



2022 Illinois Swimming Age Group Championships

**- Sponsored by Speedo -
March 10-13, 2022**

Host

FMC Aquatic

Location

**FMC Natatorium
Westmont, IL**

Entry Deadline

Monday, March 7, 2022 @ 1:00 PM Central Time



2022 Illinois Swimming Age Group Championships

Important Meet Items:

- This meet follows all USA Swimming and current Illinois Swimming championship meet procedures.
- All swimmers must be current members of USA Swimming and Illinois Swimming.
- The qualification period for this meet is February 1, 2020 through the entry deadline (Monday, March 7, 2022).
- Enter the 2022 Illinois Swimming Age Group Championships online at www.usaswimming.org/OME beginning on Wednesday, January 26, 2022 and no later than 1:00pm Central Time on Monday, March 7, 2022.
- All Individual Events will be swum as prelims and finals with the exception of the following events: all 10&U events, 11-12 500 Free, 11-12 1000 Free, 13-14 500 Free, 13-14 1000 Free, 13-14 1650 Free, and 13-14 400 IM. Finals will be the top 18 athletes competing in Consolation Final (9) and Championship Final (9).
- All 13-14 and 11-12 relays will be conducted as timed finals with the fastest heat competing at the conclusion of the evening session. All remaining heats will swim at that day's preliminary session.
- **All relay only swimmers, including alternates, must be entered in the meet via OME prior to the entry deadline.**
- 11-12 Swimmers with a 1650 Free qualifying time may enter the 1000 Free event and must enter the event at the Long Course Meter (LCM) non-conforming qualifying time standard.
- 13-14 Swimmers with a 1000 Free qualifying time may enter the 1650 Free event; swimmers with a 1650 Free qualifying time may enter the 1000 Free event. Swimmers must enter at the Long Course Meter (LCM) non-conforming qualifying time in the event for which they do not have the current qualifying standard.
- All Custom Entry Times must be pre-proven prior to the scratch deadline for Thursday's events.
- There will be positive check-in for the 1000 Freestyle and 1650 Freestyle. Entries for these events that are not checked in or scratched prior to the appropriate deadline for that event will automatically be down-seeded.
- The scratch deadline for Thursday's 11-12 1000 Free and 13-14 1650 Free shall be 15 minutes after the conclusion of the Coaches Meeting. The check-in/scratch deadline for all subsequent day's events is 30 minutes after the start of the previous evening's finals.
- **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

Conor Ozog
cozog@fmcaquatic.com
(630) 338-9755

Meet Referee

Bill Shanel
billshanel@prodigy.net
(630) 440-5697

Administrative Referee

Jack Yetter
ISIAgegroups@gmail.com
(630) 661-0350

OME/Entry Questions

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

Email Scratch Contact

Jack Yetter
ISIAgegroups@gmail.com
(630) 661-0350

Sanction: Age Group Championship: ILS22-0303

Host: FMC Aquatic – www.fmcaquatic.com

IDPH Compliance: Due to Covid-19, the use of and restrictions at the facility are subject to Illinois Department of Health Protocols, county and city/village protocols, as well as FMC Natatorium rules and policies.

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Disclaimer:

We have taken enhanced health and safety measures for all participants and guests. You must follow all posted instructions of this facility under guidelines from the Illinois Department of Health while attending this event. By participating and attending this event, you voluntarily assume all risks related in exposure to COVID-19. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individual with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THE COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, ILLINOIS SWIMMING, FMC AQUATIC, AND THE FMC NATATORIUM AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Location:

FMC Natatorium - 275 Plaza Drive, Westmont, IL 60559

Facility:

Two, nine (9) lane, 25-yard competition pools will be used with Myrtha starting blocks. The competition course is no shallower than 8'. Lanes are separated by 6" Competitor lane lines. The timing system and touchpads are produced by Swiss Timing – Omega, with a 42' x 12.5' LED Videoboard for results. There is a separate area of the pool that will be designated for warm up/cool down. Each lane will also have a push button back-up system and a back-up timer using an electronic stopwatch. The touchpads will be Swiss Timing – Omega touchpads. The competition course has been certified in accordance with 104.2.2C(4) certification is on file with USA Swimming.

