

Hawaiian Swimming House of Delegates Meeting
April 21, 2024
Hawaii Preparatory Academy, Big Island

Agenda

Attendance: Eric Nagoshi – General Chair, Mark Noetzel – Admin Vice Chair, Malcolm Cooper – Age group Chair/NTV/Tech Planning, Sandy Drake – Secretary/Safe Sport Chair, Scott Pinter – Senior Vice Chair, Eugene Drzymala – Finance Vice Chair, Deb Christian – Treasurer, Saint-Marie Gough – Operational Risk Chair, Nina Gervais – Senior Coach Rep, Jasmine Maui – Junior Coach Rep, Gwenn Tomiyoshi – Registrar, Stephanie Monahan – Official’s Chair, Jon Hayashida – At-Large BIS, Ryan Muraoka – At-Large OSL, Parker Muench – Junior Athlete Rep, Finn Wirum – At Large Athlete rep (BIS), Lily Barrett - At Large Athlete Rep (Maui), Chloe Inouye – At Large Athlete Rep (Kauai), Kei Nishikawa At Large Athlete Rep (Oahu), At Large Athlete Reps: Brandon Lin, Kona Flanagan, Johana Zeebe, Sophia Hurd, Aika Swanson, Bella Shurley, Delegates: Kellie Nishikawa (PCA), Nyles Toguchi (Splash), Merri Wada Tanji (BOWS), Ann Imoto (WAQ), Jean Ouye (HAQ), Sam Harquail (PAQ), Dave Gibson (KONA), Jenna Butts (AAA), Elena Cimental (HICK), Corey Bean (HICK)

I. Meeting Called to Order – 1:12pm

Introductions & Announcements -

A. Introductions – none

B. Appointments – none

C. Announcement – Eric announced he accepted a job in San Diego. He will be leaving June 17th. He’ll help remotely while Mark Noetzel will be the in person General Chair.

Eric asked for nominations from the floor. Jon Hayashida nominated Dave Coleman.

There were no other nominations for General Chair and Admin Vice Chair.

Jon moved to accept both Dave Coleman as General Chair and Mark Noetzel as Admin Vice Chair.

II. Administrative Reports

- A. Secretary (Minutes) – Minutes are in the google drive folder and at the end of this report. Minutes **APPROVED**
Sandy announced she will be leaving Hawaii and the position of Secretary and Safe Sport Chair will need to be filled.
- B. Treasurer – reports are in the google folder and at the end of this report. Deb asks for the clubs who host meets to make sure they're sending in their meet fee report.
- C. Membership/Registration Coordinator – reports are in the google folder and at the end of this report. There have been a lot of issues with recon reports. Names have not been matching what is in SWIMS. Gwenn said USA Swimming said they are aware of the situation and for the AO and teams to go ahead and ignore it. If there is a transfer of a swimmer to a different club, Gwenn needs the paperwork from that club's transfer that it has been confirmed even if the parent did it online.

III. Chairperson Reports

- A. Administrative Vice Chair – no report
- B. Finance Vice Chair– Eugene will have the quad budget and will submit to the secretary.
- D. Senior Vice Chair– June 21-23 is Senior Champs at VMAC.
November 15-17 Senior Champs is also at VMAC.
Working on reimbursements to be adjusted to the cost increase of hotels, etc.
- E. Age Group Vice Chair – Malcolm fell behind a bit of postings and is now in the process of catching up. Malcolm asked about the \$20k that the Age Group Championships receive to help support the venues to host championship meets. He's asking where this should be charged to. They will work offline to work all this out.
Malcolm is asking about where the 2025 Championships will be held. Eric said it will be a part of his proposal he's submitting during new business.
Malcolm is asking to start training an Age Group Chair. He feels it needs to be someone who is on deck.
Meet announcement will be out in early May for summer Age Group Championships. He needs to have a Meet Director. Stephanie will send him the names of the official's leadership for the meet.

E. Technical Planning Chair– none

F. Safe Sport Chair– At Age Group Champs in Kona, met with Heather Edwards (committee member) and discussed what the committee’s responsibilities are. We discussed getting a newsletter out to all the club’s Safe Sport Chair or their club president and head coach. We offer templates of various requirements to use when becoming a Safe Sport Recognized club. Currently, HISI has 3 clubs SSPR out of 27 registered HISI clubs. Sandy will talk with the other committee members on what to do moving forward.

G. DEI Chair– DEI would like to announce that Liko Lambert, Kinsey Oka, and Cheveyo Rodriguez have been selected to attend the 2024 DEI camp and summit at Butler University in Indiana June 17th-20th.

We are working on growing our committee and am excited to say that after the camp Cheveyo Rodriguez would like to serve on the committee and we hope Liko and Kinsey will join him as well.

We plan on identifying months/holidays to celebrate within the LSC to support the incredible diversity we have in our LSC.

H. Officials’ Chair – the new R9 standards went into effective April 1. Stephanie talked to each official’s island rep to make sure the R9 requirements are being met. Senior Champs Meet Referee will be Amanda Wilson and Saint Marie Gough will be the Administrative Referee. Age Group Champs has Dean Otaka as Meet Referee and Peggy Glasgow as the Administrative Referee.

I. Governance Chair – Jon congratulated Dave Coleman and Mark Notezel for their elected positions.

J. NTV – no report

K. Operational Risk – there have been quite a few incidents but she knows a report has not been submitted.

IV. Representative Member Reports

A. Coach Representatives–

1. Senior Rep- Nina thanks coaches for submitting their ballots for Junior Coach Rep. Jasmine Maui is now the Junior Coach Rep. Nina sent out a request for all coaches contact list.

