



**2016 Discover Student Loans
Illinois Swimming
Regional Championship Meets
February 26-28, 2016**



The Discover Student Loans Illinois Swimming Winter Regional Championship Meets are sanctioned by USA Swimming and Illinois Swimming, Inc. sanction numbers (Glenbrook Aquatics – ILS16-401, Lincoln Way Swim Association – ILS16-403, Scout Aquatics – ILS16-406, Elgin Cyclones Swim Team – ILS16-404, Homewood Flossmoor Swim Club – ILS16-402, Peoria Area Water Wizards – ILS16-407 and Fox Valley Swim Team – ILS16-405). All USA Swimming and Illinois Swimming rules apply including safety rules, which will be strictly enforced.

There are Seven Regional Championship Meets. Please check the Team Listings included in this packet for the location of the meet to which your team has been assigned. Each team may only attend the meet to which they are assigned. All unattached athletes must contact the Illinois Swimming Office (847-824-1596) to determine which meet they should attend.

LOCATIONS AND FACILITIES:

GLENBROOK AQUATICS	LINCOLN WAY SWIM ASSOC	SCOUT AQUATICS
Glenbrook North High School 2300 Shermer Road Northbrook, IL 60062 1-8 lane 25 yard pool & 1-6 lane 25 yard pool. Competition pool is 10' deep at the start end, 8' in the middle, 14' at the turn end. Spectator seating for approximately 600.	Lincoln-Way Central High School Route 30 / Schoolhouse Road New Lenox, IL 60451 2-6 lane, 25-yard pools separated by a 4' wide bulkhead. Water depth of competition pool is 12'8" at start end, 7' in middle and 6' at turn end. Spectator seating for approximately 800.	LAKE FOREST H.S. 1285 N. McKinley Rd Lake Forest, IL 60045 8 Lane, 25-yard competition pool with moveable bulkhead and non-turbulent lane lines with an additional 4-lane 20- yard warm-down area. Electronic timing system with 8-lane scoreboard readout Water depth at the start is 14 feet and at turn end is 4.9 feet. There is seating for approximately 500 spectators in pool area.
HOMEWOOD FLOSSMOOR SWIM CLUB	FOX VALLEY SWIM TEAM	ELGIN CYCLONES SWIM TEAM
Homewood Flossmoor Community High School 999 Kedzie Avenue Flossmoor, IL 60422 8 lanes 25 yards warm up cool down area separated by a 2 ½' bulkhead. 14' deep at the start end and 4 1/2' deep at the bulkhead. Spectator seating for approximately 500.	NEUQUA VALLEY H.S. 2360 95th Street Naperville, IL 60564 25-yard, eight-lane pool with starting blocks at both ends. The start end is 13' deep and the turn end is 9' deep with Competitor brand 6" Gold Medal Non-Turbulent lane lines and a Daktronics 2000 scoring system with an 8-lane read out board. There is a separate 3-lane warm-up/cool down pool. Spectator seating is for 750.	The Centre of Elgin 100 Symphony Way Elgin, IL 60120 8 lanes 25 yard pool. 5' deep at the start end, 6' in the middle, 12' at the turn end. Spectator seating for approximately 500. Pool features 6" Competitor lane lines, 8 line CTS scoreboard along with system 6 timing system, surround sound audio equipment along with gym speaker and scoreboard.
	PEORIA AREA WATER WIZARDS	
	Central Park Pool 415 W Richmond Ave. Peoria, IL 61604 8 lane, 25-yard competition pool. The competition pool has a starting end depth of 5 feet with a turn end depth of 3 ½ feet. An IST/Colorado V fully automatic timing system with an 8 lane read out scoreboard will be utilized. Separate dicing well for warm-down. Bleacher seating for spectators is 300.	



