



HAWAIIAN SWIMMING



SANCTION #HIXXXXXXX-SEN-HI

2026 KONA SENIOR SPRING INVITATIONAL

Kailua Kona, Hawaii | March 18th-21st 2026

Kona Community Aquatic Center, 75-5500 Kuakini Highway, Kailua-Kona, HI 96740

Entries OPEN via meet entry file: December 15, 2025 * 10:00 AM Hawaii Standard Time

Entries CLOSE with team having the 400th athlete or March 4th 2026 11:59pm HST whichever comes sooner
Reserve entry space on: [Kona Senior Spring Invite](#) prior to the open of entries

Held Under the Sanction of USA Swimming AND Hawaiian Swimming Sanction # HIXXXXXX-HAWAII

Sanction

This meet has been sanctioned by Hawaiian Swimming, Inc. Current USA Swimming rules and the Hawaiian Policies & Procedures will apply. All athletes must be currently registered as Premium or Outreach members for 2026 with USA Swimming. No on-deck USA Swimming registrations will be permitted. Conduct of the sanctioned meet shall conform in every respect to all technical and administrative rules of USA Swimming.

Liability

In granting this sanction and by any person's participation in the meet, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. It is further understood that Hawaiian Swimming, Inc., all facility staff, all meet officials, all clubs and their respective coaches and athletes shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet. Damage to the facility, when proven, will cause the offending athlete, if unattached, or the offending athlete's team, if attached, to be held accountable for repairs.

<u>Meet Referee</u>	<u>Admin Referee</u>	<u>Meet Entry Coordinator</u>	<u>Meet Director</u>	<u>Meet Director</u>
Dar Gerber	Ann Imoto	Ann Imoto	Dave Gibson	Joyce Follis
	(808) 938-9638 (cel)	(808) 938-9638 (cel)	(309) 663-4019 (cell)	(808) 212-3486 (cell)
princesskukai@yahoo.com	imoto4a@hawaii.rr.com	imoto4a@hawaii.rr.com	dave.swim.gibson@gmail.com	joyceufollis@gmail.com



HAWAIIAN SWIMMING



SANCTION #HIXXXXXXX-SEN-HI

MEET SCHEDULE SUMMARY

Information provided below is estimated. Additional details will be provided after the close of entries.

Meeting Schedule		
General Meeting	Wednesday, March 11, 2026 * 6:00 pm Hawaii Standard Time via Zoom (will be recorded for those unable to attend)	
Officials' Meetings	One hour before the start of each session	
Competition Schedule	Preliminaries	Finals
Wednesday - Saturday March 18 th -21 st	Warm-Up: 7:30 AM Competition: 9:00 AM	Warm-Up: 3:00 pm Competition: 4:00 pm

Supervised Warm-Ups

The facility will be available for supervised warm-ups in lanes 1-8 in the deep end side of the pool on Tuesday March 17th 1pm-5pm

Facility

16 lane, 25-yard x 50-meter outdoor facility with Colorado timing and video display board.
Spectrum starting blocks with Colorado Timing backstroke ledges. Start-end depth: 12' Turn-end depth: 7' feet. The host will ensure the required course dimensions.

MEET FORMAT

- **Meet format** will be SCY Prelims (up to 8 lanes per course) and SCY Finals (8 lanes).
 - For individual events 200Y and shorter, one championship final heat (A), two consolation finals heats (B-C), and one bonus finals heats (D) will compete in Finals.
 - For the 400 Individual Medley and 500 Freestyle events, one championship final heat (A), two consolation finals heats (B-C) will compete in Finals.
- **Order of seeding** will be Short Course Yards (SCY), Short Course Meters (SCM), Long Course Meters (LCM). Bonus events will be seeded after the above, in the same order: BSCY-BSCM-BLCM.
- **Preliminary Heats of Individual Events will be seeded and swum FASTEST to SLOWEST.**
- **Circle-Seeding:** Top 3 heats of preliminary individual events 200 or less, and top 2 heats of preliminary individual events of 400 or more, will be circle-seeded, with the fastest athlete in heat 1.
- **Finals Heats of Individual Preliminary Events will be swum SLOWEST to FASTEST:**
 - Individual Events 200 and shorter: Bonus – D, Consolation - C, Consolation - B, Championship - A.
 - 400 Individual Medley and 500 Freestyle: Consolation - C, Consolation - B, Championship - A.



