

2016 Fall IES House of Delegates Meeting

Moses Lake HS, Moses Lake, Washington
Sunday, October 9, 2016

MINUTES

The meeting was called to order at 12:30 pm by John Pringle, General Chair

Attendees

IES Board and Committee Members in attendance: John Pringle - General Chair, David Dolphay - Administrative Vice Chair, Michael Woodward - Senior Chair, ABSENT - Age Group Chair, Don Hougardy - Treasurer, Pam Wilson - Secretary, Bob Wood - Coaches Rep, ABSENT - Sr Athlete Rep, Eli Engledow - Jr Athlete Rep, Teri Madill - Officials Chair, Jack Griffith - Safety Chair, Karen Byers, Registration Coordinator, David Cutter - Sanctions Chair, Todd Stafek - Record Coordinator, & Pat IE General Chair, Chris Engledow - Open Water Coordinator, Mike Brosnahan - Nominating Committee Coordinator.
Other Members in attendance: Chris Miller-BST, Pam Wilson-EAST, Richard Hartman- CAST, Dan Lawson-GMSC, Chris Engeldow-LCN, Dan Ditto-LGSC, Stephanie Semenko & Steve Washburn-MRA, Michelle Cramp & Rachel Miltenberger-PSA, Tim Lewis & Charlie Riest-SAS, Mike Bronson-SWAC, Natalie Turner-SWAT, April Walkley & Tia Pollick-TCCC, Jeff Sutton-VS, Charity & Quentin Byma-WWSC, Roger Coburn-YYST. Robert Broyles

Teams not represented: Vandal Aquatic Club and Yakima Athletic Club.

General Chair

John thanked everyone for attending and reviewed the goals for IES and the upcoming year. First order of business was the announcement of David Dolphay being suggested and BOD approved for the appointment to the Administrative Vice Chair Position since it had been previously filled by John Pringle.

Approval of Minutes

The minutes from the spring House of Delegates meeting were available on the IES Website

*A motion was made and seconded to approve the minutes from the Spring 2016 HOD meeting with the noted correction of Nicole Engledow being the Disability Chair, not the Diversity Chair as it was erroneously written.
Motion passed unanimously.*

Report of Officers/Committees

The reports from the Committee Chairs were emailed out to attendees prior to the meeting.

*A motion was made and seconded to accept the committee reports as presented.
Motion passed unanimously.*

Unfinished (old) Business

Election of Administrative Finance Chair

Permission asked to take nominations from the floor instead of the two week notice format.

*A motion was made and seconded to accept floor nominations.
Motion passed unanimously.*

Don Hougardy was nominated for a four year term. Voting members unanimously voted via a white ballot measure to approved Don for the position of Administrative Finance Chair. As Finance Chair Don will appoint a Treasurer to fill the open position. And that person will fall under Don't supervision.

Change in Budget Year

Don Hougardy discussed the change in the budget year from fiscal year end of July 31 to a fiscal year end of Dec 31. There will be an interim budget from Aug 1 - Dec 31 2016 then a full 12 month budget for Jan - Dec 2017.

Going forward the Jan - Dec budget will be approved at the Fall HOD meeting.

Loren Eddy was appointed as Registered Agent so there is a consistent and informed registration contact person for IES with the State of Washington for filing legal paperwork.

New Business

Additional New Business -

Swimming in College - Bob Wood briefly discussed the resource guide he put together for swimmers (and their parents) thinking about swimming in college. Excellent resource, please use and pass the word. Also don't hesitate to notify him if any corrections are needed.

Registrar Business

Karen Byers - reported that there are 1512 swimmers in IES, 17 clubs with participants ranging from 21 swimmers to the largest club at 168 swimmers.

The new by-laws with amendments required by USA Swimming have been adopted by IES. Since these changed are mandated, the HOD does not have to approve the changes.

Approval of Budget

Fiscal year end 9/30/2016 statement of revenues and expenses was discussed. (copy attached)

10/01/2016 - 12/31/2016 Budget was discussed. (copy attached)

A motion was made and seconded to approve the IES Interim Budget for Oct 1 - Dec 31, 2016. Motion passed unanimously.

01/01/2017 - 12/31/2017 Budget was discussed. (copy attached)

A motion was made and seconded to approve the IES Fiscal Year Budget for Jan 1 - Dec 31, 2017. Motion passed unanimously.

Convention

Karen reported that the electronic version of your USA Registration Membership is now available through Deck Pass. There are new time standards and they are listed on the IES Website.

Additional Committee Reports/Updates

Safety Committee- Jack Griffith discussed the need for team members on the Safety Committee. The committee has purchased some ladders to go in the equipment trailers for people to use while setting up meets in order to avoid standing on chairs. Jack reminded everyone to report all incidents at a meet, no matter how small you think it might be.

IES Trailers

Radios — Discussion regarding appropriate use/care and restrictions on Meet Radios and Headsets, they are for IES Champs meets only. They will not be housed in the trailers.
Equipment Trailer — Spokane trailer needs to be replaced. The cost of the trailer will be about \$4,500. The new trailer will be housed with Velocity in Wenatchee. Discussion regarding more defined inventory procedures on the trailers. The Admin Vice Chair is in charge of Equipment and David will put together an inventory list, and update check in/check out procedures.
Replacement of old/broken equipment— Complete assessment of inventory will be done to identify what needs to be purchased, repaired or replaced.

A motion was made and seconded to approve the IES Board to spend up to \$25,000 on equipment to update the equipment trailers, including the purchase of one new trailer. Motion passed unanimously.

There was discussion regarding the equipment account balance decreasing without re-funding the equipment account. Discussed ways to increase revenues with the lowest impact to IES swimmers. One idea was to increase surcharge fees on LC meets due to the large amount of non-IES swimmers that attend.

A motion was made and seconded to increase the surcharge on Long Course meets by \$2 per swimmer to allocate to the equipment fund. Motion passed with a vote of 18 approvals, 3 oppositions.

Online Meet Entry System for single/unattached swimmers

There is a link for website access to process entries directly to HyTek. This should only be used for individual meet entries.

Championship Meet Committee Formation

There was discussion regarding the need for a committee to govern the Champs meets.

*A motion was made and seconded to form a committee for Champs Meets. Todd Stafek, David Dolphay and Michael Woodward will be the Coach representatives, Jeff Walkley will be the Officials representative and Eli Endgledow will be the athlete representative.
Motion passed unanimously.*

Meeting adjourned at 2:25 pm.

