

2025 Metro Silver Championship Central

Hosted by:

Westchester Aquatic Club

Friday, February 21 - Sunday, February 23, 2025

Apex Pool, Lehman College, Bronx, New York

Sanction #: 250209 - Sanction Time Trial #: 250259-TT



Metropolitan Swimming



Westchester Aquatic Club

The following teams can participate in Silvers Central:

APEX Swim Club, Asphalt Green, Brooklyn Otters, Badger Swim Club, Brooklyn Stingrays, CAS Stingrays, Central Queens YMYWHA, Condors Westchester, Cross Island Y Barracudas, Flushing YMCA, Freedom Aquatics, HES Hurricanes, Harbor Seals/ Bay Ridge, Kips Bay Makos, LaGuardia Twisters, Long Island Express (Silvers Only), Lion Swim Academy, Manhattan Makos, McBurney Manta Rays, Match Point NYC, Nile Crocodile Aquatic Club, Nu Finmen, New Settlement Community Center, New York City Aquatic Club, NYC Parks, Queens Aquatic Club, Riverbank Redtails, Roosevelt Island, Marlins Shorefront Y, Staten Island Aquatic Club, Swim Tech, Trident Swim Club, Trident Aquatic Club, Westchester Wolverines, Watersign Aquatics, 92nd Street Flying Dolphins

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction #: 250209 - TT Sanction #: 250259-TT

LOCATION: Apex, Lehman College CUNY, Bronx, NY
Lehman College, 250 Bedford Park Blvd West, Bronx NY 10468

FACILITY: Lehman College is an 8 lane 50 Meter pool with a bulkhead. The meet will start in the deep end of the pool. Dak Tronics electronic timing system and an 8-line scoreboard. The competition course has been certified in accordance with 104.2.2C(4). A copy of such certification is on file with USA Swimming.

NO SMOKING ALLOWED IN THE BUILDING. Teams are expected to police and maintain their areas on the pool deck. Athletes, parents, and children are restricted to the pool area and spectators stand and cannot be in any other part of the building.

Spectator stands are limited to 250 persons per session

SESSIONS: **TENTATIVE WARM-UP TIMES*:**
Friday Evening Distance Session: 4:30 PM warmup, 5:30 PM start.
Sat & Sun 10&U Sessions: 8:00 AM warmup, 9:00 AM start
Sat & Sun 11-12 Sessions: 11:30 AM warmup, 12:30 PM start.
Sat & Sun 13-14 & 15-18 Sessions: 3:00 PM warmup, 4:00 PM start.
* Warm-up and Session times may be adjusted based on entries received. Any changes in warm up/session times will be posted 1 week before the start of the meet.

FORMAT: This meet is a timed finals format. Entries must comply with **2025** Silvers Championships time standards as published by Metro Swimming (copy of which is included in the meet packet). This is a championship meet with no cuts, but to be accepted, all entries must be received by the cut-off date.

ELIGIBILITY: Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers. All swimmers participating in this meet must be registered by the first day of the meet. "Deck Registrations" will NOT be accepted

Age on **February 21, 2025** will determine age for the entire meet. Qualifying times must be achieved between **January 1, 2024**, and the entry deadline.

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

ADDITIONAL: As voted on at the BOD of February 28, 2013: If a swimmer ages-up to a new age group

ELIGIBILITY: between the first day of Silvers (February 21, 2025) and the first day of MRAG's (March 14, 2025), and that swimmer has a MRAG qualifying time in the age group they are during Silvers (making that swimmer ineligible to swim at Silvers), but that swimmer does not have a MRAG qualifying time in that same event in the new age group by the meet extension deadline of MRAG's, that swimmer would be able to swim that event as exhibition/non award at Silvers.

Example: Jane Doe is 10 years old as of February 21, on the first day of Silvers; her time in the 50 free is 31.00 (which is an MRAG time in the 50 free), so she can't swim that event at Silvers. Now her 31.00 in the 50 free is too slow for MRAG's in the 11-12 age group. So now, under this proposal, Jane would be allowed to swim the 50 free at Silvers in the 11-12 age group as Exhibition only.

