

2022 Montana Long Course State Championships

Big Sky! Big Dreams! Big Success!

Hosted by the Missoula Aquatic Club and the Missoula YMCA Swim Team, July 21-24, 2022

Held under Sanction of USA Swimming, Inc. Issued by Montana Swimming, Inc. Sanction No. 2231
Time Trial Sanction No. 2232

Meet Referee

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Facility:

The Lake at Splash Montana located at 3001 Bancroft, is an 8-lane, 50-meter regulation outdoor long course pool equipped with non-turbulent lane lines. The pool is a state-of-the-art 50-meter pool by Astral Pools. Spectrum Xcellerator starting blocks give swimmers the latest advantage in racing starts. Also, Spectrum backstroke wedges are available for backstroke events. Starts and timing are controlled by a Colorado System 6 console and touchpads. The pool is 6 feet deep at the west end and 4 feet deep east end. We have access to the 25-yard, 3 lanes area for a warm-up and cool-down before the park opens at 10:00 am, Friday, Saturday, and Sunday. There also is a partial lane next to lane 8 for a warm-up and cool-down during preliminary heats. The competition course has not been certified in accordance with 104.2.2C(4).

Directions :

Directions: From I-90, take Exit 104, Orange Street. Turn south onto Orange Street, drive approximately 1.4 miles, turn left on Beckwith (at the light), drive .2 miles and turn right on Brooks (at the light), drive .4 miles then turn left on Bancroft. Bancroft Street will be the 1st left-hand turn after the light at Mount and Brooks. When you are on Bancroft you will go through a four-way stop and pass Sentinel High School on your right. The pool will be on the right-hand side after the high school fields. OVERNIGHT PARKING OR CAMPING IS NOT PERMITTED IN THIS PARK but is permitted on the street next to the park.

Meet Format:

The 2022 Long Course State Championship is an age group meet and will be conducted in accordance with the current policies and procedures of Montana Swimming. The meet will be conducted by age group and events as listed on the Schedule of Events. On Thursday there will be a timed final session for the 11–21-year-old 800- meter freestyle. The remainder of the meet will be **a split-session meet with 8&U and 10&U races occurring in a mid-day session between the preliminaries in the morning and finals in the afternoon/evening for the 11–21-year-old swimmers on Friday, Saturday, and Sunday.** Additionally, any time trials will be held after preliminaries for 11–21-year-old swimmers and prior to the 10&U session, or as otherwise determined appropriate by the Meet Referee.

Over-the-top starts will be used during preliminary competition and/or timed final competition, where appropriate. In preliminaries, swimmers in the backstroke and relays should clear the pool immediately upon completion of the race. Swimmers in all other races should remain in the pool motionless next to the end wall and the lane ropes until the next race is started. Do not hang on the lane ropes.

All 8&U and 10&U events will be swum as a timed finals session scheduled between preliminaries and finals for 11–21-year-old swimmers each day as shown in the schedule of events. Awards for 8 & U and 10 & U events will be given each day during breaks between events in the timed finals sessions when deemed appropriate by meet management and the Meet Referee. They will have their own separate warm-up that will start immediately after the conclusion of the 11–21-year-old 400 Free on Friday, 400 IM on Saturday, and 1500 Free on Sunday.

The 11-21 age groups will swim all events combined during preliminaries except distance races but will swim separately during finals and be scored and awarded separately as described in the “Age Groups’ Section. Exception: the 15-16 and 17-21 finals will be swum combined into two heats but scored separately by age group. Empty lanes in the finals of 15-21 events will be filled with non-scoring swimmers from the respective age group with more than eight swimmers qualified for the finals heat. These finals will only be seeded by time without respect to qualified or non-scoring swimmer’s age group. The non-scoring swimmers will not receive points for their swims even if they finish before a qualified swimmer. The non-scoring swimmer’s times shall be shown with an X in front of the seed time and in the final results for the swims.

The 800 Freestyle, 400 Freestyle, the 400 IM, and the 1500 Freestyle will be timed finals swum during preliminaries. These events will be seeded and swum mixed, fastest to slowest. 11–12-year old’s will be seeded together and 13–21-year old’s will be seeded together. The 9-10 400 Freestyle will be seeded and swum as mixed, fastest to slowest during the 10 & under timed finals session.

Relays: 10 and under relays will be swum as timed final events in the 10 and under sessions. 11–21-year-old relays will be swum as timed finals as the last events in finals each day.

Each swimmer entered in the 800 Free, 400 Free, 400 IM and 1500 Free must provide two timers. Swimmers entered in the 800 Free and 1500 Free must also provide their own counter.

Safety:

The Montana Swimming safety guidelines are in effect for this meet and will be enforced. Each coach is responsible for informing swimmers of the provisions of the safety code before attending the meet. For circle swimming during warmups and cool down, swimmers must enter the pool using a three-point entry. Coaches are advised to closely supervise their swimmers at all times. No running or horseplay will be tolerated. A safety marshal will be on deck. No diving is allowed from the turn end or from the sides of the pool along lane 1 or lane 8.

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 death. 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 USA SWIMMING AND [THE LSC] 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 HEREWITH.

Montana Swimming and the venue agree to comply with and to enforce all health and safety mandates and guidelines of USA Swimming, Montana Swimming, the State of Montana, and Missoula County.

Masks are recommended for all swimmers and spectators.

Racing Starts:

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. Any swimmers who must start in the water shall be listed in a separate document returned with entries.

Rules:

This meet is sanctioned by Montana Swimming and USA Swimming. The current USA Swimming Rules and current Montana Swimming Rules will govern the conduct of the meet, except where rules therein are optional, and exceptions are stated.

The USA Swimming Code of Conduct, MAAPP 2.0 athlete protection provisions, and Safe Sport provisions will be enforced.

All swimmers entered in the competition must comply with current USA Swimming rules regarding swimwear. 12 and under athletes may NOT compete wearing a tech suit.