Meet Schedule:

	Prelims / 10&U		Finals	
	<u>Warm-ups</u>	<u>Start</u>	<u>Warm-Ups</u>	<u>Start</u>
Thursday			4:00 PM	5:30 PM
Friday	7:00 AM	9:00 AM	4:00 PM	5:00 PM
Saturday	7:00 AM	9:00 AM	4:00 PM	5:00 PM
Sunday	8:00 AM	10:00 AM	4:00 PM	5:00 PM

Rules:

This meet is sanctioned by USA Swimming and Illinois Swimming, Inc. 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.

Eligibility:

All swimmers must be current members of USA Swimming and Illinois Swimming. Registration forms may be obtained from the Illinois Swimming office, 847-824-1596, 1400 E. Touhy Suite 410, Des Plaines, IL 60018 or downloaded from the Illinois Swimming website at www.ilswim.org

Qualifying Times:

The qualification period for this meet begins on February 1, 2020. 2022 Age Group Championship Time Standards are included. Entry times may be submitted in short course yards, long course meters, or short course meters.

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Entries: All entries will be submitted thru OME on the USA Swimming web site. Entries may be submitted on-line beginning January 26, 2022 and must be completed by Monday, March 7, 2022 at 1:00 pm Central Time. 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 seven (7) individual events during the meet. No swimmer shall be permitted to compete in more than three (3) individual events per day including time trials. All relay only swimmers, including alternates, must be entered in the meet prior to the entry deadline.

IMPORTANT: All custom entry times must be pre-proven prior to the Thursday event scratch deadline.

Entry Fees: Individual Events: \$10.00 per entry
Relay Events: \$20.00 per entry – limited A & B relays only per team.
Illinois Swimming Surcharge: \$2.00 per athlete entered in the meet.

Swimmers with Disabilities: This meet will be open to all disabled athletes age 14 and younger as of March 10, 2022. 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 seven (7) individual events during the meet. No swimmer shall be permitted to compete in more than three (3) individual events per day including time trials. This entry will be done manually through the Illinois Swimming Disability Chair. All entries must be submitted by the initial entry deadline. Coaches should contact the Illinois Swimming Disability Chair at disability@ilswim.org for more information and entry procedures.

- Events:**
1. All 10 & under individual events will be conducted as timed final events.
 2. All 11-12 individual events except the 500 Free and 1000 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. All remaining heats of the 500 Free will be swum slowest to fastest in the morning preliminary session.
 3. All 13-14 individual events except the 500 Free, 1000 Free, 1650 Free and 400 IM are preliminary/final events with consolation and championship final heats. The 500 Free, 1000 Free, 1650 Free and 400 IM are timed final events. The fastest seeded heat of the 500 Free, 1000 Free, and 400 IM will swim in the finals session. All remaining heats of the 500 Free, 1000 Free and 400 IM will be swum slowest to fastest in the morning preliminary session.
 5. Finals will be the top 18 athletes competing in Consolation Final (9) and Championship Final (9). Swimmers in the Championship Finals must report to the ready room area and be checked in with the ready room official prior to the start of the Championship Final **of the previous event**. Consolation Finalists must report to the Deck Referee behind the starting blocks prior to the Championship Final **of the previous event**.
 6. Day 1 (Thursday) events are timed final. Swimmers must check in 15 minutes after the conclusion of the Coaches Meeting. The 11-12 1000 and 13-14 1650 will be conducted as timed final events. Heats will be swum fastest to slowest. This session will be conducted in two pools. Swimmers must provide their own counter and timer.
 7. Prelim sessions will be conducted in two pools. Pool assignments and session reports will be posted no later than 48 hours prior to the start of the meet.

