

IMPORTANT UPDATES for the
July 17 – 20, 2008 Speedo Champions Series Meet
Pennsylvania State University

- 1) Entry deadline has been extended to Monday July 14, 2008 at 4:00pm EDT.
- 2) All times achieved on July 14, 2008 must use the FAX entry procedures as outlined in the meet announcement. The FAX entry deadline is Tuesday July 15, 2008 at 1:00pm EDT. NO LATE ENTRIES SHALL BE ACCEPTED.
- 3) All swimmers entered into an individual event are now eligible for bonus events according to the following table:

Individual Events Entered	Bonus Events Permitted	Total Events Permitted
1	3	4
2	3	5
3	3	6
4	3	7
5	2	7
6	1	7

Swimmers shall not exceed more than 3 events per day or 7 events for the entire meet. Swimmers and Coaches are encouraged to take advantage of the additional the bonus events being offered.

The attached meet announcement has been amended to reflect these changes.

POSTED 7/9/2008 @ 7:40pm



BIGCAT

AQUATICS

Welcomes you to the

2008 Speedo Champions Series



Sanctioned by



MIDDLE
ATLANTIC
SWIMMING

USA Swimming and BIG CAT AQUATICS

Presents

The 2008 Speedo Champions Series



July 17 – 20, 2008

Pennsylvania State University

Sanctioned by Middle Atlantic Swimming

Sanction # MA 0898 A

TT Sanction # MA 0898 TT

Order of Events

Prelims - 9:00 am Start

Finals - 5:00 pm Start

Women

Men

Day 1 – Thursday, July 17

Event #	LCM	SCY	SCM		LCM	SCY	SCM	Event #
1	2:28.89	2:08.89	2:26.09	200 Individual Medley	2:17.19	1:57.49	2:14.39	2
3	1:01.39	53.79	59.99	100 Freestyle	55.99	47.89	54.59	4
5	1:18.69	1:07.49	1:17.29	100 Breaststroke	1:12.69	1:00.79	1:11.29	6
7	18:05.69	17:49.19	17:44.69	1500 Freestyle * +++				
				800 Freestyle * +++	9:00.39	9:51.09	8:49.19	8

Day 2 – Friday, July 18

Event #	LCM	SCY	SCM		LCM	SCY	SCM	Event #
9	2:11.29	1:54.79	2:08.49	200 Freestyle	2:01.69	1:44.19	1:58.89	10
11	1:07.69	58.89	1:06.29	100 Butterfly	1:00.99	52.69	59.59	12
13	5:14.89	4:35.49	5:09.29	400 Individual Medley	4:54.59	4:14.79	4:48.99	14
15	4:15.39	3:43.79	4:09.79	400 Freestyle Relay * ##	3:52.99	3:19.29	3:47.39	16

Day 3 – Saturday, July 19

Event #	LCM	SCY	SCM		LCM	SCY	SCM	Event #
17	2:27.89	2:09.69	2:25.09	200 Butterfly	2:16.89	2:01.39	2:14.09	18
19	1:09.19	59.69	1:07.79	100 Backstroke	1:03.79	53.99	1:02.39	20
21	4:34.89	5:03.69	4:29.29	400 Freestyle	4:18.59	4:44.29	4:12.99	22
23	9:06.19	7:57.59	8:54.99	800 Freestyle Relay * ##	8:26.19	7:13.39	8:14.99	24

Day 4 – Sunday, July 20

Event #	LCM	SCY	SCM		LCM	SCY	SCM	Event #
25	2:28.29	2:08.69	2:25.49	200 Backstroke	2:16.89	1:57.79	2:14.09	26
27	28.49	24.99	27.79	50 Freestyle	25.49	22.29	24.79	28
29	2:48.99	2:25.59	2:46.19	200 Breaststroke	2:38.99	2:13.29	2:36.19	30
31	4:47.99	4:09.49	4:42.39	400 Medley Relay * ##	4:23.59	3:43.89	4:17.99	32
33	9:29.49	10:27.99	9:18.29	800 Freestyle * +++				
				1500 Freestyle * +++	17:23.89	16:49.09	17:02.89	34

* 800 & 1500 Freestyle and all relay events are positive check-in events. Swimmers/teams must check in with the Clerk of Course by the scratch deadline for that event in order to be seeded.

