



**2024 Florida Swimming Summer Age Group Championships
July 11-14, 2024**

Florida Aquatics Swimming & Training - Ocala

REMINDERS – PLEASE REVIEW

ENTRIES –

1. OME is accessed through a coach's SWIMS account.
OME OPENS: 12:00 PM (NOON) EST Wednesday, June 5, 2024
OME CLOSES: 12:00 PM (NOON) EST Tuesday, July 2, 2024
2. **NEW Qualifying Swims**
Swims achieving the qualifying FLAGS time standard from Friday, July 5th – Sunday, July 7th have til NOON, Monday, July 8th to submit entry. Entry must be sent to: flome.entries@gmail.com
3. Psych sheet will be published on Monday, July 8th.
4. **LATE ENTRY OPENS** – after Psych sheet is published – for 24 hours. Late Entry is for **A MISSED ATHLETE OR ADDING AN EVENT.**
Late Entry fee will be \$100 per athlete + the entry fee and athlete/facility surcharge.
LATE ENTRY will be submitted via email: flome.entries@gmail.com.

FORMAT CHANGES:

- 11&Overs
 - 4 Days (Thur-Sun) AM Prelims/PM Finals
- 10&Unders
 - 3 Days (Fri-Sun) Timed Final mid-day, separate session
 - Relays Sat/Sun only
- ALL Prelims/Finals events are Top 30 at night

ZOOM COACH MEETING – Link will be sent at a later date.
TUESDAY, 7/9 @ 7PM

**2024 Florida Swimming
Summer Age Group Championships
July 11-14, 2024**

COACH MEETING: TUESDAY, 7/9 @ 7PM VIA ZOOM

Sanctioned By: Florida Swimming of USA Swimming Sanction # **FL-6740-1**
"In granting this sanction it is understood and agreed that USA Swimming and Florida Swimming shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event."

Conditions of Sanction: 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.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

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

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. Exceptions may be granted with prior written approval by the USA-S Vice President of Program Operations.

All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

Hosted By: FAST Falcons

Location: Florida Aquatics Swimming & Training
4635 SW 67th Ave Road
Ocala, FL 34476
(352)820-4222

Type of Meet: 50M Long Course
10 & U Timed Finals
11-12, 13-14 Prelims, and Championship Finals. The top 30 qualifiers advance to Finals (A, B, C Finals)

Prelims will be swum in 10 lanes - Finals will be swum in 10 lanes.

Date & Time: Thursday, July 11
Prelims
13-14 & 11-12 Prelims 8:30a
11-12 & 13-14 Finals 5:00p

Friday & Saturday July 12 & 13
13-14 & 11-12 Prelims 8:30a
10&Under Timed Finals Not before 1PM

11-12 & 13-14 Finals 5:00p
*Finals start time may be adjusted at the discretion of the meet management based on inclement weather and/or 10&Under Mid-Day timelines.

Sunday July 14-
13-14 & 11-12 Prelims 8:30a
10&Under Timed Finals Not before 1PM
11-12 & 13-14 Finals 4:30p
*Finals start time may be adjusted at the discretion of the meet management based on inclement weather and/or 10&Under Mid-Day timelines.