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DEADLINE AND MEETING SUMMARY:

Monday	January 11	12:01 AM	Entries Open
Monday	February 22	1:00	Entry Deadline (OME)
Thursday	February 25	1:00	Email Scratch Deadline
Friday	February 26	5:20	Positive Check-In Closes
Friday	February 26	5:40	Coaches Meeting
Friday	February 26	6:00	Session 1 Start
Saturday	February 27	7:50 AM	Positive Check-In Closes
Saturday	February 27	8:15	Coaches Meeting (If Necessary)
Saturday	February 27	8:30 AM	Session 2 Start
Saturday	February 27	12:20 PM	Positive Check-In Closes
Saturday	February 27	1:00	Session 3 Start
Sunday	February 28	7:50	Positive Check-In Closes
Sunday	February 28	8:15 AM	Coaches Meeting (If Necessary)
Sunday	February 28	8:30 AM	Session 4 Start
Sunday	February 28	12:20 PM	Positive Check-In Closes
Sunday	February 28	1:00	Session 5 Start

MEET SCHEDULE:

Friday Evening Session (1) Ages All	Saturday and Sunday Morning Sessions (2 & 4) Ages 12 & Under; 10 & Under	Saturday and Sunday Afternoon Sessions (3 & 5) Ages Open, 14 & Under
Warm-up: 5:00 PM Positive Check-In Closes: 5:20 PM Start: 6:00 PM	Warm-up: 7:30 AM Positive Check-In Closes: 7:50 AM Start: 8:30 AM	Warm-up: 12:00 PM Positive Check-In Closes: 12:20 PM Start: 1:00 PM

MEET ADMINISTRATION:

	Meet Director	Entry Chair	Meet Referee	Website
GA	Kelly & Brian Brown 847-630-7259 gameetdirector@gmail.com	Kelly Brown 847-630-7259 gaentrychair@gmail.com	Darren Christian 847-999-8966 decwin@live.com	www.glenbrook-aquatics.com
LWSA	Mark Hoffer 708-800-4139 coachmark@lwsagators.org	Mark Hoffer 708-800-4139 coachmark@lwsagators.org	Tom Burt 815-212-3564 Twburt16@gmail.com	www.lwsagators.org
FOX	Carol Mordach (630) 913-0324 cmordach@sbcglobal.net	Carol Mordach (630) 913-0324 cmordach@sbcglobal.net	John O'Bryan 708-354-0314 obryanjohn@att.net	www.foxswimteam.com
SCT	Carolyn Grevers (224) 436-3195 cgrevers@yahoo.com	Carolyn Grevers (224) 436-3195 cgrevers@yahoo.com	Mike Parker 203-751-0705 Mikeparker33@gmail.com	www.swimsct.org
ECST	Greg Bruggeman 847-909-7882 Bruggeman_g@cityofelgin.org	Elizabeth Skerke 331-442-1067 Coach_Elizabeth@elgincyclones.com	Doug Kellerstrass 630-569-3439 dougk@megacircuit.com	www.elgincyclones.com
HFSC	Jen Sesto 708-826-8401 hfwimclub@aol.com	Debbie Mathews 708-309-8162 hfwimclub@aol.com	Henry Bodnar 708-798-7730 thebodnars@comcast.net	www.homewoodflossmoorswim.org



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PAWW	R.J. Greseth 309-712-7299 coachrj@paww.org	R.J. Greseth 309-712-7299 coachrj@paww.org	Ed Gershburg 217-720-2424 Ste30g@gmail.com	www.paww.org
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QUALIFYING TIMES: 2015-16 Regional Championship Time Standards are included in this meet packet. Only swimmers having achieved qualifying times between **February 21, 2014 and February 22, 2016 at 1:00pm CST** are eligible for this meet. Entry times may be submitted in short course yards, short course meters or long course meters.

Minimum Qualifying Time: 2015-16 Illinois Regional Championship time standards

Maximum Qualifying Time: 2015-16 Short Course Age Group Championship (Senior Championship for Senior events) Time Standards, except where noted on the order of events.

Swimmers having achieved an Age Group or Senior Championship time standard in any course may NOT compete in that event, for that age group, in the Regional Championships.

Checks payable to: Illinois Swimming Inc.

