



# 2024 UTAGS Long Course Championships

Hosted by Utah Swimming

Held under the Sanction of USA Swimming and Utah Swimming, Inc.

## **Sanction #: UT24-71**

"In granting this sanction, it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. It is further understood that UTSI LSC shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."

## **Venue:**

Kearns Oquirrh Park Fitness Center  
5624 South Cougar Lane  
Kearns, UT 84118

## **Dates/Times:**

Thursday-Saturday, July 25-27, 2024

Prelims: \*Warm-up 7:30 AM Meet 8:30 AM

Finals: \*Warm-up 4:30 PM Meet 5:30 PM

\*Warm-Up will end 5 minutes prior to the start of the meet.

## **Pool Specifications & Certifications:**

- 50-meter pool with EIGHT (8) lanes.
- Start End Water Depth: 5.5 feet @ 1 meter from wall; 6.5 feet @ 5 meters from wall.
- Turn End Water Depth: 5.5 feet @ 1 meter from wall; 6.5 feet @ 5 meters from wall.
- The host will ensure the required course dimensions.
- Colorado Timing System and touchpads.

## **Meet Personnel:**

Meet Director:	Jarid Gray	435-590-3718	garffmaul@yahoo.com
Meet Referee:	Trent Weight	801-372-3113	skibumw8@yahoo.com
Lead Starter:	Sue Astle	801-674-2174	suezastle@gmail.com
Admin Official:	Theresa Werner	801-910-2089	entries.lcutags@gmail.com

For emergencies during the meet, please contact the Meet Director.

## **Coaches:**

- Only currently registered coach members of USA Swimming may be on deck in a coaching capacity. [202.5.5]
- All coaches will need to present their credentials to the Check-in Area in order to pick up their team packets, including heat sheets and relay cards.
- Coaches that have not completed and submitted all required USA Swimming Coaching Requirements to Utah Swimming Registrations by 3:00 PM on Sunday, July 21, 2024, will not be permitted to coach at the meet.

## **Technical Meeting:**

- The technical meeting will be held virtually the evening of Tuesday July 23, 2024. A link will be sent out after entries have been received. Teams must have a coach or team representative in attendance.

Coaches not in attendance are responsible for obtaining the information covered in the meeting.

### **Eligibility:**

- This meet is open to all Utah Swimming registered 2024 USA Swimming athletes who have achieved a 2024 meet qualifying time. Please see included time standards.
- The swimmer's age on the first day of the meet determines their age for the competition.

### **Rules:**

- No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
- Deck entries will not be accepted.
- Deck registration will not be accepted as swimmers must be registered at time of entry.
- Current USA Swimming rules and regulations, including the Minor Athlete Abuse Prevention Policy (MAAPP), will govern this meet.
- Any swimmer under the age of 18 entered in the meet must have a current (within the year), athlete and parent signed Concussion Informed Consent Acknowledgement. If affiliated with a member club, it must be on file with the club. If unaffiliated with a member club, it is the responsibility of the swimmer or the swimmer's parent or legal guardian to ensure compliance with this requirement. [UTSI P&P 303]
- 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 parent or legal guardian to ensure compliance with this requirement [202.4.11D]

### **Safe Sport:**

- All adults participating in or associated with this meet acknowledge that they are 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.
- For athlete protection, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms, or behind the starting blocks. Such devices being used in these restricted areas are subject to confiscation.
- 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.

### **Meet Format:**

- All Prelims individual events will be swum fastest to slowest (with the fastest swimmer in the first heat).
  - For preliminary events of 200M or less, the fastest 3 heats will be circle seeded with the fastest swimmer in the first heat [this does not apply to timed final events swum in prelims].
- All individual and relay events, excluding the 50s, will start from the East end.
- **All 50s in both Prelims and Finals will start at the West end.**
- Please use the UTSI scratch procedures for all scratches.
- **All individual events are negative check-in except the 400 IM, 400 Free, and 1500 Free which are positive check-in events.**
  - 400 IM: Check in will close at 9:30 AM on Thursday July 25th.
  - 400 Free: Check in will close at 9:30 AM on Friday July 26th.
  - 1500 Free: Check in will close at 9:30 AM on Saturday July 27th.

