Hawaiian Swimming
House of Delegates Meeting Minutes
April 12, 2015
Chaminade University – Henry Hall
Present:

Kenny Chew, General Chairman

Alexa Heiss, Secretary

Lynne Nakamura, Treasurer

Gwenn Tomiyoshi, Registration Coordinator

Dean Schmaltz, Administrative Vice-Chairman

Reid Yamamoto, Senior Vice-Chairman

Malcolm Cooper, Age Group Vice-Chairman

Larry Oshiro, Coaches' Representative Sr.

Mike Osborne, Big Island At-Large Representative

Dustin Fukuda, Club Diversity

Jon Hayashida, Coaches Representative

Ken Suenaga, Safety Officer

Theresa Walton, KSC Representative

Peggy Glasgow, Times Administrator

Maia Petrides, Athlete Junior Representative

Rebecca Walton, Athlete Senior Representative

Sandy Drake, Official's Chair

Joe Glenn, Aulea Representative

Dain Kane, Maui At-Large Representative

Call To Order: Meeting was called to order by LSC General Chairman at 10:41 a.m.

#### A. Approval of BOD Minutes of March 8, 2015

Action Taken: Reviewed and approved unanimously with one correction the BOD Minutes of March 8, 2015.

## B. Approval of HOD Minutes of November 23, 2014

Action Taken: Reviewed and approved unanimously with one correction the HOD Minutes of November 23, 2014.

#### The Vision and Mission of Hawaiian Swimming

# C. Treasurer's Report

There is an outstanding donation figure needed for 2014. The Treasurer is
waiting for this and will adjust the 2014 donations when it is received. No
further financial statements will be compiled until the item is received since
it will cause adjustments to subsequent months. Once received, the
December 2014 financial statements will be redone and sent to the CPA.

Action Needed: Malcolm will get the last figure needed for 2014 donations and send it to the Treasurer.

- There has been a change in the business registration name. This changed our official name to Hawaiian Swimming. There was a \$25 fee.
- The Team Hawaii Zone Committee met and discussed costs. The application for WZ will go out this week.
- Senior Meet travel reimbursement forms will be drafted soon. Once completed, the Treasurer will send the form to Dean to be posted on the website.

# D. Registrar's Report

# Registration numbers through 4/12/2015

• The following registration numbers were reported for 2015:

(4/13/2014 numbers are in parentheses)

Year-Round Athletes: 2920

Outreach: 52

**Athletes Total: 2972 (2856)** 

Individual Non-Athletes: 336

Family 1: 28 Family 2: 28 Lifetime: 1

Non-Athlete Total: 393 (321)

Clubs: 32 (30) Organization: 2 (2)

**Total Clubs & Organizations: 34 (32)** 

- There is 1 pending club registration.
- Hawaiian Swimming will not be distributing official's cards next year. The
  officials must print their own cards from OTS or Deck Pass. Coaches crds will
  still be printed.

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# E. Reports

#### 1. Administrative Vice Chair

- a.) Bylaws Revision (attachment 1)
- We need wording to define seasonal club member. The following revisions to the Bylaws were proposed:
- 1.) Add "Seasonal Club Member" definition to Bylaws section 616.2.

#### 616.2. "Seasonal Club Member"

"Seasonal Club Member" shall mean any club or other organization which is in good standing and participates in the sport of swimming for certain periods of time not longer than 150 consecutive days each in a calendar year as a Group Member of Hawaiian Swimming and USA Swimming. All athletes and coaches of the club or organization must be Individual Members in good standing with Hawaiian Swimming and USA Swimming (See section 602.1.1.A.)

2.) Add "Seasonal Club Member" to Article 603 603.1 CLUB MEMBER

Each Club Member and **Seasonal Club Member** shall pay an annual fee, consisting of a national club fee established by USA Swimming and a local club fee established by Hawaiian Swimming, together with any other charges, fees, etc. as may be established by Hawaiian Swimming.

Action Taken: Motion to accept the proposed changes to 616.2 adding the seasonal club member definition and 603.1 adding the word seasonal athlete member. Moved and seconded. Amendment was approved unanimously.

#### Discussion

USA swimming defines a time period for seasonal clubs as 150 days a year, but does not specify which 150 days. In the past, we have had seasonal clubs from 5/1 - 8/31. If the LSC would like to specify a time period, the Bylaws should be updated. It was suggested the HOD use "consecutive 150 days" when defining the seasonal period rather then give specific dates.

Action Taken: Moved and seconded to add the word "consecutive" to section 616.2 as an amendment to the proposal. Amendment was approved unanimously.

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Action Taken: Moved and seconded to accept the Bylaws change as presented. Bylaws change was approved unanimously.

# b. )Fee Schedule - (attachment 2)

- A proposal was made to have the Seasonal Club Member fee the same as the Annual Club Member fee, currently \$100.
- A discussion was had about whether we have a fee statement document. No
  we do not. The fee is only on the application. A suggestion was made that if
  we create one, it should be in Policies and Procedures instead of the Bylaws
  because the prior is easier to change. Changes to Bylaws need to be
  approved by the HOD and then by USA Swimming.
- We could add a general statement like "the Fee Schedule will be assessed each year" instead of listing the fees.
- We would need to review where a Fee Statement would fit into our current Policies and Procedures.
- There was a suggestion to add a Fee Schedule Document. This would require more work to have another section to update each time the fees are changed.

#### c.) Hawaiian Swimming Club Membership Application - (attachment 3)

- A proposal was made to change some wording on the Hawaiian Swimming Club Membership Application.
- Add "(Seasonal Club)" to the document title
- Add Rules, Regulations, Policies, and Procedures to the abiding agreement.
- Remove the year from the application and payment deadline. Add "for registration to be effective prior to the start of the next calendar year" instead of having the year.
- Grammatical changes to the proposal were made. SEASONAL CLUB will be capitalized and the parentheses will be removed. Lower cased letters will be used for rules, regulations, policies, and procedures.

Action Taken: Moved and seconded to accept the HAWAIIAN SWIMMING CLUB AND SEASONAL CLUB MEMBERSHIP APPLICATION as amended. Document changes were approved unanimously.

# 2. Financial

#### a.) Board Member Listing

The BOD Members have been listed in the USA Swimming Registry. The
listing is the result of an annual report that must be done each year. The
members listed are the same with the exclusion of the minor aged
representatives. BOD member should be aware that they may receive
correspondence from outside agencies as a result of this listing.

# b.) Business Name Change

 An application with the state has been submitted to officially change our name to Hawaiian Swimming. The change allows us to use the name consistent with our by-laws. There was a \$25 fee to apply for the change.

# c.) Domain Name

An attempt was made to get into a domain site. This was not successful.
 Dave will work with Dean to make another attempt.

# d.) Organizational email accounts

 Order to do Google apps as an organization i.e. generalchair@hawaiianswimming. This way people could contact the officers without using personal email accounts. Dave is still working on this item.