Entries for that swimmer should be clicked as X (exhibition) in Team Manager. In addition, the name of the swimmers involved in this new rule, should be clearly added in the text of the Silvers Entries.

DISABILITY SWIMMERS : Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodations you might require. The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.

ENTRIES: Swimmers may be entered in a maximum of 2 individual events for the Friday night session, 5 maximum individual events for each of the Saturday and Sunday sessions. All entries must be in yards. A SWIMS Times Recon will be done at least one week prior to the meet. Times must have been achieved within the qualifying time period and must be in the SWIMS database. Entry times not found in the SWIMS will be scratched. Times cannot be converted times. Swimmers with 1 Silvers Time may enter 1 bonus event of 50 & 100 yards in length, no NT's allowed (coaches must indicate the bonus event in their entry file by clicking it is a bonus event on the event line when doing their entries). Host Club (Westchester Aquatic Club), may enter their swimmers regardless of achieving Silver Qualifying times if the meet timeline is under 4.0 hours. The host team may add swimmers that have not met the qualifying standard to events of 50 & 100 yards in length, no NT's allowed, to get the timeline to 4.0 hours"

Time trials will only be run if time allows and at the discretion of the Meet Director and Meet Referee. Swimmers are permitted no more than 2 time trials for entire meet and they will count towards the 5 event per day maximum per swimmer. The cost is **\$15.00** per time trial and must be paid in cash. Time trials will follow each session.

An Entry Report, with proof of times, must accompany the entries.

U.S. Mail Payment to: Westchester Aquatic Club, 5 White Birch Road South, Pound Ridge, New York 10576

Email Entries/Confirm Entry Receipt: Carleswim@aol.com

Westchester Aquatic Club may waive meet entry fees and facility surcharge for registered outreach swimmers.

Coaches should contact the meet director and identify register swimmers whom

they wish considered for waiver of fees when submitting meet entries.

- DEADLINE:**
- This is a Metro Championship Meet (**Metro Central Teams Only**).
 - The final entry deadline for this meet is **February 10, 2025**.
 - Only new Silver cuts achieved from **February 11, 2025**, through February 20, 2025, will be added. No updates of times after February 10, 2025.

An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.

ENTRY FEE: Entry fees are **\$7.50** per individual event.
A Metro Surcharge of **\$1.00** and Facility Surcharge of **\$9.00** per swimmer must accompany the entries. Make check payable to: Westchester Aquatic Club
Payment must be received by **February 21, 2025**, for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.

WARM-UP: Warm-up lane assignments will be given at meet.

SCRATCHES: Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to indicate clearly individual events scratches and which swimmers will not be participating in the session.

Metropolitan Scratch Procedures will be followed. Please consult your GUIDELINES. Coaches must make sure their swimmers understand that once they are scratched, they will not be re-entered in the meet. Coaches, advise your swimmers to leave plenty of time for traffic, etc. The coach of a swimmer who was seeded in an event and is a NO SHOW (NS) in the event must positively check the swimmer for the next day's events in order for that swimmer to be eligible to compete in the rest of the meet.

DECK CHANGING: Deck changes are prohibited.

COACHES: In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.

AWARDS: Individual awards will be medals 1st through 3rd and ribbons 4th through 8th. Overachiever pins will be given for all first-time MRAG cuts. Wolverine Alumni Kate Douglass has donated swag for our Hot Heats prizes, and

prizes for heat winners will be awarded.

Awards can only be picked up by a coach during the meet. Any awards not picked up will NOT be mailed.

MEET REFEREE: **Flick Marinello**, email: flickdance@msn.com 845-406-1103 Officials wishing to volunteer should contact the Meet Referee by **February 8, 2024**.

