



**ILLINOIS LONG COURSE
YMCA SWIMMING CHAMPIONSHIPS**
Hosted by B.R. Ryall YMCA Swim Team
July 23rd-24th 2016

The 2016 Illinois Long Course YMCA Swimming Championships is sanctioned by YMCA of the USA Sanction No. **PENDING** and Approved by USA Swimming and Indiana Swimming Inc. Approval No. **PENDING**. This meet is conducted according to the National YMCA "Rules that Govern YMCA Competitive Sports", YMCA Swimming Black Book, USA Swimming Technical Rules & Rules Governing Illinois YMCA Swimming Competition.

LOCATION: Lake Central High School 8400 Wicker Ave, St. John, IN 46373
Phone: (262) 947-0437

FACILITY: 10 lane, 50 Meter indoor pool, permanent starting blocks (with pull bars and a permanent wedge), 8' at starting end and 14' at turn end, non-turbulent lane lines, Colorado timing system, Four Color 10 lane electronic timing display, Seating capacity for 650 spectators. "The competition course has not been certified in accordance with 104.2.2C(4).

MEET DIRECTOR	ENTRY/SCRATCH CHAIR	MEET REFEREE	ADMINISTRATIVE OFFICIAL
Chris Flamion 630-858-0100 cflamion@ryallymca.org	Chris Flamion 630-858-0100 cflamion@ryallymca.org	TBA	Dave Brtva 815-258-6279 dbrtva@yahoo.com
Host Club Web Site: www.brryall.com			

MEET SCHEDULE:

	Preliminaries 21 & Under		Timed Finals 10 & Under		Finals	
	Warm-ups	Start	Warm-ups	Start	Warm-ups	Start
Saturday	6:30 AM	8:00 AM	1:00 PM	2:00 PM	4:45 PM	5:45 PM
Sunday	6:30 AM	8:00 AM	1:00 PM	2:00 PM	4:45 PM	5:45 PM
We will be running 3 warm-up sessions for the preliminaries session. Depending on the number of swimmers entered in the Preliminaries sessions this may be reduced to 2. The Timed Finals session will have 2 warm-up sessions. Start times for Timed Finals and Finals are an approximation. Once entries are processed the above times may be adjusted.						

DEADLINE AND MEETING SUMMARY:

Monday	July 4 th	8:00 AM	Entries Open
Monday	July 18 th	9:00 AM	Entry Deadline
Monday	July 18 th	6:00 PM	Psyche Sheet Posted
Tuesday	July 19 th	6:00 PM	Scratch Deadline
Saturday	July 23 rd	6:45 AM	Officials Meeting
Saturday	July 23 rd	7:35 AM	Coaches Meeting
Saturday	July 23 rd	8:00 AM	Session 1 Starts
Saturday	July 23 rd	2:00 PM	Session 2 Starts
Saturday	July 23 rd	5:45 PM	Session 3 Starts
Sunday	July 24 th	6:45 AM	Officials Meeting
Sunday	July 24 th	8:00 AM	Session 4 Starts
Sunday	July 24 th	2:00 PM	Session 5 Starts
Sunday	July 24 th	5:45 PM	Session 6 Starts



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ENTRY CHECKLIST:

All files must be e-mailed to the Entry Chair. All forms can be e-mailed to the Entry Chair or mailed along with payment. If mailed all forms must be received on or before July 22nd, 2016.

1. Team entry file
2. Team Summary, Release Form, USA Swimming paperwork (if required)
3. Any entry fees and swimmer surcharge payments.

Checks payable to: B.R. Ryall YMCA Swim Team

MAIL PAYMENT TO:	B.R. Ryall YMCA Swim Team 49 Deicke Drive Glen Ellyn, IL	E-MAIL ENTRY QUESTIONS TO	cflamion@ryallymca.org
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QUALIFYING TIMES:

2016 Illinois State YMCA Swimming Championship Time Standards are included in this packet. Only swimmers having achieved a qualifying time between July 1st, 2015 and July 17th, 2016 at 9:00 PM are eligible for this meet.

ENTRY FEES: \$7.00 per individual event, \$25.00 per relay entry. A \$2.00 swimmer surcharge per swimmer is charged per Indiana Swimming Inc.

