MICHIGAN
SWIMMING

## THE FOLLOWING MINUTES ARE PROVIDED FOR INFORMATIONAL PURPOSES ONLY AND ARE SUBJECT TO REVISION AND APPROVAL AT THE NEXT REGULARLY SCHEDULED MEETING OF THE MICHIGAN SWIMMING BOARD OF DIRECTORS.

Michigan Board of Directors

Meeting March 10, 2015
Phone in conference
VOTING BOARD MEMBERS IN ATTENDANCE: Katy Dean (CUDA - General Chair), Brandon Converse (EGRA - Secretary), Mike Cutler (ROCK - Program Ops/Program Development), Ahern Naylis (OLY - Vice Chair), Dan Meconis (UN - Finance), Mary Perczak (SLA - Treasurer), Troy Emmons (MLA - Safe Sport), Drew Hansz (dROP Jr. Coach Rep), Dawn Gurley (LL - Officials Chair), Ellie Dean (Jr. Athlete Rep).

VOTING BOARD MEMBERS ABSENT: Dakota Noble (Athlete Rep), Hannah Davenport (At-Large Athlete Rep), Cameron Fryzel (At-Large Athlete Rep), Vince Gallant (Sr Coach Rep).

OTHERS IN ATTENDANCE: Jan Cartmill (UN - MS Office), John Loria (UN - MS Office), Chuck Krochmal (Disability Chair).

Katy Dean called the meeting to order at 8:06pm.

## Old Business:

Approval of minutes from January 21, 2015 meeting.
Motion to approve: Ahern Naylis
$2^{\text {nd }}: ~ M i k e ~ C u t l e r ~$
Approved

## Report of Officers:

## General Chair (Katy Dean)

- See attached report.

Secretary (Brandon Converse)

- No report.
- Minutes from January 10, 2015 posted.

Treasurer (Mary Perczak)

- No report


## Report of Division Chairs:

ADMINISTRATIVE VICE CHAIR (Ahern Naylis)

- No report

ATHLETE DIVISION (Ellie Dean/Dakota Noble):

- Flyers are being made to put up at State about voting for reps.

COACH DIVISION (Vince Gallant/Drew Hansz):

- See attached report.

FINANCE (Dan Meconins)

- No report

PROGRAM DEVELOPMENT/DEVELOPMENT (Mike Cutler):

- See attached reports
- Motion to approve 2015 LC Schedule: Troy Emmons
- $2^{\text {nd }}$ : Ahern Naylis
- Approved
- Qualifying Standards
- Discussion about how cut times are processed.
- Goal is to have 5 heats at championship meets.
- Motion to approve 2015 LC Standards: Mike Cutler
- $2^{\text {nd }}:$ Ahern Naylis
- Approved
- Future planning for championship meets
- Framework schedule provided with dates through 2017 for potential championship dates.
- Discussion about communicating this with the LSC members and making it clear that this is a framework and subject to change/modification.
- Amendment to change the 2016 13-14/Open State meet date to March $18-20$ so it won't conflict with HS State. Accepted.
- Motion to approve Framework schedule: Troy Emmons
- $2^{\text {nd }}:$ Ahern Naylis
- Approved

DISABILITY SWIMMING (Chuck Krochmal):

- Updated progress on Eagle Scout project highlighting disability in swimming.
- Should be done in April.

DIVERSITY (Geneen Bradley)

- No report


## Reports of Committees/Coordinators

- No report

SAFE SPORT (Troy Emmons):

- Attended Safe Sport clinic in Colorado.
- Report to come.
- Accident reports in the last 6 months have all been handled properly.

OPEN WATER (Scott Appleyard):

- No report

NTV (Don Kimble):

- No report

MICHIGAN SWIMMING (Jan Cartmill/John Loria):

- Jan Cartmill
- No Report
- John Loria - see attached report.
- No Report


## New Business

- Question about will JO/District formats be the same next year. This is up to the Technical Committee. Suggested waiting until after Board training session before addressing this issue.
- Discussion regarding proposals made at House of Delegates.
- Protocol in place.