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Distance Bonus Events:	11-12 Swimmers with a 1650 Free qualifying time may enter the 1000 Free event. 13-14 Swimmers with a 1000 Free qualifying time may enter the 1650 Free event; swimmers with a 1650 Free qualifying time may enter the 1000 Free event. Swimmers must enter at the Long Course Meter (LCM) non-conforming qualifying time in the event for which they do not have the current qualifying standard.
Relay Events:	All 11-12 and 13-14 relay events will be conducted as timed final events with the fastest seeded heat swum in the evening session. All remaining heats will swim at that day's preliminary session. On Friday there will be a warm up break at the conclusion of prelims prior to the first heat of the 800 Free Relay. Relays swum on Saturday and Sunday at the beginning of the morning session will have a warm up break prior to the first individual event conducted on that day. 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. <u>All relay only swimmers, including alternates, must be entered in the meet prior to the entry deadline.</u> All teams desiring to swim in the AM should enter at the lowest non-conforming qualifying time (LCM). Teams may only enter A & B relays in this competition. 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, non-conforming SCY (distance events), non-conforming LCM (distance events).
Check-In:	Positive check-in required for the 1000 Freestyle and 1650 Freestyle. Entries not checked in or scratched by the appropriate deadline will automatically be down-seeded. <i>Check-in must be submitted by email to the Administrative Referee prior to the scratch deadline.</i>
Scratches	Illinois Swimming Championship scratch rules and procedures will be in effect at this meet. Scratches for the finals shall be made with the Administrative Referee. Scratches from preliminary events shall be made using the scratch box at the clerk of course. Check-in and scratch deadlines are as follows: • Day 1 scratches close 15 minutes after the conclusion of the technical meeting. • All subsequent day's events check-in or scratches are due 30 minutes after the start of the previous evening's finals. <i>Scratches must be submitted by email to the Administrative Referee prior to the scratch deadline.</i>
Coaches Meeting:	There will be a virtual (Zoom-based) technical meeting Wednesday, March 9, 2022 at 6:00 PM. Details will be sent to each coach. Coaches are encouraged to check the Illinois Swimming website for last minute details about the event. Participating coaches and athletes are responsible for all information in this document, distributed in the technical meeting, and posted on the event website.
Warm-up:	Illinois Swimming warm-up and safety procedures will be in effect. The Meet Referee and Meet Director will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be provided no later than 48 hours prior to the start of the meet, posted throughout the venue, announced on a regular basis before and during the meet, and monitored by the Meet Referee (or his/her special designees).

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Eligibility Jury: The Meet Referee 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	17	18
	INDIVIDUAL EVENT SCORING																	
	22	19	18	17	16	15	14	13	12	10	8	7	6	5	4	3	2	1
	RELAY EVENT SCORING																	
	44	38	36	34	32	30	28	26	24	20	16	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. Top three individual high point awards will be awarded to female and male swimmers in each age group category; 10 & Under, 11-12 and 13-14. Awards will be given to the top 9 finishers in each individual event. Awards will be given to the top three finishers in each relay event.

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

Deck Access: Current USA Swimming membership is required for coaches and working officials to be on deck. Coaches and Officials MUST display their current USA Swimming coach credential or Deck Pass to gain deck access. The meet referee and/or meet director reserves the right to ask for coach credential or Deck Pass and/or deny deck access if coach does not comply or card is no longer valid/current.

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.

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 Paula Myhre at prmyhre@gmail.com. A mandatory briefing 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, pending approval. As such, this meet is open to all Officials who are eligible to be evaluated for advancement and re-certification. Those desiring initial certification or re-certification should request an evaluation at the time of meet sign-up, noting the position and level requested. Meet sign-ups will be sent via email and available online several weeks prior to the meet. There will be opportunities at the meet to be evaluated for N2- & N3-level positions. However, there may not be enough resources to accommodate all such requests

Admissions: Thursday PM: \$5.00
Friday-Sunday: \$10.00 per day
Heat Sheets: \$5.00 per session.

Parking: Parking is located around the facility and outer lots for free.

Concessions and Vendors: Concessions will be available for purchase at the venue. Elsmore Swim Shop and Northwest Designs will be on site for swimwear and accessories.

Hotels: Hotel information can be found on the Illinois Swimming website www.ilswim.org.

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- 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. In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited. Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms, or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and 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., FMC Aquatic (host club), FMC Natatorium, 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.
- MAAPP:** All applicable adults participating or associated with the respective meet to which this information applies, acknowledges that they are an applicable adult, 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.

