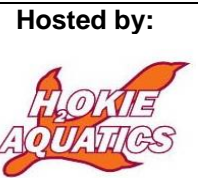




**VIRGINIA SWIMMING LONG COURSE
AGE GROUP CHAMPIONSHIP**
July 26-29, 2018
SANCTION NO. VS-18-122



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-18-122.USA Swimming, Inc., Virginia Swimming, Inc. Christiansburg Aquatic Center and H2Okie 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 (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 1,000Events 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 Friday - Sunday 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><tr><td>Drew Hirth VSI Age Group Chair Phone: (804) 380-1821 Email: coachdrew@novaswim.org</td><td>Scott Baldwin Local Host Coordinator (540) 998-2327 edbaldwi@vt.edu</td></tr></table>	Drew Hirth VSI Age Group Chair Phone: (804) 380-1821 Email: coachdrew@novaswim.org	Scott Baldwin Local Host Coordinator (540) 998-2327 edbaldwi@vt.edu
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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, 2017 through July 16, 2018.Age on July 26, 2018 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">Swimmers are expected to provide their own timers and lap countersAll swimmers 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 where seeded. The top heat will swim in the finals session. The top 8 10&U 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. There will be three 5 minute breaks in Finals to cushion relays after the following events: #34 (11-12 boys 400 IM), #44 (11-12 Boys 200 Medley Relay) and #72 (13-14 boys 400 Freestyle).Relay events:<ul style="list-style-type: none">Will be Timed Finals.		

	<ul style="list-style-type: none"> ○ All 10 & under relays will swim during the preliminary sessions. ○ The fastest heat of the 200 Medley, 200 Free and 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 sessions. ○ All heats of the 400 Freestyle Relay will be swum on Sunday during the preliminary session. ○ 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/Relay Session: Warm-up at 2:00pm; competition starts not earlier than 2:35pm. <ul style="list-style-type: none"> ○ There will be a 30 minute general warm-up for the 1500 Free. ○ There will be a 15 minute general warm-up following the last heat of 1500 Free for the 11-12 and 10&U 400 Free. Competition will begin 5 minutes after warm-up concludes. ○ There will be a 15 minute general warm-up following the last heat of 400 Free for the 13-14 800 Free Relay. Competition will begin 5 minutes after warm-up concludes. ○ Swimmers and coaches are reminded the Leisure Pool will be open throughout competition for continuous warm-up / warm-down. ● Preliminary Sessions: <ul style="list-style-type: none"> ○ Friday, Saturday and Sunday mornings: Warm-ups not earlier than 6:30am, competition starts no earlier than 8:00am. ● Final Sessions: <ul style="list-style-type: none"> ○ Warm-ups start not before 4:00pm; competition start not before 5:00pm ● 800 Free Session: <ul style="list-style-type: none"> ○ There will be a 30 minute warm-up for the 800 Free which will begin 5 minutes after the conclusion of the Sunday Preliminary Session. Competition will begin 5 minutes after warm-up concludes. ● Warm-up 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 H2OKIE website www.h2okieaquatics.org no later than Tuesday July 24, 2018 and will also be emailed to the contact person of the participating clubs. 								
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY JULY 17, 2018</p> <ul style="list-style-type: none"> ● OME OPENS: No Later Than 9:00am EDT – Friday June 29, 2018 ● OME CLOSSES: 11:59pm EST – Tuesday, July 17 2018 ● 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 11:59pm, Tuesday July 17, 2018, 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 26, 2018) 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. ● OME HELP: <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Jaime Lewis</td> <td style="width: 50%;">Drew Hirth</td> </tr> <tr> <td>USA Swimming</td> <td>Meet Entry Officer</td> </tr> <tr> <td>Phone: (719) 866-3580</td> <td>Phone: (804) 380-1821</td> </tr> <tr> <td>Email: jlewis@usaswimming.org</td> <td>Email: coachdrew@novaswim.org</td> </tr> </table> 	Jaime Lewis	Drew Hirth	USA Swimming	Meet Entry Officer	Phone: (719) 866-3580	Phone: (804) 380-1821	Email: jlewis@usaswimming.org	Email: coachdrew@novaswim.org
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- **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.
 - 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 seed 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 26, 2018.
- **ENTRY LIMITS:**
 - **Individual Events:** Swimmers may enter a maximum of 8 events, no more than three per day and 2 relays 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 H2OKIE website www.h2okieaquatics.org for each session

