



# **2019 Illinois Swimming Senior Championships**

**- Sponsored by Speedo -  
July 11-14, 2019**

**Host**

**Academy Bullets Swim Club**

**Location**

**Village of Pleasant Prairie RecPlex  
Pleasant Prairie, WI**

**Entry Deadline**

**Monday, July 8, 2019 @ 1:00 PM (CST)**



# 2019 Illinois Swimming Senior 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 July 1, 2017 through the entry deadline (Monday, July 8, 2019).
- Enter the 2019 Illinois Swimming Senior Championships online at [www.usaswimming.org/OME](http://www.usaswimming.org/OME) beginning on Monday, June 10, 2019 and no later than 1:00pm (CDT) Monday, July 8, 2019.
- All Individual Events with the exception of the 800 Free & 1500 Free will be swum as prelims and finals. Finals will be the top 30 athletes competing in Bonus (10), Consolation (10), and Championship (10) Finals heats (C, B, A, Finals).
- All relays will be conducted as timed finals with the fastest heat competing at the conclusion of the evening session. All other relays will compete at the conclusion of the preliminary session. The order of the relays shall be Women's 2<sup>nd</sup> fastest heat, Men's 2<sup>nd</sup> fastest heat, Women's 3<sup>rd</sup> fastest heat, Men's 3<sup>rd</sup> fastest heat, Etc.
- **All relay only swimmers, including alternates, must be entered in the meet via OME prior to the entry deadline.**
- Swimmers with a 800 Free qualifying time may enter the 1500 Free event; swimmers with a 1500 Free qualifying time may enter the 800 Free event. Swimmers must enter at the Short Course Yards (SCY) 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 with the Illinois Swimming office prior to the scratch deadline for Thursday's events.
- Time Trials may be conducted at the discretion of the Meet Referee for swimmers entered in the meet.
- There will be positive check-in for the 800 Freestyle, 1500 Freestyle, and all relay events. 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 800 Freestyles shall be 60 minutes prior to the start of the session. 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

Bill Schalz  
[billshalz@gmail.com](mailto:billshalz@gmail.com)  
 (630) 989-8157

### Meet Referee

Ann Widdowson  
[widsona@gmail.com](mailto:widsona@gmail.com)  
 (224) 633-6363

### Admin Referee

Brent Lightfoot  
[b.lightfoot@sbcglobal.net](mailto:b.lightfoot@sbcglobal.net)  
 (630) 277-0104

### OME/Entry Questions

Pam Lowenthal  
[pam.lowenthal@ilswim.org](mailto:pam.lowenthal@ilswim.org)  
 (847) 824-1596

### Email Scratch Contact

Todd Capen  
[t.capen@academybullets.com](mailto:t.capen@academybullets.com)  
 (847) 571-7644

**Sanction:** Senior Championships: WI2019-264S Time Trial: WI2019-265TT

**Host:** Academy Bullets Swim Club – [www.academybullets.com](http://www.academybullets.com)

**Location:** Village of Pleasant Prairie RecPlex- 9900 Terwall Terrace, Pleasant Prairie, WI 53158

**Facility:** 10 Lane, 50-meter indoor competition pool. Permanent starting blocks (within the USA Swimming regulations). Water depth is 7 feet 6 inches at starting end. Non-turbulent lane lines. Colorado timing system. Full color 10 lane electronic timing display. Seating capacity for 650 spectators. The competition course has been certified in accordance with 104.2.2C(4) certification is on file with USA Swimming.

# 2019 Illinois Swimming Senior Championships

## Meet Schedule:

|          | Prelims         |              | Finals          |              |
|----------|-----------------|--------------|-----------------|--------------|
|          | <u>Warm-ups</u> | <u>Start</u> | <u>Warm-ups</u> | <u>Start</u> |
| Thursday |                 |              | 4:00pm          | 5:30pm       |
| Friday   | 6:30am          | 8:30am       | 4:00pm          | 5:30pm       |
| Saturday | 6:30am          | 8:30am       | 4:00pm          | 5:30pm       |
| Sunday   | 6:30am          | 8:30am       | 3:30pm          | 5:00pm       |

## Rules:

This meet is sanctioned by USA Swimming and Illinois Swimming, Inc. All USA Swimming and ISI 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](http://www.ilswim.org)

## Qualifying Times:

2019 Long Course Championship Time Standards are included. Only swimmers having achieved qualifying times between July 1, 2017 and July 8, 2019 @ 1:00 PM are eligible for this meet. Entry times may be submitted in long course meters, short course yards, 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 10, 2019 (12:01AM CDT) and must be completed by Monday, July 8, 2019 at 1:00 pm CDT. You will be required to pay for the online entries with Visa, MasterCard, American Express, or Discover. To pay by check please contact 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 via OME 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: \$8.00 per entry  
Relay Events: \$16.00 per entry  
Illinois Swimming Surcharge: \$2.00 per athlete entered in the meet.  
Wisconsin Swimming Surcharge: \$3.00 per athlete entered in the meet.

