

**IOWA SWIMMING, INC.
2026 Age Group CHAMPIONSHIPS**

February 20-22, 2026

**Hosted by
BLACK HAWK AREA SWIM TEAM**



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IASI SANCTION	IA-26-039. Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI).																					
RULES	Current USA Swimming technical and administrative rules and IASI policies and procedures will govern this meet.																					
MAAPP	All adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. 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 at this meet. Additional information regarding the Required Quality Control System for Safe Sport may be found on the Iowa Swimming Website > Meet Host Resources page https://www.gomotionapp.com/team/lscis/page/competition-resources																					
DATES	Friday-Sunday, February 20-22, 2026																					
TIMES	<table><thead><tr><th colspan="2">Session</th></tr><tr><th></th><th>Warm-Up</th><th>Competition</th></tr></thead><tbody><tr><td>1</td><td>Friday Evening Not before 4:00 pm</td><td>Not before 5:30 pm</td></tr><tr><td>2</td><td>Saturday Morning Not before 7:00 am</td><td>8:30 am</td></tr><tr><td>3</td><td>Saturday Evening Not before 4:00 pm</td><td>Not before 5:30 pm</td></tr><tr><td>4</td><td>Sunday Morning Distance 8:00 am</td><td>9:00 am</td></tr><tr><td>5</td><td>Sunday Afternoon Not before 11:00 am</td><td>Not before 12:00 pm</td></tr></tbody></table> <p>Should warm-up need to be split, clubs will be notified by 6:00 pm on Wednesday, February 18th, 2026.</p>		Session			Warm-Up	Competition	1	Friday Evening Not before 4:00 pm	Not before 5:30 pm	2	Saturday Morning Not before 7:00 am	8:30 am	3	Saturday Evening Not before 4:00 pm	Not before 5:30 pm	4	Sunday Morning Distance 8:00 am	9:00 am	5	Sunday Afternoon Not before 11:00 am	Not before 12:00 pm
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The pool deck will open 30-minutes prior to warm-ups and will close 30-minutes after the conclusion of the last event each day. Athletes must remove all personal items each day. Items left on the pool deck will be collected and placed in lost and found.

**TECHNICAL
MEETING**

Thursday, February 19, 2026 at 7pm CST via Zoom, and as necessary throughout the meet. Meet details will be discussed.

Details and information discussed at this meeting will be emailed to all coaches and available from the Meet Referee following the meeting. Coaches are responsible for all information presented and included in this information.

SITE
Cedar Falls Community Natatorium
2701 W 27th St.
Cedar Falls, IA 50613

FACILITY
Indoor, ten lane, twenty-five yard course with a separate four lane, twenty-five yard cool down pool. Competition pool water depth is 6'7" at the starting end and 12'6" at the turn end. Colorado timing system with touch pads, push button back up, and a minimum of one stop watch per lane.

The host will ensure the required course dimensions.

Athletes, coaches, meet personnel, and officials will be limited to the natatorium and competitive swimming areas in the facility. Accessing other areas of the building without permission is prohibited. Entry into other areas of the facility could result in expulsion from the meet without entry fees or admission reimbursement.

DECK ACCESS
Only athletes, coaches, meet personnel, and officials are permitted on the pool deck. Team areas will be designated for athletes and coaches. Coaches and athletes must remain behind the ropes alongside the competition pool during competition.

Team Banners & Posters. No hanging of team banners or posters is permitted in the facility.

COACHES
Sign In. Only currently registered USA Swimming member coaches will be permitted on deck in designated areas. Each coach must sign the Coaches Meet Sign-In (APP-29) to verify that all certifications are current and on file with USA Swimming. The official mobile application of USA Swimming is acceptable proof of USA Swimming membership.

WARM UP
The IASI Championship Warm-Up Procedure will be followed. The pool will be

cleared 10 minutes prior to competition.