Timed Final event, fastest two heats swim in Finals

+++ Timed Final event, fastest heat swims first in Finals (Women's fastest followed by Men's fastest)

ENTRY DEADLINE: Monday July 14, 2008 at 4:00pm EDT. FAX ENTRY DEADLINE: Tuesday, July 15, 2008 at 1:00 pm EDT. Only swims achieving the qualifying standard after July 13, 2008 are eligible for fax entry. Fax entries may include additional Bonus events, as allowed by this meet information.

Non-Eastern Zone swimmers may participate by invitation of the Meet Director.

ADMINISTRATIVE INFORMATION

Facility Address:

McCoy Natatorium
Curtin & Bigler Roads
University Park, PA 16802

Meet Referee:

John Hirschmann
154 Thirteenth St SE
Washington, DC 20003-1450
202-544-8218
hirschj@erols.com

Admin Referee:

Fred Killian
1138 Elderon Dr
Wilmington, DE 19808-1923
FK42@aol.com

Meet Director:

Stephanie Rozick
5249 West Buffalo Run Rd.
Port Matilda, PA 16870
814-234-8955
bcatmeet@comcast.net

Meet Entries:

Meet entries will be processed using Online Meet Entry (OME). See Section on “How to Enter.”
Contact Stephanie Rozick at bcatmeet@comcast.net with general and meet eligibility questions.
Contact Susan Woessner at swoessner@usaswimming.org for OME questions.

Meeting schedule

Wednesday, July 16	5:00 pm	General meeting	McCoy Natatorium upstairs classroom 201
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Thursday, July 17	7:30 am	Initial Officials' Briefing	McCoy Natatorium upstairs classroom 201
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All other Officials Briefings will start 1 hour prior to the start of the session.

Credentials

Credentials may be obtained directly inside the entrance gate of the outdoor pool

Wednesday, July 16	2:00 pm - 8:00 pm
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Thursday, July 17	7:00 am – 10:00 am
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Friday, July 18	7:00 am – 10:00 am
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Other Times	as needed – contact the Meet Director
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Credentials must be worn at all times. \$10 will be charged for badge replacement.

GENERAL INFORMATION

Admission

\$5 per session Prelims and Finals includes heat sheet.

Coach's Packet

Coaches who plan to attend this meet without swimmers may obtain packet available for \$15, which will contain psych sheets and team rosters. The packet is available during regular registration hours. Currently registered USA Swimming coach members who purchase this packet may receive a deck pass.

Deck Access

Only working USA Swimming Registered Officials, Coaches, Swimmers, and meet volunteers will be permitted on the pool deck. Credentials must be shown to gain access and should remain visible while on the deck.

SITE INFORMATION

Facility - McCoy Natatorium

50 Meter heated outdoor 8-lane pool. Depth at starting end is 12' - 6"; depth at turn end is 4' - 6". The 50-m Freestyle will start from the "start end." Non-turbulent lane markers. Colorado 5 Timing System
Both an indoor 25 yard and 25 meter pool are available for continuous warm up / warm down.

Pool Availability:

Wednesday July 16	LCM Pool: 3:30 – 6:30 pm	Indoor Pools: 6:30 – 9:30 pm
Thursday thru Sunday	LCM Pool: 7:00 am until 30 minutes following completion of Finals.	Indoor Pools: open at 7:30 am

Accommodations

See information posted at <http://bigcatswim.com/hotels.htm>.

Directions

Directions to and on the PSU campus can be accessed at: <http://www.campusmaps.psu.edu/print/>.

Parking

Parking will be available at lots and garages near the facility. Please read restriction signs posted at the entrance to all lots. Additional information will be available prior to the meet when the University determines exact arrangements.

Information/Lost & Found

Information will be available at the Registration Table. The Lost & Found is located at the Towel Desk which is outside the locker rooms in the Natatorium.

Lockers

Lockers are available for use. Each individual must assume responsibility for securing his or her valuables. Shaving is not allowed in the facility.

Team Banners

Banners may be displayed from pool fence.

Concessions

There will be a limited selection of food available through Penn State University near the Natatorium.

Hospitality

A hospitality area for coaches and officials will be located at the outdoor pool.

Medical Assistance

Lifeguards are trained for emergency situations. Mt. Nittany Medical Center is located 5 minutes from the facility.

