



2019 Illinois Swimming Summer Regional Championships

July 19-21, 2019

Host

Lake Forest Swim Club

Location

**Lake Forest High School
Lake Forest, IL 60026**

Entry Deadline

Monday, July 15, 2019 @ 1:00 PM (CST)

2019 Illinois Swimming Summer 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 July 1, 2017 through the entry deadline (Monday, July 15, 2019).
- Enter the 2019 Illinois Swimming Summer Regional Championships online at www.usaswimming.org/OME beginning on Monday, June 10, 2019 and no later than 1:00pm (CST) Monday, July 15, 2019.
- 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 and relays will be part of team scoring.
- **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 with the Illinois Swimming office 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 the information contained in this meet information packet and any information or changes announced at the Coaches Meeting.

Meet Director

Laurel Liberty
coachlaurel@swimlsc.org
 (847) 735-5372

Meet Referee

Dan Schober
Danbar795@gmail.com
 847-223-1161

OME/Entry Questions

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

Email Scratch Contact

Michael Lawrence
entries@swimlsc.org
 (847) 220-3940

Sanction: Summer Regional Championships:

Host: Lake Forest Swim Club – www.swimlsc.org

Location: Scout Aquatic Center, Lake Forest High School – 1285 N. McKinley Rd., Lake Forest, IL, 60045

Facility: 8 Lane, 25-yard indoor competition pool with moveable bulkhead and non-turbulent lane lines with an additional 4 lane, 20-yard warm down area. Electronic timing system with 8-lane scoreboard readout. Water depth at the start end is 14 feet and at the turn end is 4.9 feet. There is seating for approximately 500 spectators. 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>
3:00pm	4:00pm

Sat. & Sun. AM (10&U, 11-12)

<u>Warm-ups</u>	<u>Start</u>
7:00am	8:00am

Sat. & Sun. PM (13-14, Open)

<u>Warm-ups</u>	<u>Start</u>
12:00pm	1:00pm

Rules:

This meet is sanctioned by USA Swimming and Illinois Swimming. All USA Swimming and Illinois Swimming rules apply including safety rules, which will be strictly enforced. This meet follows all USA Swimming and current Illinois Swimming championship meet procedures. Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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

Qualifying Times: 2019 LC Championship Time Standards are included. Only swimmers having achieved qualifying times between July 1, 2017 and July 15, 2019 @ 1:00 PM are eligible for this meet. Entry times may be submitted in short course yards, long course meters, or short course meters.

Entries: All entries will be submitted thru OME and the USA Swimming web site. Entries may be submitted on-line beginning June 10, 2019 (12:01AM CST) and must be completed by Monday, July 15, 2019 at 1:00 pm CST. You will be required to pay for the online entries with Visa, MasterCard, American Express, or Discover. To pay by check please contact Illinois Swimming Office for payment instructions. For late entries, please refer to Illinois Swimming rule 206.8.11.

A swimmer may enter any number of individual events in which he/she has met the qualifying standard. A swimmer may swim no more than ten (10) individual events during the meet. No swimmer shall be permitted to compete in more than four (4) individual events per day. All relay only swimmers, including alternates, must be entered in the meet via OME prior to the entry deadline.

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

Entry Fees: Individual Events: \$8.00 per entry
Relay Events: \$16.00 per entry
Illinois Swimming Surcharge: \$2.00 per athlete entered in the meet.

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

Distance Events: The 12&U 1000 Free, 14&U 1000 Freestyle, and Open 1000 Freestyle for Women will be entered and awarded as separate events (with different event numbers and different qualifying standards) but will be swum together. The 12&U 1000 Free, 14&U 1000 Freestyle, and Open 1000 Freestyle for Men will be entered and awarded as separate events (with different event numbers and different qualifying standards) but will be swum together.