Next meeting TBD.
Motion to adjourn meeting (Ahern Naylis); Second (Troy Emmons); Motion carried at 8:30pm

Respectfully submitted,
Brandon Converse
Secretary

Briefly I will update you all on a few recent happenings:

1. To reiterate the Strategic Planning session is set for April $18^{\text {th }}$. The venue is confirmed as the Okemos Conference Center, which will also be the HoD the following day.
2. Everyone "invited" to the planning session will get an email from Arlene in about a week and a half or so, requesting they participate in a survey regarding concerns, goals, etc. Please take the time to do this, it will shape our session.
3. I am inviting various non-elected/non-board member persons, as per Arlene's recommendation. In her words I can invite "who I want" with the encouragement I pay special attention to what she refers to as "incoming and outgoing board members". I am making my decisions based upon interest persons have expressed in continuing to contribute to the governance process, or desire to get newly involved in the process. Upon Arlene's recommendation I am also inviting some club presidents, only those not already represented on the Board, then from there made choices based upon four geographic quadrants of the state, size of club, etc.
4. Finally regarding the planning session all "invited" persons will get an email from me next week, specifically requesting a Yay or Nay on if you will want to book a room at the Center the night of the $18^{\text {th }}$. Based upon the total number I will secure a block of rooms and distribute that information ASAP.
5. Last item. Again, welcome Chuck Krochmal to the BoD as the newly appointed Disability Chair. And mark today as the last time we will refer to him as such. Under Chuck's leadership, and taking our cue from the vast majority of other LSCs and USA Swimming at large, Michigan Swimming will immediately move towards a paradigm shift from a "disability" language approach to a "para-swim" language approach. Therefore, while this shift will not be reflected in writing across By Laws, R \& P and even on the website right away, Chuck is encouraged to create his TAB page to reflect this and he will begin to spread the word, as I ask all of you to do also. This will be proposed from the floor at the HoD perhaps, and we will secure approval to then change "disability" to "para-swim" across the LSC.

Respectfully submitted,
Katy Dean, General Chair

## Michigan Swimming BoD Coaches' Report February/March,

 2015The Mission of Michigan Swimming is to build and serve all of the Michigan Swimming community.

The Vision of Michigan Swimming is to build champions in all aspects of the sport. To provide developmentally progressive opportunities for its members. To provide a safe and positive environment.

Thank you to all the volunteers dedicating time and energy in helping Michigan Swimming build and serve all of the Michigan Swimming community!

Special thanks to Chuck Krochmal for taking the role of the Disability Chair.
Congratulations!
Michigan LSC/USA Swimming Club Excellence Teams
for 2015 Silver Medal Teams
Byron Center Aquatics
Bronze Medal Teams
Livonia Community Swim Club Michigan Lakeshore Aquatics Club Wolverine
Graham Kingfish Aquatics of Waterford
Brad
Brockway
MI Coaches Thoughts \& Concerns

- Meet schedule development (esp. short course)
- 4 to 6 Regional 12-U meets
- for swimmers below Q1 cuts

■ would replace districts \& JOs

- 2 (West \& East side) 13-0 Meets
- for swimmers below Q1 cuts

■ would replace districts \& JOs

- 14 \& Under State Meet w/ 13-14 \& 12U.
- Make the MI Open the MI Open State Championship
- Review the sanctioning process
- attaining packets earlier
- abbreviating meet packets
- Formulate training camps for All Levels
- ABC Camp
- Distance Select Camp

■ Chris Thompson's proposal available for review Camps/Clinics

- MLA has offered Holland Rec. Memorial Day weekend
- Training camps build loyalty to Michigan Swimming and provide incentives for athletes to continue
- Training opportunities for AO's and Deck Officials
submitted, Vince
Gallant \& Drew
Hansz
Senior \& Junior Coach Representative, Michigan Swimming

To: Michigan Swimming BOD
RE: Program Operations and Program Development Michigan Swimming BOD report for March Call in Meeting.
Date: March 1, 2015
Following is the report for the Program Operations Vice Chair and Program Development Vice Chair
Program Operations:

- The Meet Scheduling Committee has discussed and unanimously put forth the attached Schedule for the summer 2015 LCM season. With BOD approval, we would ask that the two bids for the State meets be accepted by acclamation as they are the only bids for each meet, and, both teams and facilities are in good standing at the time of this writing
- The Meet Scheduling Committee has discussed and unanimously put forth a two year schedule for consideration. We would like to move to this format of scheduling meets as quickly as possible.
- Key callouts would be:
- the moving of the Open State LCM meet in 2016 to being prior to Sectionals
- The addition of a season ending "in state all-star" format meet at end of Summer (teams assigned by Spring District/Region meet assignment)
- Requesting all Meet Packets approved 180 days prior to meet
- All meets 181 to 730 days out may have meet announcement documents posted ( save the date with some meet info)
- May need to develop format and rules for the announcement letter and posting
- Bids would need to be heard and decided over the coming 4 months to align to this schedule going forward.
- Bids for 2015-16 SC Championships to be due by April 30, 2015
- Bids for 2016 LC State Championships to be due by May 31, 2015
- Bids for 2016-17 SC Championships to be due by June 30, 2015
- Bids for 2017 LC State Championships due by July 31, 2015
- SC schedule to include options on change in District - JO meet weekends to one last chance weekend each for 12 \& under, and, 13/14 \& Open as proposed by PD-Technical committee
- Regional 12 \& Under "ABC" format, up to 6 locations, 2 days ( 5 sessions)
- 11-12 Sat-Sun AM, 9-10 Sat-Sun PM, 11-12 Distance Sat evening
- East-West (North-South) 13 \& Over 2 days ( 5 sessions)
- Set up each session to have specific events, one session all distance


## Program Development:

- First Technical Committee "call in" meeting had some "technical difficulty", meeting minutes were reviewed with two other committee members with full support after the meeting.
- The Technical committee is putting forth with unanimous support the proposed time standards for Summer 2015
- The Technical Committee in the same meeting is proposing a standards update process that will put forth the time-standards for the next year prior to the next BOD meeting, at the conclusion of each championship series (April / August). They will meet and use the same process to determine time standards going forward.
- The Technical Committee is proposing a change in format to the season ending District - JO meets we have today, moving 12 \& under to one weekend (combining District and JO swimmers) under an

ABC format meet, and, 13 and over to a different weekend (combining District and JO swimmers into a "last chance" meet to get their state cuts.

- HOD support required.
- 5 sessions proposed for each meet over 2 days - Age Specific sessions(am and Mid-day) and one Distance session (Sat evening (option to move to Friday if numbers warrant)
- More localized 12U meets-4-6 locations. Higher level 13 and over meets 2-3 locations.
- Convert Awards to all Ribbons for these meets.
- Deck entries and Time Trials allowed.
- No other meets these last 4-5 weeks
- Technical Committee in full support of Meet Scheduling committee proposed two year schedule
- Will review format needs and make recommendations for Winter 2015-16

In summary:
3 BOD votes needed:

1. Approval of the Summer 2015 Schedule
2. Approval of the "Skeleton 2 year schedule" and due dates for Championship Bids
3. Approval of the 2015 LCM time standards





| 10\&U GIRLS | 36th PLACE TIME |  |  |  | $\begin{gathered} \text { 2012-2014 } \\ \text { CUT } \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | 2012 | 2013 | 2014 | 3 YR AVG. |  |
| 50 FR | 37.73 | 35.58 | 35.99 | 36.28 | 37.29 |
| 100 FR | NT | 1:21.99 | 1:19.31 | 1:20.963 | 1:21.79 |
| 200 FR | NT | 2:56.83 | 2:53.65 | 2:56.89 | 3:00.19 |
| 400 FR | NT | NT | 6:22.28 | 6:20.09 | 6:20.09 |
| 50 BK | NT | 43.39 | 43.23 | 43.603 | 44.19 |
| 100 BK | 1:35.80 | 1:33.89 | 1:32.33 | 1:34.007 | 1:36.99 |
| 50 BR | 50.05 | 50.20 | 49.78 | 50.01 | 50.89 |
| 100 BR | 1:48.16 | 1:49.83 | NT | 1:48.313 | 1:48.39 |
| 50 FL | NT | 43.18 | 39.88 | 42.217 | 43.59 |
| 100 FL | NT | NT | 1:42.64 | 1:45.14 | 1:46.39 |
| 200 IM | 3:24.03 | NT | NT | 3:24.337 | 3:24.49 |