MAIL PAYMENT TO:	Illinois Swimming Inc. 1400 E Touhy Ave., Suite 410 Des Plaines, IL 60018	EMAIL ENTRY QUESTIONS TO:	pam.lowenthal@ilswim.org
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ENTRY FEES: \$5.00 per individual event, \$15.00 per relay event and a swimmer surcharge of \$2.00 per swimmer entered in at least one individual event must be included with entry.

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. If paying by check please submit the following to Illinois Swimming Office (due by February 25, 2016)
 - a. Team Summary and Release Form
 - b. Entry fees and swimmer surcharge payments not paid by credit card

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. 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: A swimmer may enter any number of individual events in which he/she has met the qualifying standard. A swimmer may swim no more than ten (10) individual events during the meet. No swimmer shall be permitted to compete in more than four (4) individual events per day.

POSITIVE CHECK-IN: All events will be **Positive Check-In**, timed finals. Each swimmer must check herself/himself in with the Clerk of Course at least 40 minutes prior to the start of each session for the events they will be swimming. Any swimmer who does not check-in with the Clerk of Course, prior to the deadline for Positive Check-In, will be scratched from all events for that day. Swimmers missing Positive Check-In will only be placed if and wherever any openings may occur, regardless of original seedtime. All swimmers will be expected to report for their events on time. No show rules will apply as stated in Illinois Swimming Championship meet rules.

SEEDING: Entries shall be seeded according to USA and Illinois Swimming rules. Entry times conforming to the course length for Illinois Swimming short course state championship meets (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), and Short Course Meters (SCM).**



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INDIVIDUAL EVENTS:

1. All events will be conducted as timed finals.
2. The 14&U 1000 Free and Open 1000 Free for Women will be entered and awarded as separate events (with different event numbers and different qualifying standards), but will be swum together. The 14&U 1000 Free and Open 1000 Free for Men will be entered and awarded as separate events (with different event numbers and different qualifying standards), but will be swum together.
3. The 1650 Free for Women and Men will be entered as separate events (with different event numbers and different qualifying standards), but will be swum together. The 1650 Free will be swum fastest to slowest, alternating between Women's and Men's heats.
4. A swimmer who has qualified in the 800 meters or 1000 yards may swim the 1650 Free, but must enter using the Long Course 1500-meter qualifying time for their age group.
5. A swimmer who has qualified in the 1500 meters or 1650 yards may swim the 1000 Free, but must enter using the Long Course 800-meter qualifying time for their age group.

RELAY EVENTS: Relays will be done at the end of each session on Saturday and Sunday. Teams may enter up to two relays per event max.

SCORING EVENTS: Top 20 swimmers in each event will be scored. Relays will not be scored in the overall team score.

SCRATCH PROCEDURES: The following information is for coaches and club representatives only. The 2016 Winter Regional Championship meet is positive check-in, thus pre-meet scratching is not necessary. However, if you would like to scratch swimmers in advance, please email scratch information to your Host Club entry chair. The following information must be included for your scratches:

1. Swim Club Information - Club Name, Club Code, Coach of Record, Contact Info (phone & email)
2. Swimmer's Information – Full Name (Last, First, MI), USA Swimming 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, February 25, 2016.

It is the responsibility of the sender to ensure that this E-mail is sent to the correct host and is received.

Entry chair information can be found below.

GA	FOX	SCT	LWSA	HFSC	ECST	PAWW
Kelly Brown 847-630-7259 gaentrychair@gmail.com	Carol Mordach (630) 913-0324 cmordach@sbcglobal.net	Carolyn Grevers 224-436-3195 cgrevers@yahoo.com	Mark Hoffer 708-800-4139 coachmark@lwsagat.org	Debbie Mathews 708-309-8162 hfsclub@aol.com	Elizabeth Skerke 331-442-1067 Coach_Elizabeth@elgincylones.com	RJ Greseth 309-712-7299 coachrj@paww.org

INDIVIDUAL AWARDS: Medals for 1ST - 8TH places will be awarded in each event.

