



**VIRGINIA SWIMMING SHORT COURSE  
AGE GROUP CHAMPIONSHIP**  
March 8-11, 2018  
SANCTION NO. VS-18-84

Hosted by:



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-18-84</b>.</li><li>USA Swimming, Inc., Virginia Swimming, Inc., H2OKie Aquatics, and Christiansburg Aquatic Center 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.</li></ul>
<b>LOCATION:</b>	Christiansburg Aquatic Center, 595 N. Franklin Street Christiansburg, VA 24073, Phone: (540) 381-7665
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>50 Meter by 25-yard pool, lanes have non-turbulent lane lines, deck-anchored starting blocks and water depth of min. of 7.0 feet. The race course will be set up to swim widths. Shallow Course pool depth will be 7 feet. Deep Course will be 7 feet sloping to 17 feet.</li><li>The course of competition will be two 25-yard courses swimming the width of the pool.</li><li>Spectator seating for 1200.</li><li>The competition course has not yet been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4).</li></ul>
<b>MEET DIRECTOR:</b>	Drew Hirth VSI AG Chair Email: coachdrew@novaswim.org Phone : (804) 380-1821
	<ul style="list-style-type: none"><li>Open to all Virginia Swimming registered athletes registered prior to the first day of the meet who are 14 years old and younger and meet the qualifying time in each event entered.</li><li>Swimmers who have a minimum qualifying time in the 1000 Yard Freestyle or the 1650 Yard Freestyle may swim both events.</li><li>No on deck Virginia Swimming athlete registration will be permitted.</li><li>The qualifying period for this meet is January 1, 2017 through March 7, 2018</li><li>Age on March 8, 2018 will determine age for the entire meet.</li></ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"><li>Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li><li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>Individual events for 10 &amp; under, 11-12, and 13-14 swimmers EXCEPT the 10 &amp; under 500 free, the 11-12 400 Y Individual Medley, 11-12 500 Y Freestyle, the 11-14 1000 Y Freestyle, and the 11-14 1650 Y Freestyle will be swum as prelim/finals. The 10&amp;U 500 free, 11-12 500 free and the 11-14 1000 free are timed final events swum Thursday night. The 11-12 400 IM is a timed final event with the top 8 swimmers after scratches competing at night in finals.</li><li>Thursday evening events will be swum in two pools.<ul style="list-style-type: none"><li>All events on Thursday evening, the 10 &amp; under 500 free, the 11-12 500 free and the 11-14 1000 free will be swum fastest to slowest, alternating girls and boys.</li><li>The 11-14 1000 free will compete in one pool, while the 12 &amp; under 500 freestyles will be competing in the other pool. If one pool finishes early, those lanes may be utilized to expedite the finish of races from the other pool, at the discretion of the Meet Referee.</li></ul></li><li>All preliminary events will be swum in two pools, Friday through Sunday, with competition in each pool to be determined after entries are received.</li><li>Finals (Friday through Sunday) will be swum in one pool with the consolation heat swimming first, followed by the final heat.<ul style="list-style-type: none"><li>Top 16 11-12 and 13-14 swimmers will qualify for finals</li><li>Top 8 10 &amp; under swimmers will qualify for finals.</li></ul></li><li><b><u>The 1650 Y Freestyle will be swum in two courses and will be swum fastest to slowest in prelims. The final heat of boys and girls in prelims may be combined.</u></b></li></ul>