| 10\&U <br> BOYS | 36th PLACE TIME |  |  |  | $\begin{gathered} \text { 2012-2014 } \\ \text { CUT } \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | 2012 | 2013 | 2014 | 3 YR AVG. |  |
| 50 FR | NT | NT | 37.45 | 37.477 | 37.49 |
| 100 FR | NT | NT | NT | 1:22.39 | 1:22.39 |
| 200 FR | NT | NT | NT | 2:58.79 | 2:58.79 |
| 400 FR | NT | NT | NT | 6:32.09 | 6:32.09 |
| 50 BK | NT | NT | 44.66 | 45.08 | 45.29 |
| 100 BK | NT | NT | 1:37.33 | 1:38.703 | 1:39.39 |
| 50 BR | NT | NT | NT | 52.19 | 52.19 |
| 100 BR | NT | NT | 1:53.42 | 1:54.333 | 1:54.79 |
| 50 FL | NT | NT | NT | 44.29 | 44.29 |
| 100 FL | NT | NT | NT | 1:50.79 | 1:50.79 |
| 200 IM | NT | NT | NT | 3:31.29 | 3:31.29 |


| 2015 Proposed |  |
| ---: | ---: |
| $\underline{\text { Girls }}$ | Boys |
| $: 36.28$ | $: 37.48$ |
| $1: 20.96$ | $1: 22.39$ |
| $2: 56.89$ | $2: 58.79$ |
| $6: 20.09$ | $6: 32.09$ |
| $: 43.60$ | $: 45.08$ |
| $1: 34.01$ | $1: 38.70$ |
| $: 50.01$ | $: 52.19$ |
| $1: 48.31$ | $1: 54.33$ |
| $: 42.22$ | $: 44.29$ |
| $1: 45.14$ | $1: 50.79$ |
| $3: 24.34$ | $3: 31.29$ |
|  |  |


| 11\&12 <br> GIRLS | 36th PLACE TIME |  |  |  | $\begin{gathered} 2012-2014 \\ \text { CUT } \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | 2012 | 2013 | 2014 | 3 YR AVG. |  |
| 50 FR | NT | NT | 31.78 | 32.053 | 32.19 |
| 100 FR | NT | NT | 1:10.58 | 1:10.19 | 1:10.19 |
| 200 FR | NT | NT | NT | 2:31.59 | 2:31.59 |
| 400 FR | NT | NT | NT | 5:16.59 | 5:16.59 |
| 50 BK | NT | NT | 38.14 | 37.99 | 37.99 |
| 100 BK | 1:23.14 | NT | 1:20.66 | 1:22.013 | 1:22.69 |
| 200 BK | NT | NT | 3:00.80 | 2:56.99 | 2:56.99 |
| 50 BR | NT | NT | NT | 42.79 | 42.79 |
| 100 BR | NT | NT | NT | 1:31.99 | 1:31.99 |
| 200 BR | 3:24.34 | NT | 3:17.74 | 3:20.907 | 3:22.49 |
| 50 FL | NT | 35.40 | 34.74 | 35.31 | 35.79 |
| 100 FL | NT | NT | 1:20.49 | 1:22.29 | 1:23.19 |
| 200 FL | NT | NT | NT | 3:23.09 | 3:23.09 |
| 200 IM | NT | NT | NT | 2:53.99 | 2:53.99 |
| 400 IM | NT | NT | NT | 6:16.89 | 6:16.89 |


| 11\&12 BOYS | 36th PLACE TIME |  |  |  | $\begin{gathered} \text { 2012-2014 } \\ \text { CUT } \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | 2012 | 2013 | 2014 | 3 YR AVG. |  |
| 50 FR | 33.42 | NT | NT | 32.89 | 32.89 |
| 100 FR | NT | NT | NT | 1:11.99 | 1:11.99 |
| 200 FR | NT | NT | 2:40.23 | 2:38.99 | 2:38.99 |
| 400 FR | NT | NT | NT | 5:23.09 | 5:23.09 |
| 50 BK | 39.61 | NT | 38.88 | 39.493 | 39.99 |
| 100 BK | 1:28.50 | 1:25.03 | 1:22.35 | 1:24.157 | 1:25.09 |
| 200 BK | NT | NT | 2:59.35 | 3:01.377 | 3:02.39 |
| 50 BR | 45.77 | NT | NT | 45.783 | 45.79 |
| 100 BR | 1:37.56 | NT | 1:38.72 | 1:38.757 | 1:39.99 |
| 200 BR | NT | 3:23.23 | NT | 3:35.403 | 3:36.99 |
| 50 FL | 36.62 | 38.13 | NT | 37.067 | 37.29 |
| 100 FL | 1:26.56 | NT | NT | 1:27.913 | 1:28.59 |
| 200 FL | NT | NT | NT | 3:31.29 | 3:31.29 |
| 200 IM | NT | NT | NT | 2:59.99 | 2:59.99 |
| 400 IM | NT | NT | NT | 6:41.79 | 6:41.79 |