TEAM AWARDS: Team Awards will be given to the top 3 Teams

AWARDS CEREMONY: Awards for top eight women and men will be presented according to the awards breaks shown in the event list. 1st, 2nd and 3rd Place relays will receive awards.



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COACHES MEETING: There will be a coaches meeting 20 minutes prior to the start of each session if needed. Each team or unattached swimmer must be represented.

MEET RESULTS: Meet results will be available on the host web site and the Illinois Swimming website.

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. The Program Operations Vice-Chair and the Meet Referee will appoint an Eligibility Jury composed of the Registration Chair, a coach, and one other person in attendance at the meet.

WARM-UP: Illinois Swimming warm-up and safety procedures will be in effect.

CONDUCT: The use of audio or visual recording devices, including all cell phones, is not permitted in the changing areas, restrooms, or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

DECK ACCESS & RESTRICTIONS: Current USA Swimming membership is required for coaches and working officials to be on deck. Coaches and Officials must provide proof of current USA Swimming registration at all times while on deck.

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 requests 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.

MISSED QUALIFYING TIMES: Entry times will be 'Pre-Proven' from the SWIMS database. Custom times may be entered; however, printed 'proof of time' will be required upon request.

OFFICIALS: Officials interested in working this meet should submit the application found on the ISI website under Officials tab. They can also direct questions regarding officiating to Ann Widdowson (widsona@gmail.com). A mandatory briefing for all officials working the meet will begin 1 hour before the start of each session.

ADMISSIONS: Admissions will be charged for entrance to each session. Heat sheets will also be available for sale. The Host Clubs will set these prices.

VENDORS: Oceans Apparel be on site at each location to sell event-specific apparel.



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EVENT ORDER: All time standards for all events are included in the meet packet. All 12&U events shall follow the 11-12 Illinois Swimming championship time standards for the maximum qualifying standard. All 14&U events shall follow 13-14 Illinois Swimming championship time standards for the maximum qualifying standard. **11/12 200 Breast, 200 Back, 200 Fly and 10 and Under 500 Free will be offered but not offered at the SCY Age Group Championship Meet.**

Friday, February 26, 2016
Session 1

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
1	12&U 200 Fly	2
3	10&U 500 Free	4
	Awards	
5	12&200 Breast	6
7	**14&U 1000 Free**	8
9	**Open 1000 Free**	10
	Awards	
11	12&U 200 Back	12
13	12&U 400 IM	14
	Awards	

Events 7 & 9 (Girls Open and 13-14 1000 Free) will be entered separately but will be swum together.

Events 8 & 10 (Boys Open and 13-14 1000 Free) will be entered separately but will be swum together.

Saturday, February 27, 2016
Session 2

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
15	12&U 500 Free	16
17	10&U 100 Fly	18
19	12&U 100 Fly	20
	Awards	
21	10&U 50 Free	22
23	12&U 50 Free	24
	Awards	
25	10&U 100 Breast	26
27	12&U 100 Breast	28
	Awards	
29	10&U 50 Back	30
31	12&U 50 Back	32
	Awards	
33	10&U 200 IM	34
35	12&U 200 IM	36
	Awards	
37	10&U 200 Medley Relay	38
39	12&U 200 Medley Relay	40
	Awards	



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**Saturday February 27,
2016
Session 3**

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
41	Open 500 Free	42
43	14&U 500 Free	44
	Awards	
45	Open 100 Fly	46
47	14&U 100 Fly	48
	Awards	
49	Open 50 Free	50
51	14&U 50 Free	52
	Awards	
53	Open 100 Breast	54
55	14&U 100 Breast	56
	Awards	
57	Open 200 Back	58
59	14&U 200 Back	60
	Awards	
61	Open 400 IM	62
63	14&U 400 IM	64
	Awards	
65	Open 200 Medley Relay	66
67	14&U 200 Medley Relay	68
	Awards	