SUPERVISION	All athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Referee may assist the athlete in making arrangements for such supervision, but it is the athlete's responsibility to make such arrangements prior to the start of the meet.
MEDICAL SUPERVISION	First Aid and AED devices are available on the pool deck.
RACING STARTS	Any athlete entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of a 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.
ENTRY REQUIREMENTS	This meet is open only to USA Swimming registered athletes, 12 years and younger, who are affiliated with IASI.
ENTRY & SEED TIMES times, in	<ol style="list-style-type: none">1. Entry times must meet or exceed the Iowa Q-Time standard and must be submitted in the same length course in which they were achieved. Conforming seed times are Short Course Yards. Short Course Meters and Long Course Meters are non-conforming times and will be seeded after Short Course Yards that order (SCY, SCM, LCM). Converted times are not allowed.2. If an entry time is not in the SWIMS database, proof of time must be provided to the entry chair or admin before the scratch deadline for that event, otherwise the swimmer will not be seeded in that event (but not scratched - so the event will count towards the meet limit).3. Acceptable proof of time includes a copy of final results from Hy-Tek or an equivalent meet management software, results directly from the Meet Mobile app, or directly from the USA Swimming database.4. Only relays may enter as a "NO TIME" entry.5. Swimmers entering an event with the "Win & Swim" from the Regional meet must enter with the time achieved to win the event, so long as it achieves the minimum standard set in the "Win & Swim" rules listed in the following section.
WIN & SWIM! AND	Swimmers who win an event at the IASI Regional meet, 500 yards or shorter,

meet the National B Minimum for the age group in which they would enter, will qualify for the current season's IASI Championship meet in that corresponding age group and event. They ARE eligible for BONUS events, up to the limit stated in the following section. This "Win & Swim" DOES NOT carryover to any future seasons, nor does it apply to winners of 8 & Under Championship events.

BONUS ENTRIES

Athletes that have achieved a qualifying standard in one (1) event and are entered in that event, may enter up to three (3) bonus events which meet the bonus time standard. Athletes that have achieved qualifying standards in two (2) events and are entered in those events, may enter two (2) bonus event which meets the bonus time standard. Athletes that have achieved qualifying standards in three (3) events and are entered in those events, may enter one (1) bonus event which meets the bonus time standard. Swimmers qualified for and entered in 4 or more events will not be allowed to enter bonus events.

1. Bonus entries are limited to events of 200 yards or shorter.
2. Bonus entries will be seeded at the slowest non-conforming time for that event.
3. Clubs must indicate bonus entries on the entry file, or on manual entries.

ENTRY LIMITS

1. Athletes may enter no more than nine (9) Individual events for the entire meet, with a maximum of three (3) per session, and a maximum of five (5) per day.

2. Time Trials count towards the daily and session event limit.

RELAY ENTRIES

There is no relay entry limit per individual athlete. Relay entries do not count towards the individual event entry limits per session, per day or for the meet. An athlete may only swim on one relay team per event. Unattached athletes may not swim on relays.

Provided a team has the appropriate number of qualified athletes in at least one individual event, a team may enter no more than three (3) relay teams per gender, per relay event (designated as A, B, C). Each team may score only two relays in each event.

The number of relays allowed per team, per event is determined as follows (relays per number of qualified athletes entered in at least one individual event within a gender specific age group):

- 4 or fewer athletes = 1 relay
- 5-8 athletes = 2 relays
- 9 or more athletes = 3 relays

ENTRIES	Entries Open: Wednesday, January 21, 2026
	Entry Deadline: Friday, February 13, 2026
ENTRY SUBMISSION	
1.	Host team will supply an event file
2.	Entries may be submitted by: a. Electronic entry file in a format compatible with Hy-Tek Meet Manager software, or; b. Manual entries on the IASI Meet Entry Form (APP-7)
3.	If submitting electronic entries, the team must include a copy of the entries and financial summary in PDF format. No team generated electronic entries will be accepted without these attachments.
4.	Send electronic entries by email to Robert Fry, robertifry1965+2025 IASI AGC Entries@gmail.com . Receipt will be confirmed by email. Send all printed materials to the Meet Director at the address listed below. If sent by rush delivery, indicate no signature required. Neither entries nor entry changes will be accepted by phone or fax.
5.	Entries for new qualifying times achieved after the entry deadline must be submitted by 12:00 pm (Noon) on Monday, February 16, 2026. The host club will send notification of total fees Tuesday, February 17, 2026 via email to notify of standard fees for the meet.
6.	If an entry time is not in the SWIMS database, proof of time must be provided to the entry chair or admin before the scratch deadline for that event, otherwise the swimmer will not be seeded in that event (but not scratched - so the event will count towards the meet limit)
7.	Acceptable proof of time includes a copy of meet mobile, physical results from a meet such as a ribbon or medal with a label listing date, event and time. Another acceptable form would be a PDF of the meet results.

