

**Southwestern Age Group Regional
(SWAGR)
March 22 – 25, 2024
Hosted By Clovis Swim Club**



Held under the Sanction of USA Swimming / Central California Swimming Sanction#: S00924JO

Location: Clovis North Aquatic Complex / Clovis North High School. 2770 E. International Ave., Fresno, CA 93730

Facility: Two 50 M x 25 yard pools. The main competition pool is all deep at 7 feet. The adjacent multipurpose pool will provide at least 10 x 25y lanes for continuous warm up and warm down. The competition pool has been certified according to articles 104.2.2 C (4) USAS rules and regulations.

The facility will be a closed deck. There will be areas on the deck that will be limited to Swimmers, Officials, Coaches, and Clovis Swim Club Volunteers Only. The restricted areas will include, but not limited to: the starting block area, coach's area, and warm-up pool area. The deck will open at designated times of the meet for distance events and specific relay events. More details will be on the Landing Page and sent out to coaches as the event gets closer.

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. Use of audio or visual recordings devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms. Propane heaters are prohibited. Deck changes are prohibited. For Athlete Protection, Central California Swimming prohibits the use of photography and audio or visual recording devices, including a cell phone, behind the starting blocks throughout the meet.

No animals are allowed on school grounds, except for service animals. All paper work for service animals should be on file with the CUSD District Office before 5:00pm of Friday preceding the meet.

Times: **Friday, March 22:** Warm-up for athletes in the 1650 free begins at 4:00PM. Meet begins at 5:00PM. Athletes not competing in the 1650 may begin warm up at 5:00PM.
Saturday, March 23 – Monday, March 25: Preliminaries warm-up at 7:30 a.m. Meet begins at 9:00 a.m. Finals time will be established by the Meet Referee each day (no sooner than 2 hours after the completion of the preliminary session).

Membership & Eligibility: Open to all 2024 USA Swimming registered swimmers. **This is a proof of time meet.** All coaches and officials must be able to show proof that USA Swimming membership requirements are met as of the dates of competition. Deck Pass is acceptable proof of USA Swimming membership. Athletes must be USAS registered by noon on Wednesday, March 20, 2024.

Rules: Current USA Swimming and CCS Rules will govern the meet. Swimmers must compete in their age group. Age on the first day of the meet determines age throughout the competition. Submitted entry times must be equal to or faster than the listed time standards. This is a proof of time meet. There are short course yards, and long course meters time standards for this meet. Short course (conforming) entry times will be seeded first. Long course meters (non-conforming) times, will be seeded after all conforming entry times. Verification of entered times should be available upon request from the Meet Referee.

The Central California Swimming missed event policy is as follows: Swimmers who have not scratched from an individual event for preliminaries and are charged with a "no show" will be scratched from that event and their next preliminary or timed final individual event in the meet. Swimmers who are seeded into finals in an individual event and charged with a "no show" will be scratched from that event, any other individual finals events they are in that day, plus their first individual event on the next day. A swimmer who qualifies for finals and wishes to scratch his/her event must scratch or declare his/her intention to scratch within 30 minutes of the official announcement of the results for that event.

No deck entries will be allowed for any relay or individual events (all relays and individual events will be sent in the initial electronic entry process).

All USAS athlete members must be under the supervision of a USAS member coach during warm up, competition and warm-down. Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a

member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. All swimmers will enter the pool with a 3-point entry during warm-up and warm-down. **Unattached/Unaccompanied Athletes:** Swimmers who do not have a USAS registered coach at the swim meet should report to the Meet Director or Meet Referee for assistance obtaining a lane and coach assignment. It is the swimmer's responsibility to make such arrangements prior to the start of the meet.

Proof that all coach and official membership requirements are met, as of the dates of competition, shall be presented upon request by the Meet Referee. Proof will be in the form of the USA Swimming Mobile app.

No technical suits shall be worn by any 12 & Under athlete member in competition at any sanctioned, approved, or observed CCS Meet. This includes any suit with bonded or taped seams regardless of its fabric or silhouette or any suit with woven fabric extending past the hips. (Note: Woven Fabric – A suit with woven fabric and sewn seams that does not extend below the hips is permitted. Knit fabric – A suit with knit fabric and sewn seams not extending below the knees is permitted). [CLICK HERE](#) for the USA Swimming FAQ page regarding technical suits and 12&Under athletes.