| 13\&14 BOYS | 36th PLACE TIME |  |  |  | $\begin{gathered} \text { 2012-2014 } \\ \text { CUT } \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | 2012 | 2013 | 2014 | 3 YR AVG. |  |
| 50 FR | NT | 29.81 | 28.42 | 29.00 | 29.29 |
| 100 FR | 1:02.82 | 1:02.74 | 1:02.15 | 1:02.57 | 1:05.39 |
| 200 FR | NT | 2:17.39 | 2:15.63 | 2:17.703 | 2:20.09 |
| 400 FR | NT | NT | 4:44.87 | 4:53.35 | 4:57.59 |
| 800 FR | NT | NT | NT | 10:20.19 | 10:20.19 |
| 1500 FR | NT | NT | NT | 19:50.99 | 19:50.99 |
| 100 BK | 1:14.35 | NT | 1:12.72 | 1:14.387 | 1:16.09 |
| 200 BK | NT | 2:40.71 | 2:37.39 | 2:40.53 | 2:43.49 |
| 100 BR | 1:26.32 | 1:26.81 | 1:23.42 | 1:25.517 | 1:26.99 |
| 200 BR | 3:05.17 | 3:06.05 | 2:56.18 | 3:02.467 | 3:11.49 |
| 100 FL | 1:15.45 | 1:15.28 | 1:08.95 | 1:13.227 | 1:16.09 |


|  |  |
| ---: | ---: |
|  |  |
| $: 32.05$ | $: 32.89$ |
| $1: 10.19$ | $1: 11.99$ |
| $2: 31.59$ | $2: 38.99$ |
| $5: 16.59$ | $5: 23.09$ |
| $: 37.99$ | $: 39.49$ |
| $1: 22.01$ | $1: 24.16$ |
| $2: 56.99$ | $3: 01.38$ |
| $: 42.79$ | $: 45.79$ |
| $1: 31.99$ | $1: 38.76$ |
| $3: 20.91$ | $3: 35.40$ |
| $: 35.31$ | $: 37.07$ |
| $1: 22.29$ | $1: 27.91$ |
| $3: 23.09$ | $3: 31.29$ |
| $2: 53.99$ | $2: 59.99$ |
| $6: 16.89$ | $6: 41.79$ |
|  |  |
|  |  |
|  |  |
| $20: 30.39$ | $: 29.00$ |
| $1: 05.47$ | $1: 02.57$ |
| $2: 23.04$ | $2: 17.70$ |
| $5: 03.59$ | $4: 53.35$ |
| $10: 27.09$ | $10: 20.19$ |
| $20: 00.09$ | $19: 50.99$ |
| $1: 16.34$ | $1: 14.39$ |
| $2: 43.69$ | $2: 40.53$ |
| $1: 27.79$ | $1: 25.52$ |
| $3: 09.89$ | $3: 02.47$ |
| $1: 15.61$ | $1: 13.23$ |
|  |  |
|  |  |


| 200 FL | NT | NT | 2:56.12 | 2:55.99 | 2:55.99 | 200 FL | NT | NT | 2:48.39 | 2:56.123 | 2:59.99 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 200 IM | 2:44.13 | NT | 2:50.54 | 2:44.237 | 2:44.29 | 200 IM | 2:42.51 | 2:38.53 | 2:35.18 | 2:38.74 | 2:42.69 |
| 400 IM | NT | NT | NT | 5:54.39 | 5:54.39 | 400 IM | NT | NT | 5:36.25 | 5:47.943 | 5:53.79 |


