

2025 CA BREA CA/NV Speedo Sectionals
Walnut, California
December 19 - 22, 2025



Open to All CA, CC, PC, SI, SN teams
Limited to 900 swimmers

Location:

Mt. San Antonio College
1100 N Grand Ave
Walnut, CA 91789

Sponsored By:

USA Swimming & Southern California Swimming

Hosted By:

Brea Aquatics (BREA)

2025 CA BREA CA/NV Speedo Sectionals Walnut, California

SANCTIONED BY: SOUTHERN CALIFORNIA SWIMMING/USA SWIMMING

SANCTION #: S25-224

HOSTED BY: BREA AQUATICS

DATES OF MEET: December 19-22, 2025

MEET REFEREE: Judi Creech; jjjcreech@comcast.net; 360-909-7526

MEET DIRECTOR: Jodi Lepp; Coachjodi@breaaquatics.com; (909)-615-7643

ADMIN REFEREE: Alina de Armas; breammeetentries@gmail.com; (805)-444-0317

OPEN TO: CA, CC, PC, SI, SN athletes

ENTRIES CLOSE: Wednesday, December 10th, 2025 @ 5:00 pm pacific

MEET SCHEDULE SUMMARY

MEETING SCHEDULE		
General Meeting	Wednesday, December 17 th @ 7:30 pm pacific (via Zoom)	
Officials Meetings	1 hour prior to competition	
COMPETITION SCHEDULE	PRELIMINARIES	FINALS
Friday December 19th (Timed Finals)		Warm-up: 2:00 pm – 3:50 pm Competition: 4:00 pm
Saturday and Sunday, December 20 th & 21 st	Warm-up: 7:00 – 8:50 am Competition: 9:00 am	Warm-up: 4:00 pm – 4:50 pm Competition: 5:00
Monday, December 22 nd	Warm-up: 7:00 – 8:20 am Competition: 8:30	Warm-up: 3:00 pm – 3:50 pm Competition: 4:00 pm

FORMAT:

This meet will be conducted in SCY. All individual events except the 1000/1650 freestyles will be conducted on a Preliminaries and Finals basis. At the Meet Referee's discretion, preliminary sessions may be conducted in flights or in two courses. If either flighting or two courses are deemed necessary, information will be disseminated at or before the General Meeting. The top three heats of swimmers from preliminaries will advance to A, B, and C heats in the Finals.

POOL: Mt. San Antonio College Pool, 1100 N. Grand Ave, Walnut CA 91789

COURSE: Mt. San Antonio College pool is an outdoor heated 60 meter pool; with two (2) 25 yard competition areas with up to two courses of 9 lanes each, and a separate warm-up pool. This competition course with bulkhead in position has been certified in accordance with 104.2.2 (C) and is on file with USA Swimming. The competition pool is 8 feet deep throughout and equipped with Omega starting platforms, including wedges with the ability to get relay reaction times. Omega backstroke ledges will be used in the meet.

ELIGIBILITY:

Open to athletes in Central California, Pacific, Southern California, San Diego/Imperial, and Sierra Nevada Swimming who hold 2025 or 2026 USA Swimming Premium or Outreach membership. Entries accepted by OME ONLY. Relay-only swimmers MUST be included in the team electronic entry file. Please designate unattached swimmers 'UN'. All TEAMS must be 2025 or 2026 registered and have 2025 or 2026 approved team charters. On deck registration is NOT permitted. If an entering team is not 2025 or 2026 registered, all swimmers must swim as unattached "UN" at this meet and may not compete in relays. All Coaches and athletes will be required to sign a USA Swimming waiver prior to being allowed to participate in the meet. This is posted on Western Zone and BREA websites.

ENTRY INFORMATION:

GENERAL:

All entries must be submitted and received electronically via USA Swimming OME. OME is the only method of entry. Meet entry times must be designated "Y" for short course yards and "L" for long course meters. Name of the OME File is TBD and will be published on the Western Zone website. Coaches: please note you must be logged into SWIMS to see the meet.