ENTRY FEES	Individual Events	\$10.00 per event
	Relay Events	\$14.00 per relay
	IASI Swimmer Surcharge	\$4.50 per athlete
	Outreach Athletes	\$5.00 total fee per athlete
	Manual Entries	\$2.00 per athlete

Outreach Athletes. Swimmers must be a USA Swimming and IASI Outreach Athlete who qualifies for benefits to enter as Outreach. For swimmers that qualify, the entry fee for all individual events is \$5.00 total, including the IASI Swimmer Surcharge. Entries must be submitted by the listed entry deadline. To qualify for the reduced entry fee, teams must provide the total number of

Outreach Athletes and their individual entries by 12:00 pm (Noon) on Monday, February 16, 2026. Names of Outreach Athletes must not be provided to host clubs.

Manual Entries. An additional fee of \$2.00 per athlete will be assessed for:

- a. Teams using APP-7 to enter five (5) or more athletes on or before the first day of the meet,
- b. Teams using APP-7 for entries submitted after the first day of the meet, or
- c. For IASI-affiliated unattached athletes who use APP-7 for entry.

Payment Deadline. Entry fees are due 15 minutes before the start of warmups of the first session in which the team is competing. A hard copy of the financial sheet (APP-8) must accompany entry fees.

Payment shall be made by check payable to **Black Hawk Area Swim Team (BLST)**. The meet host reserves the right to require payment by money order or cashier's check. Entry fees are non-refundable. IASI swimmer surcharge fees will be refunded only if the entire meet is canceled.

LATE ENTRIES 1. Late Entries are due by the scratch deadline for the desired event.

2. Late Entries in positive check-in events, submitted with proof of time, will be seeded with their entry time. All other late entries will be seeded at the slowest non-conforming qualifying time. If necessary, a zero heat will be created.

3. Late entry fees are:

Individual Events	\$20.00 per event
Relay Events	\$28.00 per relay

PSYCH SHEETS

Psych Sheets will be posted on (host club) website - <https://www.gomotionapp.com/team/iablast/page/home>, under the IASI 12&U CHAMPIONSHIPS tab, on the meet landing page, by 5:00 pm on Wednesday, February 18, 2026.

**ATHLETES WITH
DISABILITIES**

Athletes with disabilities are encouraged to compete. Swimmers with disabilities entering must have achieved the IASI Disability Qualifying Times standard.

The Swimmers with Disabilities Meet Declaration Form (APP-21) indicating accommodations, requested modifications, and competition category should be completed and attached with meet entries. The athlete (or athletes' coach) is responsible for providing any equipment or assistance required. See Article 105 of USA Swimming Rules.

SEND ENTRIES TO	Send electronic entries by email to the Entry Chair. Receipt will be confirmed by email.
	<p>Mail printed materials to:</p> <p>Black Hawk Area Swim Team - Melissa Woltz 3222 Pendleton Drive Cedar Falls, IA 50613</p>
	<p>If sent by rush delivery, indicate no signature required, and send to;</p> <p>Black Hawk Area Swim Team - Melissa Woltz 3222 Pendleton Drive Cedar Falls, IA 50613</p>
ENTRY CHAIR	Robert Fry, robertjfry1965+2025_IASI_AGC_Entries@gmail.com , 319-529-7310
MEET DIRECTOR	<p>Melissa Woltz</p> <p>Erik Pinter 602-799-6944 309-825-0735 mwoltz7@gmail.com coach.epinter@gmail.com</p>
MEET REFEREE	Robert Fry, robertjfry1965@gmail.com , 319-529-7310
OFFICIALS	<p>Officials must be signed up by 12:00 pm (Noon), Monday, February 16, 2026, for those sessions to count towards their club's number of required positions.</p> <p>Officials' meetings for each session will commence one hour prior to the start of competition for each session.</p>
TIMER ALLOCATION	<p>The host team will provide at least 50% of the necessary timers. Visiting teams will be informed of the number of timers needed and sessions to be worked by 8:00 pm on Tuesday, February 17, 2026. Teams may divide timing assignments among more than one person, provided everyone participating attends the timer's briefing for that session. The timer briefing will be held 25 minutes before the start of the competition for each session.</p> <p>Additionally, each club (or unattached athlete) must provide one (1) timer for each athlete competing in the Sunday morning distance session (10 & Under 500 Free and 11 & 12 1000 Free).</p> <p>The host team is responsible for providing a timer allocation for visiting teams. Visiting teams that are assigned a timer spot are responsible for that timer spot for a full session. If a spot is not filled by an assigned team then that team will</p>

be fined \$300. That team cannot register in Iowa for the following season until this fee is paid in full to the host club.