- **Timed Final Events swum in Prelims:**
  - **The 400 IM and 400 Freestyle events are timed finals** swum in prelims, fastest to slowest.
  - **The 1500 Freestyle is a timed final** event swum in prelims, seeded and swum fastest to slowest, alternating between girls and boys heats. All 1500 Free swimmers will provide their own timers and counter.
  - **The 11-12 year old 200 Fly, 200 Back, and 200 Breast are timed finals** swum in prelims, fastest to slowest.
  - **The 10&Under 200 Freestyle and 200 IM are timed finals** swum in prelims, fastest to slowest.
- The Finals Sessions will consist of a Consolation heat (B Final) and Championship heat (A Final) for the individual events, swum in that order.
- Heats for adaptive swimmers will be swum immediately following the Championship heat for individual events, as needed.
- There will be a 5 minute break after each session's relay events.
- Fly over starts will be used in prelims.

### **Individual Entry Information:**

- Swimmers may enter up to 6 individual events, including Bonus events, swimming no more than 3 individual events per day.
- All entry times must be verifiable by SWIMS.
- USA Swimming Online Meet Entry (OME) will be used for entries.
- Swimmers may not use an 800/1000 Free time to enter the 1500 Free.
- Altitude adjusted times will not be accepted.
- Time trials will not be offered.

### **Bonus Event Rules:**

- Swimmers with at least one 2024 UTAGS qualifying time may swim up to 3 bonus swims (up to a maximum number of 6 individual events).
- Swimmers must have at least a national B time standard to enter a bonus event (NTs not accepted).
- The 400 IM, 400 Free, and 1500 Free may not be used as a bonus swim.
- Relay only swimmers are not allowed bonus swims.
- Please indicate bonus events by selecting the bonus box in the entry program.

### **Relay Events Information:**

Please check the Event Schedule for the order of events and when relays will be swum. Relays will be swum as timed final events in the Finals sessions, slowest to fastest.

- Relay entry times may be actual or aggregate.
- Swimmers may only swim 1 Relay event per day.
- Teams with only 1 relay in an event may enter with a qualifying time, or by using the "3 swimmers in the meet rule". Teams using the "3 swimmers in the meet rule" will be allowed to enter said relays with a NT if they so choose.
- Teams are limited to 2 entries per relay event. For teams entering 2 relays in an event, both teams must meet the qualifying time or have 6 swimmers with individual entries in the meet.
- Teams entering swimmers who are not in the meet but who will swim on a relay must submit names of said swimmers, including alternates, at the time of team entry. 4-8 swimmers must be listed on relay entries, but teams may use other swimmers entered in the meet to make changes or substitutions.
- A maximum of two relays may score for a team in each event.

### **Relays at the Meet:**

- Coaches should pick up their relay declaration forms at the Check-in Area each morning for that day's sessions.
- If any changes have been made to the initial relay declaration, the name(s) must be lined through and

the new swimmer's first and last name(s) legibly written in.

- Each relay team will turn in a relay card regardless of if there were changes made or not.
- All relay cards will be collected by the designated person for each relay team in the ready room (or staging area) prior to the team coming on deck.
- The swimmers must swim in the order listed on the relay card that was turned in.

### **Entry Deadline, Procedures & Fees:**

By the action of entering any swimmer in the meet, the submitter, whether the swimmer, coach, parent, or team representative, certifies that the swimmer is a currently registered member of USA Swimming and that all times stated in the entry are true and correct (UTSI Rules and Regulations). The submitter further assumes responsibility for any false or incorrect times and understands that all listed entry times are subject to verification via the SWIMS database. A fine of \$20.00 shall be paid to Utah Swimming, Inc. for each incorrect time submitted. It is understood that an automatic call before the review section may be the result for a third entry time that cannot be verified. The submitter further agrees that a penalty of \$100.00 shall be assessed to anyone entering a swimmer in a meet sanctioned by Utah Swimming, Inc. who is not registered with USA Swimming at the time of entry, upon it being proven that the swimmer was not so registered.

- Entries must be submitted in the course in which they were achieved. Converted times may not be used.
- All entries must be submitted and received electronically via USA Swimming OME.
- OME is the only method of entry for this meet. Meet entry times must be designated "L" for long course meters, "Y" for short course yards, "S" for short course meters.
- A team's entry receipt will be used to resolve any entry issues.
- The person submitting a team's entry is the team entry representative and said person will be the only person to make changes and will be responsible for all changes, and any fines or penalties resulting from inaccurate times and unregistered swimmers.