2. Junior Rep- no report

B. Officials' Representative – no report

C. Athlete Representative– Parker said they are working on the Senior gifts to be given at Senior Champs.

D. At-Large Maui Representative- Shawn Donohue with Island Aquatics will be conducting Age Group Open Water training and then move to competitive races. He will do this for Maui swimmers first and then hoping to open it up to all HISI athletes by 2026.

E. At-Large Hawaii Island Representative – Meets scheduled are coming up. Jon announced when and where they will be and that they are all long course meters.

F. At-Large Oahu Representative – Ryan Muraoka is now leading the OSL. Gwenn asked who will be doing the financial reports for OSL. Ryan will discuss this offline with her later.

V. Old Business:

1. Clubs submitting reimbursements for the ASCA clinic to submit all names on one form which can be found on the HISI website.
2. A proposal that was submitted by John Flannagan regarding coach having to be at the warm up/down area during a meet. He wants that requirement taken off. It was reviewed and stated that this is a requirement from USA Swimming.

VI. New Business:

1. Stephanie Monahan proposes that for the Official's Quota, if an official has athletes on 2 clubs that they would need to complete 15 sessions at 6 or more meets, it will be counted for both clubs. **MOTION APPROVED TO BE PUT INTO THE P&P**
2. Apprentice officials will only receive credit for the official's quota if they are registered USA Swimming Non-Athlete member or an Apprentice Official. **MOTION APPROVED TO BE PUT INTO THE P&P**
3. Certification standards will be updated to align with R9. **MOTION APPROVED TO BE PUT INTO THE P&P**

4. Saint Marie Gough wants to update the duties and responsibilities for the job of the Operational Risk. **MOTION APPROVED TO BE PUT INTO THE P&P**
5. Saint Marie wants to update the warm up and warm down procedures. **MOTION APPROVED TO BE PUT INTO THE P&P**
6. OSL would like to petition and ask that the LSC pays the remaining balance on the Omega touchpads. The amount remaining is \$3,000. **MOTION APPROVED**
7. Aloha Aquatics would like to propose to add the 50-meter stroke events for championship meets for both LCM and SCY. Eric will send the proposal to the Senior and Age group committees.
8. Eric put together the ADHOC committee to look at time standards, meet formats, and schedules. Their proposals follow:

1. All time standards and Championship formats can only be changed in the 4th year of the quad at the April HOD meeting for the following quad. Format includes number of events/bonus events, bonus event rules, number of finals, age groupings, order of events, start times for warm up and competition. This would take effect immediately. **MOTION APPROVED**

2. See attached time standard proposals. (At the end of this report) Please note the proposed time standards are highlighted in yellow. If the proposed time standard is faster than the current standard we will continue to use the current standard. **MOTION APPROVED**

3. Set championship hosting by island in the 4th year of the quad at the April HOD meeting for the following quad. Changes to this can only be made if the host island is unable to host due to unforeseen circumstances at which time the BOD will need to vote on a new site. Please see attached for proposed hosting cycle. A disclaimer to changes of venue due to unforeseen circumstances will be placed in the meet announcement stating the LSC and host organization is not liable for any financial loss. 2025 BIS SCY, MAUI JAGS, **FINISH REPORT MOTION APPROVED**

4. SCY Age Group Championships is -14 and under unlimited bonus events, 15-18 will continue to have no bonus events. A Finals for 10U, 11, 12, 13, 14 and A&B Final for 15-18. Prelims and relays will be swum as 10U, 11-12, 13-14 and 15-18. Athletes who attend Age Group Championships will not be eligible for Junior Age Group Championships. LCM Age Group Championships will be status quo.

AMENDMENT – Eric will take out the mention of Junior Age Group Championship and will discuss later. **AMENDMENT APPROVED**

Jasmine Maui proposed to add the 15-18 age group may have 2 bonus events for SCY only. **AMENDMENT APPROVED**

Saint Marie Gough is proposing the 15-18 only have A final eliminating the B final. **AMENDMENT FAILED**

Jasmine Mau proposed to keep the combined age groups to remain combined for finals. **AMENDMENT FAILED**

Proposal now goes as:

SCY Age Group Championships is -14 and under unlimited bonus events, 15-18 will have 2 bonus events. A Finals for 10U, 11, 12, 13, 14 and A&B Final for 15-18. Prelims and relays will be swum as 10U, 11-12, 13-14 and 15-18. LCM Age Group Championships will be status quo.

VII. Final Comments:

VIII. Adjournment: 2:41pm

Respectfully submitted

by Sandy Drake

Hawaiian Swimming Secretary

HAWAIIAN SWIMMING MISSION AND VISION:

VISION: Hawaiian Swimming promotes the highest level of swimming for each member. **MISSION:** Providing opportunities to learn competitive skills that create champions in life.

