

# METROPOLITAN SWIMMING, INC.



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## BOARD OF DIRECTORS MEETING Wednesday, October 24, 2018

**PRESENT:** John McIlhargy, Mary Fleckenstein, Monique Grayson, Eric Fisher, Dom Boccio, Allen Wone, David Ellinghaus, John Yearwood, Brian Hansbury, Jim Wargo, Stanley Wong, Mark Owens and guest Kate Hallex.

**EXCUSED PRIOR:** None.

**ABSENT:** John Alaimo, Elaine Ang, Edgar Perez, Jocelyn Fisher, and Robert Frawley

1. **WELCOME/ROLL CALL:** John "Mac" McIlhargy welcomed everyone present at this meeting! Mac called the meeting to order at 6:38pm at the YWCA in White Plains, NY
2. **ACCEPTANCE/CORRECTIONS OF MINUTES:**  
A motion to approve the minutes of August 29, 2018 was made, seconded and approved by all. **Motion carries**
3. **GENERAL CHAIR:** John McIlhargy
  - a. **Schedules** – To be excused from meetings, members must notify Mac.
  - b. **T. vs Metropolitan Swimming** – Nothing new.
  - c. **Eastern Zone LEAP Meeting** – LEAP USA Swimming Board is holding a joined meeting for Metro and New Jersey. Was canceled in October and will probably be held April 20-21, 2019
  - d. **Golden Goggles** – Metro purchased 8 seats
  - e. **Diversity & Inclusion** – Equal amount of support funding will be given to National Diversity Camp (15-16-year-olds) and Outreach Team (13-14-year-olds).
  - f. **Taxes** – are done
  - g. **Mac attended the NJ HOD**
4. **TREASURER REPORT:** Elaine Ang
  - a. Elaine was not in attendance at the meeting.
  - b. Requests are not getting done. Mac, Allen and Eric all have requested QuickBooks to be updated at least a week before the BOD meetings to give all a chance to review and ask questions.
  - c. The budget Overview for September 2018 to August 2019 was available at the meeting. (*attached*)
5. **ADMINISTRATIVE VICE CHAIRS:** Eric Fisher
  - a. Long discussion was held about the meet reports.
  - b. Meet Director and Administrative Officials Courses will be set up.
  - c. Officials Clinics online are going well.
6. **FINANCE CHAIR REPORT:** Allen Wone
  - a. The Budget Report is incomplete.
  - b. Cost of outsourcing our accounting – 2 proposals
    - Can do all but internal audit
    - Do all accounting for \$3,000 a month and feed QuickBooks reconciliation, print checks, send for approval, and then will send bank checks.

- c. Discussion on replacing treasurer with hired accounting firm, as treasurer is no longer required on BOD as per USA-Swimming
  - d. Other LSC's Internal Audit are at a higher price.
    - Consider a Best Practice
    - Mac spoke with Waugh & Goodwin – they think it is a good idea
    - We can use Waugh & Goodwin for Internal Audits
    - Everything will be in order and be easier
    - Less work for volunteers
    - Less likely to get audited
  - e. A motion was made and seconded to take low bid proposal as qualified bid and move it to finance committee for budgets. All in attendance approved. **Motion Carries** – it will go to Finance.
  - f. 990 was filed and taken care of.
7. **SENIOR CO-CHAIRS:** Jim Wargo and John Alaimo
- a. Senior Met Cuts - After reviewing previous year's SR Met meets, Tech Planning Chair and Senior Chairs agree that cuts should remain the same.
  - b. Metro swimmers attended National Select Camp at Olympic Training Center in Colorado Springs
    - Women's Camp Attendees - October 11-13
      1. Christiana Regenauer (Coach Jim Wargo) - Condors Swim Club
      2. Kristen Cornish (Carle Fierro) - Westchester Aquatic Club
      3. Noelle Kaufmann – Badger Swim Club
    - Men's Camp Attendees -
      1. Hunter Kim – Badger Swim Club
        - a. Matthew Styczen (John Alaimo) NYS Aquatics
  - c. Coaches Notes From NSC
    - Many of the presentations were like those at the Regional Coaches Clinics
    - Home Coaches were invited to do TED style talks
    - Most interesting, unique presentations
      - Keenan Robinson – 4-year progressive dryland talks
        1. At end of Quad – will present all 4 talks at a conference such as ASCA
        2. Dryland Considerations for Peak Performance (Taper)
      - Christen Shefchunas – Real Confidence
        1. Women's camp was geared toward how female swimmers think, self-talk and what works and doesn't work for them.
  - d. Metro Swimmers Named to World Top 100 – When list announced it will be posted to Metro's website
  - e. Metro Swimmers Named to World University Games Team
    - Emily Escobedo – Condors Swim Club
    - Makayla Sargent – Islander Aquatics
8. **AGE GROUP CO-CHAIRS:** John Yearwood and Dom Boccio
- a. Thanks to Dave Hedden for creating a more readable form for the Metro Cuts for 2019 (*attached*)
  - b. Monique added that there is a problem with the Hy-Tek file of the age group time standards to work with the new format of JO's. Need to play with time standards and age group to have it work. For example, time standards are now for 11-11-year-olds and 12-12-year-olds. But meet events are set

