



**VIRGINIA SWIMMING SHORT COURSE  
AGE GROUP CHAMPIONSHIP**  
March 9 – 12, 2023  
SANCTION NO. VS-23-77

Hosted by:



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-23-77</b></li> <li>USA Swimming, Inc., Virginia Swimming, Inc., CGBD Swimming, and Hampton Virginia Aquaplex shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</li> <li>In applying for this sanction, Coast Guard Blue Dolphins agree to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and City of Hampton.</li> </ul>		
<b>LOCATION:</b>	<ul style="list-style-type: none"> <li>Hampton Virginia Aquaplex, 1908 Coliseum Drive, Hampton, Va, 23666. Phone: (757) 263-0999</li> </ul>		
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>8-lane, 50-meter indoor pool 6 feet 8 inches deep at one end and 13 feet deep at the diving board end; lanes are 8 feet 2 inches wide; overflow gutters; non-turbulent lane markers; Colorado Timing System.</li> <li>Warm-up/Warm-down Pool: 8-lane, 25-yard indoor pool three feet six inches at one end and four feet six inches at the other end. No Diving is allowed in this pool.</li> <li>Lifeguards stations on deck. AED devices available. Hampton Fire and Rescue 1. miles to Hampton Aquaplex.</li> <li>The 50-meter pool will be set up into two 25-yard courses.</li> <li>1500 second level seats are available for spectators. Only swimmers, coach's officials and meet staff/volunteers will be allowed on the pool deck.</li> <li>The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4)</li> <li>In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.</li> </ul>		
<b>MEET DIRECTOR:</b>	<table border="0"> <tr> <td>MC Banks VSI Age Group Chair Phone: (410) 967-2525 Email: <a href="mailto:coachmc@novaswim.org">coachmc@novaswim.org</a></td> <td>Chris Rowe CGBD Coach Phone: (843) 530-5661 Email: <a href="mailto:coachchris@cgbdswim.org">coachchris@cgbdswim.org</a></td> </tr> </table>	MC Banks VSI Age Group Chair Phone: (410) 967-2525 Email: <a href="mailto:coachmc@novaswim.org">coachmc@novaswim.org</a>	Chris Rowe CGBD Coach Phone: (843) 530-5661 Email: <a href="mailto:coachchris@cgbdswim.org">coachchris@cgbdswim.org</a>
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>Open to all Virginia Swimming registered athletes registered prior to the first day of the meet who are 14 years old and younger and meet the qualifying time in each event entered. 11-12 year old swimmers must have achieved the 13-14 qualifying time to swim either the 1000 or 1650 Y Freestyle.</li> <li>Swimmers who have a minimum qualifying time in the 1000 Yard Freestyle or the 1650 Yard Freestyle may swim both events. This applies to all 11-14 year-old swimmers.</li> <li>No on deck Virginia Swimming athlete registration will be permitted.</li> <li>The qualifying period for this meet is January 1, 2022 through March 8, 2023</li> <li>Age on March 9, 2023 will determine age for the entire meet.</li> </ul>		
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>		
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>Individual events: <ul style="list-style-type: none"> <li>Thursday: 10 &amp; under 500 Y Freestyle, 11-12 500 Y Freestyle, and 11-14 1000 Y Freestyle will be swum as timed finals.</li> <li>Friday: 11-12 400 IM swill be swum as a timed final event with the top 8 swimmers after scratches competing Friday night in finals.</li> </ul> </li> </ul>		