- 1) Please pass this link to all who will be attending the meet: <https://t.me/+nphrUbpZy9swNTEx>. . This Telegram link is for general one way communication, which will give you details leading up, during and after the meet.
- 2) Short Course Yards (SCY) qualifying times will be seeded first followed by Long Course Meters (LCM), Bonus SCY, Bonus LCM. qualifying times must be achieved between 9/1/24 and 12/7/25.
- 3) ***NEW: 50 Stroke Events (50 Fly, 50 Back, 50 Breast): To be eligible for the 50 stroke events, a swimmer must have a sectional cut / bonus time in the 100 stroke and enter at his / her 100 stroke time. No 50 times will be allowed for entry times.***
- 4) OME Entry: Alina de Armas: breametentries@gmail.com; (805)-444-0317. OME will open on Monday, October 13, 2025 and OME Entries will close on Wednesday, December 10th, 2025 @ 5:00 pm Pacific Time.
- 5) Athletes may compete in no more than six (6) individual events.
- 6) Athletes may compete in no more than three (3) individual events per day.
- 7) An athlete with 5 or fewer qualifying times may enter one (1) additional bonus event (labeled "B" on entry) if the athlete has achieved the listed bonus time standard. An athlete with 4 or fewer qualifying times may enter two (2) additional bonus events (labeled "B" on entry) if the athlete has achieved the listed bonus time standards.
- 8) Para athletes meeting the current USA Swimming Sectional time standards are encouraged to attend this meet.
 - a. Athletes can swim up to 6 events in which they have the time standards
 - b. Coaches entering swimmers with disabilities that require any accommodations, including the need for any personal assistants and/or registered service animals, must provide advance notice in writing, to the meet director by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

FEES:

Athlete Surcharge:	\$26
Facility Surcharge:	\$5
Individual Event:	\$16
Relays:	\$32

NEW QUALIFYING TIMES:

Only swims achieving the qualifying time standards for the first time from Monday, December 8, 2025,

through Sunday, December 14, 2025 are allowed and must be entered through OME. Two files will be made available for these entries: one for new swimmers in the meet and one for new qualifying times from swimmers already in the meet. The file names will be published on the Western Zone website in early December. **These entries must be submitted no later than 5:00 pm Pacific Time on Monday, December 15th, 2025**, and cannot be used to improve the seed time of a prior entry unless the improvement achieves a new bonus or qualifying standard. WHEN a new qualifying time is achieved in an event that the athlete has currently entered as a bonus event, please contact the admin referee to ensure the swimmer is seeded with the updated time. Normal entry fees apply.

LATE ENTRIES:

Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements and space being available in the meet:

- 1) Late entries must be submitted through OME. **The file name to use will be provided in early December and posted on the Western Zone website.**
- 2) **These entries must be submitted no later than 5:00 pm Pacific Time on Monday, December 15th, 2025.**
- 3) The team or athlete must pay a one-time processing fee of \$100 and pay entry fees of \$32 per individual event and \$64 per relay event.

PROOF OF TIME:

This is a proof of time meet. The entry chair will verify all entries against the USA Swimming SWIMS time database. An unverified entry time must be proven by the scratch deadline for that event or the athlete/relay team will be scratched from that event. Only athletes/relay teams with verified times will be seeded. Entry times not proven by the scratch deadline shall be subject to the "Responsibility Clause" in USA Swimming Rules and Regulations (207.8.5A). **NOTE:** Proof of Time is required through SWIMS, the national times database, or recognized FINA competitions. Times must be achieved at (a) a USA Swimming sanctioned competition; (b) a USA Swimming observed competition; (c) a USA Swimming approved competition; or (d) a FINA approved competition. Times in this database are not automatic meet entries, only proof of entered time. Times achieved at BLOCK PARTY meets are NOT eligible as proof of time for a Sectional meet per USA Swimming guidelines.

RULES AND PROCEDURES:

MEET REFEREE: Judi Creech; jjjcreech@comcast.net; 360-909-7526. Any questions regarding the conduct of the meet should be made directly to the Meet Referee.

PERSONAL RESPONSIBILITY:

Each Athlete and Coach is responsible for understanding the scratch rules and check-in procedures, and for being familiar with the contents of this Meet Announcement and any announcements made at the General Meeting.

RULES:

USA Swimming Rules and National Championship rules/procedures will govern the conduct of this meet. It is understood and agreed that USA Swimming, the Meet Host(s), Facility Owner(s), and the LSC shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Eligibility and Technical juries consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review protests within their jurisdiction as defined in USA Swimming Rules.

ATHLETE PROTECTION / MAAPP/ MEET 360:

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 USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.

The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. 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 in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after December 19th, 2025 of the actual competition, who has not completed Athlete Protection Training 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 after December 19th, 2025, 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.

SWIMWEAR: Swimwear must conform to USA Swimming Rule 102.8.

RACING START CERTIFICATION:

Any Athlete entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water without the use of a backstroke ledge. When unaccompanied by a member coach, it is the responsibility of the athlete or athletes' legal guardian to ensure compliance with this requirement.

