
	VIRGINIA AGE GROUP CHAMPIONSHIP July 20-23, 2017 SANCTION NO. VS-17-97	Hosted by: 
---	---	--

SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-17-97. USA Swimming, Inc., Virginia Swimming, Inc. Christiansburg Aquatic Center and H20kie Aquatics shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. 						
LOCATION:	Christiansburg Aquatic Center, 595 N. Franklin Street Christiansburg, VA 24073, Phone: (540) 381-7665						
FACILITY:	<ul style="list-style-type: none"> 8 Lane, 50 Meter indoor pool, 7 feet deep at the start end and 17 feet deep at the turn end of the pool. Lanes are 9 feet wide and have non-turbulent lane lines. Colorado Timing System with color scoreboard and separate video board. Spectator seating for 1,000 Events which are 50 meters in length will start from diving tower end of pool (17 feet deep) Leisure Pool Warm-up/Warm-down Area: 4 lanes, approximately 20 yards, The depth of this pool is 4 feet deep and will be available until 12:30 pm each day and during finals each evening. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4) 						
MEET DIRECTOR:	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Scott Baldwin</td> <td style="width: 50%;">Amy Brehl</td> </tr> <tr> <td>Phone: (540) 998-2327</td> <td>(540) 230-1815</td> </tr> <tr> <td>Email: edbaldwi@vt.edu</td> <td>amybrehl@gmail.com</td> </tr> </table>	Scott Baldwin	Amy Brehl	Phone: (540) 998-2327	(540) 230-1815	Email: edbaldwi@vt.edu	amybrehl@gmail.com
Scott Baldwin	Amy Brehl						
Phone: (540) 998-2327	(540) 230-1815						
Email: edbaldwi@vt.edu	amybrehl@gmail.com						
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all 14 and younger Virginia Swimming athletes registered prior to the first day of the meet with the qualifying time in each event entered. No on deck Virginia Swimming athlete registration will be permitted. Swimmers who have a minimum qualifying time in the 800 meter Freestyle or the 1500 meter Freestyle may swim both events. Swimmers ages 11-12 may enter the 800 and/or 1500 if they have the 13-14 qualifying time. The qualifying period for this meet is January 1, 2016 through July 17, 2017. Age on July 20, 2017 will determine age for the entire meet. 						
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition. 						
FORMAT:	<ul style="list-style-type: none"> The 10&U and 11-12 400 Freestyle will be swum as Timed Final events swimming fastest to slowest, alternating girls and boys. Swimmers are expected to provide their own timers. The 1500 Freestyle for ages 11-14, will be swum fastest to slowest, alternating girls and boys. <ul style="list-style-type: none"> The final heat of boys and girls may be combined. Swimmers are expected to provide their own timers and lap counters. The 800 Freestyle for ages 11-14 will be swum fastest to slowest, alternating girls and boys. <ul style="list-style-type: none"> Warm-ups will start no earlier than 2:30 pm. Swimmers are expected to provide their own timers and lap counters All swimmers (11-14) will swim Preliminaries in the morning sessions. The top 16 11-12 and 13-14 age group will swim the finals session each day except for the 11-12 400 IM which will be a timed final event. The top heat will swim in the finals session. All 10&Unders will swim preliminaries in the afternoon session. Top 8 swimmers in each event will swim in the finals session each day. The consolation heat in finals will swim first, followed by the championship heat. 						