- Meet Format:** Preliminaries and finals will be contested in all individual events except for the following which will be timed finals: 10&Under 500 free, 11-14 1000 and 1650 freestyles, and all relay events. Preliminaries will be swum with combined age groups (10&Un, 11-12, and 13-14). The top ten (10) qualifiers from each defined single age group (10&Un, 11, 12, 13, and 14) from the preliminary session will swim in a single, 10 lane, championship final in each event. All preliminary events will be **championship (circle) seeded fastest to slowest** with the exception of the 10&Under 500 free and the 11-14 1000 freestyle and 1650 freestyle events, which will be timed final and swum fastest to slowest, alternating girls and boys heats (dependent on pool course set up).
- Check-In:** **All swimmers are automatically checked into their events for which they are registered for.** If a swimmer is registered for more than 3 events in a day, they must scratch any additional events prior to the scratch deadline. If a swimmer fails to scratch out of any additional events, they will be seeded into the first THREE (3) events they are registered for that day and scratched out of any additional events for that day.
- Scratch Deadline for Thursday's events is Thursday, March 21, 2024 at 5:00PM. (To scratch any of Friday's events email CoachKacy@gmail.com prior to the deadline).
 - Scratch Deadline for Friday/Saturday/Sunday events is 5:00PM on the respective preceding day. Scratches are to be made at the Clerk of Course Desk prior to the deadline.
- Distance:** The 11-14 1650 free will be swum *fastest to slowest alternating girls' and boys'* heats (dependent on pool course set up) as the only event offered on Friday afternoon. The girls 11-14 1000 free will be swum *fastest to slowest at the end of preliminaries on Sunday*. The boys 11-14 1000 free will be swum *fastest to slowest at the end of preliminaries on Monday*. Athletes in the 1000 & 1650 freestyle events must provide a person to time and a person to count their laps. Lap counting devices will be available.
- Warm-Up:** GENERAL WARM-UP PERIOD - The first 30 minutes of warm-up will be for general warm-up in all lanes. There will be no diving allowed during general warm-up. **A 3-point entry must be used during warm up.**
SPECIFIC WARM-UP PERIOD - The last 45 minutes of warm-up in each competition course will be allocated for specific warm-up in designated lanes. Meet Referee may choose to designate lanes for pace, one-way dive, and general warm-up lanes as they see fit.
- All USA Swimming athletes must be under the supervision of a USA Swimming coach during warm-up, competition, and warm-down. Swimmers who do not have a USA Swimming registered coach at the swim meet should report to the Meet Director or Meet Referee for lane and coach assignment. It is the swimmer's responsibility to make such arrangements prior to the start of the meet. Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When an unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- ENTRIES:** All entries must be submitted electronically. This meet will be limited to 800 Swimmers. Team entries may be sent in a Hy-Tek CL2 entry file to the following email address: CoachKacy@gmail.com. **CCS Outreach swimmers** who are entered in this meet will have their fees deducted by the Host Club. The Home Club or responsible individual of the Outreach swimmer is responsible for communicating with the Host Team of their roster and fees that need to be deducted. Names of the athletes who are receiving the Outreach incentive may be kept confidential at the discretion of the athletes' Home Club. Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry.
- There will be an additional \$10.00 per swimmer surcharge for Non-CCS teams. No deck entries.**
- Relays:** Relays must be entered electronically and must be submitted by the entry deadline. Relay entries will not be accepted at the meet. Teams may enter a maximum of two (2) relays per event. Relays will follow the same scratch deadlines as the individual entries. **All relays will be swum in the morning preliminary sessions.** All relays will be scored and awarded by the following age categories: 10&Un, 12&Un, 14&Un. **Swimmers may not compete in more than one age group** per specific discipline and category: 200 medley, 400 medley, 200 freestyle, 400 freestyle.
- Entry Limit:** **Athletes may compete in up to three (3) individual events per day plus relays and may compete in no more than seven (7) individual events in total for the meet.**
- Bonus Events:** Only swimmers who have entered in at least one (1) individual event with a qualifying time may enter a bonus event. Swimmers can enter up to four (4) bonus events in which they meet the qualifying bonus standard, up to

7 total individual events. ****Events 400y and longer MAY NOT be entered as a bonus event**** Bonus entries must be indicated as yards bonus (YB) or long course meters bonus (LB).