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Day 1			Day 2			Day 3			Day 4		
			Prelim Session			Prelim Session			Prelim Session		
	13	11-12 200 Backstroke	14	43	11-12 400 Medley Relay	44	77	11-12 400 Freestyle Relay	78		
	15	13-14 200 Breaststroke	16	45	13-14 400 Medley Relay	46	79	13-14 400 Freestyle Relay	80		
	17	11-12 100 Breaststroke	18	33	10&U 200 Medley Relay	34	67	10&U 200 Freestyle Relay	68		
	5	10&U 100 Butterfly	6		**Warm-Up Break**			**Warm-Up Break**			
	19	13-14 200 Freestyle	20	47	11-12 100 Backstroke	48	81	11-12 50 Backstroke	82		
	21	11-12 200 Freestyle	22	49	13-14 100 Backstroke	50	83	13-14 200 Backstroke	84		
	7	10&U 50 Freestyle	8	35	10&U 100 Freestyle	36	69	10&U 100 IM	70		
	23	13-14 400 IM	24	51	11-12 500 Freestyle	52	85	11-12 200 IM	86		
	25	11-12 100 IM	26	53	13-14 200 IM	54	87	13-14 500 Freestyle	88		
	9	10&U 100 Breaststroke	10	37	10&U 50 Breaststroke	38	71	10&U 100 Backstroke	72		
	27	13-14 100 Butterfly	28	55	11-12 100 Freestyle	56	89	11-12 50 Breaststroke	90		
	29	11-12 100 Butterfly	30	57	13-14 100 Freestyle	58	91	13-14 100 Breaststroke	92		
	11	10&U 500 Freestyle	12	39	10&U 50 Backstroke	40	73	10&U 50 Butterfly	74		
	31	**Relay Warm-up Break**	32	59	11-12 200 Breaststroke	60	93	11-12 50 Freestyle	94		
		13-14 800 Freestyle Relay.		61	13-14 200 Butterfly	62	95	13-14 50 Freestyle	96		
				41	10&U 200 IM	42	75	10&U 200 Freestyle	76		
				63	11-12 50 Butterfly	64	97	11-12 200 Butterfly	98		
					Warm-Up Break						
				65	13-14 1000 Freestyle	66					
Finals Session			Finals Session			Finals Session			Finals Session		
1	13-14 1650 Freestyle	2	13	11-12 200 Backstroke	14	47	11-12 100 Backstroke	48	81	11-12 50 Backstroke	82
3	11-12 1000 Freestyle	4	15	13-14 200 Breaststroke	16	49	13-14 100 Backstroke	50	83	13-14 200 Backstroke	84
			17	11-12 100 Breaststroke	18		**AWARDS**			**AWARDS**	
				AWARDS		51	11-12 500 Freestyle	52	85	11-12 200 IM	86
			19	13-14 200 Freestyle	20	53	13-14 200 IM	54	87	13-14 500 Freestyle	88
			21	11-12 200 Freestyle	22		**AWARDS**			**AWARDS**	
				AWARDS		55	11-12 100 Freestyle	56	89	11-12 50 Breaststroke	90
			23	13-14 400 IM	24	57	13-14 100 Freestyle	58	91	13-14 100 Breaststroke	92
			25	11-12 100 IM	26		**AWARDS**			**AWARDS**	
				AWARDS		59	11-12 200 Breaststroke	60	93	11-12 50 Freestyle	94
			27	13-14 100 Butterfly	28	61	13-14 200 Butterfly	62	95	13-14 50 Freestyle	96
			29	11-12 100 Butterfly	30		**AWARDS**		97	11-12 200 Butterfly	98
				AWARDS		63	11-12 50 Butterfly	64		**AWARDS**	
			31	13-14 800 Freestyle Relay	32	65	13-14 1000 Freestyle	66	79	13-14 400 Freestyle Relay	80
				AWARDS			**AWARDS**		77	11-12 400 Freestyle Relay.	78
						43	11-12 400 Medley Relay.	44		**AWARDS**	
						45	13-14 400 Medley Relay.	46			
							AWARDS				

Day 1 events (13-14 1650 Free, 11-12 1000 Free) will be swum fastest to slowest.

Prelims will be conducted in two pools. Session reports will be posted no later than 48 hours prior to the start of the meet.

There will be a relay warm-up break prior to start of the 800 Free Relay Events 31 & 32 in the prelim session with the fastest heat swum in finals.

All 11-12 and 13-14 400 Medley & Freestyle Relays will be swum at the beginning of prelims with the fastest heat swum in finals.

The 13-14 1000 Free will be swum at the conclusion of the Day 3 prelim session with the fastest seeded heat competing in finals.