ADMIN. OFFICIAL: **Wendy Martinez**

MEET DIRECTOR: **Carle Fierro**

RULES: The current USA Swimming Rules and Regulations will apply. The USA Swimming Code of Conduct is in effect for the duration of the meet. The overhead start procedure may be used at the discretion of the meet Referee. **SAFETY:** All swimmers must wear footwear upon leaving the pool area. Metropolitan Swimming Safety Guidelines and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules. "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 without the use of the backstroke ledge. 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".

MAAPP POLICY: 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 MAAPP is condition of participation in the conduct of this competition.

WATER DEPTH: Information about water depth measured for a distance of 3 feet 3-1/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls. 12'6" deep: 1.0 meter from deep/dive end & 8': 5.0 meters from dive end. 3'6" deep: 1.0 meters from shallow/turn end 4'6" deep 5.0 meters from turn end.

AUDIO / VISUAL STATEMENT Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms. The same devices are also not permitted behind the starting blocks. 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.

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Westchester Aquatic Club, CUNY, Lehman College, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a

result of the meet. "It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."

First Line of response: LG, then campus security and EMS if required. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and . According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading

COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER

RELEASE AND HOLD HARMLESS Three Village Swim Club, Three Village Central School District, Metropolitan Swimming Inc., USA Swimming Inc., AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION

ADMISSION: \$10.00 per session per person, cash, Venmo, or Zelle at the door. The spectator stands are limited to 250 persons. Live Stream will be available.

MERCHANTS: A snack bar will be available in the lobby. For the Saturday Afternoon Session, it will be limited selections. Metro Swim Shop will be selling Meet Swag and swim items as well.

A professional photographer will be on site. Details will be provided to the coaches via email.

Parking Parking Lot Adjacent to the Apex Pool and on the street.

Directions <https://maps.app.goo.gl/Qtkw4duBGuQzMwbd6>

2025 Metropolitan Swimming Silver Championships

February 21-23, 2025

Session 1 - Distance Session - Friday, February 21, 2025 - 4:30 pm W/U - 5:30 pm Start

Event Number	EVENT
101	9&U Girls 500 Free
102	10 Year Old Girls 500 Free
103	9&U Boys 500 Free
104	10 Year Old Boys 500 Free
105	11 Year Old Girls 500 Free
106	12 Year Old Girls 500 Free
106	11 Year Old Boys 500 Free
108	12 Year Old Boys 500 Free
109	13 Year Old Girls 500 Free
110	14 Year Old Girls 500 Free
111	13 Year Old Boys 500 Free
112	14 Year Old Boys 500 Free
113	15-18 Girls 500 Free
114	15-18 Boys 500 Free
115	11 Year Old Girls 400 IM
116	12 Year Old Girls 400 IM
117	11 Year Old Boys 400 IM
118	12 Year Old Boys 400 IM
119	13 Year Old Girls 400 IM
120	14 Year Old Girls 400 IM
121	13 Year Old Boys 400 IM
122	14 Year Old Boys 400 IM
123	15-18 Girls 400 IM
124	15-18 Boys 400 IM

2025 Metropolitan Swimming Silver Championships

Session 2 - 10&U Session - Saturday, February 22, 2025 - 8:00 am W/U - 9:00 am Start *

Event Number	EVENT
201	9&U Girls 200 IM
202	10 Year Old Girls 200 IM
203	9&U Boys 200 IM
204	10 Year Old Boys 200 IM
Break	5:00 Break
205	9&U Girls 50 Breaststroke
206	10 Year Old Girls 50 Breaststroke
207	9&U Boys 50 Breaststroke
208	10 Year Old Boys 50 Breaststroke
Break	5:00 Break
209	9&U Girls 100 Backstroke
210	10 Year Old Girls 100 Backstroke
211	9&U Boys 100 Backstroke
212	10 Year Old Boys 100 Backstroke
Break	5:00 Break
213	9&U Girls 50 Butterfly
214	10 Year Old Girls 50 Butterfly
215	9&U 50 Butterfly
216	10 Year Old Boys 50 Butterfly
Break	5:00 Break
217	9&U Girls 100 Freestyle
218	10 Year Old Girls 100 Freestyle
219	9&U Boys 100 Freestyle
220	10 Year Old Boys 100 Freestyle

