

WARM-UP SCHEDULE:

First ½ hour will be warm-up as follows:

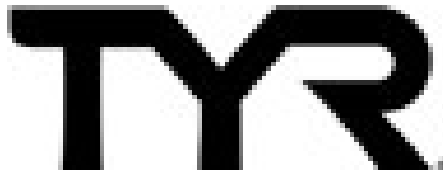
- Lane 1 pace 50 & 100 circle swimming
- Lane 2 push off 25s one way only
- Lane 3 swim & pulling, push off
- Lane 4 swim & pulling, push off
- Lane 5 swim & pulling, push off
- Lane 6 swim & pulling, push off
- Lane 7 swim & pulling, push off
- Lane 8 swim & pulling, push off
- Lane 9 push off 25s, one way only
- Lane 10 pace 50 & 100 circle swimming

Last hour of warm-ups will be as follows:

- Lane 1 pace 50 & 100 circle swimming
- Lane 2 racing starts 25s one length
- Lane 3 swim & pulling, push off
- Lane 4 swim & pulling, push off
- Lane 5 swim & pulling, push off
- Lane 6 swim & pulling, push off
- Lane 7 swim & pulling, push off
- Lane 8 racing starts 25s one length
- Lane 9 racing starts 25s one length
- Lane 10 pace 50 & 100 circle swimming

NO EQUIPMENT TO BE USED DURING WARM-UP
NO RACING STARTS IN WARM-UP OR COOL DOWN LANES DURING MEET
Swimmers must enter the water feet first with at least one hand on the pool deck.



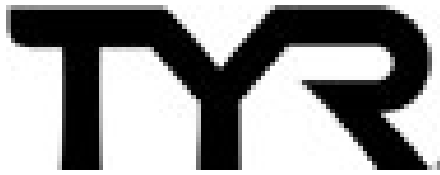


2019 ELITE SHOWCASE CLASSIC SWIMMING CHAMPIONSHIPS

"Slow & Steady Wins The Race"

Swimming Championships – St Petersburg, FL
April 10-13, 2019
MEET FORMAT

Wednesday April 10 th			Thursday April 11 th		
#	Age	Event	#	Age	Event
W1	11-12	1000 Free	W27	10-Under	100 IM
M2	11-12	1000 Free	M28	10-Under	100 IM
W3	10-Under	50 Back	W29	11-12	200 IM
M4	10-Under	50 Back	M30	11-12	200 IM
W5	11-12	200 Back	W31	13-14	200 IM
M6	11-12	200 Back	M32	13-14	200 IM
W7	13-14	200 Back	W33	10-Under	50 Fly
M8	13-14	200 Back	M34	10-Under	50 Fly
W9	10-Under	100 Breast	W35	11-12	200 Fly
M10	10-Under	100 Breast	M36	11-12	200 Fly
W11	11-12	50 Breast	W37	13-14	200 Fly
M12	11-12	50 Breast	M38	13-14	200 Fly
W13	13-14	50 Breast	W39	11-12	50 Back
M14	13-14	50 Breast	M40	11-12	50 Back
W15	10-Under	500 Free	W41	13-14	50 Back
M16	10-Under	500 Free	M42	13-14	50 Back
W17	11-12	50 Free	W43	10-Under	200 Free
M18	11-12	50 Free	M44	10-Under	200 Free
W19	13-14	50 Free	W45	11-12	500 Free
M20	13-14	50 Free	M46	11-12	500 Free
W21	10-Under	200 Medley Relay	W47	13-14	500 Free
M22	10-Under	200 Medley Relay	M48	13-14	500 Free
W23	11-12	200 Medley Relay	W49	10-Under	400 Medley Relay
M24	11-12	200 Medley Relay	M50	10-Under	400 Medley Relay
W25	13-14	200 Medley Relay	W51	11-12	400 Medley Relay
M26	13-14	200 Medley Relay	M52	11-12	400 Medley Relay
			W53	13-14	400 Medley Relay
			M54	13-14	400 Medley Relay



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MEET FORMAT

Friday April 12 th			Saturday April 13 th		
#	Age	Event	#	Age	Event
W55	13-14	1650 Free	W87	10-Under	200 IM
M56	13-14	1650 Free	M88	10-Under	200 IM
W57	11-12	100 IM	W89	11-12	400 IM
M58	11-12	100 IM	M90	11-12	400 IM
W59	10-Under	100 Back	W91	13-14	400 IM
M60	10-Under	100 Back	M92	13-14	400 IM
W61	11-12	100 Back	W93	10-Under	100 Fly
M62	11-12	100 Back	M94	10-Under	100 Fly
W63	13-14	100 Back	W95	11-12	50 Fly
M64	13-14	100 Back	M96	11-12	50 Fly
W65	10-Under	50 Breast	W97	13-14	50 Fly
M66	10-Under	50 Breast	M98	13-14	50 Fly
W67	11-12	200 Breast	W99	11-12	100 Breast
M68	11-12	200 Breast	M100	11-12	100 Breast
W69	13-14	200 Breast	W101	13-14	100 Breast
M70	13-14	200 Breast	M102	13-14	100 Breast
W71	11-12	100 Fly	W103	10-Under	50 Free
M72	11-12	100 Fly	M104	10-Under	50 Free
W73	13-14	100 Fly	W105	11-12	200 Free
M74	13-14	100 Fly	M106	11-12	200 Free
W75	10-Under	100 Free	W107	13-14	200 Free
M76	10-Under	100 Free	M108	13-14	200 Free
W77	11-12	100 Free	W109	10-Under	400 Free Relay
M78	11-12	100 Free	M110	10-Under	400 Free Relay
W79	13-14	100 Free	W111	11-12	400 Free Relay
M80	13-14	100 Free	M112	11-12	400 Free Relay
W81	10-Under	200 Free Relay	W113	13-14	400 Free Relay
M82	10-Under	200 Free Relay	M114	13-14	400 Free Relay
W83	11-12	200 Free Relay			
M84	11-12	200 Free Relay			
W85	13-14	200 Free Relay			
M86	13-14	200 Free Relay			