



# 2023 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES

## CENTRAL ZONE NORTH SECTION SUMMER CHAMPIONSHIPS

Hosted by DSMY Marlins  
Wellmark YMCA – Des Moines, IA  
July 13-16, 2023

SANCTIONED BY IOWA SWIMMING: IA-23-073

TIME TRIAL: IA-23-074TT

This event is held under the Sanction of USA Swimming and Iowa Swimming, Inc. (IASI). In granting this sanction it is understood and agreed that USA Swimming and Iowa Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**MEET HOST:** DSMY Marlins – [www.dsmymarlins.com](http://www.dsmymarlins.com)

**POOL HOURS:** Wednesday, July 12 from 1:00pm to 6:00pm. Thursday, Friday, Saturday, and Sunday doors open at 6:45am and the pool will open for general warm-up at 7:00am. The structured warm-up schedule is listed below. The pool will close 30 minutes after the competition is completed each night.

MEET SCHEDULE:	PRELIMS		FINALS	
	Warm-ups	Start	Warm-ups	Start
Thursday	7:00am	9:00am	4:30pm	6:00pm
Friday	7:00am	9:00am	4:30pm	6:00pm
Saturday	7:00am	9:00am	4:30pm	6:00pm
Sunday	7:00am	9:00am	3:30pm	5:00pm

**CHECK IN:** Wednesday, July 12th, 11:00am-8:00pm; Thursday, July 14th, 7:00am-9:00am

**GENERAL MEETING:** Wednesday, July 12th at 7:00pm, An email meeting invitation with virtual link will be sent out to registered teams in advance. Additional Coaches Meetings may be held as determined by the Meet Referee. It is the responsibility and obligation of each team or unattached swimmer to be represented at all Coaches Meetings. **Coaches or other team and swimmer representatives are responsible for all information presented at these meetings including changes to the meet format or conduct.**

**MEET REFEREE:** Craig Schoenlein - [craigschoenlein@gmail.com](mailto:craigschoenlein@gmail.com)

**LOCATION:** Wellmark YMCA – 501 Grand Ave, Des Moines, IA 50309

**FACILITY:** The Prairie Meadows Pool (competition pool) is an 8 lane 50-meter long course pool. Water depth of the pool ranges from 10 feet 8 inches to 7 feet (minimum 5 feet required at start end). Lane width is 8 feet 3 inches. Colorado electronic timing systems will be used in all configurations.

The 4 lane, 25 yard program pool will be available for warm-up and warm-down throughout the meet. The program pool will be open during competition for warm-down for only swimmers in that session.

The competition course has been certified in accordance with Rule 104.2.2C(4) of USA Swimming Rules and Regulations. A copy of the certification is on file with USA Swimming.

Smoking or the use of tobacco and alcohol products is prohibited in all areas of the venue.

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.

**PARKING:** Parking meters charge from 9am to 9pm Monday through Saturday. The 5<sup>th</sup> & Keo Parking Garage is closest to the facility and provides Skywalk access. **Parking is free on Sunday.**

**OFFICIALS CERTIFICATION/APPLICATION TO OFFICIATE:** This meet will be submitted for designation as an "Officials Qualifying Meet," for certification and recertification evaluations for N2- and N3-level positions. A combined Request for Evaluation/Application to Officiate is available on the Central Zone website. Completed forms should be sent to the Assistant Central Zone Officials Chair, as indicated on the form. Opportunities for evaluations may be limited by time and personnel resources. Availability of final evaluations for N-3 Starter and N-3 Deck Referee may be provided at the discretion of USAS Officials Committee designation of the meet.

**FOR MORE INFORMATION, CONTACT:**

John Van Meter, Meet Director	515-471-8560
Crystal Brugman, Safety/Facility Director	515-471-8546
Craig Schoenlein, Meet Referee	513-304-0133
Jennifer Flatté, Admin Referee	319-594-2507

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[swim@wandering6.net](mailto:swim@wandering6.net)

## **ENTRY INTO THE MEET**

**ELIGIBILITY:** All swimmers MUST be current 2023 registered athlete members of USA Swimming. Seasonally registered athletes are not allowed, and there will be no on deck registration. All coaches and officials allowed access on deck MUST be non-athlete coach members for 2023 and have current certifications as a USA Swimming coach or official. The representative submitting entries shall be responsible for verifying that all swimmers and coaches satisfy these requirements. The USA Swimming app or Deck Pass is acceptable proof of membership in USA Swimming. The meet is open to those USA Swimming athletes registered in the following LSCs: Illinois, Iowa, Minnesota, North Dakota, South Dakota, and Wisconsin. Athletes from LSCs outside Central Zone North section states listed, who have achieved a qualifying time standard for their event, will also be accepted into the meet on a first-come, first-served reservation not to exceed 100 total athletes.