as 11-12. So, if the standards are entered in a meet, it will be set as multi age group and results will be reported as 11-year-olds and as 12-year-olds for every 11-12 events. Eric Fisher will work on it!

9. **COACHES:** John Yearwood
  - a. John had no report
  - b. Question – does Metro have any swimmers registered as Junior Coaches yet? Mary said she received lots of inquiries, but many do not want to do all the requirements! New Jersey has 4!
10. **ATHLETES REPRESENTATIVES:** Mark Owens and Stanley Wong
  - a. Neither Mark nor Stanley had a report.
11. **TECHNICAL PLANNING:** David Ellinghaus
  - a. No report except in conjunction with the Senior Chair Report about the Senior Mets Winter Time Standards which will stay the same as 2018
12. **SAFETY COORDINATOR:** Edgar Perez
  - a. Edgar had no report and was not in attendance.
13. **SAFE SPORT COORDINATOR:** Brian Hansbury
  - a. Continued talk about the next phase of Safe Sport within USA Swimming and US Olympic Sports Committee
  - b. Nothing else to report
14. **SECRETARY/NTV:** Monique Grayson
  - a. Things are going well.
  - b. Working a lot uploading High School Observed Meets to SWIMS at this time of year.
15. **OFFICE MANAGER:** Mary Fleckenstein
  - a. **Important issue** – Mary's personal cell phone is not to be used for Metro business unless it is an emergency. Please use the office phone or email only. Late registrations and coaches expired certifications are not emergencies. All office closures are posted in a timely manner on the web site.
  - b. Mac added that there are many LSC's in the USA that if you send a registration file on a Wednesday (for example), the registration file will not be done until the following meet!!!
16. **OLD/UNFINISHED BUSINESS:**
  - a. None currently
17. **NEW BUSINESS:**
  - a. Ward Foley is now the Eastern Zone Board of Review Chair.
  - b. Reminder that all members of Metro must represent our LSC with exemplary behavior.
  - c. A discussion was held on the survey the meet committee had sent out. There were no results available. The need for better communication between the Board, office and committee needs to happen before anything else gets sent out. There should be a set email list to send items out; the one that was sent did not include all meet directors or hosts.
  - d. Jim Wargo brought up the subject of the Lenny Galluzzi Scholarship. Recommendation needs to be made to the Board and HOD about proposal for funding. Nothing was ever done officially. The next HOD is in May. This is when the Joe Stetz Scholarship is given out. If we give a Galluzzi Scholarship in 2019, and the HOD votes no to fund it, then the scholarship will sunset.
  - e. Discussion on the Hall of Fame. A motion to remove, from the Metropolitan Swimming HOF, any

person that has been banned from USA Swimming, was made, seconded and approved by all. **Motion carries.**

- f. Mac heard from George Fleckenstein and Jeff Chu about their very good plan for the proposed Metropolitan Open Water Championship. Probably at Coney Island.

**Next BOD/Finance Meeting – November 14, 2018 at NCAC**

A motion to adjourn the meeting was made, seconded and approved by all. **Motion carries.** Meeting adjourned at 7:58pm.