Time Trial Session to Follow after Session 2

2025 Metropolitan Swimming Silver Championships

Session 3 - 11-12 Session - Saturday, February 22, 2025 - 11:30 am W/U - 12:30 am Start *

Event Number	EVENT
301	11 Year Old Girls 200 Butterfly
302	12 Year Old Girls 200 Butterfly
303	11 Year Old Boys 200 Butterfly
304	12 Year Old Boys 200 Butterfly
305	11 Year Old Girls 100 Freestyle
306	12 Year Old Girls 100 Freestyle
307	11 Year Old Boys 100 Freestyle
308	12 Year Old Boys 100 Freestyle
309	11 Year Old Girls 50 Breaststroke
310	12 Year Old Girls 50 Breaststroke
311	11 Year Old Boys 50 Breaststroke
312	12 Year Old Boys 50 Breaststroke
313	11 Year Old Girls 200 Backstroke
314	12 Year Old Girls 200 Backstroke
315	11 Year Old Boys 200 Backstroke
316	12 Year Old Boys 200 Backstroke
317	11 Year Old Girls 50 Butterfly
318	12 Year Old Girls 50 Butterfly
319	11 Year Old Boys 50 Butterfly
320	12 Year Old Boys 50 Butterfly
321	11 Year Old Girls 200 Breaststroke
322	12 Year Old Girls 200 Breaststroke
323	11 Year Old Boys 200 Breaststroke
324	12 Year Old Boys 200 Breaststroke
325	11 Year Old Girls 100 IM
326	12 Year Old Girls 100 IM
327	11 Year Old Boys 100 IM
328	12 Year Old Boys 100 IM

329	11 Year Old Girls 50 Free
330	12 Year Old Girls 50 Free
331	11 Year Old Boys 50 Free
332	12 Year Old Boys 50 Free

Time Trial Session to Follow after Session 3

2025 Metropolitan Swimming Silver Championships

Session 4 - 13-14 & 15-18 Session - Saturday, February 22, 2025 - 3:00 pm W/U - 4:00 pm Start *

Event Number	EVENT
401	13 Year Old Girls 200 Butterfly
402	14 Year Old Girls 200 Butterfly
403	13 Year Old Boys 200 Butterfly
404	14 Year Old Boys 200 Butterfly
405	15-18 Girls 200 Butterfly
406	15-18 Boys 200 Butterfly
407	13 Year Old Girls 100 Freestyle
408	14 Year Old Girls 100 Freestyle
409	13 Year Old Boys 100 Freestyle
410	14 Year Old Boys 100 Freestyle
411	15-18 Girls 100 Freestyle
412	15-18 Boys 100 Freestyle
413	13 Year Old Girls 200 Breaststroke
414	14 Year Old Girls 200 Breaststroke
415	13 Year Old Boys 200 Breaststroke
416	14 Year Old Boys 200 Breaststroke
417	15-18 Girls 200 Breaststroke
418	15-18 Boys 200 Breaststroke
419	13 Year Old Girls 100 Backstroke
420	14 Year Old Girls 100 Backstroke
421	13 Year Old Boys 100 Backstroke
422	14 Year Old Boys 100 Backstroke
423	15-18 Girls 100 Backstroke
424	15-18 Boys 100 Backstroke
425	13 Year Old Girls 50 Freestyle
426	14 Year Old Girls 50 Freestyle
427	13 Year Old Boys 50 Freestyle
428	14 Year Old Boys 50 Freestyle

2025 Metropolitan Swimming Silver Championships

Session 5 - 10&U Session - Sunday, February 23, 2025 - 8:00 am W/U - 9:00 am Start *