Pam Wilson
IES Secretary

INLAND EMPIRE SWIMMING

REPORT OF THE ADMINISTRATIVE VICE CHAIR—John Pringle

1. Equipment Trailers: The equipment trailers are in need of some attention, equipment replacement, and new purchases. Two new scoreboards were purchased this past spring. They seem to work well. One trailer (trailer itself) needs to be replaced. Velocity Swimming plans on making use of the IES trailers and some adjustment is needed in order to make the meets at the Wenatchee City Pool operate efficiently and smoothly. Velocity's equipment is aging and replacing isn't financially prudent when the LSC has committed to operating equipment trailers. Additionally, the officials have been asking for radios for two years and it is widely believed that they are necessary.
 - a. Pads: Not enough pads in a trailer to host a meet at 10 lane pools. Need 22-24 pads for appropriate 10 lane pool operation. (Velocity willing to augment this with own equipment if necessary, but would like to see a resolution over the next two years.
 - b. Harnesses: No 10 Lane harnesses. Need two.
 - c. Radios: Needed to replace broken radios and also provide headsets.
2. Swim Meet Bids:
 - a. 2017 Junior Champs awarded to CAST Couer D'Alene, ID; SC Champs went to GMSC Moscow, ID; and LC Champs was awarded to PSA, Pendleton, OR.
 - b. A number of meets were changed off of original dates. Would like to encourage meet dates to remain static after the bid process.
 - c. Reminder that teams may have three development meets, no more than two of which may be in one given season (SC/LC). Development meets are to be no longer than 4 hours in length and have special fees assigned as such.
3. LSC is looking into Credit Card Payment of Registration fees by teams. Hope to have a further report and action at October 9th HOD meeting.
4. CHAMPS MEETS: Champs meets are running virtually all day with no real break for athletes, officials and Coaches. Admin Vice Chair opinion is that we need to restructure the meets to allow for a break between sessions long enough to allow athletes to refresh.
5. Online Meet Entry Service: Would encourage clubs to begin using Online Meet Entry Service as a part of their meet information. This gives unattached swimmers and swimmers swimming in a meet outside of their team's meet calendar and operations the ability to sign up for the meet without having to fax or mail in paper entries. Saves time and effort of the meet operations personnel on the backside as well.

Submitted by John Pringle 9/30/2016

Name	Winter Nationals (3)	Winter JR Nationals (4)	NCSA/NASA JR Nationals (4)	LC Nationals/ US Open (4)	Summer JR Nationals (4)	Arena Pro Series/ Open Nats (2)	Senior Sectionals (.5)	Spring Can/Am Disability Meet (4)	US Paralympic Trials (4)	Futures Meet (3)	TOTAL
CAST Coach	3	4									7
Sarah Nicholls (CAST)	3						0.5				3.5
Nicole Rozier (CAST)		4					0.5				4.5
Maggie de Tar (CAST)							0.5				0.5
Chang He (CAST)							0.5				0.5
Cole Curtis (CAST)							0.5				0.5
Hannah Gonzalez (CAST)							0.5				0.5
Jon Archer (CAST)							0.5				0.5
Micah Hudlet (CAST)							0.5				0.5
GMSC Coach	3					2				3	8
Taylor McCoy (GMSC)	3	4		4	4	2	0.5				17.5
Cy Jager (GMSC)						2	0.5			3	5.5
Hailey Johnson (GMSC)						2					2
Holden Ellsworth (GMSC)							0.5				0.5
LGSC Coach											0
Jared Miller (LGSC)							0.5				0.5
Garren Dutto (LGSC)							0.5				0.5
Pendleton Coach										3	3
Jon Jennings (PSA)											
SAS Coach	3	4			4	2	0.5			3	7
Daniel Roy (SAS)	3						0.5				13.5
Danielle Sherwin (SAS)							0.5				0.5
Sakaiya McCoy (SAS)							0.5				0.5
Isaac Parker (SAS)							0.5				0.5
Jake Goguen (SAS)							0.5			3	3.5
Aaron Law (SAS)							0.5				0.5
Sandpoint Coach										3	3
Payton Bokowy (SWAC)							0.5			3	3.5
SWAT Coach										3	3
Mackenzie Norman (SWAT)							0.5			3	3.5
Evonne Stehr (SWAT)							0.5			3	3.5
Erin Vopalensky (SWAT)							0.5				0.5
Sam Sentenn (SWAT)							0.5				0.5
Delaney Philipps (SWAT)							0.5			3	3.5
Alexis Schmidt (SWAT)							0.5				0.5
Robby Jones (SWAT)							0.5				0.5
Ryan Foote (SWAT)							0.5				0.5

Tri Cities Coach	4	7
Clair Schaeef (TCCC)	4	3
Mackenzie Hale (TCCC)		3
Katie Schroeder (TCCC)		3
Alyssa Musick (TCCC)		3
Kjersten Jordheim (TCCC)		3
Conor McShane (TCCC)		3
Cole Westendorf (TCCC)		3
Skyler Younkin (TCCC)		3
Jeff Kern (TCCC)		3
John Markillie (TCCC)		3
Addison Pollick (TCCC)		3
Velocity Coach	4	7
Jessica Weirzbicki (VS)	4	3
Isabelle Dressel (VS)		3
Hannah Vanheyningen (VS)		3
Rebecca Bay (VS)		3
Braden Dilly (VS)		3
Conor Elwyn (VS)		3
Caleb Pringle (VS)		3
YAC Coach		3
Ella Van Troba (YAC)		3
YYST Coach		3
Maya Cunningham (Yyst)		3
\$24,000/151.5 = \$158.42 per share		151.5
CAST 18=\$2,851.56		0.5
GMSC 33.5=\$5,307.07		0.5
LGSC 1=\$158.42		0.5
PSA 6.5=\$1,029.73		0.5
SAS 26=\$4,118.92		0.5
SWAC 6.5=\$1,029.73		0.5
SWAT 16=\$2,534.72		0.5
TCCC 25.5=\$4,039.71		0.5
VS 17.5=\$2,772.35		0.5
YAC .5=\$79.21		0.5
YYST .5=\$79.21		0.5

IES Age Group Vice Chair Report

Submitted by Kevin Eddy, IES Age Group Vice Chair

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2016 Western Zone Age Group Swimming Championships Report

Utah Swimming did an absolutely awesome job hosting the 2016 Meet. Natalie Turner has a recap for us that will be included with this report.

I have also included the final Age Group Zones Financial Report with this as well.

2017 Western Zone Age Group Swimming Championships

Keith Lambert, our Zones Team Manager, and I have already begun to make plans and update paper work for the upcoming meet in Roseville, CA. We will be working to update the Zone page on the IES Website and to post links to applications in the coming weeks.

Rule Changes to the Western Zone Age Group Swimming Championship Meet

There were a bunch of rule changes that were proposed at the Zone Meeting at Convention. All of them were referred to the Strategic Planning Committee. Several of the rules concern making the time standards faster, requiring bonus times, etc. all of which, in my opinion, negatively affect IES athletes. I have requested to be on this committee, and will strongly advocate for IES' interests in these matters. If you have a strong opinion about Zones, or would like more information, please contact me.

Convention Report

Department of Labor Changes

Please make sure that all swim clubs are aware of the Department of Labor changes that will be taking effect on December 1 regarding overtime pay for salaried employees. The main takeaway from Convention was that this will absolutely impact swim coaches, and that all clubs need to be prepared for this change. The recommendations were to do 3 things:

- 1) Track, in detail, your salaried employees' hours to see if they are in jeopardy of going over 40 hours per week. Write up a club policy for the weeks that they are over 40 hours.
- 2) Create detailed job descriptions for each salaried employee, including base salary and overtime pay amounts.
- 3) Adjust your work period week from Monday to Sunday to Sunday to Saturday. That way, when your salaried employees attend a swim meet, you can divide up those hours over a two week period rather than having it reported on a single pay period.

