



2024 SPEEDO SECTIONALS – FEDERAL WAY, WA March 14-17, 2024

Hosted By
Seattle Metropolitan Aquatic Club

Weyerhaeuser King County Aquatic Center
650 SW Campus Drive, Federal Way, WA 98023
Facility Phone: (206) 477-4444

Entries OPEN via EMAIL February 1, 2024

Entries will be submitted for this event via EMAIL using a meet entry file & PDF list
See Details page 7

ENTRY DEADLINE: MARCH 6th, 2024 * 11:59 PM PACIFIC

Held Under the Sanction of Pacific Northwest Swimming, Inc and USA Swimming
Sanction #2403-WRSS; Time Trials Sanction #2403-WRTT

Websites:

www.pns.org * www.westernzoneswimming.org * www.usaswimming.org

Sanction:

This meet has been sanctioned by Pacific Northwest Swimming, Inc. Current USA Swimming rules and Pacific Northwest Swimming Policies & Procedures Manual will apply. All athletes must be properly registered Premium or Outreach members of USA Swimming in compliance with Article 302 prior to the first day of the meet. Pacific Northwest Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

Liability:

In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. It is further understood that Pacific Northwest Swimming, Inc., The Weyerhaeuser King County Aquatic Center, Seattle Metropolitan Aquatic Club & Boosters, all meet officials, and the Western Region Section shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet. Damage to the facility, when proven, will cause the offending athlete, if unattached, or the offending athlete's team, if attached, to be held accountable for repairs.

Meet Referee
Don Hougardy
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509-432-6431

Admin Referee
Linda Vicik
vicik.swim@gmail.com
425 681 4322

Meet Director
Laurie Robbins
boosterspresident@smac.email
206-612-5608

Entry Chair
Suzanne Rychlik
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253-241-4827

Facility:

Weyerhaeuser King County Aquatic Center: Site of the 1990 Goodwill Games; 2008 and 2012 NCAA Men's Division 1 Championships; and many U.S. Open, Junior Nationals, and Nationals. Indoor 50-meter, 9 feet deep, 8-lane competitive pool. Omega OSB starting blocks and take-off pads with adjustable setting back plates (fins) and backstroke ledges. The host will ensure the required course dimensions.



MEET SCHEDULE SUMMARY

MEETING SCHEDULE		
General Meeting	March 11th, 2024 at 7PM, PST	
Officials' Meetings	One hour before the start of each session	
COMPETITION SCHEDULE	PRELIMINARIES	FINALS
Thursday – Sunday March 14-17, 2024	Warm-Up: 7:00 AM – 8:50 AM Competition: 9:00 AM	Warm-Up: 4:00 PM Competition: 5:30 PM

Supervised Warm-Ups

The facility will be available for supervised warm-ups on Wednesday, March 13th, from 4-7 pm.

MEET FORMAT:

- **Meet format** will be LCM Prelims (8 lanes) and LCM Finals (8 lanes). One championship final heat (A), two consolation heats (B-C) and one bonus finals heat (D) will compete in Finals, except as noted in the Order of Events, p.3 of this Announcement. The "D" Final will be conducted as an 18&U Only heat.
- **Order of seeding** will be Long Course Meters (LCM), Short Course Meters (SCM), Short Course Yards (SCY). **Bonus events** will be seeded after the above, in the same order: BLCM-BSCM-BSCY.
- **Preliminary Heats of Individual Events and Timed Finals Events will be seeded and swum FASTEST to SLOWEST**, except as noted in the Order of Events, p.3 of this Announcement.
- **Circle-Seeding:** Top 3 heats of **preliminary** individual events 200M or less, and top 2 heats of **preliminary** individual events of 400M or more, will be circle-seeded, with the **fastest athlete in HEAT 1**.
- **ODD/EVEN Heats with chase starts** may be used in all Preliminary Heats of Individual Events **except for the 50 Freestyles**. All heats of the **50 Freestyles** will start at the **SCOREBOARD** end of the pool. *Timed Finals Events including Relays* will start at the **DIVE TANK** end of the pool (no chase starts).
- **Finals Heats of Individual Events will swim SLOWEST to FASTEST:** Bonus (D), Consolation (C, B), Championship (A).
- **Finals Ready Room & Presentation of Awards** A Finals Ready Room **MAY** be used to parade the Championship heat of Individual Finals events. Awards **MAY** be presented immediately following the swimming of each Individual Championship (A) Heat. Final details will be confirmed at the General Meeting.
- Athletes may qualify for and enter the 800M and/or 1500M Freestyles using any of the 800M/1000Y or 1500M/1650Y time standards.
- Relay teams entered in the 400M Freestyle Relay, the 800M Freestyle Relay, and 400M Medley Relay wishing to swim in preliminary heats rather than finals heats need to notify Admin Referee of this intent by the stated scratch deadline for that day's events.
- Athletes entered in the 800M and 1500M Freestyles wishing to swim in preliminary heats rather than the finals heat need to declare this intention by the stated scratch deadline for these events.



ORDER OF EVENTS

Women's Event #	Thursday *March 14, 2024	Men's Event #
1	200 Medley Relay (A)	2
3	100 Freestyle	4
5	800 Freestyle (B)	6
7	200 Breaststroke	8
9	200 Butterfly	10
11	200 Freestyle Relay (C)	12
Women's Event #	Friday * March 15, 2024	Men's Event #
13	100 Backstroke	14
15	200 Freestyle	16
17	400 Individual Medley	18
19	400 Freestyle Relay (D)	20
Women's Event #	Saturday * March 16, 2024	Men's Event #
21	200 Backstroke	22
23	400 Freestyle	24
25	100 Breaststroke	26
27	100 Butterfly	28
29	800 Freestyle Relay (D)	30
Women's Event #	Sunday * March 17, 2024	Men's Event #
31	200 Individual Medley	32
33	1500 Freestyle (E)	34
35	50 Freestyle	36
37	400 Medley Relay (D)	38

A: The 200 Medley Relay will be conducted as timed finals, **swum fastest to slowest**, **ALL heats** in event order at the **beginning of Prelims**. There may be a 10-min break following the conclusion of Event 2, prior to the start of the preliminary heats of Event 3.

