master A</u>	SW52A	S	50-59	M
<u>Men-100yds-Butterfly-Grand Master B</u>	SW53A	S	60-69	M
<u>Men-100yds-Butterfly-Grand Master C</u>	SW54A	S	70-0	M
<u>Men-200yds-Individual Medley- Under 30</u>	SW55A	S	18-29	M
<u>Men-200yds-Individual Medley-Senior</u>	SW56A	S	30-39	M
<u>Men-200yds-Individual Medley-Master</u>	SW57A	S	40-49	M
<u>Men-200yds-Individual Medley-Grand Master A</u>	SW58A	S	50-59	M
<u>Men-200yds-Individual Medley-Grand Master B</u>	SW59A	S	60-69	M
<u>Men-200yds-Individual Medley-Grand Master C</u>	SW60A	S	70-0	M
<u>Men-200yds-Medley Relay- Under 30</u>	SW01D	T	18-29	M
<u>Men-200yds-Medley Relay-Senior</u>	SW02D	T	30-39	M
<u>Men-200yds-Medley Relay-Master</u>	SW03D	T	40-49	M
<u>Men-200yds-Medley Relay-Grand Master A</u>	SW04D	T	50-59	M
<u>Men-200yds-Medley Relay-Grand Master B</u>	SW05D	T	60-69	M
<u>Men-200yds-Medley Relay-Grand Master C</u>	SW06D	T	70-0	M
<u>Men-200yds-Freestyle Relay-Under 30</u>	SW07D	T	18-29	M
<u>Men-200yds-Freestyle Relay-Senior</u>	SW08D	T	30-39	M
<u>Men-200yds-Freestyle Relay-Master</u>	SW09D	T	40-49	M
<u>Men-200yds-Freestyle Relay-Grand Master A</u>	SW10D	T	50-59	M
<u>Men-200yds-Freestyle Relay-Grand Master B</u>	SW11D	T	60-69	M
<u>Men-200yds-Freestyle Relay-Grand Master C</u>	SW12D	T	70-0	M
<u>Women-50yds-Freestyle- Under 30</u>	SW01B	S	18-29	F
<u>Women-50yds-Freestyle-Senior</u>	SW02B	S	30-39	F
<u>Women-50yds-Freestyle-Master</u>	SW03B	S	40-49	F
<u>Women-50yds-Freestyle-Grand Master A</u>	SW04B	S	50-59	F
<u>Women-50yds-Freestyle-Grand Master B</u>	SW05B	S	60-69	F
<u>Women-50yds-Freestyle-Grand Master C</u>	SW06B	S	70-0	F
<u>Women-100yds-Freestyle-Under 30</u>	SW07B	S	18-29	F
<u>Women-100yds-Freestyle-Senior</u>	SW08B	S	30-39	F
<u>Women-100yds-Freestyle-Master</u>	SW09B	S	40-49	F
<u>Women-100yds-Freestyle-Grand Master A</u>	SW10B	S	50-59	F
<u>Women-100yds-Freestyle-Grand Master B</u>	SW11B	S	60-69	F
<u>Women-100yds-Freestyle-Grand Master C</u>	SW12B	S	70-0	F
<u>Women-200yds-Freestyle-Under 30</u>	SW13B	S	18-29	F
<u>Women-200yds-Freestyle-Senior</u>	SW14B	S	30-39	F
<u>Women-200yds-Freestyle-Master</u>	SW15B	S	40-49	F
<u>Women-200yds-Freestyle-Grand Master A</u>	SW16B	S	50-59	F
<u>Women-200yds-Freestyle-Grand Master B</u>	SW17B	S	60-69	F

<u>Women-200yds-Freestyle-Grand Master C</u>	SW18B	S	70-0	F
<u>Women-50yds-Backstroke-Under 30</u>	SW19B	S	18-29	F
<u>Women-50yds-Backstroke-Senior</u>	SW20B	S	30-39	F
<u>Women-50yds-Backstroke-Master</u>	SW21B	S	40-49	F
<u>Women-50yds-Backstroke-Grand Master A</u>	SW22B	S	50-59	F
<u>Women-50yds-Backstroke-Grand Master B</u>	SW23B	S	60-69	F
<u>Women-50yds-Backstroke-Grand Master C</u>	SW24B	S	70-0	F
<u>Women-100yds-Backstroke-Under 30</u>	SW25B	S	18-29	F
<u>Women-100yds-Backstroke-Senior</u>	SW26B	S	30-39	F
