



**2012 Speedo® Illinois Swimming
Short Course Age Group Championships
Hosted by Palatine Park District Swim Team
March 9-11, 2012**



The 2012 Speedo® Illinois Swimming Short Course Age Group Championship Meet is sanctioned by USA Swimming and Illinois Swimming, Inc. Sanction No. ILS12-0309. All USA Swimming and ISI rules apply including safety rules, which will be strictly enforced.

LOCATION: University of Illinois-Chicago, 901 W. Roosevelt Road, Chicago, IL 60608

FACILITY: 8 Lane, 25-yard competition pool. The start end and the turn end of the pool are 16' deep. Lanes are 7'6" wide separated by 6" Wave Eater Advantage anti-wave lane lines. The touch pads are Colorado Aquagrip non-slip. The timing system is a Daktronics OmniSport 2000 with an 8-lane readout board. There is a separate area of the pool that will be designated for warm up/swim down. Seating is available for 1,200 spectators.

MEET DIRECTOR	ENTRY / SCRATCH CONTACTS	MEET REFEREE
Tom Lucas (847) 220-7815 tom.ispeakgeek@gmail.com	Dustin Thompson (219) 670-0941 ppdmeetentries@gmail.com	TBA Pending Appointment
Host Club Web Site: www.ppdswim.org		

MEET SCHEDULE:

	PRELIMS (11-12, 13-14)		TIMED FINALS (10 & U)		FINALS	
	Warm-ups	Start	Warm-ups	Start	Warm-ups	Start
Friday	6:45 am	8:30 am	1:00 pm	2:00 pm	4:30 pm	5:30 pm
Saturday	6:45 am	8:30 am	1:30 pm	2:30 pm	5:00 pm	6:00 pm
Sunday	7:45 am	9:30 am	n/a	n/a	4:30 pm	5:30 pm
We will be running split warm-ups again this season. Teams may begin emailing their warm-up preference on 2/27 at 2:00 PM to entry chair Dustin Thompson at ppdmeetentries@gmail.com . Preferences will be taken on a first come, first serve basis until 2:00 PM on 3/5. Details on this process will be emailed out to clubs and posted on the host web site.						
** Sunday, March 11, 2012 is daylight savings time – clocks will be moved ahead one hour. **						

13-14 1650 Free	
Warm-Up	Start
At conclusion of Sunday's Preliminary Session	30 Minutes after the conclusion of Sundays Preliminary Session

DEADLINE AND MEETING SUMMARY:

Monday	16-Jan	12:01 AM	Entries Open
Monday	27-Feb	2:00 PM	Warm-up Preference Opens
Monday	5-Mar	1:00 PM	**Entry Deadline (OME)**
Monday	5-Mar	2:00 PM	Warm-up Preference Closes
Thursday	8-Mar	1:00 PM	Electronic Scratch Deadline
Thursday	8-Mar	6:00 PM	Scratch Meeting @ Venue
Thursday	8-Mar	6:30 PM	Initial Scratch Deadline
Friday	9-Mar	8:10 AM	Coaches Meeting
Friday	9-Mar	8:30 AM	Session 1 Start
Friday	9-Mar	2:00 PM	Session 2 Start
Friday	9-Mar	5:30 PM	Session 3 Start
Friday	9-Mar	6:00 PM	Scratch Deadline for Next Days Events
Saturday	10-Mar	8:10 AM	Coaches Meeting
Saturday	10-Mar	8:30 AM	Session 4 Start
Saturday	10-Mar	2:30 PM	Session 5 Start
Saturday	10-Mar	6:00 PM	Session 6 Start
Saturday	10-Mar	6:30 PM	Scratch Deadline for Next Days Events
Sunday	11-Mar	9:10 AM	Coaches Meeting
Sunday	11-Mar	9:30 AM	Session 7 Start
Sunday	11-Mar	see above	Session 8 Start
Sunday	11-Mar	5:30 PM	Session 9 Start

*** DISABLED ATHLETES ENTRY DETAILS & DEADLINES ON PAGE 2 ***



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ENTRY CHECKLIST:

This meet will be using USA Swimming On-Line Meet Entry www.usaswimming.org/ome. All forms must be received on or before close of business (5:00 PM CDT), Wednesday, March 7, 2012.