Identification:	Coaches and Officials shall wear their 2024 USA Swimming registration card in a conspicuous location at all times during the swim meet or show current 2024 USA-S coach membership on the USA Swimming app. USA Swimming Insurance Safety Regulations require the swimming pool deck, during the operation of Florida Swimming, Inc. sanctioned meets, be closed to all persons except swimmers, coaches, marshalls, officials and meet personnel. Credential tags must be presented to enter the pool deck area.
Pool Specifications:	Certified 50 meter, 10 lane pool with continuous non-turbulence lane lines, bottom lane markers and backstroke flags. There is a separate 50 meter outdoor pool for warm ups and warm downs. Water depth at starting end is 9'10".
Medical:	Lifeguards on duty at all times with AED on site.
Timing Equipment:	Colorado Timing System Gen 7 Timing with scoreboard. Manual backup.
Warm-up:	13-14, 11-12 Prelims and Finals 1Hour 30 minutes to 2 hours as determined by meet management, 10&Under:Timed Finals minimum 1 hour before each session
Eligibility:	<p>All current Florida Swimming athletes who have been registered with the LSC for 60 days prior to the first day of the Florida Age Group Championship Meet, and who have achieved the current Age Group Championship time standards as listed, from April 1, 2023 through the entry deadline, may participate in the Florida Swimming Age Group Championships. On deck registration with USA/Florida Swimming will not be allowed.</p> <p>Former FL swimmers who are not registered/ re-registered by the 60 day point prior to the Age Group Championship Meet are eligible provided they did not register for any other team outside the LSC during the 60 days prior to the Age Group Championship Meet. They must be re-registered prior to the entry deadline for FLAGS.</p> <p>In order to accommodate swimmers who transfer into the Florida LSC within the 60 day window, transfer swimmers may apply for an exemption of the 60 day rule provided they petition the Age Group Chairman and provide proof of permanent residence within LSC boundaries by the athlete and their parent/guardian. Proof of residence requires copies of all of the following documents:</p> <ol style="list-style-type: none"> 1. Florida Driver's License 2. Florida Vehicle registration 3. Notarized statement from the parent/guardian as to the reason for transfer <p>Petitions must be submitted to Vanessa Brewer no later than two weeks prior to the entry deadline (June 18, 2024) for the Age Group Championship Meet. The petitioner will be notified of the decision no less than one week prior (by June 25, 2024) to the entry deadline for the meet.</p>
Disability Swimming:	<p>Florida Swimming encourages the participation of USA Swimming members with disabilities in this meet. The swimmer's disability must meet the definition of a disability as outlined in USA-Swimming Rules and Regulations: "A permanent physical or mental impairment that substantially limits one or more major life activities." Swimmers with disabilities may compete, earn awards, and score points for their team in the same manner as able-bodied swimmers. Such swimmers need not have achieved the included qualifying times for this meet. Entries for swimmers with disabilities should be submitted via OME, with an e-mail to:</p> <p>Email: admin@floridaswimming.org PRIOR to submission.</p> <p>The coach or athletes are responsible for notifying the Referee of any accommodations that are required in accordance with USA-Swimming Rule 105.4. Any athlete with a disability will be accommodated to the best of meet management's ability. Please contact the Meet Referee at least two weeks prior to the start of the event to allow for preparation.</p>
Entry Limit:	<p>Total of six (6) individual events for the meet, but no more than three (3) per day, plus relays. Teams may enter a maximum of two (2) relay teams per event and they must be designated "A" and "B". In order to enter an A Relay, teams must have 2 individual qualifiers compete on the relay in that age and gender. In order to enter a B Relay, teams must have 6 individual qualifiers. The B relay must have 2 individual qualifiers compete on the relay in that age and gender. No relay may compete with more than 2 relay only swimmers. Over-entries will be automatically dropped when the limit is met for the meet and/or day. There are no time standards for relays. Do not enter NT.</p> <p>Over-entries will be automatically dropped when the limit is met for the meet and/or day. No conversions of times are acceptable.</p>

Bonus Events:

The "Bonus Event" rule will be in effect for this meet. The formula is as follows:

Individual event qualifying times	Bonus events permitted
1	2
2	2
3	1
4 or more	0

Swimmers qualified in one or more events may swim up to two (2) bonus events of distances up to and including 200's during the course of the meet, subject to the meet rules on limitations on number of swims. There are no Bonus swim time standards.

Distance:

Swimmers may swim the 800 free if they have the 1500 cut or they may swim the 1500 if they have the 800 cut.

****The 1500 Free will swim after the conclusion of the Sunday Prelims session, and an additional 10 minute break. Seeding will be fast to slow, alternating heats of girls/boys.****

Proof of Times:

Times achieved between April 1, 2023 and the entry deadline for swimmers listed in the USA-S National Times Database with qualifying times will be permitted to swim individual events (**meet results from non-OTS Block Party events will not be accepted**). Swimmers with qualifying times who are not listed in this database must provide proof of time with their OME Age Group Championship entry, providing a copy of the results of an approved, observed or sanctioned meet, including the meet sanction number, name, location, and date of the meet, and results page(s) with the athlete's name and time(s). Conversions may not be used to prove times; the swimmer must have achieved the qualifying time as published, in the type of course used to achieve the qualifying time. No conversions of times are acceptable for entries. All individual entered times must be provable and be faster than or equal to the qualifying time. Override times that cannot be proven by the Entry Coordinator during the entry process will be seeded in the meet, however, will not be allowed to compete unless time is proven with the Meet Referee at least 1 hour prior to that event's session beginning.