<u>Women-100yds-Backstroke-Master</u>	SW27B	S	40-49	F
<u>Women-100yds-Backstroke-Grand Master A</u>	SW28B	S	50-59	F
<u>Women-100yds-Backstroke-Grand Master B</u>	SW29B	S	60-69	F
<u>Women-100yds-Backstroke-Grand Master C</u>	SW30B	S	70-0	F
<u>Women-50yds-Breast-Under 30</u>	SW31B	S	18-29	F
<u>Women-50yds-Breast-Senior</u>	SW32B	S	30-39	F
<u>Women-50yds-Breast-Master</u>	SW33B	S	40-49	F
<u>Women-50yds-Breast-Grand Master A</u>	SW34B	S	50-59	F
<u>Women-50yds-Breast-Grand Master B</u>	SW35B	S	60-69	F
<u>Women-50yds-Breast-Grand Master C</u>	SW36B	S	70-0	F
<u>Women-100yds-Breast-Under 30</u>	SW37B	S	18-29	F
<u>Women-100yds-Breast-Senior</u>	SW38B	S	30-39	F
<u>Women-100yds-Breast-Master</u>	SW39B	S	40-49	F
<u>Women-100yds-Breast-Grand Master A</u>	SW40B	S	50-59	F
<u>Women-100yds-Breast-Grand Master B</u>	SW41B	S	60-69	F
<u>Women-100yds-Breast-Grand Master C</u>	SW42B	S	70-0	F
<u>Women-50yds-Butterfly-Under 30</u>	SW43B	S	18-29	F
<u>Women-50yds-Butterfly-Senior</u>	SW44B	S	30-39	F
<u>Women-50yds-Butterfly-Master</u>	SW45B	S	40-49	F
<u>Women-50yds-Butterfly-Grand Master A</u>	SW46B	S	50-59	F
<u>Women-50yds-Butterfly-Grand Master B</u>	SW47B	S	60-69	F
<u>Women-50yds-Butterfly-Grand Master C</u>	SW48B	S	70-0	F
<u>Women-100yds-Butterfly-Under 30</u>	SW49B	S	18-29	F
<u>Women-100yds-Butterfly-Senior</u>	SW50B	S	30-39	F
<u>Women-100yds-Butterfly-Master</u>	SW51B	S	40-49	F
<u>Women-100yds-Butterfly-Grand Master A</u>	SW52B	S	50-59	F
<u>Women-100yds-Butterfly-Grand Master B</u>	SW53B	S	60-69	F
<u>Women-100yds-Butterfly-Grand Master C</u>	SW54B	S	70-0	F
<u>Women-200yds-Individual Medley-Under 30</u>	SW55B	S	18-29	F

<u>Women-200yds-Individual Medley-Senior</u>	SW56B	S	30-39	F
<u>Women-200yds-Individual Medley-Master</u>	SW57B	S	40-49	F
<u>Women-200yds-Ind. Medley-Grand Master A</u>	SW58B	S	50-59	F
<u>Women-200yds-Ind. Medley-Grand Master B</u>	SW59B	S	60-69	F
<u>Women-200yds-Ind. Medley-Grand Master C</u>	SW60B	S	70-0	F
<u>Women-200yds-Medley Relay-Under 30</u>	SW01F	T	18-29	F
<u>Women-200yds-Medley Relay-Senior</u>	SW02F	T	30-39	F
<u>Women-200yds-Medley Relay-Master</u>	SW03F	T	40-49	F
<u>Women-200yds-Medley Relay-Grand Master A</u>	SW04F	T	50-59	F
<u>Women-200yds-Medley Relay-Grand Master B</u>	SW05F	T	60-69	F
<u>Women-200yds-Medley Relay-Grand Master C</u>	SW06F	T	70-0	F
<u>Women-200yds-Freestyle Relay-Under 30</u>	SW07F	T	18-29	F
<u>Women-200yds-Freestyle Relay-Senior</u>	SW08F	T	30-39	F
<u>Women-200yds-Freestyle Relay-Master</u>	SW09F	T	40-49	F
<u>Women-200yds-Freestyle Relay-Grand Master A</u>	SW10F	T	50-59	F
<u>Women-200yds-Freestyle Relay-Grand Master B</u>	SW11F	T	60-69	F
<u>Women-200yds-Freestyle Relay-Grand Master C</u>	SW12F	T	70-0	F