ELIGIBILITY:

1. A swimmer is eligible for the State Championship Meet in any individual event in his/her age group in which he/she has met or surpassed a State Qualifying Time in a YMCA, sanctioned USA or High School meet during the qualifying period.
2. A swimmer must be a bona fide member of the/their YMCA and appear on the team roster 90 days prior to their District Meet. Each swimmer shall have represented his/her team in closed YMCA competition at least one time during the current season.
3. A seed time must be submitted for each swimmer for all events entered. "No time (NT)" will not be accepted.
4. 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.
5. Swimmer's age as of July 23rd, 2016 will determine his or her age for the entire meet.

ENTRY DETAILS AND DEADLINE:

All entries must be submitted using either a Team Manager or Team Unify entry file to cflamion@ryallymca.org. Entries may begin to be submitted beginning July 4th, 2016 and must be completed by 9:00 am July 18th, 2016. Entries submitted before the entry deadline may be updated up to the entry deadline.

ENTRY PROCESS:

1. E-mail entry file to cflamion@ryallymca.org
2. E-mail or mail the following (due by July 22nd, 2016.)
 - a. Team Summary and Release Form
 - b. Entry fees and swimmer surcharge payments
 - c. Registered USA teams within the State are required to provide a copy of their latest USA membership roster from their team portal to the host team. Failure to do so will result in USA ID numbers to be removed from



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any swimmer who is not listed on a current USA roster. For unattached swimmers a copy of their USA Swimming Card will do in place of a roster. If any entry fees and/or penalty due from a team are not paid to the host at or before 8:00 AM on the first day of the Meet, then a \$500 fine per team will be assessed to the outstanding bill.

EVENT LIMITATIONS:

Entry Limits by age

1. 10 & Under Session – 5 individual events and 6 total events.
2. 11 to 21 – 3 Individual Events per day and up to 8 total entries
3. A swimmer may not swim in both the prelim/final sessions and the timed final sessions on the same day.

Swimmers who fail to meet this limitation by the applicable scratch deadline will be scratched from their latest event(s) that day/meet.

There is no individual event limit per team. Teams may enter an unlimited number of swimmers in an individual event as long as they have the qualification time.

BONUS EVENTS:

Due to the new nature of this meet, we will be allowing Bonus Events. The number of Bonus Events will be as follows.

- Athletes with 1 individual event(total not by day) get 3 Bonus Events
- Athletes with 2 individual events get 2 Bonus Events
- Athletes with 3 individual events get 1 Bonus Event
- Athletes with 4 or more individual events do not get Bonus Events

The host team reserves the right to remove extra heats in which no athlete has achieved the qualifying standard in order to make timeline.

SEEDING:

Entries shall be seeded according to USA Swimming rules. Entry times conforming to the course length for this championship meet (LCM) shall be considered "conforming times". All other times meeting the appropriate standard shall be considered "non-conforming times". The order of seeding for this meet is: Long Course Meters (LCM), short course meters (SCM), Short Course Yards (SCY).

SCRATCH PROCEDURES:

The psyche sheet will be posted by 6:00 PM July 18th, 2016 on the Hosted Meets Page of B.R Ryall YMCA Swim Team. Scratches will be due Tuesday July 19th, 2016 by 6:00 PM. Scratches must be e-mailed to the entry chair and must include the following information.

1. Swim Club Information - Club Name, Club Code, Coach of Record, Contact Info (phone & email)
2. Swimmer's Information – Full Name (Last, First, MI), Event Number, Event Name, & Entry Time)
3. Name, information, and club position of person submitting scratches

The deadline for scratches is 6:00 PM Tuesday July 19th, 2016.

E-mail Scratches to Chris Flamion at cflamion@ryallymca.org

The Entry Chair will send a reply stating the scratch e-mail was received. It will be the responsibility of the sender to ensure that the e-mail is received by the entry chair.

SWIM-OFFS:

In the event a swim-off is necessary, the meet referee will set a time for the swim-off which will not be any later than 45 minutes after the last heat of any event in which any of the swimmers in the swim-off is competing. (USA Swimming Rule 102.5.2)



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LANE FILLING: The hosts team reserves the right to fill empty lanes with athletes not qualified for the Championships. No heats will be added.

MISSED CUTS: We will not be pre-checking the entries. Any team that has an athlete miss a cut will be informed of the missed cut. If the cut cannot be proven within 7 days of the end of the meet, the team will be fined \$100.

PROOF OF TIMES: The 800 free will require proof of time prior to accepting the entry. Only the top 20 women and men will be entered in the event, there are no qualifying standards.