HAWAIIAN SWIMMING



SANCTION #HIXXXXXXX-SEN-HI

- **Timed Finals Events - 1650Y and 1000Y Freestyles**
 - **The fastest (single) seeded heat of each gender will swim in Finals.** All other heats will be swum fastest to slowest, alternating women and men beginning at a predetermined time, so the last heat is concluded 90 minutes before the evening Finals session is scheduled to begin.
 - **Athletes may qualify for this event using any of the 1650Y/1500M or 1000Y/800M time standards.** Athletes using non-conforming distance entry times (1000Y/800M) will be seeded after conforming distance entry times. Order of seeding: 1650Y – 1500M – 1000Y – 800M
 - Athletes entered in the 1650Y Freestyles wishing to swim in preliminary heats rather than the Finals heat need to declare this intention by the stated scratch deadline for that day's events.
 - The complete **1000Y freestyle** will be swum as timed finals in the preliminary session.
- **Timed Finals Events - Relays:** This meet will offer both single-gender and mixed-gender relays.
 - All relays will be swum during finals
 - Relays will be seeded fastest to slowest
- **There will be NO Finals Ready Room** at this event. Athletes will not be paraded to the blocks. Athletes are to report to their lane, and the championship heat will be announced behind the blocks.
- **Awards MAY be presented at this event.** Final details will be announced at the General Meeting.



HAWAIIAN SWIMMING



SANCTION #HIXXXXXXX-SEN-HI

ORDER OF EVENTS

Women's Event #	Wednesday * March 18 th , 2026	Men's Event #
1	100 Freestyle	2
3	200 Butterfly	4
5	200 Breaststroke	6
7	50 Butterfly	8
9	1000 Freestyle	10
11	200 Freestyle Relay*	12
Women's Event #	Thursday * March 19 th , 2026	Men's Event #
13	100 Individual Medley	14
15	100 Backstroke	16
17	200 Freestyle	18
19	50 Breaststroke	20
21	400 Individual Medley	22
23	200 Mixed Medley Relay*	23
Women's Event #	Friday * March 20 th , 2026	Men's Event #
24	200 Backstroke	25
26	100 Butterfly	27
28	100 Breaststroke	29
30	50 Backstroke	31
32	500 Freestyle	33
34	200 Medley Relay*	35
Women's Event #	Saturday * March 21 th , 2026	Men's Event #
36	200 Individual Medley	37
38	50 Freestyle	39
40	1650 freestyle**	41
42	200 Mixed Freestyle Relay*	42

There will be a 10-min break following the conclusion of Finals individual events, prior to the start of relays. All Relays will be swum at Finals.

Notes:

** The 1650Y & 1000Y Freestyles will be conducted as timed finals. 1000s will be timed finals conducted in the prelims session. **The fastest (single) 1650 seeded heat of each gender will swim in the Finals following the 50 freestyle event.**

All other heats will be swum **fastest to slowest**, alternating women and men beginning at a predetermined time, so the last heat is concluded 90 minutes before the evening Finals session is scheduled to begin.