	<ul style="list-style-type: none"> • All relay events will be Timed Finals. The fastest heat of the 200 Free, 200/400 Medley relays for 11-12 and 13-14 year-old age groups will swim during the finals session each day. All remaining heats will be swum during the Preliminary session. • All heats of the 400 Freestyle Relay will be swum on Sunday during the preliminary session. • All 10&Under relays will swim in the Preliminary sessions • Relays will be seeded so that the slowest heat has at least three teams, even if this means that a heat in the finals session has less than eight teams. • All relays, both entered and swum, must have at least two swimmers that have been entered in an individual event in this meet.
WARM-UP:	<ul style="list-style-type: none"> • Thursday Distance session: Warm-ups at 2:00pm; competition starts not earlier than 2:45 pm. • There will be a general warmup for the 1500F. • There will be a 30 minute warmup following the last heat of 1500 for both the 11-12 and 10 and under 400 F. • Morning sessions: Warm-ups no earlier than 6:30 am, competition starts no earlier than 8:00 am. • 10&Under Session: Warmups no earlier than 11:30am, competition starts no earlier than 12:30pm • Final sessions: Warm-ups start not before 4:00 pm; competition start not before 5:00 pm • Warmup and Meet Start times are approximate until all entries have been received. The above information is helpful for general guideline purposes. • Lane assignment and warm-up times for individual clubs will be posted on the VSI website no later than Wednesday, July 19, 2017 and will also be emailed to the contact person of the participating clubs.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS MONDAY, JULY 17, 2017</p> <p>NEW ENTRY PROCEDURES – OME MEET ENTRY</p> <p>SEE OME HIGHLIGHTS ATTACHMENT AT END OF INVITATION FOR MORE INFORMATION</p> <ul style="list-style-type: none"> • OME OPENS: No Later Than 9:00 am EDT – Friday, June 23, 2017 • OME CLOSES: 11:59 pm EDT – MONDAY, July 17, 2017 • On-Line Meet Entry (OME) – Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) ONLY. Email entries during the regular entry period will not be accepted. <ul style="list-style-type: none"> ○ The OME system is accessed from the USA Swimming web site at the address http://www.usaswimming.org/ome ○ Coaches must register for an account (Free) to utilize the system. Log in and select “Enter Team”. • LATE ENTRIES. Entries desired after 11:59 pm, Monday, July 17, 2017, and prior to the start of the meet, must be sent to the Meet Entry Officer for input and will be considered late. <ul style="list-style-type: none"> ○ The total fees for all entries, including the late entry fee, must be paid prior to the first session of the meet (Thursday July 20, 2017) or the swimmer may not swim those events. ○ A confirmation of entries will not be sent to a club until the fees are marked paid, either by credit card or by arrangement with the Meet Entry Officer. ○ Payment for events entered at the meet must be made at the time of the request (made to Administrative Referee). The request must be prior to the close of the scratch box for the event desired. • Local Meet Entry Chair: Scott Baldwin Phone: (540) 998-2327 Email: edbaldwi@vt.edu • OME HELP: Jaime Lewis USA Swimming Phone: (719) 866-3580 Email: jlewis@usaswimming.org Scott Baldwin Meet Entry Officer Phone: (540) 998-2327 Email: edbaldwi@vt.edu • Conforming and Non-Conforming times will be used for entry – Long Course Meters then Short Course Meters then Short Course Yards. • Individual Entries: Use the fastest time in national database for entry within the qualifying period. <ul style="list-style-type: none"> ○ Swimmers may enter using an “Override Time” for times that are not in the national database. ○ Override times must include the meet name and date.

- Override times that cannot be proven during the entry process will be annotated with an asterisk (*) on the meet psych sheet (Entry List).
- **Relay Entries:** Use the fastest time in national database for entry within the qualifying period. Relay times must be provable by team or swimmer aggregate.
 - All relays, entered and swum, must contain at least two swimmers that are entered in at least one individual event in the meet.
 - ALL relay swimmers must appear on the master entry, and pay the applicable surcharge.
 - **All entries for 13-14 200 Medley relays must use 400 Medley relay times.**
 - **“No Time” (NT) entries will not be accepted for all relay entries.**
- **For any event requiring a positive check-in, proof of asterisk (*) submitted times must be submitted to the Admin Referee prior to the check-in deadline. For any other event, proof of asterisk (*) times must be submitted to the Admin Referee prior to the first session in which the team has swimmers entered.**
- Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved.
- OME is not an eligibility report. It is the coach’s responsibility to know for which events your athlete is qualified.
- **OME RELAY ENTRY PROCEDURES: ENSURE “RELAY ONLY” ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER.**
 - If entering a “B” relay, be sure to select an entry time that does not have a double asterisk (**).
 - The ** signifies that at least one athlete from the entry time of the “A” relay was a member of the relay that achieved that time. Select another listed time or enter an aggregate relay
- **ATTENTION TEAMS WITH UNATTACHED ATHLETES:** Teams may enter athletes with an unattached status. When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link.
- **ATTENTION INDIVIDUAL UNATTACHED ATHLETES:** Unattached athletes that are not awaiting attachment to any team must enter individually.
 - Access the OME system at the address <http://www.usaswimming.org/ome> - log in and select “Enter Individual.”
 - These individuals may send a text file of their entries to the Meet entry person to be entered manually.
 - Payment must be made in that case by check to be received not later than July 20, 2017.
- **ENTRY LIMITS:**
 - **Individual Events:** Swimmers may enter a maximum of 8 events, no more than three per day.
 - **Relays:** Two (2) per team per event.
- The Meet Director reserves the right to combine heats and events, which actions may require reseeding. The Meet Director reserves the right to eliminate heats of any event if necessary.
- **Proof of entry times is required for individual and relay events. Entries not proven by the scratch deadline will be scratched.**
- All late entries must submit proof of time.
- Late entries may not be used to improve the seed time of an earlier entry.