| Mont hs | 2014 | Ru n- tot al | 2015 | Run- total | 201 6 | Run- Total | 201 7 | Ru n- tot al | 201 8 | Run- total | 201 9 | Run - tota l | |
|--------------------|-------------|---------------------------------|--------------------|-----------------------------|---------------------------------|-----------------------------|------------------|---------------------------------|------------------|-----------------------------|------------------|---------------------------------|------|
| Sept | 252 | 252 | 588 | 588 | 347 | 359 | 369 | 369 | 608 | 608 | Sept | 424 | 424 |
| Oct | 813 | 1065 | 775 | 1363 | 689 | 1065 | 531 | 900 | 543 | 1151 | Oct | 623 | 1047 |
| Nov | 407 | 1472 | 426 | 1789 | 420 | 1492 | 849 | 1749 | 404 | 1555 | Nov | 288 | 1335 |
| Dec | 771 | 2243 | 602 | 2391 | 753 | 2247 | 707 | 2456 | 671 | 2226 | Dec | 880 | 2215 |
| Jan | 331 | 2574 | 304 | 2695 | 320 | 2569 | 278 | 2734 | 210 | 2436 | Jan | 262 | 2477 |
| Feb | 184 | 2758 | 222 | 2917 | 253 | 2828 | 132 | 2866 | 239 | 2675 | Feb | 172 | 2649 |
| Marc h | 93 | 2851 | 68 | 2985 | 141 | 2978 | 149 | 3015 | 125 | 2800 | Marc h | 77 | 2726 |
| April | 97 | 2948 | 68 | 3053 | 92 | 3078 | 67 | 3082 | 127 | 2927 | April | 56 | 2782 |
| May | 115 | 3063 | 167 | 3220 | 89 | 3167 | 102 | 3184 | 46 | 2973 | May | 119 | 2901 |
| June | 138 | 3201 | 143 | 3363 | 99 | 3272 | 97 | 3281 | 113 | 3086 | June | 125 | 3026 |
| July | 68 | 3269 | 75 | 3438 | 48 | 3323 | 25 | 3306 | 42 | 3128 | July | 56 | 3082 |
| Augus t | 27 | 3260 | 83 | 3521 | 11 | 3334 | 34 | 3340 | 32 | 3160 | Augus t | 44 | 3126 |
| Total | 3296 | 3269 | 3521 | 3521 | 2 | 3341 | 3340 | 3343 | 3160 | 3160 | | 3126 | 3126 |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| Mont hs | 2020 | Ru n- tot al | Mont hs | 2021 Seas on | Run - Tot al | 2022 Seas on | | Ru n- tot al | | 2023 Seas on | | Run - tota l | |
| Sept | 753 | 753 | June | 11 | 11 | Sept | 365 | 365 | | Sept | 1098 | 1098 | |
| Oct | 448 | 1201 | July | 58 | 69 | Oct | 414 | 779 | | Oct | 534 | 1632 | |

| | | | | | | | | | | | | | |
|-------|----------|-----|--|--|--|--|--|--|--|--|--|--|--|
| Dec | 645 | 209 | | | | | | | | | | | |
| Jan | 265 | 236 | | | | | | | | | | | |
| Feb | 82 | 244 | | | | | | | | | | | |
| March | 62 | 250 | | | | | | | | | | | |
| April | 31(part) | 253 | | | | | | | | | | | |
| May | | | | | | | | | | | | | |
| June | | | | | | | | | | | | | |
| July | | | | | | | | | | | | | |

Hawaiian Swimming LSC

Profit & Loss - Modified Cash Basis

For the Three Months Ended March 31, 2024 and 2023

| | | | |
|--------------------------------------|------------------|------------------|-------------------|
| Investment Income | | | |
| Endowment Income | | | |
| Dividend Income | 2,565.43 | 1,109.60 | 1,455.83 |
| Total Endowment Income | <u>2,565.43</u> | <u>1,109.60</u> | <u>1,455.83</u> |
| Total Investment Income | 2,565.43 | 1,109.60 | 1,455.83 |
| Program Income | | | |
| USA Swimming Registration | 20,267.00 | 17,444.00 | 2,823.00 |
| Total Program Income | <u>20,267.00</u> | <u>17,444.00</u> | <u>2,823.00</u> |
| | 0 | 0 | |
| Special Events Income | | | |
| SC State Championship | | | |
| SC State Championship; Late Fee | 0.00 | 100.00 | -100.00 |
| SC State Championship - Other | 21,853.50 | 25,617.00 | -3,763.50 |
| Total SC State Championship | <u>21,853.50</u> | <u>25,717.00</u> | <u>-3,863.50</u> |
| JAG SC Championship | 9,339.00 | 6,168.00 | 3,171.00 |
| Total Special Events Income | <u>31,192.50</u> | <u>31,885.00</u> | <u>-692.50</u> |
| Program Service Revenue | | | |
| Surcharge | 19,481.50 | 37,346.00 | -17,864.50 |
| Total Program Service Revenue | <u>19,481.50</u> | <u>37,346.00</u> | <u>-17,864.50</u> |
| Total Income | <u>73,506.43</u> | <u>87,784.60</u> | <u>-14,278.17</u> |

| | | | |
|---------------------------------------|-------------------|-------------------|------------------|
| Total Checking/Savings | 510,690.59 | 266,227.94 | 244,462.65 |
| Other Current Assets | | | |
| Other Receivables | 600.00 | 0.00 | 600.00 |
| Total Other Current Assets | 600.00 | 0.00 | 600.00 |
| Total Current Assets | 511,290.59 | 266,227.94 | 245,062.65 |
| Fixed Assets | | | |
| Furniture and Equipment | | | |
| Office Equipment | 2,614.69 | 2,614.69 | 0.00 |
| Accum Depreciation-Office Equip | -2,614.69 | -2,614.69 | 0.00 |
| Meet Equipment | 36,522.58 | 36,522.58 | 0.00 |
| Accum Depreciation-Meet Equip | -36,522.58 | -36,522.58 | 0.00 |
| Total Furniture and Equipment | 0.00 | 0.00 | 0.00 |
| Total Fixed Assets | 0.00 | 0.00 | 0.00 |
| Other Assets | | | |
| Equity Securities-Endowmt(cost) | 29,406.45 | 258,647.95 | -229,241.50 |
| Total Other Assets | 29,406.45 | 258,647.95 | -229,241.50 |
| TOTAL ASSETS | 540,697.04 | 524,875.89 | 15,821.15 |
| LIABILITIES & EQUITY | | | |
| Liabilities | | | |
| Current | | | |
| Liabilities | | | |
| Credit | 4,734.57 | 0.00 | 4,734.57 |
| Cards | | | |
| Hawaiian Air Credit Card | | | |
| Total Credit Cards | 4,734.57 | 0.00 | 4,734.57 |
| Total Current Liabilities | 4,734.57 | 0.00 | 4,734.57 |
| Total Liabilities | 4,734.57 | 0.00 | 4,734.57 |
| Equity | | | |
| Unrestricted Net Assets | 499,674.36 | 457,055.76 | 42,618.60 |
| Net Income | 36,288.11 | 67,820.13 | -31,532.02 |
| Total Equity | 535,962.47 | 524,875.89 | 11,086.58 |
| TOTAL LIABILITIES & EQUITY | 540,697.04 | 524,875.89 | 15,821.15 |