Respectfully submitted by Monique Grayson  
November 12, 2018



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**BOARD OF DIRECTORS MEETING**  
**Wednesday, October 24, 2018, 2018**  
**White Plains YWCA**

1: CALL TO ORDER, WELCOME, and INTRODUCTIONS:

Excused prior to meeting:

Roll Call:

NOT PRESENT

2: ACCEPTANCE/CORRECTIONS OF MINUTES:

Reports of officers

3: GENERAL CHAIR: John McIlhargy: Welcome –General Updates

- Schedules
- Tesoro v. Metropolitan Swimming
- Eastern Zone LEAP Meeting April 20-21
- Golden Goggles

4: OFFICERS REPORTS: (\*\*additional information or officer request for specific time)

- SECRETARY REPORT: Monique Grayson
- TREASURER'S REPORT: Elaine Ang
- ADMINISTRATIVE VICE CHAIR: Eric Fisher
- AGE GROUP CHAIR: John Yearwood/Dom Boccio
- ATHLETES' REPRESENTATIVES: Jocelyn Fisher/Mark Owens
- SAFETY COORDINATOR: Edgar Perez
- FINANCE CHAIR: Allen Wone
- SENIOR CHAIR: John Alaimo/Jim Wargo
- COACHES REPRESENTATIVE: John Yearwood
- TECHNICAL PLANNING: David Ellinghaus
- SAFE SPORT COORDINATOR: Brian Hansbury

At Large Athletes: Stanley Wong/ Robert Frawley

5: OFFICE MANAGER: Mary Fleckenstein

6: UNFINISHED/OLD BUSINESS:

7: NEW BUSINESS:

8: NEXT MEETING:

Adjournment

# Metropolitan Swimming Inc.

## BUDGET OVERVIEW: FY 2018-19 BUDGET - FY19 P&L

September 2018 - August 2019

	TOTAL
<b>Income</b>	
5000.00 General Income Accts	
5001.00 Investment Income	
5001.20 Dividend Income	5,000.00
<b>Total 5001.00 Investment Income</b>	<b>5,000.00</b>
5002.00 Fee & Surcharge	
5002.10 Sanctions Fee	20,000.00
5002.15 Post Meet Fee (20%)	300,000.00
5002.17 Senior Surcharge	1,000.00
5002.18 JO Surcharge	16,000.00
5002.19 Silver/Bronze Surcharge	6,000.00
<b>Total 5002.00 Fee &amp; Surcharge</b>	<b>343,000.00</b>
5005.10 Fines	
5005.17 Admins Fines	4,500.00
5005.18 Junior fines	100.00
5005.19 Senior Fines	100.00
<b>Total 5005.10 Fines</b>	<b>4,700.00</b>
5006.00 Registrations	
5006.10 Club-Received	18,000.00
7006.10 Club-Paid	-6,000.00
<b>Total 5006.10 Club-Received</b>	<b>12,000.00</b>
5006.20 Athlete-Received	700,000.00
7006.20 Athlete-Paid	-580,000.00
<b>Total 5006.20 Athlete-Received</b>	<b>120,000.00</b>
5006.30 Non Athlete-Received	70,000.00
7006.30 Non Athlete-Paid	-58,000.00
<b>Total 5006.30 Non Athlete-Received</b>	<b>12,000.00</b>
5006.40 Transfers-Received	3,000.00
<b>Total 5006.00 Registrations</b>	<b>147,000.00</b>
<b>Total 5000.00 General Income Accts</b>	<b>499,700.00</b>
<b>Total Income</b>	<b>\$499,700.00</b>
<b>GROSS PROFIT</b>	<b>\$499,700.00</b>
<b>Expenses</b>	
6100.00 Athletics Service Program	
6110.00 Travel Reimbursement	
6110.11 SC Sectional	20,000.00
6110.12 LC Senior Zone/Sectional	5,000.00
6110.14 SC NCSA Junior	30,000.00
6110.15 LC NCSA Junior	4,000.00
6110.16 LC Futures	20,000.00
6110.18 USA JR National SC	10,000.00
6110.19 USA JR National LC	20,000.00