**QUALIFYING:** The qualifying period is January 1, 2022 through the entry deadline. Qualifying time standards are included in this packet. Entry times will be accepted in Long Course Meters and Short Course Yards, and all events will be seeded in that order.

**ENTRY LIMITS:** Swimmers may compete in a maximum of three (3) individual events and one relay event per day including time trials.

**RELAY LIMITS:** Each team may enter a maximum of two (2) relay teams in each relay event.

**ENTRY FEES:** \$14.00 per individual event; \$25.00 per relay event

**ATHLETE SURCHARGES:** \$1.25 Central Zone surcharge; a \$6.00 Iowa Swimming surcharge; and a Facility Surcharge of \$8.75 per athlete entered in the meet (including relay only athletes).

**BONUS ENTRIES:** Swimmers qualified in 1 individual event can have up to 2 Bonus Events. Swimmers qualified in 2 individual events can have up to 1 Bonus Event. Bonus Events can only be added if they meet the Bonus Event time standards. Swimmers entering 3 or more individual events are not permitted to swim a Bonus Event. Once an event is marked "bonus", it cannot be changed to a qualified event.

**ENTRY PROCEDURE:** All entries must be submitted using USA Swimming OME (online meet entry) at [www.usaswimming.org/ome](http://www.usaswimming.org/ome). Payment method through OME must be Visa, MasterCard, American Express or Discover. Entries are not considered accepted until payment method is validated. A confirmation email will be sent upon completion of your entries. Entrants are responsible for following up if acknowledgement is not received. Please bring a copy of all communications with you to the meet. Once entries are paid for, times can be modified and events can be added, but events cannot be deleted. Please contact Macie Nichols at USA Swimming with any questions on the OME system [mmcnichols@usaswimming.org](mailto:mmcnichols@usaswimming.org) or 719-866-3506.

**PARA ENTRY PROCEDURE:** Para Entries must be submitted via email to Jennifer Flatté at [swim@wandering6.net](mailto:swim@wandering6.net)

**OUT-OF-SECTIONAL ENTRIES:** Up to 100 USA Swimming Athlete members who are properly registered with other LSC's outside of the Section will be permitted entry into the meet on a first-come basis. Each non-resident swimmer must have achieved the qualifying standing in one or more individual events. A non-refundable \$100 Team Reservation fee is required to secure entry for Non-Resident teams/swimmers. Out-Of-Section teams must contact Meet Director for details.

**ENTRY DEADLINE:** Entries may be submitted online beginning June 1, 2023 (9:00am Central Time) and will be accepted through **Thursday July 6, 2023 at 11:00pm (Central Time)**. Updates for improved seed times will be allowed on the OME system through 11:50pm (Central Time) on Monday, July 9, 2023.

**NEW ENTRIES ACHIEVED AFTER THE ENTRY DEADLINE:** Entries for athletes achieving qualifying standards for the first time after the entry deadline are permitted subject to the following restrictions:

1. New entries must be achieved between Friday, July 7, 2023 and Sunday, July 9, 2023.
2. New entries must be submitted by email Jennifer Flatté at [swim@wandering6.net](mailto:swim@wandering6.net) and received no later than 1:00pm on Monday, July 10, 2023.
3. Confirmation of receipt of New Entries is the sole responsibility of the sender.

**LATE ENTRIES:** Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:

1. Late entries do not result in unreasonable changes to the timeline
2. Late entries must be received no later than 15 minutes after the conclusion of the general meeting on Wednesday, July 12, 2023.
3. Late entries must be submitted via email to Jennifer Flatté at [swim@wandering6.net](mailto:swim@wandering6.net)
4. A one-time processing fee of \$50.00 plus meet entry fee of \$20.00 per individual event and \$30.00 per relay event must be paid prior to the start of the meet (9:00am on Thursday, July 13, 2023).