	<ul style="list-style-type: none"> <li>○ Sunday: 11-14 1650 Y Freestyle will be swum as a timed final event.</li> <li>○ All other events swim be swum as preliminary / finals events.</li> <li>● Thursday evening events will be swum in two pools. <ul style="list-style-type: none"> <li>○ All individual events (10 &amp; under 500 Y Freestyle, 11-12 500 Y Freestyle and 11-14 1000 Y Freestyle) will be swum fastest to slowest.</li> <li>○ The 13-14 800 Y Freestyle Relays will be seeded and swum slowest to fastest.</li> <li>○ The two pools will be separated and swum in Boys and Girls courses. If one pool finishes early, those lanes may be utilized to expedite the finish of races from the other pool, at the discretion of the Meet Referee.</li> </ul> </li> <li>● All preliminary events will be swum in two pools, Friday through Sunday, with competition in each pool to be determined after entries are received.</li> <li>● Finals (Friday through Sunday) will be swum in one pool with the consolation heat swimming first, followed by the final heat. <ul style="list-style-type: none"> <li>○ Top 16 11-12 and 13-14 swimmers will qualify for finals</li> <li>○ Top 8 10 &amp; under swimmers will qualify for finals.</li> </ul> </li> <li>● The 1650 Y Freestyle will be swum in two courses fastest to slowest, 20 minutes after the conclusion of Sunday's preliminary session relays. If one pool finishes early, those lanes may be utilized to expedite the finish of races from the other pool, at the discretion of the Meet Referee. The final heat of boys and girls may be combined.</li> <li>● Relay events: <ul style="list-style-type: none"> <li>○ Will be Timed Finals.</li> <li>○ All 10 &amp; under relays will swim during the preliminary sessions.</li> <li>○ The fastest heat of all 11-12 relays and all 13-14 relays on Friday and Saturday will be swum in the finals sessions. All remaining heats will be swum during the preliminary sessions.</li> <li>○ All heats of the 400 Y Freestyle Relay will be swum Sunday during the preliminary session.</li> <li>○ Relays will be seeded so that the slowest heat has at least three teams, even if this means that a heat in the finals session has fewer than eight teams</li> <li>○ All relays both entered and swum must have at least two swimmers that have been entered in an individual event in the meet.</li> </ul> </li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>● Thursday Evening Session: Warm-ups: 3:00 pm; competition starts at 4:15 pm</li> <li>● Preliminary Sessions: <ul style="list-style-type: none"> <li>○ Friday and Saturday Warm-ups: 7:00 am; competition starts at 8:30 am</li> <li>○ Sunday Warm-up: Not before 7:00am; competition starts not before 8:30 am</li> </ul> </li> <li>● 1650 Y Freestyle Session: Competition will begin 20 minutes after the 13-14 400 Y Freestyle relays.</li> <li>● Final Sessions: <ul style="list-style-type: none"> <li>○ Friday and Saturday: General warm-ups: not before 4:30 pm; Specific warm-ups not before 5:00 pm; Competition starts: not before 5:30 pm</li> <li>○ Sunday: General warm-ups: not before 3:30 pm; Specific warm-ups not before 4:00 pm; Competition starts: not before 4:30 pm</li> </ul> </li> <li>● Lane assignment and warm-up times for individual clubs will be posted on the CGBD website no later than Sunday March 5, 2023, and will also be emailed to the contact person of the participating clubs.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 11:59 pm, WEDNESDAY, MARCH 1, 2023.</b></p> <p><b>ENTRY PROCEDURES –</b></p> <ul style="list-style-type: none"> <li>● Entries must be submitted in Short Course Yards times using Commlink-2 software.</li> <li>● Teams must submit entries via e-mail to Emily Fagan, <a href="mailto:businessoffice@virginiaswimming.org">businessoffice@virginiaswimming.org</a>.</li> <li>● A printout of entries <u>including proof of times</u> with the name, email address, and phone number of the person to contact in case of questions must accompany the electronic entry file.</li> <li>● <b>LATE ENTRIES.</b> Entries desired after 11:59 pm, Wednesday, March 1, 2023 and prior to the start of the meet, must be sent to <a href="mailto:businessoffice@virginiaswimming.org">businessoffice@virginiaswimming.org</a> for input and will be considered late. <ul style="list-style-type: none"> <li>○ All late entries must submit proof of time.</li> <li>○ Late entries may not be used to improve the seed time of an earlier entry.</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Conforming and Non-Conforming times will be used for entry in this order: Short Course Yards, then Long Course Meters, then Short Course Meters</b></li> <li>• <b>PROOF OF TIMES:</b> <ul style="list-style-type: none"> <li>○ Verification of times for all events (including relays) is required. Proof of time is defined as a time that is included in the SWIMS database or which can be proven by official results of a sanctioned, approved, or observed meet.</li> <li>○ Proof of times including the date and name of the meet where the time was achieved must be included with the entry file.</li> <li>○ Any additional requested proof of times must be submitted prior to the scratch deadline for the session in which the event is being swum. The proof of times must include the name of the athlete as well as the meet, event, and time swum.</li> <li>○ After the meet, VSI staff will conduct an audit of entry times vs. meet results. Based on the results of this audit, a team may be required to provide additional proof of time for selected swims. Failure to provide this additional proof will result in the swim(s) being identified as illegal participation with fines assessed as described in the Penalties section below.</li> <li>○ Any proof of times received after the heat sheet has been printed will be seeded in the first heat with an extra heat being added if necessary.</li> </ul> </li> <li>• <b>Entries not proven by the proof of time deadline specified above will be scratched.</b></li> <li>• <b>ENTRY LIMITS:</b> <ul style="list-style-type: none"> <li>○ <b>Individual Events:</b> Swimmers may enter a maximum of 8 events, no more than three per day and 2 relays per day.</li> <li>○ <b>Relays:</b> Two (2) per team per event. <b>All entries for the 13/14 200 Y Medley relays must use 400 Y Medley relay times.</b></li> </ul> </li> <li>• The Meet Director, in conjunction with the Meet Referee reserves the right to combine heats and events, which may require reseeding.</li> </ul>
<b>FEES:</b>	<p><b>Individual Events: \$13.00</b>  <b>Relay Events: \$20.00</b>  <b>Swimmer Fee: \$2.50 per person</b> (entered in the meet in any capacity)</p> <p>Includes:</p> <ul style="list-style-type: none"> <li>• Free Access to Heat Sheets (\$12 Value) <ul style="list-style-type: none"> <li>○ Meet Mobile</li> <li>○ PDF Files for each Session online:</li> <li>○ Limited Hard Copies on site</li> </ul> </li> </ul> <p><b>Late Entry Fees:</b> In addition to the regular entry fee, a fee of <b>\$10</b> per event prior to the first day of the meet and <b>\$25</b> per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <p><b>Payment:</b></p> <ul style="list-style-type: none"> <li>• <b>Payment for entries must be made by check or credit card.</b> <ul style="list-style-type: none"> <li>○ Checks should be may payable to <b>Virginia Swimming</b> and mailed to  Virginia Swimming  PO Box 1059  Appomattox, VA 24522</li> <li>○ Payment by credit card can be submitted through the Payment Center on the Virginia Swimming website.</li> </ul> </li> <li>• The total fees for all entries, including any late entry fees, must be paid prior to the first session of the meet (Thursday, March 9, 2023). <b>Failure to pay entry fees by this deadline could result in the team being barred from the meet.</b></li> <li>• Payment for events entered at the meet must be made at the time of the request (made to Administrative Referee).</li> <li>• <b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• <b>Instructions for submitting scratches will be distributed to all teams and posted on the Virginia Swimming website NLT Monday, March 6, 2023.</b></li> </ul>