TIME STANDARDS

2022 REGIONAL & AGE GROUP CHAMPIONSHIPS

GIRLS

LCM		SCM		SCY		10&Under	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
:35.59	:39.59	:33.39	:37.19	:30.89	:34.39	50 Free	:30.89	:34.39	:33.99	:37.79	:35.49	:39.49
1:20.29	1:29.09	1:15.99	1:24.39	1:09.09	1:16.79	100 free	1:09.09	1:16.79	1:15.99	1:24.39	1:19.79	1:28.59
2:56.29	3:15.29	2:49.89	3:08.39	2:34.39	2:50.29	200 Free	2:29.39	2:46.19	2:44.39	3:02.79	2:51.89	3:11.09
6:05.39	7:06.69	5:54.29	6:54.99	6:40.79	7:53.09	400/500 Free	6:37.39	7:53.79	5:49.49	6:57.69	5:59.49	7:06.99
:42.19	:46.99	:39.49	:43.99	:36.29	:40.39	50 Back	:36.49	:40.59	:40.19	:44.69	:42.99	:47.69
1:32.19	1:42.19	1:26.99	1:36.49	1:19.09	1:27.79	100 Back	1:18.79	1:27.29	1:26.69	1:36.39	1:30.99	1:41.09
:47.49	:52.69	:44.99	:49.89	:41.59	:46.09	50 Breast	:41.09	:45.49	:45.39	:50.39	:48.49	:53.89
1:44.89	1:56.19	1:40.49	1:51.19	1:31.29	1:41.09	100 Breast	1:29.99	1:40.19	1:39.89	1:50.99	1:44.79	1:56.49
:40.79	:45.19	:37.89	:42.19	:35.09	:38.99	50 Fly	:35.39	:39.09	:38.99	:43.29	:40.19	:44.69
1:35.99	1:46.39	1:32.49	1:41.39	1:24.09	1:33.09	100 Fly	1:22.79	1:31.19	1:31.09	1:41.09	1:37.99	1:48.79
		1:27.49	1:37.09	1:19.49	1:27.69	100 IM	1:18.99	1:27.79	1:26.89	1:40.49		
3:13.89	3:35.29	3:09.99	3:30.59	2:52.69	3:11.39	200 IM	2:50.99	3:08.39	3:08.89	3:29.79	3:15.39	3:37.19
2:30.29		2:22.59		2:08.49		200 Fr 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	