The 14&U 1650 Freestyle and Open 1650 Freestyle for Women will be entered and awarded as separate events (with different event numbers and different qualifying standards) but will be swum together. The 14&U 1650 Freestyle and Open 1650 Freestyle for Men will be entered and awarded as separate events (with different event numbers and different qualifying standards) but will be swum together. The 1650 Freestyle will be swum fastest to slowest, alternating between Women's and Men's heats.

Distance Bonus Events: Swimmers with an 800/1000 Freestyle qualifying time may enter the 1650 Freestyle event; swimmers with a 1500/1650 Freestyle qualifying time may enter the 1000 Free event. Swimmers must enter at the Long Course (LCM) non-conforming qualifying time in the event for which they do not have the current qualifying standard.

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

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

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

Positive Check-In: All events will be Positive Check-in, timed finals. Each swimmer must check herself/himself in with the Clerk of Course at least forty (40) minutes prior to the start of each session for the events they will be swimming. Any swimmer who does not check-in with the Clerk of Course, prior to the deadline for Positive Check-In, will be scratched from all events for that day. Swimmers missing Positive Check-In will only be placed if and wherever any openings may occur, regardless of original seedtime. All swimmers will be expected to report for their events on time. No show rules will apply as stated in Illinois Swimming Championship meet rules.

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

- Email scratches will be accepted until 1:00pm on Friday, July 19, 2019. Scratches submitted via email must be sent to Michael Lawrence at entries@swimlsc.org. It is the responsibility of the sender to ensure that this email is received by the host club.

Coaches Meeting: There will be a coaches meeting on Friday, July 19, 2019 at 3:45pm. Additional meetings, if necessary, will be held 20 minutes prior to the start of each morning session. Each team or unattached swimmer must be represented.

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

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

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

Scoring:

SCORING BY PLACE															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
INDIVIDUAL EVENT SCORING															
20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

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

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

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Deck Access:	Current USA Swimming membership is required for coaches and working officials to be on deck. All 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 Kimberly Mozdierz-Frank at kitome4@gmail.com . A mandatory briefing for all officials working the meet will begin 1 hour before the start of each session.
Admissions:	Admissions will be charged for entrance to each session. Heat sheets will be made available for sale. The Host Club will set these prices.
Concessions and Vendors:	Oceans Apparel will be selling event specific apparel. Concessions will be available for purchase at the venue.
Conduct:	All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. Meet Marshals have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc. No smoking on the premises. Please encourage your parents and swimmers to clean up after themselves. Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms, or locker rooms. Deck changing is prohibited. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
Image Authorization:	All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Illinois Swimming and the meet host under the conditions authored by Illinois and USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in this Illinois Swimming competition to promote such competitions.
Liability:	In consideration of the acceptance of this entry, intending to be legally bound, I/we hereby waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., Lake Forest Swim Club (host club), Lake Forest High School, Lake Forest, Illinois, 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.
Minor Athlete Abuse Prevention Policy Acknowledgement	All applicable adults participating or associated with the respective meet to which this information applies, acknowledges that they are an applicable adult, subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

