



2018 Illinois Swimming Summer Regional Championships

July 20-22, 2018

[Host](#)

Lincoln-Way Swim Association

[Location](#)

Lincoln-Way Central High School
New Lenox, IL 60451

[Entry Deadline](#)

Monday, July 16, 2018 @ 1:00 PM (CST)

2018 Illinois Swimming Summer Regional Championships

Important Meet Items:

- o This meet follows all USA Swimming and current Illinois Swimming championship meet procedures.
- o All swimmers must be current members of USA Swimming and Illinois Swimming.
- o The qualification period for this meet is July 22, 2016 through the entry deadline (Monday, July 16, 2018).
- o Enter the 2018 Illinois Swimming Summer Regional Championships online at www.usaswimming.org/OME beginning on Monday, June 11, 2018 and no later than 1:00pm (CST) Monday, July 16, 2018.
- o All events will be swum as timed finals.
- o All relays will be conducted as timed finals. Each team may enter two (2) relays per event. There are no qualifying times for relay events and relays will be part of team scoring.
- o **All relay only swimmers, including alternates, must be entered in the meet via OME prior to the entry deadline.**
- o All Custom Entry Times must be pre-proven prior to the scratch deadline for Friday's events.
- o **Swimmers' and Coaches' Responsibility** – It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information packet and any information or changes announced at the Coaches Meeting.

Meet Director

Mark Hoffer
708-800-4139
coachmark@lwsagators.org

Meet Referee

Tim Lehman
815-370-6780
tbonelehman@yahoo.com

OME/Entry Questions

Pam Lowenthal
pam.lowenthal@ilswim.org
(847) 824-1596

Email Scratch Contact

Mark Hoffer
708-800-4139
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Sanction: Summer Regional Championships: ILL18-00802

Host: Lincoln-Way Swim Association

Location: Lincoln-Way Central High School – 1801 E. Lincoln Hwy, New Lenox, IL 60451

Facility: 6 Lane, 2 x 25-yard indoor competition pool. Permanent starting blocks (within the USA Swimming regulations). Water depth is 12 feet 8 inches at starting end. Non-turbulent lane lines. Colorado timing system 6. Seating capacity for 800 spectators. The competition course has not been certified in accordance with 104.2.2C(4).

Meet Schedule:	Friday PM (All Ages)		Sat. & Sun. AM (10&U, 11-12)		Sat. & Sun. PM (13-14, Open)	
	<u>Warm-ups</u>	<u>Start</u>	<u>Warm-ups</u>	<u>Start</u>	<u>Warm-ups</u>	<u>Start</u>
	3:00	4:00pm	7:00am	8:00am	12:00pm	1:00pm

Rules: This meet is sanctioned by USA Swimming and Illinois Swimming. All USA Swimming and Illinois Swimming rules apply including safety rules, which will be strictly enforced. This meet follows all USA Swimming and current Illinois Swimming championship meet procedures. 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.