**PROOF OF TIME:** In order to accommodate LSC differences and to make entry as easy as possible throughout the Section, we will continue to accept times in the USA Swimming database, printed meet results and published times posted on publicly viewable websites. All “Custom or Override Times” must be verified prior to the scratch deadline for that event. If an entry time is entered into the SWIMS database after the entry deadline, be prepared to prove the time. Computer access will NOT be provided; coaches/swimmers must bring appropriate proof of time to the meet. Times that are not proven prior to seeding will be down- seeded. Failure to meet the qualification time during the competition and prove that a qualification time was achieved will result in a \$100.00 fine. Fines must be paid before the next session—athletes with unproven times and unpaid fines will not be allowed to compete until the matter is resolved. Fines not paid prior to the final session of the meet shall be automatically doubled.

## **RULES & PROCEDURES**

**RULES:** Current National USA Swimming Rules will govern all competition, except as otherwise specified in this meet information or the Section 1 Competition Manual. All information, including time standards, schedules, order of events, meet operations and requirements can be found in the USA Swimming 2023 Rulebook.

All applicable adults participating or associated with respective meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand the compliance with MAAPP is a condition of participation in the conduct of this competition. Effective 11/6/2019 times achieved by an athlete member at a sanctioned meet who is over 18 years of age who had not completed the Athlete Protection Training (or whose APT training had expired) by the date of the swim, will not be able to be uploaded to the SWIMS.

Any swimmer entered in the meet must be certified by a USA Swimming 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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

**CREDENTIALS & DECK ACCESS:** Credentials are required for all Coaches, Athletes, Officials, Volunteers and Event Staff. No one is allowed on deck without a credential. Doors will be staffed with event security from open to close. There will be a \$100 replacement fee for any lost credential.

**LOCKER ROOMS:** Locker rooms designated for swimmers are north of the pool deck entrance on the left. Additional off deck gender-neutral restrooms will be provided in the family changing rooms just off the pool deck. Officials, coaches and meet volunteers will be assigned to the public restrooms on the main level of the YMCA.

**DECK CHANGING:** Except where venue facilities require otherwise, changing into or out of swimsuits, other than in locker rooms, is not appropriate and is prohibited.

**MEDICAL SUPERVISION:** Lifeguards on duty and will supervise all warmup, competition, and cool down swimming and must be present whenever the pool deck is open. AED devices are available on premises. All facility staff are Red Cross trained in CPR for the Emergency Response Personnel. Emergency buttons located near the pool which summon additional emergency response including Des Moines Fire Department medical responders.

**WARM UP:** Feet-first, three-point entry only, except in designated lanes and times. Violations may result in disqualification from the next individual event or expulsion from the meet. More detailed warm up procedures will be distributed after the entry deadline. Fins and paddles are not allowed in the competition pool.

Swimmers must be under the supervision of a USA Swimming member-coach during warm-up, competition, and warm down. The Meet Director or Meet Referee may assist in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.

**SPECTATOR INFORMATION:** The MidAmerican Energy Company Aquatic Center provides seating for 1,200 spectators. Free wi-fi is available. Ticket information will be posted on the host’s website: [www.dsmyarllins.com](http://www.dsmyarllins.com) under the hosted meets / Speedo Sectionals tabs.

**CONDUCT OF THE MEET:** This meet is a prelim/final meet. 32 athletes will advance to the finals in events 400m or less with the “D” final reserved for the fastest remaining athletes who are 18 years or younger. The top 8, 18 & Under swimmers who do not qualify for the Bonus (C), Consolation (B) or Championship (A) heats will advance to the “D” final. If there are not enough 18 & Under swimmers to fill the “D” final in an event, the heat will be filled with the next fastest 19 & Over swimmers who do not qualify for the Bonus, Consolation, or Championship heats. Finals will be in the following order: Protected Final (D), Bonus (C), Consolation (B), Championship (A). Each event during finals will consist of a Protected “D” Final, Bonus, Consolation, and Championship final heat except for the 800m and 1500m Freestyles and all relays. These events will be conducted as timed final events. Preliminaries of events will be conducted using fly-over starts. Additionally, prelims may be flighted at the discretion of the Meet Referee and will be announced at the Coaches Meeting. Para-Athletes will be combined into events for prelims and compete in a separate Para event during finals.