LAP COUNTERS	Each athlete competing in the 500 and 1000 Free is responsible for providing their own lap counter, if desired. Lap counting cards will be provided by the host club.
MEET COMMITTEE	A meet committee consisting of the Meet Director, Meet Referee, a coach representative, an athlete representative, and a certified official acting at large will be established. The committee shall serve as the meet jury to consider any administrative protests filed at the meet. Protests against judgment decisions can only be considered by the Meet Referee and the decision of the Meet Referee is final.
MEET OPERATIONS	<ol style="list-style-type: none">1. Heat sheets will be posted on the Black Hawk Area Swim Team website - (https://www.gomotionapp.com/team/iablast/page/home, under the IASI 12&U CHAMPIONSHIPS tab) and meet landing page for this meet.2. All events are timed finals. Heats will be run slowest to fastest except for the 11 & 12 1000 Free and 10 & Under 500 Free. These events will be run fastest to slowest, alternating girls and boys.3. Athletes shall report directly to the blocks.4. Events may be combined to facilitate meet operations and separated afterward for scoring and results.5. World Aquatics whistle starts and no recall on false starts policy will be used. Flyover starts may be used during all events.6. All events will be pre-seeded, except for the 500 and 1000 Free, which are positive check-in. Check-in for these events closes 30 minutes before the start of competition for the event's session. Athletes who fail to check in by the deadline and want to swim the event will be down-seeded to the slowest heat and the slowest lane if lanes are available. However, additional heats will not be added.7. If names are on entry sheets for relays, those names will be on the relay cards at the meet. All relay cards for each day will be distributed before morning warm-ups. All four (4) full athlete names, ages, and order of swimming must be listed on each card and order should be verified by the coach. All relay cards should be submitted at least thirty (30) minutes before the relay event is scheduled to swim. Submission times are based on the published timeline of the session's events. Relay cards are submitted to the

administration table. Any relay that enters the water before a relay card is presented to the administration table will be disqualified. Once recorded by the administration table, teams may change names and/or order of athletes with the timers prior to the start of the heat.

8. The fastest heat of all individual events will have names announced behind the blocks. All other heats, if any, will be announced once in the water.
9. The IASI Disability Championship Format will be followed. Swimmers with disabilities will be eligible to earn points and individual awards based on the IASI Disability Advancement Standards.
10. Deck changes are prohibited.
11. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athletes/coach areas, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and / or spectators are present.

**POSITIVE
CHECK-IN**

Positive check-in will be required for the 11 & 12 500 Free on Friday afternoon (by 5:00 pm) and the Sunday morning distance session (by 8:30 am) for the 11 & 12 1000 Free and the 10 & Under 500 Free.

SCRATCHES

The IASI Scratch Rules are in effect.

TIME TRIALS

Refer to the Time Trials Invitation (IA-yy-xxx) issued in conjunction with this meet announcement.

SCORING

Individual Events - Place & Points

1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th	13th	14 th	15 th	16 th
20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

Relay Events - Place & Points

1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th	13 th	14 th	15 th	16 th
40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

Only two relays per team, per event, per gender may score points.

For swimmers with disabilities, the Disability Scoring Table will be utilized.

AWARDS

Individual Events

1st - 8th Medals
9th - 16th Ribbons

Relay Events

1st - 3rd	Medals
4th - 8th	Ribbons

Presentation. Individual and relay events will be awarded as noted in the order of events. Top-8 individuals and top-3 relays will be awarded on the awards podium.

Awards for swimmers with disabilities will be presented where held in the order of events.

Swimmers with Disabilities. Only swimmers achieving an advancement standard, based on the Disability Championship Format, are able to earn awards. For medals and ribbons, swimmers with disabilities will be awarded individually based on competition category, gender, and age group.