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- Eligibility:** All swimmers must be current members of USA Swimming and Illinois Swimming. Registration forms may be obtained from the ISI office, 847-824-1596, 1400 E. Touhy Suite 410, Des Plaines, IL 60018 or downloaded from the Illinois Swimming website. www.ilswim.org
- Qualifying Times:** 2018 LC Championship Time Standards are included. Only swimmers having achieved qualifying times between July 22, 2016 and July 16, 2018 @ 1:00 PM are eligible for this meet. Entry times may be submitted in short course yards, long course meters, or short course meters.
- Entries:** All entries will be submitted thru OME and the USA Swimming web site. Entries may be submitted on-line beginning June 11, 2018 (12:01AM CST) and must be completed by Monday, July 16, 2018 at 1:00 pm CST. You will be required to pay for the online entries with Visa, MasterCard, American Express, or Discover. To pay by check please contact Illinois Swimming Office for payment instructions. For late entries, please refer to Illinois Swimming rule 206.8.11.
- 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. All relay only swimmers, including alternates, must be entered in the meet via OME prior to the entry deadline.
- IMPORTANT: All custom entry times must be pre-proven prior to the Friday event scratch deadline.
- Entry Fees:** Individual Events: \$8.00 per entry
Relay Events: \$16.00 per entry
Illinois Swimming Surcharge: \$2.00 per athlete entered in the meet.
- Individual Events:** All individual events will be conducted as timed final events.
- Distance Events:** The 14&U 1000 Freestyle and Open 1000 Freestyle 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 Freestyle and Open 1000 Freestyle for Men will be entered and awarded as separate events (with different event numbers and different qualifying standards), but will be swum together.
- The 14&U 1650 Freestyle and Open 1650 Freestyle 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 1650 Freestyle and Open 1650 Freestyle for Men will be entered and awarded as separate events (with different event numbers and different qualifying standards), but will be swum together. The 1650 Freestyle will be swum fastest to slowest, alternating between Women's and Men's heats.
- Distance Bonus Events:** Swimmers with an 800/1000 Freestyle qualifying time may enter the 1650 Freestyle event; swimmers with a 1500/1650 Freestyle qualifying time may enter the 1000 Free event. Swimmers must enter at the Long Course (LCM) non-conforming qualifying time in the event for which they do not have the current qualifying standard.

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Relay Events: All relay events will be conducted as timed final events. Relay entries may be proven as actual or aggregate ("add-up") times. For purposes of proving entry times a swimmer may be listed on only one relay team entered in each event. A swimmer may not be listed on both an aggregate and composite relay entry in the same event. All relay only swimmers, including alternates, must be entered in the meet via OME prior to the entry deadline. Teams are limited to two (2) relay entries per event. There are no qualifying standards for relays and relays do count in the team scoring.

Each coach shall pick up relay entry forms from the Clerk of Course on which they shall list the competing relay swimmers, their first and last names and order of swimming for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation approximately one (1) hour prior to the start of the relays. However, relay order may be changed up to the time of the swim by informing the timers.

Seeding: Events shall be seeded in order of SCY, equivalent LCM, equivalent SCM, non-conforming SCY (distance events), non-conforming LCM (distance events).

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 forty (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.

Scratches ISI Championship scratch rules and procedures will be in effect at this meet. The Regional Championships meet is positive check- in, thus pre-meet scratching is not necessary. Scratch deadlines are as follows:

- Email scratches will be accepted until 1:00pm on Friday, July 19, 2018. Scratches submitted via email must be sent to Mark Hoffer, coachmark@lwsagators.org. It is the responsibility of the sender to ensure that this email is received by the host club.

Coaches Meeting: There will be a coaches meeting on Friday, July 19, 2018 at 5:10pm. Additional meetings, if necessary, will be held 20 minutes prior to the start of each morning session. Each team or unattached swimmer must be represented.

Warm-up: ISI warm-up and safety procedures will be in effect.

Eligibility Jury: The Meet Director and the Program Operations Vice-Chair shall appoint an Eligibility Jury composed of at least of a coach, the Registration/Membership Coordinator and one other person in attendance.

Technical Jury: The Age Group Vice Chair and the Meet Director shall appoint a Technical Jury composed of at least one coach, one athlete and at least one, but not more than three other persons.

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: Team awards will be given for the top 3 combined teams. Awards will be given to the top 8 finishers in individual events, and the top three finishers in relay events.

Meet Results: Meet results will be available on the Illinois Swimming website (www.ilswim.org) within 48 hours following the conclusion of the meet.