HAWAIIAN SWIMMING



SANCTION #HIXXXXXXX-SEN-HI

RULES

- Conduct of the sanctioned event shall conform in every respect to current rules of USA Swimming including technical and administrative rules and the Minor Athlete Abuse Prevention Policy (“MAAPP”) which is detailed on p. 9 of this meet announcement. Hawaiian Swimming Policies & Procedures will also apply.
- All athletes ages 18-19 must have completed and be current with the USA Swimming Athlete Protection Training certification to compete.
- **The age of the athlete will be his/her age as of March 18th, 2026 (the first day of competition).**
- All athletes entered in the meet must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm- down. Any athlete without a coach in attendance must report to the Meet Director or Meet Referee who may assist an athlete in making supervision arrangements, but it is the athlete’s responsibility to make these arrangements prior to the start of the meet and to notify the Meet Referee.
- Any athlete entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start, including both a Forward Start and a Backstroke Start, or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the athlete or the athlete’s legal guardian to ensure compliance with this requirement and to bring proof of such certification to the meet.
- It shall be the athletes’ and coaches’ responsibility to acquaint themselves with all the information in this Meet Announcement and any information and changes announced at the General Meeting/this event.
- Athletes and coaches are responsible for being familiar with this meet’s scratch rules.
- Deck changes are prohibited.
- The use of audio or visual recording devices, including a cell phone, is not allowed in changing areas, restrooms, or locker rooms.
- Per HISI Policies and Procedures and USA swimming, Photography including visual recording is not allowed behind the blocks during the start of a race or relay exchange.
- 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.
- Athletes are not permitted to use swim accessories or training equipment including, but not limited to swim paddles, snorkels, fins, floats, power bands, etc. during the entire event in both competition and warm-up/warm-down facilities
- All athletes entered in the competition must comply with current USA Swimming rules regarding swimwear.
- Medical supervision will be available to all athletes participating in the meet. Lifeguards with current Red Cross lifeguarding, first aid, and CPR/AED certification will be on duty throughout warm-ups and competition. In addition, each coach’s credentials include current water safety skills and CPR/AED certification. The facility’s AEDs are located in the lifeguard office or at the lifeguard station. If the situation is deemed a medical emergency the lifeguards will call 911.



HAWAIIAN SWIMMING



SANCTION #HIXXXXXXX-SEN-HI

RESTRICTIONS

- **This is a CLOSED-DECK meet** – although the closed deck is limited to behind the blocks and on the turn end. Only athletes, coaches, officials, and assigned meet volunteers will be permitted behind the blocks. There will be roped off areas on each side of the deck for officials only.
- Tobacco products of any kind, vaping, alcoholic beverages, and glass containers are not allowed in the swimming venue.
- Shaving is not permitted anywhere in the facility.
- Only service animals shall be allowed in the facility.
- The facility does NOT permit overnight parking.

Broadcast Statement

- Photographs, videotape, audio, and/or other visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use and may not be broadcast, published, disseminated, or used for any commercial purpose without the prior consent of HISI and USA Swimming.

Photography and Videos

- Photographers and/or videographers may be present on deck at this meet. **Photographers and videographers are strongly encouraged to stay out of the area immediately behind the starting blocks.**

ELIGIBILITY

This meet is open to all athletes **AGES 19 AND UNDER** who:

1. Are currently registered Premium or Outreach members of USA Swimming. **There will be no on-deck USA Swimming registration.**
2. Have qualifying entry times achieved at USA Swimming sanctioned, approved, or observed competitions **between October 1, 2024, and the close of entries.** Qualifying times for this meet are attached to this meet announcement.
3. There are no de-qualification time standards for this meet.
4. Entry times not in the SWIMS database must be proven to the Administrative Referee or designated representative prior to the scratch deadline for the event. Failure to provide such proof of time prior to that deadline will result in the athlete being removed from the event. It is the responsibility of the entering club, or individual if entering unattached, to verify that entry times are in SWIMS.
5. There are no relay time standards, and proof of relay entry times is not required.
6. All athletes ages 18+ must have completed and be current with the USA Swimming Athlete Protection Training certification to compete.
7. Per HISI Policies and Procedures, all athletes must be registered for a minimum of 36 hours prior to the start of the meet.
8. Athletes with a disability who have achieved the USA Swimming Zone Para qualifying time standards during the qualifying period for this meet may enter individual events for which the standard has been achieved. These standards are attached to this meet announcement. In accordance with USA Swimming Rules 202.4.15 & Article 105.1, the Meet Referee has the authority to accommodate swimmers with disabilities. The coach or person in charge of team entries must notify the meet referee and meet entry contact of accommodations requests at the



HAWAIIAN SWIMMING



SANCTION #HIXXXXXXX-SEN-HI

time of entry submission.