## Individual Events:

All individual events except the 800 Free and 1500 Free will be conducted on a preliminaries and finals basis. At the discretion of the Meet Referee, the Senior Committee, and the Program Operations Vice-Chair, individual events in the preliminary sessions may be conducted in flights with a minimum of the fastest seven (7) heats in all events 200m or less and a minimum of the fastest five (5) heats in all 400m events in the "A" flight, and all remaining heats in the "B" flight. "A" flights will be concluded each morning prior to beginning the "B" flight. The "B" flight will be swum fastest to slowest. The top 30 athletes from preliminaries will advance to the Bonus (10), Consolation (10), and Championship (10) Finals heats (C, B, A, Finals). Swimmers in the Championship Finals must report to the ready room area and check in with the ready room official prior to the start of the Championship Final **of the previous event**. Consolation and Bonus Finalists must report to the Deck Referee behind the starting blocks prior to the Championship final of the previous event.

# 2019 Illinois Swimming Senior Championships

## **Swimmers with Disabilities:**

This meet will be open to all disabled athletes age 15 or older as of July 11, 2019. 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](mailto:disability@ilswim.org) for more information and entry procedures.

## **Distance Events:**

The 800 and 1500 Free will be conducted as timed final events. The 800 Free is swum on Thursday Evening (Session 1), fastest to slowest, alternating women and men heats. Each swimmer must provide his/her own timer.

The fastest seeded heat of the women's and men's 1500 free are swum as the first event of finals on the same day as all other heats for the event. All remaining heats of the 1500 will swim at the conclusion of Sunday's preliminary session: the second fastest seeded women's heat will swim first and the second fastest seeded men's heat will swim second. The third fastest seeded women's heat will swim third; the third fastest seeded men's heat will swim fourth, continuing in this fashion until all heats are swum. Swimmers who choose to swim in the prelim session of the 1500 Free should enter at the lowest non-conforming qualifying time for that event (LCM). Each swimmer must provide his/her own timer.

## **Distance Bonus Events:**

Swimmers with an 800 Free qualifying time may enter the 1500 Free event; swimmers with a 1500 Free qualifying time may enter the 800 Free event. Swimmers must enter at the Short Course Yards (SCY) 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 with the fastest seeded heat swum in the evening session. All remaining heats will swim at the conclusion of that day's preliminary session: the second fastest seeded women's heat will swim first and the second fastest seeded men's heat will swim second. The third fastest seeded women's heat will swim third; the third fastest seeded men's heat will swim fourth, continuing in this fashion until all heats are swum.

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 prior to the entry deadline. All teams desiring to swim in the AM should enter at the lowest non-conforming qualifying time (SCY). Teams may enter as many relays as qualified for the event but only two (2) relays will score per team.

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 LCM, equivalent SCM, equivalent SCY, non-conforming LCM (distance events), non-conforming SCY (distance events).

## **Check-In:**

Positive check-in required for the 800 Freestyle, 1500 Freestyle, and all relay events. Positive check-in is due prior to the scratch deadline for that event. Electronic check-in for the 800 Free Relay will be accepted and must be submitted via email to Todd Capen at [t.capen@academybullets.com](mailto:t.capen@academybullets.com) by 1:00pm on Thursday, July 11, 2019. Entries not checked in or scratched by the appropriate deadline will automatically be down-seeded.

# 2019 Illinois Swimming Senior Championships

## Scratches

ISI 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:

- Email scratches will be accepted until 1:00pm on Thursday, July 11, 2019. Scratches submitted via email must be sent to Todd Capen at [t.capen@academybullets.com](mailto:t.capen@academybullets.com). It is the responsibility of the sender to ensure that this email is received by the host club.
- Scratches/Check-In for Day 1 individual event are due by 4:30pm on Day 1 of the meet. All subsequent day's events check-in or scratches are due 30 minutes after the start of the previous evening's finals.

## Coaches Meeting:

There will be a coaches meeting in the Hospitality Room at 4:30pm on Thursday, July 11, 2019 and Friday, July 12, 2019 at 8:00am. Additional meetings, if necessary, will be held 20 minutes prior to the start of each prelim session. Each team or unattached swimmer must be represented.

## Warm-up:

ISI 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).

## Breaks:

The pool may be open at the discretion of the Meet Referee during breaks in competition.