| OPEN GIRLS | 36th PLACE TIME |  |  |  | $\begin{gathered} \text { 2012-2014 } \\ \text { CUT } \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | 2012 | 2013 | 2014 | 3 YR AVG. |  |
| 50 FR | 28.87 | 29.22 | 28.98 | 29.023 | 29.49 |
| 100 FR | 1:03.04 | 1:03.49 | 1:02.81 | 1:03.113 | 1:03.69 |
| 200 FR | 2:16.27 | 2:17.70 | 2:16.53 | 2:16.797 | 2:17.59 |
| 400 FR | 4:50.35 | 4:51.63 | 4:52.49 | 4:51.49 | 4:53.19 |
| 800 FR | NT | NT | NT | 10:08.09 | 10:08.09 |
| 1500 FR | NT | NT | NT | 19:30.99 | 19:30.99 |
| 100 BK | 1:13.50 | 1:12.57 | 1:13.04 | 1:13.037 | 1:15.39 |
| 200 BK | 2:38.38 | 2:37.53 | 2:37.31 | 2:37.74 | 2:40.99 |
| 100 BR | 1:24.84 | 1:24.94 | 1:23.88 | 1:24.287 | 1:24.49 |
| 200 BR | NT | 3:05.64 | 3:08.66 | 3:04.89 | 3:04.89 |
| 100 FL | 1:11.78 | 1:11.29 | 1:10.20 | 1:10.927 | 1:11.29 |
| 200 FL | NT | 2:46.25 | 2:52.38 | 2:48.01 | 2:48.89 |
| 200 IM | 2:37.92 | 2:36.86 | 2:37.31 | 2:37.363 | 2:38.99 |
| 400 IM | 5:48.47 | NT | 5:57.17 | 5:42.99 | 5:42.99 |


| OPENBOYS | 36th PLACE TIME |  |  |  | $\begin{gathered} \text { 2012-2014 } \\ \text { CUT } \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | 2012 | 2013 | 2014 | 3 YR AVG. |  |
| 50 FR | 26.12 | 27.48 | 26.59 | 26.367 | 26.49 |
| 100 FR | 57.36 | 58.03 | 57.26 | 57.55 | 58.09 |
| 200 FR | 2:06.53 | 2:07.08 | 2:06.08 | 2:06.563 | 2:0709 |
| 400 FR | 4:34.87 | 4:38.08 | 4:30.61 | 4:33.49 | 4:34.99 |
| 800 FR | NT | NT | NT | 9:38.79 | 9:38.79 |
| 1500 FR | NT | NT | NT | 18:50.99 | 18:50.99 |
| 100 BK | NT | 1:08.72 | 1:06.40 | 1:08.237 | 1:09.59 |
| 200 BK | NT | 2:31.43 | 2:28.26 | 2:30.527 | 2:31.89 |
| 100 BR | NT | 1:19.37 | 1:17.28 | 1:18.42 | 1:18.99 |
| 200 BR | NT | 2:56.29 | 2:52.46 | 2:54.613 | 2:55.69 |
| 100 FL | 1:05.92 | 1:05.48 | 1:03.52 | 1:04.70 | 1:05.29 |
| 200 FL | 2:35.70 | 2:38.17 | 2:37.70 | 2:37.19 | 2:40.99 |
| 200 IM | NT | 2:29.81 | 2:27.47 | 2:25.99 | 2:25.99 |
| 400 IM | NT | NT | NT | 5:23.99 | 5:23.99 |


| $2: 55.99$ | $2: 56.12$ |
| ---: | ---: |
| $2: 44.29$ | $2: 38.74$ |
| $5: 54.39$ | $5: 47.94$ |
|  |  |
|  |  |
|  |  |
|  |  |
| $: 29.02$ | $: 26.37$ |
| $1: 03.11$ | $: 57.55$ |
| $2: 16.80$ | $2: 06.56$ |
| $4: 51.49$ | $4: 33.49$ |
| $10: 08.09$ | $9: 38.79$ |
| $19: 30.99$ | $18: 50.99$ |
| $1: 13.04$ | $1: 08.24$ |
| $2: 37.74$ | $2: 30.53$ |
| $1: 24.29$ | $1: 18.42$ |
| $3: 04.89$ | $2: 54.61$ |
| $1: 10.93$ | $1: 04.70$ |
| $2: 48.01$ | $2: 37.19$ |
| $2: 37.36$ | $2: 25.99$ |
| $5: 42.99$ | $5: 23.99$ |