All swimmers 18 and over must complete Athlete Protection Training prior to competing in the meet. The training can be accessed at www.usaswimming.org/apt. Any athlete 18 or older who has not completed the Athlete Protection Training prior to the first day of competition will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete 18 or older who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

All persons acting in any coaching capacity on deck must be currently registered coach members of USA Swimming, swimmer, official, and coach registration will be confirmed with Montana Swimming Registration Chairperson prior to the start of the meet.

Use of audio or visual recording devices, including cell phones and/ or drones, is not permitted in changing areas, restrooms, locker rooms, or behind the blocks including on the balcony behind the blocks.

Operation of a drone, or any other flying apparatus is prohibited over the venue (pools, athlete/ coach area, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

No glass container, tobacco, or alcoholic beverages are allowed in the swimming venue.

This meet may be covered by the media, including photographs, video, webcasting, and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgment and consent to this fact.

Changing in or out of swimsuits other than in locker rooms or other designated areas is prohibited. Deck changing (as defined by USA Swimming House of Delegates), in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room, or other space designated for changing purposes while at practice, competitions, or other pool-related activity.

Swimmers may change into and out of swimsuits in the appropriate men's, women's, or family locker rooms. Swimmers may NOT change in the restroom located on the deck by the hot tub.

Spectators, coaches, officials, and adults 18 and older may use the portable toilets outside the south side of the facility. The restrooms in the men's and women's locker rooms are for athlete use only.

All swimmers entered in the meet must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any swimmer without a coach in attendance must report to the Meet Director or Meet Referee who may assist a swimmer in making supervision arrangements, but it is the swimmer's responsibility to arrange for coach supervision prior to the start of warmups and to notify the Meet Referee.

Eligibility:

All swimmers must be currently registered athlete members of USA Swimming Inc. and Montana Swimming with a seasonal, outreach, or year-round premium USA Swimming membership to enter. Swimmers with flex memberships must upgrade their membership to a seasonal or year-round premium membership to enter this meet. Teams entering swimmers who are not currently registered USA Swimming athlete members may be fined \$25 per swimmer by the Montana Swimming Registration Chair.

The 2021-2024 Montana Swimming qualifying time standards will be used for this meet. See "Attachment A" for qualifying time standards.

The entry qualifying period is January 1, 2021, through the entry deadline.

Age as of the first day of the meet (July 21, 2022) shall determine the age group in which the swimmer must compete.

No time (NT) entries will not be accepted for any event.

Altitude-adjusted times will be accepted. OME will automatically complete this process for you.

8 and under (8&U) athletes must enter one (1) individual event with a state-qualifying time and then may enter up to a maximum of five (5) bonus events for a total of six (6) individual events for the meet. Bonus events must be entered with a provable time in any course achieved during the qualifying time period. No Time (NT) entries will **not** be accepted. Swimmers may enter no more than three (3) individual events and one (1) relay per day.

Swimmers 10 and under (10&U) through age 21 must enter at least one individual event with a BB time or faster achieved in any course between January 1, 2021, and the entry deadline and then may enter any other event with a B time or faster (see distance event exception) up to a maximum of seven (7) individual events except relay only swimmers. Swimmers may enter no more than three (3) individual events and one (1) relay per day.

Distance event exception: Swimmers 10 and under through age 21 must enter the 400 Free, 800 Free, and 1500 Free with a BB time or faster in any course achieved between January 1, 2021, and the entry deadline. No swimmer may enter these events with a B bonus time.

Swimmers who qualified in either the 800 Free or 1500 Free automatically qualify for the opposite event. If a swimmer does not have an established qualifying time for the opposite event, the swimmer shall be entered with the established "BB" time in the same course as the qualifying time in the opposite event. Any swimmer who enters the 800/1500 Freestyle may enter at their fastest time or at the BB time standards. This opposite event will not be designated a bonus swim for seeding purposes.

A BB qualifying time in 100 yard/meter distance of the backstroke, breaststroke, or butterfly automatically qualifies for the 50 yard/meter event of the same stroke in the same course. 8&U swimmers must achieve the MT Swimming Qualifying Standard. The entry time will be the Montana Swimming Qualifying time for that course. Designate the swim as a bonus swim in the Online Meet (OME) entry file indicating that the 50 event is the bonus swim for the 100 qualifying swim if the swimmer does not have a qualifying time in the 50 event.

Only times achieved in a USA Swimming sanctioned or approved meets or at a USA Swimming Sanctioned time trial or swims requested to be observed under the authorization of USA Swimming rules at other meets (such as MHSAA High School State Swimming Championships) can be used to qualify for this state meet. Times earned at a non-sanctioned time trial cannot be used to enter this meet. All individual entry times must be proven through the USA Swimming SWIMS database.

Any time that is flagged in OME as not meeting the qualifying time standards will require further proof of time for entry. Swimmers with times that are not proven will be scratched from the event.

Swimmers with Disabilities:

All Montana Swimming currently registered disabled athletes, as described in the USA Swimming Rules and Regulations Article 105, who have achieved the LSC Para qualifying times may compete at this meet. Disability is defined as a permanent physical or cognitive disability that substantially limits one or more major life activities. The LSC Para time standards for P1, P2, and P3 athletes are included in this meet announcement. If an athlete needs assistance to enter the meet using the Para time standards, please contact the meet registrar for guidance on how to enter the meet via OME.

An exception may be granted by the meet referee to include a disability athlete who may not qualify using these LSC Para time standards but has shown significant improvement over the course of the season and has the approval of the swimmer's coach and the MT Swimming DDEI Chair.

Swimmers with a disability or their coaches are required to provide advance notice in writing to the Meet Referee and Meet Director to arrange for any needed accommodations including personal assistants required and/or registered service animals by the meet entry date. It is at the discretion of the Meet Referee to determine whether the needed accommodations can be met by the meet resources. Failure to provide advance notice may limit the ability to accommodate all requests.