Action needed: The Budget Committee needs to set up and hold a meeting to match revenues with expenses.

# 3. Age Group Vice Chair

#### a.) Host Bid for LCM Age Group Championships

 A contract to host the LCM Age Groups Championships was received from Aulea and West Oahu. It will be reviewed.

# b.) Molokai Meet

 A meet on Molokai is planned for next weekend. The focus of the meet is for Special Olympics participants. The age group meet will be sanctioned.

#### c.) Western Age Group Zones Team Hawaii

 Preparations are being made for Western Zone meet on Maui. Uniforms, hotel and travel is being coordinated. Malcolm, Lynne and Dustin are working together on the planning. Mainland people have also been contacted to coordinate accounting, permits and funding.

#### d.) Videos of Practices

 MAGSA has received complaints about parents from a different club taking videos of their swimmers during practices.

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• The intent is believed to be because of a dispute over the number of lanes each club has. The video might be used to show haw many swimmers are in the lanes. There is concern from parents that the videos may be used inappropriately. Consensus was that this should not be allowed and that MAGSA should have the authority to say no videos. MAGSA stated these parents have been told no but are continuing to video. A suggestion was made to escalate the situation to the county level.

#### e.) 2015-2016 Meet Schedule

- Each island has had a chance to review the schedule.
- There is a pentathlon meet September 12th. There is a suggestion to have the pentathlon events offered on each island the same weekend. Everyone competing would then be ranked against each other like a virtual meet. We could offer a prize to the highest ranked swimmers. The meet can offer other events as well. Hawaii Island still needs to agree, they were not planning on starting the swim season this early and would have to add another meet to participate.
- The senior meet and distance meet scheduled for 10/2-3 is TBD but will probably be at UH.
- Convention is late this year.
- Senior camp is not on the schedule.
- SCY AG Champs will be in Kona 12/18-21. Concerns of expensive lodging costs were expressed. There was a suggestion to make arrangements with local hotels so that the meet host can offer discounted lodging options to participants. The Big Island board members will look into this.
- HHSAA Championship meet dates will not be firm until June. The scheduling
  of this meet may cause some changes to this meet schedule as we flex to
  accommodate HSAA Championships. The meet will be in Maui.
- JAGS has been scheduled for March 12-13.
- Once the Meet Schedule is approved, Punahou will be contacted to see if they are interested in hosting any of the Saturday meets in order to avoid having meets on Sundays.
- Island Aquatic has made a request to host an A+ meet on Maui Thanksgiving weekend. They would like to invite mainland teams to attend. This meet would conflict with PCA's annual invitational. Our current language allows

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meets on the same weekend when they are on different islands as long as it doesn't conflict with a championship meet.

Action Taken: Motion was made to approve the 2015-2016 Meet Schedule, as previously approved by the BOD. Moved and seconded. Approved unanimously after discussion.

#### 4. Senior Chair

# a.) Select Camp

• The Senior Committee will begin planning a Senior Select Camp. Dustin, Reid and Jon will work together to coordinate this.

# b.) Senior Zones

- The coaches have been contacted and asked to notify their swimmers about Senior Zones Team Hawaii. Last year only 4 swimmers traveled to this meet as Team Hawaii. This year the goal is to have a team of 16 swimmers.
- There was a suggestion to proceed with the paperwork and put the application out. They can simply refund the deposit money if the minimum participants number is not reached.
- There was a discussion about how many swimmers would be the minimum number to send.
- Dustin and Joe will be handing out information and applications for Age Group Zones Team Hawaii at the upcoming Invitational meet. They offered to promote Senior Zones at the same time.
- One difference of the Senior Zone meet is that swimmers do not have to compete as Team Hawaii, they can enter as a club swimmer.
- Only Team Hawaii members will receive travel reimbursement for this meet.
- Jon will send the documents on last year's Senior Zones.
- Team Hawaii is a nice option for swimmers as their club coaches may not be able to go to this meet with them due to club finances or other meets. The new Futures meet is scheduled for the same dates as Senior Zones this year.
- It is difficult to predict the number of Team Hawaii members and there was not agreement on what team size would be "worth it" to send a Team Hawaii.

#### 5. CASEC

#### a.) Age Group Western Zone Team Hawaii

 Joe has offered to help Dustin promote Team Hawaii. The application and other paperwork is complete and ready to pass out. The goal is to have a

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team size of 36 swimmers; 6 each of males and females for each age group. The deadline to submit applications and deposits will be the Rainbow Invitational. If less than 36 swimmers apply, swimmers with times close to zone times that are interested in attending, may be invited to join the team.

- Dean has agreed to accept the entries for Age Group Western Zones.
- Peggy will create the entries.

#### 6. Technical

# a.) Appointment

• The position is currently vacant. An appointment can be made by the General Chair. Joe Glenn has expressed interest in this position. The appointment must be approved by the Board.

#### 7. Times/Swims

#### a.) Meet Results

• All results from the previous weekend's meets have been uploaded.

# b.) Fines

• No fines were assessed for the recent Maui meet. Historically swimmers had never been fined for that particular violation.

# c.) Relay Lead Off Times

 Do all relay lead off times count? Lead off times from all championship meets should be entered into the database provided there are working touch pads in the lane. If a particular time was not entered, it can be entered after the fact. Coaches can check for the times in the swims database and then let Peggy know if a time was missed.

#### 7. Athlete Representatives- present, no report

#### 8. Coaches Representatives- present, no report

# 9. Officials

#### a.) Certifications

 USA Swimming is now sending out reminders to coaches and officials when certifications are due. The reminder will come in an email directly from USA Swimming.

## b.) Number of Officials

• There are currently 119 certified officials. This number does not include those that are apprenticing now. This number has increased from the 2014

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year-end total of 97, and the 2013 year-end total of 82. The quota for officials appears to be working.

# c.) Western Zone Officiating

- Sandy Sent an application to officiate. Travel expenses will be paid for one senior official and one new official per LSC to attend, as part of a mentoring program. Officials will need to apply and then the Officials Committee will select the 2 officials. Criteria for selection will include how many meets the official has done locally.
- Hawaiian Swimming will need to provide as many officials for the zone meet as possible. Official turnout is expected to be low from other LSCs.
- Request was made to have the LSC pay air travel expense for officials that work 6 out of 7 shifts at Western Zones. This was done when Pan Pacs was on Maui and the request is the same. Official would need to fill out an application. No objections were made.

# d.) Official Travel Reimbursement

 A proposal was made to increase the travel reimbursement for officials from \$50 to \$100. A discussion was had about the current budget's travel expense for officials and the requirement to receive the reimbursement. The reimbursement would only apply to championship meets.

Action Taken: Motion was made for the LSC to provide up to \$100 for travel reimbursement of current and certified officials traveling to attending neighbor island Championship Meets. Officials must work a minimum of 5/7 shifts at the Age Group Championships and 4/5 shifts at the Senior Championships, and provide receipts for airfare, hotel or rental car, to receive the reimbursement. Moved and seconded. Approved unanimously.