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

2019 REGIONAL & AGE GROUP CHAMPIONSHIPS

GIRLS

BOYS

LCM		SCM		SCY		10 & Under	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG	Event	CHMP	REG	CHMP	REG	CHMP	REG
:34.79	:38.29	:33.39	:36.69	:30.09	:33.09	50 Free	:30.19	:33.19	:33.49	:36.79	:34.89	38.39
1:17.59	1:25.39	1:14.59	1:21.99	1:07.19	1:13.89	100 Free	1:06.59	1:13.29	1:13.89	1:21.29	1:18.29	1:26.09
2:49.89	3:06.89	2:44.49	3:00.99	2:28.19	2:42.09	200 Free	2:27.79	2:42.59	2:44.09	3:00.49	2:51.89	3:09.09
5:49.29	6:50.59	5:39.79	6:39.49	6:28.29	7:40.59	400/500 Free	6:28.29	7:44.69	5:39.79	6:47.99	5:49.29	6:56.79
:40.79	:45.09	:39.49	:43.49	:35.59	:39.19	50 Back	:35.79	:39.39	:39.69	:43.69	:41.59	:45.79
1:29.29	1:38.29	1:25.49	1:33.99	1:16.99	1:24.69	100 Back	1:17.49	1:25.29	1:25.99	1:34.69	1:29.29	1:38.39
:46.89	:51.59	:44.49	:48.89	:40.09	:44.09	50 Breast	:40.89	:44.99	:45.39	:49.89	:48.49	:53.39
1:42.89	1:53.19	1:37.49	1:47.19	1:27.79	1:36.59	100 Breast	1:29.89	1:39.09	1:39.89	1:49.99	1:44.79	1:55.49
:38.79	:42.69	:37.79	:41.59	:34.09	:37.49	50 Fly	:34.09	:37.49	:37.79	:41.59	:39.79	:43.79
1:34.29	1:43.69	1:28.79	1:37.69	1:19.99	1:27.99	100 Fly	1:20.79	1:28.89	1:29.69	1:38.69	1:37.99	1:47.79
		1:25.79	1:34.39	1:17.29	1:24.99	100 IM	1:17.79	1:25.59	1:26.39	1:34.99		
3:13.89	3:33.29	3:05.69	3:24.29	2:47.29	3:03.99	200 IM	2:48.09	3:05.09	3:06.59	3:25.49	3:11.39	3:31.19
2:30.29		2:22.59		2:08.49		200 Free Relay	2:10.59		2:24.99		2:35.59	
2:50.99		2:41.19		2:25.19		200 Med. Relay	2:28.29		2:44.59		2:57.89	
LCM		SCM		SCY		11 & 12	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG	Event	CHMP	REG	CHMP	REG	CHMP	REG
:30.69	:33.99	:29.59	:32.99	:26.99	:29.69	50 Free	:26.59	:29.59	:28.99	:32.89	:30.09	:34.19
1:06.99	1:13.49	1:04.79	1:11.29	:58.29	1:04.09	100 Free	:57.89	1:04.69	1:03.89	1:11.79	1:06.39	1:15.49
2:25.49	2:42.89	2:19.89	2:37.49	2:08.19	2:21.79	200 Free	2:08.19	2:21.89	2:19.49	2:37.49	2:24.99	2:44.99
5:09.29	5:45.19	4:57.39	5:30.79	5:42.19	6:18.59	400/500 Free	5:43.59	6:18.29	4:57.49	5:30.59	5:09.39	5:51.29
11:12.79	12:30.89	10:59.99	12:14.19	11:48.99	13:04.49	800/1000 Free	11:56.29	13:08.69	11:01.89	12:15.59	11:14.69	12:46.09
20:45.49	23:10.09	20:17.99	22:39.19	20:10.79	22:19.59	1500/1650 Free	20:00.79	22:02.09	20:07.99	22:35.59	20:43.29	23:31.69
:35.49	:38.99	:34.49	:37.69	:30.99	:33.89	50 Back	:31.09	34.49	:34.59	:38.39	:35.89	:40.79
1:16.59	1:25.59	1:13.49	1:21.89	1:06.19	1:13.79	100 Back	1:06.99	1:14.49	1:14.79	1:22.69	1:17.79	1:27.99
2:42.49	2:56.09	2:37.79	2:51.59	2:21.39	2:34.39	200 Back	2:23.69	2:37.59	2:39.19	2:54.59	2:43.89	2:59.79
:40.29	:45.49	:38.79	:42.89	:34.49	:38.59	50 Breast	:34.69	:39.19	:38.49	:43.59	:39.99	:46.39