Positive Check-In

Event #	Event	Check-In Time	Check-In Date
17-18	11-12 800 Free	8:00a	Thursday July 11 th
19-20	13-14 800 Free	8:00a	Thursday July 11 th
1-2	13-14 200 Med Relay	10:00a	Thursday July 11 th
3-4	11-12 200 Med Relay	10:00a	Thursday July 11 th
21-22	13-14 800 Free Relay	10:00a	Thursday, July 11 th
39-40	13-14 400 IM	6:00p	Thursday, July 11 th
23-24	11-12 200 Free Relay	6:00p	Thursday, July 11 th
25-26	13-14 200 Free Relay	6:00p	Thursday, July 11 th
41-42	11-12 400 Medley Relay	6:00p	Thursday July 11 th
43-44	13-14 400 Medley Relay	6:00p	Thursday July 11 th
65-66	11-12 400 Free	6:00p	Friday, July 12 th
67-68	13-14 400 Free	6:00p	Friday, July 12 th
73-74	10&U 200 Medley Relay	6:00p	Friday July 12 th
69-70	11-12 400 Free Relay	6:00p	Friday, July 12 th
71-72	13-14 400 Free Relay	6:00p	Friday, July 12 th
99-100	13-14 1500 Free	6:00p	Saturday July 13 th
101-102	10&U 200 Free Relay	6:00p	Saturday July 13 th
107-108	10&U 400 Free	6:00p	Saturday July 13 th

Fines:

Clubs with swimmers that fail to swim in Finals on Sunday night without Scratching will incur a \$100 club fine per event.

Scratch Penalty:

Preliminary and Timed Final events:

No penalty for scratching on the blocks in prelims with the exception of individual positive check-in deck seeded events. Swimmers entered and checked in for a deck seeded event must swim that event unless he/she notifies the Admin Ref, before seeding begins, that he/she wishes to scratch that event. Failure to do so will result in the swimmer being barred from his/her next individual event on that day or the next, whichever is first. Deck seeded events shall be closed for seeding as listed on the order of events.

1. Any swimmer who competes in a preliminary heat and qualifies as one of the original 30 finalists must swim in that final's event; or must notify the Admin Ref that he/she intends to scratch from that final's event within 30 minutes of the announcement of the qualifiers.

2. Swimmers may reverse their intention to scratch and choose to be seeded for finals if they do so within 30 minutes of the conclusion of the preliminary session for that day.
3. Any swimmer in a championship or consolation final who fails to swim that event will be barred from their next individual event, excluding finals and relays, in which he/she is entered unless excused by the meet referee due to one of the exceptions below.
4. A swimmer not originally qualified for the championship or consolation final that is seeded into a final due to a scratch of another swimmer will not be penalized for failing to swim in that final.

No penalty shall apply for failure to withdraw or compete in an individual event if:

1. The referee is notified in the event of illness or injury and accepts the proof thereof.
2. It is determined by the referee that failure to compete is caused by circumstances beyond the control of the swimmer.

Declared False Starts:

Declared false starts and/or a deliberate delay of meet will be treated the same as "failure to swim".

- NOTE 1: Alternates wishing to swim in an open lane in finals must be standing at the starters stand, ready to step on the blocks for his/her swim, when the swimmers are called to the blocks. Only the starter will call for the alternate, not the announcer.
- NOTE 2: Finals/Consolation Finals scratches must be done individually; 'team' scratches will not be accepted.
- NOTE 3: In addition to the swimmers being required to scratch if they are not going to swim in finals, all swimmers seeded 21-30 who do not wish to swim in finals are strongly urged to scratch.

Deck Registration: Deck Registration will not be permitted.