1. Team Summary and Release Form.
2. Any entry fees and swimmer surcharge payments.

Checks payable to: Illinois Swimming Inc

MAIL PAYMENT TO:	Illinois Swimming Inc 1400 E Touhy Ave., Suite 245 Des Plaines, IL 60018	EMAIL ENTRY QUESTIONS TO:	ilswimoffice@ilswim.org
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QUALIFYING TIMES: 2012 ISI Championship Time Standards are included in this packet. Only swimmers having achieved a qualifying time between February 26, 2010 and March 5, 2012 at 1:00pm CDT are eligible for this meet.

ENTRY FEES: \$5.00 per individual event, \$15.00 per relay entry. A swimmer surcharge of \$2.00 per swimmer entered in at least one individual event must be included with entry.

ENTRY DETAILS AND DEADLINE: This meet will be using USA Swimming On-Line Meet Entry at: www.usaswimming.org/ome. Entries may be submitted online beginning on Monday, January 16, 2012 (12:01AM CDT) and must be completed by Monday, March 5, 2012 at 1:00 PM CDT. You will be required to pay for the online entries with Visa, MasterCard, American Express, or Discover. To pay by check please contact the Illinois Swimming office for instructions.

Once you complete your online entry, you will be sent a confirmation email. You have the ability to update your OME entry at any time prior to the entry deadline. You can also add events to your entry but you cannot delete or change out events after you have paid for them. Bring all communications with you to the meet in case of problems with your entries.

ENTRY PROCESS:

1. Complete entry online using USA Swimming's Online Meet Entry System (OME)
2. Pay for OME entry online using a credit card OR if paying by check Payable to **Illinois Swimming, Inc.**
3. Submit the following to Illinois Swimming Office (due by March 7, 2012):
 - a. Team Summary and Release Form
 - b. Entry fees and swimmer surcharge payments not paid by credit card.
4. Deck Passes For Coaches: Before checking out of OME, be sure to fill in your coaches deck passes. **Please see Deck Passes For Coaches (Page 4) for more details.**

ELIGIBILITY: All swimmers must be current members of USA Swimming and Illinois Swimming. "Applied For" registration numbers will not be accepted; registration forms may be obtained from the ISI office or downloaded from the Illinois Swimming website at www.ilswim.org. Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

EVENT LIMITATIONS: Swimmers may swim a maximum of **six (6)** individual events. Swimmers may enter as many events as they have met the qualifying time standard; however, swimmers competing in the 11-12 and 13-14 age groups may compete in no more than three (3) individual events per day. Swimmers competing in the 10 & under age group may compete in no more than four (4) of their six (6) individual events per day.

SEEDING: Entries shall be seeded according to USA Swimming rules. Entry times conforming to the course length for this championship meet (SCY) shall be considered "conforming times". All other times meeting the appropriate standard shall be considered "non-conforming times". The order of seeding for this meet is: short course yards (SCY), long course meters (LCM), short course meters (SCM).

DISABLED ATHLETES: This meet will be open to all 10&U, 11/12, and 13/14 disabled athletes, including those who have not met the entry time qualifying standards. There will be one heat swum at the beginning of each night's finals session open to these athletes (with certain restrictions) in the following events: Friday – 100 Butterfly, Saturday – 100 Backstroke, Sunday – 100 Freestyle. This entry will be done manually through the Illinois Swimming Disability Chair. **The entry deadline for these entries is February 28th, 2012 at 6:00pm.** Coaches should contact the Illinois Swimming Disability Chair at disability@ilswim.org for more information and entry procedures.



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SCRATCH MEETING: Thursday, March 8, 2012 at 6:00pm at the University of Illinois-Chicago Natatorium.

SCRATCH PROCEDURES: *The following information is for coaches and club representatives only.* ISI Championship scratch rules and procedures will be in effect at this meet. Electronic scratches made prior to the electronic scratch deadline must be emailed to the host club entry chair and must include the following information:

1. Swim Club Information - Club Name, Club Code, Coach of Record, Contact Info (phone & email)
2. Swimmer's Information – Full Name (Last, First, MI), USS ID number, Event Number, Event Name, & Entry Time)
3. Name, information, and club position of person submitting scratches

The deadline for E-mail scratches is 1:00 PM, Thursday, March 8, 2012.
Email scratches to Dustin Thompson at ppdmeetentries@gmail.com or agegroupchamps@ilswim.org.
It is the responsibility of the sender to ensure that this E-mail is received by the host club.