### **Team Entries and Corrections:**

- All entries and corrections must be done in OME by the entry deadline **11:59 PM Tuesday July 16, 2024.**
- No late entries will be accepted after this deadline.

If you have questions about the entry rules, you may contact the Administrative Official at this email:

[entries.lcutags@gmail.com](mailto:entries.lcutags@gmail.com)

### **Fees:**

Swimmer Surcharge (including relay only swimmers):	\$15.00
Individual Event Entry:	\$ 8.00
Relay Event Entry	\$16.00

- Make checks payable to Utah Swimming.
- Teams with billing set up with UTSI may request invoicing.
- **Checks need to be mailed and NOT hand delivered at the meet.**
- All fees are non-refundable.
- Teams entering Outreach swimmers must comply with Championship Meet Fees Policy 5.3. Email [diversity@utahswimming.org](mailto:diversity@utahswimming.org) with any questions.
- Teams that haven't paid their entry fees within 30 days of the first day of the meet will be assessed a \$50 late fee.

Mail entry fees to: Utah Swimming – UTAGS LC Champs Entries  
PO Box 71837  
SLC, UT 84171

## **Seeding**

- Event seeding will be in the following order: conforming LCM, non-conforming SCY, non-conforming SCM, bonus LCM, bonus SCY, bonus SCM.
- Swimmers must enter at the fastest time achieved in an event (except as otherwise provided in USA Swimming Rules Article 207 or the USA Swimming Policy Manual). Swimmers who have not achieved a time in the conforming course must enter at the fastest achieved time in the non-conforming course.

## **Scratch Procedure:**

The Utah Swimming Championship Meet Scratch Procedure will be utilized.

- Scratches for Thursday should be submitted via email to entry contact [entries.lcutags@gmail.com](mailto:entries.lcutags@gmail.com) by 6:00 PM Wednesday July 24, 2024.
- Scratches for the Friday and Saturday Prelims sessions must be turned into the Clerk of Course 30 minutes after the start of Finals on the evening prior to Prelims session.
- Scratches are not considered received unless you receive a confirmation email. Contact the Administrative Official if your scratch is not confirmed by the deadline.
- Any swimmer not returning for Finals for any reason, should properly scratch from all events in the allotted time with no regard for placement.
- If scratching a relay, please turn in the scratch to the Clerk of Course as soon as possible.

## **Utah Swimming Scratch Procedure**

- Failure to compete in Preliminary and Timed Final Events:
  - A. If a swimmer fails to scratch properly from a preliminary event or timed final for which the swimmer has been positively checked in and doesn't report to the block to swim, that swimmer will be disqualified from that event and scratched from the next individual preliminary event for which they are entered. If a swimmer misses a second event, they will be barred from further individual competition for the remainder of the meet. They shall still be eligible to compete and score points for the team in relay events. Upon request and approval of the Meet Referee, any barred swimmer can be re-entered into the meet and reseeded with a NT into the slowest heat of their remaining events. Said swimmer will present themselves to the Meet Referee and declare their intent to swim, to be allowed to swim for time only and will not be eligible to advance to Championship, Consolation or Bonus final heats or score points in individual events for themselves or for the club.
  - B. Declared false starts are allowed in prelim swims.
- Failure to compete in a Bonus, Consolation, or Championship Final heat:
  - A. A swimmer qualifying for either Bonus, Consolation, or Championship Finals has 30 minutes after the time of the announcement of the qualifiers of each individual event to scratch or declare an intent to scratch. The Bonus, Consolation, and Championship heats will then be seeded by inserting alternates, thus filling all the lanes. Any swimmer qualifying for a Championship, Consolation or Bonus final heat who fails to compete in that event will be disqualified from that event and scratched from the next individual prelim event for which they are entered, except any named alternate shall not be penalized if unavailable to compete (see USA Swimming Rulebook). If a swimmer misses a second event, they will be barred from further individual competition for the remainder of the meet. They shall still be eligible to compete and score points for the team in relay events. Upon request and approval of the Meet Referee, any barred swimmer can be re-entered into the meet and re-seeded with a NT in the slowest heat of their remaining events. Said swimmer will present themselves to the Meet Referee and declare their intent to swim, to be allowed to swim for time only and will not be eligible to advance to Championship, Consolation, or Bonus heats or score points in individual events for themselves or for the club.
  - B. Any swimmer missing a Championship, Consolation or Bonus heat in the last session, or their last Finals event of the meet will be subject to a fine. The fine may be paid by the club or

swimmer. (See UTSI policy #430a Table of Fees and Fines for amount and location of additional information).