Adverse Weather Policy

In case of adverse weather, the outdoor pool will close for at least 30 minutes; all spectators and swimmers will need to vacate the pool deck. Spectators are asked to wait in the stands of the indoor Natatorium; swimmers, coaches and officials should proceed to the indoor pool area.

ENTRY INFORMATION

Eligibility

This meet is open to 2008 USA Swimming registered swimmers in the Eastern Zone who meet the qualifying time for an event. **USA Swimming registered swimmers from outside the Eastern Zone may request an invitation to the meet by contacting the Meet Director; acceptance will be at the discretion of the Meet Director based on the size of the meet.** Athletes with a disability are welcomed and must provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the Meet Referee of any disability prior to the competition.

The qualifying period is January 1, 2007, through the meet entry deadline.

How to Enter:

All entries must be submitted by using the USA Swimming Online Meet Entry (OME) system. The OME system can be accessed on the USA Swimming website at www.usaswimming.org/ome. OME will be available for this meet beginning June 1, 2008. **Entries will close on Monday, July 14, 2008, at 4:00 pm EDT.** No late entries or deck entries will be accepted.

A TM events file will be provided on the meet website. Teams may use this file to determine which of their athletes have qualified for which events prior to processing their entries into OME. All coaches planning to attend the meet must be included with the OME to allow for the confirmation of coach credentials prior to arriving at the meet. Any coach not on the original entry **MUST** show proof of current credentials prior to receiving coach's packets or deck credentials.

The OME system processes payment by credit card. Visa, Master Card, American Express and Discover are accepted. Upon payment, a confirmation e-mail providing a receipt and a summary of the events entered will be returned. Entries are not considered to be in the meet until payment has been processed.

Questions or problems regarding OME should be directed to USA Swimming: Contact Susan Woessner at swoessner@usaswimming.org

Other questions regarding meet entries should be directed to the Meet Director, Stephanie Rozick, at bcatmeet@comcast.net or 814-234-8955.

Entry Deadline and Entry fees

Deadline - July 14, 2008, at 4:00 pm EDT

Fees - \$10 per individual event; \$25 per relay event

Fax Entry and Fax Deadline

Tuesday, July 15, 2008, at 1:00 pm EDT. Only swims that occurred on Monday July 14, 2008, which achieve a first time qualifying standard are eligible for fax entry. FAX entries must be made on the FAX entry form - and may not be used to improve the seed time of a previously submitted entry. Send Fax entries to 814-865-3728.

Bonus Events: All swimmers entered into an individual events are now eligible for bonus events according to the following table:

1 individual 3 bonus events

2 individuals 3 bonus events

3 individuals 3 bonus events

4 individuals 3 bonus events

5 individuals 2 bonus events

6 individuals 1 bonus event

Swimmers may still not exceed more than 3 events per day or 7 events for the entire meet.

Swimmers and Coaches are encouraged to take advantage of the additional events being offered.

ENTRY INFORMATION (continued)

Proof of Times

ALL ENTRY TIMES MUST BE PROVEN; Swimmers or relays without a proven time will NOT be seeded into the entered event. Times in the USA Swimming SWIMS database achieved within the eligibility period are considered proven. All other submitted times must be recognized as an Official Time by USA Swimming – see 207.8.1 and 207.8.2.

Relay entries – Entered times must be proven prior to the scratch deadline for each relay, in aggregate or as a team. For the purpose of proving times, a club may name a swimmer on only one of its relay teams in each event. Once a time is proven, any swimmer representing that club is eligible to compete on the relay team.

Any custom times entered into OME (i.e., times not in SWIMS) and all ‘fax’ entries must be proven by submitting official results from a Sanctioned, Approved or Observed meet. Times may be proven electronically by advising the time has subsequently been entered into SWIMS, sending a copy of the meet results, or providing a link to the location of the online meet results. This can be done by sending an e-mail to Jim.Leigh@comcast.net before midnight on Tuesday, July 15; thereafter, such times must be proven at the meet with the Admin Referee. All previously unproven times as well as any other correction to a submitted entry will be confirmed electronically when addressed. If you do not receive such confirmation, assume that the issue has not been resolved, and that you must resolve the issue at the meet.

A pre-Fax Psych Sheet will be posted on the website by Thursday, July 10. Times followed by an “*” will need to be proven. Coaches are urged to check this list and resolve any unproven times ASAP.