Scratches for the finals shall be made with the Administrative Referee. Scratches from preliminary events and timed final events shall be made using the scratch box at the Clerk of Course. The scratch deadline for preliminary and timed final events is as follows:

- Thursday: 6:30pm For Friday events
- Friday: 6:00pm For Saturday events
- Saturday: 6:30pm For Sunday events

Scratch Questions to:
 Dustin Thompson
 (219) 670-0941
ppdmeetentries@gmail.com or agegroupchamps@ilswim.org

COACHES MEETING: There will be a coaches meeting 20 minutes prior to the start of each prelim session if needed. Each team or unattached swimmer must be represented at this meeting and is responsible for all information and/or procedures.

READY ROOM & AWARDS CEREMONY: Swimmers in the championship finals must report to the ready room area prior to the consolation heat of that event. Consolation heat must report behind the starting blocks prior to their heat. Awards for girls and boys will be presented as published in the order of events.

SCORING:

SCORING BY PLACE															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
INDIVIDUAL EVENT SCORING															
20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
RELAY EVENT SCORING															
40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

AWARDS: The Don Drumm Award will be presented to the overall team champion. Additionally, team awards will be given to the top three combined teams. Other awards will be given to the top 8 finishers in individual events, and the top three finishers in relay events. Relay awards for day one and day two events will be presented 10 minutes prior to the beginning of the following evening's finals. First Place winners receive Gold Medal, Second Place receive Silver Medal, Third Place receive Bronze Medal, 4th Place medal w/ ribbon color-yellow, 5th Place medal w/ ribbon color-green, 6th Place medal w/ ribbon color-maroon, 7th Place medal w/ ribbon color-orange, 8th Place medal w/ ribbon color-purple.

MISSED QUALIFYING TIMES AND FINES: Entry times will be taken from the SWIMS database. Custom times may be entered, however all times not from SWIMS are subject to 'proof of time' at the clerk of course table. Coaches will be notified of the need to prove times.



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INDIVIDUAL EVENTS:

1. All 10 & under individual events will be conducted as timed final events.
2. All 11-12 individual events except the 500 Free are preliminary/final events with consolation and championship final heats. The 500 Free is a timed final event with the fastest seeded heat swum in the finals session.
3. All 13-14 individual events except the 500 Free, the 1650 Free, and 400 IM are preliminary/final events with consolation and championship final heats. The 500 Free, 1650 Free, and 400 IM are timed final events. The fastest seeded heat of the 500 Free and 400 IM will swim in the finals session. Preliminary heats of the 500 Free and 400 IM will be swum slowest to fastest.
4. All heats of the 1650 Free will be swum at the conclusion of the preliminary session of Day 3 (Sunday) where the fastest seeded women's heat will swim first, the fastest seeded men's heat will swim second. The second fastest seeded women's heat will swim third; the second fastest seeded men's heat will swim fourth, continuing in this fashion until all heats are swum. A 30-minute warm-up period will precede the first heat. Swimmers must provide their own timer and lap counter.
5. Swimmers with either an 800 or 1000 Freestyle qualifying time may enter the 1650 Freestyle event. Swimmers must be entered at the slowest non-conforming 1500 Freestyle time standard. For the 2012 Short Course Age Group Championship, the 13-14 Girls Qualifying Time in the 800/1000 free for this rule is 11:25.69 (SCY), 9:59.99 (SCM), 10:23.79 (LCM). Girls qualifying for this event should be entered at 19:44.99 (LCM). The 13-14 Boys Qualifying Time in the 800/1000 free for this rule is 11:08.19 (SCY), 9:44.69 (SCM), 10:11.99 (LCM). Boys qualifying for this event should be entered at 19:21.99 (LCM).