Entry Fees: \$6.00 per individual event. \$10.00 per relay for all age groups. \$25.00 Surcharge for Non-CCS athletes. \$15.00 surcharge for CCS athletes. **No late entries will be accepted. No refunds.**

Entry fees paid by check should be mailed to:

**Clovis Swim Club
1690 David E Cook Way
Clovis, CA 93611**

Important Dates: **Friday, December 1, 2023:** Early Commitment Begins. Upon receipt of Swimmer's Surcharge, the spot in the meet will be reserved. All surcharges collected are non-refundable. All reserved spots without entry will be forfeited on Monday, March 11, 2024 for any waitlisted athletes.

Wednesday, January 31, 2024: Entry Period Begins

Wednesday, March 13, 2024: Meet entry deadline. All entries must be collected by this deadline.

Awards: Custom medals for 1st through 10th in Individual Events ~ 1st through 3rd in Relay Events.

Team awards for 1st through 5th places.

Scoring: Individual events: 11-9-8-7-6-5-4-3-2-1

Relay events: 22-18-16-14-12-10-8-6-4-2

Timed final 11-14 events will be swum as combined and scored and awarded in single age groups.

Meet Director: Josh Stork, Scott Rodda, and Kacy Ota

Information: Kacy Ota: (805) 490-2911 CoachKacy@gmail.com

Meet website landing page: <https://www.gomotionapp.com/team/clov/page/csc-hosted-meets/swagr-committed-teams>.

Meet Referee: Mike Carpenter

Admin Official: Ashlee Coleman

Officials: **All USAS/LSC Certified Officials are welcome to volunteer for this event.** For an Assigned Position (Deck Referee, Starter or Chief Judge), please contact the Meet Referee for an Application or download an application from the Clovis Swim Club Home page SWAGR landing page (URL shared under "Information"). Applications for Stroke and Turn Officials would be appreciated but not mandatory.

This meet has been designated as a National Certification Officials Qualifying Meet, pending USA Swimming approval. Officials wishing to be evaluated for N2 or N3 advancement or recertification must submit an application, which will be considered in the order received up to March 15, 2024. A minimum of 4 sessions must be worked during the meet to be evaluated. Contact Taylor Kahn for OQM application: twkahn@btconsult.net

Schedule of Official's Briefings: Accepted applicants must attend mandatory Officials' briefings ~

Official's Briefing for Prelims on Saturday, Sunday, and Monday begin at 8:00 AM (required for all officials).

Official's Briefing for Finals on Saturday, Sunday, and Monday will begin 1 hour before the scheduled start of Finals each evening. (Required for all officials).

Expected Officials' attire for the meet: white polo shirt, navy blue shorts, skirts, or long pants for all prelim sessions. White polo shirt and navy blue long pants or skirts for all final sessions. White tennis shoes are to be worn for all sessions.

Timing: Clubs will be assigned lanes. Number of timing chairs per team is based on the formula – (number of swimmers on a team in the session [divided by] total number of swimmer in the session) which is then [multiplied by] NUMBER of timing chairs. This number will be rounded to the nearest whole number. Assignments will be posted on the SWAGR meet "landing page" on www.clovisswimclub.org

Concessions: A full concession stand with snacks and drinks will be available throughout the meet.