	<ul style="list-style-type: none"> <li>• All events will be pre-seeded with the exception of the following which will be deck-seeded after the scratch deadlines: all relays, the 400 IM, and the 500, 1000, and 1650 Freestyles.</li> <li>• Scratches deadlines for deck-seeded events:: <ul style="list-style-type: none"> <li>○ Thursday evening events by 3:30 pm</li> <li>○ Friday: <ul style="list-style-type: none"> <li>▪ All Relays: 7:30 am</li> <li>▪ 400 IM: 7:30 am</li> </ul> </li> <li>○ Saturday: 13/14 500 Freestyle 8:00 am</li> <li>○ Sunday: 11/14 1650 Freestyle: 8:00 am</li> </ul> </li> <li>• <b>A swimmer who doesn't scratch from a deck-seeded event and does not show up to compete will not be allowed to swim his/her next event.</b></li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events will be awarded medals for first through eighth place.</li> <li>• Relay events will be awarded medals for first through third place and ribbons for fourth through eighth place.</li> <li>• High point will be awarded for girls and boys in the 10 &amp; Under, 11-12, 13-14 age groups and overall.</li> <li>• Team awards will be given. <ul style="list-style-type: none"> <li>○ The winning team will receive a banner. The teams placing second through sixth will receive a plaque.</li> <li>○ Large Team, Medium Team, and Small Team: Girl's and boy's highest overall score in each category.</li> </ul> </li> <li>• Scoring <ul style="list-style-type: none"> <li>○ Individual Events: F – 20-17-16-15-14-13-12-11, C – 9-7-6-5-4-3-2-1.</li> <li>○ Relay Events: F – 40-34-32-30-28-26-24-22, C – 18-14-12-10-8-6-4-2</li> </ul> </li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>• A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as <ul style="list-style-type: none"> <li>○ Entries using fraudulent or non-verifiable times.</li> <li>○ Athlete competed in the incorrect age group.</li> <li>○ Athlete is not registered with USA Swimming prior to the first day of the meet.</li> </ul> </li> <li>• If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer.</li> <li>• Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current <i>USA Swimming Rules and Regulations</i>, including the Minor Athlete Abuse Protection Policy, will govern this meet.</li> <li>• All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>• Any swimmer entered in the meet must be certified by a USAS 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's legal guardian to ensure compliance with this requirement.</li> <li>• 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) anytime athletes, coaches, officials and/or spectators are present without written USA Swimming approval.</li> <li>• <b>The scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.11.6, sections D and E.1-.3 only, will be in effect and apply to all heats of individual events with the exception of timed final events. Swimmers not adhering to these modified rules shall be barred from further competition for the remainder of the meet.</b></li> <li>• Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</li> <li>• Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.</li> <li>• In accordance with VSI best practices, swimmers should shower before entering the pool.</li> </ul>