RELAY EVENTS

1. Relay entry times for the Age Group Championships shall be achieved from the first day of the previous year's corresponding Age Group Championships and the entry deadline. All swimmers listed for relay proof-of-time at the Age Group Championships must be eligible to compete in that relay event.
2. The time for each relay may be submitted as a composite or aggregate time. Aggregate times must be equivalent (i.e., all SCY, all SCM, or all LCM). All relay entries must be accompanied by acceptable proof-of-time. Relay teams with properly proven times will be declared entered in the meet. All teams desiring to swim in the morning session should enter at the lowest non-conforming qualifying time (LCM).
3. Relay events shall be swum during the preliminary session and as the last event of the finals session on the day in which a relay event is conducted. After the scratch deadline each evening, a relay standing shall be posted. The top eight (8) seeded relays shall swim during the finals session. **EXCEPTION:** When there is less than one heat plus three entries all teams will swim in the finals session.
4. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names, ages, and order of swimming, for each entered relay. Upon reporting to the starting blocks, immediately prior to the start of the relay heat in which such team is entered, the completed relay form shall be handed to the head lane timer. No change will be permitted thereafter and failure to present the head lane timer with written list of relay swimmers shall prevent such team from competing.

MEET RESULTS/UPDATES: Results and updates will be posted on the host web site and at the Illinois Swimming web site (www.ilswim.org).

TECHNICAL JURY / ELIGIBILITY JURY: The Meet Director and the Age Group Vice-Chair shall appoint a Technical Jury composed of at least one coach, one athlete, and at least one, but not more than three other persons and an Eligibility Jury (composed of the Registration/Membership Coordinator, a coach and one other person in attendance) will be appointed by the Program Operations Vice-Chair and the Meet Referee.

WARM-UP: All ISI warm-up and safety procedures will be in effect. The host club will post additional warm-up information on their website.

CONDUCT: Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms, or locker rooms.

DECK ACCESS AND RESTRICTIONS: Current USA Swimming membership is required for coaches and working officials to be on deck. Coaches and officials must display USA Swimming credentials at all times while on deck.



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DECK PASSES FOR COACHES: Clubs will be issued Deck Passes for members of their coaching staff via their OME entry. All coaches receiving a deck pass must be registered with ISI and have all certifications up to date. Deck passes will be available to clubs based on the number of individual qualifiers. Additional deck passes for registered coaches may be purchased for \$10 at the meet. Please contact Pam Lowenthal at ilswimoffice@ilswim.org if you have any questions.

Individual Qualifiers	Deck Passes
0-1	1
2-7	2
8-15	3
16-23	4
24-31	5
32-39	6
40+	7

TIMERS: The Meet Host shall have full responsibility for all timers for all sessions of the meet. The meet host shall provide a list of timing assignments made up of teams with swimmers in the meet (including the host club) at least 48 hours prior to the start of competition. Swimmers competing in the 1650 Freestyle must provide their own timers.

OFFICIALS: Officials interested in working should submit the application, found on the Illinois Swimming website under the officials tab. They can also direct questions regarding officiating to Bonnie Quinn (dquinn1575@wowway.com). A mandatory brief for all officials working the meet will begin 1 hour before the start of each session. This meet has been designated as an Officials Qualifying Meet. As such, this meet is open to all Officials who wish to, and are eligible, to be evaluated for advancement and re-certification. Those desiring initial certification or re-certification should submit an Application to Officiate Form from the "Officials" section of the ISI website (www.ilswim.org). There will be opportunities at the meet to be evaluated for N-2 & N-3 level positions. However, there may not be enough resources to accommodate all such requests.

ADMISSIONS: \$8.00 entry per day; Psych-Book: \$8.00; Heat Sheets for morning and afternoon sessions: \$4.00; Heat Sheets for Evening Finals: \$2.00. Deck chairs are not allowed in the pool stands. Only coaches will be allowed to bring chairs on deck pending approval from the safety marshal.

PARKING: Parking is located across the street from the Natatorium. The price for parking is subject to UIC parking fees.

CONCESSIONS AND VENDORS: The Swim Team Store will be on site to sell swimming-related items in a designated area along with Northwest Designs which will be selling event specific apparel. Concessions will be available for purchase at the venue.

HOTEL INFORMATION: Hilton Hotels the "Official Hotel of Illinois Swimming" has a discounted rate for Illinois Swimming members.

Hilton/Chicago

720 S. Michigan Ave.

Room rate is \$99.00 per night (15.4% taxes not included).

Call 1-877-865-5320 for reservations and mention the Illinois Swimming room block.