ORDER OF EVENTS

Friday, March 22					
<i>Girls</i>	<i>Age Group / Event</i>	<i>Boys</i>			
1	11-14 1650 free	2			
Saturday, March 23					
3	11-12 400 IM	4			
5	13-14 400 IM	6			
7	10&Un 50 back	8			
9	11-12 100 back	10			
11	13-14 100 back	12			
13	10&Un 100 fly	14			
15	11-12 50 fly	16			
17	13-14 200 free	18			
19	11-12 200 free	20			
21	10&Un 200 free	22			
23	13-14 200 breast	24			
25	11-12 200 breast	26			
27	10&Un 100 breast	28			
29	14&Un 400 medley relay	30			
31	12&Un 400 medley relay	32			
Sunday, March 24			Monday, March 25		
33	12&Un 200 free relay	34	<i>Girls</i>	<i>Age Group / Event</i>	<i>Boys</i>
35	14&Un 200 free relay	36	75	11-12 500 free (girls)	
	10&Un 500 free (boys)	38	77	13-14 500 free (girls)	
	11-12 500 free (boys)	40	79	10&Un 500 free (girls)	
	13-14 500 free (boys)	42	81	11-12 100 fly	82
43	10&Un 100 back	44	83	13-14 100 fly	84
45	11-12 100 breast	46	85	10&Un 50 fly	86
47	13-14 100 breast	48	87	11-12 200 IM	88
49	10&Un 50 breast	50	82	13-14 200 IM	90
51	11-12 50 free	52	91	10&Un 100 IM	92
53	13-14 50 free	54	93	11-12 50 breast	94
55	10&Un 50 free	56	95	13-14 100 free	96
57	11-12 50 back	58	97	11-12 100 free	98
59	10&Un 200 IM	60	99	10&Un 100 free	100
61	11-12 100 IM	62	101	13-14 200 back	102
63	13-14 200 fly	64	103	11-12 200 back	104
65	11-12 200 fly	66	105	10&Un 200 free relay	106
67	14&Un 200 medley relay	68	107	14&Un 400 free relay	108
69	10&Un 200 medley relay	70	109	12&Un 400 free relay	110
71	12&Un 200 medley relay	72		11-14 1000 free (boys)	112
73	11-14 1000 free (girls)				

****All relays are timed finals and will be swum in the preliminary sessions****

****Preliminary events will be swum in combined age groups (10&Un, 11-12, 11-14, or 13-14)****

****Finals will be swum in single age groups (10&Un, 11, 12, 13, and 14)****

****Timed final individual events will be swum in combined age groups and scored separately****

It is understood and agreed that USA Swimming shall be free from all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

2023 TIME STANDARDS

Southwestern Age Group Regional Championships

10&Under

Girls			Boys			Girls			Boys	
LCM	SCY	EVENT	SCY	LCM		LCM	SCY	BONUS	SCY	LCM
35.19	30.89	50 FR	30.49	34.59		36.29	31.89	50 FR	31.39	35.69
1;17.49	1:08.19	100 FR	1:07.19	1:16.89		1:21.19	1:11.39	100 FR	1:10.19	1:20.39
2:50.09	2:29.09	200 FR	2:24.99	2:44.69		2:58.39	2:36.39	200 FR	2:31.29	2:51.89
5:50.59	6:31.39	400/500 FR	6:25.49	5:44.59		X	X	400/500 FR	X	X
41.79	36.49	50 BK	36.29	41.59		43.49	37.99	50 BK	37.79	43.29
1:30.29	1:17.89	100 BK	1:16.29	1:27.69		1:34.79	1:21.79	100 BK	1:20.09	1:31.69
46.19	40.39	50 BR	40.29	46.29		48.09	41.99	50 BR	41.89	48.19
1:41.49	1:27.99	100 BR	1:26.29	1:40.19		1:46.49	1:32.39	100 BR	1:30.19	1:44.69
39.69	35.09	50 FL	34.69	39.19		41.49	36.69	50 FL	36.19	40.89
1:31.09	1:20.19	100 FL	1:19.89	1:30.59		1:36.79	1:25.29	100 FL	1:24.79	1:36.09
X	1:17.69	100 IM	1:16.99	X		X	1:21.39	100 IM	1:20.39	X
3:08.89	2:46.49	200 IM	2:46.19	3:08.29		3:17.59	2:54.19	200 IM	2:53.69	3:16.89