Final reminders: this does NOT apply to employees who make over \$47,496 per year. This also does NOT apply to coaches who own their clubs, only the salaried employees of those clubs.

Building the Base: Addressing the Decline in 10&U Membership

There was a lot of discussion about the decline in membership numbers for 10&U swimmers. Membership trends tend to spike in Olympic years, then hold steady or slightly decline for the next three years. However, from 2013-2016, registrations for 10&U athletes fell by over 12%. This was an unexpected and dramatic decrease that created some concern within the USA Swimming Board. There

IES Age Group Vice Chair Report

Submitted by Kevin Eddy, IES Age Group Vice Chair

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was a concentrated effort to address this at convention and encourage LSC's and Clubs to make a much stronger effort at improving the quality of their 10&U programs.

Within your club, please make sure that your entry-level programs are running effectively with solid, engaged coaches and a curriculum centered on improving technique and teaching skills. If there are any coaches or clubs who would like any further information regarding these efforts, please contact me.

New USA Swimming Website

There will be a new version of the USA Swimming website that will go live in early 2017. The site will much more mobile friendly and will include a Deck Pass login that will personalize the site. It will still have a lot of incredible information, so be on the lookout for that.

Athlete Development Model

The US Olympic Committee has been working with various sports over the years to create the American Development Model. This is a guide to coaches, athletes, and parents as they progress through various stages of development in their Olympic sport. USA Swimming has been at the forefront of this effort.

The goal of this Development Model is to provide a basic, general framework on how to develop competent Senior level Athletes. The Model focuses on four categories of development: Biomechanical, Physiological, Character Development and Life Skills, and Psychological. Eventually, this will be an interactive document with hyperlinks to relevant information posted on the USA Swimming website, when it goes live in early 2017. I have included a copy of this Model in my report. Please contact me with any further questions.

Facility Development

USA Swimming partnered with FINA to help develop a cost effective way to construct pools in developing nations to teach learn to swim and to increase their competitive swimming programs. The solution was to construct above ground pools using wood and a vinyl liner. The engineering specs for this design will be made available on the USA Swimming website in the coming weeks. There are currently 3 pools based on this design that are under construction and 1 pool that is open. The design is meant to serve as a developmental pool, not a competition pool. Here is a quick break down in the estimated costs for a two pool facility—a lap pool (42'x75'x4') and a teaching pool (30'x50'x3'):

<u>Type of Construction</u>	<u>Cost of Pool Only</u>	<u>Cost of Pool + Facility</u>	<u>Notes</u>
Metal, in ground	\$850,000-\$950,000	\$1.5 – \$1.6 million	Usually, must own property to build
Metal, above ground	\$500,000-\$600,000	\$1.1 – \$1.2 million	
Wood, above ground	\$150,000-\$200,000	\$750,000-\$900,000	

Please, if you have any other questions or concerns, don't hesitate to contact me. Thanks!

Zones Recap Report

The aquatic center in Kearns, Utah was venue for the 2016 Western Age Group Zones Championships. Inland Empire Swimming traveled with 30 athletes including seven 10 and Unders, eight 11-12 year olds and fifteen 13-14 year olds. Our 30 swimmers came representing 9 different Inland Empire teams.

Inland Empire Swimming ended up finishing in 10th place overall with a combined 291 points. Throughout the course of the week 6 Inland Empire Records were broken by competing athletes.

The overall consensus was that this was a fantastic meet. It seemed like most of the athletes at the meet had a difficult time adjusting to the altitude. Kids were disappointed that they were adding time but still in good spirits. On their day off on Tuesday, the kids had a great time visiting the Olympic venue in Park City where they got to see the training center and the Olympic museum.

The Inland Empire swimmers were accompanied by chaperones Keith Lambert, Jessie Veselka, Holly Howard and Kevin Eddy and coaches Natalie Turner and Max Cristofori.

American Development Model for



Club development @ USA Swimming very

Level 1 (Exit Competencies)

Biomechanical Progressions	Physiological Progressions	Character Development & Life Skills	Psychological Skills
Physical - From a push maintain a prone streamlined body position, defined as one hand on top of the other, ears between the upper arms, lower body stretched long, and toes pointed. - Hold this position for at least one and one-half body lengths, and be able to vary the depth of the underwater push-off. - Introduce underwater kicking skills - Execute a breakout from a push by holding the streamlined position; then initiate a kicking action and progress to the surface of the water with a pull to the surface. - Maintain a vertical, stationary position with little or no leg movement in deep water, using a sculling motion. - Complete legal freestyle and backstroke technique for one length of the pool using shoulder and hip technique. Freestyle - Demonstrate the ability to comfortably take a breath on either the right or left side. - For additional freestyle drills see... Backstroke For additional backstroke drills see... - Stroke progressions. Begin to develop the butterfly and breaststroke. - Complete the Racing Start Progression. - Perform an open turn, either prone or supine, where the hand touches the wall first, the body rotates to place the feet against the wall, the body drops underwater, and the swimmer pushes off in a streamlined position. Cognitive - The swimmer can count strokes of freestyle and backstroke. - Athlete should be able to repeat key words as prescribed by the coach to explain/describe movements appropriate to that level.	Physical - Coordinated movement patterns: swims freestyle and backstroke with legal form. - Aerobic endurance - Can complete a 30-minute practice session. - Can perform a continuous swim for five minutes. Dryland - The swimmer will play broad based movement games. - The swimmer participates in multiple sports/activities. Nutrition - Can name three sources of fruit, vegetables, grains, dairy, protein and fat. - Has a favorite healthy food. - Can help in the kitchen preparing meals. - Mixing - Pouring - Cracking eggs - Cutting/chopping fruits & vegetables - Asks for healthy snacks/meals	Championship Behavior and Accountability - The swimmer understands that he or she is part of a team and has respect for his or her teammates. - The swimmer listens to recommendations from the coach and tries to make the appropriate changes. - The swimmer understands appropriate team rules and the consequences of breaking the rules. Work Ethic and Self-Discipline - The swimmer will pick up and put away any equipment he or she used in practice. - The swimmer will be ready to start practice on time with the appropriate equipment (suits, goggles, etc.) - The swimmer gives the coach his or her undivided attention while the coach is talking. The swimmer should focus his or her eyes on the coach and remain quiet when the coach is talking. The swimmer will also follow directions set forth by the coach in practice. - The swimmer will "Just say no" to drugs and other harmful substances. - The swimmer will show respect for the facilities and equipment. - The swimmer will swim the entire set (e.g., doesn't walk on bottom, counts accurately) Commitment and Team Loyalty - The swimmer will know the team name and team colors. - The swimmer will know the names of teammates and coaches in his or her practice group on the team. - The swimmer will know the name of the training group immediately above	- The swimmer demonstrates "industry", or a sense of becoming capable of performing increasingly complex tasks outlined in the other three dimensions (coachable) - The swimmer understands and behaviorally demonstrates that others can teach them new things (willing to learn new things and new perspectives-coachable) - The swimmer behaviorally demonstrates and verbally communicates that participation in this activity is worth their time and effort (fun). - The swimmer behaviorally demonstrates "initiative and competency" - becomes more comfortable with the pool/swimming environment and culture - The swimmer behaviorally demonstrates both a "me and a we" (ego-centrism) in their learning and participation.