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**Friday, March 9, 2012
Session 1**

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
13	13/14 100 Breast	14
15	11/12 100 Breast	16
17	13/14 200 Free	18
19	11/12 200 Free	20
21	13/14 100 Fly	22
23	11/12 100 Fly	24
25	13/14 400 IM	26
27	11/12 100 IM	28
	10 Minute Break	
29	13/14 800 Free Relay	30

**Friday, March 9, 2012
Session 2**

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
1	10&U 200 Medley Relay	2
	10 Minute Break	
3	10&U 200 IM	4
	Awards	
5	10&U 100 Free	6
7	10&U 50 Breast	8
	Awards	
9	10&U 100 Back	10
11	10&U 50 Fly	12
	Awards	

**Friday, March 9, 2012
Session 3**

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
13	13/14 100 Breast	14
15	11/12 100 Breast	16
	Awards	
17	13/14 200 Free	18
19	11/12 200 Free	20
	Awards	
21	13/14 100 Fly	22
23	11/12 100 Fly	24
	Awards	
25	13/14 400 IM	26
27	11/12 100 IM	28
	Awards	
29	13/14 800 Free Relay	30
	Awards	



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**Saturday, March 10, 2012
Session 4**

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
45	13/14 200 IM	46
47	11/12 200 IM	48
49	13/14 50 Free	50
51	11/12 50 Free	52
53	13/14 200 Breast	54
55	11/12 50 Breast	56
57	13/14 100 Back	58
59	11/12 100 Back	60
61	13/14 500 Free	62
	10 Minute Break	
63	11/12 400 Medley Relay	64
65	13/14 400 Medley Relay	66

**Saturday, March 10, 2012
Session 5**

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
31	10&U 200 Free Relay	32
	10 Minute Break	
33	10&U 200 Free	34
35	10&U 100 IM	36
	Awards	
37	10&U 100 Fly	38
39	10&U 50 Free	40
	Awards	
41	10&U 100 Breast	42
43	10&U 50 Back	44
	Awards	

**Saturday, March 10, 2012
Session 6**

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
45	13/14 200 IM	46
47	11/12 200 IM	48
	Awards	
49	13/14 50 Free	50
51	11/12 50 Free	52
	Awards	
53	13/14 200 Breast	54
55	11/12 50 Breast	56
	Awards	
57	13/14 100 Back	58
59	11/12 100 Back	60
	Awards	
61	13/14 500 Free	62
	Awards	
63	11/12 400 Medley Relay	64
65	13/14 400 Medley Relay	66
	Awards	



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**Sunday, March 11, 2012
Session 7**

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
69	11/12 500 Free	70
71	13/14 200 Back	72
73	11/12 50 Back	74
75	13/14 100 Free	76
77	11/12 100 Free	78
79	13/14 200 Fly	80
81	11/12 50 Fly	82
	10 Minute Break	
83	11/12 400 Free Relay	84
85	13/14 400 Free Relay	86

**Sunday, March 11, 2012
Session 8**

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
67	13/14 1650 Free	68

**Sunday, March 11, 2012
Session 9**

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
69	11/12 500 Free	70
	<i>Awards</i>	
71	13/14 200 Back	72
73	11/12 50 Back	74
	<i>Awards</i>	
75	13/14 100 Free	76
77	11/12 100 Free	78
	<i>Awards</i>	
79	13/14 200 Fly	80
81	11/12 50 Fly	82
	<i>Awards</i>	
83	11/12 400 Free Relay	84
85	13/14 400 Free Relay	86
	<i>Awards</i>	

****10 Minute Break**** - the Pool will be open for warm-up/cool-down.

****Daylight Savings**** - Sunday, March 11, 2012 is daylight savings. Please be sure to set your clocks ahead 1 hour.



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TEAM SUMMARY & RELEASE FORM

Name of Club: _____ Club Code: _____

Complete Mailing Address: _____

Club Timer Coordinator: _____

Phone (Day) _____ (Eve) _____ Email: _____

Names of Coaches at Meet: _____

CLUB CONTACT PERSON: _____

Phone (Day) _____ (Eve) _____ Email: _____

Club Officials for meet (Name, certification type, and Phone #)