#### e.) Walkie Talkie Reimbursement

• A proposal was made to discontinue purchasing walkie talkies by the LSC and instead provide a one time reimbursement to officials of up to \$25 to purchase personal walkie talkies. The rationale for this proposal was that LSC owned walkie talkies are frequently lost or misplaced. If officials purchase their own they may be more likely to hold on to them. The reimbursement would have to be tracked since it is for once per lifetime. In the past, a "box of walkie talkies" has been available at meets for officials to grab from for use at that meet. It was noted there are only about 3 walkie talkies in this box due to lost equipment. If this proposal passed there would no longer be

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this box at meets. Neighbor islands that purchase walkie talkies would be eligible for this reimbursement either as individuals or as an organization purchasing 1 per each new official. A suggestion was made to retro the reimbursement to be effective 1/1/2015 as some officials may have just purchased their equipment. A receipt needs to be provided.

Action Taken: Motion was made for the LSC to reimburse officials up to \$25.00 of the cost of personal "walkie-talkies". This is a one-time reimbursement that is applied for by the individual official for equipment bought from a local or online retailer. A receipt should be provided. Official coordinators for the neighbor island associations who supply radios at their meets may apply for the reimbursement annually based on the number of new officials in their association for which they obtain new radio equipment for their meets. This proposal would be effective 1/1/2015. Moved and seconded. Approved unanimously.

# f.) Officials Uniforms

• A proposal was made to have a written statement in the policies and procedures, that officials will be provided a name tag and shirt every 2 years for their uniform. A discussion was had about this proposal. Consensus was that name tags and shirts should only be needed once. If officials attend several meets they are usually given shirts. Subsequent supply of these items would be referred back to the officials committee to decide if and when they should be reissued to officials. The proposal was amended to remove resupply every 2 years wording.

Action Taken: Motion was made for the LSC to supply each new official with 1 name tag and 1 shirt to be used as their uniform. Moved and seconded. Approved unanimously.

g.) Updating Policies and Procedures and Rules and Regulations

Action Taken: A proposal was made to remove section 7.02 from Rules and Regulations and create a new section in Policies and Procedures to cover the previous 3 proposals Moved and seconded.

 There was a discussion about whether to put this new rule into Policies and Procedures or Rules and Regulations. In general, statements of things that will be done should be in Rules and regulations. Statements of how things will be done should be in Policies and Procedures. Everything passed at the

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meetings becomes part of the Policies and Procedures. To change the Rules and Regulations, proposals should be presented to the HOD as a finished proposal. An HOD meeting is not the time and place to draft a proposal.

Action Taken: Motion to table this proposal to a committee was approved unanimously.

Action Needed: Adding The prior 3 proposals (Official Travel Reimbursement, Walkie Talkie Reimbursement and Official Uniforms) to Policies and Procedures or Rules and Regulations should be drafted as finished proposals and presented at the next HOD meeting for a vote to be included in Rules and Regulations.

#### E. Old Business- n/a

#### **D. New Business**

- 1.) Travel Endowment
- The travel endowment proposal previously approved by the BOD was explained.

Action Taken: A motion was made for Hawaiian LSC to work with USA Swimming to create an endowment account that is connected to the USA Swimming Investments portfolio. Hawaiian Swimming will remain in control of the endowment that will be for its sole use. The endowment will be funded by an initial investment of \$100,000 in the Fall of 2015. The LSC will fund a minimum annual contribution of \$15,000 beginning January 2016. The BOD will decide on the funding sources. The intention is that the endowment will not be accessed for 10 years with interest re-invested over that period. Following the 10 year moratorium, the interest raised may be used to assist in supporting athlete travel expenses to designated regional and national level competition. The endowment principal would be untouched.

#### Discussion

- A question was raised about why \$100,000 would be needed initially. The
  minimum opening balance to be part of the USA Swimming portfolio is
  \$100,000. Using the portfolio protects us from a conflict of interests.
- The \$100,000 would come from reserves that are currently in CDs earning .02%.
- Currently the reserves are positioned as \$55,000 in CDs which expire in November, \$50,000 in a liquid money market account and \$140,000 in a checking account.
- The finance committee will most likely not renew the CDs.
- Once the \$100,000 is placed into the endowment, it becomes isolated and unavailable for use because the idea is to grow the endowment fund on a long term basis.
- This proposal is to approve the initial set-up and funding. The level of risk of which funds the endowment is placed in to will be decided at a later Board meeting.

Action Taken: Proposal made to move \$100,000 from reserve funds into a travel endowment by the 2015 year end. Moved and seconded. Approved after discussion with 1 abstention.

# 2. Meet Fees Proposal - (attachment 4)

- There is a goal set to fund the Travel Endowment with \$15,000 every year. A
  proposal to increase entry fees as opposed to increasing registration fees
  was presented. The intention of the increase is to cover the funding of the
  travel endowment. The annual funding of this line item should be firm each
  year. This can be added as a "must pay" item in the budget.
- It is not important to know exactly which revenues are creating the \$15,000 since our accounting method is cash basis, not accrual. It was agreed to take the reason for the increase out of the proposal.
- The meet entry fees have not changed in 7 years.
- If we are looking to increase revenues, meet fee increases are preferred to registration fee increases. Registration fees are more visible and may have a psychological influence by seeming expensive.
- The Schedule of Fee Increases presented would raise approximately \$18,000 of additional revenue if entries were similar to last year.
- The increases were explained.
- The Schedule of Fee Increases assign a fee for Championship meets, it was clarified that this would include Age Group/Jr. Age Group/Senior Championships.

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- Time trial entries were defined. These are meets that need their own sanction and need to be fee'd separately. They are not specific to Senior Meets and usually are done to follow another meet. Time trial meets are usually done when swimmers are needing to make times for a certain cut.
- A discussion was had about whether to keep open water fees or remove them. It was thought the LSC probably wouldn't be hosting one. If someone hosts one they should be able to determine their own fee structure.
- Anyone hosting here would need to follow our fee structures.
- The fees would be set by the sanctioning chair.
- It was decided to leave the column in, but instead of a set fee, list "As determined by Age Group Chair"

Action Taken: Motion to accept the Fee Schedule for the 2015-2016 swimming year. Moved and seconded. Approved unanimously after discussion.

# 3.) 2015 Budget

Action Taken: A motion was made to approve the 2015 budget previously approved by the BOD. Moved and seconded.