Suggested Training Set Guidelines

Physical	Competitive Performance
The athlete is capable of swimming a 300 yard "set" of freestyle and backstroke as well as kicking on the following interval bases: (all are per 50) - Free @ 1:30 Back @ 1:30 Kick @ 1:30 The athlete is capable of swimming a 150 yard "set" of legal breaststroke and butterfly: (all are per 25) - Breast @ 1:00 Fly @ 1:00	Introduction to racing skills: - Race in practice - Relays - Kicking races
Cognitive Begins to use the pace clock.	



American Development Model for

Level 2 (Exit Competencies)

Biomechanical Progressions	Physiological Progressions	Character Development & Life Skills	Psychological Skills
Physical - Execute a start from the blocks. Hold the underwater streamlined position for one and one-half body lengths, initiate a kicking action for one body length, and progress to the surface of the water with a pull. - Execute a legal freestyle, backstroke, butterfly, and breaststroke turn, including an approach of at least 10 yards/meters. - Stroke progression. Complete progressions for the butterfly and breaststroke. Butterfly - Demonstrate an undulating motion during the butterfly stroke. - Demonstrate correct timing of the pull, kick, and breath during the butterfly. - Complete one length of the pool with legal butterfly form. Breaststroke - Complete one length of the pool with legal breaststroke form. - Demonstrate correct timing of the pull, kick, and breath during the breaststroke. - Performs 100 yards or 100 meters of individual medley with legal technique and turns. - Perform relay exchanges. - Performs prescribed underwater dolphin kicks for freestyle, backstroke and butterfly starts and turns. - Breathes within the rhythm of stroke in all four strokes. Cognitive From a push the swimmer counts the number of strokes/cycles per length for each stroke	Physical - Coordinated movement patterns: swims all four strokes. - Aerobic endurance: can perform continuous swim and kick for 10 minutes. Cognitive The swimmer begins to understand maturation, physical development, and nutrition. - Understands and accepts individual differences in physical size within an age group. - Understands that energy for exercise is derived from nutrition. Dryland - Introduction to balance and coordination skills - Introduction to games and activities that include kicking, throwing, tossing, hopping, jumping and skipping - The swimmer participates in multiple sports/activities Nutrition - Independently pack healthy snacks for during school and before/after training - Able to choose quality calories from fruit, vegetables, whole-grains and cereals, low-fat dairy, lean protein and heart-healthy fats.	Championship Behavior and Accountability - The swimmer demonstrates an understanding of sportsmanship—championship behavior (e.g., doesn't throw goggles, congratulates opponents). - The swimmer will treat teammates, parents, and coaches like he or she would want to be treated. - The swimmer talks to the coach immediately before and after each race. - The swimmer knows basic meet procedures including how to use and read a heat sheet. - The swimmer learns basic race tactics Work Ethic and Self-Discipline - During practice the swimmer will - leave on time during sets, - start and finish at the wall, - swim the set in the prescribed manner (e.g., doesn't do freestyle on butterfly sets, doesn't pull on kicking sets, performs all turns legally), and - swim the entire set (e.g., doesn't walk on bottom, counts accurately) - The swimmer will communicate with his or her coach. Time Management The swimmer understands the importance of hard work in the classroom and will complete his or her homework on time. Commitment and Team Loyalty - The swimmer will learn the history of the team - The swimmer chooses a swimming hero/role model (may be a member of his or her team) and knows the event in which the individual competed or competes. - The swimmer takes pride in being a member of the team, which the swimmer demonstrates by - participating in team cheers, - knowing the coaches' names, and - cheering on teammates during swims (practice or meets) - wearing team uniform/outfitting. - The swimmer will know the name of any other training group(s) on the team besides his or her own group. (example: "age group 1," "age group 2," "senior" and "national")	Peak Performance Management - Understands and can demonstrate the difference between tense and relaxed muscles. - Can identify past situations where both have been present. - Can describe the relationship between nervousness and performance. - Can describe the mind-body connection (negative thoughts lead to tight muscles lead to poor performance). Self-Image Understands the role of failure and the importance of learning from one's mistakes; understands that this is essential to becoming a champion. Self-Talk Has a general understanding of the effect that negative self-talk plays on performance (understands the concept of GIGO—garbage in, garbage out). Mental Dimension of Training Understands that an important part of training in swimming involves the mental dimension. Concentration - Possesses a basic understanding of the concept of concentration - Knows the difference between focusing on what's important and what's not. - Has an understanding of what to focus on and what to block out both in practice and in meets. - Is aware when focus leaves target and knows how to bring focus back (how to concentrate)

Suggested Training Set Guidelines

Physical

The athlete is capable of swimming a 12-15 minute or 600 yard "set" of the four competitive strokes as well as kicking on the following interval bases: (all are per 50)

- Free @ 1:00 Back @ 1:10 Breast & Fly @ 1:30 Kick @ 1:30 IM @ 2:30 (per 100)

Click here for sample sets of progressive development
Add the 2500 free and/or 200 IM with good technique

Cognitive

Accurately counts and computes distances

Competitive Performance

- Has participated in competitive situations for the primary purpose of skill development (i.e. time trials, intra-squad meets, dual meets, and other entry-level competitions)
- Completes the IM Ready events

American Development Model for



Level 3 (Exit Competencies)

Biomechanical Progressions	Physiological Progressions	Character Development & Life Skills	Psychological Skills
Physical 1. Perform a legal 100 of each stroke, a 200 individual medley and the age appropriate distance event 2. Increase number of underwater dolphin kicks with increased speed and efficiency for freestyle, backstroke and butterfly. 3. Performs a legal breaststroke pullout with a dolphin kick. 4. Perform effective finishes 5. Perform correct timing for relay exchange. 6. Breathes within the rhythm of stroke under race conditions in all four strokes. Cognitive 1. Complete one length of all four strokes holding the same time or faster but using fewer strokes/cycles than in level 2. 2. Swims with prescribed technique during practice and meets 3. Swims with prescribed breathing patterns during practice and meets	Physical 1. Aerobic endurance: performs 130 or other threshold set one time per season. 2. Short sprints of all strokes at maximum velocity working on racing skills, coordination, starts and finishes. Cognitive 1. Swimmer understands maturation and physical development; begins to understand relationship between training programs, maturation, and physical development. 2. Swimmer understands the purpose of heart rate measurement. 3. The swimmer can measure his or her own resting and exercise heart rate. 4. The swimmer understands the importance of muscular flexibility in swimming performance. 5. Introduction of broken swims to learn race strategy and pacing. Dryland 1. The swimmer participates in organized "free play" 2. The swimmer starts to learn athletic movements on land that they aren't getting playing other sports 3. Template: a. Flexibility routine b. Athletic development (linear/lateral movements) c. Gymnastic strength activities d. Kicking, throwing, tossing, hopping, jumping and skipping activities and games 4. The swimmer participates in multiple sports/activities Nutrition 1. Understand that "Food is Fuel." Energy in=energy out. 2. Makes healthy food choices (despite teammates unhealthy choices while traveling, after training, etc..) 3. Can put together a healthy meal with all macros (carbs, protein, fats) at table.	Championship Behavior and Accountability 1. The swimmer demonstrates a higher level of sportsmanship—championship behavior than in level 2 (e.g., respects competitors and gets along with friends regardless of ability level). 2. Swimmer knows qualifying standards for highest level competitions. Work Ethic and Self-Discipline 1. The swimmer attends the recommended meets and understands the importance of being on time for meet warm-ups. 2. The swimmer meets the established attendance requirements. 3. The swimmer challenges him- or herself to perform to the utmost of his or her ability in practice. Time Management The swimmer demonstrates an ability to balance school and outside activities. Commitment and Loyalty The swimmer chooses a national swimming hero and knows the event in which he or she competed or competes.	Peak Performance Management 1. Understands the relationship between relaxation and performance. 2. Knows the three levels of nervousness (too little, just right, too much). 3. Can perform diaphragmatic (belly) breathing as relaxation technique. 4. Understands that stress comes from negative self-talk and faulty focus of concentration. 5. Understands the concept of "U.C.s," or uncontrollables, as a major source of stress. Self-Talk 1. Understands the benefits of and uses positive self-talk and affirmations. 2. Closely monitors negative self-talk. Concentration Understands the importance of concentration in practice and meets and can regularly recognize a faulty focus and bring self back to a proper focus. Goal Setting Understands the value of setting process and outcome goals for both practice and meets 1. Swimmer knows best times for practice and meets 2. Swimmer sets and writes process and outcome goals Self-Image 1. Is able to accept criticism from the coach. 2. Understands that criticism is a critique of skills not a critique of an individual.