	<ul style="list-style-type: none"> <li>Any athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.</li> <li>In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Kelly Warnagiris</b>  <b>Phone:</b> (703)283-9121  <b>Email:</b> <a href="mailto:kelly@warnagiris.org">kelly@warnagiris.org</a></p> <ul style="list-style-type: none"> <li>Officials will be needed for all positions and all sessions for this meet.</li> <li>Officials training will only be available for the administrative component of referee training.</li> <li>Officials must have been certified for a year in the positions in which they are planning to work.</li> <li>Applications to officiate are available on the VSI website at <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a> and should be sent to the Meet Referee no later than February 26, 2023.</li> <li>Application has been made to have this meet approved as an Officials Qualifying Meet for N2 Certification/Re-certification.</li> <li>Officials (including non-VSI officials) desiring to be evaluated must request evaluation on the Application to Officiate.</li> <li>There will be an Officials meeting one hour prior to the start of each session with location TBD.</li> <li><b>Zoom General Meeting will be held on Wednesday, March 8, 2023, at 7:30pm.</b></li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>Swimmers are expected to provide their own timers and lap counters for the 10 &amp; Under and 11-12 500 Y Freestyle, the 11-14 1000 Y Freestyle, and the 11-14 1650 Y Freestyle. Relay teams are required to provide their own timers for the 800 Y Freestyle Relay Thursday.</li> <li>The number of timers required per club and their lane assignments will be posted on the CGBD website no later than Sunday, March 5, 2025, and will also be emailed to the contact person of each of the individual clubs.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>Concessions will be available during the entire event</li> <li>Hospitality will be provided for all coaches and officials, to include breakfast, lunch, dinner, and light snacks each day.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>No glass containers of any kind are permitted in the facility.</li> <li>Lawn/deck chairs are not permitted in the grandstand.</li> <li>No spectators/parents will be allowed on deck unless working the meet.</li> <li>No smoking is allowed on the campus.</li> </ul>
<b>DIRECTIONS:</b>	Go to: <a href="http://MapQuest.com">MapQuest.com</a>