	TOTAL
6110.22 USA National/Open SC	5,000.00
6110.23 USA National/Open/Phillip66 LC	5,000.00
6110.30 USA Open Water Champ	1,000.00
<b>Total 6110.00 Travel Reimbursement</b>	<b>120,000.00</b>
6120.00 Scholarships	
6120.10 Joseph Stetz Registration Income	-2,075.00
7120.10 Joe Stetz Scholarship Awards	2,000.00
<b>Total 6120.00 Scholarships</b>	<b>-75.00</b>
6130.00 Programs	
6131.00 Age Group Zone Meet	
6131.10 LC Zone	
6131.11 LC Zone fees collected	-95,000.00
7131.10 LC Zone Entries Fees Paid	7,000.00
7131.11 LC Zone Uniforms	35,000.00
7131.12 LC Zone Petty Cash & supplies	2,000.00
7131.13 LC Zone Bus	25,000.00
7131.14 LC Zone Hotel & meals	77,000.00
7131.15 LC Zone Board Member Travel	1,500.00
<b>Total 6131.10 LC Zone</b>	<b>52,500.00</b>
<b>Total 6131.00 Age Group Zone Meet</b>	<b>52,500.00</b>
6133.00 Diversity Program	8,000.00
6135.00 Disability	2,000.00
6137.00 Distance Stipends	6,000.00
<b>Total 6130.00 Programs</b>	<b>68,500.00</b>
<b>Total 6100.00 Athletics Service Program</b>	<b>188,425.00</b>
6200.00 Officials	
6200.10 Travel Reimbursement	15,000.00
6200.11 Clinic & Training Expenses	3,000.00
6200.12 BGC Reimbursement	4,000.00
6200.13 Incentives	4,000.00
<b>Total 6200.00 Officials</b>	<b>26,000.00</b>
6300.00 Coaches Programs	
6310.00 Coaches Clinic/Mentoring Program	20,000.00
<b>Total 6300.00 Coaches Programs</b>	<b>20,000.00</b>
6400.00 BOD	
6410.00 USAS Conferences/Convention Fee	24,000.00
6411.00 EZ Conferences & Conventions	1,000.00
6411.20 Lodging/Transportation	4,000.00
6411.30 Par Diem/Meals	400.00
6411.40 Eastern Zone Dues	2,600.00
<b>Total 6411.00 EZ Conferences &amp; Conventions</b>	<b>8,000.00</b>
6420.00 BOD Travel Reimbursement	2,500.00
6440.00 Committees	
6441.00 Review Committee	500.00
<b>Total 6440.00 Committees</b>	<b>500.00</b>
<b>Total 6400.00 BOD</b>	<b>35,000.00</b>
6500.00 Clubs Recognition	
6510.00 Club Excellence Program	40,000.00



	TOTAL
<b>Total 6500.00 Clubs Recognition</b>	<b>40,000.00</b>
6600.00 Administration & Operations Support	
6601.00 Salary & Wages	95,000.00
6601.10 Payroll Tax	11,000.00
6601.20 Workers Comp Insurance	3,000.00
6601.30 ADP Payroll Service Fee	1,000.00
<b>Total 6601.00 Salary &amp; Wages</b>	<b>110,000.00</b>
6605.00 IT Service Fee	
6605.10 Web Site ChargesB	6,000.00
<b>Total 6605.00 IT Service Fee</b>	<b>6,000.00</b>
6606.00 SWIMS Stipends	5,000.00
6607.00 All Office Essential Supplies	4,000.00
6607.10 Annual Membership/Program Dues	500.00
6607.20 Printing/Ink/Paper	500.00
6607.30 Postage/Mailing	1,000.00
6607.40 Misc Expenses	500.00
<b>Total 6607.00 All Office Essential Supplies</b>	<b>6,500.00</b>
6608.00 Operation Expenses	
6608.10 Internet Expense	2,500.00
6608.20 Telephone	1,500.00
6608.30 Storage Room Rental	1,250.00
6608.60 Subscription Fee	
6608.61 QB Monthly Fee(current)	600.00
<b>Total 6608.60 Subscription Fee</b>	<b>600.00</b>
<b>Total 6608.00 Operation Expenses</b>	<b>5,850.00</b>
6609.00 Office Equipment/Hardware	1,000.00
6610.00 Bank & Credit card expenses	30,000.00
6611.00 HOD/BOD Meetings	
6611.10 Refreshment - BOD/ LSC	2,750.00
<b>Total 6611.00 HOD/BOD Meetings</b>	<b>2,750.00</b>
6614.00 State Filing Fees	100.00
6615.00 Hall of Fame	
6615.10 Hall of Fame dinner payments	-4,000.00
6615.20 Hall of Fame Dinner - caterer	3,000.00
6615.30 HOF - Display	5,000.00
<b>Total 6615.00 Hall of Fame</b>	<b>4,000.00</b>
6630.00 Golden Goggles Dinners	
6630.10 Golden Goggles Dinner	12,000.00
<b>Total 6630.00 Golden Goggles Dinners</b>	<b>12,000.00</b>
6635.00 Donation -	5,000.00
6650.00 Metro Run Meets	
6650.10 Sr. Mets SC	
6650.12 SrM - SC Meet Entries	-20,000.00
6650.13 SrM - SC Admissions & Programs	-10,000.00
6690.11 SrM - SC Personnel/Admin/AO	5,000.00
6690.12 SrM - SC Pool rental	17,000.00
6690.13 SrM - SC Officials (Evaluator/MR/TLCJ)	1,250.00
6690.14 SrM - SC Refreshments	3,000.00