Suggested Training Set Guidelines

Physical

The athlete is capable of swimming sets 20 to 30 minutes on the following base intervals bases: (all are per 100)

Free @ 1:40 (SCY)/1:50 (LCM) Back @ 1:50 (SCY)/2:00 (LCM) Fly & Breast @ 2:00 (SCY)/2:10 (LCM)

Kick @ 2:00 (SCY)/2:10 (LCM) IM @ 1:50 (SCY)/2:00 (LCM)

Click here for sample sets of progressive development

Competitive Performance

1. Must achieve at least a:
 - a. 10-Under "AAA" time standard, or
 - b. 11-12 National "A" time standard, or
 - c. 13-14 National "BB" time standard

From the National Age Group Motivational Time Standards in two different strokes (see current USA Swimming Rules & Regulations for time standards or check the USA Swimming website)
2. Has completed the age appropriate IMX events and has a score of 1500 points for a 10, 11 or 12 year old



American Development Model for

Level 4 (Exit Competencies)

Biomechanical Progressions	Physiological Progressions	Character Development & Life Skills	Psychological Skills
Physical 1. Complete one length of each stroke holding the same time or faster but using fewer strokes/cycles than in level 3. 2. Maintain consistent stroke rates and times in training sets. 3. Performs the 200's of stroke and a 400 individual medley 4. Demonstrates more effective underwater swimming off start and turn in all strokes than in previous Level 5. Improve speed, power and distance to 15 meters in each stroke 6. Performs effective finishes. 7. Performs a relay exchange with advanced technique. Cognitive 1. The swimmer understands the relationship between distance per stroke, stroke rate, and swimming speed. 2. The swimmer can name two ways to minimize resistance or drag from the water. 3. The swimmer can explain an efficient stroke pattern in relation to creating propulsion. 4. Swims with prescribed breathing patterns during practice and meets	Physical Aerobic endurance: swims a T30 or other threshold set two times per season with improvement. Cognitive 1. The swimmer understands the concept of a balanced diet and basic fuels used during swimming training. 2. The swimmer begins to understand the basics of different energy system usage in sprinting versus distance swimming. 3. The swimmer can use heart rate measurement to monitor exercise intensity and recovery. 4. Swimmer begins to train at known race paces. 5. Swimmer follows prescribed race plan Dryland 1. The swimmer starts to take ownership of the dryland activities. 2. The swimmer continues the work from Level III with an emphasis on keeping the body healthy and injury free. 3. The swimmer participates in dryland approximately three times per week. Nutrition 1. Understands "MyPlate" for athletes and can put together a healthy meal based off that information/portion 2. Can read and understand aspects of nutrition labels. a. Calories to serving size b. Fat g c. Carb g d. Protein g 3. Can cook a healthy meal using kitchen equipment (microwave, oven, stove, etc.)	Work Ethic and Self-Discipline 1. The swimmer is not influenced by the negative behavior of his or her teammates. 2. The swimmer understands and takes responsibility for attendance, performance, and habits in practice and how these three relate to meet performance. 3. Swimmer understands the traits of a positive leader and endeavors to become one.	Peak Performance Management 1. Can combine self-talk and slow breathing for peak performance management. 2. Has a clear awareness of personal stressors (UCs). 3. Is capable of performing progressive muscle relaxation. 4. Recognizes that anxiety can negatively affect mind and body. 5. Knows techniques to control mind (positive self-talk and imagery) and body (deep breathing, progressive muscle relaxation). Imagery and Visualization 1. Understands the importance of imagery in enhancing performance. 2. Knows the principles behind effective imagery practice. 3. Can perform basic visualization skills. Concentration Can quickly return concentration focus in practice and in meets from uncontrollables to appropriate focus. Goal Setting Swimmer regularly visits, and if need be, re-evaluates goals Self-Talk Knows at least one technique for handling negative self-talk.

Suggested Training Set Guidelines	Competitive Performance
Physical The athlete is capable of swimming sets 30 to 45 minutes on the following base intervals bases: (all are per 100) Free @ 1:20 (SCY)/1:30 (LCM) Back @ 1:30 (SCY)/1:40 (LCM) Breast @ 1:40 (SCY)/1:50 (LCM) Fly @ 1:30 (SCY)/1:40 (LCM) Kick @ 1:50 (SCY)/2:00 (LCM) IM @ 1:50 (SCY)/2:00 (LCM) Click here for sample sets of progressive development	1. Must achieve at least a: a. 11-12 National "AA" time standard, or b. 13-14 National "A" time standard From the National Age Group Motivational Time Standards in two different strokes (see current USA Swimming Rules & Regulations for time standards or check the USA Swimming website) 2. Has a minimum IMX score of 2400 points

American Development Model for



Level 5 (Exit Competencies)