Registration:

All swimmers, coaches and officials must be registered with USA Swimming for 2008 prior to the meet entry deadline.

Any club that enters an un-registered athlete, falsifies an entry or permits an un-registered coach to represent them will be fined the sum of \$100.

MEET PROCEDURES

Warm-up procedures

Warm-up procedures are as follows (will be posted on deck):

General warm-up all lanes until 40 minutes prior to meet start

Sprint lane (7) or lanes (2 & 7) as needed from 40 minutes prior to session start

Pace lanes 1 & 8, 40 minutes prior to meet start

Clear pool 10 minutes prior to meet start. Continuous warm-up/warm-down is available in the indoor pools.

Warm up – start times

	Prelims:		Finals:	
Thursday July 17	Warm up 7:30 am	Start 9:00 am	Warm up 4:00 pm	Start 5:00 pm
Friday July 18	Warm up 7:30 am	Start 9:00 am	Warm up 4:00 pm	Start 5:00 pm
Saturday July 19	Warm up 7:30 am	Start 9:00 am	Warm up 4:00 pm	Start 5:00 pm
Sunday July 20	Warm up 7:30 am	Start 9:00 am	Warm up 4:00 pm	Start 5:00 pm

Beginning with the Warm-up period, the competition pool is limited to those swimmers in the upcoming session.

Meet rules

Swimmers may enter any number of events in which he/she has met the qualifying time standard but may not compete in more than three (3) individual events per day nor more than a total of seven (7) individual events for the meet. Time Trial events are included in the daily event limit, but not in the total meet limit.

Swimmers must enter individual events with their fastest achieved time during the qualifying period. Distance swimmers may follow the procedures listed in the Distance Freestyle section below.

Each team may enter a maximum of two (2) relays per relay event. At least one (1) swimmer participating on each relay must be entered in the meet in an individual event.

Any potential relay-only swimmers are expected to be included on your club's Team entry in OME.

Distance Freestyle Entry - Any swimmer who qualifies for the 800 and/or 1500 Freestyle events may enter those events at their fastest time or at the time standard, if entered in two or more events on the days of the distance freestyle.

The Eastern Zone Policy for 'No Shows in Sunday's Finals' shall be observed. Any swimmer in the initially announced top twenty-four (24) qualifiers who has not scratched out of Finals and does not show up to compete at the Finals will be subjected to a \$50 fine, payable to the Eastern Zone. Such swimmers may not compete in any subsequent Eastern Zone meet until the fine is paid.

Swimmers who are not entered in the meet database by Tuesday, July 15, 2008, should be prepared to provide proof of current USA Swimming registration.

Seeding

Seeding will be in compliance with Section 207.12.7B of the 2008 USA Swimming Rules and Regulations Handbook: LCM – SCM – SCY

Flights

Dependent on the number of entries and at the discretion of the Meet Director and Meet Referee, the Prelims sessions may be conducted in an A/B flight format. This will be considered if a preliminary session timeline is expected to exceed approximately four hours. If this decision is made, all details will be announced at the General Meeting on Wednesday, July 16, 2008.

MEET PROCEDURES (continued)

Scratch procedures

The Scratch Box will be located at the Registration Desk prior to the start of the General Meeting and will remain there until 15 minutes following adjournment of the meeting. Beginning Thursday morning, the Scratch Box will be with the Clerk of Course for the remainder of the meet.

The Scratch Box shall be used only for 'scratching' from preliminary heats of individual Prelims and Timed Finals events. Scratches from Finals of a Prelims/Finals event must be done directly with the Admin Referee.

Positive Check-in sheets for the 800 Free, 1500 Free and all Relays will be located with the Clerk of Course. Entries must check-in by the designated scratch deadline in order to be seeded into those events. Coaches with swimmers or relays that will definitely not be competing in these events are requested to so indicate on the positive check-in sheets.

Scratch procedures and penalties will follow those listed in Section 207.12.6 of the USA Swimming Rules & Regulations.

Scratch and positive check-in deadlines

Thursday's Events

By 15 minutes following the adjournment of the General Meeting or 6:00 pm, whichever is later.

Friday, Saturday, and Sunday's Events

By 30 minutes after the start of the previous night's Finals session.

