



2022 Illinois Swimming Senior Championships

- Sponsored by Speedo -
March 3-6, 2022

Host

Patriot Aquatic Club

Location

**Adlai Stevenson High School
Lincolnshire, IL**

Entry Deadline

Monday, February 28, 2022 @ 1:00 PM (CST)



2022 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.
- Per MAAPP, all athletes 18 years of age and older must have completed Athlete Protection Training prior to the entry deadline (Monday, February 28, 2022).
- The qualification period for this meet is February 1, 2020 through the entry deadline (Monday, February 28, 2022).
- Enter the 2022 Illinois Swimming Senior Championships online at www.usaswimming.org/OME beginning on Wednesday, January 19, 2022 and no later than 1:00 PM (CST) Monday, February 28, 2022.
- All Individual Events with the exception of the 1000 Free & 1650 Free will be swum as prelims and finals.
- Finals for individual events 200 yards and shorter will be the top 28 athletes competing in Bonus (16), Consolation (8), and Championship (4) Finals heats (D, C, B, A, Finals).
- Finals for the 400 IM and 500 Free will be the top 20 athletes competing in Bonus (8), Consolation (8), and Championship (4) 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 2nd fastest heat, Men's 2nd fastest heat, Women's 3rd fastest heat, Men's 3rd 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 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 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 1000 Freestyle, 1650 Freestyle, and all relay events. Entries for these events that are not checked in prior to the appropriate deadline for that event or scratched will automatically be down-seeded.
- The scratch deadline for Thursday 1000 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

Kevin Zakrzewski
kzakrzewski@d125.org
(847) 867-6018

Meet Referee

Jayne Spittler
jaynespittler@sbcglobal.net
(815) 382-9952

Admin Referee

Brent Lightfoot
ILSrStates2022@gmail.com
(630) 277-0104

OME/Entry Questions

Pam Lowenthal
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Email Scratch Contact

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(630) 277-0104

Sanction: Senior Championships: ILS222-0301 Time Trial: ILS22-0302

Host: Patriot Aquatic Club – www.teamunify.com/team/ilpac/page/home

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 Stevenson High School 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, PATRIOT AQUATIC CLUB, AND ADLAI STEVENSON HIGH SCHOOL 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:

Patriot Aquatic Center – Adlai Stevenson High School, 1 Stevenson Drive, Lincolnshire, IL 60069

Facility:

8-Lane, 25-yard competition pool. The start end of the pool is 14 feet deep. The timing system is a Colorado 6000 with an 8-lane readout board. There is a separate area of the pool that will be designated for warm up/swim down. Seating is available for 900 spectators.

Meet Schedule:

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

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

Qualifying Times:

2022 Senior Championship Time Standards are included. Only swimmers having achieved qualifying times between February 1, 2020 and February 28, 2022 @ 1:00 PM are eligible for this meet. 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 and the USA Swimming web site. Entries may be submitted online beginning January 19, 2022 (12:01AM CST) and must be completed by Monday, February 28, 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 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: \$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

Individual Events: All individual events except the 1000 Free and 1650 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 200 yards or less and a minimum of the fastest five (5) heats in all events over 200 yards 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. Finals for individual events 200 yards and shorter will be the top 28 athletes competing in Bonus (16), Consolation (8), and Championship (4) Finals heats (D, C, B, A, Finals). Finals for the 400 IM and 500 Free will be the top 20 athletes competing in Bonus (8), Consolation (8), and Championship (4) 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.

Swimmers with Disabilities: This meet will be open to all disabled athletes age 15 or older as of March 3, 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.

Distance Events: The 1000 and 1650 Free will be conducted as timed final events. The 1000 Free is swum on Thursday Evening (Session 1), fastest to slowest, alternating women and men heats. Each swimmer must provide their own timer and counter.

The fastest seeded heat of the women’s and men’s 1650 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 1650 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 1650 Free should enter at the lowest non-conforming qualifying time for that event (LCM). Each swimmer must provide their own timer and counter.

Distance Bonus Events: 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.

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- 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 must 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, equivalent SCM, non-conforming SCY (distance events), non-conforming LCM (distance events).
- Check-In:** Positive check-in required for the 1000 Freestyle, 1650 Freestyle, and all relay events. Entries not checked in or scratched by the appropriate deadline will automatically be down-seeded.
- Check-in must be submitted by email to the Administrative Referee prior to the scratch deadline.***
- 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 via email to the Administrative Referee. 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.
- Scratches must be submitted by email to the Administrative Referee prior to the scratch deadline.***
- Coaches Meeting:** There will be a virtual (Zoom-based) technical meeting on Wednesday, March 2, 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:** 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 their designees).
- Breaks:** The pool may be open at the discretion of the Meet Referee during breaks in competition.
- 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 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.

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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																			
26	23	22	21	19	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
RELAY EVENT SCORING																			
52	46	44	42	38	34	32	30	28	26	24	22	18	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 8 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 8 Distance Awards.

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. 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.

- 1-3 swimmers = 1 deck pass
- 4-10 swimmers = 2 deck passes
- 11-25 swimmers = 3 deck passes
- 25-40 swimmers = 4 deck passes
- 41-50 swimmers = 5 deck passes
- 50+ swimmers = 6 deck passes

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. 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 1000 and 1650 Free 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. 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.

Time Trials:

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 \$15.00 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.

Sign-Up (Entry) Deadline is 5:00 PM on Thursday and 11:00 AM on Friday, Saturday, and Sunday.

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.

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Concessions and Vendors:	Concessions will be available for purchase at the venue. Elsmore Swim Shop and Northwest Designs will be on site for vending at the event.
Hotels:	Hotel information can be found on the Illinois Swimming website www.ilswim.org .
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., Patriot Aquatic Club (host club), Adlai Stevenson High School, District 125, 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.

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Event Order		
Event #		Event #
Day 1		
1	1000 Freestyle	2
Day 2		
3	100 Breaststroke	4
5	200 Freestyle	6
Awards Break		
7	100 Butterfly	8
9	400 Individual Medley	10
Awards Break		
11	800 Freestyle Relay**	12
Awards Break		
Day 3		
13	200 Individual Medley	14
15	50 Freestyle	16
Awards Break		
17	200 Breaststroke	18
19	100 Backstroke	20
Awards Break		
21	500 Freestyle	22
Awards Break		
23	400 Medley Relay**	24
Awards Break		
Day 4		
25	1650 Freestyle*	26
27	200 Backstroke	28
Awards Break		
29	100 Freestyle	30
31	200 Butterfly	32
Awards Break		
33	400 Freestyle Relay**	34
Relay Awards, Individual Performance Awards, Team Awards		

*The 1650 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 relay events and the 1650 Free.



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

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