Biomechanical Progressions	Physiological Progressions	Character Development & Life Skills	Psychological Skills
Physical 1. Ability to change speed while maintaining stroke efficiency. 2. Performs more effective underwater swimming off start and turn in all strokes than in previous Level 3. Maintains proper technique under increased training loads. Cognitive 1. The swimmer, with the assistance of his or her coach, can calculate swimming speed, distance per stroke, and stroke rate during competition and training. 2. Can manipulate stroke rate and distance per stroke to vary speed.	Physical Aerobic endurance: swims a T30 or other threshold set three times per season with continuous improvement. Cognitive 1. The swimmer understands the difference between aerobic and anaerobic energy systems. 2. The swimmer understands nutritional requirements and timing for training and competition; demonstrates understanding of basic nutrition principles, fuels for swimming performance, training diets, hydration, RDAs for swimmers, and the importance of eating a balanced diet. 3. The swimmer understands the relationship between training, maturation and development and their effects on competitive performance. 4. The swimmer understands how to use heart rate measurement to monitor training. 5. Swimmer knows race plans for each event (including prelims and finals) and appropriate training paces to achieve goal time(s). Dryland 1. The swimmer is introduced to foam rolling & dynamic warm-up. 2. The swimmer starts a strength routine which includes: a. Variety of exercises rotated every 5-7 weeks b. 15-20 reps to strengthen muscle tendon junction c. 15-20 reps for movement mastery d. Low load 3. The swimmer is introduced to light jump training: a. Emphasize landing mechanics first b. Double leg, single leg, reactionary 4. The swimmer works on aquatic posture on land: a. Endurance & strength from finger tips to toes b. Balance muscles not primarily used in swimming c. Introduce prehab & corrective exercises 5. The swimmer participates in dryland 3-5 times per week	Championship Behavior and Accountability The swimmer accepts the responsibility of being a leader and/or role model. The swimmer will lead by being a positive example. Work Ethic and Self-Discipline The swimmer will demonstrate an understanding of the short- and long-term effects of performance-enhancing drugs. Time Management The swimmer uses time management skills to prioritize activities. Commitment and Team Loyalty 1. The swimmer understands the need to sacrifice self-interest for team goals. 2. The swimmer demonstrates commitment to his or her team by continued dedicated membership. 3. Choose to be a swimmer	Peak Performance Management 1. Demonstrates an understanding of the individual zones of optimal functioning (IZOF) concept. 2. Can identify their own optimal zone of performance both in practice and competition. 3. Understands personal signs of under- or over excitement ("not enough" or "too much") 4. Skilled in two or more techniques to control excitement/nervousness (see glossary in part I). Imagery and Visualization Can visualize a race from start to finish. Can control the image so vision matches actual performance. Concentration 1. Develops a pre-race ritual or routine. 2. Develops race focal points for concentration. Self-Image 1. Realizes that positive comments help reduce stress, build confidence, and can increase the enjoyment of competition and practice. 2. Understands the damage of negative self-talk to self-esteem, performance, and the enjoyment of the sport. Goal Setting 1. Has developed a long-range goal within the sport. 2. Develops short-term and intermediate goals that ultimately tie into long-range goals. Meet and Practice Behavior 1. Understands the effect of posture and actions on emotions.?? 2. Uses the "Act as if" strategy as a fallback position.??

Suggested Training Set Guidelines

Physical

The athlete is capable of swimming sets 30 to 45 minutes on the following base intervals bases: (all are per 100)

Free @ 1:15 (SCY)1:25 (LCM) Back @ 1:20 (SCY)1:30 (LCM) Breast @ 1:30 (SCY)1:40 (LCM)

Fly @ 1:20 (SCY)1:30 (LCM) Kick @ 1:40 (SCY)1:50 (LCM) IM @ 1:30 (SCY)1:40 (LCM)

Click here for sample sets of progressive development

Competitive Performance

1. Must achieve at least a '13-14 National' AAA* time standard
2. Has a minimum IMX score of ????



American Development Model for

Level 6 (Exit Competencies)

Biomechanical Progressions	Physiological Progressions	Character Development & Life Skills	Psychological Skills
Physical - Continue to decrease the number of stroke cycles, or swim faster with the same number of cycles. - Decrease the number of cycles per length during competition. Cognitive - The swimmer can calculate swimming speed, distance per stroke, and stroke rate. - Stroke control/speed control - Swim faster by increasing DPS while maintaining SR. - Swim faster by increasing SR while maintaining DPS. - Choose precise DPS/SR combinations for different races.	Physical - Aerobic endurance: performs T30 or other threshold set three times per season with continuous improvement. - Lactate tolerance: performs a set of 12 x 100 (or until failure) on 2:30 holding current best 200 pace (2nd 100 split) three times per season with continuous improvement. - Sprint capacity/CP system: performs 12 x 25 on 3:00 (specially stroke) at maximum velocity. Cognitive - The swimmer demonstrates knowledge of energy systems. - Can describe the relationship between training sets and energy systems. - Demonstrates an understanding of training periodization. - The swimmer understands how to use heart rate measurement to monitor training. Dryland - The dryland program follows the swim program through structured rotation of the exercises that have purpose and intent. - The swimmer continues with an athletic based strength program: - The intensity and volume is monitored with daily and weekly prioritization - The swimmer's dryland program is optimized physically, emotionally and socially for the training group. - A wide variety & catalog of exercises is used to accommodate all needs (injury prevention and different body types). - The swimmer will do a plyometric program which will emphasize landing properly and jumping as quickly and as high as possible - The swimmer continues to work on different body parts that go into good aquatic posture. - The swimmer participates in dryland 4-5 times per week with optimal of 3x/week strength and 2x/week general athleticism (approximate time of 40-60 minutes each session)	Time Management The swimmer has mastered time management skills so outside activities do not interfere with practice and meet attendance	Peak Performance Management - Demonstrates an understanding of factors that excite and relax the athlete. - Utilizes relaxation techniques under meet duress to perform optimally. - Maintains optimum relaxation level ("good nervousness"), regardless of uncontrollables. - Learns to utilize imagery skills to manage competitive stress. Imagery and Visualization Through instruction is able to visualize a race from start to finish in complete detail (seeing, hearing, and feeling). Self-Image and Goal Setting Can use ultimate goal in sport to maintain intensity and work ethic in practice. Concentration - Demonstrates and ability to rebound quickly from mistakes and failures. - Able to successfully use pre-race routines and control focal points to maintain concentration during a race. - Consistently swims "in own lane" in practice and meets. Self-Talk Able to positively reframe uncontrollables and adversity to enhance confidence.

Suggested Training Set Guidelines

Physical

Click here for sample sets of progressive development

Competitive Performance

Has attained a Sectional Time Standard

Diversity and Inclusion Report

The main take away from convention was that we as a LSC need to have policies in place to deal with some of the issues that have been arising in other LSC's within USA Swimming. Additionally, each individual club within the LSC need to have policies in place. Here are a few specific policies that I will be working on over the next few months:

Social Media

A reminder to all coaches: your social media profiles must be private. USA Swimming express forbids coaches from being 'friends' with athletes on Facebook. On Twitter, athletes may 'follow' the coach, but the coach cannot follow the athlete. It is also highly recommended that you are not Facebook 'friends' with the parents of your athlete and that you do not 'follow' them on Twitter.

LGBTQ Coaches and Athletes

A reminder for coaches and clubs: it is against federal law to discriminate against LGBTQ individuals, athletes, officials, parents, or coaches. Please take the time to investigate your rights and responsibilities on these matters.

Transgendered Athlete Policy

The primary issue with Transgendered Athletes is a facility issue: do they use the restrooms of their birth gender or their identifying gender. Arizona Swimming dealt with this first hand last year, and, with a lot of guidance from USA Swimming, crafted a solid, reasonable policy.

The basic policy is this: the LSC will defer to the facility's policies on where transgendered athletes will change. Typically, the "family" restroom is offered to transgendered athletes. However, in older facilities, this is often not an option. In that case, it is up to facility to determine whether an athlete will be allowed to change in the locker room of their identification and not their birth. If the facility requires that the athlete change in their birth locker room, then the LSC must provide an appropriate changing space for the athlete or athletes in question.