SCRATCH PROCEDURES AND DEADLINES:

- 1) The USA Swimming National Championship scratch procedure and no-show rules in Article 207.11.6 in the current rulebook will be used at this meet. The penalty for failure to compete in an individual preliminary heat or positively checked-in timed final event in which such athlete is entered and has not been scratched will be one of the following:
 - a. Being barred from all further individual and relay events of that day.
 - b. Payment of a fine of \$100 payable to team host (cash or check made out to Brea Aquatics).
- 2) The scratch deadline is 30 minutes after the start of finals on Friday, Saturday, and Sunday for the next

day's events. Scratches must be turned into Admin Table at the pool. Coaches may email scratches by the scratch deadline to the admin referee(breametentries@gmail.com) throughout the meet.

- 3) The scratch deadline for the 27 athletes who qualify for each final event is 30 minutes after the announcement. An athlete who notifies the Administrative Referee within that 30 minute period of their intent to scratch an event **must** notify the Administrative Referee of their definitive intention within 30 minutes of their last individual preliminary event. An athlete who fails to scratch and "no shows" a final will be removed from the meet.

POSITIVE CHECK-IN:

Positive check-in is required for:

- 1) All Friday events (Women's 1000 Yard Freestyle / Men's 1650 Yard Freestyle / Men and Women 200 / 800 Free relays) by Friday at 2:30 pm (30 minutes after the start of warm-up). Positive check-in can be done via email or text to the admin referee (breametentries@gmail.com; (805)-444-0317) or at the pool.
- 2) Saturday, Sunday, and Monday relays by the scratch deadline for the next day's events.
- 3) Monday distance events (Women's 1650 yard Freestyle and Men's 1000 yard Freestyle): Sunday 30 minutes after start of finals.
- 4) Any "no show" athlete from prelim sessions.

OTHER TECHNICAL NOTES:

- 1) All preliminary heats will be swum slowest to fastest. The Meet Referee has the discretion to flight the 400 IM / 500 Free and swim these preliminary events alternating women and men and / or to swim these events fastest to slowest. A short break can be scheduled before the start of these events at the Meet Referee's discretion.
- 2) On Friday night, the women's 1000 yard freestyle and men's 1650 yard freestyle will be swum fastest to slowest and alternate if only one course is used.
- 3) The fastest heat of women's 1650 yard Freestyle and the fastest heat of men's 1000 yard Freestyle will swim in event order at finals. The remaining heats of women's 1650 and men's 1000 Freestyle events will follow the National Championship seeding procedure. The second fastest heat of the men's event will finish approximately one hour prior to the start of the finals session. All other heats of the women's 1650 and the men's 1000 Freestyle will be seeded back from that point, in descending order, alternating women / men.
- 4) Monday: The option to compete the 1650 yard or 1000 yard Freestyle during the preliminary session, instead of the fastest 9 entries at finals, must be declared by the scratch deadline on Saturday night. All athletes should declare at the time of positive check-in.

FINALS:

27 athletes will advance to the finals in events 500 yards or less. Finals will be in the following order: Bonus Final(C), Consolation(B), Championship(A) with 9 athletes qualifying for each Final Heat. The Top 27 qualifiers must scratch by the scratch deadlines if they do not wish to swim in finals. Championship Final (A heat) will be announced at the blocks. C and B heats will be announced in the water.

RELAYS:

- 1) A team may enter no more than two relays in each relay event. Relays must be pre-entered; relay times must be provable by team or aggregate. An athlete may be used only once to prove a relay in each relay event. Relays must scratch by the scratch deadline for the day swum. Relay Only athletes must be declared on the team entry in OME.
- 2) Relays will be contested at the end of Timed Finals Friday and end of Finals Saturday, Sunday, and Monday. Relays will be swum in the National format: fastest two heats of women (slow to fast), fastest two heats of men (slow to fast), remaining heats alternating women and men, fast to slow.

- 3) The option to swim the 400 Yard Free Relay on Monday at the conclusion of prelims (before the 1650 yard /1000 yard freestyle), must be declared by the scratch deadline on Saturday.
- 4) There will be a ten (10) minute break following the last individual event before starting the relays. The competition pool will be open for warm-up during that time.

AWARDS:

- 1) Team awards: first through third place in each division. Large, Medium, and Small team divisions will be based on the number of individual events entered by a team. These could be adjusted depending on meet size.
- 2) High point award: The top male and female athlete. Individual event awards: first through third place. Relay awards: first through third place.
- 3) Individual Scoring to be as follows (27 places); 33-30-29-28-27-26-25-24-23; 21-19-18-17-16-15-14-13-12; 10-8-7-6-5-4-3-2-1. Relay scoring will have double the point value.
- 4) Divisional scoring will be based on the 27 places, points applied towards team's overall score in team's division. There is no tiered Scoring by Division.
- 5) Coach of the Meet: Ballots will be made available on Saturday evening and will be attached to those teams who have relays swimming on Sunday. Ballots will be collected thru end of prelims Sunday in the admin area. Teams that do not have relays swimming can pick up their ballots by the scratch box.
- 6) Medals will be presented to the top three finishers in the A heat of Finals as they exit the pool.