- C. Declared false starts are not allowed for Championship, Consolation, or Bonus Finals and Timed Final events for which the swimmer has been positively checked in.

### **Warm-up Procedures:**

USA Swimming and Utah Swimming safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:

- Coaches have the responsibility of ensuring that all their swimmers are instructed in warm-up procedures and that the swimmers follow all Utah Swimming safety procedures. All swimmers will enter the pool from a sitting or 3-point position. No pushing, splashing, running or any other general horseplay. Swimmers engaging in such activities will be asked to leave the pool.
- All USA Swimming athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist *unaccompanied swimmers* and make arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. [202.5.3]
- During the last 20 minutes of warm-up, lanes 2, 3, 6, and 7 will be available for starts.
- Upon request, lanes 1 and 8 may be cleared for a pace lane under coach supervision during the last 20 minutes of warm-up.
- A separate warm-up and cool down area will be available throughout the meet.
- The meet referee may make changes as determined to be in the best interest of athletes and the conduct of the meet.
- Warm up schedule and assignments will be sent out to teams prior to the meet.

### **Restrictions:**

- Only USA Swimming legal competition suits may be worn during competition.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- Smoking and the use of other tobacco products, (including e-cigarettes/vaping), is prohibited on the pool deck, in the locker rooms, in spectator seating, in standing areas and in all areas used by athletes during the meet and during warm up periods.

### **Safety:**

- Meet marshals will be in place during the warm-up periods.
- Coaches have the responsibility of ensuring that all their swimmers follow all USA Swimming and Utah Swimming safety procedures.
- When unaccompanied by a member coach, it is the responsibility of the swimmer's legal guardian to ensure compliance.
- Lifeguards, first-aid equipment, and an AED will be available to athletes participating in the meet.

### **Adaptive Swimming:**

In accordance with USA Swimming rules 202.4.15 & Article 105.1, and UTSI P&P 151 the Meet Referee has the authority to accommodate swimmers with disabilities. The coach or person in charge of team entries must notify the meet referee and meet entry contact of accommodations requests at the time of entry submission.

LSC PARA Swimming Motivational Time Standards will be used.

<https://www.usaswimming.org/docs/default-source/disabilitydocuments/parallel-time-standards-for-swimmers-with-a-disability-lsc.pdf>

Swimmers with a disability will compete in prelims with able-bodied athletes. At their choosing, they may have a separate single championship heat at the finals that will be contested following the relay events each evening.

### **Scoring:**

Individual Events: [Initial distance (split) times will not be scored.]

A Final (Championship): 20-17-16-15-14-13-12-11

B Final (Consolation): 09-07-06-05-04-03-02-01

Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-08-06-04-02

### **Awards:**

Individual Events: Medals for 1<sup>st</sup> – 8<sup>th</sup> place; Ribbons for 9<sup>th</sup> – 16<sup>th</sup> place.

Awards for 1<sup>st</sup> – 3<sup>rd</sup> place High Point Winners for boys and girls in each age group.

Relay Events: Medals for 1<sup>st</sup> – 3<sup>rd</sup> place; Ribbons for 4<sup>th</sup> – 8<sup>th</sup> place.

Team Awards: Trophies for 1<sup>st</sup> – 3<sup>rd</sup> place (combined team scores).

Awards will not be mailed out.

Teams are responsible for having a representative pick up their awards at the conclusion of the meet.

### **Results:**

Results will be posted on the Utah Swimming website.

### **Deck Access:**

- Deck access is limited to swimmers, coaches, officials, and approved meet workers in designated areas.
- Officials and coaches must show their USA Swimming live credentials to be allowed near the competition pool.
- Spectators will be allowed on deck in designated areas only.
- Coaches, officials, and meet workers that are not actively working a session in said capacity will not be allowed on deck and must remain in the spectator area.

### **Team Volunteer Assignments:**

- Teams will be notified of their volunteer allotment after the initial entry deadline.
- Allotments and directions will be emailed out and posted on the Utah Swimming website.
- Officials will sign up with the meet referee in advance. If volunteer credit slots for officials are already filled, teams of walk-on officials may not receive volunteer credit for their service.