**Virginia Swimming 2023**  
**Short Course Age Group Championships**  
**Order of Events**

G	Thursday Finals	B
1	11-14 1000 Freestyle	2
3	10 & Under 500 Freestyle	4
5	11-12 500 Freestyle	6
7	13-14 800 Freestyle Relay	8

G	Friday	B
9	13-14 100 Breaststroke	10
11	11-12 50 Breaststroke	12
13	10&U 50 Breaststroke	14
15	13-14 200 Freestyle	16
17	11-12 200 Freestyle	18
19	10&U 200 Freestyle	20
21	13-14 100 Butterfly	22
23	11-12 100 Butterfly	24
25	10&U 50 Backstroke	26
27	11-12 200 Backstroke	28
29	13-14 400 IM	30
31	10&U 100 IM	32
33	11-12 400 IM (*)	34
35	13-14 400 Med Relay (*)	36
37	11-12 400 Med Relay (*)	38
39	10&U 400 Med Relay (#)	40

(\*) Timed Final event. Top 8 swim in finals

(#) Timed Final event. All heats swum in prelims

G	Saturday	B
41	13-14 200 Med Relay (*)	42
43	11-12 200 Med Relay (*)	44
45	10&U 200 Med Relay (#)	46
47	13-14 200 Butterfly	48
49	11-12 200 Butterfly	50
51	10&U 50 Butterfly	52
53	13-14 50 Freestyle	54
55	11-12 50 Freestyle	56
57	10&U 100 Freestyle	58
59	13-14 200 Breaststroke	60
61	11-12 100 Breaststroke	62
63	10&U 100 Breaststroke	64
65	13-14 100 Backstroke	66
67	11-12 50 Backstroke	68
69	10&U 200 IM	70
71	11-12 200 IM	72
73	13-14 500 Freestyle (**)	74
75	10&U 200 Free Relay (#)	76
77	11-12 200 Free Relay (*)	78
79	13-14 200 Free Relay (*)	80

(\*\*) Events 73 and 74 will swim after Relays in prelims

(\*) Timed Final event. Top 8 swim in finals

(#) Timed Final event. All heats swum in prelims

G	Sunday	B
81	11-12 200 Breaststroke	82
83	13-14 200 Backstroke	84
85	11-12 100 Backstroke	86
87	10&U 100 Backstroke	88
89	13-14 100 Free	90
91	11-12 100 IM	92
93	10&U 50 Free	94
95	13-14 200 IM	96
97	11-12 100 Freestyle	98
99	10&U 100 Butterfly	100
101	11-12 50 Butterfly	102
103	13-14 400 Free Relay (*)	104
105	11-12 400 Free Relay (*)	106
107	10&U 400 Free Relay (*)	108
109	11-14 1650 Free (**)	110