|  | 2015-2016 SCY, 2016 LCM, and 2016-2017 SCY Schedules |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Date | Fri-Sun | Weekend | Club | Format | Facility | Notes |
| $$ | Sept | 25-27 |  |  |  |  |  |
|  | Oct | 2-4 |  |  |  |  |  |
|  |  | 9-11 |  |  |  |  |  |
|  |  | 16-18 |  |  |  |  |  |
|  |  | 23-25 |  |  |  |  |  |
|  | Oct-Nov | 30-1 | Halloween |  |  |  |  |
|  | Nov | 6-8 |  |  |  |  | HS Girls Conference Meets |
|  |  | 13-15 |  |  |  |  |  |
|  |  | 20-22 |  |  |  |  | HS Girls State Championships |
|  |  | 27-29 | Thanksgiving |  |  |  |  |
|  | Dec | 4-6 |  |  |  |  | Dec 2-5 Winter Nationals, Federal Way WA |
|  |  | 11-13 |  |  |  |  | Dec 9-12 Winter Jr Nationals, TBD |
|  |  | 18-20 |  |  |  |  |  |
|  |  | 25-27 | Christmas |  |  |  |  |
| $\begin{aligned} & \text { N } \\ & \text { O } \\ & \stackrel{\theta}{6} \end{aligned}$ | Jan | 1-3 | New Years |  |  |  |  |
|  |  | 8-10 |  |  |  |  |  |
|  |  | 15-17 |  |  |  |  |  |
|  |  | 22-24 |  |  |  |  |  |
|  |  | 29-31 |  |  |  |  |  |
|  | Feb | 5-7 |  |  |  |  |  |
|  |  | 12-14 |  |  |  |  |  |



|  | 22-24 |  | 14 \& Under State Championships |  |
| :---: | :---: | :---: | :---: | :---: |
|  | 29-31 |  | Sectional Championships Open Water State Championships |  |
| August | 5-7 |  | 14 \& Under Zone Championships Open State Quad Championship | Aug 2-6 US Open, Minneapolis Olympic Games Begin Aug 5 |
|  | 12-14 |  |  | Aug 8-12 JR Nationals, Minneapolis |
|  | 19-21 |  |  |  |
|  | 26-28 |  |  |  |
| Sept | 2-4 | Labor Day |  |  |
|  | 9-11 |  |  |  |
|  | 16-18 |  |  |  |
|  | 23-25 |  |  |  |
| Sept-Oct | 30-2 |  |  |  |
| Oct | 7-9 |  |  |  |
|  | 14-16 |  |  |  |
|  | 21-23 |  |  |  |
|  | 28-30 | Halloween |  |  |
| Nov | 4-6 |  |  | HS Girls Conference Meets, Tentative |
|  | 11-13 |  |  |  |
|  | 18-20 |  |  | HS Girls State Championships, Tentative |


|  | $25-27$ | Thanksgiving |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | Dec | $2-4$ |  |  |  |
|  | $9-11$ |  |  |  |  |
|  | $16-18$ |  |  |  |  |
|  | $23-25$ | Christmas |  |  |  |
|  | Dec Jan | $30-1$ | New Years |  |  |


|  | 21-23 |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
|  | 29-30 |  |  |  |
| Apr-May | 28-30 |  |  |  |
| May | 5-7 |  |  |  |
|  | 12-14 | Mother's Day |  |  |
|  | 19-21 |  |  |  |
|  | 26-28 | Memorial Day |  |  |
| June | 2-4 |  |  |  |
|  | 9-11 |  |  |  |
|  | 16-18 | Father's Day |  |  |
|  | 23-25 |  |  |  |
| June-July | 30-2 | July 4th |  |  |
| July | 7-9 |  |  |  |
|  | 14-16 |  | Open State Championships |  |
|  | 21-23 |  | 14 \& Under State Championships |  |
|  | 22-30 |  | Sectional Championships Open Water State Championships |  |
| August | 4-6 |  | 14 \& Under Zone Championships Open State Quad Championship | Aug 1-5 Tentative US Open, TBD |
|  | 11-13 |  |  | Aug 7-11 Tentative JR Nationals, TBD |