- **Thursday:** The fastest heat of the 800 Freestyle for women and men will be seeded into the finals; all other heats will be swum during the Thursday prelim session. These events will be swum fastest to slowest alternating heats of women/men. If desired, athletes must provide their own lap counter.
- **Friday:** The 400 Freestyle Relay will be timed final events with the fastest two (2) heats of Women and Men swimming in the finals session. All remaining will be swum at the end of the prelim session fastest to slowest alternating heats of women/men. Positive check-in is required by 30 minutes after the start of finals on Thursday.
- **Saturday:** The 800 Freestyle relay will be timed final events with the fastest heat of Women and Men swimming in the finals session. All remaining will be swum at the end of the prelim session fastest to slowest alternating heats of women/men. Positive check-in is required by 30 minutes after the start of finals on Friday.
- **Sunday:** The 1500 Freestyle will be seeded with a positive check-in 30 minutes after the start of finals on Saturday. The fastest heat of women and men will be seeded into finals. All other heats will be swum at the end of prelims (following the 400 Medley Relay) fastest to slowest alternating heats of women/men. Athletes must provide their own lap counter. The 400 Medley Relays will be timed final events with the fastest two (2) heats of Women and Men swimming in the finals session. Positive check-in is required by 30 minutes after the start of finals on Saturday.

**SCRATCHES:** The following are the scratch deadlines for each day’s events:

- Deadline for Day 1 events: 30 minutes after general meeting
- All subsequent day’s events scratches are due 30 minutes after the start of the previous evening’s finals.

The meet will be administered according to the National Championship scratch procedures (2023 Rulebook, Section 207). More information on check in deadlines, scratch procedures and deadlines, and the location of the scratch box will be distributed at registration. If you will not be arriving in time to make the deadline, coaches scratch events via email Jennifer Flatté at [swim@wandering6.net](mailto:swim@wandering6.net). Scratches submitted by email must be completed by the deadlines listed above.

**POSITIVE CHECK-IN:** Positive check-in is required for the 800m and 1500m Freestyle and all relays. Swimmers and relays who fail to positive check-in will be down-seeded to the slowest heat. Positive check-in deadlines follow scratch deadlines. If you will not be arriving in time to make the deadline, coaches may check-in for events via email Jennifer Flatté at [swim@wandering6.net](mailto:swim@wandering6.net). Positive check-ins submitted by email must be completed by the deadlines listed above.

**MEET COMMITTEE:** A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters.

**SCORING:** All events will be scored to 20 places using the following:

Individual Scoring: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay Scoring: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

**AWARDS:**

Individual: Top 3 Awarded (medals)

Relays: Top 3 Awarded (medals)

**TIME TRIALS:** Time permitting, time trials will be offered each day 15 minutes after the completion of the preliminary session. The entry fee is \$20.00 per individual event and \$60.00 for relays. Time Trial signup times will be announced at the coaches meeting. Athletes must provide their own lane timer and lap counter (if desired) for all time trial events. The 800m and 1500m TT may be swum in the open lanes of the timed final heats, based on the number of time trial requests and at the discretion of the meet referee. Per 2016 convention, all swimmers, including relay only swimmers, are limited to two Time Trial events at the meet.

# ORDER OF EVENTS

WOMEN

MEN

## Thursday, July 13, 2023

1	100 Freestyle	2
3	200 Breaststroke	4

*Awards for 100 Freestyle and 200 Breaststroke*

5	200 Butterfly	6
+7*	800 Freestyle	*8+

*Awards for 200 Butterfly and 800 Freestyle*

## Friday, July 14, 2023

9	200 Freestyle	10
11	400 IM	12

*Awards for 200 Freestyle and 400 IM*

13	100 Backstroke	14
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**10 MINUTE BREAK**

+15	400 Freestyle Relay	16+
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*Awards for 100 Backstroke and 400 Freestyle Relay*

## Saturday, July 15, 2023

17	200 Backstroke	18
19	400 Freestyle	20

*Awards for 200 Backstroke and 400 Freestyle*

21	100 Breaststroke	22
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23	100 Butterfly	24
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*Awards for 100 Breaststroke and 100 Butterfly*

+25*	800 Free Relay	*26+
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*Awards for 800 Freestyle Relay*