11

Girls			Boys			Girls			Boys	
LCM	SCY	EVENT	SCY	LCM		LCM	SCY	BONUS	SCY	LCM
33.59	29.69	50 FR	29.59	33.39		34.69	30.69	50 FR	30.59	34.49
1:13.19	1:04.19	100 FR	1:03.09	1:12.19		1:16.39	1:06.99	100 FR	1:05.79	1:15.39
2:38.79	2:18.39	200 FR	2:17.29	2:35.89		2:45.69	2:24.39	200 FR	2:23.69	2:42.69
5:30.69	6:08.29	400/500 FR	6:07.59	5:29.09		X	X	400/500 FR	X	X
11:32.89	12:41.19	800/1000 FR	12:50.49	11:22.69		X	X	800/1000 FR	X	X
22:08.59	21:28.29	1500/1650 FR	21:41.59	21:50.09		X	X	1500/1650 FR	X	X
38.89	33.69	50 BK	33.79	39.19		40.29	34.79	50 BK	34.99	40.79
1:25.09	1:13.09	100 BK	1:12.29	1:23.79		1:29.29	1:16.69	100 BK	1:15.79	1:27.89
2:59.99	2:35.49	200 BK	2:33.79	2:56.29		3:07.79	2:42.29	200 BK	2:40.39	3:03.99
43.19	37.79	50 BR	37.99	43.89		44.79	39.09	50 BR	39.49	45.69
1:34.39	1:22.09	100 BR	1:21.69	1:34.89		1:38.69	1:25.79	100 BR	1:25.59	1:39.29
3:23.19	2:56.99	200 BR	2:55.29	3:25.19		3:31.99	3:04.69	200 BR	3:02.89	3:34.09
36.29	32.19	50 FL	32.69	36.99		37.49	33.29	50 FL	33.99	38.49
1:21.99	1:11.69	100 FL	1:11.99	1:22.19		1:26.09	1:15.29	100 FL	1:15.79	1:26.39
3:00.29	2:39.59	200 FL	2:38.29	3:00.69		3:08.19	2:46.49	200 FL	2:45.19	3:08.49
X	1:13.79	100 IM	1:12.79	X		X	1:16.99	100 IM	1:15.99	X
2:59.79	2:37.29	200 IM	2:37.09	2:59.39		3:07.59	2:44.09	200 IM	2:44.29	3:07.69
6:27.29	5:35.69	400 IM	5:33.29	6:23.19		X	X	400 IM	X	X

12

Girls			Boys		Girls		Boys		
LCM	SCY	EVENT	SCY	LCM	LCM	SCY	BONUS	SCY	LCM
32.29	28.49	50 FR	27.49	31.49	33.39	29.39	50 FR	28.39	32.49
1:09.89	1:00.49	100 FR	59.29	1:07.49	1:12.89	1:03.09	100 FR	1:01.89	1:10.49
2:30.99	2:12.39	200 FR	2:09.19	2:26.99	2:37.59	2:18.29	200 FR	2:14.79	2:33.39
5:15.39	5:52.59	400/500 FR	5:47.49	5:08.49	X	X	400/500 FR	X	X
11:03.99	12:09.49	800/1000 FR	11:59.09	10:54.19	X	X	800/1000 FR	X	X
21:13.19	20:34.59	1500/1650 FR	20:18.79	20:55.49	X	X	1500/1650 FR	X	X
37.19	32.19	50 BK	31.89	36.79	38.49	33.29	50 BK	33.09	38.19
1:19.39	1:09.29	100 BK	1:07.49	1:18.49	1:23.29	1:12.69	100 BK	1:10.79	1:22.39
2:50.59	2:27.79	200 BK	2:23.99	2:46.59	2:57.99	2:34.19	200 BK	2:30.29	2:53.89
40.69	36.19	50 BR	35.49	40.39	42.09	37.49	50 BR	36.89	41.99
1:29.69	1:18.19	100 BR	1:15.89	1:27.69	1:33.79	1:21.69	100 BR	1:19.49	1:31.79
3:12.69	2:49.19	200 BR	2:42.99	3:08.89	3:21.09	2:56.59	200 BR	2:50.09	3:17.09
34.59	30.89	50 FL	30.49	34.39	35.79	31.99	50 FL	31.69	35.89
1:17.99	1:08.99	100 FL	1:07.09	1:16.39	1:21.89	1:12.49	100 FL	1:10.59	1:20.39
2:51.79	2:29.79	200 FL	2:26.29	2:46.39	2:59.29	3:36.39	200 FL	2:32.69	2:53.59
X	1:10.09	100 IM	1:08.09	X	X	1:13.09	100 IM	1:11.09	X
2:51.19	2:29.99	200 IM	2:27.09	2:48.19	2:58.59	2:36.49	200 IM	2:33.89	2:55.99
6:04.59	5:19.19	400 IM	5:12.19	5:56.29	X	X	400 IM	X	X