Event Number	EVENT
501	9&U Girls 200 Freestyle
502	10 Year Old Girls 200 Freestyle
503	9&U Boys 200 Freestyle
504	10 Year Old Boys 200 Freestyle
Break	5:00 Break
505	9&U Girls 50 Backstroke
506	10 Year Old Girls 50 Backstroke
507	9&U Boys 50 Backstroke
508	10 Year Old Boys 50 Backstroke
Break	5:00 Break
509	9&U Girls 100 Breaststroke
510	10 Year Old Girls 100 Breaststroke
511	9&U Boys 100 Breaststroke
512	10 Year Old Boys 100 Breaststroke
Break	5:00 Break
513	9&U Girls 100 Butterfly
514	10 Year Old Girls 100 Butterfly
515	9&U Boys 100 Butterfly
516	10 Year Old Boys 100 Butterfly
Break	5:00 Break
517	9&U Girls 50 Freestyle
518	10 Year Old Girls 50 Freestyle
519	9&U Boys 50 Freestyle
520	10 Year Old Boys 50 Freestyle
Break	5:00 Break
521	9&U Girls 100 IM
522	10 Year Old Girls 100 IM
523	9&U Boys 100 IM
524	10 Year Old Boys 100 IM

2025 Metropolitan Swimming Silver Championships

Session 6 - 11-12 Session - Sunday, February 23, 2025 - 11:30 am W/U - 12:30 am Start *

Event Number	EVENT
601	11 Year Old Girls 200 IM
602	12 Year Old Girls 200 IM
603	11 Year Old Boys 200 IM
604	12 Year Old Boys 200 IM
605	11 Year Old Girls 50 Backstroke
606	12 Year Old Girls 50 Backstroke
607	11 Year Old Boys 50 Backstroke
608	12 Year Old Boys 50 Backstroke
609	11 Year Old Girls 100 Breaststroke
610	12 Year Old Girls 100 Breaststroke
611	11 Year Old Boys 100 Breaststroke
612	12 Year Old Boys 100 Breaststroke
613	11 Year Old Girls 100 Butterfly
614	12 Year Old Girls 100 Butterfly
615	11 Year Old Boys 100 Butterfly
616	12 Year Old Boys 100 Butterfly
617	11 Year Old Girls 100 Backstroke
618	12 Year Old Girls 100 Backstroke
619	11 Year Old Boys 100 Backstroke
620	12 Year Old Boys 100 Backstroke
621	11 Year Old Girls 200 Freestyle
622	12 Year Old Girls 200 Freestyle
623	11 Year Old Boys 200 Freestyle
624	12 Year Old Boys 200 Freestyle

2025 Metropolitan Swimming Silver Championships

Session 7 - 13-14 & 15-18 Session - Sunday, February 23, 2025 - 3:00 pm W/U - 4:00 pm Start *

Event Number	EVENT
701	13 Year Old Girls 200 Freestyle
702	14 Year Old Girls 200 Freestyle
703	13 Year Old Boys 200 Freestyle
704	14 Year Old Boys 200 Freestyle
705	15-18 Girls 200 Freestyle
706	15-18 Boys 200 Freestyle
707	13 Year Old Girls 100 Breaststroke
708	14 Year Old Girls 100 Breaststroke
709	13 Year Old Boys 100 Breaststroke
710	14 Year Old Boys 100 Breaststroke
711	15-18 Girls 100 Breaststroke
712	15-18 Boys 100 Breaststroke
713	13 Year Old Girls 200 Backstroke
714	14 Year Old Girls 200 Backstroke
715	13 Year Old Boys 200 Backstroke
716	14 Year Old Boys 200 Backstroke
717	15-18 Girls 200 Backstroke
718	15-18 Boys 200 Backstroke
719	13 Year Old Girls 100 Butterfly
720	14 Year Old Girls 100 Butterfly
721	13 Year Old Boys 100 Butterfly
722	14 Year Old Boys 100 Butterfly
723	15-18 Girls 100 Butterfly
724	15-18 Boys 100 Butterfly
725	13 Year Old Girls 200 IM
726	14 Year Old Girls 200 IM
727	13 Year Old Boys 200 IM
728	14 Year Old Boys 200 IM