High Point. An award will be presented to the top three (3) athletes, boys and girls, for each age group and gender.

A single award will be presented to the swimmer with a disability with the most points when divided by the total number of swims eligible for.

Team Age Group Awards. The team high point awards will be presented at the end of the awards held at the conclusion of the last session.

IASI Sportsmanship & Spirit Award. IASI will provide and present this award. One coach and one athlete from each team will vote, as well as the Meet Referee. Criteria to use will be included in the coaches' packet.

IASI Age Group Coaching Staff of the Year Award.

1. IASI will provide and present this award using the following criteria;
 - a. The two (2) teams with the greatest number of top 100 nationally ranked athletes in the 11-12 and 13-14 age groups during the selection period (March 15 of the previous year to the start of the Winter SCY Age Group Championship meet) will be automatic nominees. Ties for second place will be decided by the next highest national ranking events by the top-ranking athlete coached.
 - b. Four (4) additional at-large nominees may be nominated based on but not limited to the following criteria:
 - i. nationally ranked athletes coached by a team
 - ii. improved team rankings at IASI Age Group Championship Meets/Sectional Meets
 - iii. or proof of Junior National qualifiers
 - c. If more than four (4) at-large teams qualify for nomination, the teams with the greatest number of top 100 nationally ranked athletes will be

selected.

2. All IASI coach members may submit names of fellow coaches for consideration by the panel by emailing the IASI Age Group Chair prior to the conclusion of Saturday Finals of the Winter SCY Age Group Championship meet. At-large nominees will require a short explanation of criteria met.
3. The Age Group Chair will collect the automatic nominees and at-large nominees and confirm results with the IASI Office. 4. Voting will take place during the penultimate session of the Winter SCY Age Group Championship meet and will be announced with the awards presented following the final session.

**USA SWIMMING
REGISTRATION**

All swimmers must be members of USA Swimming. The meet host will notify teams if they have entered swimmers whose memberships cannot be verified through pre-meet reconciliation. Those swimmers must prove membership to the meet host by either (i) showing the athlete's member card from the USA Swimming mobile app or website, or (ii) demonstrating that the athlete appears on a current club roster report produced from SWIMS 3.0. Screenshots of the athlete's member card is NOT acceptable proof of membership. Any swimmer who fails to prove membership no later than 10 minutes prior to warm-ups for the first session in which they are entered to compete will not be permitted to compete, forfeits their entry fees, and will be administratively disqualified from the entire meet.

RESULTS

Electronic results will be provided to all teams participating in the meet. Final results will be posted on the IASI website and on the meet landing page. A hardcopy of the final results may be requested on the IASI Financial Sheet for an additional \$5.00.

CONCESSIONS

Concessions will be available all weekend during all sessions.

MERCHANDISE

Splash Multisport will be on site all weekend with swimming accessories and meet apparel.

MEET PROGRAMS

Heat sheets will be available on the meet landing page.

PARKING

Parking will be available on the EAST side of the football stadium in the VISITOR lot. Detailed pictures and directions can be found on our meet website at <https://www.gomotionapp.com/team/iablast/page/home> under the IASI 12&U CHAMPIONSHIPS tab.

CAMERAS

Use of audio or visual recording devices, including cell phones, is not permitted at any time in changing areas, restrooms, or locker rooms.

NO TOBACCO

The use of any tobacco products or the consumption of alcohol is not permitted

OR ALCOHOL anywhere in the swimming venue.

IMAGE AUTHORIZATION All participants agree to be filmed and photographed by the official photographer(s) and network(s) of IASI. Participants authorize the use of names, pictures, likenesses, and biographical information before, during, or after the meet to promote competitive swimming. All participants agree not to use awards received in the competition for the purpose of trade or financial gain.

DISCLOSURES It is understood and agreed that USA Swimming and IASI shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

EVENT ORDER
Session ONE - Friday Evening

Warm-ups: Not before 4:00 pm / Competition: Not before 5:30 pm

<u>Girls Event #</u>	<u>Event</u>		<u>Boys Event #</u>
1*	11&12	500 Freestyle	2*
	Awards Break - 1 & 2		
3	11&12	50 Back	4
5	10&Under	50 Back	6
7	11&12	100 Fly	8
9	10&Under	100 Fly	10
11	11&12	200 Medley Relay	12
	Awards - Events 3 - 12		

* POSITIVE CHECK-IN required by 5:00 pm Friday.