BOYS

LCM		SCM		SCY		11&12	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
:30.89	:34.69	:29.79	:33.69	:27.09	:30.29	50 Free	:26.69	:30.19	:29.39	:33.79	:30.69	:35.29
1:07.19	1:14.69	1:04.79	1:12.29	:58.89	1:05.69	100 Free	:58.09	1:05.89	1:03.89	1:12.79	1:07.69	1:17.79
2:27.59	2:46.99	2:19.89	2:39.49	2:09.49	2:25.09	200 Free	2:08.79	2:24.49	2:21.69	2:31.69	2:28.79	2:50.79
5:12.09	5:47.99	5:00.29	5:33.49	5:45.59	6:21.99	400/500 Free	5:44.89	6:19.59	5:09.99	5:43.09	5:15.19	5:57.09
11:26.69	12:30.89	11:13.69	12:11.59	12:08.69	12:51.99	800/1000 Free	12:11.89	12:58.29	11:05.59	12:15.59	11:18.59	12:46.09
21:15.09	22:55.59	20:47.09	22:24.69	20:56.39	21:55.69	1500/1650 Free	20:47.49	21:56.59	21:01.39	22:35.59	21:37.39	23:31.69
:36.59	:40.59	:34.49	:38.19	:31.29	:34.69	50 Back	:31.29	:34.69	:34.49	:38.79	:36.49	:41.89
1:18.19	1:28.19	1:13.69	1:23.09	1:06.99	1:15.59	100 Back	1:06.99	1:15.59	1:13.69	1:22.59	1:18.49	1:29.69
2:49.99	2:56.09	2:39.89	2:51.59	2:25.29	2:36.39	200 Back	2:25.69	2:39.59	2:40.29	2:54.59	2:50.99	2:59.79
:41.19	:46.89	:38.99	:43.59	:35.39	:39.99	50 Breast	:35.49	:40.39	:39.09	:44.69	:41.29	:48.19
1:30.49	1:43.19	1:24.49	1:34.89	1:16.79	1:26.39	100 Breast	1:16.89	1:27.09	1:24.59	1:33.19	1:30.29	1:44.19
3:14.19	3:22.39	3:02.29	3:19.89	2:45.69	3:01.69	200 Breast	2:47.29	3:11.29	3:04.09	3:30.19	3:12.59	3:38.09
:33.79	:38.59	:32.69	:37.59	:29.69	:33.79	50 Fly	:29.69	:33.39	:32.69	:37.09	:33.99	:38.89
1:18.39	1:29.79	1:13.69	1:22.99	1:06.99	1:15.89	100 Fly	1:06.99	1:15.59	1:14.09	1:23.69	1:18.09	1:30.99
2:55.59	3:33.09	2:51.59	3:25.89	2:34.59	3:08.29	200 Fly	2:37.89	3:06.69	2:53.69	3:24.09	3:03.29	3:30.99
		1:15.19	1:26.29	1:08.19	1:15.69	100 IM	1:07.99	1:16.69	1:14.79	1:24.29		
2:49.29	3:10.49	2:41.19	3:01.49	2:26.49	2:43.49	200 IM	2:25.69	2:43.39	2:40.59	2:58.59	2:49.79	3:12.49
	7:32.09		7:15.79		6:34.39	400 IM		6:27.29		7:07.99		7:28.29
4:40.89				4:03.69		400 Fr Relay	4:07.29		4:34.99		4:45.99	
5:19.69				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
:29.19	:31.79	:28.19	:30.79	:25.49	:27.79	50 Free	:23.89	:26.29	:26.49	:29.19	:27.39	:30.39
1:03.39	1:09:19.00	1:01.39	1:06.99	:55.29	1:00.29	100 Free	:51.79	:56.99	:57.99	1:03.79	:59.59	1:06.39
2:18.39	2:31.59	2:13.19	2:25.29	1:59.69	2:10.89	200 Free	1:53.19	2:04.99	2:06.29	2:18.99	2:11.19	2:25.09
4:52.49	5:21.79	4:41.29	5:09.49	5:22.69	5:53.59	400/500 Free	5:07.59	5:35.19	4:32.29	4:59.59	4:40.79	5:11.19
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
1:12.09	1:18.69	1:09.59	1:14.59	1:01.29	1:06.89	100 Back	:59.69	1:05.69	1:04.79	1:11.49	1:09.69	1:18.19
2:35.19	2:49.89	2:29.89	2:42.69	2:13.29	2:25.79	200 Back	2:08.29	2:21.19	2:24.39	2:36.69	2:29.89	2:46.59
1:22.99	1:30.59	1:19.59	1:26.79	1:10.89	1:17.19	100 Breast	1:06.69	1:14.19	1:14.49	1:22.19	1:18.09	1:24.59
3:00.09	3:18.29	2:53.39	3:09.59	2:34.79	2:50.39	200 Breast	2:25.29	2:40.89	2:43.39	2:59.79	2:51.39	3:11.89
1:10.29	1:16.89	1:08.19	1:14.49	1:01.19	1:06.89	100 Fly	:57.89	1:03.69	1:03.99	1:10.49	1:06.59	1:13.89
2:39.79	2:55.79	2:33.69	2:49.09	2:18.79	2:32.69	200 Fly	2:12.59	2:25.89	2:29.39	2:42.39	2:34.59	2:50.19
2:37.19	2:51.79	2:31.49	2:45.39	2:16.79	2:28.79	200 IM	2:08.79	2:22.79	2:23.09	2:37.49	2:27.89	2:46.39
5:33.69	6:07.09	5:20.89	5:52.99	4:50.89	5:19.99	400 IM	4:39.19	5:07.19	5:14.89	5:46.39	5:19.99	6:00.29
4:22.19		4:12.19		3:49.29		400 Fr Relay	3:36.69		4:03.69		4:13.39	
9:34.19		9:12.19		8:20.89		800 Fr Relay	8:01.59		9:01.49		9:23.29	
4:56.39		4:44.89		4:14.89		400 Med Relay	4:02.69		4:32.89		4:48.29	