Age Groups:

Age groups for this meet are: 8 &U, 10& U, 11-12, 13-14, 15-16, and 17-21. Swimmers 8&U must choose either the 8& U or 10 & U age group for the entire meet (Relay exception: 8&U may compete on the 10&U relays regardless of which age group they choose to swim in individual events). All combined events will be scored and awarded separately by age group. Age on July 21, 2022, shall determine the swimmer's age group for the meet.

Relays:

10 & Under relays will be swum during the 10 and under session as timed final events.

8 & Under swimmers may swim the 10 and Under relay events regardless of which age group they choose to swim in individual events at the meet.

Relays for swimmers ages 11-21 will be swum at the end of finals each day. The 15–21-year-old swimmers will swim as a single age group for the relays.

Swimmers/ teams who fail to report for a relay event will be scratched without penalty.

Relay times may be established by adding the individual times of the four swimmers involved. **Relays must be entered with a time and swimmer's names.** The full name of those entered in a relay plus alternates must be entered in OME and on relay cards submitted at the meet.

Relay-only swimmers do not have to be qualified and entered in an individual event but must pay the meet surcharge fee. Please enter relay-only swimmers in OME.

Relay cards for the 10 and under relays must be completed and placed in the relay card box at the timing table (preferred method) or turned in to the Meet Referee by no later than the end of the 10 and under warmup session each day of the meet for that day's relay events.

Relay cards for the 11-21 relays must be completed and placed in the relay card box at the timing table (preferred method) or turned in to the Meet referee by no later than the start of the finals events for the 11-21-year-old's each day of the meet for that day's relay events.

Relay swimmers must swim the race in the order the swimmers are listed on the relay card given to the lane timer.

Relay scores will be added to the overall team scores. Only one (1) relay from each team per age group and gender per event will be eligible to score points and be eligible for awards. Teams may enter an unlimited number of relays per event if so desired.

Entry Format:

Entries are to be submitted using USA Swimming OME (online meet entry) under the 'Coaches & Team Leaders' tab of the USA Swimming website or go to www.usaswimming.org/ome

- This method is to be used by all teams and unattached swimmers. Entries may be submitted in long course meters, short course yards, or short course meters. **DO NOT CONVERT TIMES.**
- **Phone and email entries will not be accepted.**
- **Converted times will not be accepted.**
- Before checking out (i.e., completing your online entry), double-check the meet entry fee data to be sure you have entered the correct number of swimmers and splashes.
- Once you complete your online entry you will be sent a confirmation email. Bring all written communications with you to the meet in case of problems with entries.
- OME will not automatically update your entry times as new results are entered into SWIMS. Should you wish your entry to reflect any updated times, you must return to your entry after you have checked out to do so. You have until the entry deadline (July 13, 2022) to update times in OME. You can also add events to your entry, **but you cannot delete events after you have checked out.**

Entry Note for the 400 IM, 400 Free, 800 Free, and 1500 Free: These events will be swum mixed fastest to slowest with the 11–12-year-olds seeded together and the 13 – 21-year-olds seeded together. The 9–10-year-old 400 Free will also be seeded and swum mixed, fastest to slowest. To enter these events in OME (and when using the event file to organize your team entries prior to entering OME) note that OME will not allow mixed genders in individual events. Enter these four events as girls and boys events in the correct age group. The events will be seeded as mixed in the correct age groups by Montana Swimming after the entry deadline has closed.

Absolutely No text messages or telephone calls will be accepted for entry changes, proof of time, entry reports, warm-up times, meet start times, or other meet-entry requests. Email documentation is required for communication of these official entry requests.

Entry Limits:

Each swimmer aged 10&U through age 21 may compete in a maximum of **seven (7)** individual events for the entire meet including time trials with a maximum of three (3) individual events and one (1) relay per day.

8&U swimmers may compete in a maximum of **six (6)** individual events with a maximum of three (3) individual events and one (1) relay per day.

All swimmers must be pre-registered for the meet by the entry deadline through OME. No deck entries are allowed except for time trials.

There will be no minimum waiting period between events. Please consider this when entering swimmers in consecutive events.

Entry Verification:

Verification of entry will be provided by a confirmation email from USA Swimming's OME system.

Entry Deadline:

In accordance with Montana Swimming Regulations, team entries must be received via OME no later than 11:59 pm, **Wednesday, July 13, 2022.**

Entry Fees:

The 2022 Montana Swimming championship meet fees: • \$35 surcharge • \$5 per individual event • \$10 per relay • \$10 flat fee for outreach athletes

Late fees: • Meet Surcharge: \$40 per individual • Individual Event Entry Fee: \$10 per event • Relays: \$ 20 per relay • \$10 flat fee for outreach athletes.

Late Entry Deadline:

The late entry deadline is 10:00 pm Mountain time on Sunday, July 17, 2022.

All new qualifying meet entries achieved between 12:01 am July 14, 2022, and the late entry deadline must be received by no later than 10:00 pm, Sunday, July 17, 2022. The late entry fee does not apply to first-time qualifying swims achieved between the entry deadline and the late entry deadline.

Late entries submitted after the meet entry deadline on July 13, 2022, must be received by no later than 10:00 pm on Sunday, July 17, 2022.

Late entries may not be used to improve the seed time for a previously submitted entry. No addition of swimmers, added events, relays, or changes will be allowed after the late entry deadline. NO EXCEPTIONS. Late entry fees will be \$40 per swimmer surcharge, \$10 per event, and \$20 per relay.

Contact the meet registrar for how to submit new qualifying entries and late entries.

Entry Payment:

Please make checks payable to "Montana Swimming". No entries will be accepted without payment of fees. There will be no refunds. Payments must be made through the swimmer's club with a team check. Unattached swimmers may make direct payments. Please include a printed copy of your entries with your payment. Also, complete and return the Entry Fee Summary and Waiver/ Release Form (enclosed at the end of the contract) with your entries.

Mail Payments to: Montana Swimming, Attn: Stephanie Boysen, PO Box 5208, Helena, MT 59604-5208.