#### Discussion

- We were reminded that the budget we are approving reflects a \$46,000 deficit. We are aware of that. Some justifications for the deficit are listed below:
  - i. \$27,00 of expenses are donations to improve facilities.
  - ii. The meet fees increase just approved will provide an additional \$7,000 of revenue not previously accounted for.
  - iii. Frequently prior year budgets have not used all funds allocated in several areas.
  - iv. An additional \$15,000 was received for Oceania reimbursement not previously accounted for.
- It was agreed that although in prior years the budget was more of an outline than a strict document, it should be followed much closer since we are committing to the endowment.
- The facility surcharge of \$1.50 per athlete is not currently imposed for senior meets or distance meets. This surcharge is for any meet with a venue cost.
   Add the surcharge to senior meets and distance meets could also increase revenues.

Action Taken: Budget approved unanimously after discussion.

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# 4.) Time Standards (attachment 5)

- The proposal to include AAA and AAAA times in our Hawaii Time Standards
  was re-explained. The AAA would represent our current "Q" times. B and A
  times would remain the same. The AAAA would represent a top ten
  recognition time.
- The AAAA time would be calculated by averaging the top 10 times per age group/per event over the previous 4 years. The AAAA time would be for motivational purposes.
- The recognition would be developed by the Admin Vice-Chair with input from the Athlete Representatives. Swimmers achieving AAAA times could be recognized on the Hawaiian Swimming website and receive a certificate or pin.
- The question raised whether HI-AAAA should be used so as not to be confused with a AAAA time as recognized by USA Swimming. Meet Manager software does not allow for more than 5 characters. Other LSCs use the same acronyms for their standards.
- There was concern expressed that another column may not fit on the heat sheets.
- A suggestion was made to clarified dates for LCM and SCY seasons with USA Swimming prior to implementing the program. 4/1 was chosen as the LCM season start date because it is past the dates for the 2 major SCY meets and allows the periods to be spread out.
- Clarification was added to the proposal for only the top ten athletes achieving the AAAA during each season to receive the recognition.

Action Taken: Motion made to approve the "Top-10" recognition program for the Hawaiian Swimming Age Group Program for each age group/gender, in both SCY and LCM seasons, commencing with the 2015-2016 swimming year. Motion moved and seconded. Motion approved unanimously after discussion.

An	nou	ınce	eme	ent	s:
No	ne				

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Action Taken: Motion for adjournment. Motion passed unanimously. Meeting adjourned at 2:00 p.m.

## **Next Meetings**

May Committee meetings 6/20/15 BOD meeting during Senior Championships

# Respectfully submitted, Alexa Heiss, Secretary

#### **Attachments**

attachment 1 Bylaws Revision section 603 attachment 2 Hawaiian Swimming Club and Seasonal Club Membership Application attachment 3 Meet Fees Proposal attachment 4 Hawaiian Swimming Age Group Top-10 Recognition and Time Standard Enhancement Proposal

#### 616.2 DEFINITIONS

# 616.2.9 "Athlete Member"

"Athlete Member" shall mean any individual who competes or has competed during any part of the three (3) immediately preceding years in the sport of Swimming and is in good standing as an Individual Member of Hawaiian Swimming and USA Swimming. (See Section 602.1.2.A.)

# 616.2.37 "Seasonal Athlete Member"

"Seasonal Athlete Member" shall mean any individual who participates or competes in the sport of swimming and has joined for certain periods of time not longer than 150 days each in a calendar year and is in good standing as a Seasonal Athlete Member of Hawaiian Swimming and USA Swimming. (See Section 602.1.2.E.).

# 616.2.17 "Club Member"

"Club Member" shall mean any club or other organization which is in good standing as a Group Member of Hawaiian Swimming and USA Swimming and has athletes and coaches and participates in the sport of swimming. All athletes and coaches of the club or organization must be Individual Members in good standing with Hawaiian Swimming and USA Swimming. (See Section 602.1.1.A.)

# **ARTICLE 603: DUES AND FEES**

# 603.1 CLUB MEMBERS

Every Club Member shall pay an annual fee, consisting of a national club fee established by USA Swimming and a local club fee established by Hawaiian Swimming, together with any other charges, fees, etc. as may be established by Hawaiian Swimming.

#### 603.3 ATHLETES

Each Athlete member and Seasonal Athlete Member shall pay an annual or seasonal fee, respectively, consisting of a national fee established by USA Swimming and a local fee established by Hawaiian Swimming.

# 603.9 FAILURE TO PAY

# 603.9.3 CLUB/INDIVIDUAL OBLIGATIONS

If a Club Member or a Seasonal Club Member has secured: (i) a final court judgment against an Individual Member for non-payment of financial obligations owed to the Club Member, and (ii) a final decision of the Hawaiian LSC Board of Review or the National Board of Review suspending such Individual Member's membership rights as set forth below, then until the court judgment is satisfied, the Individual Member shall not (a) compete in any competition sanctioned by USA Swimming, (b) obtain a reportable time in events swum at any USA Swimming approved or observed meet, (c) participate in any capacity in the affairs of USA Swimming, Hawaiian Swimming or any other LSC, or (d) practice, exercise or otherwise participate in the activities of any Group Member or any group member of any other LSC.

# Proposal:

- 1) Add "Seasonal Club Member" definition to By-laws: "Seasonal Club Member" shall mean any club or other organization which is in good standing and participates in the sport of swimming for certain periods of time not longer than 150 days each in a calendar year as a Group Member of Hawaiian Swimming and USA Swimming. All athletes and coaches of the club or organization must be Individual Members in good standing with Hawaiian Swimming and USA Swimming. (See Section 602.1.1.A.)
- 2) Add "Seasonal Club Member" to section 603.1.
- 3) Recommend the Seasonal Club Member fee be the same as Annual Club Fee.

# HAWAIIAN SWIMMING CLUB (and Seasonal Club) MEMBERSHIP APPLICATION

Date			
When accepted as a clu  Procedures of Hawaiia	hereby applies for the current annual member, we agree to abide by the same swimming and USA Swimming.  Swimming and USA Swimming.	By-laws, Rules, Regu	nations, Policies, and
Signed: Club Presi	ident	Hea	d Coach
CLUB CODE (letters of (For renewals of the control	only – maximum 4): only) – Is this a change from last year	? Yes	No
Identify the individual from headquarters will	and address of club official whose na be sent to this person at the address	ame will be sent to US given.	SA Swimming. All mail
Name a	nd position		
Address	S		
•	one No. (Home)(	Work)	
positions listed. Please	(Club Roster), please list the name, as include all coaches, aides, helpers, wim meets. They all should be USA afety Training (will include First Aid ate.	etc. if they are on decl Swimming Members,	k with the head coach and all of the following
Note: Re-registering clubs: New clubs:	Application and payment must be re registration to be effective prior to Application and payment may be su	o the start of the nex	15 <del>, 2013</del> <u>for</u> t calendar year.
Hawaii 171 G . Hilo, H	Tomiyoshi, Registration/Membershi an Swimming Ainaola Dr. Iawaii 96720 959-0608	p Coordinator	

# Proposal:

Primary - Increase LSC portion of entry fees collected for championship and invitational meets to fund the new LSC Travel Endowement. Effective with the start of the 2015/16 Swimming Year. Secondary - Specify Host/LSC portion of Senior Meet fees. Remove Open Water Race fee line.

