



2023 Alabama State Games
Swimming Competition
June 10, 2023

LOCATION: Birmingham CrossPlex Aquatic Center, 2331 Bessemer Rd, Birmingham, AL 35203

PHONE: (205) 279-8951 or (205) 279-8900

WEBSITE: <https://www.birminghamcrossplex.com/>

FACILITIES: Pool: 50 meter or 25 Yards, 10 lanes, with non-turbulence lane ropes. Water depth goes from 8 feet to 16 feet deep from both ends of the pool. Timing: Fully automatic Colorado system 6 electronic timing equipment.

Format: This will be a Short Course (yards) timed finals competition

TIMES:

Session 1 (Ages 18 years and under)

Warmups: 8:30 am Meet Start: 9:30 am

Session 2 (Ages 19 and older)

Warmups: 12:30 pm Meet Start: 1:30 pm

Note: Sessions may be combined depending on the total number of entrants. Any changes to the schedule will be announced after entry deadline.

Entry Deadline: Wednesday June 7, 2022 at 5:00 pm Central

A maximum of 4 entries per swimmer is allowed.

Medals will be awarded to the Top 3 in each event.

Event Registration and Payment at:

<https://event.racereach.com/alagames-swimming/register/>

Entry Fees: \$20 per swimmer payable by Credit Card when registering

Age on the day of the meet shall determine the swimmer's competition age group

MEET DIRECTOR/REFEREE: *Joe Raines*

Cell: (205) 790-1384

Email: joe.raines.usaswim@gmail.com

Crossplex Aquatics Director: *Murray Lewis*

Cell: (205) 370-9071

Email: murray.lewisjratbirminghamal.gov

RULES:

18 and under: USA Swimming rules will be followed. **Note: The 18 and under session will not be USA Swimming sanctioned or observed.**

19 and over: This will be a US Masters Swimming Recognized meet and USMS rules will govern. More information to be provided.

SESSION 1 EVENTS

Girl	Event	Boy
9-10	100 IM	9-10
11-12	100 IM	11-12
13-14	100 IM	13-14
15-18	100 IM	15-18
8&U	25 Breast	8&U
9-10	50 Breast	9-10
11-12	50 Breast	11-12
13-14	50 Breast	13-14
15-18	50 Breast	15-18
8&U	25 Free	8&U
9-10	50 Free	9-10
11-12	50 Free	11-12
13-14	50 Free	13-14
15-18	50 Free	15-18
8&U	25 Back	8&U
9-10	50 Back	9-10
11-12	50 Back	11-12
13-14	50 Back	13-14
15-18	50 Back	15-18
8&U	25 Fly	8&U
9-10	50 Fly	9-10
11-12	50 Fly	11-12
13-14	50 Fly	13-14
15-18	50 Fly	15-18
8&U	50 Free	8&U
9-10	100 Free	9-10
11-12	100 Free	11-12
13-14	100 Free	13-14
15-18	100 Free	15-18

SESSION 2 EVENTS

Women	Event	Men
19-29	200 IM	19-29
30-49	200 IM	30-49
50-69	200 IM	50-69
70-Over	200 IM	70-Over
19-29	100 Breast	19-29
30-49	100 Breast	30-49
50-69	100 Breast	50-69
70-Over	100 Breast	70-Over
19-29	50 Free	19-29
30-49	50 Free	30-49
50-69	50 Free	50-69
70-Over	50 Free	70-Over
19-29	100 Back	19-29
30-49	100 Back	30-49
50-69	100 Back	50-69
70-Over	100 Back	70-Over
19-29	100 Free	19-29
30-49	100 Free	30-49
50-69	100 Free	50-69
70-Over	100 Free	70-Over
19-29	100 Fly	19-29
30-49	100 Fly	30-49
50-69	100 Fly	50-69
70-Over	100 Fly	70-Over
19-29	200 Free	19-29
30-49	200 Free	30-49

50-69	200 Free	50-69
70-Over	200 Free	70-Over