Seeding:

Seeding will be performed in accordance with USA Swimming rules based on entry data submitted. All conforming long course times shall be arranged in time order. Non - Conforming times will then be arranged in time order in SCY followed by SCM (L-Y-S). After arranging the times as listed, the event will be seeded in the normal fashion.

The 400 IM, 400 Free, 800 Free, and 1500 Free will be seeded and swum mixed, fastest to slowest with the 11–12-year-olds in one event and the 13-21-year-olds seeded in another event. 9–10-year-old swimmers will swim the 400 Free during their timed final session.

Positive Check-In:

Positive Check-in will be required for all distance events. Positive check-in deadline is 20 minutes before the end of the warm-up session for the event that day. 800 Free (Thursday); 11-21 400 Free (Friday); 400 IM (Saturday); 9-10 400 Free (Saturday); and 1500 Free (Sunday).

Scratches:

USA Swimming Championship scratch procedures will be in effect for this meet. Exceptions for failure to compete are listed below. The meet referee will make the final decision. Swimmers and coaches are responsible for being familiar with this meet's scratch rules and check-in procedures.

Preliminary scratch deadline: The scratch deadline will be 15 minutes prior to the start of the first preliminary race each day. Scratches shall be reported on the scratch sheet (preferred method) at the timing table or may be given to the Meet Referee by the deadline.

Preliminary scratch procedures and penalties: Any swimmer who fails to compete in a preliminary heat in which they are entered and have not been correctly scratched (see exceptions for failure to compete) will be barred from all further individual and relay events that day- including any final swims not previously qualified for prior to the no show event. Additionally, the swimmer must report to the Meet Referee their intention to compete in any individual events on succeeding days.

A swimmer may also scratch from a preliminary event with a declared false start by reporting to the Meet Referee prior to the start of the race and declaring their intent to not compete. A declared false start will be charged as a disqualification (DFS). Note – a declared false start may not be used to scratch from a finals event.

Timed Finals Events: There is no penalty for failing to scratch from any timed finals event including relays.

Finals scratch deadline: All swimmers wishing to scratch from a final for which a preliminary event has been swum must declare their intention to scratch within thirty (30) minutes of the preliminary event results being announced or posted. Swimmers should report to the administrative referee, meet referee, or timing personnel (as announced or listed in the meet announcement) to scratch or declare an intent to scratch. Swimmers declaring an intent to scratch must scratch by no later than thirty (30) minutes after his/her last individual preliminary event that session. Swimmers who declare an intent to scratch but fail to return to scratch from the finals event will be seeded into the finals event. Alternates should be on deck for each final event in case of an undeclared scratch. Alternates will not be penalized for failure to show for the event in the case of an undeclared scratch.

Finals scratch penalties: Any swimmer qualifying for any individual finals race that does not properly scratch and fails to compete in that event will be barred from all further individual and relay competition(s) for the remainder of the meet except as noted under the exceptions for failure to compete. In addition, fifty (50) points will be subtracted from the team score if a swimmer fails to report the scratch from finals in the correct manner, except as listed below for Exceptions from Failure to Compete.

Exceptions for failure to compete: No penalty shall apply for failure to scratch or compete in an individual event in preliminaries or finals if the Meet Referee is notified in the event of a quick-onset illness, injury, or circumstance beyond the swimmer's control. The Meet Referee will make the final decision.

Scoring:

Individual scoring: 9-7-6-5-4-3-2-1. Relay scoring: 18-14-12-10-8-6-4-2. Only the highest-scoring relay per team from each age group and gender in each event will be eligible for points.

Scoring will be based on an 8-lane pool.

Awards:

Individual medals will be awarded for 1st thru 8th place and ribbons for 9th through 16th place. For events swum in preliminaries and finals, 9th through 16th place will be awarded based on preliminary times while 1st through 8th will be awarded based on finals times.

Relays will be awarded 1st through 3rd place.

Medal ceremonies for individual events for **10 & under swimmers** will take place at appropriate times during each 10 & Under Session. If swimmers are not able to accept their awards at those ceremonies, or if the ceremonies are delayed, they will receive their awards from their coach at the conclusion of the meet.

Swimmers aged 11 through 21 years old may pick up their medals from their coach at the conclusion of the meet.

High point team will be awarded to the team accumulating the highest number of points (individual and relay points combined). This team will be awarded the traveling long course state championship trophy.

Men's and women's high point teams will be awarded to the men's and women's teams with the greatest number of combined men's and women's individual and relay points. These teams will receive the traveling long course men's and women's championship trophies.

Traveling Spirit Award will be given to the team demonstrating the best overall team participation, team spirit, and conduct during the meet. The meet manager, coaches, and officials will vote for the award.

Results:

Meet result will be posted to the Montana Swimming website at www.mtswimming.com

Warm-ups:

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Safety Marshal will ensure that all teams, coaches, and swimmers follow all warm-up procedures.

Meet Management reserve the right to change general warm-up times and general meet start times according to the number of entries. **Check the MT Swimming website (www.mtswimming.com) after Tuesday, July 19, 2022, for actual warm-up and start times.**

Finals on Sunday will start no earlier than 3:30 pm.

The meet Referee reserves the right to provide a warmup/cool-down lane or insert warm-up breaks at appropriate times during the meet for the benefit of the swimmers.

Officials:

Officials desiring an assigned position at this meet must complete the request form attached to this contract and return it to the Meet Referee no later than **Tuesday, July 5, 2022.**

- **A mandatory official's briefing will be held during the morning warm-up session prior to the start of preliminaries, prior to the start of the 10&U session, and prior to the start of finals each day.**
- **The time of the mandatory officials' briefing prior to finals will be announced each day. Officials should attend all meetings.**
- All officials officiating at this meet must be USA Swimming currently certified official for a minimum of one year in the position they wish to work at the meet to be eligible to officiate at this meet. Officials not meeting this requirement are invited to attend all the pre-meet meetings but may not officiate during the meet.
- All officials shall wear a white short-sleeve polo t-shirt for all sessions. Men may wear either navy-blue slacks or navy-blue shorts for prelims and navy-blue slacks for finals. Women may wear a navy-blue skirt, skort, shorts, capris, or slacks for prelims and a navy-blue skirt/ skort or slacks for finals. White shoes and white socks shall be worn.
- Officials requesting assigned positions (deck referee, admin referee, starter, or chief judge) must work all sessions.
- Officials are required to show current USA Swimming non-athlete registration and official certification.