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	11	9	8	7	6	5	4	3	2	1
RELAY EVENT SCORING																			
48	42	40	38	36	34	32	30	28	24	22	18	16	14	12	10	8	6	4	2

INDIVIDUAL EVENTS:

1. All 8 & Under and 10 & Under events will be conducted as timed final events.
2. All 12 & Under events except the 100's of Backstroke, Breaststroke and Butterfly will be conducted as preliminary/final events with a championship final heat. The 100's of Backstroke, Breaststroke and Butterfly will be conducted as timed final events and swum during the preliminary heats.
3. All 14 & Under events except the 400 Free will be conducted as preliminary/final events with a championship final heat. The 500 Free will be conducted as timed final event and swum during the preliminary heats.
4. All 21 & Under events except the 400 Free, the 800 Free, the 200's of Backstroke, Breaststroke and Butterfly, and the 400 IM will be conducted as preliminary/final events with a championship final heat. The 400 Free, the 800 free, the 200's of Backstroke, Breaststroke and Butterfly, and the 400 IM will be conducted as timed final event and swum during the preliminary heats.

RELAY EVENTS:

1. Any relay qualifying time swum during the qualifying period of July 1st 2015 to July 17th, 2016 at 9:00 PM is a time owned by the team and is eligible as a qualifying time for Y state. Aggregated times are acceptable but must be provable.
2. All 8 & Under and 10 & Under relays will be conducted as timed final event.
3. All 12 & Under and 14 & Under relays will be conducted as preliminary /final events with a championship final heat.
4. All 21 & Under relays except the 400 Free and 400 Medley will be conducted as preliminary/final events with a championship final heat. The 400 Free and 400 Medley relays will be conducted as timed final events and swum during the preliminary heats.
5. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names, ages, and order of swimming, for each entered relay.



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BULLPEN: **Prelims** - There will not be a bullpen for Prelims.
 Timed Finals - There will be a bullpen for **all age groups** during the time finals section. Swimmers must report to the bullpen, which will be located in the hallway area.
 Finals - There will be no bullpen for finals.

INDIVIDUAL AWARDS:

Championship medals will be awarded for first through tenth place will be presented at the conclusion of an event cycle. All awards must be picked up at the end of the meet. The host team will not be mailing any awards.

TEAM AWARDS:

Team awards will be not awarded.

AUDIO/VISUAL RECORDING DEVICES:

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

DECK CHANGING:

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

DECK ACCESS AND RESTRICTIONS:

Only coaches whose names and certifications were forwarded to Aaron Heiss (Marshfield Area YMCA) from each District's Staff Designate, and who have received an State Credential card from Aaron Heiss or a USA Swimming Membership card with the Y indicating YMCA Principles of Competitive Swimming & Diving will be allowed on deck. **NO credential cards will be issued at the meet.** Each coach with a current State Credential card will be issued a deck pass at the mandatory coaches meeting on Friday evening. Each team will be given deck passes based on the number of swimmers each team has entered in the meet. Coaches must have the deck pass to be allowed on deck. All coaches should have their current credential card on hand during the meet.

Coach's certification requirements are as follows:

- 1) Current certification in Red Cross CPR Professional Rescuer
- 2) Current certification in Red Cross First Aid
- 3) American Red Cross Coaches Safety Training and/or American Red Cross or YMCA Life guarding Certification
- 4) YMCA Principles of Competitive Swimming & Diving

For more information about coaches' certifications, contact:

Aaron Heiss
Director of Pool Operations & Competitive Swimming
Marshfield Area YMCA
(715) 387-4900
aheiss@mfldymca.org



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DECK PASSES FOR COACHES:

Teams will be limited to the following number of coach deck passes according to the number of swimmers they have individual entered in the meet.

Individual Qualifiers	Deck Passes
1-5	1
6-10	2
11-20	3
21-31	4
31 +	5

TIMERS: Please notify your swimmers' parents that they will have responsibility for timing. Timing assignments will be made proportionate to the number of entries to the meet per day. Teams may staff their lanes as they choose.

OFFICIALS: The State Officials Chair is Becky Menso (Chicago District). Only those YMCA officials invited by the YMCA State Committee will be allowed on deck. The official's uniform in the Illinois YMCA Swimming will be white shirt over navy bottoms with white shoes and white socks, pants are preferred for finals. Bottoms need to be professional; denim or track pants are not allowed.

ADMISSION FEE: \$5.00/day

HEAT SHEETS: Included in Admission Fee.

LOCKER ROOMS:

Swimmers may use locker rooms to change and shower. However, personal items are not to be stored in lockers.

FOOD: Food will be available throughout the day in the concession area. No outside food is permitted in the grandstands. No coolers allowed.