Hawaiian Swimming Meet Entry Fees - current								
SANCTIONED MEET TYPE	INDIVIDUAL EVENT		PER ATHLETE					
	TOTAL (HOST/LSC)	TOTAL (HOST/LSC)	<b>SURCHARGE</b> (LSC)					
Age Group Meet	\$2.00 (1.00/1.00)	\$5.00 (4.00/1.00)	_					
Invitational	\$2.50 (2.00/0.50)	\$7.50 (7.00/0.50)	-					
Championship Meets	\$3.00 (0.00/3.00)	\$9.00 (0.00/9.00)	\$10.00					
Senior Meet / Time Trials	\$4.00	•	-					
Open Water Race	\$15.00	•	•					
Distance Meet	\$4.00 (3.00/1.00)	•	-					
Intra/Inter-Squad	\$2.00 (0.00/2.00)	\$5.00 (0.00/5.00)	4					

effective: September 1, 2008

approved - July 13, 2008

Hawaiian Swimming Meet Entry Fees - proposed									
SANCTIONED MEET TYPE	INDIVIDUAL EVENT TOTAL (HOST/LSC)	RELAY EVENT TOTAL (HOST/LSC)	PER ATHLETE SURCHARGE (LSC)						
Age Group Meet	\$2.00 (1.00/1.00)	\$5.00 (4.00/1.00)	•						
Invitational	\$3.00 (2.00/1.00)	\$8.00 (7.00/1.00)							
Championship Meets	\$4.00 (0.00/4.00)	\$10.00(0.00/10.00)	\$10.00						
Senior Meet / Time Trials	\$4.00 <b>(3.00/1.00</b> )	•	•						
Open Water Race	\$15.00	•	<u>-</u>						
Distance Meet	\$4.00 (3.00/1.00)		•						
Intra/Inter-Squad	\$2.00 (0.00/2.00)	\$5.00 (0.00/5.00)	-						

effective: September 1, 2015

approved - xxx

Based on CY2014 fees collected	From:	To:	Increase:
Championship Meet Fess (LSC)	\$33,279	\$42,704	\$9,425
Invitational Fees (LSC)	\$8,243	\$16,846	\$8,603
Total Increase			\$18,028

# Hawaiian Swimming Age Group Top-10 Recognition and Time Standard Enhancement Proposal LSC Board Presentation - March 8, 2015

# **Proposal:**

Introduce a "Top-10" recognition program for the Hawaiian Swimming Age Group Program for each age group/gender in both SCY and LCM seasons commencing with the 2015-16 swimming year.

# **Implementation:**

- 1) Add a new "AAAA" time standard cut which is based on the 10th fastest time averaged over the last 4 years.
- 2) Replace the current "QUAL" cut label with "AAA". Determination of the times for the "AAA" to remain the same.
- 3) "B" through "AA" cuts to remain the same.
- 4) Recognition of certificates/pins/other to be developed with the Athletes' Representatives.
- 5) SCY recognition period is September 1 through April 1 of each swimming year.
- 6) LCM recognition period is September 1 through August 31 of each swimming year.
- 7) Yet-to-be-determined:
  - a. What if more than 10 athletes make the AAAA cut?
  - b. What if fewer than 10 athletes make the AAAA cut?