Timers:

As required by the rules and regulations of MT Swimming, each club will be responsible for providing timers in proportion to their team's athlete numbers at all sessions. A sign-up sheet will be posted at the timing table area specifying lane assignments.

Coaches:

All coaches on deck must be currently registered and certified with USA Swimming. Coach registration will be verified with MT Swimming Registration Chair.

The first coaches' meeting will be held on Thursday. A second coaches meeting will be held on Friday before prelim warm-ups and again before the 10 & under warm-ups. Other meetings may be held at the Meet Referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.

Clerk of Course:

There will be no Clerk of Course. Heat and lane assignments will appear in the program. Swimmers are responsible for taking their position behind the blocks during preliminaries and during 10 & under-timed finals.

During 11 and Over Finals, swimmers will be lined up according to their lane assignment one heat before their race and will then walk out together at the beginning of their race.

Protests:

All protests are required to be given to the Meet Referee in a timely manner.

Hospitality:

A hospitality room will be available for all coaches, officials, and administrative meet personnel with individually wrapped items.

Concessions :

The concession area will provide nutritious snacks, drinks, and meal options. Absolutely no glass containers are allowed in the locker rooms or deck areas.

Meet Apparel:

Personalized 2022 Montana Swimming Long Course Championships clothing will be available from Fine Designs.

Spectators:

Spectators may be seated in the spectator areas on the bleachers on the pool deck. No spectators will be allowed behind the starting area or admin area of the pool deck. Spectators must remain in the grass behind the coaches' seating area. In the coach seating area only meet management, officials, and coaches may be in this area except for athletes who are talking briefly with their coaches and then leave the area.

Zones Team Meeting:

There will be a zone team meeting on Sunday after prelims. The time and location will be announced. 2022 Senior Zones is July 26-30 in Clovis, CA. 2022 Age Group Zones is August 3-6 in Elk Grove, CA. Stephanie Boysen is the Montana Swimming Zones Coordinator.

Athlete Meeting:

There will be an athlete meeting on Saturday after the 10 & U 400 Free and prior to the start of finals warm-ups. The time and location will be announced Friday during finals and Saturday morning during preliminaries. Each team should send an athlete representative to the meeting. All athletes are welcome to attend.

Senior Recognition:

Graduating high school swimmers will be recognized at the beginning of prelims on Saturday. Please email a very brief statement for each swimmer, no longer than 1/8 page in length stating the swimmer's name, high school, MT Swimming team, brief college or career plans, and any future swimming plans to Montana Senior Athlete Representative Addy Lewis (mtswimgirl15@gmail.com) no later than Sunday, July 17, 2022.

Announcements:

- Senior recognition will take place at the beginning of the Preliminaries on Saturday.
- Phillip 66 2022 Volunteer of the Year will be announced at the beginning of the finals session on Saturday.
- MT Swimming 2022 Male and Female Athletes of the Year will be announced at the beginning of the finals session on Saturday.
- MT Swimming 2022 Male and Female Sportsmen of the Year will be announced at the beginning of the finals session on Saturday.
- Team Spirit Award will be voted on both Friday and Saturday by one coach from each team, the officials, and the meet director. The winning team will be announced during Sunday Finals.
- Head Coach and Assistant Coach of the Year will be elected via ballot vote by one coach from each coaching staff. Nominations are to be submitted to the Coaches Rep by Sunday, July 17. Winners are to be announced Sunday at the start of the Finals Session. Awards will be presented at the 2023 SC State Championships

Meet Programs:

Meet programs will be available for sale through Meet Mobile.

Live Stream:

The meet will be live-streamed. Check the Montana Swimming website for information.

Time Trials:

Time Trials will be offered on a time and demand available basis at the Meet Referee's discretion at the conclusion of the preliminary competition on Saturday and Sunday of the meet. Only swimmers entered in at least one individual event may enter. Swimmers may compete in a maximum of seven (7) individual events including time trials with no more than three (3) individual events per day. Qualified swimmers may enter seven individual events but must properly scratch from one event to compete in one time trial event. All time trials will be deck entered. If proof of time is required, the swimmer's team will provide any necessary proof. The swimmer may also provide proof of time if available. The coach, swimmer, or parent/ guardian may enter the swimmer into the time trials. The time trial entry fee is \$3.00 per event payable to Montana Swimming. Further information regarding the time trials will be announced during the meet.

Parking is available next to the facility and across the street.

Banners and flags may be hung in the pool area. Please use care if using tape on the walls. No helium balloons are allowed in the facility. Artificial noisemakers will be allowed only at the meet referee's discretion and may be removed by the meet referee or safety marshal. No laser pointers are allowed.

2022 Montana Long Course State Championship - Order of Events

Session: 1 Thursday 11 and Over Distance Timed Finals			
Day of Meet: 1 Starts at 5 PM			
		Event	
	1	11-12 mixed 800 Freestyle	
		13-21 mixed 800 Freestyle	2

Events 1,2,13,14,45,46, 81 and 82 will be swum fastest to slowest, Mixed with 11-12 competing separate from 13-21

