



**2022 Illinois Swimming
Winter Regional Championships
February 25-27, 2022**

Host

Peoria Area Water Wizards

Location

**Central Park Pool
Peoria, IL, 61604**

Entry Deadline

Monday, February 21, 2022 @ 1:00 PM (CST)

2022 Illinois Swimming Winter Regional 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, February 21, 2022).
- Enter the 2022 Illinois Swimming Winter Regional Championships online at www.usaswimming.org/OME beginning on Wednesday, January 19, 2022 and no later than 1:00pm (CST) Monday, February 21, 2022.
- All events will be swum as timed finals.
- 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.
- **All relay only swimmers, including alternates, must be entered in the meet via OME prior to the entry deadline.**
- All Custom Entry Times must be pre-proven prior to the scratch deadline for Friday's events.
- **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

Mike Dexter
mdexter31@gmail.com
 (309) 472-1859

Meet Referee

Julee Amerman
juleeamerman@yahoo.com
 (309) 370-4688

OME/Entry Questions

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

Email Scratch Contact

Lori Riegler
loririeg@gmail.com
 (513) 535-6641

Sanction: Winter Regional Championships: ILS22-0205

Host: Peoria Area Water Wizards – www.paww.org

Location: Central Park Pool. 415 Richmond Ave, Peoria, Illinois, 61604

Facility: Central Park Pool, 8 lane, 25- yard competition pool with separate warm-down diving well. Colorado 6 timing system. Water depth at the start is 5 feet and at the turn end is 3 and a half feet. There is seating for approximately 300 spectators in the pool area. The competition course has not been certified in accordance with 104.2.2C(4).

Meet Schedule:

Friday PM (All Ages)

<u>Warm-ups</u>	<u>Start</u>
4:30pm	5:30pm

Sat. & Sun (All Ages)

<u>Warm-ups</u>	<u>Start</u>
7:30am	9:00am

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 the Central Park Pool 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, PEORIA AREA WATER WIZARDS, AND CENTRAL PARK POOL 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.

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.

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: The qualification period for this meet begins on February 1, 2020. 2022 Age Group and Senior Regional Championship Time Standards are included. 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 January 19, 2022 (12:01AM CST) and must be completed by Monday, February 21, 2022 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 five (5) events per day; four (4) individual and one (1) relay. 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: \$10.00 per entry
Relay Events: \$20.00 per entry
Illinois Swimming Surcharge: \$2.00 per athlete entered in the meet.

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Individual Events: All individual events will be conducted as timed final events.

Distance Events: The 12&U 1000 Freestyle, 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) will be swum together. The 12&U 1000 Freestyle, 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) 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) 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) 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.

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 not 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, February 25, 2022. Scratches submitted via email must be sent to Lori Riegler, lorrieg@gmail.com. It is the responsibility of the sender to ensure that this email is received by the host club.

Coaches Meeting: There will be a virtual (Zoom-based) coaches meeting on Thursday, February 24, 2022 at 6:00pm. 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.

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

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
	INDIVIDUAL EVENT SCORING															
	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

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 3 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.

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 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.

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: 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.

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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., Peoria Area Water Wizards (host club), Central Park Pool, 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. All athletes 18 years of age and older must have completed Athlete Protection Training.

Day 1				Day 2				Day 3			
PM Session				AM Session				AM Session			
1	12&U 200 Butterfly	2	17	12&U 500 Freestyle	18	71		10&U 200 Freestyle	72		
3	10&U 500 Freestyle	4	19	14&U 500 Freestyle	20	73		12&U 200 Freestyle	74		
	AWARDS		21	Open 500 Freestyle	22	75		14&U 200 Freestyle	76		
5	12&U 200 Breaststroke	6		**AWARDS**		77		Open 200 Freestyle	78		
	AWARDS		23	10&U 100 Butterfly	24			**AWARDS**			
7	12 & U 1000 Freestyle	8	25	12&U 100 Butterfly	26	79		10&U 50 Butterfly	80		
9	14&U 1000 Freestyle	10	27	14&U 100 Butterfly	28	81		12&U 50 Butterfly	82		
11	Open 1000 Freestyle	12	29	Open 100 Butterfly	30	83		14&U 200 Butterfly	84		
	AWARDS			**AWARDS**		85		Open 200 Butterfly	86		
13	12&U 200 Backstroke	14	31	10&U 50 Freestyle	32			**AWARDS**			
	AWARDS		33	12&U 50 Freestyle	34	87		10&U 100 Backstroke	88		
15	12&U 400 IM	16	35	14&U 50 Freestyle	36	89		12&U 100 Backstroke	90		
	AWARDS		37	Open 50 Freestyle	38	91		14&U 100 Backstroke	92		
				AWARDS		93		Open 100 Backstroke	94		
		39		10&U 100 Breaststroke	40			**AWARDS**			
		41		12&U 100 Breaststroke	42	95		10&U 50 Breaststroke	96		
		43		14&U 100 Breaststroke	44	97		12&U 50 Breaststroke	98		
		45		Open 100 Breaststroke	46	99		14&U 200 Breaststroke	100		
				AWARDS		101		Open 200 Breaststroke	102		
		47		10&U 50 Backstroke	48			**AWARDS**			
		49		12&U 50 Backstroke	50	103		10&U 100 Freestyle	104		
		51		14&U 200 Backstroke	52	105		12&U 100 Freestyle	106		
		53		Open 200 Backstroke	54	107		14&U 100 Freestyle	108		
				AWARDS		109		Open 100 Freestyle	110		
		55		10&U 200 IM	56			**AWARDS**			
		57		12&U 200 IM	58	111		10&U 100 IM	112		
		59		14&U 400 IM	60	113		12&U 100 IM	114		
		61		Open 400 IM	62	115		14&U 200 IM	116		
				AWARDS		117		Open 200 IM	118		
		63		10&U 200 Medley Relay	64			**AWARDS**			
		65		12&U 200 Medley Relay	66	119		10&U 200 Freestyle Relay	120		
		67		14&U 200 Medley Relay	68	121		12&U 200 Freestyle Relay	122		
		69		Open 200 Medley Relay	70	123		14&U 200 Freestyle Relay	124		
				AWARDS		125		Open 200 Freestyle Relay	126		
						127		**AWARDS**			
						129		14&U 1650 Freestyle	128		
								Open 1650 Freestyle	130		
								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. **