SCY - HAWAIIAN SWIMMING AGE GROUP TIME STANDARDS - AAA/AAAA proposal

	AGE GROOT TENE		Anny Anna proposal
C+ B A FEMALE	8 & U 25 Free	MALE	0:20.00 0:24.07 0:24.08
0:23.46 0:23.45 0:19.48 0:46.91 0:46.90 0:38.97	50 Free		0:20:00 0:24:07 0:24:08
0:28.49 0:28.48 0:23.69	25 Back		0:24.38 0:29.32 0:29.33
0:56.97 0:56.96 0:47.37	50 Back		0:48.77 0:58.63 0:58.64
0:31.35 0:31.34 0:26.04	25 Breast		0:27.30 0:32.84 0:32.85
1:02.70 1:02.69 0:52.08	50 Breast		0:54.59 1:05.69 1:05.70
0:27.27 0:27.26 0:22.66	25 Fly		0:24.28 0:29.20 0:29.21
0:54.53 0:54.52 0:45.33	50 Fly	70115 4444	0:48.56 0:58.41 0:58.42
B A AA AAA AAAA	ZONE 10 & U 0:29.19 50 Free	ZONE AAAA	0:33.21 0:36.60 0:39.99 0:43.39
0:42.27 0:38.97 0:35.66 0:32.35 0:30.31 1:36.57 1:29.03 1:21.49 1:13.95 1:08.23	1:03.69 <b>100 Free</b>		1:16.82 1:24.65 1:32.47 1:40.30
1:36.57 1:29.03 1:21.49 1:13.93 1:06.23 3:31.73 3:15.23 2:58.72 2:42.21 2:27.84	2:19.59 <b>200 Free</b>		2:48.24 3:05.36 3:22.47 3:39.58
0:51.37 0:47.37 0:43.38 0:39.39 0:36.60	0:34.79 <b>50 Back</b>		0:40.55 0:44.66 0:48.77 0:52.88
1:53.62 1:44.80 1:35.98 1:27.15 1:20.26	1:14.89 100 Back		1:29.98 1:39.09 1:48.19 1:57.30
Ln.56 50 n.52 08 0:47.67 0:43.25 0:40.52	0:38.891 <b>50 Breast</b>		0:45.34 0:49.97 0:54.59 0:59.23
1 2 na a1 1 54 70 1:44.99 1:35.28 1:28.35	1:24.59 <b>100 Breast</b>		1:39.61 1:49.75 1:59.90 2:10.05
10.40 16 0.45 33 0:41.51 0:37.67 0:34.36	0:32.19  <b>50 Fly</b>		0:40.36 0:44.46 0:48.56 0:52.66
1 1 57 06 1:47 96 1:38.86 1:29.76 1:21.35	1:13.99 100 FIY		1:34.46 1:44.03 1:53.60 2:03.18
1:52.92 1:44.12 1:35.33 1:26.54 1:19.55	100 IM	1:21:48	1:30.22 1:39.38 1:48.54 1:57.70 3:11.38 3:30.80 3:50.23 4:09.66
4:02.82 3:43.92 3:25.02 3:06.12 2:48.32	2:37.89 200 IM ZONE 11/12	ZONE AAAA	AAA AA A B
B A AA AAA AAA 0:37,14 0:34,22 0:31,31 0:28,40 0:27,05		0:25.89 0:27.14	0:29.03 0:32.00 0:34.98 0:37.96
0:37.14 0:34.22 0:31.31 0:26.40 0:27.03 1:21.71 1:15.32 1:08.92 1:02.52 0:59.29	0:56.89 100 Free	0:56.49 0:59.65	1:04.56 1:11.16 1:17.76 1:24.36
2:59.42 2:45.40 2:31.37 2:17.35 2:10.04	2:03.69 <b>200 Free</b>	2:03.19 2:11.84	2:23.47 2:38.10 2:52.74 3:07.37
10.02 05 7.24 96 6.46 97 6:08.97 5:45.89	5:31./9) <b>500 Free</b>	5:32.29 5:54.72	6:23.30 7:02.73 7:42.16 8:21.59
10.44370.40920.37.460:34.010:32.10	0:30.591 <b>50 Back</b>	0:30.69 0:32.63	0:35.32 0:38.91 0:42.51 0:46.08
11.26 20 1.28 81 1.21.32 1:13.83 1:09.52	1:05.69  <b>100 Back</b>	1:05.89 1:10.74	1:18.13 1:26.05 1:33.97 1:41.89
12.26 06 3.20 09 3.03.24 2:46.39 2:38.46	2:27.79  ZUU Back	2:25.39 2:45.42	2:53.64 3:11.22 3:28.80 3:46.38
1 0.40 02 0.44 00 0.41 17 D:37.34 U:35.11	U:33./9  DU Dreast	U:33,49 U:35,32   1:13 PO 1:10 97	0:39.48 0:43.52 0:47.55 0:51.60 1:25.61 1:34.35 1:43.10 1:51.84
1 1.46 00 1:38 61 1:30 24 1:21.87 1:1/./9	1:13.89  <b>100 Breas</b> t	7.13.09 1:13.02	3:13.08 3:32.75 3:52.42 4:12.08
4:01.15 3:42.32 3:23.49 3:04.67 2:56.03	0:28.49 <b>50 Fly</b>	0.28 59 0:30.23	0:33.38 0:36.78 0:40.18 0:43.58
0:41.48 0:38.25 0:35.01 0:31.77 0:29.67 1:36.78 1:29.24 1:21.69 1:14.15 1:07.91	1:03.89 <b>100 Fly</b>	1:04.29 1:11.33	1:16.45 1:24.22 1:31.99 1:39.76
1:36.78 1:29.24 1:21.69 1:14.13 1:07.91 3:38.06 3:21.10 3:04.13 2:47.16	2:30.39 <b>200 Fly</b>	2:27.59 -	2:52.33 3:09.81 3:27.30 3:44.78
1:35.44 1:27.99 1:20.54 1:13.09 1:08.63	100 IM	1:10.39	1:16.19 1:23.95 1:31.70 1:39.46
3:22.89 3:07.06 2:51.23 2:35.41 2:26.64	2:20.09 <b>200 IM</b>		2:43.93 3:00.61 3:17.29 3:33.97
7:26.94 6:52.12 6:17.29 5:42.47	5:14.59 400 IM	5:11.29 -	6:01.22 6:37.92 7:14.61 7:51.32
- A AA AAA AAAA	ZONE 13/14	ZONE AAAA	0:25.51 0:28.14 0:30.76 0:33.38
0.25 14 0.32 38 0.29 62 0:26.86 0:25.68	0:25.29 <b>50 Free</b>	0:23.69 0:24.21	0:56.63 1:02.44 1:08.25 1:14.05
14.4660 1.1068 1.0467 0.58.66 U.55.9b	U:34.89  IUU FIEE	U:51.49 U:53.20   1:52 10 1:57 73	2:05.16 2:17.97 2:30.77 2:43.58