SWIMMER CONDUCT:

All swimmers must remain in authorized areas during the meet. Parental supervision of swimmers in the locker room, holding area, is expected. Any misconduct may result in immediate expulsion of the swimmer from the meet per the discretion of the Meet Referee. Swimmers will not be permitted to sit in the grandstands during the meet. 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.

SMOKING: Lake Central High School is a No Smoking facility.

MEDICAL: Medical personnel will be available for the duration of the meet.

SOUVENIRS: A commemorative meet T-shirt will be on sale. Swimmer's Edge will also be available Saturday and Sunday to sell swimmers' supplies, swimwear, and other novelty or souvenir items.

PARKING: Subject to the rules of the facility.

TEAM BANNERS:

Team banners may be hung from the railings of the spectator seating. Please do not tape banners, posters or other items to the walls.

HOTELS: TBA



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Saturday July 23rd, 2016
Session 1

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
101	21 & Under 400 Freestyle Relay (TF)	102
103	12 & Under 200 IM	104
105	21 & Under 400 IM(TF)	106
107	12 & Under 100 Breast(TF)	108
109	14 & Under 100 Breaststroke	110
111	21 & Under 100 Breaststroke	112
113	12 & Under 100 Freestyle	114
115	14 & Under 100 Freestyle	116
117	21 & Under 100 Freestyle	118
119	12 & Under 200 Medley Relay	120
121	14 & Under 200 Medley Relay	122
123	21 & Under 200 Medley Relay (10 Minute Awards Break)	124
125	21 & Under 200 Backstroke(TF)	126
127	12 & Under 50 Butterfly	128
129	14 & Under 100 Butterfly	130
131	21 & Under 100 Butterfly	132
133	12 & Under 50 Backstroke	134
135	14 & Under 200 Freestyle	136
137	21 & Under 200 Freestyle (10 Minute Awards Break)	138
139	21 & Under 800 Free (Top 20 + Fast to Slow)	140

Saturday July 23rd, 2016
Session 2

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
201A	8 & Under 200 Freestyle	202A
201B	9 - 10 200 Freestyle	202B
203A	8 & Under 50 Backstroke	204A
203B	9-10 50 Backstroke (10 Minute Awards Break)	204B
205A	8 & Under 50 Freestyle	206A
205B	9-10 50 Freestyle (10 Minute Awards Break)	206B
207	10 & Under 200 Medley Relay	208



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Saturday July 23rd, 2016
Session 3

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
103	12 & Under 200 IM	104
109	14 & Under 100 Breaststroke	110
111	21 & Under 100 Breaststroke	112
	(10 Minute Awards Break)	
113	12 & Under 100 Freestyle	114
115	14 & Under 100 Freestyle	116
117	21 & Under 100 Freestyle	118
	(10 Minute Awards Break)	
127	12 & Under 50 Butterfly	128
129	14 & Under 100 Butterfly	130
130	21 & Under 100 Butterfly	131
	(10 Minute Awards Break)	
129	12 & Under 50 Backstroke	130
131	14 & Under 200 Freestyle	132
133	21 & Under 200 Freestyle	134
	(10 Minute Awards Break)	
119	12 & Under 200 Medley Relay	120
121	14 & Under 200 Medley Relay	122
123	21 & Under 200 Medley Relay	124



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Sunday July 24th, 2016
Session 4

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
401	21 & Under 400 Medley Relay	402
403	12 & Under 200 Freestyle	404
405	14 & Under 100 Backstroke	406
407	21 & Under 100 Backstroke	408
409	12 & Under 100 Butterfly(TF)	410
411	21 & Under 200 Butterfly(TF)	412
413	12 & Under 50 Freestyle	414
415	14 & Under 50 Freestyle	416
417	21 & Under 50 Freestyle	418
	(10 Minute Awards Break)	
419	12 & Under 200 Freestyle Relay	420
421	14 & Under 200 Freestyle Relay	422
423	21 & Under 200 Freestyle Relay	424
425	12 & Under 50 Breaststroke	426
427	21&Under 200 Breaststroke(TF)	428
429	12 & Under 100 Back(TF)	430
431	14 & Under 200 IM	432
433	21 & Under 200 IM	434
	(10 Minute Awards Break)	
435	14 & Under 400 Freestyle(TF)	436
437	21 & Under 400 Freestyle(TF)	438