### **Image Authorization:**

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming and Utah Swimming under the conditions authorized by 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 USA Swimming competitions to promote such competitions. All participants agree not to use medals or photos, or portraits or films with the medals, which are received for performances in this competition, for the purpose of trade.

### **Hospitality:**

Hospitality will be available for coaches, officials, and meet personnel.

### **Officials:**

- The application to officiate at this Utah Swimming Championship meet will be available on the Utah Swimming website. The referee will add officials to the volunteer sign-up. While walk-on officials are welcome, only those who apply to officiate by the deadline will be guaranteed a meet shirt or considered for assigned positions.
- Requested positions (starter, deck referee, etc.) need to be submitted through the application form no later than July 2, 2024.
- There will be an Officials Meeting one hour before the start of each session. Timely attendance at the meeting is required to receive a deck assignment.
- Officials Uniform will be white top, black bottoms, black closed toed shoes, and nametag. The meet referee may make changes to uniform as needed (for finals sessions for example).

Application to Officiate:

<https://docs.google.com/forms/d/e/1FAIpQLScezRmNPW2qSefqUQ6eHabPynvL7YUPWwYmRNqZRkL7mOh4Rw/viewform>



## 2024 UTAGS Long Course Championships Event Schedule

Thursday July 25, 2024			Friday July 26, 2024			Saturday July 27, 2024		
Girl	Event	Boy	Girl	Event	Boy	Girl	Event	Boy
1	10&Under 200 Free Relay**	2	33	10&Under 200 Medley Relay**	34	65	11-12 400 Free Relay**	66
3	11-12 200 Free Relay**	4	35	11-12 200 Medley Relay**	36	67	13-14 400 Free Relay**	68
5	13-14 200 Free Relay**	6	37	13-14 200 Medley Relay**	38	69	11-12 200 Breast (TF)	70
7	11-12 200 Back (TF)	8	39	11-12 200 Fly (TF)	40	71	10&Under 100 Fly	72
9	10&Under 200 Free (TF)	10	41	10&Under 100 Breast	42	73	11-12 100 Fly	74
11	11-12 200 Free	12	43	11-12 100 Breast	44	75	13-14 200 Fly	76
13	13-14 200 Free	14	45	13-14 200 Breast	46	77	10&Under 50 Free	78
15	10&Under 50 Fly	16	47	10&Under 100 Free	48	79	11-12 50 Free	80
17	11-12 50 Fly	18	49	11-12 100 Free	50	81	13-14 50 Free	82
19	13-14 100 Fly	20	51	13-14 100 Free	52	83	10&Under 100 Back	84
21	10&Under 50 Breast	22	53	10&Under 50 Back	54	85	11-12 100 Back	86
23	11-12 50 Breast	24	55	11-12 50 Back	56	87	13-14 200 Back	88
25	13-14 100 Breast	26	57	13-14 100 Back	58	89	11-12 200 IM	90
27	10&Under 200 IM (TF)	28	59	10&Under 400 Free (TF)	60	91	13-14 200 IM	92
29	11-12 400 IM (TF)	30	61	11-12 400 Free (TF)	62	93	13-14 1500 Free* (TF)	94
31	13-14 400 IM (TF)	32	63	13-14 400 Free (TF)	64			

(TF)=Timed Final swum in preliminary session.

\*Must provide 2 timers and a counter for 1500 free.

\*\* All relays will be swum in finals sessions.