	TOTAL
6690.15 SrM - SC Awards	875.00
6690.16 SrM - SC Misc Supplies Expenses	1,000.00
<b>Total 6650.10 Sr. Mets SC</b>	<b>-1,875.00</b>
6650.20 Sr Mets - LC	
6650.22 SrM - LC Meet Entries	-20,000.00
6650.23 SrM - LC Admission & Programs	-10,000.00
6690.21 SrM - LC Personnel/Admin/Ao	4,000.00
6690.22 SrM - LC Pool Rental	17,000.00
6690.23 SrM - LC Officials(Evaluator/MR/TLCJ)	1,250.00
6690.24 SrM - LC Refreshments	3,000.00
6690.25 SrM - LC Awards	1,000.00
6690.26 SrM - LC Misc Supplies Expenses	1,000.00
<b>Total 6650.20 Sr Mets - LC</b>	<b>-2,750.00</b>
6650.40 Open Water	-4,000.00
6690.41 Open water 5K & 10 K Expenses	4,000.00
<b>Total 6650.40 Open Water</b>	<b>0.00</b>
<b>Total 6650.00 Metro Run Meets</b>	<b>-4,625.00</b>
<b>Total 6600.00 Administration &amp; Operations Support</b>	<b>183,575.00</b>
<b>Total Expenses</b>	<b>\$493,000.00</b>
<b>NET OPERATING INCOME</b>	<b>\$6,700.00</b>
<b>NET INCOME</b>	<b>\$6,700.00</b>

## 2019 Metro Age Group Short Course Time Standards

Girls	9&U		10		11		12		13		14		15-18	
	Silver	JO	Silver	JO	Silver	JO	Silver	JO	Silver	JO	Silver	JO	Silver	AGTC
50 Free	35.19	32.39	35.19	31.19	30.99	28.59	30.99	27.59	28.79	26.69	28.79	26.09	28.59	26.59
100 Free	1:18.49	1:11.19	1:18.49	1:08.79	1:08.29	1:01.69	1:08.29	59.69	1:03.09	57.69	1:03.09	56.39	1:01.09	57.79
200 Free	2:49.59	2:32.39	2:49.59	2:27.59	2:25.89	2:14.29	2:25.89	2:10.29	2:16.99	2:05.19	2:16.99	2:02.79	2:10.59	2:04.49
500 Free	7:04.99	6:45.99	7:04.99	6:33.99	6:20.79	6:01.99	6:20.79	5:51.99	5:50.59	5:32.99	5:50.59	5:26.99	5:39.99	5:30.99
1000 Free										11:15.99	11:03.99			10:59.99
1650 Free														
50 Back	41.89	37.39	41.89	36.19	36.09	32.59	36.09	31.59						
100 Back	1:33.09	1:20.69	1:33.09	1:18.29	1:19.49	1:09.89	1:19.49	1:07.89	1:12.69	1:05.19	1:12.69	1:03.99	1:10.09	1:05.49
200 Back					2:46.99	2:32.39	2:46.99	2:28.39	2:36.29	2:19.49	2:36.29	2:17.09	2:29.29	2:20.99
50 Breast	47.79	43.19	47.79	41.99	40.59	37.29	40.59	36.29						
100 Breast	1:46.19	1:33.19	1:46.19	1:30.79	1:28.69	1:20.19	1:28.69	1:18.19	1:23.49	1:14.59	1:23.49	1:13.39	1:20.89	1:15.19
200 Breast					3:11.19	2:56.39	3:11.19	2:52.39	2:56.99	2:41.19	2:56.99	2:38.79	2:50.99	2:42.99
50 Fly	42.39	36.29	42.39	35.09	34.59	31.29	34.59	30.29						
100 Fly	1:37.99	1:26.19	1:37.99	1:23.79	1:19.39	1:10.69	1:19.39	1:08.69	1:11.59	1:04.09	1:11.59	1:02.89	1:09.59	1:04.99
200 Fly					2:49.39	2:42.39	2:49.39	2:38.39	2:36.59	2:27.19	2:36.59	2:24.79	2:33.99	2:29.99
100 IM	1:28.59	1:21.19	1:28.59	1:18.79	1:18.69	1:11.19	1:18.69	1:09.19						
200 IM	3:13.99	2:52.39	3:13.99	2:47.59	2:48.09	2:30.39	2:48.09	2:26.39	2:41.49	2:21.19	2:41.49	2:18.79	2:29.99	2:19.99
400 IM					5:50.99	5:25.79	5:50.99	5:17.79	5:25.99	5:02.39	5:25.99	4:57.59	5:23.29	5:04.99