Membership options for Apprentice Officials

In order to get on deck, an Apprentice Official has two options:

- 1) Register as an Apprentice Official, in which case, they can go out on deck and begin their on-deck training. They have 60 days to complete their APT, CPT and BCG. At day 61 they must become a non-athlete member which requires APT, CPT and BCG to be completed before stepping on deck.
- 2) Register as a non-athlete official member, complete APT, CPT and BCG before stepping on deck. A non-athlete Official membership cannot be Coach (including Provisional or Junior), Other, or Administrators.

This verbiage is supported in USAS Bylaws 2.6.5 section F (below):

"The following individuals are required to be non-athlete members of USA Swimming:

- A. Adult employees of USA Swimming, LSCs, and member clubs;
- B. Adults serving on the board of directors of USA Swimming, LSCs, and member clubs;
- C. Individuals in a position of oversight over the operations of a member club;
- D. Adults with an ownership interest in a member club;
- E. Referees, starters, administrative officials, chief judges and stroke and turn judges, meet directors; and
- F. Other volunteers who interact directly and frequently with or have authority over athletes (as defined in the SafeSport Code for the Olympic and Paralympic Movement) as a regular part of their duties.

This does not apply to volunteers such as apprentice officials, timers, meet marshals, computer operators, etc., who only have limited contact with athletes during a meet. However, any individual who is banned, currently suspended or ineligible for membership is prohibited from serving as an apprentice official, meet marshal, timer or computer operator or otherwise being on deck at any time in connection with a USA Swimming activity. Apprentice officials must still register with USA Swimming under the "apprentice official" non-membership category. "Apprentice official" registration is a one-time registration, only valid for 60 days and cannot be renewed." So, if an LSC does not offer the Apprentice Official membership, then the apprentice official MUST be a non-athlete member and have completed their APT, CPT and BCG before stepping on deck. OTS will prevent anyone who is not/was not in good standing (either Apprentice Official, or Official with all requirements) at the time of the meet from being entered.

If an LSC offers the Apprentice Official membership, then the apprentice using that membership has 60 days to complete the APT, CPT and BCG and register as a non-athlete member.

1. If the Apprentice Official is not yet expired, they must UPGRADE to Official
 2. If the Apprentice Official is expired, they will use the club registration link to register as an Official.
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LSC Operational Risk Chair

Appointment and Term: The Operational Risk Chair shall be elected by the House of Delegates.

Term Limit: two-year term

Duties and Responsibilities: The LSC Operational Risk Chair is responsible for promoting safety throughout the LSC swimming community and instilling safety as a fundamental aspect of the LSC philosophy.

1. Acting as the primary point of contact between the national organization and grassroots efforts, the Operational Risk Chair liaises with National Headquarters regarding safety inquiries and concerns, relays policy decisions to the LSC, and directs the LSC's Operational Risk program.
2. Leading the development of Operational Risk education programs for the LSC and presenting recommendations to the LSC Board of Directors.
3. Serving as the liaison between USA Swimming/LSC and Club Operational Risk Coordinators.
4. Providing injury reports within the LSC at each LSC Board and House of Delegates meeting upon request.
5. Offering input and periodically reviewing LSC warm-up guidelines.
6. Organizing and/or conducting necessary water safety training opportunities within the LSC.
7. Maintaining regular communication with Club Operational Risk Coordinators.
8. Contacting USA Swimming, in coordination with the General Chair when appropriate, to address safety questions and concerns.
9. Disseminating safety information and required forms to all member clubs, coaches, and officials within the LSC.
10. Providing guidance for compliance with USA Swimming National and LSC rules.
11. Continuously reviewing and refining the LSC safety programs and club-level initiatives.

12. Reviewing completed Report of Occurrence forms and making suggestions to prevent reoccurrence.

13. Promoting safety as a focal point of discussion during coaches' and officials' pre-meet meetings.

14. Developing and distributing facility checklists, safety checklists, and emergency action plans as needed.

Committee and Other Obligations:

- Chairing the Operational Risk Committee.
- Attending monthly USA Swimming Operational Risk Chair Meetings.
- Participating in USA Swimming workshops promoting safety.

Operational Risk Committee

Chair: Operational Risk Chair - The Operational Risk Chair shall be elected for a 2 year term by the House of Delegates.

Composition: The Committee shall be comprised of the Operational Risk Committee Chair, and at least four (4) members with a sufficient number of athletes so as to constitute at least twenty percent (20%) of the voting membership of the Committee.

Duties and Responsibilities:

1. Development of Operational Risk education programs tailored for the LSC.
2. Review and refine the LSC safety programs and club-level initiatives on a continuous basis.
3. Providing feedback on completed Report of Occurrence forms to prevent reoccurrence of incidents.
4. Promoting safety discussions and initiatives within coaches' and officials' pre-meet meetings.
5. Contribute to the development and distribution of facility checklists, safety checklists, and emergency action plans as necessary.