	<ul style="list-style-type: none"> <li>• Relay events: <ul style="list-style-type: none"> <li>○ Will be Timed Finals.</li> <li>○ All 10 &amp; under relays will swim during the preliminary sessions.</li> <li>○ 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.</li> <li>○ All heats of the 400 Freestyle Relay will be swum on Sunday during the preliminary session.</li> <li>○ 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</li> <li>○ All relays both entered and swum must have at least two swimmers that have been entered in an individual event in this meet.</li> </ul> </li> </ul>								
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Thursday evening session: Warm-ups: 4:00 pm; competition starts at 5:15 pm</li> <li>• Prelim sessions: <ul style="list-style-type: none"> <li>○ Friday, Saturday and Sunday mornings: Warm-ups: 7:00 am; competition starts at 8:30 am</li> </ul> </li> <li>• 1650 freestyle session: Competition will begin 10 minutes after the 13-14 relays at approximately 12:00 pm.</li> <li>• Final sessions: <ul style="list-style-type: none"> <li>○ Friday and Saturday: General warm-ups: not before 4:30 pm; Specific warm-ups not before 5:00 pm; competition starts not before 5:30 pm</li> <li>○ Sunday: General warm-ups: not before 3:30 pm; Specific warm-ups not before 4:00 pm; competition starts not before 4:30 pm</li> </ul> </li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the HOKI website <a href="http://www.h2okieaquatics.org">www.h2okieaquatics.org</a> no later than Tuesday, March 6, 2018, and will also be emailed to the contact person of the participating clubs.</li> </ul>								
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, FEBRUARY 28, 2018</b></p> <p><b>ENTRY PROCEDURES – OME MEET ENTRY</b></p> <p><b>SEE OME HIGHLIGHTS ATTACHMENT AT END OF INVITATION FOR MORE INFORMATION</b></p> <ul style="list-style-type: none"> <li>• <b>OME OPENS:</b> February 1, 2018 - -9:00 am EST</li> <li>• <b>OME CLOSES:</b> 11:59 pm EST – Wednesday, February 28, 2018</li> <li>• Meet Entry Officer: Drew Hirth Phone: (804) 380-1821, Email: <a href="mailto:coachdrew@novaswim.org">coachdrew@novaswim.org</a></li> <li>• <b>Online Meet Entry (OME)</b> – Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) <b>ONLY</b>. Email entries during the regular entry period will not be accepted. <ul style="list-style-type: none"> <li>○ The OME system is accessed from the USA Swimming web site at the address <a href="http://www.usaswimming.org/ome">http://www.usaswimming.org/ome</a></li> <li>○ Coaches must register for an account (Free) to utilize the system. Log in and select “Enter Team.”</li> </ul> </li> <li>• <b>LATE ENTRIES.</b> Entries desired after 11:59 pm, Wednesday February 28, 2018, and prior to the start of the meet, must be sent to the Meet Entry Officer for input and will be considered late.</li> <li>• The total fees for all entries, including the late entry fee, must be paid prior to the first session of the meet (Thursday March 8, 2018) or the swimmer may not swim those events.</li> <li>• 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.</li> <li>• 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.</li> <li>• <b>OME HELP:</b> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Jamie 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) 866-3581</td> <td>Phone: (804) 380-1821</td> </tr> <tr> <td>Email: <a href="mailto:jlewis@usaswimming.org">jlewis@usaswimming.org</a></td> <td>Email: <a href="mailto:coachdrew@novaswim.org">coachdrew@novaswim.org</a></td> </tr> </table> </li> <li>• <b>Conforming and Non-Conforming times will be used for entry – Short Course Yards, then Long Course Meters, then Short Course Meters</b></li> <li>• <b>Individual Entries:</b> Use the fastest time in national database for entry within the qualifying period. <ul style="list-style-type: none"> <li>○ Swimmers may enter using an “Override Time” for times not in the national database.</li> </ul> </li> </ul>	Jamie Lewis	Drew Hirth	USA Swimming	Meet Entry Officer	Phone: (719) 866-3581	Phone: (804) 380-1821	Email: <a href="mailto:jlewis@usaswimming.org">jlewis@usaswimming.org</a>	Email: <a href="mailto:coachdrew@novaswim.org">coachdrew@novaswim.org</a>
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- 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.
- 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.
- Any proof of times received after the heat sheet has been printed will be seeded in the first heat with an extra heat being added if necessary.
- 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
  - **All entries for 13-14 200 Y Medley relays must use 400 Y Medley relay times. "No Time" (NT) entries will not be accepted.**
- **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 March 8, 2018
- **ENTRY LIMITS:**
  - **Individual Events:** Swimmers may enter a maximum of 8 events, no more than three per day and 1 relay 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 in conjunction with the Meet Referee.
- **Proof of entry times is required for individual and relay events. Entries not proven by the proof of time deadline will be scratched. "No Time" relay entries will not be accepted.**
- All late entries must submit proof of time.
- Late entries may not be used to improve the seed time of an earlier entry.