Please Note: **No email, fax or phone scratches or positive check-ins will be accepted.**

Relays and relay check-in procedures

- A. Relays - All relays are conducted on a Timed Final basis with the two fastest heats to be swum in the Finals session. Teams are limited to two relay entries in each relay event.
- B. Relay Check-In - All relays must check-in prior to the scratch deadline in order to be seeded. Each coach shall pick up their relay forms from the Clerk of Course, on which the competing relay swimmers shall be listed using first and last names and order of swimming for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation at least one (1) hour prior to the start of relays. However, the names and/or order may be changed up to the time of the swim.
- C. When the 400 Medley Relays (Sunday's relays) are checked in, teams may declare whether they want to swim in the morning or evening session. Up to the fastest 16 relays that choose the evening session will swim in Finals. All other relays will swim in the Prelim session. Teams choosing to swim in the morning session will be seeded by their entry time in that session.
- D. Relays may be entered at the listed provable time or at the lowest priority non-conforming time standard; this choice must be indicated during the entry process.

MEET PROCEDURES (continued)

Distance freestyle

- A. Distance Entry - Any swimmer who qualifies for the 800 and/or 1500 freestyle events may enter at their fastest time or at the time standard, if entered in two or more individual events on the days of the distance freestyle.
- B. Distance Check-In and Seeding - Entrants in the 800 and/or 1500 freestyle must check in and confirm their intention to compete before the scratch deadline in order to be seeded. Seeded heat sheets will be published by the end of Finals the evening before, except for Thursday's events, which will be published by 8:00 pm on Wednesday. The swimmers will be listed in the psych sheet in the order of submitted times, beginning with the fastest (207.12.7B).
- C. Order of Distance Events - Thursday events (W-1500 & M-800) & Sunday events (M-1500 & W-800). The fastest (single) heat will be swum first in the Finals session. All other heats are to swim in the afternoon so that the second fastest men's heat is timed to end at 4:00 pm. These afternoon events will swim slowest to fastest and alternate between the Women's and the Men's events in the following pattern:
 - Second fastest men's heat last
 - Second fastest women's heat next to last
 - Third fastest men's heat third from last
 - Third fastest women's heat fourth from last
 - Continuing in that pattern for all additional heats.
- D. The fastest Women's heat will be swum as the first event of Finals, and the fastest Men's heat will be swum as the second event of Finals.

Time trials

Any swimmer entered in the meet in an individual event or relay event may participate in Time Trials. Time Trials shall be swum in the following order: that day's events, followed by the events of the remaining days of the meet, followed by the events of the previous days beginning with Thursday. The 800 and 1500 Freestyle will be swum last on Friday or Saturday only (based on the length of prelims on those days); the day will be announced at the General Meeting.

Time Trials will begin 30 minutes after the conclusion of the Preliminary Sessions, and will end no later than one hour before the start of warm-ups for the Finals Sessions.

Swimmers are limited to a maximum of two (2) time trials for the meet and must adhere to the daily limit of three (3) events per day.

Swimmers must sign up for time trials no later than 60 minutes prior to the scheduled end of each day's Prelims session.

Fees: \$10 per individual event \$25 per relay cash or checks made payable to **Big Cat Aquatics**.

Finals event order

There will be a bonus final in each Prelims/Final event. The order of the Finals heats shall be C, B, and A (bonus, consolation, and championship).

The fastest heat of each distance events will swim first in Finals.

Ready area

A Ready Area will be used at this Championship prior to each 'A' final event. Each swimmer participating in the 'A' finals including the fastest heats of the 800 and 1500 Freestyle should report to the Ready Area 10 minutes preceding the heat start time

MEET PROCEDURES (continued)

Meet scoring

Scoring will be the top 16 places in individual events:

Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1.

Relay events receive double these point values.

Awards

Individual Awards: 1st – 8th place

Relay Awards: 1st – 3rd place

Team Awards: 1st & 2nd place (These awards will be for Women, Men & Combined).

Individual High Point Awards: 1st – 2nd place Women, 1st – 2nd place Men.

Final results

Complete meet results will be available at: <http://www.pvswim.org/eastzone/index.html>, www.maswim.org and www.bigcatsswim.com.

Real-time results will be available at: www.maswim.org

OFFICIALS

Officials will be required at all positions for this meet. Officials must have been certified for a year in the positions in which they are planning to work.