## Sunday, July 16, 2023

27	200 IM	28
+29*	1500 Freestyle	

30	50 Freestyle	31
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	1500 Freestyle	*32+
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*Awards for 200 IM, 1500 Freestyle, and 50 Freestyle*

+33	400 Medley Relay	34+
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*Awards for 400 Medley Relay*

\* Swum at the end of prelims fastest to slowest alternating women/men, fastest heat of men and women will be swum in finals

+ Timed Finals, positive check-in is required



# 2023 Time Standards

## CZ SPEEDO NORTH SECTION SUMMER CHAMPIONSHIPS

*Qualifying from January 1, 2022 through the Entry Deadline*

WOMEN			MEN	
LCM	SCY		SCY	LCM
28.09	24.49	<b>50 Freestyle</b>	21.69	25.29
1:00.69	53.09	<b>100 Freestyle</b>	47.39	54.79
2:10.99	1:53.79	<b>200 Freestyle</b>	1:43.79	2:00.49
4:36.29	5:05.09	<b>400/500 Freestyle</b>	4:42.79	4:16.99
9:29.99	10:29.99	<b>800/1000 Freestyle</b>	9:49.99	8:59.99
18:19.99	17:39.99	<b>1500/1650 Freestyle</b>	16:39.99	17:19.99
1:08.89	58.99	<b>100 Backstroke</b>	53.39	1:03.09
2:26.99	2:07.19	<b>200 Backstroke</b>	1:58.49	2:18.09
1:17.49	1:06.89	<b>100 Breaststroke</b>	1:00.99	1:11.99
2:48.79	2:24.69	<b>200 Breaststroke</b>	2:14.99	2:37.99
1:05.89	58.19	<b>100 Butterfly</b>	52.09	59.79
2:29.99	2:09.99	<b>200 Butterfly</b>	1:59.19	2:17.89
2:28.99	2:09.29	<b>200 Individual Medley</b>	1:57.09	2:17.19
5:19.09	4:34.99	<b>400 Individual Medley</b>	4:14.99	4:56.99
4:14.09	X	<b>400 Free Relay</b>	X	3:51.29
9:14.09	X	<b>800 Free Relay</b>	X	8:29.69
4:44.99	X	<b>400 Medley Relay</b>	X	4:21.59



# 2023 Time Standards

## CZ SPEEDO NORTH SECTION SUMMER CHAMPIONSHIPS

*Qualifying from January 1, 2022 through the Entry Deadline*

WOMEN		BONUS	MEN	
LCM	SCY		SCY	LCM
28.49	24.99	50 Freestyle	22.29	25.69
1:01.29	53.99	100 Freestyle	48.49	56.09
2:12.09	1:56.89	200 Freestyle	1:46.49	2:02.49
4:38.39	5:09.99	400/500 Freestyle	4:47.89	4:18.19
9:33.39	10:38.39	800/1000 Freestyle	9:58.49	9:02.79
18:21.49	17:59.99	1500/1650 Freestyle	16:46.79	17:24.99
1:09.99	59.99	100 Backstroke	55.59	1:03.89
2:30.39	2:10.49	200 Backstroke	2:00.39	2:18.79
1:19.49	1:08.99	100 Breaststroke	1:03.09	1:12.29
2:51.79	2:29.99	200 Breaststroke	2:17.59	2:38.79
1:07.59	59.09	100 Butterfly	53.49	1:00.99
2:30.89	2:12.09	200 Butterfly	2:01.79	2:18.49
2:30.29	2:11.99	200 Individual Medley	1:59.99	2:18.39
5:20.39	4:39.99	400 Individual Medley	4:19.99	4:57.89
X	X	400 Free Relay	X	X
X	X	800 Free Relay	X	X
X	X	400 Medley Relay	X	X

**Parallel Time Standards for Swimmers With A Disability**

PARA 1	WOMEN				P1	MEN				Event #
	LCM	SCY	Bonus LC	Bonus SCY	EVENT	Bonus SCY	Bonus LC	SCY	LCM	W/M
	1:18.39	1:18.39	1:21.59	1:21.59	50 Free	1:15.29	1:15.29	1:12.29	1:12.29	30/31
2:44.39	2:44.39	2:51.19	2:51.19	100 Free	2:49.89	2:49.89	2:43.09	2:43.09	1/2	
6:33.69	6:33.69	6:50.09	6:50.09	200 Free	4:39.69	4:39.69	4:28.49	4:28.49	9/10	
2:50.39	2:50.39	2:57.49	2:57.49	100 Back	2:17.29	2:17.29	2:11.79	2:11.79	13/14	
4:04.79	4:04.79	4:14.99	4:14.99	100 Breast	3:16.99	3:16.99	3:09.09	3:09.09	21/22	