<b>FEES:</b>	<p><b>Individual Events: \$7.50</b>  <b>Relay Events: \$15.00</b>  <b>Swimmer Fee: \$7.50 per person</b> (entered in the meet in any capacity)</p> <p>Includes:</p> <ul style="list-style-type: none"> <li>● Convenience Fee for Free Access to Heat Sheets (\$12 Value)           <ul style="list-style-type: none"> <li>○ Meet Mobile</li> <li>○ PDF Files for each Session online: <a href="http://www.h2okieaquatics.org">www.h2okieaquatics.org</a></li> <li>○ Hard Copies on site</li> </ul> </li> </ul> <p><b>Late Fees:</b> In addition to the regular entry fee, a fee of <b>\$10</b> per event prior to the first day of the meet and <b>\$25</b> per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p>
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	<ul style="list-style-type: none"> <li>• OME payments may be made by check. <u>Payment by check must be received by March 8, 2018.</u> Checks should be payable to: <b>H20kie Aquatics.</b></li> <li>• Checks should be sent to: H20kie Aquatics C/O Scott Baldwin 165 Huff Heritage Ln Christiansburg, VA 24073</li> <li>• Late fees for OME entries will be due prior to the first session of the meet (Thursday, March 8, 2018).</li> <li>• <b>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.</b></li> <li>• IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the acceptance of your entries.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events will be awarded medals for first through eighth place.</li> <li>• Relay events will be awarded medals for first through fourth place and ribbons for fifth through eighth place.</li> <li>• High point will be awarded for girls and boys in the 10&amp;U, 11-12, and 13-14 age groups and overall.</li> <li>• Team awards will be given. <ul style="list-style-type: none"> <li>○ The winning team will receive a banner. The teams placing second through sixth will receive a plaque.</li> <li>○ Large Team, Medium Team, and Small Team: Women's high point and men's high point in each category</li> </ul> </li> <li>• Scoring <ul style="list-style-type: none"> <li>○ Individual Events: F – 20-17-16-15-14-13-12-11, C – 9-7-6-5-4-3-2-1.</li> <li>○ Relay Events: F – 40-34-32-30-28-26-24-22, C – 18-14-12-10-8-6-4-2</li> </ul> </li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• 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"> <li>○ Thursday evening events by 4:30 pm</li> <li>○ 13-14 500 Freestyle, 11-12 400 Individual Medley, 13-14 400 Individual Medley, and the 11-12 and 13-14 400 yard relays by 9:30 am the day the event is to be swum.</li> <li>○ 10&amp;U, 11-12 and 13-14 Friday Relays by 8:30 am</li> <li>○ 10&amp;U, 11-12 and 13-14 Saturday Relays by 6:00 pm on Friday</li> <li>○ 10&amp;U, 11-12 and 13-14 Sunday Relays by 6:00 pm on Saturday</li> <li>○ 1650 Freestyle by 9:30 am Sunday</li> </ul> </li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• <b>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.</b></li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>• Penalties for entries using fraudulent and/or non-verifiable entry times: <ul style="list-style-type: none"> <li>○ <b>Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded.</b></li> <li>○ <b>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.</b></li> <li>○ <b>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.</b></li> <li>○ 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.</li> </ul> </li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• 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.</li> <li>• 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.</li> </ul>