Entry Fee: \$15.00 per individual event
 \$20.00 per relay
 \$20.00 facility fee per swimmer
 \$1.00 per swimmer LSC Swimmer Support.
 \$3.00 per swimmer Online Heat Sheet Fee
 Relay Only swimmers pay the Facility fee and the swimmer LSC Swimmer Support fee.

OME is set up with zero entry fee charges to allow all teams to pay by check.

Checks payable to: FAST

Mailing Address: Florida Aquatics Swimming & Training
 Attn: Kevin Milak
 4635 SW 67th Ave Road
 Ocala, FL 34474

Entries: **ENTRY PROCEDURES - READ CAREFULLY**

1. **On-Line Meet Entry (OME)** - Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) accessed through SWIMS. Coach members must be assigned Club OME Access as a staff role to access OME for the club. **Paper or Fax entries will not be accepted.**

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OME CLOSES: 12:00 PM (NOON) EST Tuesday – July 2, 2024

2. **NEW Qualifying Swims**
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Entry must be sent to: flome.entries@gmail.com

3. Psych sheet will be published on Monday, July 8th.

4. **LATE ENTRY OPENS** – after Psych sheet is published – for 24 hours. Late Entry is for **A MISSED ATHLETE OR ADDING AN EVENT.**

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Entry must be sent to: flome.entries@gmail.com

- Seeding:** Non-conforming times will be seeded after long course meter qualifying times. Seeding is as follows:
1. Long Course Meters
 2. Short Course Yards
 3. Short Course Meters
- All events will be seeded and swum in the preliminaries slowest heats to fastest heats, unless otherwise noted in this meet letter. All 10 & Unders will be swum slowest heats to fastest heats.*
- All evening Finals events will be swum championship heat followed by consolation heat.*
- Officials:** Meet Referee: Brett Ewald
Admin Referee: Nathan Dean
Chief Judge: Gary Sanderson
- Evaluator: Bob Griffiths
- National Officials Certification:** This meet is seeking designation as an Officials' Qualifying Meet for N2 and N3 certification from USA Swimming.
- Any questions can be directed to Gary Sanderson.
- Scoring:** Individual: 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1
Relay: 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2
- Awards:** Team: High Point 1st - 3rd
Individual: High Point Award for each age group and gender
1-3 Medals, 4-10 Ribbons
Relays: 1-3 Medals, 4-10 Ribbons
- Team Representative:** Prior to the start of the meet, the name of one person other than the coach, who will check with the referee about any matter pertaining to the meet, may be given to the referee. This person must be a current member of USA Swimming/Florida Swimming to represent the team. For each team, the coach and that person only will be recognized.
- Camera Zones:** Per Florida Swimming Rule 223.13, Meet Management shall designate and inform the public of "Camera Zones" at each swim meet where both still photography and video photography of a race or a competitor in a race may be taken. Acceptable "Camera Zones" may include, but are not limited to the side courses of a pool, team gathering areas, concession area, turn-end of competition course when not in use as a "start-end." Etc. Meet Management shall also designate "Non-Camera Zones." Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, rest rooms, or any other dressing area. Any individual failing to abide by this rule could be subject to the Florida Swimming Code of Conduct violation as defined in Rule 239.2.
- For Information:** FL Age Group Chair: John Bruening (JBruening@Sarasotasharks.org)
FL Swimming Office: Vanessa Brewer, (352)242-5145 or vanessa.brewer@floridaswimming.org
- Rules:** Current USA Swimming Technical Rules will govern the meet.
- Spectator Fees:** \$10 per day or \$25 for the meet
Volunteers will receive a FREE "all sessions pass".
Children 12 years and younger attending the meet as non-swimmers will be FREE.
Ticketing link & volunteer signup will be posted on the event landing page
- Media:** Media Credential requests must be submitted at least 7 days prior to the start of the event (link [HERE](#)) and must meet the Florida Swimming Media Credential Policy (posted on FL website).