B: The 800 Freestyles will be conducted as timed finals, with the **fastest seeded heat of women and the fastest seeded heat of men swimming in Finals in event order**.

ALL other heats will be swum in Prelims, alternating women's and men's heats, **fastest to slowest**, following the completion of Event 10.

Athletes may qualify for these events using any of the 800M/1000Y or 1500M/1650Y time standards. Order of seeding: 800M/1000Y / 1500M / 1650Y

C: The 200 Free Relays will be conducted as timed finals with **ALL heats in at the end of Finals**.

There may be a 10-min break following the conclusion of Finals Event 10, prior to the start of Event 11.

The order for the relays shall be the Women's 2nd Fastest Heat, Women's Fastest Heat, Men's 2nd Fastest Heat, Men's Fastest Heat, Women's 3rd Fastest Heat, Men's 3rd Fastest Heat, Women's 4th Fastest Heat, Men's 4th Fastest Heat, etc.

D: These relay events will be conducted as timed finals **with the fastest two heats of women and the fastest two heats of men swum in event order at the end of Finals**. Finals heats will be swum in the following order: second fastest heat, fastest heat. There may be a 10-minute break prior to the start of these relay heats in Finals.

All other heats will be swum at the end of preliminaries, alternating women's and men's heats, **fastest to slowest**.

E: The 1500 Freestyles will be conducted as timed finals, following the National Championship format, with the **fastest heat of women and the fastest heat of men swimming in Finals in event order**.

All other heats will be swum **slowest to fastest**, alternating women and men beginning at a predetermined time, so the second fastest heat of the men's event is concluded 90 minutes before the evening Finals session is scheduled to begin.

Athletes may qualify for these events using any of the 800M/1000Y or 1500M/1650Y time standards. Order of seeding: 1500M / 1650Y / 800M / 1000Y



2024 Pacific Northwest Spring Speedo Sectional Time Standards						
March 14-17, 2024 in Federal Way, WA						
Women				Men		
Short Course Yards	Short Course Meters	Long Course Meters		Short Course Yards	Short Course Meters	Long Course Meters
24.99	27.76	28.44	50 Fr	22.41	24.72	25.79
53.71	59.04	1:01.26	100 Fr	48.46	53.27	55.89
1:56.22	2:07.92	2:12.75	200 Fr	1:45.84	1:56.48	2:02.20
5:13.17	4:29.34	4:43.21	4/500 Fr	4:49.98	4:10.18	4:23.21
10:52.09	9:27.35	9:48.19	8/1000 Fr	10:10.58	8:53.74	9:19.51
18:19.78	18:07.11	18:54.49	1500/1650	17:13.16	16:53.43	17:45.59
59.50	1:06.33	1:09.54	100 Bk	54.42	1:00.66	1:04.26
2:07.80	2:22.78	2:29.20	200 Bk	1:58.45	2:12.65	2:20.40
1:08.46	1:15.15	1:20.46	100 Br	1:01.53	1:07.35	1:13.70
2:29.07	2:43.68	2:54.86	200 Br	2:15.19	2:27.80	2:40.88
58.86	1:04.55	1:06.87	100 Fly	53.46	59.43	1:00.97
2:12.26	2:26.43	2:32.74	200 Fly	2:00.94	2:14.37	2:20.25
2:11.81	2:25.85	2:32.19	200 IM	1:59.85	2:12.30	2:19.28
4:39.34	5:07.75	5:21.68	400 IM	4:18.37	4:45.76	5:00.19
1:44.69	1:56.89	1:59.29	200 FR	1:32.99	1:43.78	1:46.89
3:49.09	4:12.14	4:17.29	400 FR	3:25.49	3:46.85	3:54.59
8:14.49	9:10.46	9:21.69	800 FR	7:38.69	8:26.70	8:43.99
1:56.29	2:10.99	2:13.39	200 MR	1:44.69	1:55.50	1:59.69
4:09.49	4:44.93	4:48.39	400 MR	3:47.49	4:15.75	4:23.39

**RULES:**

- Conduct of the sanctioned event shall conform in every respect to current rules of USA Swimming including technical and administrative rules and the Minor Athlete Abuse Prevention Policy (“MAAPP”) which is detailed on p. 12 of this meet announcement. Current Pacific Northwest Swimming Policies & Procedures Manual will also apply.
- All athletes entered in the meet must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any athlete without a coach in attendance must report to the Meet Director or Meet Referee who may assist an athlete in making supervision arrangements, but it is the athlete’s responsibility to make these arrangements prior to the start of the meet and notify the Meet Referee.
- Any athlete entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start, including both a Forward Start and a Backstroke 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 athlete or the athlete’s legal guardian to ensure compliance with this requirement and to bring proof of such certification to the meet.
- It shall be the athletes’ and coaches’ responsibility to acquaint themselves with all the information in this Meet Announcement and any information and changes announced at the General Meeting.
- Athletes and coaches are responsible for being familiar with this meet’s scratch rules and procedures.
- Deck changes are prohibited.
- 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.
- Per facility rules, operation of a drone, or any other flying apparatus, is prohibited inside AND outside the facility AT ANY TIME.
- The use of audio or visual recording devices, including a cell phone, is not allowed in changing areas, restrooms, or locker rooms.
- Photography including visual recordings is not allowed behind the blocks during the start of a race or relay exchange.
- All athletes entered in the competition must comply with current USA Swimming rules regarding swimwear.
- Medical supervision will be available to all athletes participating in the meet. Personnel with current Red Cross lifeguarding, first aid, and CPR/AED certification will be available throughout warm-ups and competition. The facility’s AEDs are located in the southwest corner of the natatorium by the doors to the recreation pool and in the main lobby behind the front desk next to the viewing windows. A third AED is on the Banquet Hall wall by the reception desk.