These are existing policies that USA Swimming has adopted. The athlete must be protected in this situation, and, failure to do so, will ultimately be a liability to the club or the LSC.

I will be studying the policy, and adapting it for presentation and adoption at the Spring HOD Meeting.

"Burkini" Policy

For Muslim athletes, practicing and competing in a "Burkini" is an acceptable suit option. The only restriction is that they must not provide a competitive advantage (buoyancy, etc.). These athletes must notify the Meet Referee in writing before a competition begins that they wish to compete in that style of suit.

Athlete Representatives Report

As the Athlete Representatives for Inland Empire, Eli Engledow and I attended the United States Aquatic Sports Convention. Throughout the duration of the convention, many aspects of the sport were touched upon. From stroke technique to sexual assault, the convention leaders worked tirelessly to improve the sport we all participate in. As athlete representatives, we were expected to attend every athlete meeting and speak for our LSC. One of the suggestions mentioned was creating an LSC level athlete committee. The committee would contain an athlete from each club of the LSC, working to improve communication from the athlete representatives to each of the clubs contained in the LSC. Although this program would be a logistical challenge for an LSC of our geographic size, it would serve to unite the athletes and open communication. It was also brought to attention the process by which athlete representatives are elected in our LSC. While I feel the voting process itself is fair, I would like to open up the nomination process. While swimmers may not be elite, it is important that all athletes are given the same opportunities regardless of ability. The common goal among both the athletes and board members is to choose the individual that would do the best job, which does not correlate with swimming ability. Furthermore, IES as a whole needs to publicize the position of athlete representative so the swimmers know who to go to with issues in the sport. The majority of LSC athletes aren't aware of the position of athlete representative, and furthermore have no knowledge of the vast governing body that lies behind the sport itself. By piquing interest in the opportunities offered by the position, it gets the athletes talking and vying for the spot. Another well discussed topic of this year's convention was diversity and inclusion in the sport. By implementing programs such as Zone Diversity Select Camps, USA Swimming has worked to promote the inclusion of athletes of all ethnicities, backgrounds, and ability levels. It is important that every athlete be given an equal opportunity for success. A committee closely involved with diversity and inclusion is Safe Sport, which works to ensure the mental, physical, and emotional safety of the athletes. The focus of Safe Sport this year was counteracting inappropriate relationships and sexual assault. It was addressed that coach-athlete relationships do happen and should be always be reported. Although this may not seem to be a current issue for our LSC, it is important that the athletes are aware of the committee in place for their own safety. I hope we can all work together to improve the swimming experience for IES swimmers. Thank you all for giving me the opportunity to serve as the Athlete Representative for two conventions now.

Officials Committee Report

10/9/2016

We currently have 98 fully certified officials, and have 47 apprentices at various positions.

Our current staff of Meet Referees includes:

- Greta Alderson, YYST
- Robert Broyles, UN
- Jack Griffith TCCC
- Don Hougardy, UN
- Liz Law, SAS
- Genie Lutz, VS
- Teri Madill, SWAT
- Chris Miller, LGSC
- Susan Schwiesow, MRA

We continue to work towards a goal of having one official for every ten swimmers on a club. We can certainly use any help from coaches and team boards in encouraging more parental involvement in the officiating ranks – many hands make light work!

We have recently instituted the practice of designating an official's chair for each club, usually a referee, to act as a liaison between the IES officials' committee and the clubs. This should help us keep officials reminded of upcoming expirations and help us encourage folks to re-certify and apply for advancement. Double-ended starts were a challenge at Champs, so it is ever more important for us to keep the pipeline full of new officials that have the temperament to eventually become referees.

Safe Sport Chair Report
Oct 2016

The only Safe Sport incident reported to me since the last report spring 2016 was an issue with deck changing. Coaches: Please remind your swimmers to change in designated areas (locker rooms). No deck changing at meets or at practices.

It seems our IES Coaches are doing a great job of monitoring & managing any issues that arise and/or our LSC is just fortunate to not have some of the difficulties I heard about at the Safe Sport conference. Great job coaches, keep up the good work!

Hopefully, you're all receiving the Safe Sport Monday scenarios & taking the time discuss them with your swimmers. They're intended to be short, easy discussions which hopefully eliminate the need for much longer & uglier ones.

In case you weren't aware, there is now a free Bullying Prevention Training for Coaches & Non Athlete members. Bullying is something we have to deal with on occasion; it can be just small & annoying, but may lead to kids leaving teams & far worse. You are encourage to view this training as well as to include it on your web site & to encourage your team parents to participate too. Additionally, on your web site please include links to the free Athlete Protection Trainings for Parent and the free Athlete Protection Training for Athletes & encourage member participation.

Reminder, the SWIM STAFF SELECT app www.swimstaffselect.org is available to help you screen applicants for staff and volunteer positions. Using Swim Staff Select, you can create position descriptions, job postings, job applications, reference checking scripts, and interview scripts. You can also communicate with applicants and review applications.

And the Safe Sport tool kit www.usaswimming.org/toolkit has lots of useful information for teams, coaches, officials and parents, including:

- **An online Safe Sport Self-Assessment for teams: another tool to assess your team's policies & procedures to help keep our sport fun and safe & to prevent problems before the arise.**
- Model Policies and Guidelines
- A Safe Sport Introduction for Parents-Power Point presentation which USAS teams may use to introduce new families to Safe Sport & shows how your team and USAS is committed to keeping all of our swimmers safe.
- Pre-season parent orientation handout & tips for parents
- Safe sport overview for coaches
- For Meet Directors, Admin Officials, Referees and other officials: Safe Sport Guide for Meet Administration, Pre-Meet Safe Sport Risk Assessment and Safe Sport Scenarios at Meets. This will help to plan for a safe meet, identify problems, and address those problems at swim meets.
- Heat sheet ads, No cameras sign, No deck changing poster
- Resource guide for peer-on –peer incidents

Thank you for your continued commitments to keep our athletes safe.

Liz Law



INLAND EMPIRE SWIMMING

Fall 2016 SANCTIONS REPORT

MEET	HOST	MEET TYPE	DATES	SANCTION #	Status
LGSC DEVELOPMENTAL	LGSC	Developmental	June 18	IE-16-1298	issued 4/28/2016
STARLIGHT	VS	Open	July 8-10	IE-16-1299	issued 5/4/2016
MRA SIZZLING SUMMER	MRA	Open	July 15-17	IE-16-1300	issued 5/4/2016
KIWANIS	YVST	Open	June 25-26	IE-16-1301	issued 5/11/2016
PENDLETON OPEN	PSA	Open	July 8-10	IE-16-1302	issued 5/16/2016
LC CHAMPS	TCCC	Open	July 29-31	IE-16-1303	issued 5/24/2016
MRA SHOOTOUT	MRA	Open	Sept 24	IE-16-1304	issued 7/19/2016
SPOOKTACULAR	LGSC	Open	Oct 22-23	IE-16-1305	issued 7/19/2016
THANKSWIMMING	MRA	Open	Nov 18-20	IE-16-1306	issued 8/17/2016
FALL SPLASH	CAST	Open	Nov 18-20	IE-16-1307	issued 8/22/2016
VERY SCARY	VS	Open	Oct 1-2	IE-16-1308	issued 8/22/2016
IMX FALL CHALLENGE	SWAT	Open	Oct 15-16	IE-16-1309	issued 8/30/2016
TRICK OR TREAT	GMSC	Developmental	Oct 30	IE-16-1310	issued 9/13/2016
VALLEY DEVELOPMENTAL	SAS	Developmental	Oct 7	IE-16-1311	issued 9/23/2016