NAME: _____ Certification: _____ Phone (Day) _____ (Eve) _____

NAME: _____ Certification: _____ Phone (Day) _____ (Eve) _____

Total Women's Events	_____	X	\$5.00 per event	= \$ _____
Total Men's Events	_____	X	\$5.00 per event	= \$ _____
Total Relay Entries	_____	X	\$15.00 per relay	= \$ _____
Number of Women Entered in Individual Events	_____	X	\$2.00 Surcharge	= \$ _____
Number of Men Entered in Individual Events	_____	X	\$2.00 Surcharge	= \$ _____
<i>Make Checks Payable to "Illinois Swimming Inc."</i>			Total Amount Enclosed	= \$ _____

In consideration of the acceptance of this entry, intending to be legally bound, I hereby consign, waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., the University of Illinois-Chicago, the Board of Trustees of the University of Illinois, the Palatine Park District Swim Team, their representatives, employees, or successors, for any and all injuries suffered by me or any contestant or representative in said meet as a representative of my club.

The undersigned coach or team representative of all swimmers listed on this entry hereby certifies that all times stated on this entry form are true and correct. The undersigned further assumes responsibility for any false or incorrect times, and acknowledges that, in accordance with ISI and USA Swimming rules, a substantial fine will be paid to Illinois Swimming, Inc., for each time that is false, incorrect, or unacceptable.

(Signature of Coach, Parent, or Club Representative & contact information for entry questions)