RESTRICTIONS:

- **This is a CLOSED-DECK meet. Only athletes, coaches, officials, and assigned meet volunteers will be permitted on the competition deck.**
- Tobacco products of any kind, vaping, alcoholic beverages, and glass containers are not allowed in the swimming venue.
- Shaving is not permitted anywhere in the facility.
- Folding chairs are not allowed in the bleacher section of the spectator balconies.
- Pets/Service animals: Trained service animals or service animals in training with identifiable vests will be allowed. Service animals must remain on leash or in a harness at all times.

Broadcast Statement

Photographs, videotape, audio, and/or other visual recordings of the event created by a spectator may be used solely for such spectator’s personal non-commercial use and may not be broadcast, published, disseminated, or used for any commercial purpose without the prior consent of USA Swimming.

Photography and Videos

Photographers and/or videographers may be present on deck at this meet. **Photographers and videographers are strongly encouraged to stay out of the area immediately behind the starting blocks, but if present are specifically prohibited from making shots during the start phase of any race.**

ELIGIBILITY:

This meet is open to all athletes who:

1. Are currently registered annual premium or outreach members of USA Swimming. **There will be no on-deck USA Swimming registration.**
2. Are currently registered with a USA Swimming LSC within the Northwest Region of the Western Section (AK, IE, HI, MT, OR, PN, SR, WY) as of the day meet entries close. Four Corners Region athletes and teams (AZ, CO, NM, UT) that successfully processed and paid for cross-registration deposits on September 15th will also be eligible to enter.
3. A maximum of 200 non-NW Region athletes will be allowed to compete at this event. At the current time, there is no remaining cross-registration space available at this event
4. On-deck transfer into an eligible LSC is not allowed.
5. Have met the appropriate qualifying times in competition between December 1, 2022, and the close of entries.
6. Have qualifying entry times achieved at USA Swimming sanctioned, approved, or observed competitions.
 - See STATEMENT OF ELIGIBILITY – QUALIFYING ENTRY TIMES, p. 6 of this meet announcement for details.
 - Proof of relay entry times is not required.
 - **Relay-only athletes WILL be allowed at this meet** - see details under ENTRIES, p. 6 of this announcement.

Athletes with a disability who have achieved USA Swimming Sectional Para qualifying time standards during the qualifying period for this meet may enter up to four (4) individual events for which the USA Swimming Sectional Para time standard has been achieved. Each



athlete has the option of swimming a half distance for any event entered. Athletes with disabilities may also participate in LCM Time Trials on the same basis. See the last page of this meet announcement for more information.

7. **For informational and planning purposes, an initial psych sheet and unofficial preliminary timeline will be made available ASAP following the close of regular entries.** The psych sheet will contain markings to indicate times requiring proof as required under Eligibility #5, above. The psych sheet will be posted on the websites listed on p.1 of this Meet Announcement and will be emailed to the primary coach of record.

Meet Entry Procedures:

Entries will be submitted for this meet via Email using a meet entry file & PDF documents (see below for additional information)

Meet Entry Chair: Suzanne Rychlik. Submit entries via email to fwsectionals24@gmail.com

Dates & Deadlines:

- **Entries Open:** February 1, 2024
- **Regular Entries Deadline:** Wednesday March 6th, 2024, 11:59 PM, PST.
- **New Qualifiers Deadline:** Sunday March 10th, 2024, 11:59 PST.
- **Late Entries Deadline:** Sunday March 10th, 2024, 11:59 PST.

STATEMENT OF ELIGIBILITY – QUALIFYING ENTRY TIMES:

Athletes must have entry times that meet the following criteria in order to be eligible to enter this meet:

1. Have met the appropriate 2024 qualifying entry times in competition **between December 1, 2022, and the close of entries**, as noted above.
 - a. 2024 Pacific Northwest Spring Speedo Sectional Time Standards
 - b. Relay-only athletes will be allowed at this meet. Athletes must pay the athlete surcharge to be entered in the meet and compete in relays, and time trials (if available).
 - c. Proof of relay entry times is not required.
2. Have qualifying entry times achieved at USA Swimming sanctioned, approved, or observed competitions, or a recognized foreign competition.
3. **Entry times must meet the “Proof of Times” requirements listed below.** *It is the responsibility of the entering club, or individual if entering unattached, to verify that entry times meet these “Proof of Times” requirements.*
4. Meet Management reserves the right to request “Proof of Times” documentation at any point.

Proof of Times:

- **SWIMS:** If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times > Individual Times Search) and it was swum in the appropriate qualifying period, it is considered a proven official time.
- **Official Meet Results:** If a time for a swimmer is listed in the official meet results of a USA Swimming sanctioned, approved, or observed competition, or a recognized foreign competition, and it was swum in the appropriate qualifying period, it is considered a proven official time.
- **Meet Mobile is NOT acceptable as verification for “Proof of Times”**

Preparing Entries:

All meet entries will be conducted via Hy-Tek -or- Hy-Tek compatible entry files, using the official meet events entry file posted on the Western Zone website under this event. The official entry file includes qualifying times for SCY, SCM, and LCM using the meet qualifying time standards and designates the qualifying time period as December 1, 2022 through the close of entries.

Bonus Events:

Events that do not meet the qualifying standard may be entered as “Bonus” if they meet the “Bonus” event requirements on p. 7 of this meet announcement. *These events must be clearly marked as “Bonus” when preparing entries, and clearly marked as “Bonus” on the PDF copy of entries when submitted.* **NT entries will not be accepted**

**Event Limit:**

Each entered athlete may participate in up to six (6) individual events total for the meet, not including Time Trials, and up to five (5) relays, but no more than three (3) individual events per day, including Time Trials. All athletes, including relay-only athletes, are limited to three (3) Time Trial entries during the meet.

There is no limit to the number of relays a club may enter, but only the top two (2) relay teams per club can score in each event and will appear in the top 24 results in each relay event.