Session: 2 Friday 11 and Over Preliminaries				Session: 6 Saturday 11 and Over Preliminaries				Session: 10 Sunday 11 and Over Preliminaries			
Day of Meet: 2 Starts at 8 AM				Day of Meet: 3 Starts at 8 AM				Day of Meet: 4 Starts at 8 AM			
Girl s	Event		Boy s	Girl s	Event		Boy s	Girl s	Event		Boy s
3	11-21 200 Butterfly		4	31	11-21 200 Backstroke		32	63	11-21 200 Breaststroke		64
5	11-21 50 Backstroke		6	33	11-21 200 Freestyle		34	65	11-21 50 Butterfly		66
7	11-21 100 Breaststroke		8	35	11-21 50 Breaststroke		36	67	11-21 100 Freestyle		68
9	11-21 200 IM		10	37	11-21 100 Butterfly		38	69	11-21 100 Backstroke		70
11	11-21 50 Freestyle		12								
13	11-12 mixed 400 Freestyle			39	11-12 mixed 400 IM			71	11-12 mixed 1500 Freestyle		
	13-21 mixed 400 Freestyle		14		13-21 mixed 400 IM		40		13-21 mixed 1500 Freestyle		72

Session: 4 Friday 10 and Under Timed Finals				Session: 8 Saturday 10 and Under Timed Finals				Session: 12 Sunday 10 and Under Timed Finals			
Day of Meet: 2 Starts immediately following the Prelims Session				Day of Meet: 3 2 Starts immediately following the Prelims Session				Day of Meet: 2 Starts immediately following the Prelims Session			
	Girl s	Event	Boy s		Girl s	Event	Boy s		Girl s	Event	Boy s
	15	10 & Under 50 Backstroke	16		41	8 & Under 100 Freestyle	42		73	8 & Under 100 Backstroke	74
	17	10 & Under 200 Freestyle	18		43	10 & Under 50 Freestyle	44		75	10 & Under 50 Butterfly	76
	19	10 & Under 100 Breaststroke	20		45	8 & Under 50 Breaststroke	46		77	8 & Under 50 Freestyle	78
	21	10 & Under 200 IM	22		47	10 & Under 50 Breaststroke	48		79	10 & Under 100 Freestyle	80
	23	10 & Under 400 Freestyle Relay	24		49	8 & Under 50 Butterfly	50		81	8 & Under 50 Backstroke	82
					51	10 & Under 100 Butterfly	52		83	10 & Under 100 Backstroke	84
					53	10 & Under 200 Medley Relay	54		85	10 & Under 200 Freestyle Relay	86
					55	9-10 400 Freestyle	56				

Finals will be swum in the same order as prelims plus the following relays swum at the end of finals. All relays are timed finals.

Session: 5 Friday 11 and Over Finals				Session: 9 Saturday 11 and Over Finals				Session: 13 Sunday 11 and Over Finals			
Day of Meet: 2				Day of Meet: 3				Day of Meet: 4			
Girl s	Event		Boy s	Girl s	Event		Boy s	Girl s	Event		Boy s
25	11-12 400 Freestyle Relay		26	57	11-12 200 Medley Relay		58	87	11-12 200 Freestyle Relay		88
27	13-14 400 Freestyle Relay		28	59	13-14 200 Medley Relay		60	89	13-14 200 Freestyle Relay		90
29	15-21 400 Freestyle Relay		30	61	15-21 200 Medley Relay		62	91	15-21 200 Freestyle Relay		92

2022 Montana Long Course State Championships

Entry Fee Summary and Waiver Release Form

Please complete and mail this form along with entry fees (checks payable to Montana Swimming) to:
Montana Swimming, Attn: Stephanie Boysen, PO Box 5208, Helena, MT 59604-5208

Team Name	
Club Code	
Coach	
Coach email	
Coach cell phone	
Team Address	

Item	Total number	X cost per	Total
Number of swimmers		\$35.00/swimmer	
Number of Individual Events		\$5.00/ swimmer event	
Number of Relays		\$10.00per relay	
Flat fee for Outreach Swimmers		\$10/ swimmer	
Total fees due			

Waiver/Acknowledgement and Liability Release

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. Swimmer and Coach registration will be verified. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc, and Montana Swimming, Inc, regarding warm up procedures and meet safety guidelines and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Missoula Aquatic Club, Billings Aquatic Club, Butte YMCA, Montana Swimming, Inc, and USA Swimming, Inc, their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheet, Meet Results, or any other documents associated with the running of this meet. This meet may be covered by the media including photographs, video, webcasting, and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgment and consent to this fact.

We hereby submit our team's entry sheets and fees for your upcoming meet and verify that the above-named coaches will be in attendance. These coaches are current in all the requirement set forth by USA swimming, Red Cross Safety Training for swim coaches or lifeguard training, First aid and CPR

Signature **Date**

Title **Club**



Officials Request for Assigned Position

Due Date Tuesday, July 5, 2022

To: Meet Referee Eric Belasco

Meet: 2022 Montana Long Course State Championship

Meet Dates: July 21-24, 2022

Return application by July 5, 2022

Email to (preferred): eric.belasco@gmail.com Phone:

Please consider me to work in the following assignment at the above meet

Name: _____ **LSC:** _____ **USA S Reg #** _____

Email: _____ **Phone:** _____

Mailing Address: _____

Polo Shirt Size (shirts not guaranteed): _____ **Men's size or** _____ **Women's size**

I will work all sessions: _____; **or only the following sessions:** _____

	Level	LSC/N2/N3 (Choose each position)	Years•months Level
Current Certifications: Stroke & Turn Judge:		☐	
Chief Judge:		☐	
Starter:		☐	
Deck Referee:		☐	
Administrative Referee:		☐	
Administrative Official:		☐	

Requested Positions: (You must work all sessions at the meet for a position of Referee, Administrative Referee, Starter, or Chief Judge.)

Stroke & Turn Judge:	☐
Chief Judge:	☐
Starter:	☐
Deck Referee:	☐
Administrative Referee:	☐
Administrative Official:	☐

Your Request: ☐ **sorry, were not selected.**

Selected for the following position - ☐ **S&T,** ☐ **CJ,** ☐ **Starter,** ☐ **Deck Ref,** ☐ **Ad Ref** ☐ **AO**

_____, **Meet Referee. Date:** _____

Send "Confirmation"/"Sorry" to the applicant.