PROPOSED Championship format:

1) All time standards and Championship formats can only be changed in the 4th year of the quad at the April HOD meeting for the following quad. Format includes number of events/bonus events, bonus event rules, number of finals, age groupings, order of events, start times for warm up and competition.

2) See attached time standard proposals. Please note the proposed time standards are highlighted in yellow. If the proposed time standard is faster than the current standard we will continue to use the current standard.

3) Set championship hosting by island in the 4th year of the quad at the April HOD meeting for the following quad. Changes to this can only be made if the host island is unable to host due to unforeseen circumstances at which time the BOD will need to vote on a new site. Please see attached for proposed hosting cycle. A disclaimer to changes of venue due to unforeseen circumstances will be placed in the meet announcement stating the LSC and host organization is not liable for any financial loss.

4) SCY Age Group Championships is -14 and under unlimited bonus events, 15-18 will continue to have no bonus events. A Finals for 10U, 11, 12, 13, 14 and A&B Final for 15-18. Prelims and relays will be swum as 10U, 11-12, 13-14 and 15-18. Athletes who attend Age Group Championships will not be eligible for Junior Age Group Championships. LCM Age Group Championships will be status quo.

5) Senior Champs number of finals heat changed depending on the number of athletes participating in the meet.

Under 250 athletes

50 Free - A,B,C,D Finals

100s - A, B,C, Finals

200 and up - A, B Finals

Over 250 athletes

50 Free - A,B,C,D,E Finals

100s - A, B,C,D Finals

200 - A,B,C Finals

Above 200 – A,B Final

Last final heat of 200s and less are reserved for 18 and under athletes

PROPOSED TIME STANDARDS:

| | <u>2022-23</u> <u>HISI</u> <u>AAA</u> | AVERAGE A+BB LCM CHMP | <u>2022-23</u> <u>HISI</u> <u>AA</u> | <u>Nat'l</u> <u>Motivati</u> <u>onal</u> <u>BB</u> | <u>2022-23</u> <u>HISI</u> <u>A</u> | <u>Nat'l</u> <u>Motivati</u> <u>onal</u> <u>B</u> |
|-------------------|---|-----------------------------|--|---|---|--|
| 10U Boys | | | | | | |
| 50 Free | 0:36.61 | 00:37.49 | 0:40.27 | 39.49 | 0:43.93 | 43.59 |
| 100 Free | 1:23.15 | 01:24.99 | 1:31.47 | 1:30.19 | 1:39.78 | 1:40.59 |
| 200 Free | 3:03.03 | 03:01.44 | 3:21.35 | 3:12.09 | 3:39.64 | 3:33.49 |
| 50 Back | 0:45.62 | 00:46.09 | 0:50.18 | 49.19 | 0:54.75 | 55.29 |
| 100 Back | 1:42.96 | 01:37.04 | 1:53.25 | 1:43.09 | 2:03.56 | 1:55.09 |
| 50 Breast | 0:51.11 | 00:50.14 | 0:56.21 | 53.29 | 1:01.32 | 59.69 |
| 100 Breast | 1:52.60 | 01:49.34 | 2:03.86 | 1:55.99 | 2:15.12 | 2:09.39 |
| 50 Fly | 0:44.28 | 00:43.09 | 0:48.71 | 45.99 | 0:53.14 | 51.79 |
| 100 Fly | 2:08.47 | 01:42.64 | 2:21.32 | 1:50.79 | 2:34.17 | 2:07.09 |
| 200 IM | 3:37.39 | 03:28.09 | 3:59.13 | 3:40.79 | 4:20.86 | 4:06.19 |
| 11-12 Boys | <u>AAA</u> | | <u>AA</u> | <u>BB</u> | <u>A</u> | <u>B</u> |
| 50 Free | 0:32.24 | 00:33.34 | 0:35.47 | 34.69 | 0:38.68 | 37.29 |
| 100 Free | 1:12.36 | 01:12.59 | 1:19.60 | 1:15.49 | 1:26.84 | 1:21.29 |
| 200 Free | 2:36.95 | 02:38.54 | 2:52.62 | 2:44.89 | 3:08.31 | 2:57.49 |
| 400 Free | 5:30.03 | 05:35.29 | 6:03.03 | 5:48.69 | 6:36.04 | 6:15.49 |
| 50 Back | 0:39.48 | 00:38.69 | 0:43.42 | 40.39 | 0:47.38 | 43.69 |
| 100 Back | 1:25.84 | 01:24.24 | 1:34.43 | 1:27.99 | 1:43.01 | 1:35.49 |
| 200 Back | 3:14.96 | 02:58.09 | 3:34.45 | 3:05.19 | 3:53.96 | 3:19.49 |
| 50 Breast | 0:43.54 | 00:43.24 | 0:47.89 | 45.19 | 0:52.24 | 48.99 |
| 100 | 1:34.04 | 01:34.34 | 1:43.44 | 1:38.39 | 1:52.84 | 1:46.59 |

| | | | | | |
|---------|---------|----------|---------|---------|---------|
| Breast | | | | | |
| 200 | 3:32.08 | 03:20.64 | 3:53.29 | 3:28.69 | 4:14.49 |
| Breast | | | | | |
| 50 Fly | 0:36.40 | 00:36.89 | 0:40.04 | 38.59 | 0:43.68 |
| 100 Fly | 1:26.30 | 01:22.44 | 1:34.93 | 1:26.29 | 1:43.56 |
| 200 Fly | 3:19.30 | 02:59.04 | 3:39.23 | 3:06.19 | 3:59.16 |
| 200 IM | 3:01.27 | 03:00.84 | 3:19.39 | 3:08.49 | 3:37.52 |
| 400 IM | 6:47.35 | 06:23.84 | 7:28.09 | 6:39.19 | 8:08.82 |