Phone (Day) _____ (Eve) _____ Email: _____



Illinois Swimming 2011-2012 Time Standards



GIRLS							BOYS					
LCM		SCM		SCY		10&Under	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
34.79	38.29	33.49	36.79	30.19	33.19	50 Free	30.19	33.19	33.49	36.79	34.89	38.39
1:17.59	1:25.39	1:14.79	1:22.29	1:07.39	1:14.09	100 Free	1:06.59	1:13.29	1:13.89	1:21.29	1:18.29	1:26.09
2:49.89	3:06.89	2:44.49	3:00.99	2:28.19	2:42.09	200 Free	2:27.79	2:42.59	2:44.09	3:00.49	2:51.89	3:09.09
5:49.29	7:42.09	5:39.79	7:26.79	6:28.29	8:30.49	400/500 Free	6:28.29	8:25.49	5:39.79	7:22.69	5:49.29	7:38.49
41.69	45.89	39.89	43.89	35.89	39.49	50 Back	35.99	39.59	39.99	43.99	42.09	46.29
1:30.19	1:39.19	1:25.59	1:34.19	1:17.09	1:24.79	100 Back	1:17.79	1:25.59	1:26.39	1:34.99	1:31.49	1:40.59
46.89	51.59	44.49	48.89	40.09	44.09	50 Breast	41.09	45.19	45.59	50.19	48.59	53.49
1:42.89	1:53.19	1:37.49	1:47.19	1:27.79	1:36.59	100 Breast	1:30.59	1:39.69	1:40.59	1:50.69	1:46.79	1:57.49
39.39	43.29	37.79	41.59	34.09	37.49	50 Fly	34.29	37.69	38.09	41.89	40.49	44.49
1:34.29	1:43.69	1:28.79	1:37.69	1:19.99	1:27.99	100 Fly	1:21.49	1:29.59	1:30.49	1:39.49	1:38.09	1:47.89
		1:25.79	1:34.39	1:17.29	1:24.99	100 IM	1:17.99	1:25.79	1:26.59	1:35.29		
3:13.89	3:33.29	3:05.69	3:24.29	2:47.29	3:03.99	200 IM	2:49.69	3:06.69	3:08.39	3:27.19	3:17.69	3:37.49
2:30.29		2:22.59		2:08.49		200 Free Relay	2:10.59		2:24.99		2:35.59	
2:50.99		2:41.19		2:25.19		200 Med. Relay	2:28.29		2:44.59		2:57.89	
LCM		SCM		SCY		11/12	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
31.19	34.29	30.29	33.29	27.19	29.99	50 Free	26.89	29.59	29.89	32.89	31.09	34.19
1:08.09	1:14.89	1:05.69	1:12.29	59.19	1:05.09	100 Free	58.79	1:04.69	1:05.29	1:11.79	1:08.59	1:15.49
2:28.59	2:43.49	2:23.69	2:38.09	2:09.49	2:22.39	200 Free	2:09.29	2:22.19	2:23.49	2:37.79	2:30.39	2:45.39
5:15.59	5:47.19	5:04.39	5:34.79	5:47.89	6:22.69	400/500 Free	5:49.79	6:24.79	5:06.19	5:36.79	5:21.59	5:53.79
36.69	40.39	35.09	38.59	31.59	34.79	50 Back	31.49	34.59	34.99	38.49	37.09	40.79
1:18.99	1:26.89	1:14.89	1:22.39	1:07.49	1:14.19	100 Back	1:07.79	1:14.59	1:15.29	1:22.79	1:20.29	1:28.29
2:46.69	3:30.79	2:40.29	3:22.49	2:24.39	3:03.29	200 Back	2:27.59	2:59.39	2:43.79	3:18.29	2:49.09	3:30.29
41.39	45.49	39.19	43.09	35.29	38.79	50 Breast	35.69	39.29	39.59	43.59	42.19	46.39
1:30.59	1:39.69	1:25.49	1:33.99	1:16.99	1:24.69	100 Breast	1:18.19	1:25.99	1:26.79	1:35.49	1:33.29	1:42.59
3:10.09	3:57.59	3:03.79	3:49.09	2:45.59	3:27.29	200 Breast	2:53.19	3:21.79	3:12.19	3:42.99	3:18.69	3:54.69
34.29	37.69	33.29	36.59	29.99	32.99	50 Fly	29.99	32.99	33.29	36.59	34.79	38.29
1:19.09	1:26.99	1:14.79	1:22.29	1:07.39	1:14.09	100 Fly	1:08.09	1:14.89	1:15.59	1:23.19	1:20.99	1:29.09
2:53.59	3:33.09	2:51.59	3:25.89	2:34.59	3:06.29	200 Fly	2:45.89	3:04.69	3:04.19	3:24.09	3:06.29	3:30.99
		1:15.59	1:23.19	1:08.09	1:14.89	100 IM	1:08.59	1:15.49	1:16.09	1:23.69		
2:49.09	3:05.99	2:42.39	2:58.59	2:26.29	2:40.89	200 IM	2:28.09	2:42.89	2:44.39	3:00.79	2:52.29	3:09.49
	7:32.09		7:15.79		6:34.39	400 IM		6:27.29		7:07.99		7:28.29
4:47.99		4:34.69		4:07.49		400 Free Relay	4:12.99		4:40.79		5:00.29	
5:24.99		5:08.59		4:37.99		400 Med. Relay	4:44.99		5:16.29		5:43.59	
LCM		SCM		SCY		13/14	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
29.89	32.89	28.69	31.59	25.89	28.49	50 Free	24.19	26.59	26.89	29.59	28.29	31.09