Bonus Events:

Athletes entered in the meet with at least one qualified individual event may enter up to a maximum of two bonus events, not to exceed six (6) individual events total for the meet (not including Time Trials). **There are NO qualifying time standards for bonus events, but bonus times must appear in SWIMS within the qualifying time period: December 1, 2022 –thru the close of entries.**

Relay-Only Athletes:

Relay-only athletes WILL be allowed at this meet and must pay the athlete surcharge to be officially entered and compete on relays. Relay-only athletes who have been entered in the meet and have paid the athlete surcharge are eligible to enter Time Trials, with a maximum of three (3) Time Trial entries during the meet.

Meet Surcharge	\$50.50 surcharge per athlete, including relay-only athletes \$25.00 credential surcharge per coach/team manager/chaperone <i>(any non-athlete with current USA Swimming credentials who will be on-deck with a team)</i>
Meet Entry Fees	\$20.50 per individual event entry \$40.50 per relay entry
REGULAR Entry Deadline 2024	Entries must be received via email, time-stamped by 11:59 PM Pacific, Wednesday March 6, 2024 After March 6th, 2024, updating times for existing entries is not permitted.
Late Entries Fees	\$50.50 surcharge per swimmer \$41.00 per individual event - late entry \$81.00 per relay - late entry
Time Trial Entry Fees:	\$20.50 per individual event \$40.50 per relay event

Payment of Entries:

Payment for entries will be collected on-site at the REGISTRATION DESK and must be paid in full to receive the team's packet containing meet credentials and team information.

- Teams will have the option of paying by either check or credit/debit card at the Registration Desk.
- *Make checks payable to Seattle Metropolitan Aquatic Club*
- *If paying by credit card, a 2.75% convenience fee will be added to your invoice.*

Submitting Regular Entries:

Submit entries via email to the Meet Entry Chair, by the regular meet entry deadline

Regular Entry Submissions must include the following:

1. Zipped Hy-Tek -or- Hy-Tek compatible entry file (eg Team Manager or Team Unify)
2. **PDF copy of individual entries, with "Bonus" events clearly designated on the entry report**
3. PDF copy of relay entries
4. PDF copy of entry fees due
5. Contact information including email and cell numbers for both:
 - a. The individual responsible for the entry and pre-meet communications
 - b. The coach responsible during the meet for entry, admin & other meet-related matters.

Updates to REGULAR Meet Entries:

Entries may be updated until the regular meet entry deadline (March 6, 2024 at 11:59 pm PST) to add additional swims and update entry times.

- **Send entry changes via email** to the Entry Chair clearly detailing the changes in the body of the email.
- **Do NOT send a new entry file**
- If adding **NEW** swimmers, the following information must be included: (1) Full legal name, (2) Date of birth, (3) Gender, (4)



USA Swimming ID number

Entry Deletions:

Once an entry file has been submitted, **NO** entries may be removed from the meet; these will be processed as scratches - NO refunds will be issued.

Submitting NEW Qualifying Swims:

New Qualifying Swims Deadline - Sunday, March 10 2024 @ 11:59 pm PST

This provision serves to allow swimmers entered in the meet to add qualifying swims achieved after the regular entries deadline and allow swimmers that achieve their first meet qualifying time after the regular entry deadline to enter the meet.

- **Send entry changes via email** to the Entry Chair clearly detailing the changes in the body of the email.
- **Do NOT send a new entry file**
- If adding **NEW** swimmers, the following information must be included: (1) Full legal name, (2) Date of birth, (3) Gender, (4) USA Swimming ID number
- Athletes who have achieved a NEW qualifying time for a previously entered Bonus event may use that event as a qualifying swim, for the purposes of adding an additional Bonus swim.

Payment for new qualifying swims will be collected with Regular Entry Fees at the Registration Desk at check-in.

Submitting LATE Entries:

LATE Entries Deadline - Sunday, March 10th, 2024 @ 11:59 pm PST

This provision serves to allow swimmers entered in the meet to add additional events that were not entered during the regular entry period and were not achieved as NEW qualifying swims, and allow new swimmers to enter the meet who did not achieve their first meet qualifying time after the entry deadline

- **Send entry changes via email** to the Entry Chair clearly detailing the changes in the body of the email.
- **Do NOT send a new entry file**
- If adding **NEW** swimmers, the following information must be included: (1) Full legal name, (2) Date of birth, (3) Gender, (4) USA Swimming ID number

These entries are subject to the regular meet surcharge (if adding new swimmer to meet), and double entry fees. Payment for LATE entries will be collected at the Registration Desk at check-in.

Submitting Entries for UNATTACHED athletes NOT swimming with a team:

- **Send entry changes via email** to the Entry Chair clearly detailing the changes in the body of the email.
- **Do NOT send a new entry file**
- If adding **NEW** swimmers, the following information must be included: (1) Full legal name, (2) Date of birth, (3) Gender, (4) USA Swimming ID number

These entries are subject to the same entry deadlines as teams, for Regular Meet Entries, NEW Qualifying Swims, and LATE Entries. Payment for these entries will be collected at the Registration Desk at check-in.

Meet Entry Questions:

Questions concerning meet entries should be directed to **Meet Director, Laurie Robbins** boosterspresident@smac.email **AND** **Administrative Referee, Linda Vicik** vicik.swim@gmail.com **AND** **Meet Entry Chair, Suzanne Rychlik** fwsectionals24@gmail.com.

REGISTRATION DESK:

All athletes, coaches, and officials participating in this competition must be currently registered for 2024 with USA Swimming.

All athletes must complete the USA Swimming Competitor Waiver & Release Form to receive their meet credential - see page 12 of this meet announcement for additional information.

- All athletes, coaches, and officials should be prepared to present their USA Swimming ID Card or Deck Pass as proof of their registration to the Meet Referee, the Meet Director, or their designee at any time. Photo ID may also be requested.
- All athletes, coaches, and officials will receive a meet-specific credential, which will serve as a deck pass, and is to be displayed to access the competition deck and team areas.
- **Registration Desk for packet pick up** will be at the front desk of the King County Aquatic Center Wednesday March 13th, 2024 from 4-7PM. Packets will include athlete and coach credentials, and relay cards.