## Eligibility Jury:

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

## Technical Jury:

The Senior 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 | 19 | 20 |
| INDIVIDUAL EVENT SCORING |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 24                       | 21 | 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | 9  | 8  | 7  | 6  | 5  | 4  | 3  | 2  | 1  |
| RELAY EVENT SCORING      |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 48                       | 42 | 40 | 38 | 36 | 34 | 32 | 30 | 28 | 26 | 22 | 18 | 16 | 14 | 12 | 10 | 8  | 6  | 4  | 2  |

## Awards:

The Carolyn Lambert Award will be presented to the overall team champion. Additionally, team awards will be given to the top three combined teams and the top women's and men's team. Awards will be given to the top 10 finishers in individual events and the top three finishers in relay events. Individual performance awards (male and female) will be given to athletes for Outstanding Performance of the Meet, Meet High Point Award and Top 10 Distance Awards.

An awards ceremony will be conducted according to a schedule distributed at the meet. Swimmers should report to the awards staging area promptly. Awards for Day 1 will be presented at the first Awards Break of Day 2.

## Meet Results:

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

# 2019 Illinois Swimming Senior Championships

|                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|---------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Deck Access:</b>             | <p>Current USA Swimming membership is required for coaches and working officials to be on deck. All coaches must be currently registered with USA Swimming and must provide proof of current registration at all sessions of this meet. Clubs will be issued deck passes to those coaches listed on the submitted team entry. Deck passes will be available based on the number of individual qualifiers. Additional deck passes for registered coaches may be purchased for \$15.</p> <ul style="list-style-type: none"><li>• 1-3 swimmers = 1 deck pass</li><li>• 7-9 swimmers = 3 deck passes</li><li>• 21-30 swimmers = 5 deck passes</li><li>• 41-50 swimmers = 7 deck passes</li><li>• 4-6 swimmers = 2 deck passes</li><li>• 10-20 swimmers = 4 deck passes</li><li>• 31-40 swimmers = 6 deck passes</li><li>• 51+ swimmers = 7 deck passes</li></ul>                                                                                                                                                       |
| <b>Timers:</b>                  | <p>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. A club timer coordinator with phone number and email address must be listed on your Team Summary and Release Form that is submitted with your entry. Swimmers in the 1500 Free must provide their own timer and counter.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Officials:</b>               | <p>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 Kimberly Mozdierz-Frank at <a href="mailto:kitome4@gmail.com">kitome4@gmail.com</a>. 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- &amp; N3-level positions. However, there may not be enough resources to accommodate all such requests.</p> |
| <b>Time Trials:</b>             | <p>Time Trials may be conducted at the discretion of the Meet Referee for swimmers entered in at least one individual event or swimmers competing on at least one relay. Time Trials shall be counted in the daily maximum number of individual events swum, but shall not count in the meet limit of events swum. Fee is \$10.00 per event and is payable to host club at time of entry, which can be done at the Clerk of Course table. Each swimmer must provide their own timer and lap counter for time trial events.</p> <p><b>Sign-Up (Entry) Deadline is 5:00pm on Thursday and 11:00am on Friday, Saturday, and Sunday.</b></p>                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Admissions:</b>              | <p>Thursday PM: \$5.00<br/>Friday-Sunday: \$10.00 per day<br/>Heat Sheets: \$5.00 per session.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Parking:</b>                 | <p>Parking is located around the facility and outer lots for free.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Concessions and Vendors:</b> | <p>Oceans Apparel will be selling event specific apparel. Concessions will be available for purchase at the venue.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Hotels:</b>                  | <p>Hotel information can be found on the Illinois Swimming website <a href="http://www.ilswim.org">www.ilswim.org</a>.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

# 2019 Illinois Swimming Senior Championships

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|---------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Conduct:</b>                                               | 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. |
| <b>Image Authorization:</b>                                   | 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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Liability:</b>                                             | 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., Academy Bullets Swim Club (host club), the Rec Plex, 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.                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Minor Athlete Abuse Prevention Policy Acknowledgement:</b> | 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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |

# 2019 Illinois Swimming Senior Championships

| Event Order                                                     |                       |         |
|-----------------------------------------------------------------|-----------------------|---------|
| Event #                                                         |                       | Event # |
| Day 1                                                           |                       |         |
| 1                                                               | 800 Freestyle         | 2       |
| Day 2                                                           |                       |         |
| 3                                                               | 100 Breaststroke      | 4       |
| 5                                                               | 200 Freestyle         | 6       |
| <b>Awards Break</b>                                             |                       |         |
| 7                                                               | 100 Butterfly         | 8       |
| 9                                                               | 400 Individual Medley | 10      |
| <b>Awards Break</b>                                             |                       |         |
| 11                                                              | 800 Freestyle Relay** | 12      |
| <b>Awards Break</b>                                             |                       |         |
| Day 3                                                           |                       |         |
| 13                                                              | 200 Individual Medley | 14      |
| 15                                                              | 50 Freestyle          | 16      |
| <b>Awards Break</b>                                             |                       |         |
| 17                                                              | 200 Breaststroke      | 18      |
| 19                                                              | 100 Backstroke        | 20      |
| <b>Awards Break</b>                                             |                       |         |
| 21                                                              | 400 Freestyle         | 22      |
| <b>Awards Break</b>                                             |                       |         |
| 23                                                              | 400 Medley Relay**    | 24      |
| <b>Awards Break</b>                                             |                       |         |
| Day 4                                                           |                       |         |
| 25                                                              | 1500 Freestyle*       | 26      |
| 27                                                              | 200 Backstroke        | 28      |
| <b>Awards Break</b>                                             |                       |         |
| 29                                                              | 100 Freestyle         | 30      |
| 31                                                              | 200 Butterfly         | 32      |
| <b>Awards Break</b>                                             |                       |         |
| 33                                                              | 400 Freestyle Relay** | 34      |
| <b>Relay Awards, Individual Performance Awards, Team Awards</b> |                       |         |

\*The 1500 Free will be swum at the conclusion of prelims, with the fastest heat swum at the start of finals.

\*\*The relays will be swum at the conclusion of prelims, with the fastest heat swum at the conclusion of finals.

In prelims, there will be a minimum of a ten (10) minute break prior to the start of the 1500 Free and the relay events.



# 2019 SENIOR CHAMPIONSHIPS

July 11 - 14, 2019

| WOMEN    |          |          | EVENT                 | MEN      |          |          |
|----------|----------|----------|-----------------------|----------|----------|----------|
| LCM      | SCM      | SCY      |                       | SCY      | SCM      | LCM      |
| 28.79    | 27.59    | 24.89    | 50 Freestyle          | 22.39    | 24.89    | 26.19    |
| 1:02.19  | 59.69    | 53.79    | 100 Freestyle         | 48.89    | 54.29    | 56.89    |
| 2:16.09  | 2:10.39  | 1:57.49  | 200 Freestyle         | 1:47.09  | 1:58.89  | 2:05.49  |
| 4:48.89  | 4:34.29  | 5:13.59  | 400/500 Freestyle     | 4:53.19  | 4:16.49  | 4:27.69  |
| 9:57.99  | 9:41.89  | 10:56.99 | 800/1000 Freestyle    | 10:23.99 | 9:10.59  | 9:22.99  |
| 18:59.99 | 18:42.49 | 18:35.79 | 1500/1650 Freestyle   | 17:37.69 | 17:43.99 | 18:14.29 |
| 1:10.99  | 1:07.09  | 1:00.49  | 100 Backstroke        | 55.89    | 1:01.99  | 1:06.39  |
| 2:36.09  | 2:25.29  | 2:10.89  | 200 Backstroke        | 2:02.79  | 2:16.29  | 2:25.99  |
| 1:21.89  | 1:17.59  | 1:09.89  | 100 Breaststroke      | 1:02.59  | 1:09.49  | 1:15.59  |
| 2:59.69  | 2:48.89  | 2:32.19  | 200 Breaststroke      | 2:18.29  | 2:33.49  | 2:46.99  |
| 1:09.09  | 1:06.59  | 59.99    | 100 Butterfly         | 54.79    | 1:00.79  | 1:03.09  |
| 2:39.49  | 2:30.89  | 2:15.99  | 200 Butterfly         | 2:05.99  | 2:19.79  | 2:28.99  |
| 2:34.99  | 2:26.59  | 2:12.09  | 200 Individual Medley | 2:01.49  | 2:14.89  | 2:22.59  |
| 5:34.99  | 5:19.39  | 4:47.79  | 400 Individual Medley | 4:26.89  | 4:56.19  | 5:10.99  |
| 4:20.99  | 4:04.89  | 3:40.59  | 400 Free Relay        | 3:20.09  | 3:42.09  | 3:56.39  |
| 9:29.99  | 8:55.29  | 8:07.29  | 800 Free Relay        | 7:28.39  | 8:17.69  | 8:52.29  |
| 4:51.99  | 4:28.69  | 4:02.09  | 400 Medley Relay      | 3:41.19  | 4:05.49  | 4:24.79  |

## 2019 SUMMER REGIONAL CHAMPIONSHIPS

July 19-21, 2019

| 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 2/1/2017 to entry deadline

| 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/<br>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/<br>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/<br>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/<br>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  |