729	15-18 Girls 200 IM
730	15-18 Boys 200 IM

GIRLS	9&U		10		11		12		GIRLS
	Silver	Jr Mets	Silver	Jr Mets	Silver	Jr Mets	Silver	Jr Mets	
50 Free	35.19	33.49	35.19	31.89	30.99	29.29	30.99	27.89	50 Free
100 Free	1:18.49	1:15.49	1:18.49	1:10.19	1:08.29	1:03.99	1:08.29	1:00.29	100 Free
200 Free	2:49.59	2:39.99	2:49.59	2:31.19	2:25.89	2:18.99	2:25.89	2:11.49	200 Free
500 Free	7:21.99	7:14.99	7:21.99	6:44.99	6:20.79	6:05.99	6:20.79	5:54.99	500 Free
50 Back	41.89	39.49	41.89	36.89	36.09	33.79	36.09	31.89	50 Back
100 Back	1:33.09	1:25.99	1:33.09	1:19.99	1:19.49	1:11.99	1:19.49	1:08.49	100 Back
200 Back					2:46.99	2:35.99	2:46.99	2:29.59	200 Back
50 Breast	47.79	45.89	47.79	42.69	40.59	38.69	40.59	36.59	50 Breast
100 Breast	1:46.19	1:39.99	1:46.19	1:33.79	1:28.69	1:23.49	1:28.69	1:19.49	100 Breast
200 Breast					3:11.19	2:59.99	3:11.19	2:52.69	200 Breast
50 Fly	42.39	38.49	42.39	36.49	34.59	32.09	34.59	30.29	50 Fly
100 Fly	1:37.99	1:32.99	1:37.99	1:26.99	1:19.39	1:14.29	1:19.39	1:08.99	100 Fly
200 Fly					2:49.39	2:45.99	2:49.39	2:39.59	200 Fly
100 IM	1:28.59	1:25.99	1:28.59	1:20.99	1:18.69	1:12.99	1:18.69	1:09.79	100 IM
200 IM	3:13.99	2:59.99	3:13.99	2:50.39	2:48.09	2:34.49	2:48.09	2:27.59	200 IM
400 IM					5:50.99	5:29.99	5:50.99	5:20.19	400 IM
BOYS	9&U		10		11		12		BOYS
	Silver	Jr Mets	Silver	Jr Mets	Silver	Jr Mets	Silver	Jr Mets	
50 Free	35.19	33.69	35.19	31.79	30.69	29.29	30.69	27.49	50 Free
100 Free	1:18.49	1:16.99	1:18.49	1:10.19	1:06.99	1:03.19	1:06.99	1:00.09	100 Free
200 Free	2:49.59	2:42.49	2:49.59	2:32.39	2:25.99	2:18.99	2:25.99	2:09.59	200 Free
500 Free	7:21.99	7:14.99	7:21.99	6:45.99	6:31.99	6:05.99	6:31.99	5:51.99	500 Free
50 Back	42.89	39.49	42.89	37.09	36.09	33.79	36.09	31.89	50 Back

100 Back	1:37.09	1:26.99	1:37.09	1:20.79	1:17.49	1:11.99	1:17.49	1:08.79	100 Back
200 Back					2:42.79	2:36.99	2:42.79	2:32.59	200 Back
50 Breast	48.59	46.49	48.59	43.09	40.29	38.99	40.29	36.49	50 Breast
100 Breast	1:48.39	1:39.99	1:48.39	1:34.19	1:26.49	1:24.59	1:26.49	1:18.79	100 Breast
200 Breast					3:03.49	2:59.99	3:03.49	2:53.59	200 Breast
50 Fly	43.89	38.49	43.89	36.49	34.69	32.49	34.69	30.89	50 Fly
100 Fly	1:37.99	1:34.99	1:37.99	1:27.19	1:17.59	1:13.49	1:17.59	1:09.99	100 Fly
200 Fly					2:49.39	2:45.99	2:49.39	2:39.59	200 Fly
100 IM	1:28.59	1:27.99	1:28.59	1:20.99	1:17.19	1:12.99	1:17.19	1:09.79	100 IM
200 IM	3:13.99	2:59.99	3:13.99	2:52.39	2:47.99	2:34.49	2:47.99	2:27.59	200 IM
400 IM					5:52.99	5:29.99	5:52.99	5:18.09	400 IM