1:04.59	1:11.09	1:02.39	1:08.59	56.19	1:01.79	100 Free	52.79	58.09	58.59	1:04.49	1:01.59	1:07.79
2:20.49	2:34.49	2:14.69	2:28.19	2:01.39	2:13.49	200 Free	1:55.49	2:06.99	2:08.19	2:20.99	2:15.39	2:28.89
4:57.49	5:27.19	4:46.29	5:14.89	5:27.19	5:59.89	400/500 Free	5:15.29	5:46.79	4:35.89	5:03.49	4:50.39	5:19.39
10:23.79	11:26.19	9:59.99	10:59.99	11:25.69	12:34.29	800/1000 Free	11:08.19	12:14.99	9:44.69	10:43.19	10:11.99	11:13.19
19:44.99	21:43.49	19:15.09	21:10.59	19:08.19	21:02.99	1500/1650 Free	18:38.29	20:30.09	18:44.99	20:37.49	19:21.99	21:18.19
1:14.79	1:22.29	1:10.49	1:17.49	1:03.49	1:09.79	100 Back	1:00.59	1:06.69	1:07.29	1:13.99	1:11.99	1:19.19
2:41.09	2:57.19	2:32.79	2:48.09	2:17.69	2:31.49	200 Back	2:12.59	2:25.89	2:27.19	2:41.89	2:35.39	2:50.89
1:25.39	1:33.89	1:20.49	1:28.49	1:12.49	1:19.69	100 Breast	1:09.09	1:15.99	1:16.69	1:24.39	1:22.69	1:30.99
3:04.09	3:22.49	2:55.39	3:12.89	2:37.99	2:53.79	200 Breast	2:31.69	2:46.89	2:48.39	3:05.19	3:00.19	3:18.19
1:13.29	1:20.59	1:09.89	1:16.89	1:02.99	1:09.29	100 Fly	59.59	1:05.59	1:06.09	1:12.69	1:10.69	1:17.79
2:48.19	3:04.99	2:39.49	2:56.39	2:23.69	2:38.09	200 Fly	2:18.09	2:31.89	2:33.29	2:48.59	2:45.69	3:02.29
2:40.39	2:56.39	2:33.59	2:48.89	2:18.39	2:32.19	200 IM	2:11.89	2:25.09	2:26.39	2:40.99	2:34.99	2:50.49
5:42.09	6:16.29	5:28.29	6:01.09	4:55.79	5:25.39	400 IM	4:45.79	5:14.39	5:17.19	5:48.89	5:33.79	6:07.19
4:28.89		4:16.19		3:50.79		400 Free Relay	3:41.49		4:05.89		4:20.69	
9:46.89		9:20.29		8:24.79		800 Free Relay	8:09.19		9:02.99		9:32.29	
5:02.79		4:45.19		4:16.89		400 Med. Relay	4:06.69		4:33.79		5:00.79	
LCM		SCM		SCY		Senior	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
29.29	32.19	28.09	30.89	25.29	27.79	50 Free	22.69	24.99	25.19	27.69	26.69	29.39
1:03.59	1:09.99	1:00.79	1:06.89	54.79	1:00.29	100 Free	49.29	54.19	54.69	1:00.19	57.59	1:03.39
2:17.09	2:30.79	2:11.89	2:25.09	1:58.79	2:10.69	200 Free	1:48.59	1:59.49	2:00.49	2:12.49	2:06.59	2:19.29
4:50.69	5:19.79	4:37.79	5:05.59	5:17.49	5:49.19	400/500 Free	4:57.09	5:26.79	4:19.99	4:45.99	4:33.89	5:01.29
10:08.09	11:08.89	9:50.29	10:49.29	11:14.59	12:22.09	800/1000 Free	10:39.99	11:56.09	9:10.59	10:26.59	9:26.79	10:23.49
19:16.99	21:12.69	18:56.79	20:50.49	18:49.99	20:42.99	1500/1650 Free	17:51.99	19:39.19	17:58.39	19:46.19	18:15.99	20:05.59
1:12.99	1:20.29	1:09.09	1:15.99	1:02.29	1:08.49	100 Back	57.19	1:02.89	1:03.49	1:09.79	1:08.59	1:15.49
2:38.69	2:54.59	2:29.29	2:44.19	2:14.49	2:27.89	200 Back	2:05.89	2:18.49	2:19.69	2:33.69	2:29.19	2:44.09
1:23.49	1:31.79	1:19.19	1:27.09	1:11.29	1:18.39	100 Breast	1:04.69	1:11.19	1:11.79	1:18.99	1:16.59	1:24.29
3:00.69	3:18.79	2:52.59	3:09.89	2:35.49	2:50.99	200 Breast	2:24.29	2:38.69	2:40.19	2:56.19	2:50.09	3:07.09
1:11.19	1:18.29	1:08.39	1:15.19	1:01.59	1:07.79	100 Fly	55.29	1:00.79	1:01.39	1:07.49	1:04.59	1:11.09
2:39.99	2:55.99	2:34.99	2:50.49	2:20.29	2:34.29	200 Fly	2:09.59	2:22.59	2:23.79	2:38.19	2:33.89	2:49.29
2:37.19	2:52.89	2:28.99	2:43.89	2:14.19	2:27.59	200 IM	2:03.69	2:16.09	2:17.29	2:30.99	2:26.79	2:41.49
5:38.79	6:12.69	5:22.09	5:54.29	4:50.19	5:19.19	400 IM	4:32.29	4:59.49	5:02.19	5:32.39	5:16.19	5:47.79
4:23.99		4:09.29		3:44.59		400 Free Relay	3:23.09		3:45.39		3:58.59	
9:29.99		9:02.69		8:08.89		800 Free Relay	7:31.49		8:21.19		8:54.79	
4:55.99		4:34.69		4:07.49		400 Med. Relay	3:44.19		4:08.89		4:33.89	