	<ul style="list-style-type: none"> <li>• The overhead start procedure will be used for the Prelim sessions and Final sessions at the discretion of the Referee</li> <li>• The scratch procedures listed in current <i>USA Swimming Rules and Regulations</i>, Article 207.11.6, sections D and E only will be in effect.</li> <li>• 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></li> <li>• Changing into or out of swimsuits other than in locker rooms or other designated areas is PROHIBITED.</li> <li>• In accordance with VSI Best Practices, swimmers should shower before entering the pool.</li> <li>• 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"> <li>○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director</li> <li>○ Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul> </li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee:</b> Georg Fuhs  <b>Phone:</b> (757) 685-9310  <b>Email:</b> hgfuhs@verizon.net</p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Officials training will only be available for the administrative component of referee training.</li> <li>• Officials must have been certified for a year in the positions in which they are planning to work.</li> <li>• Applications to officiate are available on the VSI website at <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a> and should be sent to the Meet Referee no later than February 19, 2018.</li> <li>• Application has been made to have this meet approved as an Officials Qualifying Meet for N2 Certification/Re-certification.</li> <li>• Officials (including non-VSI officials) desiring to be evaluated must request evaluation on the Application to Officiate.</li> <li>• There will be an Officials meeting one hour prior to the start of each session in the “wet” classroom by the leisure pool.</li> <li>• There will be a coach’s meeting on Friday at the conclusion of warm-up.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• Swimmers are expected to provide their own timers and lap counters for the 10&amp;U and 11-12 500 Y Freestyle, the 11-14 1000 Y Freestyle, and the 11-14 1650 Y Freestyle</li> <li>• The number of timers required per club and their lane assignments will be posted on the HOKI website <a href="http://www.h2okieaquatics.org">www.h2okieaquatics.org</a> no later than March 6, 2018 and will also be emailed to the contact person of each of the individual clubs.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Concessions will be available during the entire event</li> <li>• Hospitality will be provided for all coaches and officials, to include breakfast, lunch, dinner, and light snacks each day.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• No glass containers of any kind are permitted in the facility.</li> <li>• Lawn/deck chairs are not permitted in the grandstand.</li> <li>• No spectators/parents will be allowed on deck unless working the meet.</li> <li>• No smoking is allowed on the campus.</li> </ul>
<b>DIRECTIONS:</b>	Go to: <a href="http://MapQuest.com">MapQuest.com</a>
<b>HOTELS:</b>	<a href="http://www.Hotels.com">www.Hotels.com</a>

## Virginia Swimming 2018 Short Course Age Group Championships Order of Events

G	Thursday Finals	B
1	10 & Under 500 Freestyle	2
3	11-12 500 Freestyle	4
5	11-14 1000 Freestyle	6

G	Friday Prelims/Finals	B
7	13-14 100 Breaststroke	8
9	11-12 50 Breaststroke	10
11	10&U 50 Breaststroke	12
13	13-14 200 Freestyle	14
15	11-12 200 Freestyle	16
17	10&U 200 Freestyle	18
19	13-14 100 Butterfly	20
21	11-12 100 Butterfly	22
23	10&U 50 Backstroke	24
25	11-12 200 Backstroke	26
27	13-14 400 IM	28
29	10&U 100 IM	30
31	11-12 400 IM (*)	32
33	13-14 400 Med Relay (*)	34
35	11-12 400 Med Relay (*)	36
37	10&U 400 Med Relay (#)	38

(\*) Timed Final event. Top 8 swim in finals  
 (#) Timed Final event. All heats swum in prelims

G	Saturday Prelims/ Finals	B
39	13-14 200 Med Relay (*)	40
41	11-12 200 Med Relay (*)	42
43	10&U 200 Med Relay (#)	44
45	13-14 200 Butterfly	46
47	11-12 200 Butterfly	48
49	10&U 50 Butterfly	50
51	13-14 50 Freestyle	52
53	11-12 50 Freestyle	54
55	10&U 100 Freestyle	56
57	13-14 200 Breaststroke	58
59	11-12 100 Breaststroke	60
61	10&U 100 Breaststroke	62
63	13-14 100 Backstroke	64
65	11-12 50 Backstroke	66
67	10&U 200 IM	68
69	11-12 200 IM	70
71	13-14 500 Freestyle (**)	72
73	13-14 200 Free Relay (*)	74
75	10&U 200 Free Relay (#)	76
77	11-12 200 Free Relay (*)	78

(\*) Timed Final event. Top 8 swim in finals  
 (#) Timed Final event. All heats swum in prelims  
 (\*\*) Events 71 and 72 will swim after Relays

G	Sunday Prelims/Finals	B
79	11-12 200 Breaststroke	80
81	13-14 200 Backstroke	82
83	11-12 100 Backstroke	84
85	10&U 100 Backstroke	86
87	13-14 200 IM	88
89	11-12 100 IM	90
91	10&U 50 Freestyle	92
93	11-12 100 Freestyle	94
95	13-14 100 Freestyle	96
97	11-12 50 Butterfly	98
99	10&U 100 Butterfly	100
101	13-14 400 Free Relay (*)	102
103	11-12 400 Free Relay (*)	104
105	10&U 400 Free Relay (*)	106
107	11-14 1650 Free (**)	108

(\*) Timed Final – all heats to swim in preliminary session  
 (\*\*) Timed Final – Swims Fast to Slow

## 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