Wtd Ave
0.7

| | | | | | | |
|------------|------------|----------|-----------|-----------|----------|----------|
| 13-14 | <u>AAA</u> | CHM | <u>AA</u> | <u>BB</u> | <u>A</u> | <u>B</u> |
| Boys | | P | | | | |
| 50 Free | 0:28.51 | 00:30.24 | 0:31.36 | 31.99 | 0:34.21 | 34.39 |
| 100 Free | 1:02.67 | 01:06.11 | 1:08.93 | 1:09.89 | 1:15.20 | 1:15.29 |
| 200 Free | 2:19.79 | 02:24.10 | 2:33.77 | 2:32.29 | 2:47.75 | 2:44.09 |
| 400 Free | 4:56.09 | 05:06.66 | 5:25.70 | 5:24.09 | 5:55.30 | 5:49.09 |
| 800 Free | 10:31.80 | 10:37.73 | 11:34.98 | 11:13.99 | 12:38.16 | 12:05.89 |
| 1500 Free | 19:59.99 | 20:18.09 | 21:59.99 | 21:27.39 | 23:59.99 | 23:06.49 |
| 100 Back | 1:15.63 | 01:13.69 | 1:23.18 | 1:17.89 | 1:30.74 | 1:23.89 |
| 200 Back | 2:44.39 | 02:39.99 | 3:00.83 | 2:49.09 | 3:17.27 | 3:02.09 |
| 100 Breast | 1:23.64 | 01:23.33 | 1:32.00 | 1:28.09 | 1:40.37 | 1:34.89 |
| 200 Breast | 3:03.74 | 03:00.50 | 3:22.11 | 3:10.79 | 3:40.48 | 3:25.49 |
| 100 Fly | 1:12.36 | 01:11.43 | 1:19.60 | 1:15.49 | 1:26.84 | 1:21.29 |

| | | | | | | |
|---------|---------|----------|---------|---------|---------|---------|
| 200 Fly | 3:01.80 | 02:38.96 | 3:19.98 | 2:47.99 | 3:38.16 | 3:00.89 |
| 200 IM | 2:38.40 | 02:42.22 | 2:54.24 | 2:51.39 | 3:10.08 | 3:04.59 |
| 400 IM | 5:41.75 | 05:45.02 | 6:15.93 | 6:04.69 | 6:50.10 | 6:32.69 |

Wtd Ave
0.7

| 15-18 Boys | <u>AAA</u> | CHM P | <u>AA</u> | <u>BB</u> | <u>A</u> | <u>B</u> |
|------------|------------|----------|-----------|-----------|----------|----------|
| 50 Free | 0:26.09 | 00:28.58 | 0:28.69 | 30.19 | 0:31.30 | 32.59 |
| 100 Free | 0:57.28 | 01:03.25 | 1:03.01 | 1:06.89 | 1:08.73 | 1:11.99 |
| 200 Free | 2:07.21 | 02:18.25 | 2:19.93 | 2:26.09 | 2:32.65 | 2:37.39 |
| 400 Free | 4:32.23 | 04:53.23 | 4:59.45 | 5:09.89 | 5:26.67 | 5:33.69 |
| 800 Free | 9:44.99 | 10:15.09 | 10:43.49 | 10:50.09 | 11:41.99 | 11:40.09 |
| 1500 Free | 19:29.99 | 19:27.56 | 21:26.98 | 20:33.99 | 23:23.99 | 22:08.99 |
| 100 Back | 1:08.72 | 01:10.40 | 1:15.59 | 1:14.39 | 1:22.46 | 1:20.19 |
| 200 Back | 2:32.25 | 02:32.64 | 2:47.48 | 2:41.39 | 3:02.70 | 2:53.79 |
| 100 Breast | 1:16.36 | 01:18.94 | 1:24.00 | 1:23.49 | 1:31.63 | 1:29.89 |
| 200 Breast | 2:51.04 | 02:51.66 | 3:08.15 | 3:01.39 | 3:25.24 | 3:15.39 |
| 100 Fly | 1:03.37 | 01:07.94 | 1:09.71 | 1:11.79 | 1:16.05 | 1:17.39 |
| 200 Fly | 2:31.15 | 02:31.38 | 2:46.27 | 2:39.99 | 3:01.38 | 2:52.29 |
| 200 IM | 2:25.34 | 02:35.17 | 2:39.87 | 2:43.99 | 2:54.40 | 2:56.59 |
| 400 IM | 5:13.76 | 05:28.60 | 5:45.14 | 5:47.29 | 6:16.51 | 6:14.09 |

| Senior Boys | <u>A</u> | SR - A | <u>B</u> | SR-B |
|-------------|----------|----------|----------|----------|
| 50 Free | 27.31 | 00:27.89 | 0:28.68 | 00:30.19 |
| 100 Free | 1:00.05 | 1:01.69 | 1:03.05 | 1:06.89 |
| 200 Free | 2:14.17 | 2:14.89 | 2:20.88 | 2:26.09 |
| 400 Free | 4:43.45 | 4:46.09 | 4:57.62 | 5:09.89 |
| 800 Free | 9:59.99 | 10:00.09 | 10:29.99 | 10:50.09 |
| 1500 Free | 19:22.25 | 18:59.09 | 20:20.36 | 20:33.99 |
| 100 Back | 1:12.26 | 1:08.69 | 1:15.87 | 1:14.39 |
| 200 Back | 2:35.31 | 2:28.89 | 2:43.07 | 2:41.39 |