**Sunday, February 28,
2016
Session 4**

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
69	10&U 200 Free	70
71	12&U 200 Free	72
	Awards	
73	10&U Fly	74
75	12&U 50 Fly	76
	Awards	
77	10&U 100 Back	78
79	12&U 100 Back	80
	Awards	
81	10&U 50 Breast	82
83	12&U 50 Breast	84
	Awards	
85	10&U 100 Free	86
87	12&U 100 Free	88
	Awards	
89	10&U 100 IM	90
91	12&U 100 IM	92
	Awards	
93	10&U 200 Free Relay	94
95	12&U 200 Free Relay	96



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Sunday, February 28,
2016
Session 5

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
97	Open 200 Free	98
99	14&U 200 Free	100
	Awards	
101	Open 200 Fly	102
103	14&U 200 Fly	104
	Awards	
105	Open 100 Back	106
107	14&U 100 Back	108
	Awards	
109	Open 200 Breast	110
111	14&U 200 Breast	112
	Awards	
113	Open 100 Free	114
115	14&U 100 Free	116
	Awards	
117	Open 200 IM	118
119	14&U 200 IM	120
	Awards	
121	Open 200 Free Relay	122
123	14&U 200 Free Relay	124
	Awards	
125	Open 1650 Free	126
	Awards	



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<i>TEAM SUMMARY & RELEASE FORM</i>

Name of Club: _____ Club Code: _____

Complete Mailing Address: _____

Phone (Day) _____ (Eve) _____ E-mail: _____

Names of Coaches at Meet: _____

CLUB CONTACT PERSON; _____

Phone (Day) _____ (Eve) _____ E-mail: _____

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 =	\$ _____
Number of Relay Teams Entered in the Meet _____	X	\$15.00 per event =	\$ _____
Number of Individuals Entered in Individual Events _____	X	\$2.00 Surcharge =	\$ _____
Make checks payable to "Illinois Swimming Inc."		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., Glenbrook Aquatics, Glenbrook North High School, Lincoln-Way Swim Association, Lincoln-Way Central High School, Scout Aquatics, Lake Forest High School, Homewood Flossmoor Swim Club, Homewood Flossmoor Community High School, Fox Valley High School, Nequa Valley High School, Elgin Cyclones Swim Team, The Centre of Elgin, Peoria Area Water Wizards and 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

This form must be returned to the Illinois Swimming Office by the deadline specified in this packet.



**2016 Illinois Swimming
Winter Regional Assignments**

<u>GA</u>	<u>FOX</u>	<u>SCT</u>	<u>LWSA</u>	<u>HFSC</u>	<u>ECST</u>	<u>PAWW</u>
Blue	ACAD (A+B)	BDSC	ACAD (R and R)	BSA	AA	ACAD (SP)
COHO	DCST	BSC	BBSC	CLSC	BRRY	BNSC
DPRC	FOX	BTS	BNY	CPD	DUND	DDST
EGSC	FVFY	CATS	CHMP	CSAT	ESCT	DOCS
GA	JETS	DIXN	DLTA	CSSC	EST	DRGN
GTAC	JPD	EMSC	EASC	CWAC	GGST	DSC
HPAC	Lifetime (BR, B, OP, R and W)	EXPR	HSC	GILS	MMAC	FFSC
LATT	MAVS	FAST	HWSA	HFSC	MSSC	FLY
LEAN	NAPY	HTSW	LHSC	HOSC	RMSC	HEAT
LIFE (S, VH, A and OO)	TWSC	KNAC	LWSA	IGSC	SCST	JAXY
MANN		LFSC	MDWY	LPD	TSSC	LYNX
MYST		MBLM	NAC	LSF	WCS	MARL
NTSC		MMSC	POSA	LYON	WDST	OCS
NU		ORCA	TOPS	OFSA	WHTN	ONU
SAGE		PAC		OLSA	Y2K	PAWW
SSC		PALA		PASS	ELY	QFY
SWAQ		PPD		RASC		RED
WILD/NASA		SCT		SAMK		SBD
WSO		SPD		SPAC		SPY
YWFF		SSSC		TPT		SST
		TST		ULT		
		VHST		WEST		
		WSCS				
		WDST				
		WSCS				