FEES:

Individual events: \$ 8.50
Relay events: \$ 16.00
Swimmer surcharge: \$7.50 per person (entered in the meet in any capacity).

- Includes Convenience Fee for Free Heat sheets:
 - Meet Mobile
 - Pdf files on meet website for each session
 - Printed copies at the meet

Late Fees: In addition to the regular entry fee, a fee of **\$10** per event prior to the first day of the meet and **\$25** per event on or after the first day of the meet will be charged for any entry received after the entry deadline.

- OME payments may be made using VISA, MasterCard, American Express or Discover (on line) or check. Payment by check must be received by July 20, 2017.

	<ul style="list-style-type: none"> • Checks should be payable to: H20kie Aquatics • Checks should be sent to: Scott Baldwin 165 Huff Heritage Ln Christiansburg, VA 24073 • Late fees for OME entries will be due prior to the first session of the meet (Thursday, July 20, 2017). • Failure to pay entry fees by this deadline could result in teams being barred from the meet. All fees must be paid in full in order for the entries to be considered complete.
AWARDS:	<ul style="list-style-type: none"> • Individual events will be awarded medals for first through eighth place. • Relay events will be awarded medals for first through fourth place and ribbons for fifth through eighth place. • Individual High Point Awards: 10&U Girl/Boy, 11/12 Girl/Boy, 13/14 Girl/ Boy, Overall Female and Male. • Team awards will be given. <ul style="list-style-type: none"> ○ The winning team will receive a banner. The teams placing second through sixth will receive a plaque. ○ Large Team, Medium Team, and Small Team: • Scoring <ul style="list-style-type: none"> ○ Individual Events: F – 20-17-16-15-14-13-12-11, C – 9-7-6-5-4-3-2-1. ○ Relay Events: F – 40-34-32-30-28-26-24-22, C – 18-14-12-10-8-6-4-2
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded with the exception of the following events that will require a positive check-in at the Clerk of Course: <ul style="list-style-type: none"> ○ Thursday evening events by 2:15 pm. ○ 11-12 and 13-14 Friday Relays by 7:45 am on Friday ○ 11-12 and 13-14 Saturday Relays by 6:00 pm on Friday ○ 11-12 and 13-14 Sunday Relays will be pre-seeded ○ 800 freestyle by 9:30 am Sunday ○ 10 & Under Relays will be pre-seeded. • All distance swimmers must positively check in by the scratch deadline for that day's events to be seeded.
PENALTIES:	<ul style="list-style-type: none"> • Penalties for entries using fraudulent and/or non-verifiable entry times: <ul style="list-style-type: none"> ○ Swimmer shall be disqualified from the event entered illegally and the event shall be re-scored and awarded. ○ Club may be fined \$100 for each offense, and a record of such offenses shall be kept and published as part of the official meet results. ○ Clubs entering swimmers not legally registered with USA Swimming before the first day of the meet may be fined \$100 per swimmer in each event so entered. ○ If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer. ○ A swimmer who positively checks-in and declares their intent to swim for a distance event and does not show up to compete will not be able to swim his/her next event
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval • Any swimmer entered in the meet must be certified by a USAS member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. • The overhead start procedure will be used for the preliminary sessions.