| | | | | |
|------------|---------|---------|---------|---------|
| 100 Breast | 1:20.51 | 1:16.99 | 1:24.53 | 1:23.49 |
| 200 Breast | 2:56.87 | 2:47.49 | 3:05.71 | 3:01.39 |
| 100 Fly | 1:08.30 | 1:06.29 | 1:11.71 | 1:11.79 |
| 200 Fly | 2:34.43 | 2:27.69 | 2:42.15 | 2:39.99 |
| 200 IM | 2:32.50 | 2:31.39 | 2:40.12 | 2:43.99 |
| 400 IM | 5:27.57 | 5:20.59 | 5:43.95 | 5:47.29 |

| | <u>2022-23</u> <u>HISI</u> <u>AAA</u> | AVERAGE A+BB LCM CHMP | <u>2022-23</u> <u>HISI</u> <u>AA</u> | <u>Nat'l</u> <u>Motivat</u> <u>i onal</u> <u>BB</u> | <u>2022-23</u> <u>HISI</u> <u>A</u> | <u>Nat'l</u> <u>Motivat</u> <u>i onal</u> <u>B</u> |
|--------------------|---|--------------------------------|--|--|---|---|
| 10U Girls | | | | | | |
| 50 Free | 0:36.68 | 00:37.74 | 0:40.34 | 39.89 | 0:44.00 | 44.09 |
| 100 Free | 1:22.06 | 01:25.65 | 1:30.27 | 1:31.19 | 1:38.47 | 1:41.99 |
| 200 Free | 3:02.66 | 03:08.64 | 3:20.94 | 3:20.99 | 3:39.21 | 3:45.79 |
| 50 Back | 0:43.95 | 00:45.89 | 0:48.34 | 48.89 | 0:52.74 | 54.89 |
| 100 Back | 1:36.74 | 01:39.34 | 1:46.42 | 1:45.99 | 1:56.10 | 1:59.19 |
| 50 Breast | 0:49.62 | 00:50.74 | 0:54.58 | 53.99 | 0:59.54 | 1:00.49 |
| 100 Breast | 1:46.61 | 01:52.45 | 1:57.27 | 1:59.79 | 2:07.93 | 2:14.79 |
| 50 Fly | 0:42.52 | 00:43.94 | 0:46.78 | 47.09 | 0:51.03 | 53.39 |
| 100 Fly | 1:48.98 | 01:44.49 | 1:59.88 | 1:52.99 | 2:10.77 | 2:09.99 |
| 200 IM | 3:25.97 | 03:30.14 | 3:46.58 | 3:43.19 | 4:07.18 | 4:09.39 |
| 11-12 Girls | <u>AAA</u> | CHMP | <u>AA</u> | <u>BB</u> | <u>A</u> | <u>B</u> |
| 50 Free | 0:32.24 | 00:33.34 | 0:35.45 | 35.69 | 0:38.67 | 38.39 |
| 100 Free | 1:11.26 | 01:12.59 | 1:18.39 | 1:18.09 | 1:25.52 | 1:24.09 |
| 200 Free | 2:35.76 | 02:38.54 | 2:51.33 | 2:49.19 | 3:06.92 | 3:02.29 |
| 400 Free | 5:29.18 | 05:35.29 | 6:02.09 | 5:56.49 | 6:35.02 | 6:23.89 |
| 50 Back | 0:38.12 | 00:38.69 | 0:41.94 | 40.79 | 0:45.74 | 43.99 |
| 100 Back | 1:22.76 | 01:24.24 | 1:31.03 | 1:30.99 | 1:39.31 | 1:38.69 |
| 200 Back | 2:58.02 | 02:58.09 | 3:15.82 | 3:09.89 | 3:33.62 | 3:24.49 |
| 50 Breast | 0:42.81 | 00:43.24 | 0:47.09 | 45.49 | 0:51.37 | 48.99 |
| 100 Breast | 1:34.30 | 01:34.34 | 1:43.73 | 1:40.89 | 1:53.16 | 1:48.89 |

| | | | | | | |
|------------|---------|----------|---------|---------|---------|---------|
| 200 Breast | 3:24.10 | 03:20.64 | 3:44.51 | 3:35.99 | 4:04.93 | 3:52.59 |
| 50 Fly | 0:35.29 | 00:36.89 | 0:38.82 | 38.29 | 0:42.35 | 41.29 |
| 100 Fly | 1:22.06 | 01:22.44 | 1:30.27 | 1:28.49 | 1:38.47 | 1:36.19 |
| 200 Fly | 3:19.39 | 02:59.04 | 3:39.33 | 3:10.19 | 3:59.26 | 3:24.89 |
| 200 IM | 2:57.49 | 03:00.84 | 3:15.24 | 3:11.39 | 3:32.99 | 3:26.09 |
| 400 IM | 6:26.80 | 06:23.84 | 7:05.48 | 6:48.29 | 7:44.16 | 7:19.69 |