1:27.39	1:39.09	1:24.09	1:33.49	1:15.59	1:24.19	100 Breast	1:15.69	1:24.89	1:24.79	1:34.39	1:28.09	1:40.99
3:02.39	3:22.39	2:59.19	3:19.89	2:42.19	2:59.69	200 Breast	2:48.29	3:09.29	3:05.59	3:30.19	3:08.89	3:38.09
:33.39	:37.69	:32.19	:36.59	:29.39	:32.99	50 Fly	:29.69	:32.89	:32.59	:36.49	:33.69	:38.09
1:15.59	1:25.99	1:12.69	1:21.99	1:05.89	1:13.79	100 Fly	1:07.29	1:14.59	1:14.09	1:22.69	1:16.99	1:28.09
2:53.59	3:33.09	2:51.59	3:25.89	2:34.59	3:06.29	200 Fly	2:43.39	3:04.69	3:01.09	3:24.09	3:06.29	3:30.99
		1:15.19	1:22.19	1:07.59	1:13.89	100 IM	1:07.19	1:14.89	1:14.69	1:23.19		
2:45.79	3:04.99	2:39.49	2:57.79	2:24.99	2:39.99	200 IM	2:25.59	2:41.29	2:40.59	2:56.59	2:46.99	3:07.49
	7:32.09		7:15.79		6:34.39	400 IM		6:27.29		7:07.99		7:28.29
4:40.89		4:30.09		4:03.69		400 Free Relay	4:07.29		4:34.99		4:45.99	
5:19.69		5:07.39		4:34.79		400 Med. Relay	4:41.79		5:15.29		5:30.39	
LCM		SCM		SCY		13 & 14	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG	Event	CHMP	REG	CHMP	REG	CHMP	REG
:29.29	:31.89	:28.19	:30.79	:25.49	:27.79	50 Free	:23.89	:26.29	:26.49	:29.19	:27.59	:30.39
1:03.49	1:09.29	1:01.39	1:06.99	:55.29	1:00.29	100 Free	:51.89	:57.09	:57.99	1:03.79	:59.59	1:05.69
2:18.39	2:31.59	2:13.19	2:25.29	1:59.59	2:10.89	200 Free	1:53.59	2:05.19	2:06.29	2:18.99	2:12.19	2:25.49
4:52.49	5:21.79	4:41.29	5:09.49	5:22.69	5:53.59	400/500 Free	5:08.59	5:36.19	4:32.29	4:59.59	4:43.19	5:13.59
9:58.19	10:57.99	9:47.79	10:46.59	10:57.79	12:03.59	800/1000 Free	10:32.59	11:35.89	9:37.69	10:35.49	9:48.09	10:46.89
19:01.59	21:03.39	18:45.59	20:41.49	18:49.19	20:44.49	1500/1650 Free	18:18.29	20:10.99	18:28.39	20:20.09	18:45.29	20:42.09
1:12.29	1:18.89	1:09.59	1:14.59	1:01.59	1:07.19	100 Back	:58.39	1:04.39	1:04.79	1:11.49	1:09.69	1:16.79
2:35.29	2:49.99	2:29.89	2:42.69	2:13.99	2:26.49	200 Back	2:08.29	2:21.19	2:24.39	2:36.69	2:30.89	2:46.19
1:22.99	1:30.59	1:19.59	1:26.79	1:11.09	1:17.39	100 Breast	1:06.99	1:13.89	1:14.49	1:22.19	1:18.09	1:26.79
3:00.29	3:18.49	2:53.39	3:09.59	2:35.19	2:50.79	200 Breast	2:27.09	2:41.99	2:43.39	2:59.79	2:51.39	3:08.89
1:10.39	1:16.99	1:08.19	1:14.49	1:01.39	1:07.09	100 Fly	:57.69	1:03.49	1:03.99	1:10.49	1:06.69	1:13.49
2:39.79	2:55.79	2:33.69	2:49.09	2:18.79	2:32.69	200 Fly	2:12.99	2:26.29	2:29.39	2:42.39	2:34.99	2:50.29
2:37.49	2:52.09	2:31.49	2:45.39	2:16.29	2:28.89	200 IM	2:08.79	2:21.89	2:23.09	2:37.49	2:27.89	2:43.09
5:33.69	6:07.09	5:20.89	5:52.99	4:50.89	5:19.99	400 IM	4:39.29	5:07.29	5:14.89	5:46.39	5:19.99	5:52.79
4:22.19		4:12.19		3:49.29		400 Free Relay	3:36.69		4:03.69		4:13.39	
9:34.19		9:12.19		8:20.89		800 Free Relay	8:01.59		9:01.49		9:23.29	
4:56.39		4:44.89		4:14.89		400 Med. Relay	4:02.69		4:32.89		4:48.29	