Boys	9&U		10		11		12		13		14		15-18	
	Silver	JO	Silver	JO	Silver	JO	Silver	JO	Silver	JO	Silver	JO	Silver	AGTC
50 Free	35.19	32.69	35.19	31.09	30.69	28.49	30.69	27.49	26.79	25.39	26.79	24.39	25.19	23.79
100 Free	1:18.49	1:11.19	1:18.49	1:08.79	1:06.99	1:01.19	1:06.99	59.19	59.59	55.19	59.59	53.19	54.19	51.99
200 Free	2:49.59	2:34.39	2:49.59	2:29.59	2:25.99	2:13.39	2:25.99	2:09.39	2:14.19	2:00.39	2:14.19	1:56.39	1:57.99	1:53.99
500 Free	7:05.99	6:50.99	7:05.99	6:38.99	6:31.99	6:01.99	6:31.99	5:51.99	5:50.99	5:23.99	5:50.99	5:13.99	5:17.99	5:10.99
1000 Free														
1650 Free										18:31.99	18:11.99			17:49.99
50 Back	42.89	37.79	42.89	36.59	36.09	32.59	36.09	31.59						
100 Back	1:37.09	1:21.79	1:37.09	1:19.39	1:17.49	1:10.19	1:17.49	1:08.19	1:08.29	1:03.19	1:08.29	1:01.19	1:03.89	59.99
200 Back					2:42.79	2:35.39	2:42.79	2:31.39	2:27.09	2:15.89	2:27.09	2:11.89	2:16.89	2:10.99
50 Breast	48.59	43.59	48.59	42.39	40.29	37.19	40.29	36.19						
100 Breast	1:48.39	1:35.19	1:48.39	1:32.79	1:26.49	1:20.19	1:26.49	1:18.19	1:16.69	1:10.69	1:16.69	1:08.69	1:10.89	1:06.49
200 Breast					3:03.49	2:56.39	3:03.49	2:52.39	2:47.89	2:33.39	2:47.89	2:29.39	2:36.79	2:30.09
50 Fly	43.89	36.29	43.89	35.09	34.69	31.59	34.69	30.59						
100 Fly	1:37.99	1:26.79	1:37.99	1:24.39	1:17.59	1:11.89	1:17.59	1:09.89	1:07.09	1:01.69	1:07.09	59.69	1:02.59	57.99
200 Fly					2:45.39	2:42.39	2:45.39	2:38.39	2:29.59	2:20.39	2:29.59	2:16.39	2:24.99	2:12.49
100 IM	1:28.59	1:21.19	1:28.59	1:18.79	1:17.19	1:11.19	1:17.19	1:09.19						
200 IM	3:13.99	2:54.39	3:13.99	2:49.59	2:47.99	2:30.39	2:47.99	2:26.39	2:31.09	2:15.39	2:31.09	2:11.39	2:27.79	2:07.99
400 IM					5:52.99	5:25.79	5:52.99	5:17.79	5:09.79	4:47.79	5:09.79	4:39.79	4:45.89	4:41.99

\* Silver Champs age as of February 22, 2019. Junior Olympics / 15-18 Team Challenge age as of March 8, 2019  
 \* Swimmers with a JO cut may not swim that event at Silver Champs - Swimmers with times slower than the Silver cuts are eligible to compete at Bronze Championships