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	



2022 SENIOR CHAMPIONSHIPS

March 3-6, 2022

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.59	27.49	24.79	50 Freestyle	22.39	24.89	26.09
1:01.59	59.29	53.39	100 Freestyle	48.39	53.69	55.69
2:13.39	2:09.59	1:56.79	200 Freestyle	1:47.09	1:58.89	2:04.09
4:45.89	4:32.99	5:11.99	400/500 Freestyle	4:51.49	4:15.09	4:22.19
9:56.99	9:41.89	10:56.99	800/1000 Freestyle	10:16.99	8:59.89	9:15.99
18:55.39	18:37.89	18:31.19	1500/1650 Freestyle	17:28.99	17:35.29	17:59.29
1:09.59	1:06.29	59.69	100 Backstroke	55.29	1:01.39	1:04.29
2:31.29	2:24.59	2:10.29	200 Backstroke	2:02.09	2:15.49	2:20.99
1:20.99	1:16.49	1:08.89	100 Breaststroke	1:01.99	1:08.79	1:12.99
2:57.09	2:48.29	2:31.59	200 Breaststroke	2:18.29	2:33.49	2:42.99
1:08.59	1:05.89	59.39	100 Butterfly	54.29	1:00.29	1:02.19
2:32.09	2:29.79	2:14.99	200 Butterfly	2:04.69	2:18.39	2:22.99
2:33.09	2:26.59	2:12.09	200 Individual Medley	2:00.59	2:13.89	2:20.99
5:30.59	5:17.89	4:46.39	400 Individual Medley	4:24.89	4:53.99	5:07.99
4:18.99	4:04.09	3:39.89	400 Free Relay	3:19.09	3:40.99	3:55.29
9:18.69	8:52.79	7:59.99	800 Free Relay	7:22.79	8:11.49	8:46.29
4:50.09	4:26.69	4:00.29	400 Medley Relay	3:38.19	4:02.19	4:21.79

2022 WINTER REGIONAL CHAMPIONSHIPS

February 25-27, 2022

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
31.69	30.29	27.39	50 Freestyle	24.59	27.29	28.79
1:08.19	1:05.49	59.09	100 Freestyle	53.49	59.39	1:01.89
2:29.49	2:23.39	2:09.19	200 Freestyle	1:57.79	2:10.79	2:17.69
5:17.19	5:01.69	5:44.99	400/500 Freestyle	5:21.79	4:41.49	4:52.49
10:57.79	10:40.09	12:02.69	800/1000 Freestyle	11:26.39	10:05.59	10:19.29
20:53.99	20:34.69	20:27.39	1500/1650 Freestyle	19:23.49	19:30.39	19:59.89
1:17.59	1:13.59	1:06.29	100 Backstroke	1:01.29	1:07.99	1:12.29
2:49.39	2:39.79	2:23.99	200 Backstroke	2:14.69	2:29.49	2:38.29
1:30.29	1:25.09	1:16.69	100 Breaststroke	1:08.79	1:16.39	1:22.79
3:16.29	3:05.59	2:47.19	200 Breaststroke	2:32.09	2:48.79	3:01.49
1:15.99	1:13.09	1:05.89	100 Butterfly	1:00.19	1:06.79	1:09.29
2:51.79	2:45.99	2:29.59	200 Butterfly	2:17.89	2:33.09	2:41.09
2:49.89	2:41.19	2:25.29	200 Individual Medley	2:13.29	2:27.89	2:35.99
6:06.89	5:51.29	5:16.59	400 Individual Medley	4:52.49	5:24.59	5:41.49

*Qualification period will be 2/1/2020 to entry deadline