Illinois Swimming Short Course 2015-2016 Time Standards



GIRLS							BOYS					
LCM		SCM		SCY		10&Under	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
:34.59	38.29	33.49	36.79	30.19	33.19	50 Free	30.19	33.19	33.49	36.79	:34.19	38.39
1:16.99	1:25.39	1:14.79	1:22.29	1:06.29	1:14.09	100 Free	1:06.39	1:13.29	1:13.89	1:21.29	1:16.39	1:26.09
2:49.09	3:06.89	2:44.49	3:00.99	2:25.89	2:42.09	200 Free	2:27.19	2:42.59	2:44.09	3:00.49	2:47.49	3:09.09
5:49.29	6:50.59	5:39.79	6:39.49	6:28.29	7:40.59	400/500 Free	6:28.29	7:44.69	5:39.79	6:47.99	5:49.29	6:56.79
:40.79	45.89	39.89	43.89	:35.29	39.49	50 Back	:35.19	39.59	39.99	43.99	:41.09	46.29
1:28.39	1:39.19	1:25.59	1:34.19	1:15.89	1:24.79	100 Back	1:16.99	1:25.59	1:26.39	1:34.99	1:31.49	1:40.59
:46.69	51.59	44.49	48.89	40.09	44.09	50 Breast	:40.49	45.19	45.59	50.19	:47.89	53.49
1:41.49	1:53.19	1:37.49	1:47.19	1:27.59	1:36.59	100 Breast	1:28.59	1:39.69	1:40.59	1:50.69	1:44.49	1:57.49
:38.69	43.29	37.79	41.59	:33.69	37.49	50 Fly	:34.09	37.69	38.09	41.89	:30.89	44.49
1:34.29	1:43.69	1:28.79	1:37.69	1:19.39	1:27.99	100 Fly	1:20.69	1:29.59	1:30.49	1:39.49	1:33.79	1:47.89
		1:25.79	1:34.39	1:16.69	1:24.99	100 IM	1:16.59	1:25.79	1:26.59	1:35.29		
3:11.09	3:33.29	3:05.69	3:24.29	2:46.59	3:03.99	200 IM	2:47.79	3:06.69	3:08.39	3:27.19	3:10.59	3:37.49
2:29.59		2:22.59		2:06.99		200 Free Relay	2:10.59		2:24.99		2:32.39	
2:48.29		2:41.19		2:24.69		200 Med. Relay	2:28.29		2:44.59		2:57.49	
LCM		SCM		SCY			SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG	11/12	CHMP	REG	CHMP	REG	CHMP	REG
:30.69	34.29	:29.59	33.29	:26.89	29.99	50 Free	:26.59	29.59	:28.99	32.89	:30.09	34.19
1:06.29	1:14.79	1:04.79	1:12.19	:58.29	1:04.99	100 Free	:57.59	1:04.69	1:03.89	1:11.79	1:06.39	1:15.49
2:25.19	2:42.89	2:19.89	2:37.49	2:06.79	2:21.79	200 Free	2:07.29	2:21.89	2:19.49	2:37.49	2:24.99	2:44.99
5:09.29	5:45.19	4:57.39	5:30.79	5:42.09	6:18.59	400/500 Free	5:40.19	6:18.29	4:57.49	5:30.59	5:07.29	5:51.29
:35.49	40.39	:34.79	38.59	:30.69	34.79	50 Back	:30.89	34.49	:34.59	38.39	:35.69	40.79
1:16.29	1:26.39	1:14.49	1:22.09	1:05.89	1:13.89	100 Back	1:06.59	1:14.49	1:14.79	1:22.69	1:16.89	1:27.99
2:46.69	2:56.09	2:40.29	2:51.59	2:24.39	2:34.39	200 Back	2:27.59	2:53.19	2:43.79	3:12.49	2:47.09	3:19.39
:40.29	45.49	:38.79	42.89	:34.49	38.59	50 Breast	:34.29	39.29	:38.49	43.59	:39.99	46.39