TIME TRIALS: Sanction #: S25-225

- 1) Meet Referee: TBD
- 2) Time Trials will be conducted on a time-available basis and are limited to approximately one hour.
- 3) Entries for Time Trials will be conducted with cash or check made out to BREA Aquatics. PAYMENT AT TIME OF ENTRY IS REQUIRED.
- 4) Athletes must be entered in the meet and have paid the athlete surcharge to swim in Time Trials.
- 5) 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 two (2) time trials total during the course of the meet.
- 6) Events offered will be limited to the events in the meet.
- 7) Distance events (1000 yard freestyle / 1650 freestyle / 800 free relay) will be held on one day. This day will be announced at the general meeting.
- 8) Relay only swimmers will be allowed to swim in time trials.
- 9) Time Trial Entry Fees: \$20.00 per individual event / \$40 per relay.

WARM-UP (PLEASE DOUBLE CHECK):

- 1) The competition course will be open for general warm-up on Friday 2:00 – 3:50 pm, on Saturday through Sunday from 7:00-8:50 am and 3:30– 4:50 pm, and on Monday from 7:00 – 8:20 am and 2:30 – 3:50 pm.
- 2) Warm-up lanes will be available on Thursday evening and Friday morning; times will be announced at the General Meeting.
- 3) Pace and sprint lanes will be so designated at the discretion of the Referee, Sprint lanes will be one-way from the blocks under USA Swimming member coach supervision
- 4) Lanes will be available for warm-up/cool down at all times. No paddles, snorkels or other breathing devices, boards or fins will be allowed in the competition course(s) at any time.
- 5) Athletes must enter the pool feet first while maintaining at least one hand on the pool deck until both feet touch the water (3-point entry). NO DIVING or JUMPING allowed from the blocks or the edge of the pool unless the lane is a sprint lane under coach supervision.

CLOSED DECK:

This meet will be run with a CLOSED DECK AREA. Coaches, officials, athletes and designated volunteers will have access to the competition deck with proper credentials. A replacement credential will cost \$10. The deck will be closed to parents and spectators.

TIMERS:

There will be two timers per lane. Teams participating at the meet will be assigned lanes and asked to provide volunteers at all sessions. Specific lane assignments will be given by Tuesday prior to meet start.

RESTRICTIONS:

- 1) Tobacco products of any kind, vaping, alcohol beverages, and glass containers are not allowed in the swimming venue.
- 2) Shaving is not permitted anywhere in the facility.
- 3) There will be separate restroom facilities for athletes and coaches / officials / spectators.
- 4) Trained service animals or service animals in training with identifiable vests will be allowed. Service animals must remain on a leash or be in a harness at all times.
- 5) Deck changes are prohibited; athletes need to change in designated bathrooms or in USA Swimming approved team changing tents.
- 6) 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.
- 7) The use of audio-visual recording devices, including cell phones, is not permitted in the locker rooms, changing areas or restrooms. No cameras (including cell phone cameras) or other recording devices are allowed behind the blocks at any time. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into this meet is acknowledgement and consent to this fact.

EMERGENCY SERVICES:

- 1) Lifeguards: No Lifeguards on duty, there will be an EMT on duty throughout the meet
- 2) First aid kit & AED: First Kit located to the left of the main entrance of the pool through (Gate 11). AED's are located in the entrance to each of the main locker rooms
- 3) Emergency: Call Campus Security (909)-274-4555 then 911. Please also notify the meet director.
- 4) Closest urgent care: Express Urgent Care 750 N Diamond Bar Ste 102 Diamond Bar (909) 718-2455
- 5) Closest hospital: San Dimas Community Hospital 1350 W Covina Blvd San Dimas, (909) 599-6811

OFFICIALS:

- 1) The official application form is open. The link to apply is posted on the Western Zone website and is found here: <https://forms.gle/PDZaxBKX8XcJF53Y6>
- 2) This meet will be designated as an OQM for N2 & N3 certification (Official Qualifying Meet)
- 3) Official's briefings: 1 hour prior to the start of each session.
- 4) Attire: White polo type shirt over khaki pants and white socks and white deck friendly shoes. Professional length shorts are fine for prelims, long pants/long skirt required at finals.