Sunday July 24th, 2016
Session 5

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
501A	8 & Under 200 IM	502A
501B	9-10 200 IM	501B
503A	8 & Under 100 Freestyle	504A
503B	9-10 100 Freestyle	504B
	(10 Minute Awards Break)	
505A	8 & Under 50 Butterfly	506B
505B	9-10 50 Butterfly	506B
507A	8 & Under 50 Breaststroke	508A
507B	9-10 50 Breaststroke	508B
	(10 Minute Awards Break)	
509	10 & Under 200 Freestyle Relay	510



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Sunday July 24th, 2016
Session 6

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
403	12 & Under 200 Freestyle	404
405	14 & Under 100 Backstroke	406
407	21 & Under 100 Backstroke	408
	(10 Minute Awards Break)	
413	12 & Under 50 Freestyle	414
415	14 & Under 50 Freestyle	416
417	21 & Under 50 Freestyle	418
	(10 Minute Awards Break)	
425	12 & Under 50 Breaststroke	426
429	14 & Under 200 IM	430
431	21 & Under 200 IM	432
	(10 Minute Awards Break)	
419	12 & Under 200 Freestyle Relay	420
421	14 & Under 200 Freestyle Relay	422
423	21 & Under 200 Freestyle Relay	424



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Waiver & Summary Entry Form (Entries will not be accepted without waiver form)

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our/theirs, administrators and assignees, waive and release any and all claims against B.R. Ryall YMCA Swim Team, Lake Central High School, IN Swimming, USA Swimming, and their staffs for injuries and/or expenses incurred by me/us at this meet, or while on the road, to and from this meet. I/We are bona fide amateur athletes and eligible to compete in all events I/we have entered.

Complete this form and mail it with entry forms, and fee payment to:

B.R. Ryall YMCA Swim Team
49 Deicke Drive
Glen Ellyn, IL
630-858-0100

SUMMARY OF FEES

Total Women's Events	<input type="text"/>	X	\$7.00 Per Event	=	<input type="text"/>
Total Men's Events	<input type="text"/>	X	\$7.00 Per Event	=	<input type="text"/>
Total Relay Events	<input type="text"/>	X	\$25.00 Per Event	=	<input type="text"/>
Number Of Women Entered in Individual Events	<input type="text"/>	X	\$2.00 Surcharge	=	<input type="text"/>
Number of Men Entered in Individual Events	<input type="text"/>	X	\$2.00 Surcharge	=	<input type="text"/>
Total Amount Due				=	<input type="text"/>

Make checks payable to: **B.R. Ryall YMCA Swim Team**

CLUB NAME: _____ CLUB CODE _____

Head Coach: _____

Asst. Coaches: _____

Mailing Address:

Name _____

Address _____

City, State, Zip _____

Home Phone: _____

Work Phone: _____

Signed _____

Entry forms must be received no later than Friday, July 22nd, 2016.