GENERAL MEETING:

A General Meeting will be held via ZOOM on March 11th, 2024 at 7PM, PST]. Registration to receive the ZOOM meeting link will be sent to coaches through the meet entry email addresses received, will be available on the Western Zone website under "EVENTS > 2024 WRS Spring Sectionals - Federal Way," and will be distributed to WRS LSC Office Contacts. Teams must have a coach or team representative in attendance. Coaches not in attendance are responsible for obtaining and being familiar with the information covered in the General Meeting.

SCRATCH PROCEDURES:

The USA Swimming National Championship scratch procedure and no-show rules will be used at this meet, except as noted below. These rules are described in the current USA Swimming Rule 207.11.6 in the Current Rule Book.

Scratch Deadline for all Preliminary and Timed Finals Events, including Relays, the 800M Freestyles, and the 1500M Freestyles, will be 6:00 pm of the day PRIOR to the event being swum.

- Athletes are considered checked in for all individual events *unless scratched*.

Scratches prior to the seeding of preliminary heats shall be confirmed as follows:

- Scratches for **Thursday's** preliminary and timed finals events only **will be done by emailing** the Administrative Referee at vicki.swim@gmail.com. The above-listed deadline applies.
- **Scratches for Friday's, Saturday's, and Sunday's** preliminary and timed finals events **will be done in-person** by properly filling out and depositing a scratch card in the Scratch Box at the Administrative Desk prior to the above-listed deadline.

Rule 207.11.E(4) applies to this meet. The re-entry fee will be \$200.00 per preliminary event, cash or check payable to the Seattle Metropolitan Aquatic Club.

Scratches From Finals

All scratches from Finals must be completed within the deadlines specified by the USA Swimming Rule 207.11.6 and must be made **on-site** with the Administrative Referee **at the meet**.

RELAYS:

- *Scratches for relays are requested prior to the scratch deadline for that day's events. Please submit at the Administration Desk.*
- Please submit *via email* (Thursday relays) or *in-person* at the Administration Desk (Friday/Saturday/Sunday relays).
- Entry forms for the submission of names not previously submitted with entries, or for making changes to athletes swimming on a relay, will be available at Administration Desk. Please list the competing relay swimmers with first and last names and order of swimming for each entered relay.
- Relay forms are due to the Administration Desk no later than one (1) hour prior to the start of the relays. However, relay order may be changed up to the time of the swim at the blocks.

MEET TIMELINE:

If the projected length of a preliminary session exceeds 4½ hours, the Meet Referee, in consultation with the meet host and the Western Region Section Officers, reserves the right to adjust. All adjustments will be announced at the General Meeting, and as necessary during the event.

If the projected length of the 800M Freestyle or the 1500M Freestyle heats do not allow for the Finals session to start as originally scheduled, the Meet Referee, in consultation with the meet host and the Western Region Section Officers, reserves the right to adjust. All adjustments will be announced at the General Meeting, and as necessary during the event.

WARMUPS:

The Meet Referee reserves the right to modify warm-ups as determined to be in the best interest of the safety of the athletes and the conduct of the meet.

SCORING:

Scoring will be on a twenty-four (24) place basis.

Achieved times swum in Finals/Timed Finals must meet the event's time standard to score.

- **Individual events:** 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.
- **Relays:** 64-56-54-52-50-48-46-44-40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.

AWARDS:

- Medals: top eight (8) individual and top three (3) relay places.
- Trophies/Plaques for team awards: First through Third places for Women, Men, and Combined. Team scoring will include both individual and relay events to 24 places each. Both women and men must score for a team to be eligible for a combined scoring team award.
- Individual High Point Awards: Top-scoring Woman and Top-scoring Man (individual events only)
- **Awards MAY be presented at this event.** Final details will be announced at the General Meeting.

**TIME TRIALS:**

- LCM Time Trials will be held under a separate sanction of Pacific Northwest Swimming
- Time Trials will be conducted on a time-available basis and are limited to approximately one hour.
- Entries for Time Trials will be conducted only through deck entries, sign ups at the Clerk of Course. Complete details on Time Trial entries will be distributed in a separate Time Trial Summary Sheet and reviewed at the General Meeting.
- Athletes must be entered in the meet and have paid the athlete surcharge to swim in Time Trials. Relay only athletes will be allowed to compete in Time Trials.
- Each time trial swum will count toward the daily event limit with a combination of time trials and individual meet events not to exceed three (3) per day. Athletes are limited to three (3) time trials total during the meet.
- The 800M and 1500M Freestyle Events will only be offered on one day. The Meet Referee will determine the day based on the size of the meet and available time and will announce the day at the General Meeting.
- **Time Trial Entry Fees: \$20.50 per individual event \$40.50 per relay event**

TIMERS:

- Swimmers/clubs MAY be responsible for providing their own timers and lap counters, if desired, for the 800M and 1500M Freestyle events and for all Time Trial events. Final details will be provided at the General Meeting.
- Teams WILL be assigned lanes for the preliminary sessions based on the number of swimmers entered. Final details will be provided at the General Meeting. IF teams are assigned lanes for preliminary timing, these timing assignments will be emailed to the Head Coach listed on a team's Summary Entry Form and will be posted on the websites listed on p. 1 of this Announcement following the close of entries.

TRAVEL FUND:

A portion of the meet entry fees from this meet are used to fund a travel reimbursement to eligible swimmers and coaches. Athletes who participate in this meet and participated in the 2023 Phillips 66 National Championships or the 2023 Speedo Junior National Championships are eligible for a travel reimbursement. The amount of the reimbursement will be determined based upon total entry fees for this meet and the number of swimmers who qualify and attend the designated Championship Meets. Application for reimbursement must be made by submitting the Travel Reimbursement form within ten (10) days following the conclusion of the Championship Meet attended.

The Reimbursement Form is posted on the Western Zone website under "EVENTS > 2024 WRS Spring Sectionals."

Final deadline for submission: April 12, 2024.