**Parallel Time Standards for Swimmers With A Disability**

PARA 2	WOMEN				P2	MEN				Event #
	LCM	SCY	Bonus LC	Bonus SCY	EVENT	Bonus SCY	Bonus LC	SCY	LCM	W/M
	44.89	42.69	46.79	44.49	50 Free	40.89	43.09	39.29	41.39	30/31
1:39.89	1:34.89	1:44.09	1:38.89	100 Free	1:30.19	1:34.99	1:26.59	1:31.19	1/2	
3:25.69	3:15.39	3:34.29	3:23.59	200 Free	3:10.79	3:20.89	3:03.19	3:12.79	9/10	
6:29.89	7:57.69	6:46.09	8:17.49	400 Free	6:33.09	8:01.59	7:42.39	6:17.39	19/20	
2:06.19	1:59.89	2:11.39	2:04.89	100 Back	1:55.79	2:01.89	1:51.19	1:56.99	13/14	
4:20.29	4:07.29	4:31.19	4:17.69	200 Back	3:37.39	3:48.79	3:28.79	3:39.69	17/18	
2:06.29	1:59.99	2:11.59	2:05.09	100 Breast	1:56.16	2:02.39	1:51.59	1:57.49	21/22	
4:36.59	4:22.79	4:48.19	4:33.79	200 Breast	4:10.79	4:23.99	4:00.79	4:13.49	3/4	
2:21.19	2:14.19	2:27.09	2:19.79	100 Fly	2:12.79	2:19.79	2:07.49	2:14.19	23/24	
4:21.89	4:08.79	4:32.79	4:19.19	200 IM	3:56.69	4:09.19	3:49.19	3:59.19	27/28	

**Parallel Time Standards for Swimmers With A Disability**

PARA 3	WOMEN				P3	MEN				Event #
	LCM	SCY	Bonus LC	Bonus SCY	EVENT	Bonus SCY	Bonus LC	SCY	LCM	W/M
	36.69	33.09	38.19	34.39	50 Free	30.09	33.49	28.89	32.19	30/31
1:18.19	1:10.39	1:21.49	1:13.39	100 Free	1:05.49	1:12.79	1:02.89	1:09.89	1/2	
3:12.89	2:53.69	3:20.99	3:00.89	200 Free	2:29.79	2:46.39	2:23.79	2:39.79	9/10	
5:47.39	6:35.19	6:01.89	6:51.69	400 Free	6:27.89	5:40.99	6:12.49	5:27.39	19/20	
12:54.79	15:10.39	13:23.79	15:44.49	800 Free	15:17.89	13:01.19	14:41.29	12:29.99	7/8	
25:57.49	27:41.99	26:52.09	28:40.09	1500 Free	28:23.49	26:36.49	27:15.29	25:32.59	29/32	
1:33.79	1:24.49	1:37.69	1:27.99	100 Back	1:12.79	1:20.89	1:09.89	1:17.69	13/14	
3:45.09	3:22.59	3:56.39	3:32.79	200 Back	2:54.59	3:13.99	2:47.59	3:06.19	17/18	
1:39.69	1:29.79	1:43.89	1:33.49	100 Breast	1:23.79	1:33.09	1:20.49	1:29.39	21/22	
3:38.39	3:16.29	3:49.29	3:29.39	200 Breast	3:03.39	3:23.79	2:56.09	3:15.59	3/4	
1:24.69	1:16.29	1:28.19	1:19.39	100 Fly	1:08.89	1:16.49	1:06.09	1:13.49	23/24	
3:34.29	3:12.89	3:44.89	3:22.49	200 Fly	2:44.29	3:13.69	2:47.39	3:05.89	5/6	
3:18.29	2:58.49	3:26.59	3:05.99	200 IM	2:38.89	2:56.49	2:32.49	2:38.89	27/28	
7:01.19	7:47.99	8:11.39	7:22.29	400 IM	6:56.79	6:56.79	6:06.79	6:40.09	11/12	