2:47.98 2:34.84 2:21.69 2:08.55 2:01.45	5:18.69 <b>500 Free</b>	5:04.19 5:16.94	5:36.89 6:11.68 6:46.46 7:21.25
7:27.71 6:52.43 6:17.15 5:41.86 5:25.97 15:28.90 14:15.76 13:02.62 11:49.47 11:16.80	11:02.79 <b>1000 Free</b>	10:38.39 11:18.15	11:31.19 12:42.50 13:53.81 15:05.13
15:28.90 14:15.76 13:02.62 11:45.47 11:10:30 26:13.74 24:10.49 22:07.23 20:03.97 19:01.43	18:33.69 1650 Free	117:46 69 18:43.09	- 19:24.20
14.5644 1.7717 17115 24 1108.50 1.09.01	1.02.03  100 0000	1:00.09 1:02.96	1:07.88 1:14.78 1:21.68 1:28.57
1 2 4 7 2 5 6 6 7 2 4 4 4 7 2 2 9 3 4 2 2 2 4 5 1	2;14,99  ZOU DOCK	2:09.39 2:16.72	2:25.65 2:40.43 2:55.21 3:09.99
-   4.44 E4   1.22 E6   1.25 61   1.17.67   1.12.34	1.11.031 TOO DI COSC	1:06.39 1:09.98	1:14.78 1:22.44 1:30.10 1:37.76
1 2 20 66 2:21 56 3:04 47 2:4/ 1/ 2:30.09	2:32,07 200 016000	2:24.59 2:31.48	2:43.78 3:00.52 3:17.26 3:34.00 1:05.77 1:12.48 1:19.18 1:25.89
14.56 44 1.31 54 1.14 64 1.11/./4 1.102.01	1.00.331 200 117	0:57.19 1:00.20	2:26.09 2:40.95 2:55.81 3:10.67
1 = 40 44 5.05 00 3.47 57 7.37 Ub 7:77.30	Z:1/,Z7: &UU !!Y	1 2:07 29 2:13.68	: 2:22.21 2:36.72 2:51.23 3:05.73
	Z. [J.J7] 400 AP	4:31.79 4:51.35	5:06.84 5:38.10 6:09.36 6:40.62
3:10.87 2:55.96 2:41.00 2:51.824 4:55.74 6:55.45 6:23.05 5:50.64 5:18.24 4:55.74	SR-Z 15/16	SR-7 AAAA	AAA AA A B_
8 A AA AAA AAAA 0:31.92 0:29.20 0:26.48 0:25.24		0:23.29 0:22.67	0:23.85 0:26.30 0:28.76 0:31.23
- 1 4 4 5 5 6 4 5 6 7 9 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	U.3U.43  400 1100	0:50.99 0:49.91	0:52.48 0:57.87 1:03.26 1:08.65
	2,01,03  200 1100	1:51.59 1:50.23	1:55.93 2:07.81 2:19.69 2:31.57
1	J. 23.03 300 1100	5:07.79 5:04.05	5 5:16.07 5:48.77 6:21.49 6:54.18 11:03.76 12:12.33 13:20.90 14:29.47
- 146.44 AC 44.00 RE 17.50 NS 11138.UD 111U4.JE	11.22.03 2000 1100	10:38.29 10:41.94	11:03.76 12:12.33 13:20.90 14:29.47 5 18:54.38 20:50.68 22:46.99 24:43.29
156.45 00 33:46 62 31:45 36 19:44 09 10:43:11	10.33.03 2000 1100	10.57 20 0.57 48	R 1:01.72 1:08.00 1:14.28 1:20.56
1	1,02,031 200 0000	12.04.40 2.06.0	8 2:17.30 2:31.24 2:45.19 2:59.14
- 1 - 44 CO 3.EE EO 3.41 70 7.75 80 7.17.14	2.13.43 200 0000	11.05.00 1.04.4	3 1:09.43 1:16.56 1:23.68 1:30.80
-	1.12,73 200 0.000	1 2:21 99 2:21.90	) 2:35.73 2:51.66 3:0/.60 3:23.53
1:38.88 1:31.14 1:25.39 2:45.39 2:35.01 3:36.08 3:19.19 3:02.29 2:45.39 2:35.01 1:25.63 1:18.94 1:12.26 1:05.58 1:00.88	1:02.59 100 Fly	10.56.49 0.55.3	i 0:59.39 1:05.45 1:11.52 1:1/.58
-   - 49 40 3:01 03 3:46 46 2:11.1U Z:1/:13	2:16.99 <b>200 Fly</b>	2:05.89 2:07.4	3 2:17.77 2:31.79 2:45.82 2:59.85
-	2:16.69 <b>200 IM</b>	2:04.79 2:05.5	5 2:12.47 2:26.00 2:39.54 2:53.07
3:07.39 2:52.73 2:36.11 2:20.39 4:49.14 6:45.23 6:13.62 5:42.00 5:10.39 4:49.14	7, 37, 7		2 4:49.72 5:19.27 5:48.82 6:18.37 AAA AA A B
		SR-Z AAAA	2 0:23.29 0:25.69 0:28.09 0:30.50
0.25.32	0:26.09 <b>50 Free</b>	10.50 00 0.48 3	R 0.51.06 0:56.31 1:01.50 1:00.01
		11.51 50 1.47 0	9 1.53.20 2:04.81 2:16.41 2:28.02
		1 5.07 70 4.54 9	6 5·16.07 5:48.77 6:21.49 6:54.10
		110.20 20 10:26 1	g 11·03 76 12:12.33 13:20.90 14:29.4/
15:14.05 14:02.05 12:50.05 11:38.05 11:10.3	18:59.69 1650 Free	1,7,50 20 17,35 2	1 18 54 38 20:50.68 22:46.99 24:43.30
	1:02.69 100 Back	0:57.29 0:55.9	6 1·00 67 1:06.84 1:13.02 1:19.19
			9 2:17.30 2:31.24 2:45.19 2:59.14 1 1:08.47 1:15.51 1:22.52 1:29.55
		. l a. a 4 00 2 • 20 8	6 7.35 73 7:51.66 3:07.60 3:43.23
		1 0.50 40 0.53 4	1 0.58 14 1.04 08 1.10.03 1.13.7/
		1 2.05 00 2.05 7	16 7,17 // 2:41 /9 2:43.02 4,37,0
		1 3.04 70 3.01 1	5 3:111 (4 7:23.71 2:37.04 2:30:37
		4:32.19 4:26.2	26 4:49.72 5:19.27 5:48.82 6:18.3
3:11.26 2:56.33 2:41.39 2:20.40 2:17.5 6:45.23 6:13.62 5:42.00 5:10.39 4:57.5	U 7.54.431 400 ATT		
0.43.24			