GIRLS	13		14		15-18			GIRLS
	Silver	Jr Mets	Silver	Jr Mets	Silver	AGTC Min	AGTC Max	
50 Free	28.79	26.69	28.79	26.09	28.59	26.29	24.80	50 Free
100 Free	1:03.09	57.69	1:03.09	56.39	1:01.09	56.99	53.10	100 Free
200 Free	2:16.99	2:05.19	2:16.99	2:02.79	2:10.59	2:02.49	1:55.00	200 Free
500 Free	5:50.59	5:32.99	5:50.59	5:26.99	5:39.99	5:29.99	5:08.80	500 Free
1000 Free		11:15.99		11:03.99		10:59.99	10:39.00	1000 Free
50 Back								50 Back
100 Back	1:12.69	1:05.19	1:12.69	1:03.99	1:10.09	1:04.49	59.30	100 Back
200 Back	2:36.29	2:19.49	2:36.29	2:17.09	2:29.29	2:19.99	2:08.90	200 Back
50 Breast								50 Breast
100 Breast	1:23.49	1:14.59	1:23.49	1:13.39	1:20.89	1:13.99	1:08.20	100 Breast
200 Breast	2:56.99	2:41.19	2:56.99	2:38.79	2:50.99	2:40.99	2:29.40	200 Breast
50 Fly								50 Fly
100 Fly	1:11.59	1:04.09	1:11.59	1:02.89	1:09.59	1:02.99	58.50	100 Fly
200 Fly	2:36.59	2:27.19	2:36.59	2:24.79	2:33.99	2:26.99	2:12.10	200 Fly
100 IM								100 IM
200 IM	2:41.49	2:21.19	2:41.49	2:18.79	2:29.99	2:18.99	2:10.70	200 IM
400 IM	5:25.99	5:02.39	5:25.99	4:57.59	5:23.29	4:59.99	4:38.40	400 IM
BOYS	13		14		15-18			BOYS
	Silver	Jr Mets	Silver	Jr Mets	Silver	AGTC Min	AGTC Max	
50 Free	26.79	25.39	26.79	24.39	25.19	23.69	22.40	50 Free
100 Free	59.59	55.09	59.59	52.19	54.19	51.49	48.50	100 Free
200 Free	2:14.19	1:59.99	2:14.19	1:54.79	1:57.99	1:52.49	1:46.30	200 Free
500 Free	5:50.99	5:21.79	5:50.99	5:11.89	5:17.99	5:07.99	4:47.40	500 Free

1000 Free		10:55.99		10:40.99		10:23.99	9:59.90	1000 Free
50 Back								50 Back
100 Back	1:08.29	1:02.19	1:08.29	1:00.29	1:03.89	58.79	54.50	100 Back
200 Back	2:27.09	2:15.89	2:27.09	2:11.89	2:16.89	2:08.99	1:58.60	200 Back
50 Breast								50 Breast
100 Breast	1:16.69	1:10.69	1:16.69	1:07.79	1:10.89	1:05.69	1:01.50	100 Breast
200 Breast	2:47.89	2:33.39	2:47.89	2:29.39	2:36.79	2:25.99	2:15.00	200 Breast
50 Fly								50 Fly
100 Fly	1:07.09	1:01.69	1:07.09	58.99	1:02.59	56.99	53.20	100 Fly
200 Fly	2:29.59	2:20.39	2:29.59	2:16.39	2:24.99	2:11.99	2:01.20	200 Fly
100 IM								100 IM
200 IM	2:31.09	2:14.79	2:31.09	2:09.79	2:27.79	2:06.99	1:59.40	200 IM
400 IM	5:09.79	4:47.09	5:09.79	4:39.79	4:45.89	4:35.99	4:15.10	400 IM