Applications for assigned positions (Referee, Starter and Chief Judge) must be submitted to Jamy Pfister, EZ Officials Chair (jamyjypfi@comcast.net) no later than June 9, 2008. Applications to officiate are available on the EZ web site (http://www.pvswim.org/eastzone/08sum_sect_off.pdf),

Applications for non-assigned positions must be submitted to Jamy Pfister, EZ Officials Chair (jamyjypfi@comcast.net) no later than July 10, 2008. Applications to officiate are available on the Eastern Zone web site (http://www.pvswim.org/eastzone/08sum_sect_off.pdf).

Officials who learn of their availability after July 10, 2008, should send an application directly to John Hirschmann, Meet Referee (hirschj@erols.com). Walk-ons will be welcomed for S&T Judge positions.

It is expected this meet will be approved as an Officials Qualifying Meet for N2/N3 Certification/Re-Certification. It is anticipated that evaluations will be available for all positions, including N3 Final for Chief Judge, Starter, and Referee. Officials desiring to be evaluated MUST also complete a Request for Evaluation and submit it to John Hirschmann, Meet Referee (hirschj@erols.com), First preference will be given to those who submit them by June 21, 2008. Requests for Evaluation will be available at the Eastern Zone web site (http://pvswim.org/eastzone/future_meets.htm).

Briefings will be held one (1) hour prior to the start of each session, except for Thursday AM which will start 90 minutes prior. Attendance at these briefings is required to work the session and be evaluated.

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In granting the sanction for this meet, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by means of injuries to anyone during the conduct of the meet.

SUPER SECTIONAL FAX ENTRY FORM

One swimmer per form, please.

Swimmer's Name _____
Last
First (legal - no nicknames)
Middle Initial

Swimmer's Birth date _____
mm/dd/yy

Swimmer's USA Swimming Club _____ LSC _____

Are you already entered in the Super Sectional meet yes no

Event #	Event description	Time	Meet name/Date/Location
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

You may only enter new bonus event(s) if a permitted fax entry (time achieved for the first time after July 13, 2008) makes you eligible for a new or additional bonus event. Indicate Bonus events with a 'B' after the Event #. Any entry being changed from a bonus to a regular entry should be noted with a "C" after the Event #.

Event #	LCM	SCY	SCM	Order of Events	LCM	SCY	SCM	Event #
1	2:28.89	2:08.89	2:26.09	200 Individual Medley	2:17.19	1:57.49	2:14.39	2
3	1:01.39	53.79	59.99	100 Freestyle	55.99	47.89	54.59	4
5	1:18.69	1:07.49	1:17.29	100 Breaststroke	1:12.69	1:00.79	1:11.29	6
7	18:05.69	17:49.19	17:44.69	1500 Freestyle				
				800 Freestyle	9:00.39	9:51.09	8:49.19	8
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13	5:14.89	4:35.49	5:09.29	400 Individual Medley	4:54.59	4:14.79	4:48.99	14
15	4:15.39	3:43.79	4:09.79	400 Freestyle Relay	3:52.99	3:19.29	3:47.39	16
17	2:27.89	2:09.69	2:25.09	200 Butterfly	2:16.89	2:01.39	2:14.09	18
19	1:09.19	59.69	1:07.79	100 Backstroke	1:03.79	53.99	1:02.39	20
21	4:34.89	5:03.69	4:29.29	400 Freestyle	4:18.59	4:44.29	4:12.99	22
23	9:06.19	7:57.59	8:54.99	800 Freestyle Relay	8:26.19	7:13.39	8:14.99	24
25	2:28.29	2:08.69	2:25.49	200 Backstroke	2:16.89	1:57.79	2:14.09	26
27	28.49	24.99	27.79	50 Freestyle	25.49	22.29	24.79	28
29	2:48.99	2:25.59	2:46.19	200 Breaststroke	2:38.99	2:13.29	2:36.19	30
31	4:47.99	4:09.49	4:42.39	400 Medley Relay	4:23.59	3:43.89	4:17.99	32
33	9:29.49	10:27.99	9:18.29	800 Freestyle				
				1500 Freestyle	17:23.89	16:49.09	17:02.89	34

Fax to 814-865-3728 Make check payable to BCAT and send to: Stephanie Rozick
5249 West Buffalo Run Rd
Port Matilda, PA 16870