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



OPEN WATER TIME STANDARDS

WOMEN						MEN						
LCM		SCM		SCY		10&U	SCY		SCM		LCM	
ZONE	STATE	ZONE	STATE	ZONE	STATE		ZONE	STATE	ZONE	STATE	ZONE	STATE
2:56.29	3:20.99	2:51.89	3:15.99	2:35.59	2:57.39	200 Freestyle	2:29.39	2:47.99	2:44.09	3:05.69	2:50.79	3:12.09
6:05.39	6:51.09	5:54.29	6:38.59	6:44.89	7:35.49	400/500 Freestyle	6:37.39	7:26.99	5:47.79	6:31.19	5:59.59	6:44.59
LCM		SCM		SCY		11-12	SCY		SCM		LCM	
ZONE	STATE	ZONE	STATE	ZONE	STATE		ZONE	STATE	ZONE	STATE	ZONE	STATE
2:37.29	2:50.39	2:32.69	2:45.39	2:18.19	2:29.69	200 Freestyle	2:13.49	2:24.59	2:27.49	2:39.79	2:32.49	2:45.19
5:29.09	5:56.49	5:21.89	5:48.69	6:07.79	6:38.39	400/500 Freestyle	5:57.69	6:27.49	5:12.99	5:39.09	5:21.89	5:48.69
11:31.59	12:29.19	11:06.19	12:01.69	12:41.19	13:44.69	800/1000 Freestyle	12:27.89	13:30.19	10:54.59	11:49.09	11:18.59	12:15.19
22:04.99	23:55.39	21:13.09	22:59.19	21:20.59	23:07.29	1500/1650 Freestyle	20:52.99	22:37.49	20:45.69	22:29.59	21:37.39	23:25.49
LCM		SCM		SCY		13-14	SCY		SCM		LCM	
ZONE	STATE	ZONE	STATE	ZONE	STATE		ZONE	STATE	ZONE	STATE	ZONE	STATE
5:14.69	5:40.89	5:07.09	5:32.69	5:50.89	6:20.09	400/500 Freestyle	5:31.39	5:58.99	4:49.99	5:14.19	4:59.19	5:24.09
10:47.99	11:41.99	10:31.59	11:24.19	12:01.69	13:01.79	800/1000 Freestyle	11:26.69	12:23.89	10:00.99	10:51.09	10:22.19	11:13.99
20:39.79	22:23.09	19:55.99	21:35.69	20:02.99	21:43.19	1500/1650 Freestyle	19:07.59	20:43.19	19:00.89	20:35.99	19:48.39	21:27.39
LCM		SCM		SCY		OPEN	SCY		SCM		LCM	
ZONE	STATE	ZONE	STATE	ZONE	STATE		ZONE	STATE	ZONE	STATE	ZONE	STATE
5:07.29	5:32.89	5:00.59	5:25.59	5:43.49	6:12.09	400/500 Freestyle	5:19.39	5:45.99	4:39.49	5:02.79	4:46.09	5:09.89
10:35.39	11:28.39	10:22.09	11:13.89	11:50.79	12:49.99	800/1000 Freestyle	11:02.59	11:57.79	9:39.89	10:28.19	10:00.39	10:50.39
20:20.49	22:02.19	19:40.39	21:18.69	19:47.29	21:26.19	1500/1650 Freestyle	18:30.39	20:02.89	18:23.89	19:55.89	18:59.09	20:33.99