	<ul style="list-style-type: none"> • Chase Starts may be used with Odd # Heats starting at the shallow end, Even # Heats from the Deep end. All 50s will start from the Deep end. • The scratch procedures listed in <i>current USA Swimming Rules and Regulations</i>, Article 207.11.6, sections D and E will apply with the following modifications: The scratch rule regarding finals will apply to both heats, final and consolation, excluding the relays, the 800 Free, and the 1500 Free. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u> • Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. • In accordance with VSI Best Practices, swimmers should shower before entering the pool. • In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet <ul style="list-style-type: none"> ○ Coaches with valid USA Swimming credentials but are unable to provide them upon request will be issued temporary credentials by the meet director ○ Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Georg Fuhs Email: hgfuhs@verizon.net Phone: 757- 685-9310</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Officials must have been certified for a year in the positions in which they are planning to work. • An Application to Officiate is available on the VSI website (www.virginiawimming.org) and should be sent to the Meet Referee no later than July 11, 2017. • Application is being made to have this meet designated as an Officials Qualifying Meet for N2 certification/re-certification. Officials (including non-VSI officials) desiring to be evaluated must request evaluation on the Application to Officiate. • Evaluation will be available for V2/N2 at all positions. • Briefings will be held 1 hour prior to the start of each session.
SAFETY:	VSI Safety and Warm-up procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • The number of timers required per club and their lane assignments will be posted on the Virginia Swimming website no later than July 19, 2017, and will also be emailed to the contact person of each of the individual clubs. • Swimmers are expected to provide their own timers for event #1-2 (11-14 1500), 3-4 (11-12 400 Free), #5-6 (10&U 400 Free), and #95-96 (11-14 800 Free)
GENERAL:	<ul style="list-style-type: none"> • PARKING: Shuttle to and from Christiansburg High School will be available starting at 7:30am and will run throughout the day and through Finals each night. Park near the football field. • Swimmer / Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators. Any swimmer / spectator who violate Aquatic Center rules (posted at the pool and included in the Programs) will be disqualified from the meet and escorted from the facility. • Special Saturday Fun: Prior to evening finals on Saturday there will be a Chant/Cheer Challenge. No formal parading will take place but feel free to wear spirit wear. • Deck Access: Access to the pool deck will be strictly controlled. Spectators must remain in the stands above the pool area. • No “Team Photographers” will be allowed on deck at the meet. • Hospitality will be available for Coaches and officials • Concessions will be available • Swim and Tri will be on site for all of your swimwear needs • Spectator Seating: Seating will be available for spectators. • First Aid: A staffed First Aid Station is located at lifeguard office at the start end of the pool near the leisure pool.

	<ul style="list-style-type: none"> • Lost and Found: Lost and Found will be located next to the lifeguard office.
FACILITY RULES:	<p>FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT ALONG WITH THE TOWN OF CHRISTIANBURG AQUATIC CENTER RULES:</p> <ul style="list-style-type: none"> • No picture taking is allowed behind the blocks or in restrooms/locker rooms. • Drinks are permitted in plastic bottles or covered cups. • Young children must be supervised by an adult. • Observers are to stay in designated areas. • Only Blue painters tape is to be used inside to hang signs, banners or decorations. Please consult with the Director of Aquatics prior to hanging up any relevant decorations. • Only Aquatic Staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Staff Management. • No smoking is permitted within the Town of Christiansburg Aquatic Center. • The Town of Christiansburg Aquatic Center is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings. • No glass containers of any kind are to be brought into the pool complex. • Parking violators will be subject to fines and/or towing as posted. • The Aquatic Center strongly encourages showering prior to entering the pool. • All emergency exits and walkways must remain clear.
DIRECTIONS:	<p>Mapquest.com, Virginiaswimming.org, or the following link: http://www.christiansburg.org/index.aspx?NID=367</p>

Virginia Swimming 2017 Long Course Age Group Championships Order of Events

G	Thursday Timed Finals	B
1	11-14 1500 Freestyle	2
3	11-12 400 Freestyle	4
5	10&U 400 Freestyle	6

G	Friday Preliminaries	B
7	11-12 50 Breaststroke	8
9	13-14 100 Breaststroke	10
11	11-12 200 Freestyle	12
13	13-14 200 Freestyle	14
15	11-12 100 Butterfly	16
17	13-14 100 Butterfly	18
19	11-12 200 Backstroke	20
21	13-14 400 IM	22
23	11-12 400 IM *	24
25	13-14 400 Medley Relay (**)	26
27	11-12 400 Medley Relay (**)	28