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Deck Access:	Current USA Swimming membership is required for coaches and working officials to be on deck. Coaches must be currently registered with USA Swimming and must provide proof of current registration at all sessions of the meet. Officials must display their current card from OTS at all times of the meet.
Timers:	Each team with swimmers in the meet may be asked to provide timers. A list of lane assignments for each team will be posted at least 48 hours prior to the meet. Swimmers in the 1650 must provide their own timer and counter.
Officials:	Officials interested in working should submit the application, found on the ISI website under the officials tab. They can also direct questions regarding officiating to Kim Mozdierz-Frank at kitome4@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 be made available for sale. The Host Club will set these prices.
Concessions and Vendors:	Oceans Apparel will be selling event specific apparel. Concessions will be available for purchase at the venue.
Conduct:	All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. Meet Marshals have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc. No smoking on the premises. Please encourage your parents and swimmers to clean up after themselves. Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms, or locker rooms. Deck changing is prohibited. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
Image Authorization:	All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Illinois Swimming and the meet host under the conditions authored by Illinois and USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in this Illinois Swimming competition to promote such competitions.
Liability:	In consideration of the acceptance of this entry, intending to be legally bound, I/we hereby waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., Lincoln-Way Swim Association (host club), Palos Hills, Illinois, Lincoln-Way Central High School District 210 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. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

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Day 1				Day 2				Day 3			
				AM Session				AM Session			
			15		12&U 500 Freestyle		16	69		10&U 200 Freestyle	70
			17		10&U 100 Butterfly		18	71		12&U 200 Freestyle	72
			19		12&U 100 Butterfly		20			**AWARDS**	
					AWARDS			73		10&U 50 Butterfly	74
			21		10&U 50 Freestyle		22	75		12&U 50 Butterfly	76
			23		12&U 50 Freestyle		24			**AWARDS**	
					AWARDS			77		10&U 100 Backstroke	78
			25		10&U 100 Breaststroke		26	79		12&U 100 Backstroke	80
			27		12&U 100 Breaststroke		28			**AWARDS**	
					AWARDS			81		10&U 50 Breaststroke	82
			29		10&U 50 Backstroke		30	83		12&U 50 Breaststroke	84
			31		12&U 50 Backstroke		32			**AWARDS**	
					AWARDS			85		10&U 100 Freestyle	86
			33		10&U 200 IM		34	87		12&U 100 Freestyle	88
			35		12&U 200 IM		36			**AWARDS**	
					AWARDS			89		10&U 100 IM	90
			37		10&U 200 Medley Relay		38	91		12&U 100 IM	92
			39		12&U 200 Medley Relay		40			**AWARDS**	
					AWARDS			93		10&U 200 Freestyle Relay	94
								95		12&U 200 Freestyle Relay	96
										AWARDS	
PM Session				PM Session				PM Session			
1				2	41		42	97		Open 200 Freestyle	98
3				4	43		44	99		14&U 200 Freestyle	100
					AWARDS					**AWARDS**	
5				6	45		46	101		Open 200 Butterfly	102
7				8	47		48	103		14&U 200 Butterfly	104
9				10						**AWARDS**	
					AWARDS			105		Open 100 Backstroke	106
11				12	51		50	107		14&U 100 Backstroke	108
					AWARDS		52			**AWARDS**	
13				14	53		54	109		Open 200 Breaststroke	110
					AWARDS		56	111		14&U 200 Breaststroke	112
					AWARDS					**AWARDS**	
				57			58	113		Open 100 Freestyle	114
				59			60	115		14&U 100 Freestyle	116
					AWARDS					**AWARDS**	
				61			62	117		Open 200 IM	118
				63			64	119		14&U 200 IM	120
					AWARDS					**AWARDS**	
				65			66	121		Open 200 Freestyle Relay	122
				67			68	123		14&U 200 Freestyle Relay	124
					AWARDS					**AWARDS**	
								125		Open 1650 Freestyle	126
								127		14&U 1650 Freestyle	128
										AWARDS	

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 the 13-14 Illinois Swimming championship time standards for the maximum qualifying standard.