Meet Entry Procedures

Entries will be submitted for this meet via Email using a meet entry file & PDF documents, as detailed below

Meet Entry Coordinator:

Ann Imoto (imoto4a@hawaii.rr.com)

Dates & Deadlines:

- **Entries OPEN on December 15th, 2025**
- **Entries CLOSE with the team having the 400th athlete -OR- March 4, 2026 @11:59pm Hawaii Standard Time, whichever is sooner. Teams can reserve "athlete entries" prior to December 15th by completing the google form on the meet website.**

Once Meet Entries have CLOSED, a team's total number of athletes entered becomes fixed.

If Meet Entries CLOSE **prior** to the Final Entry Deadline of March 4, 2026, **teams with confirmed entries** will be allowed the following entry adjustments:

1. Teams may scratch previously entered athletes, with NO REFUNDS.
2. Teams may enter new athletes, *with full entry fees due for newly added athletes*, up to the team's fixed number of athletes.
3. **Teams may not exceed the fixed number of athletes confirmed as entered, as determined at the time entries CLOSE.**
4. All adjustments to a team's confirmed entries must be completed by the **FINAL Entry Deadline** of 11:59 PM Hawaii Standard Time, March 4, 2026

NO LATE ENTRIES after the FINAL Entry Deadline will be accepted for this meet.

Preparing & Submitting Entries

- All meet entries will be conducted via Hy-Tek -or- Hy-Tek compatible entry files, using the official meet events entry file posted on the Kona Senior Spring Invite website.
- The official entry file includes qualifying times for SCY, SCM, and LCM using the meet qualifying time standards.
- **The Meet Entry Qualifying Time Period is October 1, 2024, through close of entries.**

Submit entries via email to the Meet Entry Coordinator beginning at 10:00 am Hawaii Standard Time, December 15, 2025.

Entry Submissions must include the following:

1. Zipped Hy-Tek -or- Hy-Tek compatible entry file (e.g. Team Manager or Team Unify)
2. PDF copy of individual entries, with "Bonus" events clearly designated on the entry report
3. PDF copy of relay entries
4. PDF copy of entry fees due
5. Contact information including email and cell numbers for both:
 - a. The individual responsible for the entry and pre-meet communications
 - b. The coach who is responsible during the meet for entry, admin & other meet-related matters.



HAWAIIAN SWIMMING



SANCTION #HIXXXXXXX-SEN-HI

STATEMENT OF ELIGIBILITY RE QUALIFYING ENTRY TIMES:

Athletes must have entry times that meet the following criteria in order to be eligible to enter this meet:

1. Have met the qualifying entry times in competition **between October 1, 2024, and the close of entries**. Proof of relay entry times is not required.
2. Have qualifying entry times achieved at USA Swimming sanctioned, approved, or observed competitions, or a recognized foreign competition.
3. **Entry times must meet the “Proof of Times” requirements listed below.** *It is the responsibility of the entering club, or individual if entering unattached, to verify that entry times meet these “Proof of Times” requirements.*
4. Meet Management reserves the right to request “Proof of Times” documentation at any point.

Proof of Times:

- **SWIMS:** If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times > Individual Times Search) and it was swum in the appropriate qualifying period, it is considered a proven official time.
- **Official Meet Results:** If a time for a swimmer is listed in the official meet results of a USA Swimming sanctioned, approved, or observed competition, or a recognized foreign competition, and it was swum in the appropriate qualifying period, it is considered a proven official time.
- **Meet Mobile is NOT acceptable as verification for “Proof of Times”**

Individual Event Limits

- Athletes may enter and compete in up to ten (10) individual events.
- Athletes may not compete in more than three (3) individual events per day.