(*) Timed Final for 11-12 only – final heat to swim during the finals session

(**) Timed Final – final heat to swim during finals session

G	Saturday Preliminaries	B
39	13-14 200 Medley Relay (*)	40
41	11-12 200 Medley Relay (*)	42
43	13-14 200 Butterfly	44
45	11-12 200 Butterfly	46
47	13-14 50 Freestyle	48
49	11-12 50 Freestyle	50
51	13-14 200 Breaststroke	52
53	11-12 100 Breaststroke	54
55	13-14 100 Backstroke	56
57	11-12 50 Backstroke	58
59	13-14 400 Freestyle	60
61	11-12 200 IM	62
63	11-12 200 Free Relay (*)	64
65	13-14 200 Free Relay (*)	66

(*) Timed Final – final heat to swim during finals session

G	Sunday Preliminaries	B
77	11-12 200 Breaststroke	78
79	13-14 200 Backstroke	80
81	11-12 100 Backstroke	82
83	13-14 100 Freestyle	84
85	11-12 100 Freestyle	86
87	13-14 200 IM	88
89	11-12 50 Butterfly	90
91	13-14 400 Free Relay (*)	92
93	11-12 400 Free Relay (*)	94
95	11-14 800 Freestyle (**)	96

(*) Timed Final – all heats to swim in preliminary session

(**) Timed Final – heats alternated fast to slow, women/men after 10&U session

G	10&U Friday Preliminary	B
29	10&U 100 Butterfly 10 Minute Break	30
30	10&U 50 Breaststroke 10 Minute Break	32
32	10&U 200 Freestyle 10 Minute Break	34
34	10&U 50 Backstroke 10 Minute Break	36
36	10&U 400 Medley Relay (*)	38

G	10&U Saturday Preliminary	B
67	10&U 200 Medley Relay (*) 10 Minute Break	68
69	10&U 50 Freestyle 10 Minute Break	70
71	10&U 100 Breaststroke 10 Minute Break	72
73	10&U 200 IM 10 Minute Break	74
75	10&U 200 Free Relay (*)	76

G	10&U Sunday Preliminary	B
97	10&U 100 Backstroke 10 Minute Break	98
99	10&U 100 Freestyle 10 Minute Break	100
101	10&U 50 Butterfly 10 Minute Break	102
103	10&U 400 Free Relay (*)	104

(*) Timed Final All heats in Preliminaries

Order of Events for Finals

Friday PM

Girls	Event	Boys
29	10&U 50 Breast	30
7	11/12 50 Breast	8
9	13/14 100 Breast	10
31	10&U 200 Free	32
11	11/12 200 Free	12
13	13/14 200 Free	14
33	10&U 100 Butterfly	34
15	11/12 100 Butterfly	16
17	13/14 100 Butterfly	18
35	10&U 50 Back	36
19	11/12 200 Back	20
21	13/14 400 IM	22
23	11/12 400 IM	24
25	13/14 400 Med Relay	26
27	11/12 400 Med Relay	28

Saturday PM

Girls	Event	Boys
39	13/14 200 Med Relay	40
41	11/12 200 Med Relay	42
43	13/14 200 Butterfly	44
45	11/12 200 Butterfly	46
69	10&U 50 Free	70
47	13/14 50 Free	48
49	11/12 50 Free	50
71	10&U 100 Breast	72
51	13/14 200 Breast	52
53	11/12 100 Breast	54
73	10&U 200 IM	74
55	13/14 100 Back	56
57	11/12 50 Back	58
59	13/14 400 Free	60
61	11/12 200 IM	62
63	13/14 200 Free Relay	64
65	11/12 200 Free Relay	66

Sunday PM

Girls	Event	Boys
77	11/12 200 Breast	78
79	13/14 200 Back	80
97	10&U 100 Back	98
81	11/12 100 Back	82
83	13/14 100 Free	84
99	10&U 100 Free	100
85	11/12 100 Free	86
87	13/14 200 IM	88
101	10&U 50 Fly	102
89	11/12 50 Fly	90