ECST	LWSA	LYON	PAWW	SCT	SWAQ
ACAD (Au)	ACAD (Bo)	BRRY	ACAD (Sp)	BSC	AA
ACAD (Ba)	ACAD (RB)	BSA	BASC	CATS	BDSC
ACAD (Sc)	ACAD (Ro)	CHAMP	BNSC	COHO	BLUE
BTS	ACAD (W)	EASC	BNY	GA	CLSC
DCST	BBSC	EST	DDST	LFSC	CPD
DLTA	CSAT	EXPR	DOCS	LTIL (VH)	CSSC
DUND	GILS	FOX	EMSC	MMSC	CWAC
ECST	HFSC	HOSC	FAST	NTA	GTAC
ELY	HWSA	HSC	FFSC	PAC	HPAC
FVFY	JETS	LTIL (BR)	FPWW	PALA	IGSC
HTSW	JPD	LYON	GGST	PPD	KNAC
LTIL (A)	LHSC	MAVS	HEAT	SCT	LATT
LTIL (BI)	LPD	NAPY	HHSC	VHST	LSF
LTIL (Ro)	LTIL (OO)	OLSA	HUBM		LTIL (Sc)
LTIL (W)	LTIL (OP)	RASC	ILVY		MANN
MAC	LWSA	TSSC	JAXY		MDWY
MMAC	NAC	ULT	LYNX		MYST
RMSC	OFSA		MARL		PASS
SAGE	POSA		MBLM		RA
SCST	TPT		MSSC		SSC
SPD	WEST		OCS		SWAQ
TIDE			ORCA		TOPS
WCS			PACE		TST
WDST			PAWW		WILD
WHTN			QFY		WSO
WSCS			RED		Y2K
			SBD		YWFF
			SPY		
			SSSC		
			SST		
			Y-DSC		