LCM - HAWAIIAN SWIMMING AGE GROUP TIME STANDARDS - AAA/AAAA proposal

					AGE G	ROUP TIME	SIAND		AAA/A		posai	
0.52 87	0:52.86	HI-A		FEMALE		8 & U		MALE		HI-A	HI-B	HI-C+
	1:03.83					50 Free 50 Back				0:45.19 0:54.73	0:54.24	0:54.25
	1:10.59				ĺ	50 Breast				1:01.59	1:05.08	1:05.69
	1:01.22					50 Fly				0:54.60	1:05.54	1:05.55
В	Α	AA	AAA	AAAA	ZONE	10 & U	ZONE	AAAA	AAA	AA	Δ	B
	0:44.06					50 Free	0:32.99	0:35.11	0:37.66	0:41.43	0:45.19	0:48.96
1:48.79	1:40.42 3:39.91	1:32.05	1:23.68	1:17.34	1:12.29	100 Free 200 Free	1:12.49	1:17.77 2:50.18	1:26.87	1:35.56	1:44.24	1:52.93
	0:53.18					50 Back	0.30.79	0:42.64	0.09.93 0.45 61	0.50.93	0:47.94 0:54.73	0.50 30
	1:57.53					100 Back		1:31.61				
1:03.72	0:58.81	0:53.91	0:49.01	0:45.98	0:44.09	50 Breast	0:44.89	0:47.00	0:51.33	0:56.47	1:01.59	1:06.75
2:20.10	2:09.32	1:58.54	1:47.76	1:40.07	1:35.89	100 Breast		1:43.13				
0:55.27	0:51.02	0:46.78	0:42.51	0:38.84	0:36.49	50 Fly		0:39.79				
2:11.34	2:01.24	1:51.13	1:41.03	1:31.70	1:23.59	100 Fly		1:35.44				
4:32.73 B	4:11.75 A	3:50.77 AA	3:29.79_ AAA	3:10.04 AAAA	<b>ZONE</b>	200 IM 11/12	ZONE	3:14.08 AAAA	AAA	AA	A A	8 B
0.42 03	0:38.78	0:35.55	0:32.32	0:30.83		50 Free		0:30.93		0:36.32		
1:32.30	1:25.21	1:18.10	1:11.00	1:07.41	1:04.79	100 Free	1:04.29	1:07.81	1:13.26	1:20.59	1:27.91	1:35.24
3:22.36	3:06.79	2:51.22	2:35.66	2:27.54	2:20.39	200 Free		2:29.54				
7:12.18	6:38.94	6:05.70	5:32.45	5:12.25	4:56.19	400 Free	4:56.49	5:19.98	5:44.99	6:19.49	6:53.99	7:28.49
0:49.85	0:46.02	0:42.18	0:38.35	0:36.23	0:34.59	50 Back		0:36.82				
1:48.09	1:39.78	1:31.47	1:23.15	1:18:3/	1:14.09	100 Back 200 Back	3.43 EQ	1:19.72 3:06.02	3.15 14	1.30./2 3.34 65	1.43.31 3·54 17	4.13 60
4:03.23	3:44.50 0:50.94	5:25.8U	3:U/.U9	0.30.29	0.38 40	50 Breast	0:38.19	0:41.32	0:44.82	0:49.31	0:53.78	0:58.28
2.00.75	1:51.46	1:42.17	1:32.88	1:28.35	1:23.99	100 Breast	1:24.09	1:30.60	1:37.03	1:46.73	1:56.44	2:06.14
4:31.68	4:10.78	3:49.87	3:28.98	3:19.39	3:09.29	200 Breast	3:05.99	3:34.36	3:38.32	4:00.15	4:21.99	4:43.81
10:46.74	0:43.16	0:39.56	0:35.96	0:33.63	0:32.29	50 Fly	0:32.39	0:34.26	0:37.75	0:41.53	0:45.30	0:49.07
1:48.83	1:40.46	1:32.08	1:23.71	1:16.78	1:12.29	100 Fly		1:20.58	1:26.26	1:34.88	1:43.51	1:52.13
4:04.85	3:46.02	3:27.18	3:08.35	2.45.07	2:49.69	200 Fly	2:46.59	2:50.52	3:14.09	3:33.49	3.2.90	4:12.31
3:48.41	3:30.84	3:13.27	2:55./1	2:45.97	5:55.59	200 IM 400 IM	5:50.59	-	6.47.35	7:28.09	8:08.82	8:49.57
8:22.50 B	7:43.85 <b>A</b>	7:05.19 AA	AAA	AAAA	ZONE	13/14	ZONE	AAAA	AAA	AA	A	В
0:39.81	0:36.74	0:33.68	0:30.61	0:29.30		50 Free	0:27.09	0:27.67	0:29.12	0:32.04	0:34.94	0:37.85
1 : 26.73	1:20.05	1:13.38	1:06.71	1:03.72	1:02.49	100 Free	0:58.69	1:00.74	1:04.46	1:10.91	1:17.36	1:23.80
3:09.66	2:55.07	2:40.48	2:25.89	2:18.01	2:15.09	200 Free		2:13.88				
l 6:41.35	6:10.48	5:39.61	5:08.73	4:54.82	4:44.39	400 Free		4:46.92 10:12.58				
13:51.99	12:47.99	11:43.99	10:39.99	10:11.40	10.55 90	800 Free 1500 Free	18:08:09	19:18.63	19:59.99	21:59.99	23:59.99	25:59.98
26:51.98	24:47.99 1:32.41	1.24 72	1:17 01	1:13.14	1:11.09	100 Back	1:07.89	1:11.09	1:16.55	1:24.21	1:31.86	1:39.51
1 3 38 62	3:21.80	3:04.98	2:48.17	2:38.70	2:32.19	200 Back	2:25.99	2:34.16	2:44.07	3:00.48	3:16.88	3:33.29
1 1.54 68	1:45.85	1:37.03	1:28.21	1:22.96	1:20.89	100 Breast	1:15.69	1:19.68	1:25.01	1:33.51	1:42.01	1:50.51
4.06 71	3:47.73	3:28.76	3:09.78	3:00.15	2:53.69	200 Breast	2:44.49	2:52.14 1:08.29	3:05.80	3:24.38	3:42.90	1.26.74
1:39.57	1:31.91	1:24.25	1:16.59	1:11.12	1:09.09	100 Fly 200 Fly	1:04.89	2:37.21	2:44.96	3.01.45	3.17.95	3.34.44
3:43.07	3:25.91 3:18.52	3:08.75	2:51.59	2:41.00	2:33.19	200 FIV 200 IM	2:24.49	2:31.58	2:41.05	2:57.16	3:13.27	3:29.36
3:35.07	7:18.52 7:11.59	6:35.61	5.59.65	5:34.67	5:24.89	400 IM	5:08.09	5:29.80	5:46.99	6:21.69	6:56.39	7:31.09
R	Δ	AA	AAA	AAAA	ZONE	15/16	ZONE	ΔΔΔΔ	AAA	AA	Α	В
0.30 2	10.36.23	0:33.21	0:30.19	0:28.82	0:29.89	50 Free	0:26.29	0:25.96 0:57.00	0:27.27	0:29.99	0:32.72	0:35.4/
1:25.07	1:18.52	1:11.99	1:05.44	1:02.12	1:04.49	100 Free	2.00.29	2:05.56	2:11 88	2.25.07	2.38.26	2:51 44
3:06.94	2:52.56	2:38.18	2:23.80	2:15.08	4:55 00	200 Free 400 Free	4:36.69	4:35.64	4:46.16	5:14.77	5:43.40	6:12.01
6:35.4	6:04.99 12:35.99	11:22 00	10.20 00	10.00 48	10:10.59	800 Free	9:35.69	9:40.90	9:59.99	10:59.99	11:59.99	12:59.99
26.25 90	24-23.99	22:21.99	20:19.99	19:20.66	19:36.29	1500 Free	18:19.89	18:30.61	19:29.99	21:26.98	23:23.99	25:20.99
1.38 68	3 1 31.09	1:23.51	1:15.91	1:10.64	1:12./9	100 Back	1:06.79	1:05.00	1:09.71	1:16.68	1:23.65	1:30.62
3 · 34 0.	7 3.18 41	3:01.89	2:45.35	2:34.60	2:35.49	200 Back		2:23.29 1:13.52	2:34.80	2:50.28	3:U3./0	3:21.25
1 1 • 5 1 7 6	5 1.43.17	1:34.56	1:25.97	1:20.81	1:23.09	100 Breast	11:15.59	1:13.52 2:41.51	7:56 RA	3:14 54	3:32.24	3:49.92
4:03.8	3:45.10	3:26.34	3:07.58	2:56.06	2:37.99	200 Breast 100 Fly	1.04.29	1:02.79	1:07.32	1:14.05	1:20.79	1:27.51
1:36.4	5 1:29.02 8 3:24.62	1:21.61	2:14:19	2.35 01	2:35.59		7.22 89	2:24.25	2:35.72	2:51.29	3:06.86	3:22.43
3:41.6	8 3:24.62 0 3:14.95	2:58 70	2:42.46	2:33.37	2:37.49		2:24.39	2:22.57	2:30.24	2:45.26	3:00.29	3:15.31
7:36.7	1 7:01.12	6:26.02	5:50.93	5:27.35	5:35.09	400 IM	5:10.99	5:08.56	<u>5:27.99</u>	6:00.79	<u>6:33.59</u>	7:06.39
		ΔΔ	AAA	AAAA	ZUNE	1//10	ZONE	0:25.24	0:26.65	0.29.32	0:31.98	0:34.66
0.30 6	1 0:36.56	0:33.51	0:30.47	0:28.91	0:29.89	50 Free 100 Free	10.58 59	0:55.30	0:58.28	1:04.10	1:09.93	1:15.76
1:26.5	9 1:19.93	1:13.27	1:06.61	1:02.8/	2:14:49 2:10 00	200 Free	1 2.08 79	2:02.07	2:08.85	2:21.74	2:34.62	2:47.50
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2.44 2	a 2·27 N4	เ 3:09.78	3 2:52.53	2:37.32	2:35.49	200 Back	1 1 1 1 5 50	1 1 1 1 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	1:18.00	1:25.82	1:33.60	1:41.4
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7.36.2	1 7:01.12	6:26.02	5:50.93	5:36.69	5:35.09		5:10.99	5:01.95	5:27.99	<u>0:00.79</u>	0.33.35	7:00.3
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