OFFICIALS:

- **If you will be attending this meet, please complete the online Application to Officiate [HERE](#)** to assist with meet planning. The online Application is also posted on the Western Zone website under "OFFICIALS > APPLICATIONS" and under "EVENTS > 2024 Speedo Sectionals Federal Way."
- **Applications for assigned position must be received by January 21, 2024.**
- **Applications must be received by February 11, 2024, to be eligible to receive a meet shirt.** Every attempt will be made to provide the size requested; however, shirt size and availability cannot be guaranteed by the host. You must work a **minimum of four (4) sessions** to receive a meet shirt.
- This meet has been designated as a training meet for N2 and N3 Officials Certification. Officials wishing to obtain or renew certifications need to complete the online Application Form and notify the Meet Referee upon arrival at the meet. Instructions for certification will be provided during Officials' Meetings.
- Officials' Meetings will be one hour before each day's sessions. All certified officials are welcome to attend and work this meet.
- The uniform for officials for the meet will be a white polo shirt and khaki shorts, skirt, or pants, with long pants or long skirts for Finals, please. White, closed toe shoes and white socks complete the uniform.



OTHER IMPORTANT INFORMATION:

Hospitality

A Hospitality Room will be provided for coaches and officials only; athletes are not permitted in the Hospitality room.

Concessions

Concessions MAY be available throughout the competition – any concessions will be under contract with King County, neither PNS nor the host team derive any benefit.

Heat Sheets

Electronic heat sheets MAY be available through Meet Mobile™ and MAY be posted to the websites listed on p.1 of this announcement - details to be confirmed and shared at the General Meeting.

Meet Information & Results

Meet Information and post-meet results will be posted to the websites listed on p.1 of this Announcement.

Parking at the Facility

- Free public parking is available adjacent to the Aquatic Center.
- Do NOT leave valuables in vehicles.
- BUSES may drop off in front of the Aquatic Center, and park offsite, at the Little League Lot.
- **NO RV, Motor Home or extended vehicle parking allowed in the Aquatic Center parking lots.**

SAFE SPORT

The Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

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 a condition of participation in the conduct of this competition.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. Adult Participants are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report.

All athletes age 18 and older must complete Athlete Protection Training ("APT") to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or before March 14, 2024, who has not completed APT by 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 who turns age 18 on or before March 14, 2024, 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.

USA Swimming Competitor Waiver and Release Form

The USA Swimming Competitor Waiver & Release Form, attached on p. 12 of this meet announcement, must be completed and signed before an athlete can receive their credential.

USA Swimming Competitor Waiver and Release Form

EACH COMPETITOR AND HIS/HER PARENT OR GUARDIAN, IF APPLICABLE, MUST COMPLETE THIS WAIVER AND RELEASE FORM

By signing below, the athlete affirms to have read the entry form and agrees to abide by the conditions herein.

GENERAL ACKNOWLEDGEMENT & ACCEPTANCE

I hereby acknowledge that all information and signatures on this form are applicable to my participation in 2024 USA Swimming competitions including, but not limited to: U.S. Open, U.S. Olympic Team Trials, Speedo Winter Junior Championships, Speedo Summer Championships, Futures Championships, 18&U Spring Cups, Club Excellence Challenge Series Meets, TYR Pro Swim Series Meets, and the Speedo Sectional Meets (each a "Competition", together "Competitions"). I agree to abide by the regulations specified in this document and in the Rules and Regulations of USA Swimming for the management of conduct to the USA Swimming program.

OATH OF ELIGIBILITY/PHYSICAL CONDITION

I declare that I am eligible and in good standing with regulations laid down by USA Swimming, World Aquatics ("AQUA"), the United States Olympic & Paralympic Committee ("USOPC"), and the International Olympic Committee ("IOC"). I also declare I am not subject to suspension or disciplinary action imposed for use of illegal drugs or other athlete regulation infractions. I agree to further attest to my eligibility if required to do so by USA Swimming, AQUA, USOPC, IOC, or the local organizing committee.

I certify that, to the best of my knowledge and belief, I am in good health and in proper physical condition for the anticipated conditions of the Competitions, and I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate. I agree that while a participant in this event, I will keep myself in top physical condition.

I agree to notify USA Swimming immediately upon any change to my eligibility, any disciplinary action, or any change in my physical condition that would result in the declarations and certifications becoming untrue with respect to the Competitions.

DOPING

I understand that it is the duty of individual members of USA Swimming, including athletes, athlete support personnel, and other persons to comply with all anti-doping rules of the World Anti-Doping Agency ("WADA"), AQUA, USOPC, including the USOPC National Anti-Doping Policy, and the U.S. Anti-Doping Agency ("USADA"), including the USADA Protocol for Olympic and Paralympic Movement Testing ("USADA Protocol"), and all other policies and rules adopted by WADA, AQUA, the USOPC and USADA.

I understand that it is the policy of USA Swimming to discourage and prevent the use of prohibited doping substances and prohibited doping methods. The WADA, AQUA, USOPC and USADA Anti-Doping Rules are available on-line or from USA Swimming. I know that I should call the USADA Drug Reference Line (719-785-2000) to check the status of all medications and substances I am currently using, and to satisfy any questions or concerns that I may have about medications and prohibited substances and methods. I do not currently engage in, nor do I intend to use any prohibited substances and methods. I acknowledge that the use of prohibited substances or prohibited methods may subject me to disqualification and other sanctions imposed by USA Swimming, USADA, AQUA, or the IOC.

DRUG TESTING

I understand that testing organizations (e.g. USADA, AQUA, WADA, etc.) will conduct drug testing on athletes during and outside of competition. By registering for competition, I hereby consent to and authorize the testing organization to test me for prohibited substances and prohibited methods at any time during the Competition and for the twelve (12) month period following the Competition. I further acknowledge and agree that my refusal to participate in a drug test may subject me to disqualification and/or sanctions, the same as if I had tested positive for a prohibited substance. I understand that the results of any drug testing of me may be published on the websites of USADA and AQUA in the published statistics, and that my name will be included in the list of athletes who have been drug tested. I also acknowledge that USA Swimming will provide a link to these results and lists on its own website.. In the event I refuse to submit to a drug test or a drug test has a positive result, I recognize that I am subject to the adjudication processes established by USADA and AQUA, because of my refusal or positive test.