1:27.39	1:39.09	1:24.09	1:33.49	1:15.49	1:24.19	100 Breast	1:15.19	1:24.89	1:24.79	1:34.39	1:28.09	1:40.99
3:10.09	3:22.39	3:03.79	3:19.89	2:45.59	2:59.69	200 Breast	2:53.19	3:09.29	3:12.19	3:30.19	3:15.79	3:38.09
:33.19	37.69	:32.19	36.59	:29.39	32.99	50 Fly	:29.49	32.89	:32.59	36.49	:33.49	38.29
1:15.59	1:25.99	1:12.69	1:21.99	1:05.69	1:13.79	100 Fly	1:05.69	1:14.59	1:14.09	1:22.89	1:15.99	1:28.09
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	2:59.59	3:30.99
		1:15.19	1:22.89	1:07.09	1:14.59	100 IM	1:06.89	1:14.89	1:14.69	1:23.19		
2:45.49	3:04.99	2:39.49	2:57.79	2:24.19	2:39.99	200 IM	2:24.09	2:41.29	2:40.59	2:59.49	2:45.69	3:07.49
	7:32.09		7:15.79		6:34.39	400 IM		6:27.29		7:07.99		7:28.29
	NT		NT		NT	200 Free Relay		NT		NT		NT
4:40.89		4:30.09		4:03.69		400 Free Relay	4:07.29		4:34.99		4:45.99	
	NT		NT		NT	200 Med Relay		NT		NT		NT
5:19.69		5:07.39		4:34.29		400 Med. Relay	4:41.29		5:15.29		5:30.39	
LCM		SCM		SCY			SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG	13/14	CHMP	REG	CHMP	REG	CHMP	REG
:29.19	:32.19	:28.19	:31.09	:25.39	:28.09	50 Free	:23.79	:26.39	:26.79	:29.59	:27.39	:30.59
1:03.39	1:10.19	1:01.39	1:07.59	:55.09	1:01.09	100 Free	:51.69	:57.09	:57.99	1:03.79	:59.89	1:06.39
2:17.49	2:32.39	2:13.19	2:26.59	1:59.69	2:11.69	200 Free	1:52.89	2:05.39	2:07.69	2:20.49	2:10.79	2:26.09
4:49.69	5:21.79	4:41.29	5:09.49	5:22.19	5:56.09	400/500 Free	5:07.69	5:36.19	4:32.29	4:59.59	4:40.59	5:13.59
9:58.19	10:57.99	9:47.79	10:46.59	10:57.79	12:03.59	800/1000 Free	10:32.59	11:35.89	9:37.69	10:35.49	9:48.09	10:46.89
19:08.59	21:03.39	18:48.59	20:41.49	18:51.29	20:44.49	1500/1650 Free	18:20.89	20:10.99	18:29.19	20:20.09	18:49.19	20:42.09
1:12.09	1:19.99	1:09.59	1:16.59	1:01.69	1:08.29	100 Back	:58.89	1:05.69	1:06.89	1:13.59	1:08.99	1:18.19
2:35.89	2:52.39	2:29.89	2:45.39	2:12.59	2:27.89	200 Back	2:08.29	2:21.89	2:26.09	2:40.79	2:29.09	2:47.59
1:22.59	1:31.59	1:19.59	1:27.59	1:10.79	1:18.19	100 Breast	1:06.89	1:14.49	1:16.39	1:24.09	1:18.69	1:27.59
2:58.29	3:18.49	2:53.39	3:10.89	2:33.19	2:51.29	200 Breast	2:25.99	2:42.69	2:47.19	3:03.99	2:51.89	3:11.89
1:10.39	1:17.99	1:08.19	1:15.09	1:01.29	1:07.89	100 Fly	:57.79	1:03.79	1:04.69	1:11.19	1:07.09	1:13.99
2:38.59	2:55.79	2:33.69	2:49.09	2:17.49	2:32.69	200 Fly	2:12.79	2:26.29	2:29.39	2:42.39	2:35.29	2:50.59