**Montana Swimming Age Group
2021-2024 State Short & Long Course Championship Meets
8 & Under Qualifying Times**

GIRLS

Event	SC Yards	SC Meters	LC Meters
25 Freestyle	21.39	23.64	
50 Freestyle	46.67	51.59	52.91
25 Backstroke	25.84	28.59	
50 Backstroke	56.39	1:02.39	1:05.87
25 Breaststroke	29.25*	32.38	
50 Breaststroke	1:03.83*	1:10.67	1:12.59
25 Butterfly	26.06	28.81	
50 Butterfly	56.87	1:02.87	1:04.31
100 IM	2:03.11	2:16.07	
**100 free (Long Course ONLY) 1:47.51		1:58.78	2:02.39*
**100 Back (Long Course ONLY) 2:02.39		2:15.23	2:23.03

BOYS

Event	SC Yards	SC Meters	LC Meters
25 Freestyle	20.95	23.09	
50 Freestyle	45.71	50.39	52.31
25 Backstroke	26.12*	28.98	
50 Backstroke	56.99*	1:03.23	1:06.35
25 Breaststroke	28.65	31.67	
50 Breaststroke	1:02.51	1:09.11	1:11.63
25 Butterfly	25.13	27.77	
50 Butterfly	54.83	1:00.59	1:02.15
100 IM	1:58.55*	2:11.75	
**100 free (Long Course ONLY) 1:45.35		1:56.39	2:00.71*
**100 Back (Long Course ONLY) 1:59.75*		2:12.83	2:18.11*

**13 – 21-year-old Qualifying Times for the
2021-2024 MT Swimming Age Group State Championship Meets
50 Back, 50 Breast, 50 Butterfly**

Girls			Boys			
LCM	SCM	YARD	EVENT	YARD	SCM	LCM
37.69*	36.29	32.69*	50 Back	32.09*	35.69	36.99*
41.99	40.79	36.89	50 Breast	36.09*	39.99	41.29*
35.39	34.79	31.29*	50 Fly	31.19	34.49	35.19*

The above times are the "BB" qualifying time standards for each event for swimmers in the 13-14, 15-16, and 17-21 age groups for the Montana Swimming State Age Group Long course and Long Course Championship meets. All qualifying times must be swum in the correct time period for the meet entered. Times were adjusted in October 2021 and are the current 11-12-year-old "A" TUSS time standards.

** The 8 and under 100 free and 100 back are ONLY swum during the Long Course State Championship Meet, not during the Long course State Championships. *Adjusted times from 2017-2020 standards.