Session TWO - Saturday Morning

Warm-ups: Not before 7:00 am / Competition: Not before 8:30 am

<u>Girls Event #</u>	<u>Event</u>		<u>Boys Event #</u>
13	11&12	200 Free	14
15	10&Under	200 Free	16
17	11&12	100 Breast	18
	Awards Break - Events 13 - 18		
19	11&12	100 Back	20
21	10&Under	100 Back	22
23	11&12	50 Fly	24
25	10&Under	50 Fly	26
27	11&12	400 IM	28
	Awards Break - Events 19 - 28		
29	11&12	400 Free Relay	30
	Awards - Events 29 & 30		

Session THREE- Saturday Evening

Warm-ups: Not before 4:00 pm / Competition: Not before 5:30 pm

<u>Girls Event #</u>	<u>Event</u>		<u>Boys Event #</u>
31	11&12	50 Free	32
33	10&Under	50 Free	34
35	11&12	200 Breast	36
37	10&Under	100 Breast	38
	Awards Break - Events 31 - 38		
39	11&12	200 Fly	40
41	10&Under	100 IM	42
43	11&12	100 IM	44
	Awards Break - Events 39 - 44		
45	10&Under	200 Medley Relay	46
47	11&12	400 Medley Relay	48
	Awards - Events 45 - 48		

Session FOUR - Sunday Morning Distance

Warm-ups: 8:00 am / Competition: 9:00 am

<u>Girls Event #</u>	<u>Event</u>		<u>Boys Event #</u>
49*	11&12	1000 Free	50*
		Awards Break - Events 49 & 50	
51*	10&Under	500 Free	52*
		Awards - Events 51 & 52	

* POSITIVE CHECK-IN required by 8:30 am Sunday

Session FIVE - Sunday Afternoon

Warm-ups: Not before 11:00 am / Competition: Not before 12:30 pm

<u>Girls Event #</u>	<u>Event</u>		<u>Boys Event #</u>
53	11&12	100 Free	54
55	10&Under	100 Free	56
57	11&12	200 Back	58
		Awards Break - Events 53 - 58	
59	10&Under	50 Breast	60
61	11&12	50 Breast	62
63	10&Under	200 IM	64
65	11&12	200 IM	66
		Awards Break - Events 59 - 66	
67	10&Under	200 Free Relay	68
69	11&12	200 Free Relay	70
		Awards - Events 67 - 70	
		Overall Awards - Individual and team	

			Event			
Girls		10&U		Boys		
LCM	SCM	SCY		SCY	SCM	LCM
40.39	39.29	35.59	50 Freestyle	34.59	38.19	39.79
1:31.69	1:28.39	1:19.89	100 Freestyle	1:18.89	1:27.19	1:30.59
3:22.59	3:16.49	2:57.89	200 Freestyle	2:50.59	3:08.49	3:14.99
6:55.89	6:41.29	7:38.69	400/500 Freestyle	7:33.79	6:37.09	6:52.49
48.99	47.09	42.69	50 Backstroke	42.89	47.39	49.29
1:46.49	1:42.29	1:32.59	100 Backstroke	1:30.09	1:39.59	1:44.49
57.19	55.49	50.19	50 Breaststroke	49.19	54.39	56.09
2:01.99	1:56.39	1:45.29	100 Breaststroke	1:42.29	1:53.09	1:59.19
49.69	48.79	44.19	50 Butterfly	42.59	47.09	47.89
1:53.29	1:49.99	1:39.49	100 Butterfly	1:38.99	1:49.29	1:52.89
	1:41.49	1:31.89	100 IM	1:29.69	1:39.09	
3:45.59	3:36.39	3:15.89	200 IM	3:15.99	3:36.59	3:43.69
Girls		11-12		Boys		
LCM	SCM	SCY		SCY	SCM	LCM
34.29	33.39	30.19	50 Freestyle	29.89	33.09	34.19
1:15.69	1:12.99	1:06.09	100 Freestyle	1:05.19	1:11.89	1:14.79
2:46.49	2:40.39	2:25.09	200 Freestyle	2:22.09	2:37.09	2:43.19
5:50.79	5:41.39	6:30.09	400/500 Freestyle	6:22.49	5:34.69	5:47.09
12:28.29	11:59.39	13:42.09	800/1000 Freestyle	13:40.39	11:57.89	12:22.99
39.99	38.29	34.59	50 Backstroke	34.89	38.49	40.29
1:27.79	1:23.49	1:15.59	100 Backstroke	1:14.09	1:21.89	1:27.69
3:09.59	3:00.69	2:43.49	200 Backstroke	2:40.49	2:57.39	3:08.49
45.39	44.39	40.09	50 Breaststroke	40.09	44.29	45.89
1:40.19	1:36.79	1:27.59	100 Breaststroke	1:25.49	1:34.49	1:39.59
3:35.69	3:27.09	3:07.39	200 Breaststroke	3:02.39	3:21.59	3:31.59
38.09	37.09	33.69	50 Butterfly	34.19	37.69	38.69
1:28.59	1:25.29	1:17.19	100 Butterfly	1:16.09	1:24.09	1:27.29
3:15.99	3:08.19	2:50.29	200 Butterfly	2:43.99	3:01.19	3:10.19
	1:25.79	1:17.59	100 IM	1:15.89	1:23.89	
3:11.89	3:05.09	2:47.49	200 IM	2:45.79	3:03.19	3:08.99
6:56.79	6:41.89	6:03.69	400 IM	5:50.09	6:26.89	6:46.59