CONCUSSION INFORMATION

As may be required by state law, USA Swimming is providing a concussion and head injury information sheet. The USA Swimming Concussion Information Sheet (three pages) is attached to this waiver. I acknowledge that the information contained in the USA Swimming Concussion Information Sheet is not medical advice and is no substitute for medical advice.

I acknowledge that I have received the USA Swimming Concussion Information Sheet. I also acknowledge that if I have any questions regarding the signs or symptoms of a concussion or other head injuries, the need to seek medical attention and the protocol for returning to daily activities, school and the swimming pool, I will consult with a licensed health care provider.

AUTHORIZATION AND EVENT PROMOTION

In consideration for USA Swimming allowing me to participate in the Competition, I agree and consent to be filmed, videotaped, audio recorded, and photographed by the official

photographer(s) and network(s) of USA Swimming at or in connection with the Competition, including pre-Competition, during the Competition, and post-Competition (the "Recordings"). I hereby grant to USA Swimming (with no obligation to compensate me) the irrevocable and perpetual right and license to use, reproduce, adapt, publicly distribute, perform, display, broadcast, acquire, activate, retain, and transmit (referred to herein as "Exhibit" or "Exhibition") and authorize others to Exhibit the Recordings and my name, nickname, initials, autograph, facsimile signature, voice, biographical data, statements, performance, video and/or film portrayals, photograph, results, electronic likeness and image, and/or facsimile image of me (collectively "My Likeness") throughout the world in any and all forms of media currently existing or hereafter created, including without limitation social media, in connection with (i) the Exhibition of the Competition, or portions of the Competition, and including any features or other portrayals of me, by USA Swimming or its media rights partner(s) via linear television, streaming, over the top digital, or such other form of Exhibition as approved by USA Swimming, (ii) promotion of the sport of swimming; (iii) the promotion or exhibition of one or more swimming competitions sanctioned or organized by USA Swimming; and/or (iv) any non-commercial use. For purposes of this Release and Waiver, the term "non-commercial use" means the use of the Recordings and My Likeness in a way that is not primarily intended for, or directed towards, commercial advantage or monetary compensation by an individual or organization. The foregoing authorization specifically includes, but is not limited to, the right to use, and the right to authorize others (including USA Swimming's commercial partners and sponsors) to use, the Recordings and My Likeness as part of a team of USA Swimming athletes and/or other participants as provided herein, but specifically excludes the use of My Likeness as part of a team in a way that conspicuously creates a direct commercial association between My Likeness and any product, service, or brand of a third party, unless USA Swimming first obtains my prior written consent. I agree not to use medals, photos, portraits, or films of me with the medals, which I receive for my performance in the Competition, for commercial purposes. Furthermore, it is agreed that I shall return these uniforms and equipment, bearing USA Swimming logos and marks, if and when requested. I acknowledge and agree that my participation in the Competition does **NOT** grant to me any right or license to Exhibit Recordings or portions thereof (in any and all forms of media currently existing or created) from the Competition without the prior express written consent of USA Swimming. This includes, without limitation, the use of video or audio footage on social media, YouTube, or other comparable site, or in personal videos. I understand and agree not to use or authorize the Exhibition of the uniforms and equipment provided by USA Swimming for commercial purposes without the prior written consent of USA Swimming.

AUTHORIZATION FOR MEDICAL SERVICES

I hereby give consent for USA Swimming and its medical representatives to obtain medical care and treatment and emergency medical services from any licensed physician, hospital, or clinic for injury associated with participation in Competitions. Additionally, I hereby agree that, in the event I elect to obtain any of these services or treatments from any sources other than those provided or approved by USA Swimming, I shall accept full and complete responsibility. I further authorize the release of any medical information necessary to process a claim for accident/medical payment insurance for an injury or illness incurred while I am participating as a member of the USA Swimming delegation at Competitions.

ACKNOWLEDGEMENT AND ASSUMPTION OF RISK

I understand my participation may involve inherent risks and dangers which include, without limitation, the potential for serious bodily injury, illness, permanent disability, paralysis, and death which could be caused by water, food, or other things in which I might come in contact with or ingest. I understand that these risks may be caused in whole or in part by my own actions, inactions, or negligence, or the actions, inactions, negligence of others participating in the Competitions, or the acts, inaction or negligence of the Released Parties (defined below). I voluntarily and knowingly recognize, accept and assume these risks. I agree to be familiar with and abide by the rules and regulations established for the Competitions. I also accept sole responsibility for my own conduct and actions while participating in the Competitions.

WAIVER AND RELEASE

In consideration of allowing me to participate in this activity and the Competition, I, intending to be legally bound, do hereby for myself and my heirs, executors and administrators, agree to release, hold harmless, and indemnify USA Swimming, Inc., the host team, the Local Swimming Committee, and/or their respective directors, officers, employees, members, volunteers, other participants, agents, representatives, successors and/or assigns (collectively, the "Released Parties"), of and from, and do discharge and waive, any and all claims, demands, losses, damages, costs, and liabilities, which may be sustained or suffered by me in connection with, entry in and/or arising out of my traveling to, residing at, participating in and returning from said Competition.

MISCELLANEOUS

The Waiver and Release Form shall be construed in accordance with and subject to the laws of the State of Colorado. If any paragraph, section, sentence, clause, or phrase contained in this Waiver and Release Form becomes or is held by a court of competent jurisdiction to be illegal, null, or void or against public policy, the remaining paragraphs, sections, sentences, clauses, or phrases contained in this Waiver and Release Form shall not be affected thereby.