Para 1 LSC Motivational Time Standards																	
	Girls									Boys							
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	10 & U P1		11-12 P1		13-14 P1		15 & O P1		P1	10 & U P1		11-12 P1		13-14 P1		15 & O P1	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	1:44.49	1:44.49	1:34.69	1:34.69	1:26.19	1:26.19	1:24.89	1:24.89	50 FR	1:39.29	1:39.29	1:30.29	1:30.29	1:21.29	1:21.29	1:18.29	1:18.29
	3:39.19	3:39.19	3:18.59	3:18.59	3:00.79	3:00.79	2:58.09	2:58.09	100 FR	3:44.19	3:44.19	3:23.79	3:23.79	3:03.49	3:03.49	2:56.69	2:56.69
	8:44.89	8:44.89	7:55.69	7:55.69	7:12.99	7:12.99	7:06.49	7:06.49	200 FR	6:09.09	6:09.09	5:35.59	5:35.59	5:01.99	5:01.99	4:50.90	4:50.89
	2:03.59	2:03.59	1:51.99	1:51.99	1:41.99	1:41.99	1:40.39	1:40.39	50 BK	1:22.89	1:22.89	1:15.39	1:15.39	1:07.89	1:07.89	1:05.39	1:05.39
	3:47.19	3:47.19	3:25.89	3:25.89	3:07.49	3:07.49	3:04.59	3:04.59	100 BK	3:01.19	3:01.19	2:44.69	2:44.69	2:28.19	2:28.19	2:22.69	2:22.69
	1:54.39	1:54.39	1:43.63	1:43.63	1:34.39	1:34.39	1:32.99	1:32.99	50 BR	1:29.59	1:29.59	1:21.49	1:21.49	1:13.29	1:13.29	1:10.59	1:10.59
	5:26.29	5:26.29	4:55.69	4:55.69	4:29.19	4:29.19	4:25.19	4:25.19	100 BR	4:19.99	4:19.99	3:56.39	3:56.39	3:32.69	3:32.69	3:24.89	3:24.89
	3:03.89	3:03.89	2:46.69	2:46.69	2:31.79	2:31.79	2:29.49	2:29.49	50 FL	2:48.09	2:48.09	2:32.79	2:32.79	2:17.49	2:17.49	2:12.39	2:12.39
	7:35.89	7:35.89	6:53.15	6:53.15	6:16.19	6:16.19	6:10.49	6:10.49	150 IM	7:30.09	7:30.09	6:49.19	6:49.19	6:08.19	6:08.19	5:54.59	5:54.59
Para 2 LSC Motivational Time Standards																	
	Girls									Boys							
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	10 & U P2		11-12 P2		13-14 P2		15 & O P2		P2	10 & U P2		11-12 P2		13-14 P2		15 & O P2	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	56.89	59.79	51.49	54.19	46.89	49.39	46.19	48.59	50 FR	53.99	56.79	49.09	51.69	44.19	46.49	42.59	44.79
	2:06.59	2:13.19	1:54.69	2:00.69	1:44.39	1:49.89	1:42.79	1:48.19	100 FR	1:59.09	2:05.29	1:48.29	1:53.99	1:37.39	1:42.59	1:33.79	1:38.79
	4:20.49	4:34.19	3:56.09	4:08.49	3:34.89	3:46.29	3:31.69	3:42.79	200 FR	4:11.89	4:25.09	3:48.49	4:00.99	3:26.09	3:36.89	3:18.49	3:28.89
			9:37.09	7:51.09	8:45.39	7:08.89	8:37.49	7:02.39	400/ 500 FR			9:37.89	7:51.69	8:40.09	7:04.49	8:20.79	6:48.79
	1:09.09	1:12.69	1:02.59	1:05.89	56.99	59.99	56.09	59.09	50 BK	1:01.09	1:04.29	55.49	58.39	49.99	52.59	48.09	50.69
	2:39.79	2:48.19	2:24.79	2:32.49	2:11.89	2:18.79	2:09.89	2:16.69	100 BK	2:32.79	2:40.89	2:18.89	2:26.29	2:05.09	2:11.59	2:00.39	2:06.79
			4:58.79	5:14.49	4:31.99	4:46.29	4:27.89	4:41.99	200 BK			4:20.89	4:34.59	3:54.79	4:07.09	3:46.09	3:57.99
	1:12.09	1:15.89	1:05.49	1:08.89	59.59	1:02.69	58.69	1:01.69	50 BR	1:09.19	1:12.79	1:02.89	1:06.19	56.59	59.59	54.49	57.39
	2:39.99	2:48.39	2:24.99	2:32.59	2:11.99	2:18.89	2:09.99	2:16.79	100 BR	2:33.39	2:41.49	2:19.49	2:26.79	2:05.49	2:12.09	2:00.89	2:07.19