2:36.99	2:53.29	2:31.49	2:46.69	2:15.79	2:30.49	200 IM	2:08.79	2:22.79	2:25.39	2:39.99	2:28.89	2:46.39
5:31.59	6:07.09	5:20.89	5:52.99	4:49.69	5:19.99	400 IM	4:35.29	5:07.29	5:14.89	5:46.39	5:23.29	6:00.29
	NT		NT		NT	200 Free Relay		NT		NT		NT
4:22.19		4:12.19		3:48.39		400 Free Relay	3:36.69		4:03.69		4:13.39	
9:34.19		9:12.19		8:19.49		800 Free Relay	8:01.59		9:01.49		9:22.99	
	NT		NT		NT	200 Med. Relay		NT		NT		NT
4:56.19		4:44.89		4:13.99		400 Med. Relay	4:02.69		4:32.89		4:48.09	
LCM		SCM		SCY			SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG	Senior	CHMP	REG	CHMP	REG	CHMP	REG
29.19	32.19	27.89	30.89	24.99	27.79	50 Free	22.49	24.99	25.09	27.69	26.49	29.39
1:03.09	1:09.99	1:00.19	1:06.89	53.99	1:00.29	100 Free	48.89	54.19	54.49	1:00.19	57.29	1:03.39
2:16.69	2:30.79	2:11.09	2:25.09	1:57.49	2:10.69	200 Free	1:47.29	1:59.49	1:59.69	2:12.49	2:05.49	2:19.29
4:49.89	5:19.79	4:34.29	5:05.59	5:13.59	5:49.19	400/500 Free	4:54.29	5:26.79	4:17.39	4:45.99	4:29.99	5:01.29
10:08.09	11:08.89	9:45.29	10:49.29	11:08.99	12:22.09	800/1000 Free	10:35.79	11:56.09	9:10.59	10:26.59	9:26.79	10:23.49
19:16.99	21:12.69	18:46.39	20:50.49	18:47.89	20:42.99	1500/1650 Free	17:51.69	19:39.19	17:49.09	19:46.19	18:14.29	20:05.59
1:11.99	1:20.29	1:07.79	1:15.99	1:00.79	1:08.49	100 Back	56.19	1:02.89	1:02.69	1:09.79	1:07.09	1:15.49
2:36.99	2:54.59	2:25.99	2:44.19	2:10.89	2:27.89	200 Back	2:03.19	2:18.49	2:17.49	2:33.69	2:25.99	2:44.09
1:22.89	1:31.79	1:18.19	1:27.09	1:10.09	1:18.39	100 Breast	1:02.99	1:11.19	1:10.29	1:18.99	1:16.09	1:24.29
2:59.69	3:18.79	2:49.79	3:09.89	2:32.19	2:50.99	200 Breast	2:18.29	2:38.69	2:34.29	2:56.19	2:47.89	3:07.09
1:10.49	1:18.29	1:07.59	1:15.19	1:00.59	1:07.79	100 Fly	54.79	1:00.79	1:01.09	1:07.49	1:03.59	1:11.09
2:39.49	2:55.99	2:31.69	2:50.49	2:15.99	2:34.29	200 Fly	2:05.99	2:22.59	2:20.59	2:38.19	2:28.99	2:49.29
2:36.49	2:52.89	2:27.39	2:43.89	2:12.09	2:27.59	200 IM	2:02.19	2:16.09	2:16.29	2:30.99	2:23.29	2:41.49
5:38.29	6:12.69	5:21.19	5:54.29	4:47.79	5:19.19	400 IM	4:26.89	4:59.49	4:57.79	5:32.39	5:13.49	5:47.79
	NT		NT		NT	200 Free Relay		NT		NT		NT
4:23.09		4:07.89		3:42.19		400 Free Relay	3:21.69		3:45.09		3:57.89	
9:29.99		9:00.89		8:07.29		800 Free Relay	7:28.39		8:17.69		8:52.29	
	NT		NT		NT	200 Med. Relay		NT		NT		NT
4:54.69		4:32.89		4:04.59		400 Med. Relay	3:42.69		4:08.49		4:26.99	

Approved