There will be a 5 minute break after the relay

## 2024 UTAGS Time Standards

GIRLS			Events	BOYS		
SCY	SCM	LCM	10-Under	LCM	SCM	SCY
36.69	40.39	41.39	50 FR	40.99	39.79	35.99
1:22.99	1:31.39	1:34.19	100 FR	1:33.19	1:29.99	1:21.79
3:03.19	3:21.99	3:26.99	200 FR	3:18.09	3:12.49	2:53.99
7:49.89	6:50.59	7:03.09	400/500 FR	6:56.49	6:43.19	7:41.99
43.39	47.79	50.39	50 BK	50.69	48.29	43.79
1:33.69	1:43.19	1:48.99	100 BK	1:46.09	1:42.59	1:32.69
48.99	53.99	55.49	50 BR	54.79	53.19	48.29
1:47.99	1:58.99	2:02.79	100 BR	1:58.99	1:56.09	1:44.89
43.29	47.69	48.59	50 FL	47.49	46.39	41.99
1:42.09	1:52.99	1:55.99	100 FL	1:53.79	1:51.79	1:40.99
1:34.69	1:44.29	N / A	100 IM	N / A	1:41.79	1:32.39
3:21.59	3:43.09	3:49.19	200 IM	3:46.79	3:40.39	3:19.19
2:29.59	2:45.59	2:48.39	200 FR Relay	2:48.19	3:44.69	2:28.99
5:45.19	6:21.39	6:28.39	400 FR Relay	6:20.89	6:14.89	5:39.29
2:58.99	3:17.79	3:22.59	200 Med Relay	3:18.69	3:14.39	2:55.49
SCY	SCM	LCM	11-12	LCM	SCM	SCY
31.79	35.19	36.19	50 FR	35.19	33.89	30.79
1:09.29	1:16.49	1:19.09	100 FR	1:16.49	1:13.89	1:06.89
2:30.99	2:47.39	2:51.19	200 FR	2:48.89	2:44.49	2:28.59
6:48.39	5:56.69	6:04.49	400/500 FR	5:56.69	5:47.09	6:37.49
35.89	39.79	41.29	50 BK	41.39	39.49	35.59
1:19.09	1:27.69	1:31.99	100 Bk	1:28.99	1:25.09	1:16.79
2:47.99	3:05.99	3:13.89	200 BK	3:09.19	3:01.89	2:44.29
40.49	44.69	45.99	50 BR	45.69	44.39	40.59
1:28.19	1:37.59	1:41.89	100 BR	1:40.39	1:35.89	1:27.49
3:12.59	3:33.29	3:39.99	200 BR	3:32.69	3:24.89	3:04.99
34.39	38.19	38.79	50 FL	39.19	38.49	34.69
1:20.29	1:28.89	1:30.49	100 FL	1:28.29	1:25.49	1:18.49
2:51.89	3:10.39	3:14.19	200 FL	3:10.19	3:05.99	2:47.99
1:19.09	1:27.59	N / A	100 IM	N / A	1:23.89	1:15.99
2:51.29	3:09.39	3:15.39	200 IM	3:12.49	3:06.29	2:48.19
6:04.79	6:43.99	6:56.29	400 IM	6:47.19	6:32.49	5:54.39
2:10.79	2:25.09	2:27.39	200 FR Relay	2:24.79	2:20.59	2:06.79
4:45.59	5:16.69	5:24.79	400 FR Relay	5:12.09	5:05.89	4:35.69
2:26.79	2:42.89	2:46.39	200 Med Relay	2:47.39	2:42.89	2:26.89
SCY	SCM	LCM	13-14	LCM	SCM	SCY
28.59	31.59	32.39	50 FR	30.69	29.89	27.09
1:02.49	1:09.09	1:10.69	100 FR	1:07.99	1:05.39	59.09
2:14.79	2:29.19	2:32.39	200 FR	2:26.89	2:23.69	2:09.89
6:09.59	5:22.59	5:28.89	400/500 FR	5:18.89	5:12.79	5:58.39
21:43.29	21:51.09	22:09.39	1500/1650 FR	21:08.09	20:50.59	20:43.19
1:09.99	1:17.49	1:18.69	100 Bk	1:17.39	1:16.19	1:08.89
2:32.29	2:48.59	2:50.99	200 BK	2:46.29	2:44.89	2:28.09
1:21.49	1:30.19	1:32.19	100 BR	1:27.89	1:25.89	1:17.59
2:57.59	3:16.69	3:20.69	200 BR	3:11.79	3:07.79	2:49.59
1:12.89	1:20.69	1:22.09	100 FL	1:17.09	1:15.69	1:08.39
2:41.89	2:59.29	3:01.89	200 FL	2:49.79	2:47.19	2:30.99
2:32.29	2:48.59	2:51.79	200 IM	2:47.09	2:43.89	2:28.09
5:34.29	6:10.19	6:16.59	400 IM	6:05.69	5:59.29	5:24.49
2:01.39	2:14.79	2:19.79	200 FR Relay	2:12.79	2:07.89	1:55.19
4:29.19	4:58.89	5:03.19	400 FR Relay	4:48.79	4:39.29	4:11.59
2:17.29	2:32.39	2:35.59	200 Med Relay	2:25.09	2:21.89	2:07.79