			5:17.19	5:34.19	4:24.89	4:38.79	4:44.69	4:59.59	200 BR			5:00.99	5:16.79	4:30.89	4:45.09	4:20.89	4:34.59
	1:09.59	1:13.19	1:03.09	1:06.39	57.39	1:00.39	56.59	59.49	50 FL	55.89	58.79	50.79	53.49	45.69	48.09	43.99	46.39
	2:58.89	3:08.29	2:42.09	2:50.59	2:27.59	2:35.29	2:25.39	2:32.99	100 FL	2:55.29	3:04.49	2:39.39	2:47.79	2:23.39	2:30.99	2:18.09	2:25.39
	5:31.79	5:49.19	5:00.59	5:16.39	4:33.69	4:48.09	4:29.59	4:43.69	200 IM	5:12.39	5:28.89	4:43.99	4:58.99	4:15.59	4:29.09	4:06.19	4:19.09
Para 3 LSC Motivational Time Standards																	
	Girls									Boys							
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	10 & U P3		11-12 P3		13-14 P3		15 & O P3		P3	10 U P3		11-12 P3		13-14 P3		15 & O P3	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	44.09	48.89	39.89	44.29	36.39	40.39	35.79	39.69	50 FR	39.79	44.19	36.19	40.19	32.59	36.19	31.39	34.79
	1:33.89	1:44.29	1:25.09	1:34.49	1:17.49	1:26.09	1:16.39	1:24.79	100 FR	1:26.49	1:36.09	1:18.59	1:27.29	1:10.79	1:18.59	1:08.09	1:15.69
	3:51.49	4:17.19	3:29.79	3:53.09	3:10.99	3:32.19	3:08.09	3:28.99	200 FR	3:17.69	3:39.59	2:59.69	3:19.69	2:41.69	2:59.59	2:35.79	2:53.09
	8:46.89	7:43.19	7:57.59	6:59.79	7:14.79	6:22.19	7:08.19	6:16.39	400/ 500 FR	8:31.99	7:30.09	7:45.49	6:49.19	6:58.99	6:08.29	6:43.49	5:54.69
			18:00.49	15:19.59	16:32.09	14:04.39	16:18.49	13:52.79	800/ 1000 FR			18:21.59	15:37.49	16:31.39	14:03.69	15:54.69	13:32.49
			32:31.69	30:29.19	30:01.09	28:08.19	29:37.99	27:46.39	1500/ 1650 FR			34:04.19	31:55.79	30:39.71	28:44.19	29:31.53	27:40.29
	53.39	59.29	48.39	53.69	44.09	48.99	43.39	48.19	50 BK	45.59	50.69	41.49	46.09	37.29	41.49	35.89	39.89
	1:52.49	2:04.99	1:41.99	1:53.29	1:32.89	1:43.19	1:31.49	1:41.59	100 BK	1:36.09	1:46.79	1:27.39	1:37.09	1:18.59	1:27.39	1:15.69	1:24.09
			4:04.79	4:31.89	3:42.99	4:07.69	3:39.59	4:03.89	200 BK			3:29.49	3:52.79	3:08.59	3:29.49	3:01.59	3:21.79
	56.79	1:03.09	51.49	57.19	46.79	51.99	46.09	51.19	50 BR	49.79	55.29	45.29	50.29	40.79	45.29	39.29	43.59
	1:59.69	2:12.99	1:48.49	2:00.49	1:38.69	1:49.69	1:37.19	1:47.99	100 BR	1:50.59	2:02.89	1:20.49	1:51.69	1:30.49	1:40.49	1:27.19	1:36.79
			4:20.29	4:49.19	3:56.99	4:23.29	3:53.29	4:19.19	200 BR			3:40.09	4:04.49	3:18.09	3:40.09	2:56.09	3:31.89
	48.29	53.59	43.69	48.49	39.79	44.19	39.19	43.49	50 FL	43.29	48.09	39.29	43.69	35.39	39.29	31.49	37.89
	1:41.69	1:52.89	1:32.09	1:42.29	1:23.89	1:33.19	1:22.59	1:31.69	100 FL	1:30.89	1:40.99	1:22.79	1:31.99	1:14.39	1:22.59	1:06.09	1:19.59
			3:40.99	4:05.49	3:21.39	3:43.69	3:18.09	3:40.09	200 FL			3:29.19	3:52.39	3:08.29	3:29.19	2:47.39	3:21.39
	3:57.99	4:24.39	3:35.69	3:59.59	3:16.29	3:38.09	3:19.39	3:34.79	200 IM	3:29.69	3:52.99	3:10.69	3:31.79	2:51.59	3:10.69	2:32.49	3:03.59
			8:34.59	9:25.49	7:48.39	8:34.69	7:41.39	8:26.99	400 IM			7:46.79	8:20.09	6:56.79	7:30.09	6:40.09	7:13.39