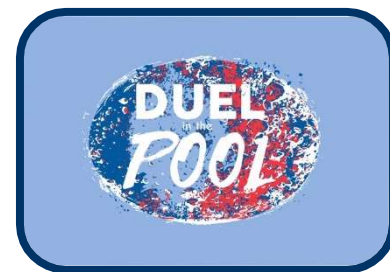


# Duel in the Pool 2023 General Information

All-Star teams from Illinois, Indiana, and Gulf Swimming will be competing in Westmont, Illinois on Saturday and Sunday, May 6-7, at the third annual *Duel in the Pool*. This long course meet will showcase the fastest athletes, ages 11-16, from three of USA Swimming's highest performing LSC's and promises to be an exciting two days of fast swimming.



## WEEKEND SCHEDULE:

Friday, May 5	Saturday, May 6	Sunday, May 7
TBD: Team Illinois Check-in & Practice	<b>Session 1</b> 9:00am: Warm-up 10:00am: Meet Start	<b>Session 3</b> 9:00am: Warm-up 10:00am: Meet Start
5:45pm: Kick-off Banquet	<b>Session 2</b> 4:00pm: Warm-up 5:00pm: Meet Start	Approx. 12pm: Pick-up of athletes by parents at FMC Natatorium.
	7:00pm: Team Dinner at TBA	

## EVENT ORDER & INFORMATION

Session 1			Session 2			Session 3		
Girls	Event Name	Boys	Girls	Event Name	Boys	Girls	Event Name	Boys
1	13-14 200 Mixed MR	2	35	13-14 400 Free	36	69	11-12 400 Free	70
3	15-16 200 Mixed MR	4	37	15-16 400 Free	38	71	13-16 800 Free	72
5	11-12 200 Mixed MR	6	39	11-12 100 Back	40	73	11-12 50 Back	74
7	13-14 400 IM	8	41	13-14 100 Back	42	75	13-14 200 Back	76
9	15-16 400 IM	10	43	15-16 100 Back	44	77	15-16 200 Back	78
11	11-12 100 Breast	12	45	11-12 50 Breast	46	79	11-12 100 Free	80
13	13-14 100 Breast	14	47	13-14 200 Breast	48	81	13-14 100 Free	82
15	15-16 100 Breast	16	49	15-16 200 Breast	50	83	15-16 100 Free	84
17	11-12 200 Free	18	51	11-12 50 Free	52	85	11-12 50 Fly	86
19	13-14 200 Free	20	53	13-14 50 Free	54	87	13-14 200 Fly	88
21	15-16 200 Free	22	55	15-16 50 Free	56	89	15-16 200 Fly	90
23	11-12 100 Fly	24	57	11-12 200 IM	58	91	11-12 200 MR	92
25	13-14 100 Fly	26	59	13-14 200 IM	60	93	13-14 200 MR	94
27	15-16 100 Fly	28	61	15-16 200 IM	62	95	15-16 200 MR	96
29	11-12 200 FR	30	63	11-12 200 Mixed FR	64			
31	13-14 200 FR	32	65	13-14 200 Mixed FR	66			
33	15-16 200 FR	34	67	15-16 200 Mixed FR	68			

- Athletes are limited to four (4) individual events for the meet with no more than two (2) individual events per session, excluding relays.
- Each LSC is only allowed one (1) entrant per gender and age group in the 800 Freestyle event. 13-14 and 15-16 swimmers will compete together but score separately in the 800 Freestyle.
- Each team may enter three (3) relays in each relay event. Every athlete will compete in the 200 MR and 200 FR of their age group and gender. Every athlete will also compete in one of the Mixed Relays for their age group.