Participant's Name (Please Print)

Participant's Signature

Team Name

Date

CONSENT TO DRUG TESTING, MEDICAL TREATMENT, AND WAIVER AND RELEASE

This is to certify on this date that I, as parent/guardian of _____, participating in the Competitions, give consent to USA Swimming and its medical representatives to obtain medical care from any licensed physician, hospital, or clinic for the above-mentioned athlete for injury that could arise from participating in the Competitions. I further consent to the random drug testing of the above-mentioned athlete during the Competitions and for the twelve (12) month period following any Competition, to the disclosure of test results, and to the other terms and conditions set forth in the paragraph above entitled DRUG TESTING. I also represent I am, in fact, acting in the capacity as the parent/guardian and agree to release, hold harmless, and indemnify the Released Parties on behalf of the minor athlete, of and from, and do discharge and waive, any and all claims, demands, losses, damages, costs, and liabilities, or whatsoever may be imposed upon said Released Parties because of any defect in or lack of such capacity to so act.

Parent/Guardian Name (please print)

Parent/Guardian Signature

Relationship

Date

Para 1 Sectional Motivational Time Standards

P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	Women				P1	Men			
	Sectional		Bonus			Sectional		Bonus	
	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
	1:18.39	1:18.39	121.59	121.59	50 FR	1:12.29	1:12.29	1:15.29	1:15.29
	2:44.39	2:44.39	1:51.19	1:51.19	100 FR	2:43.09	2:43.09	2:49.89	2:49.89
	6:33.69	6:33.69	6:50.09	6:50.09	200 FR	4:28.49	4:28.49	4:39.69	4:39.69
	1:32.69	1:32.69	1:36.59	1:36.59	50 BK	1:00.29	1:00.29	1:02.79	1:02.79
	2:50.39	2:50.39	2:57.49	2:57.49	100 BK	2:11.79	2:11.79	2:17.29	2:17.29
	1:25.79	1:25.79	1:29.39	1:29.39	50 BR	1:05.19	1:05.19	1:07.89	1:07.89
	4:04.79	4:04.79	4:14.99	4:14.99	100 BR	3:09.09	3:09.09	3:16.99	3:16.99
2:17.99	2:17.99	2:23.69	2:23.69	50 FL	2:02.29	2:02.29	2:07.29	2:07.29	
5:41.99	5:41.99	5:56.19	5:56.19	150 IM	5:27.29	5:27.29	5:40.99	5:40.99	

Para 2 Sectional Motivational Time Standards

P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	Women				P2	Men			
	Sectional		Bonus			Sectional		Bonus	
	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
	42.69	44.89	44.49	46.79	50 FR	39.29	41.39	40.89	43.09
	1:34.89	1:39.89	1:38.89	1:44.09	100 FR	1:26.59	1:31.19	1:30.19	1:34.99
	3:15.39	3:25.69	3:23.59	3:34.29	200 FR	3:03.19	3:12.79	3:10.79	3:20.89
	7:57.69	6:29.89	8:17.49	6:46.09	400/ 500 FR	7:42.39	6:17.39	8:01.59	6:33.09
	51.79	54.49	53.99	56.79	50 BK	44.39	46.79	46.29	48.69
	1:59.89	2:06.19	2:04.89	2:11.39	100 BK	1:51.19	1:56.99	1:55.79	2:01.89
	4:07.29	4:20.29	4:17.69	4:31.19	200 BK	3:28.79	3:39.69	3:37.39	3:48.79
	54.09	56.89	56.39	59.29	50 BR	50.29	52.99	52.39	55.19
	1:59.99	2:06.29	2:05.09	2:11.59	100 BR	1:51.59	1:57.49	1:56.19	2:02.39
	4:22.79	4:36.59	4:33.79	4:48.19	200 BR	4:00.79	4:13.49	4:10.79	4:23.99
	52.19	54.89	54.39	57.19	50 FL	40.69	42.79	42.39	44.59
	2:14.19	2:21.19	2:19.79	2:27.09	100 FL	2:07.49	2:14.19	2:12.79	2:19.79
	4:08.79	4:21.89	4:19.19	4:32.79	200 IM	3:49.19	3:59.19	3:56.69	4:09.19

Para 3 Sectional Motivational Time Standards

	Women					Men			
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	Sectional		Bonus		P3	Sectional		Bonus	
	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
	33.09	36.69	34.39	38.19	50 FR	28.89	32.19	30.09	33.49
	1:10.39	1:18.19	1:13.39	1:21.49	100 FR	1:02.89	1:09.89	1:05.49	1:12.79
	2:53.69	3:12.89	3:00.89	3:20.99	200 FR	2:23.79	2:39.79	2:29.79	2:46.39
	6:35.19	5:47.39	6:51.69	6:01.89	400/ 500 FR	6:12.49	5:27.39	6:27.89	5:40.99
	15:10.39	12:54.79	15:44.49	13:23.79	800/ 1000 FR	14:41.29	12:29.99	15:17.89	13:01.19
	27:41.99	25:57.69	28:40.09	26:52.09	1500/ 1650 FR	27:15.29	25:32.59	28:23.49	26:36.49
	40.09	44.49	42.19	46.79	50 BK	33.19	36.89	34.59	38.39
	1:24.49	1:33.79	1:27.99	1:37.69	100 BK	1:09.89	1:17.69	1:12.79	1:20.89
	3:22.59	3:45.09	3:32.79	3:56.39	200 BK	2:47.59	3:06.19	2:54.59	3:13.99
	40.49	44.99	42.59	47.29	50 BR	36.19	40.29	37.79	41.89
	1:29.79	1:39.69	1:33.49	1:43.89	100 BR	1:20.49	1:29.39	1:23.79	1:33.09
	3:16.29	3:38.39	3:26.39	3:49.29	200 BR	2:56.09	3:15.59	3:03.39	3:23.79
	36.39	40.39	38.29	42.49	50 FL	31.49	34.99	32.79	36.39
	1:16.29	1:24.69	1:19.39	1:28.19	100 FL	1:06.09	1:13.49	1:08.89	1:16.49
	3:12.89	3:34.29	3:22.49	3:44.99	200 FL	2:47.39	3:05.89	2:44.29	3:13.69
	2:58.49	3:18.29	3:05.99	3:26.59	200 IM	2:32.49	2:49.49	2:38.89	2:56.49
	7:01.19	7:47.99	7:22.29	8:11.39	400 IM	6:06.79	6:40.09	6:56.79	6:56.79