Illinois Swimming 2018 Long Course 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	:33.39	:36.69	:30.09	:33.09	50 Free	30.19	33.19	33.49	36.79	34.89	38.39
1:17.59	1:25.39	1:14.59	1:21.99	1:07.19	1:13.89	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	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
:40.89	:45.09	:39.49	:43.49	:35.59	:39.19	50 Back	:35.79	:39.39	:39.69	:43.69	:41.59	:45.79
1:29.29	1:38.29	1:25.49	1:33.99	1:16.99	1:24.69	100 Back	1:17.49	1:25.29	1:25.99	1:34.69	1:29.29	1:38.39
46.89	51.59	44.49	48.89	40.09	44.09	50 Breast	:40.89	:44.99	:45.39	:49.89	:48.49	:53.39
1:42.89	1:53.19	1:37.49	1:47.19	1:27.79	1:36.59	100 Breast	1:29.99	1:39.09	1:39.89	1:49.99	1:44.79	1:55.49
:38.79	:42.69	37.79	41.59	34.09	37.49	50 Fly	:34.09	:37.49	:37.79	:41.59	:39.79	:43.79
1:34.29	1:43.69	1:28.79	1:37.69	1:19.99	1:27.99	100 Fly	1:20.79	1:28.89	1:29.69	1:38.69	1:37.99	1:47.79
		1:25.79	1:34.39	1:17.29	1:24.99	100 IM	1:17.79	1:25.59	1:26.39	1:34.99		
3:13.89	3:33.29	3:05.69	3:24.29	2:47.29	3:03.99	200 IM	2:48.09	3:05.09	3:06.59	3:25.49	3:11.39	3:31.19
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
:30.69	34.29	:29.59	33.29	:26.99	29.99	50 Free	:26.59	29.59	:28.99	32.89	:30.09	34.19
1:06.99	1:14.39	1:04.79	1:12.19	:58.29	1:04.99	100 Free	:57.89	1:04.69	1:03.89	1:11.79	1:06.39	1:15.49
2:25.49	2:42.89	2:19.89	2:37.49	2:08.19	2:21.79	200 Free	2:08.19	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	5:42.19	6:18.59	400/500 Free	5:43.59	6:18.29	4:57.49	5:30.59	5:09.39	5:51.29
11:12.79		10:59.99		11:48.99		800/1000 Free	11:56.29		11:01.89		11:14.69	
20:45.49		20:17.99		20:10.79		1500/1650 Free	20:00.79		20:07.99		20:43.29	
:35.49	:39.79	:34.49	:38.49	:31.09	:34.69	50 Back	:31.09	34.49	:34.59	38.39	:35.89	40.79
1:16.59	1:25.59	1:13.49	1:21.89	1:06.19	1:13.79	100 Back	1:06.99	1:14.49	1:14.79	1:22.69	1:17.79	1:27.99
2:42.49	2:56.09	2:37.79	2:51.59	2:21.39	2:34.39	200 Back	2:23.69	2:53.19	2:39.19	3:12.49	2:43.89	3:19.39
:40.29	45.49	:38.79	42.89	:34.49	38.59	50 Breast	:34.69	:39.19	:38.49	:43.49	:39.99	46.39
1:27.39	1:39.09	1:24.09	1:33.49	1:15.59	1:24.19	100 Breast	1:15.69	1:24.89	1:24.79	1:34.39	1:28.09	1:40.99
3:02.39	3:22.39	2:59.19	3:19.89	2:42.19	2:59.69	200 Breast	2:49.09	3:09.29	3:05.59	3:30.19	3:08.89	3:38.09
:33.39	37.69	:32.19	36.59	:29.39	32.99	50 Fly	:29.69	32.89	:32.59	36.49	:33.69	:38.09
1:15.59	1:25.99	1:12.69	1:21.99	1:05.89	1:13.79	100 Fly	1:07.49	1:14.59	1:14.79	1:22.69	1:16.99	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	3:06.29	3:30.99
		1:15.19	1:22.89	1:07.59	1:14.59	100 IM	1:07.19	1:14.89	1:14.69	1:23.19		
2:45.79	3:04.99	2:39.49	2:57.79	2:24.99	2:39.99	200 IM	2:25.59	2:41.29	2:40.59	2:56.59	2:46.99	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		4:34.79		400 Med. Relay	4:41.79		5:15.29		5:30.39	
LCM		SCM		SCY		13/14	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
:29.29	:32.19	:28.19	:31.09	:25.49	:28.09	50 Free	:23.89	:26.29	:26.49	:29.19	:27.59	:30.39
1:03.49	1:09.89	1:01.39	1:07.59	:55.29	1:00.89	100 Free	:51.89	:57.09	:57.99	1:03.79	:59.59	1:05.69