QUALIFYING TIMES

BONUS TIMES

			Event			
Girls		<u>10&U</u>		Boys		
LCM	SCM	SCY		SCY	SCM	LCM
45.29	43.99	39.79	50 Freestyle	38.19	42.19	43.89
1:44.09	1:40.29	1:30.79	100 Freestyle	1:27.99	1:37.19	1:40.99
3:50.99	3:43.99	3:22.79	200 Freestyle	3:09.49	3:29.39	3:36.69
55.79	53.69	48.59	50 Backstroke	48.29	53.39	55.39
2:01.59	1:56.89	1:45.79	100 Backstroke	1:40.69	1:51.19	1:56.69
1:02.19	1:00.29	54.59	50 Breaststroke	53.39	58.99	1:00.89
2:19.39	2:12.89	2:00.29	100 Breaststroke	1:54.09	2:06.09	2:12.89
54.49	53.49	48.39	50 Butterfly	46.49	51.39	52.29
2:12.79	2:08.89	1:56.69	100 Butterfly	1:53.49	2:05.49	2:09.49
	1:55.19	1:44.29	100 IM	1:39.69	1:50.09	
4:15.69	4:05.39	3:42.09	200 IM	3:38.59	4:01.59	4:09.49
Girls		<u>11-12</u>		Boys		
LCM	SCM	SCY		SCY	SCM	LCM
38.49	37.59	33.99	50 Freestyle	32.79	36.29	37.39
1:25.59	1:22.49	1:14.69	100 Freestyle	1:11.49	1:18.99	1:22.09
3:06.39	2:59.59	2:42.59	200 Freestyle	2:35.99	2:52.39	2:59.19
44.79	42.79	38.79	50 Backstroke	38.49	42.59	44.49
1:40.59	1:35.69	1:26.59	100 Backstroke	1:22.19	1:30.79	1:37.19
3:28.09	3:18.29	2:59.49	200 Backstroke	2:52.89	3:10.99	3:22.99
49.79	48.59	43.99	50 Breaststroke	43.49	48.09	49.79
1:50.39	1:46.59	1:36.49	100 Breaststroke	1:32.59	1:42.29	1:47.79
3:56.79	3:47.29	3:25.69	200 Breaststroke	3:16.39	3:37.09	3:47.89
41.79	40.79	36.89	50 Butterfly	37.09	40.99	41.99
1:38.29	1:34.79	1:25.79	100 Butterfly	1:22.89	1:31.59	1:35.09
3:31.09	3:22.59	3:03.39	200 Butterfly	2:56.59	3:15.09	3:24.79
	1:34.19	1:25.19	100 IM	1:21.89	1:30.49	
3:30.59	3:23.19	3:03.89	200 IM	2:59.29	3:18.09	3:24.39