	<ul style="list-style-type: none"> ○ Printed copies at the meet <p>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.</p> <ul style="list-style-type: none"> • OME payments must be made by check. <u>Payment by check must be received by July 26, 2018.</u> • 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 26, 2018). • 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 no later than the following deadlines: <ul style="list-style-type: none"> ○ 1500 Free: 2:05pm on Thursday ○ 11-12 & 10&U 400 Free: 2:45pm on Thursday ○ 13-14 800 Free Relay: 3:30pm on Thursday ○ 10&U, 11-12 and 13-14 Friday Relays: 7:45am on Friday ○ 10&U, 11-12 and 13-14 Saturday Relays: 6:00pm on Friday ○ 10&U, 11-12 and 13-14 Sunday Relays: 6:00pm on Saturday ○ 800 Freestyle: 9:30am Sunday • All distance swimmers must positively check in by the scratch deadline for that day's events to be seeded. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • 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.
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.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply.

	<ul style="list-style-type: none"> • 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. • Chase Starts will be used in the Preliminary Sessions with odd numbered heats starting at the shallow end, even numbered heats from the deep end. All 50s will start from the deep end. • Finals: All starts with the exception of 50 meter events will start from the shallow 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: Ralph Jones Email : ralph.jones@vdot.virginia.gov Phone : (804) 786-4034</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.virginiawswimming.org) and should be sent to the Meet Referee no later than July 10, 2018. • 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 Meet 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 H2OKIE website www.h2okieaquatics.org no later than July 24, 2018 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), #7-8 (13-14 800 Free Relay) and #105-106 (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. • 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

	<ul style="list-style-type: none"> • 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. • 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 CHRISTIANSBURG 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:	Mapquest.com, Virginiaswimming.org, or the following link: http://www.christiansburg.org/index.aspx?NID=367

Virginia Swimming 2018 Long Course Age Group Championships Order of Events

G	Thursday Timed Finals	B
1	11-14 1500 Free	2
3	11-12 400 Freestyle	4
5	10&U 400 Freestyle	6
7	13-14 800 Free Relay	8

G	Friday Prelims/Finals	B
9	10&U 50 Breaststroke	10
11	11-12 50 Breaststroke	12
13	13-14 100 Breaststroke	14
15	10&U 200 Freestyle	16
17	11-12 200 Freestyle	18
19	13-14 200 Freestyle	20
21	10&U 100 Butterfly	22
23	11-12 100 Butterfly	24
25	13-14 100 Butterfly	26
27	10&U 50 Backstroke	28
29	11-12 50 Backstroke	30
31	13-14 400 IM	32
33	11-12 400 IM (*)	34
35	10&U 400 Medley Relay (#)	36
37	13-14 400 Medley Relay (*)	38
39	11-12 400 Medley Relay (*)	40

G	Saturday Prelims/Finals	B
41	13-14 200 Medley Relay (*)	42
43	11-12 200 Medley Relay (*)	44
45	10&U 200 Medley Relay (#)	46
47	11-12 200 Butterfly	48
49	13-14 200 Butterfly	50
51	10&U 50 Freestyle	52
53	11-12 50 Freestyle	54
55	13-14 50 Freestyle	56
57	10&U 100 Breaststroke	58
59	11-12 100 Breaststroke	60
61	13-14 200 Breaststroke	62
63	10&U 200 IM	64
65	11-12 200 IM	66
67	13-14 100 Backstroke	68
69	11-12 50 Backstroke	70
71	13-14 400 Freestyle	72
73	10&U 200 Free Relay (#)	74
75	11-12 200 Free Relay (*)	76
77	13-14 200 Free Relay (*)	78

G	Sunday Prelims/Finals	B
79	11-12 200 Breaststroke	80
81	13-14 200 Backstroke	82
83	10&U 100 Backstroke	84
85	11-12 100 Backstroke	86
87	13-14 100 Freestyle	88
89	10&U 100 Freestyle	90
91	11-12 100 Freestyle	92
93	13-14 200 IM	94
95	10&U 50 Butterfly	96
97	11-12 50 Butterfly	98
99	10&U 400 Freestyle Relay (#)	100
101	11-12 400 Freestyle Relay (#)	102
103	13-14 400 Freestyle Relay (#)	104

G	800 Freestyle Session	B
105	11-14 800 Freestyle	106

(*) Timed Final event. Top 8
Swim in Finals
(#) Timed Final Event. All
Heats swim in Prelims

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