ADDITIONAL INFORMATION:

- 1) Snack Bar will be provided.
- 2) Coach and official hospitality will be available throughout the meet.
- 3) Parking Info: Parking will be free throughout the meet. A map will be provided with notes after the general meeting.
- 4) Hotel information: Hotel information is provided on the BREA Aquatics website: <https://www.gomotionapp.com/team/scsba/page/teamfeed>

2025 CA BREA CA/NV Speedo Winter Sectionals

Order of Events and Time Standards

***1650 and 1000 Event order on Monday is the Finals Session order. In Prelims, the 1650 and 1000 heats EXCEPT for the FASTEST heat of checked in athletes will swim per National Championship meet procedures.**

****Please see technical notes for rules for running these events in prelims.**

***** Please see entry information, general note #3 for requirements to enter 50 strokes**

WOMEN	YARDS	METERS	EVENTS	YARDS	METERS	MEN
Friday, December 19, 2025						
4:00 pm Timed Finals						
1	10:39.89	9:36.09	1000 Y Freestyle			
			1650 Y Freestyle	16:43.89	17:13.49	2
3	1:44:69	1:59.29	200 Y Freestyle Relay	1:32:99	1:46:89	4
5	8:00.19	9:05.59	800 Y Freestyle Relay	7:15.29	8:15.69	6
Saturday, December 20, 2025						
9:00 AM PRELIMS 5:00 PM FINALS						
7			***50 Y Backstroke			8
9	1:56.29	2:12.99	200 Y Freestyle	1:45.79	2:03.09	10
11	1:07.59	1:18.79	100 Y Breaststroke	1:00.89	1:11.29	12
13	59.19	1:07.19	100 Y Butterfly	52.89	1:00.89	14
15	4:39.09	5:20.09	**400 Y Individual Medley	4:14.69	4:55.09	16
17	4:02:69	4:36:09	400 Y Medley Relay	3:38:99	4:09:69	18
Sunday, December 21, 2025						
9:00 AM PRELIMS 5:00 PM FINALS						
19			***50 Y Breaststroke			20
21	2:10.09	2:27.99	200 Y Butterfly	1:58.89	2:15.89	22
23	59.49	1:09.49	100 Y Backstroke	53.89	1:03.29	24
25	24.89	28.69	50 Y Freestyle	22.19	25.89	26
27	2:28.19	2:49.69	200 Y Breaststroke	2:13.29	2:35.79	28
29	5:10.69	4:39.69	**500 Y Freestyle	4:47.79	4:21.09	30
31	1:56:29	2:13:39	200 Y Medley Relay	1:44:69	1:59:69	32
Monday, December 22, 2025						
8:30 AM PRELIMS 4:00 PM FINALS						
33	53.99	1:01.89	100 Y Freestyle	48.19	56.09	34
35*	17:46.59	18:22.99	1650 Y Freestyle *			
			1000 Y Freestyle*	9:59.49	9:04.69	36*
37	2:08.59	2:29.19	200 Y Backstroke	1:57.29	2:17.39	38
39			***50 Y Butterfly			40
41	2:10.49	2:31.09	200 Y Individual Medley	1:58.19	2:18.39	42
43	3:41.79	4:11.59	400 Y Freestyle Relay	3:18.59	3:46.89	44

**2025-2026 CA/NV Speedo Sectionals
Bonus Time Event Standards**

WOMEN			MEN	
SCY	LCM	Event	SCY	LCM
25.69	29.49	50 Freestyle	22.79	26.59
55.49	1:03:69	100 Freestyle	49.49	57.69
1:59.59	2:16.69	200 Freestyle	1:48.79	2:06.59
5:19.49	4:47.59	400 / 500 Freestyle	4:55.99	4:28.49
10:57.99	9:52.49	800 / 1000 Freestyle	10:16.39	9:20.09
18:16.79	18:54.19	1500 / 1650 Freestyle	17:12.29	17:42.79
1:01.19	1:11.39	100 Backstroke	55.39	1:05.09
2:12.29	2:33.39	200 Backstroke	2:00.59	2:21.29
1:09.49	1:20.99	100 Breaststroke	1:02.59	1:13.29
2:32.39	2:54.49	200 Breaststroke	2:17.09	2:40.19
1:00.89	1:09.09	100 Butterfly	54.39	1:02.59
2:13.79	2:32.19	200 Butterfly	2:02.19	2:19.79
2:14.19	2:35.39	200 Individual Medley	2:01.59	2:22.29
4:46.99	5:29.09	400 Individual Medley	4:21.89	5:03.49