Bonus Event Limits

- Athletes entered in the meet with at least one qualified individual event will be eligible to enter up to six (6) Bonus events.
- Relay only swimmers are eligible to swim the 100 IM. If they swim the 100 IM they are also eligible to swim up to six (6) Bonus events.
- Bonus events have no distance limitation.
- **Bonus times must appear in SWIMS within the qualifying time period: October 1, 2024 through close of entries. NT entries will not be accepted.**
- **NOTE: Bonus events must be clearly marked as “Bonus” when preparing entries and clearly marked as “Bonus” on the PDF copy of entries when submitted.**

Relay Event Limits

- There are *no* relay time standards, and proof of relay entry times is *not* required.
- Athletes may compete in one relay per day, and up to four (4) relays total for the meet.
- **Single-gender & Mixed-gender Relays:** No limits per team, relay only swimmers are permitted, only the “A” relay will count in scoring

Entry Fees

Meet Surcharge	\$20.00 surcharge per athlete
Meet Entry Fees	\$20.00 per individual event entry
	\$40.00 per relay entry

Payment of Entries: Payment for entries will be collected on-site at the REGISTRATION DESK and



HAWAIIAN SWIMMING



SANCTION #HIXXXXXXX-SEN-HI

must be paid in full to receive the team's packet containing meet credentials and team information.

- Teams will have the option of paying by either check or cash at the Registration Desk.
- *Make checks payable to **Kona Aquatics**.*

Entry Deletions: *Once an entry file has been submitted and confirmed, NO entries may be removed from the meet after the entry deadline.* Removing entries will be processed as scratches, and **NO refunds will be issued.**

SCRATCH PROCEDURES

The USA Swimming National Championship scratch procedure and no-show rules will be used at this meet. These rules are described in USA Swimming Rule 207.11.6 in the current Rulebook.

Scratch Deadline for ALL Preliminary and Timed Finals Events, including Relays and the 1650Y Freestyles, will be 5:00 pm of the day PRIOR to the event being swum.

- All scratches for preliminary and timed finals events may be made on site at the meet.
- Athletes are considered checked in for all individual events unless scratched.

Scratches From Finals

- All scratches from Finals must be completed within the deadlines specified by the USA Swimming Rule 207.11.6 and must be made **on-site** with the Administrative Referee **at the meet**.

RELAYS will follow the same scratch procedures as Individual Events.

- *Scratches for relays are due to the Admin Referee prior to the scratch deadline for that day's events.* Entry forms for the submission of names not previously submitted with entries, or for making changes to athletes swimming on a relay, will be available at the Administration Desk. Please list the competing relay swimmers with first and last names and order of swimming for each entered relay. Relay forms are due to the Administration Desk no later than one (1) hour prior to the start of the relays. However, relay names and order may be changed up to the time of the swim at the blocks, with the timers

OTHER IMPORTANT INFORMATION

Scoring

- Scoring will be on a twenty-four (24) place basis.
 - **Individual events:** 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.
 - **Relays:** 64-56-54-52-50-48-46-44-40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.
- Scoring for mixed gender relays will be evenly split between men's and women's team scores and credited in full to combined team scores.
- Only A relays are eligible for scoring points

Awards

- **Awards MAY be presented at this event.** Final details will be announced at the General Meeting
- Medals: top three (3) individual and relay places.
- Team awards: First through Third places for Women, Men, and Combined. Team scoring will include both individual and relay events to 24 places each. Both women and men must score for a team to be eligible for a combined scoring team award.
- Individual High Point Awards: Top-scoring Woman and Top-scoring Man (individual events only)

General Meeting



HAWAIIAN SWIMMING



SANCTION #HIXXXXXXX-SEN-HI

- **A General Meeting will be held via Zoom on Wednesday, March 11, 2026, at 6:00 pm Hawaii Standard Time. Link will be sent after close of entries. Teams must have a coach or team representative in attendance.**
- **Coaches not in attendance are responsible for obtaining the information covered in the General Meeting. The meeting will be recorded for viewing later.**

Registration & Team Check-In / Clerk of Course

- Site-specific details will be provided after close of entries.

Meet Timeline

- If the projected length of any session exceeds 4½ hours, the Meet Referee, in consultation with the meet host, reserves the right to adjust. All adjustments will be announced at the General Meeting, and as necessary during the event.

Warm-Ups

- The Meet Referee reserves the right to modify warm-ups as determined to be in the best interest of the safety of the athletes and the conduct of the meet. Site-specific details for warm-ups will be provided after close of entries at the General Meeting.