Para 1 LSC Motivational Time Standards																		
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	Girls								P1	Boys								
	10 & U P1		11-12 P1		13-14 P1		15 & O P1			10 & U P1		11-12 P1		13-14 P1		15 & O P1		
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	
	1:44.49	1:44.49	1:34.69	1:34.69	1:26.19	1:26.19	1:24.89	1:24.89		50 FR	1:39.29	1:39.29	1:30.29	1:30.29	1:21.29	1:21.29	1:18.29	1:18.29
	3:39.19	3:39.19	3:18.59	3:18.59	3:00.79	3:00.79	2:58.09	2:58.09		100 FR	3:44.19	3:44.19	3:23.79	3:23.79	3:03.49	3:03.49	2:56.69	2:56.69
	8:44.89	8:44.89	7:55.69	7:55.69	7:12.99	7:12.99	7:06.49	7:06.49		200 FR	6:09.09	6:09.09	5:35.59	5:35.59	5:01.99	5:01.99	4:50.90	4:50.89
	2:03.59	2:03.59	1:51.99	1:51.99	1:41.99	1:41.99	1:40.39	1:40.39		50 BK	1:22.89	1:22.89	1:15.39	1:15.39	1:07.89	1:07.89	1:05.39	1:05.39
	3:47.19	3:47.19	3:25.89	3:25.89	3:07.49	3:07.49	3:04.59	3:04.59		100 BK	3:01.19	3:01.19	2:44.69	2:44.69	2:28.19	2:28.19	2:22.69	2:22.69
	1:54.39	1:54.39	1:43.63	1:43.63	1:34.39	1:34.39	1:32.99	1:32.99		50 BR	1:29.59	1:29.59	1:21.49	1:21.49	1:13.29	1:13.29	1:10.59	1:10.59
	5:26.29	5:26.29	4:55.69	4:55.69	4:29.19	4:29.19	4:25.19	4:25.19		100 BR	4:19.99	4:19.99	3:56.39	3:56.39	3:32.69	3:32.69	3:24.89	3:24.89
3:03.89	3:03.89	2:46.69	2:46.69	2:31.79	2:31.79	2:29.49	2:29.49	50 FL	2:48.09	2:48.09	2:32.79	2:32.79	2:17.49	2:17.49	2:12.39	2:12.39		
7:35.89	7:35.89	6:53.15	6:53.15	6:16.19	6:16.19	6:10.49	6:10.49	150 IM	7:30.09	7:30.09	6:49.19	6:49.19	6:08.19	6:08.19	5:54.59	5:54.59		
Para 2 LSC Motivational Time Standards																		
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	Girls								P2	Boys								
	10 & U P2		11-12 P2		13-14 P2		15 & O P2			10 & U P2		11-12 P2		13-14 P2		15 & O P2		
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	
	56.89	59.79	51.49	54.19	46.89	49.39	46.19	48.59		50 FR	53.99	56.79	49.09	51.69	44.19	46.49	42.59	44.79
	2:06.59	2:13.19	1:54.69	2:00.69	1:44.39	1:49.89	1:42.79	1:48.19		100 FR	1:59.09	2:05.29	1:48.29	1:53.99	1:37.39	1:42.59	1:33.79	1:38.79
	4:20.49	4:34.19	3:56.09	4:08.49	3:34.89	3:46.29	3:31.69	3:42.79		200 FR	4:11.89	4:25.09	3:48.49	4:00.99	3:26.09	3:36.89	3:18.49	3:28.89
			9:37.09	7:51.09	8:45.39	7:08.89	8:37.49	7:02.39		400/ 500 FR			9:37.89	7:51.69	8:40.09	7:04.49	8:20.79	6:48.79
	1:09.09	1:12.69	1:02.59	1:05.89	56.99	59.99	56.09	59.09		50 BK	1:01.09	1:04.29	55.49	58.39	49.99	52.59	48.09	50.69
	2:39.79	2:48.19	2:24.79	2:32.49	2:11.89	2:18.79	2:09.89	2:16.69		100 BK	2:32.79	2:40.89	2:18.89	2:26.29	2:05.09	2:11.59	2:00.39	2:06.79
			4:58.79	5:14.49	4:31.99	4:46.29	4:27.89	4:41.99		200 BK			4:20.89	4:34.59	3:54.79	4:07.09	3:46.09	3:57.99
	1:12.09	1:15.89	1:05.49	1:08.89	59.59	1:02.69	58.69	1:01.69		50 BR	1:09.19	1:12.79	1:02.89	1:06.19	56.59	59.59	54.49	57.39
	2:39.99	2:48.39	2:24.99	2:32.59	2:11.99	2:18.89	2:09.99	2:16.79		100 BR	2:33.39	2:41.49	2:19.49	2:26.79	2:05.49	2:12.09	2:00.89	2:07.19
			5:17.19	5:34.19	4:24.89	4:38.79	4:44.69	4:59.59		200 BR			5:00.99	5:16.79	4:30.89	4:45.09	4:20.89	4:34.59
	1:09.59	1:13.19	1:03.09	1:06.39	57.39	1:00.39	56.59	59.49		50 FL	55.89	58.79	50.79	53.49	45.69	48.09	43.99	46.39
	2:58.89	3:08.29	2:42.09	2:50.59	2:27.59	2:35.29	2:25.39	2:32.99		100 FL	2:55.29	3:04.49	2:39.39	2:47.79	2:23.39	2:30.99	2:18.09	2:25.39
5:31.79	5:49.19	5:00.59	5:16.39	4:33.69	4:48.09	4:29.59	4:43.69	200 IM	5:12.39	5:28.89	4:43.99	4:58.99	4:15.59	4:29.09	4:06.19	4:19.09		
Para 3 LSC Motivational Time Standards																		
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	Girls								P3	Boys								
	10 & U P3		11-12 P3		13-14 P3		15 & O P3			10 U P3		11-12 P3		13-14 P3		15 & O P3		
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	
	44.09	48.89	39.89	44.29	36.39	40.39	35.79	39.69		50 FR	39.79	44.19	36.19	40.19	32.59	36.19	31.39	34.79
	1:33.89	1:44.29	1:25.09	1:34.49	1:17.49	1:26.09	1:16.39	1:24.79		100 FR	1:26.49	1:36.09	1:18.59	1:27.29	1:10.79	1:18.59	1:08.09	1:15.69
	3:51.49	4:17.19	3:29.79	3:53.09	3:10.99	3:32.19	3:08.09	3:28.99		200 FR	3:17.69	3:39.59	2:59.69	3:19.69	2:41.69	2:59.59	2:35.79	2:53.09
	8:46.89	7:43.19	7:57.59	6:59.79	7:14.79	6:22.19	7:08.19	6:16.39		400/ 500 FR	8:31.99	7:30.09	7:45.49	6:49.19	6:58.99	6:08.29	6:43.49	5:54.69
			18:00.49	15:19.59	16:32.09	14:04.39	16:18.49	13:52.79		800/ 1000 FR			18:21.59	15:37.49	16:31.39	14:03.69	15:54.69	13:32.49
			32:31.69	30:29.19	30:01.09	28:08.19	29:37.99	27:46.39		1500/ 1650 FR			34:04.19	31:55.79	30:39.71	28:44.19	29:31.53	27:40.29
	53.39	59.29	48.39	53.69	44.09	48.99	43.39	48.19		50 BK	45.59	50.69	41.49	46.09	37.29	41.49	35.89	39.89
	1:52.49	2:04.99	1:41.99	1:53.29	1:32.89	1:43.19	1:31.49	1:41.59		100 BK	1:36.09	1:46.79	1:27.39	1:37.09	1:18.59	1:27.39	1:15.69	1:24.09
			4:04.79	4:31.89	3:42.99	4:07.69	3:39.59	4:03.89		200 BK			3:29.49	3:52.79	3:08.59	3:29.49	3:01.59	3:21.79
	56.79	1:03.09	51.49	57.19	46.79	51.99	46.09	51.19		50 BR	49.79	55.29	45.29	50.29	40.79	45.29	39.29	43.59
	1:59.69	2:12.99	1:48.49	2:00.49	1:38.69	1:49.69	1:37.19	1:47.99		100 BR	1:50.59	2:02.89	1:20.49	1:51.69	1:30.49	1:40.49	1:27.19	1:36.79
			4:20.29	4:49.19	3:56.99	4:23.29	3:53.29	4:19.19		200 BR			3:40.09	4:04.49	3:18.09	3:40.09	2:56.09	3:31.89
	48.29	53.59	43.69	48.49	39.79	44.19	39.19	43.49		50 FL	43.29	48.09	39.29	43.69	35.39	39.29	31.49	37.89
	1:41.69	1:52.89	1:32.09	1:42.29	1:23.89	1:33.19	1:22.59	1:31.69		100 FL	1:30.89	1:40.99	1:22.79	1:31.99	1:14.39	1:22.59	1:06.09	1:19.59
			3:40.99	4:05.49	3:21.39	3:43.69	3:18.09	3:40.09		200 FL			3:29.19	3:52.39	3:08.29	3:29.19	2:47.39	3:21.39
	3:57.99	4:24.39	3:35.69	3:59.59	3:16.29	3:38.09	3:19.39	3:34.79		200 IM	3:29.69	3:52.99	3:10.69	3:31.79	2:51.59	3:10.69	2:32.49	3:03.59
			8:34.59	9:25.49	7:48.39	8:34.69	7:41.39	8:26.99		400 IM			7:46.79	8:20.09	6:56.79	7:30.09	6:40.09	7:13.39