2:18.39	2:32.29	2:12.69	2:25.99	1:59.59	2:11.59	200 Free	1:53.79	2:05.19	2:06.29	2:18.99	2:12.19	2:25.49
4:52.49	5:21.79	4:42.39	5:10.79	5:22.89	5:55.19	400/500 Free	5:08.59	5:36.19	4:32.29	4:59.59	4:43.19	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
19:01.59	21:03.39	18:45.59	20:41.49	18:49.19	20:44.49	1500/1650 Free	18:18.29	20:10.99	18:28.39	20:20.09	18:45.29	20:42.09
1:12.29	1:19.59	1:08.49	1:15.39	1:01.69	1:07.89	100 Back	:58.39	1:04.39	1:04.79	1:11.49	1:09.69	1:16.79
2:35.29	2:50.99	2:28.69	2:43.69	2:13.99	2:27.49	200 Back	2:08.29	2:21.19	2:24.39	2:36.69	2:30.89	2:46.19
1:22.99	1:31.39	1:19.59	1:27.59	1:11.09	1:18.19	100 Breast	1:07.09	1:13.89	1:14.49	1:22.19	1:18.09	1:26.79
3:00.29	3:18.39	2:52.29	3:09.59	2:35.19	2:50.79	200 Breast	2:27.19	2:41.99	2:43.39	2:59.79	2:51.39	3:08.89
1:10.39	1:17.49	1:08.09	1:14.99	1:01.39	1:07.59	100 Fly	:57.69	1:03.49	1:03.99	1:10.49	1:06.69	1:13.49
2:39.79	2:55.79	2:33.69	2:49.09	2:18.79	2:32.69	200 Fly	2:12.99	2:26.29	2:29.39	2:42.39	2:34.99	2:50.29
2:37.49	2:53.29	2:31.39	2:46.59	2:16.39	2:30.09	200 IM	2:08.89	2:21.89	2:23.09	2:37.49	2:27.89	2:43.09
5:33.69	6:07.09	5:20.89	5:52.99	4:50.89	5:19.99	400 IM	4:39.29	5:07.29	5:14.89	5:46.39	5:19.99	5:52.79
	NT		NT		NT	200 Free Relay		NT		NT		NT
4:22.19		4:12.19		3:49.29		400 Free Relay	3:36.69		4:03.69		4:13.39	
9:34.19		9:12.19		8:20.89		800 Free Relay	8:01.59		9:01.49		9:23.29	
	NT		NT		NT	200 Med. Relay		NT		NT		NT
4:56.39		4:44.89		4:14.89		400 Med. Relay	4:02.69		4:32.89		4:48.29	
LCM		SCM		SCY		Senior	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
28.99	31.89	27.59	30.39	24.89	27.39	50 Free	22.49	24.59	24.99	27.29	26.29	28.79
1:02.59	1:08.49	59.69	1:05.69	53.79	59.19	100 Free	48.89	53.69	54.29	59.59	57.29	1:02.29
2:16.09	2:29.49	2:10.39	2:23.39	1:57.49	2:09.19	200 Free	1:47.29	1:57.89	1:59.09	2:10.89	2:05.49	2:17.69
4:49.89	5:18.89	4:34.29	5:01.89	5:13.59	5:44.99	400/500 Free	4:53.19	5:23.09	4:16.49	4:42.69	4:27.69	4:53.59
9:57.99	10:57.79	9:41.89	10:40.09	11:04.99	12:11.49	800/1000 Free	10:23.99	11:26.39	9:10.59	10:11.99	9:22.99	10:19.29
19:16.99	21:12.69	18:46.39	20:50.49	18:46.69	20:39.39	1500/1650 Free	17:44.69	19:31.19	17:49.09	19:45.99	18:14.29	20:03.69
1:11.59	1:18.19	1:07.29	1:13.89	1:00.59	1:06.39	100 Back	56.19	1:01.59	1:02.39	1:08.39	1:07.09	1:13.19
2:36.99	2:50.99	2:25.29	2:39.79	2:10.89	2:23.99	200 Back	2:03.19	2:15.19	2:16.69	2:30.09	2:25.99	2:38.89
1:22.89	1:30.79	1:17.79	1:25.29	1:10.09	1:16.99	100 Breast	1:02.99	1:09.19	1:09.89	1:16.79	1:16.09	1:22.89
2:59.69	3:16.69	2:48.89	3:05.69	2:32.19	2:47.29	200 Breast	2:18.29	2:32.19	2:33.49	2:48.89	2:46.99	3:02.59
1:09.99	1:16.89	1:06.69	1:13.29	1:00.09	1:06.09	100 Fly	54.79	1:00.19	1:00.79	1:06.79	1:03.59	1:09.49
2:39.49	2:51.79	2:30.89	2:45.99	2:15.99	2:29.59	200 Fly	2:05.99	2:17.89	2:19.79	2:33.09	2:28.99	2:41.09
2:35.79	2:50.89	2:26.59	2:41.29	2:12.09	2:25.29	200 IM	2:01.49	2:13.69	2:14.89	2:28.39	2:22.59	2:35.99
5:36.89	6:07.99	5:19.39	5:51.39	4:47.79	5:16.59	400 IM	4:26.89	4:53.59	4:56.19	5:25.89	5:10.99	5:42.09
	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 on 10/1