Timers & Counters

- Participating teams may be assigned lanes for assisting with timing for all Preliminary and Final events including relays.
- Athletes wishing to have a counter for distance events, including the 500 Freestyle, will need to provide a person for this purpose. Lap counting devices will be provided.

Hospitality

- Hospitality will be provided for Coaches and Officials. Athletes may not be present in the Hospitality Area.

Meet Information & Results

- Meet Information and post-meet results will be posted to the websites listed on p.1 of this Announcement.

Parking at the Facility

- Free Parking available at the Kona Community Aquatic Center. No overnight parking.

Concessions & Other Meet Vendors

- Concessions & other meet vendors may be available at this event. Additional details will be provided as soon as they are available.

OFFICIALS

Officials interested in attending this event are invited to apply to officiate by completing the online application, below. Applicants must be a current member of USA Swimming and an LSC-certified official.

Officials Online Application link: [Online Registration](#) - Also available on meet website.

Officials Uniform

The uniform for officials for the meet will be:



HAWAIIAN SWIMMING



SANCTION #HIXXXXXXX-SEN-HI

- **Prelims:** White polo shirt * khaki shorts, skirt, or pants * white, closed toe shoes with white socks
- **Finals:** Aloha Shirt * khaki skorts, skirt, or pants * white, closed toe shoes with white socks
- **Meet-specific Officials Name Tag:** **All officials who have submitted their application by March 1, 2026, will receive a meet-specific personalized Name Tag.**

Officials Meetings

- Officials' Meetings will be one hour before each day's sessions; location and exact times TBA

SAFE SPORT

The Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

The Minor Athlete Abuse Prevention Policy ("MAAPP") (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. Adult Participants are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US- SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report.

All athletes age 18 and older must complete Athlete Protection Training ("APT") to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or before **March 18th, 2028**, who has not completed APT by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed.

Times achieved by an athlete who turns age 18 on or before **March 18th, 2026**, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

Kona Senior Spring Invitational



HAWAIIAN SWIMMING



SANCTION #HIXXXXXXX-SEN-HI

March 18th-21st 2026

Kona Community Aquatic Center Kailua Kona, Hawaii

Qualifying Time Period: October 1, 2024 – Close of Entries

Meet Qualifying Time Standards						
Women				Men		
LCM	SCM	SCY	Event	SCY	SCM	LCM
29.86	29.12	26.15	50 Free	23.86	26.51	27.31
1:04.98	1:03.37	56.65	100 Free	51.99	58.45	1:00.05
2:22.70	2:19.50	2:04.08	200 Free	1:55.52	2:10.97	2:14.17
4:59.52	4:53.12	5:33.14	400/500 Free	5:13.45	4:37.05	4:48.69
10:29.99	10:17.19	11:38.09	800/1000 Free	11:03.76	9:47.19	9:59.99
20:19.99	19:55.99	19:44.09	1500/1650 Free	18:54.38	18:58.25	19:22.25
36.45	35.50	31.19	50 Back	28.37	32.30	34.12
1:16.94	1:15.74	1:05.35	100 Back	1:00.98	1:11.06	1:12.26
2:46.94	2:44.08	2:23.26	200 Back	2:13.97	2:32.91	2:35.31
41.10	40.44	34.84	50 Breast	31.76	36.26	37.81
1:26.88	1:24.88	1:13.89	100 Breast	1:08.30	1:18.51	1:20.51
3:08.58	3:04.58	2:41.96	200 Breast	2:32.31	2:52.87	2:56.87
34.80	33.95	29.21	50 Fly	26.89	31.25	32.00
1:13.39	1:11.99	1:03.28	100 Fly	58.92	1:06.90	1:08.30
2:46.97	2:44.17	2:27.72	200 Fly	2:13.97	2:31.63	2:34.43
			100 IM			
2:43.04	2:39.84	2:21.35	200 IM	2:10.47	2:29.30	2:32.50
5:36.68	5:40.28	5:01.83	400 IM	4:42.69	5:21.17	5:27.57

NO DEQUAL TIME STANDARDS