Order of Events

Breaks may be added at the discretion of the Meet Referee

Thursday 7/11/24		Friday 7/12/24		Saturday 7/13/24		Sunday 7/14/24	
Prelims - 8:30a Start		Prelims - 8:30a Start		Prelims - 8:30a Start		Prelims - 8:30a Start	
#	Event	#	Event	#	Event	#	Event
5-6	11-12 200 Back	27-28	11-12 200 Free	53-54	11-12 200 Fly	83-84	13-14 200 IM
7-8	13-14 200 Back	29-30	13-14 200 Free	55-56	13-14 200 Fly	85-86	11-12 200 IM
9-10	11-12 100 Free	31-32	11-12 200 Breast	57-58	11-12 100 Breast	87-88	13-14 100 Back
11-12	13-14 100 Free	33-34	13-14 200 Breast	59-60	13-14 100 Breast	89-90	11-12 100 Back
13-14	11-12 50 Breast	35-36	11-12 50 Fly	61-62	11-12 50 Back	91-92	13-14 50 Free
15-16	13-14 50 Breast	37-38	13-14 50 Fly	63-64	13-14 50 Back	93-94	11-12 50 Free
17-18	11-12 800 Free	39-40	13-14 400 IM	65-66	11-12 400 Free	95-96	13-14 100 Fly
19-20	13-14 800 Free			67-68	13-14 400 Free	97-98	11-12 100 Fly
						99-100	10 Minute Break 13-14 1500 Free
		10 & Under - Not before 1p		10 & Under - Not before 1p		10 & Under - Not before 1p	
		#	Event	#	Event	#	Event
		45-46	10&U 50 Breast	73-74	10&U 200 Med Relay	101-102	10&U 200 Free Relay
		47-48	10&U 100 Back	75-76	10&U 100 Free	103-104	10&U 200 IM
		49-50	10&U 50 Fly	77-78	10&U 100 Breast	105-106	10&U 50 Free
		51-52	10&U 200 Free	79-80	10&U 50 Back	107-108	10&U 400 Free
				81-82	10&U 100 Fly		
Finals - 5:00p Start		Finals- 5:00p Start		Finals- 5:00p Start		Finals - 4:30p Start	
#	Event						
1-2	13-14 200 Med Relay	23-24	11-12 200 Free Relay	55-56	13-14 200 Fly	83-84	13-14 200 IM
3-4	11-12 200 Med Relay	25-26	13-14 200 Free Relay	57-58	11-12 100 Breast	85-86	11-12 200 IM
7-8	13-14 200 Back	27-28	11-12 200 Free	59-60	13-14 100 Breast	87-88	13-14 100 Back
9-10	11-12 100 Free	29-30	13-14 200 Free	61-62	11-12 50 Back	89-90	11-12 100 Back
11-12	13-14 100 Free	33-34	13-14 200 Breast	63-64	13-14 50 Back	91-92	13-14 50 Free
13-14	11-12 50 Breast	35-36	11-12 50 Fly	65-66	11-12 400 Free	93-94	11-12 50 Free
15-16	13-14 50 Breast	37-38	13-14 50 Fly	67-68	13-14 400 Free	95-96	13-14 100 Fly
21-22	13-14 800 Free Relay	39-40	13-14 400 IM		10 Minute Break	97-98	11-12 100 Fly
			10 Minute Break	69-70	11-12 400 Free Relay		
		41-42	11-12 400 Med Relay	71-72	13-14 400 Free Relay		
		43-44	13-14 400 Med Relay				

Notes:

- 11-12's 200's of stroke are timed final AM only
- 11-12's 400 Free is Timed Final with the top 20 seeds automatically swimming at night. Everyone else is TF in the AM
- All 11-14 Relays Thu/Fri/Sat swim at night. No relays Sunday
- No 10&Under individual events Thursday
- All 10&U Relays swim Sat/Sun
- All miles swim end of prelims Sunday, no heats at night