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GIRLS			8 & Under			BOYS		
SCY	SCM	LCM				SCY	SCM	LCM
00:41.49	00:46.31	00:47.15	50 Free			00:41.29	00:46.08	00:47.46
01:33.59	01:44.45	01:46.35	100 Free			01:29.69	01:40.10	01:43.09
03:25.49	03:49.34	03:52.19	200 Free			03:26.69	03:50.68	03:54.88
00:48.19	00:53.78	00:54.76	50 Back			00:47.59	00:53.11	00:54.70
00:55.49	01:01.93	01:03.06	50 Breast			00:55.79	01:02.27	01:04.13
00:47.69	00:53.23	00:54.19	50 Fly			00:47.09	00:52.56	00:54.13
03:53.09	04:20.15	04:24.88	200 IM			03:58.79	04:26.51	04:36.06
GIRLS			10 & Under			BOYS		
SCY	SCM	LCM				SCY	SCM	LCM
00:34.19	00:38.16	00:38.85	50 Free			00:33.39	00:37.27	00:38.38
01:17.99	01:27.04	01:28.63	100 Free			01:14.69	01:23.36	01:25.85
02:51.19	03:11.06	03:13.44	200 Free			02:51.39	03:11.28	03:14.76
00:40.19	00:44.85	00:45.67	50 Back			00:39.59	00:44.19	00:45.51
00:46.29	00:51.66	00:52.60	50 Breast			00:46.49	00:51.89	00:53.44
00:39.69	00:44.30	00:45.10	50 Fly			00:39.19	00:43.74	00:45.05
03:14.19	03:36.73	03:40.67	200 IM			03:18.09	03:41.08	03:49.01
02:39.29	02:57.78	03:01.01	200 Free Relay			02:40.59	02:59.23	03:04.59
03:02.59	03:23.78	03:27.25	200 Medley Relay			03:04.49	03:25.90	03:31.33
GIRLS			12 & Under			BOYS		
SCY	SCM	LCM				SCY	SCM	LCM
00:29.79	00:33.25	00:33.85	50 Free			00:29.19	00:32.58	00:33.55
01:06.09	01:13.76	01:15.10	100 Free			01:05.09	01:12.65	01:14.82
02:25.69	02:42.60	02:44.62	200 Free			02:24.39	02:41.15	02:45.02
00:34.89	00:38.94	00:39.65	50 Back			00:34.89	00:38.94	00:40.10
01:16.49	01:25.37	01:26.43	100 Back			01:16.49	01:25.37	01:27.92
00:39.89	00:44.52	00:45.33	50 Breast			00:39.59	00:44.19	00:45.51
01:27.49	01:37.65	01:40.56	100 Breast			01:27.39	01:37.53	01:41.03
00:33.69	00:37.60	00:38.28	50 Fly			00:33.79	00:37.71	00:38.84
01:18.79	01:27.94	01:28.53	100 Fly			01:19.79	01:29.05	01:30.16
02:45.19	03:04.36	03:07.72	200 IM			02:46.49	03:05.81	03:12.47
02:16.19	02:32.00	02:34.76	200 Free Relay			02:17.49	02:33.45	02:38.03
02:33.29	02:51.08	02:54.00	200 Medley Relay			02:39.39	02:57.89	03:02.58
GIRLS			14 & Under			BOYS		
SCY	SCM	LCM				SCY	SCM	LCM
00:28.39	00:31.69	00:32.26	50 Free			00:26.79	00:29.90	00:30.79
01:01.39	01:08.52	01:09.76	100 Free			00:59.19	01:06.06	01:08.03
02:18.79	02:34.90	02:36.82	200 Free			02:12.49	02:27.87	02:31.42
05:58.79	05:13.90	05:20.35	500/400 Free			05:55.39	05:10.93	05:17.31
01:10.69	01:18.90	01:19.88	100 Back			01:08.99	01:17.00	01:19.30
01:21.89	01:31.40	01:34.13	100 Breast			01:20.19	01:29.50	01:32.71
01:13.19	01:21.69	01:22.24	100 Fly			01:09.79	01:17.89	01:18.86
02:34.09	02:51.98	02:55.10	200 IM			02:31.59	02:49.19	02:55.25
02:09.79	02:24.85	02:27.49	200 Free Relay			02:14.49	02:30.10	02:34.59
02:25.59	02:42.49	02:45.26	200 Medley Relay			02:38.49	02:56.89	03:01.55
GIRLS			21 & Under			BOYS		
SCY	SCM	LCM				SCY	SCM	LCM
00:27.49	00:30.68	00:31.24	50 Free			00:24.59	00:27.44	00:28.26
00:59.89	01:06.84	01:08.06	100 Free			00:53.99	01:00.26	01:02.06
02:11.29	02:26.53	02:28.35	200 Free			01:59.89	02:13.81	02:17.02
06:03.39	05:17.93	05:24.46	500/400 Free			05:32.09	04:50.54	05:00.53
01:08.79	01:16.77	01:17.73	100 Back			01:03.79	01:11.19	01:13.32
02:26.79	02:43.83	02:45.86	200 Back			02:19.79	02:36.02	02:40.68
01:19.39	01:28.60	01:31.25	100 Breast			01:11.79	01:20.12	01:22.99
02:49.49	03:09.16	03:12.60	200 Breast			02:42.29	03:01.13	03:07.62
01:08.79	01:16.77	01:17.29	100 Fly			01:02.09	01:09.30	01:10.16
02:34.89	02:52.87	02:54.03	200 Fly			02:28.79	02:46.06	02:49.08
02:30.69	02:48.18	02:51.24	200 IM			02:16.79	02:32.67	02:38.14
05:16.59	05:53.34	05:57.73	400 IM			05:06.99	05:42.62	05:52.86
02:05.89	02:20.50	02:23.06	200 Free Relay			01:53.69	02:06.89	02:10.68
04:45.09	05:18.18	05:23.97	400 Free Relay			04:19.29	04:49.39	04:58.03
02:20.59	02:36.91	02:39.58	200 Medley Relay			02:10.99	02:26.19	02:30.05
05:18.79	05:55.79	06:01.85	400 Medley Relay			04:53.49	05:27.56	05:36.19