13

Girls			Boys		Girls		Boys		
LCM	SCY	EVENT	SCY	LCM	LCM	SCY	BONUS	SCY	LCM
31.89	27.99	50 FR	26.29	30.19	32.99	28.89	50 FR	27.09	31.19
1:08.39	59.79	100 FR	56.69	1:04.89	1:11.39	1:02.39	100 FR	59.19	1:07.79
2:27.69	2:09.19	200 FR	2:03.89	2:21.29	2:34.19	2:14.89	200 FR	2:09.29	2:27.39
5:07.39	5:44.79	400/500 FR	5:31.59	4:58.49	X	X	400/500 FR	X	X
10:38.39	11:53.79	800/1000 FR	11:28.49	10:17.49	X	X	800/1000 FR	X	X
20:20.49	19:54.09	1500/1650 FR	19:15.89	19:45.19	X	X	1500/1650 FR	X	X
1:16.39	1:05.69	100 BK	1:02.89	1:13.09	1:19.69	1:08.49	100 BK	1:05.59	1:16.29
2:43.59	2:22.49	200 BK	2:16.09	2:37.69	2:50.69	2:28.69	200 BK	2:21.99	2:44.59
1:26.89	1:15.39	100 BR	1:11.49	1:21.99	1:30.69	1:18.69	100 BR	1:14.59	1:25.59
3:07.59	2:42.09	200 BR	2:35.19	2:58.39	3:15.69	2:50.19	200 BR	2:41.99	3:06.09
1:13.89	1:05.59	100 FL	1:01.79	1:10.69	1:17.19	1:08.49	100 FL	1:04.49	1:13.79
2:44.79	2:24.79	200 FL	2:17.39	2:37.39	2:51.89	2:31.09	200 FL	2:23.29	2:44.29
2:47.49	2:25.99	200 IM	2:18.59	2:40.19	2:54.79	2:32.29	200 IM	2:24.69	2:47.09
5:53.19	5:08.49	400 IM	4:55.29	5:39.69	X	X	400 IM	X	X

14

Girls			Boys		Girls			Boys	
LCM	SCY	EVENT	SCY	LCM	LCM	SCY	BONUS	SCY	LCM
31.19	27.29	50 FR	25.29	29.09	32.19	28.19	50 FR	26.09	30.09
1:06.79	58.19	100 FR	54.49	1:02.69	1:09.69	1:01.29	100 FR	56.89	1:05.39
2:24.39	2:06.49	200 FR	1:58.39	2:16.09	2:30.69	2:11.99	200 FR	2:03.59	2:22.09
5:02.19	5:38.29	400/500 FR	5:19.99	4:49.29	X	X	400/500 FR	X	X
10:20.99	11:37.29	800/1000 FR	11:03.89	10:02.99	X	X	800/1000 FR	X	X
19:48.09	19:21.69	1500/1650 FR	18:27.59	19:05.89	X	X	1500/1650 FR	X	X
1:14.09	1:04.59	100 BK	1:00.49	1:10.79	1:17.29	1:07.39	100 BK	1:03.09	1:13.89
2:39.89	2:18.39	200 BK	2:10.09	2:30.29	2:46.79	2:24.39	200 BK	2:15.79	2:36.79
1:25.19	1:13.89	100 BR	1:08.09	1:17.89	1:28.89	1:17.09	100 BR	1:11.09	1:21.29
3:03.19	2:39.79	200 BR	2:28.39	2:30.29	3:11.19	2:46.79	200 BR	2:34.79	3:00.09
1:12.39	1:04.09	100 FL	59.59	1:07.49	1:15.49	1:06.89	100 FL	1:02.19	1:10.39
2:39.69	2:22.09	200 FL	2:11.69	2:29.99	2:46.59	2:28.29	200 FL	2:17.49	2:36.59
2:43.89	2:22.59	200 IM	2:13.09	2:33.69	2:50.99	2:28.79	200 IM	2:18.89	2:40.39
5:45.39	5:03.09	400 IM	4:43.39	5:26.19	X	X	400 IM	X	X