Florida Swimming Age Group Championships 2024 Time Standards



GIRLS			10 & Under	BOYS		
SCM	LCM	SCY		SCY	LCM	SCM
35.89	36.69	32.99	50 Free	32.99	36.69	35.89
1:19.99	1:20.69	1:12.39	100 Free	1:12.39	1:20.69	1:19.99
2:51.09	2:54.19	2:35.99	200 Free	2:35.99	2:54.19	2:51.09
5:54.99	6:02.69	6:41.79	500/400 Free	6:41.79	6:02.69	5:54.99
42.99	43.79	38.39	50 Back	38.39	43.79	42.99
1:32.69	1:36.99	1:24.09	100 Back	1:24.09	1:36.99	1:32.69
48.89	49.89	43.79	50 Breast	43.79	49.89	48.89
1:46.49	1:49.59	1:37.99	100 Breast	1:37.99	1:49.59	1:46.49
40.99	41.79	37.99	50 Fly	37.99	41.79	40.99
1:36.99	1:38.79	1:27.19	100 Fly	1:27.19	1:38.79	1:36.99
1:32.09	XX	1:24.99	100 IM	1:24.99	XX	1:32.09
3:14.09	3:21.69	2:58.99	200 IM	2:58.99	3:21.69	3:14.09

GIRLS			11 - 12	BOYS		
SCM	LCM	SCY		SCY	LCM	SCM
31.29	31.59	28.19	50 Free	28.29	31.89	31.59
1:08.59	1:09.79	1:01.49	100 Free	1:00.99	1:08.99	1:07.99
2:27.39	2:28.39	2:12.99	200 Free	2:14.69	2:27.99	2:28.19
5:07.09	5:13.99	5:50.19	500/400 Free	5:57.09	5:13.99	5:11.89
10:39.49	10:56.99	12:06.99	1,000/800 Free	12:19.99	11:07.99	10:49.39
36.59	37.29	32.99	50 Back	33.49	37.99	37.29
1:19.09	1:21.09	1:10.79	100 Back	1:11.89	1:21.49	1:19.99
**	**	**	200 Back	**	**	**
41.39	42.09	37.19	50 Breast	38.09	43.09	42.39
1:30.29	1:32.19	1:20.79	100 Breast	1:22.09	1:34.59	1:32.19
**	**	**	200 Breast	**	**	**
34.09	34.29	31.09	50 Fly	31.99	35.89	35.49
1:18.19	1:18.99	1:10.99	100 Fly	1:11.69	1:20.99	1:19.79
**	**	**	200 Fly	**	**	**
1:18.99	XX	1:10.99	100 IM	1:11.49	XX	1:19.49
2:47.19	2:52.69	2:32.99	200 IM	2:34.69	2:54.29	2:49.09

** - Must have the corresponding 100 time standard to swim this event.

GIRLS			13-14	BOYS		
SCM	LCM	SCY		SCY	LCM	SCM
29.19	29.59	26.29	50 Free	24.89	28.69	28.09
1:03.09	1:03.79	56.79	100 Free	54.59	1:01.69	1:00.79
2:16.49	2:18.39	2:02.39	200 Free	1:58.79	2:14.29	2:12.49
4:46.09	4:51.29	5:28.29	500/400 Free	5:14.29	4:41.19	4:36.69
9:55.09	10:10.49	11:20.99	1,000/800 Free #	10:59.99	9:59.99	9:40.59
19:02.69	19:39.99	18:59.99	1,650/1,500 Free #	18:29.99	19:05.89	18:30.89
34.99	35.89	31.99	50 Back	29.99	33.89	32.99
1:12.09	1:14.09	1:04.39	100 Back	1:02.69	1:12.69	1:10.49
2:34.79	2:38.49	2:18.79	200 Back	2:16.99	2:35.99	2:32.59
36.99	37.89	33.99	50 Breast	31.49	35.39	34.49
1:23.19	1:25.49	1:14.19	100 Breast	1:12.09	1:21.29	1:19.89
2:59.29	3:02.99	2:40.99	200 Breast	2:35.29	2:58.49	2:53.69
32.99	33.89	29.99	50 Fly	27.49	31.39	30.49
1:10.29	1:11.59	1:03.29	100 Fly	1:02.69	1:09.79	1:09.19
2:40.39	2:44.89	2:23.39	200 Fly	2:20.29	2:39.99	2:36.49
2:33.29	2:38.99	2:20.19	200 IM	2:15.99	2:36.99	2:29.99
5:29.09	5:38.99	4:58.69	400 IM	4:51.99	5:31.99	5:23.59

- Must have 800 time to swim 1500 Free or 1500 time to swim 800 Free.