Wtd Ave
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| 13-14 Girls | <u>AAA</u> | CHMP | <u>AA</u> | <u>BB</u> | <u>A</u> | <u>B</u> |
|-------------|------------|----------|-----------|-----------|----------|----------|
| 50 Free | 0:30.34 | 00:32.60 | 0:33.38 | 34.49 | 0:36.41 | 37.09 |
| 100 Free | 1:06.06 | 01:10.73 | 1:12.66 | 1:14.79 | 1:19.27 | 1:20.49 |
| 200 Free | 2:23.76 | 02:33.11 | 2:38.13 | 2:41.79 | 2:52.51 | 2:54.29 |
| 400 Free | 5:03.73 | 05:22.25 | 5:34.10 | 5:40.59 | 6:04.47 | 6:06.79 |
| 800 Free | 10:39.99 | 11:04.19 | 11:43.99 | 11:41.99 | 12:47.99 | 12:35.99 |
| 1500 Free | 20:39.99 | 21:10.78 | 22:43.99 | 22:23.09 | 24:47.99 | 24:06.39 |
| 100 Back | 1:16.09 | 01:19.04 | 1:23.70 | 1:23.59 | 1:31.31 | 1:29.99 |
| 200 Back | 2:44.23 | 02:49.03 | 3:00.65 | 2:58.69 | 3:17.07 | 3:12.39 |
| 100 Breast | 1:25.82 | 01:29.68 | 1:34.40 | 1:34.79 | 1:42.98 | 1:42.09 |
| 200 Breast | 3:06.61 | 03:13.00 | 3:25.25 | 3:23.99 | 3:43.91 | 3:39.69 |
| 100 Fly | 1:14.40 | 01:16.12 | 1:21.85 | 1:20.39 | 1:29.29 | 1:26.59 |

| | | | | | | |
|---------|---------|----------|---------|---------|---------|---------|
| 200 Fly | 2:51.59 | 02:49.60 | 3:08.75 | 2:59.19 | 3:25.91 | 3:12.99 |
| 200 IM | 2:43.71 | 02:51.99 | 3:00.08 | 3:01.79 | 3:16.45 | 3:15.79 |
| 400 IM | 5:47.74 | 06:05.10 | 6:22.49 | 6:25.89 | 6:57.27 | 6:55.49 |

Wtd Ave
0.7

| 15-18 Girls | <u>AAA</u> | CHM P | <u>AA</u> | <u>BB</u> | <u>A</u> | <u>B</u> |
|-------------|------------|----------|-----------|-----------|----------|----------|
| 50 Free | 0:29.92 | 00:31.97 | 0:32.91 | 33.79 | 0:35.91 | 36.39 |
| 100 Free | 1:05.04 | 01:09.57 | 1:11.54 | 1:13.49 | 1:18.05 | 1:19.19 |
| 200 Free | 2:22.69 | 02:29.82 | 2:36.96 | 2:38.29 | 2:51.23 | 2:50.49 |
| 400 Free | 5:02.92 | 05:14.97 | 5:33.21 | 5:32.89 | 6:03.50 | 5:58.49 |
| 800 Free | 10:29.99 | 10:51.29 | 11:32.99 | 11:28.39 | 12:35.99 | 12:21.29 |
| 1500 Free | 20:19.99 | 20:51.00 | 22:21.99 | 22:02.19 | 24:23.99 | 23:43.89 |
| 100 Back | 1:15.41 | 01:16.75 | 1:22.95 | 1:21.09 | 1:30.49 | 1:27.29 |
| 200 Back | 2:44.23 | 02:45.54 | 3:00.65 | 2:54.99 | 3:17.07 | 3:08.39 |
| 100 Breast | 1:25.82 | 01:27.42 | 1:34.40 | 1:32.39 | 1:42.98 | 1:39.49 |
| 200 Breast | 3:06.61 | 03:09.71 | 3:25.25 | 3:17.89 | 3:43.91 | 3:33.09 |
| 100 Fly | 1:13.01 | 01:15.02 | 1:20.30 | 1:18.29 | 1:27.60 | 1:24.29 |
| 200 Fly | 2:51.59 | 02:44.61 | 3:08.75 | 2:53.39 | 3:25.91 | 3:06.79 |
| 200 IM | 2:41.79 | 02:48.60 | 2:57.97 | 2:56.99 | 3:14.15 | 3:10.69 |
| 400 IM | 5:47.74 | 05:58.42 | 6:22.49 | 6:18.79 | 6:57.27 | 6:47.89 |

| Senior Girls | <u>A</u> | SR - A | <u>B</u> | SR - B |
|--------------|----------|----------|----------|----------|
| 50 Free | 29.82 | 00:31.19 | 0:31.31 | 00:33.79 |
| 100 Free | 1:04.97 | 1:07.89 | 1:08.22 | 1:13.49 |
| 200 Free | 2:22.70 | 2:26.19 | 2:29.83 | 2:38.29 |
| 400 Free | 4:59.52 | 5:07.29 | 5:14.50 | 5:32.89 |
| 800 Free | 10:29.99 | 10:35.39 | 11:01.49 | 11:28.39 |
| 1500 Free | 20:19.99 | 20:20.49 | 21:20.99 | 22:02.19 |
| 100 Back | 1:16.94 | 1:14.89 | 1:20.79 | 1:21.09 |

| | | | | |
|----------|---------|---------|---------|---------|
| 200 Back | 2:46.48 | 2:41.49 | 2:54.80 | 2:54.99 |
| 100 | 1:26.88 | 1:25.29 | 1:31.22 | 1:32.39 |
| Breast | | | | |
| 200 | 3:08.58 | 3:05.09 | 3:18.01 | 3:20.49 |
| Breast | | | | |
| 100 Fly | 1:13.39 | 1:13.19 | 1:17.06 | 1:19.29 |
| 200 Fly | 2:46.97 | 2:40.59 | 2:55.32 | 2:53.99 |
| 200 IM | 2:43.04 | 2:44.49 | 2:51.19 | 2:58.19 |
| 400 IM | 5:46.68 | 5:49.69 | 6:04.01 | 6:18.79 |

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