(\*) Timed Final – all heats to swim in preliminary session

(\*\*) Timed Final – Swims Fast to Slow

## 2021-2024 Virginia Swimming Age Group Championship QT's

	GIRLS				BOYS	
LCM	SCM	SCY	10 & Under	SCY	SCM	LCM
35.49	34.69	31.29	50 Free	30.99	34.39	35.19
1:18.59	1:16.99	1:09.39	100 Free	1:08.79	1:16.29	1:17.89
2:54.49	2:51.29	2:34.29	200 Free	2:29.39	2:47.19	2:50.49
6:04.09	5:57.39	6:44.29	400/500 Free	6:37.39	5:52.09	5:59.49
41.49	40.89	36.69	50 Back	36.09	40.19	40.59
1:29.29	1:28.09	1:19.29	100 Back	1:17.49	1:26.49	1:27.19
47.49	46.49	41.69	50 Breast	40.99	46.29	47.69
1:43.69	1:41.69	1:31.69	100 Breast	1:29.99	1:39.69	1:42.69
39.99	39.29	35.39	50 Fly	34.89	38.89	39.39
1:33.69	1:32.29	1:23.09	100 Fly	1:19.89	1:29.29	1:30.09
-	1:27.99	1:19.29	100 IM	1:17.89	1:27.09	-
3:13.59	3:10.39	2:51.49	200 IM	2:50.39	3:09.59	3:12.29
LCM	SCM	SCY	11-12	SCY	SCM	LCM
31.29	30.69	27.49	50 Free	27.49	30.49	31.29
1:08.69	1:07.09	1:00.49	100 Free	1:00.19	1:06.79	1:08.39
2:27.89	2:24.69	2:10.39	200 Free	2:10.79	2:25.19	2:28.39
5:10.99	5:04.59	5:48.49	400/500 Free	5:50.59	5:06.49	5:12.89
36.19	35.59	32.09	50 Back	31.79	35.29	35.89
1:17.09	1:15.99	1:08.49	100 Back	1:08.79	1:16.39	1:17.59
2:45.69	2:43.29	2:27.09	200 Back	2:27.39	2:44.19	2:46.59
40.59	39.59	35.69	50 Breast	36.09	40.59	41.29
1:28.49	1:26.49	1:17.89	100 Breast	1:17.49	1:27.59	1:29.59
3:10.59	3:06.59	2:48.09	200 Breast	2:46.39	3:07.99	3:11.99
34.29	33.59	30.29	50 Fly	30.49	34.19	34.89
1:19.79	1:15.39	1:07.89	100 Fly	1:08.39	1:15.89	1:17.29
2:55.59	2:54.99	2:34.49	200 Fly	2:30.69	2:49.49	2:51.89
-	1:16.19	1:08.59	100 IM	1:09.09	1:17.19	-
2:46.89	2:43.69	2:27.49	200 IM	2:27.19	2:43.39	2:46.59
5:58.79	5:52.39	5:17.49	400 IM	5:12.89	5:47.29	5:53.69
LCM	SCM	SCY	13-14	SCY	SCM	LCM
29.59	28.89	25.89	50 Free	24.49	27.39	28.09
1:03.99	1:02.39	55.79	100 Free	53.09	59.39	1:00.79
2:18.69	2:15.49	2:01.39	200 Free	1:55.79	2:08.49	2:11.69
4:52.99	4:46.59	5:28.29	400/500 Free	5:15.19	4:34.89	4:41.29
10:11.19	9:58.39	11:24.79	800/1000 Free*	11:12.49	9:47.39	10:00.19
19:58.19	19:34.19	19:34.69	1500/1650 Free*	18:53.49	18:51.09	19:15.09
1:11.19	1:09.99	1:03.09	100 Back	1:00.39	1:06.99	1:08.19
2:33.19	2:30.79	2:14.89	200 Back	2:10.19	2:24.49	2:26.89
1:22.99	1:20.99	1:12.29	100 Breast	1:09.39	1:17.49	1:19.49
3:02.29	2:58.29	2:37.19	200 Breast	2:30.79	2:48.89	2:52.89
1:10.69	1:09.29	1:02.39	100 Fly	59.19	1:05.69	1:07.09
2:39.59	2:36.79	2:21.29	200 Fly	2:14.99	2:29.79	2:32.59
2:36.79	2:33.79	2:17.49	200 IM	2:10.49	2:26.39	2:32.59
5:30.29	5:23.89	4:51.79	400 IM	4:40.59	5:11.49	5:17.89
*11-14 yr old event						
Approved 10.31.20						
Valid through 2024 LC Age Group Champs						