2017-2018 AGE GROUP CHAMPIONSHIPS QT's

Girls			BOYS			
LCM	SCM	SCY	10&Under	SCY	SCM	LCM
:35.49	:34.69	:31.29	50 free	:30.99	:34.39	:35.19
1:18.59	1:16.99	1:09.39	100 free	1:08.79	1:16.29	1:17.89
2:54.49	2:51.29	2:34.29	200 free	2:30.79	2:47.19	2:50.49
6:04.09	5:57.39	6:47.99	400/500 free	6:42.29	5:52.09	5:59.59
:41.49	:40.89	:36.89	50 back	:36.09	:40.19	:40.59
1:29.29	1:28.09	1:19.39	100 back	1:17.49	1:26.49	1:27.19
:47.59	:46.49	:41.99	50 breast	:41.89	:46.29	:47.69
1:43.69	1:41.69	1:31.69	100 breast	1:30.19	1:39.69	1:42.99
:39.99	:39.29	:35.39	50 fly	:34.89	:38.89	:39.39
1:33.69	1:32.29	1:23.09	100 fly	1:19.89	1:29.29	1:30.09
-	1:27.99	1:19.29	100 IM	1:17.89	1:27.09	-
3:13.59	3:10.39	2:51.49	200 IM	2:50.39	3:09.59	3:12.29
LCM	SCM	SCY	11 and 12	SCY	SCM	LCM
:31.29	:30.69	27.49	50 free	27.49	:30.49	:31.29
1:08.69	1:07.09	1:00.49	100 free	1:00.19	1:06.79	1:08.39
2:27.89	2:24.69	2:10.39	200 free	2:10.79	2:25.19	2:28.39
5:10.99	5:04.59	5:48.49	400/500 free	5:50.59	5:06.49	5:12.89
:36.19	:35.59	32.09	50 back	31.79	:35.29	:35.89
1:17.09	1:15.99	1:08.49	100 back	1:08.79	1:16.39	1:17.59
2:45.69	2:43.29	2:27.09	200 back	2:27.89	2:44.19	2:46.59
:40.59	:39.59	35.69	50 breast	36.59	:40.59	:41.59
1:28.49	1:26.49	1:17.89	100 breast	1:18.89	1:27.59	1:29.59
3:10.59	3:06.59	2:48.09	200 breast	2:49.39	3:07.99	3:11.99
:34.29	:33.59	30.29	50 fly	30.79	:34.19	:34.89
1:16.79	1:15.39	1:07.89	100 fly	1:08.39	1:15.89	1:17.29
2:57.79	2:54.99	2:37.69	200 fly	2:32.69	2:49.49	2:52.29
-	1:16.19	1:08.59	100 IM	1:09.59	1:17.19	-
2:46.89	2:43.69	2:27.49	200 IM	2:27.19	2:43.39	2:46.59
5:58.79	5:52.39	5:17.49	400 IM	5:12.89	5:47.29	5:53.69
LCM	SCM	SCY	13 and 14	SCY	SCM	LCM
:29.69	:28.89	25.99	50 free	24.69	:27.39	:28.19
1:03.99	1:02.39	56.19	100 free	53.49	:59.39	1:00.99
2:18.69	2:15.49	2:02.09	200 free	1:55.79	2:08.49	2:11.69
4:52.99	4:46.59	5:28.29	400/500 free	5:15.19	4:34.89	4:41.29
10:11.19	9:58.39	11:24.79	800/1000 free **	11:12.49	9:47.39	10:00.19
19:58.19	19:34.19	19:34.69	1500/1650 free **	18:52.49	18:51.09	19:15.09
1:11.19	1:09.99	1:03.09	100 back	1:00.39	1:06.99	1:08.19
2:33.19	2:30.79	2:15.89	200 back	2:10.19	2:24.49	2:26.89
1:22.99	1:20.99	1:12.99	100 breast	1:09.79	1:17.49	1:19.49
3:02.29	2:58.29	2:38.69	200 breast	2:32.19	2:48.89	2:52.89
1:10.69	1:09.29	1:02.39	100 fly	59.19	1:05.69	1:07.09
2:39.59	2:36.79	2:21.29	200 fly	2:14.99	2:29.79	2:32.59
2:36.99	2:33.79	2:18.59	200 IM	2:11.89	2:26.39	2:29.59
5:30.29	5:23.89	4:51.79	400 IM	4:40.59	5:11.49	5:17.89