Yards-Women

8 & U	25	Free	14.38	2-Mar-07	YYST	CAITLIN QUAEMPTS
	50	Free	31.93	2-Mar-07	YYST	CAITLIN QUAEMPTS
	100	Free	1:09.55	27-Feb-09	TCCC	CLAIRE SCHAEF
	25	Back	16.83	10-Feb-07	YYST	CAITLIN QUAEMPTS
	50	Back	35.44	22-Mar-02	SAS	EMRI MOORE
	25	Breast	18.28	12-Dec-03	SAS	ADDISYNN BURSCH
	50	Breast	42.00	12-Dec-03	SAS	ADDISYNN BURSCH
	25	Fly	15.02	10-Feb-12	SWAT	EMMA THOMPSON
	50	Fly	33.48	1-Jan-92	CSFC	DESIREE JOHNSON
	100	IM	1:19.41	1-Jan-92	CSFC	DESIREE JOHNSON
100	Free Relay	1:05.02	1-Jan-00	ADY	ATOMIC DOLPHINS	
100	Medley Relay	1:17.03	1-Jan-00	EST	EASTMONT	
9-10	50	Free	27.22	25-Feb-05	MLMR	NATILEE RUIZ
	100	Free	59.24	8-Dec-00	SAS	BRITTNEY MOORE
	200	Free	2:09.13	18-Mar-05	MLMR	NATILEE RUIZ
	500	Free	5:45.27	20-Oct-12	YAC	MAYA CUNNINGHAM
	50	Back	30.38	18-Mar-05	MLMR	NATILEE RUIZ
	100	Back	1:05.63	18-Mar-05	MLMR	NATILEE RUIZ
	50	Breast	36.13	2-Dec-05	SAS	ADDISYNN BURSCH
	100	Breast	1:18.63	6-Jan-06	SAS	ADDISYNN BURSCH
	50	Fly	29.51	1-Mar-94	CSFC	DESIREE JOHNSON
	100	Fly	1:07.00	1-Jan-00	EWRA	JEANETTE BRYCHELL
	100	IM	1:08.06	1-Mar-94	CSFC	DESIREE JOHNSON
	200	IM	2:26.35	20-Oct-12	YAC	MAYA CUNNINGHAM
	200	Free Relay	2:01.13	1-Jan-00	EST	EASTMONT
	200	Medley Relay	2:15.99	1-Jan-00	EST	EASTMONT
11-12	50	Free	24.97	1-Mar-94	CSFC	BROOKE SPRAGUE
	100	Free	53.41	23-Mar-07	TCCC	NATILEE RUIZ
	200	Free	1:55.19	23-Mar-07	TCCC	NATILEE RUIZ
	500	Free	5:07.35	3-Dec-98	TCCC	JESSICA NEWMAN
	1000	Free	10:47.96	27-Feb-02	TCCC	ERIN HOLMES
	1650	Free	18:31.85	13-Dec-12	YAC	ELLA VAN TROBA
	50	Back	27.99	8-Mar-03	SAS	JENNI DOLE
	100	Back	59.37	23-Mar-07	TCCC	NATILEE RUIZ
	200	Back	2:08.65	7-Mar-07	TCCC	NATILEE RUIZ
	50	Breast	31.81	1-Mar-89	YYST	AMY WARNINGER
	100	Breast	1:08.84	17-Mar-06	WWY	SARAH FEIL
	200	Breast	2:30.48	30-Nov-07	CAST	ADDISYN BURSCH
	50	Fly	27.09	17-Mar-06	WWY	SARAH FEIL
	100	Fly	59.08	1-Mar-89	CUDA	LORI VAN LITH
	200	Fly	2:14.20	20-Mar-14	YYST	MAYA CUNNINGHAM
	100	IM	1:00.66	23-Mar-07	TCCC	NATILEE RUIZ
	200	IM	2:09.94	23-Mar-07	TCCC	NATILEE RUIZ
	400	IM	4:48.32	30-Jan-03	SAS	JENNI DOLE
	200	Free Relay	1:46.53	1-Jan-00	SAS	SPOKANE AREA SWIMMING
	400	Free Relay	3:52.81	1-Jan-00	SAS	SPOKANE AREA SWIMMING
	200	Medley Relay	1:59.14	1-Mar-95	TCCC	TRI CITY CHANNEL CATS
	400	Medley Relay	4:13.79	1-Mar-95	TCCC	TRI CITY CHANNEL CATS

RECORDS IES-SC-Y

13-14	50 Free	23.16	11-Dec-08	TCCC	NATILEE RUIZ
	100 Free	50.41	11-Dec-08	TCCC	NATILEE RUIZ
	200 Free	1:49.51	11-Mar-09	TCCC	NATILEE RUIZ
	500 Free	4:55.66	21-Mar-00	TCCC	JESSICA NEWMAN
	1000 Free	10:06.60	21-Mar-00	TCCC	JESSICA NEWMAN
	1650 Free	16:44.23	21-Mar-00	TCCC	JESSICA NEWMAN
	100 Back	55.70	13-Nov-08	TCCC	NATILEE RUIZ
	200 Back	1:59.87	11-Mar-09	TCCC	NATILEE RUIZ
	100 Breast	1:03.20	11-Mar-15	CAST	SARAH NICHOLLS
	200 Breast	2:16.70	21-Jan-10	CAST	ADDISYNN BURSCH
	100 Fly	56.67	20-Mar-14	VS	JESSICA WIERZBICKI
	200 Fly	2:04.15	10-Dec-14	VS	JESSICA WIERZBICKI
	200 IM	2:03.73	21-Jan-10	CAST	ADDISYNN BURSCH
	400 IM	4:21.77	2-Apr-02	SAS	SUMMER MORGAN
	200 Free Relay	1:41.10	27-Mar-09	TCCC	TRI-CITY CHANNEL CATS
	400 Free Relay	3:42.87	27-Feb-09	TCCC	TRI-CITY CHANNEL CATS
	800 Free Relay	8:13.25	1-Mar-95	TCCC	TRI CITY CHANNEL CATS
	200 Medley Relay	1:54.38	20-Mar-14	SWAT	SPOKANE WAVES
	400 Medley Relay	4:08.24	28-Feb-14	SWAT	SPOKANE WAVES
15-16	50 Free	23.69	11-Mar-09	SWAT	RACHEL MILLET
	100 Free	50.64	11-Mar-09	SWAT	RACHEL MILLET
	200 Free	1:50.53	31-Jan-02	SAS	RIKKI COVEY
	500 Free	4:52.88	29-Nov-01	SAS	RIKKI COVEY
	1000 Free	10:07.61	29-Nov-01	SAS	RIKKI COVEY
	1650 Free	16:52.25	10-Dec-14	SAS	SAKAIYA MCCOY
	100 Back	53.94	12-Mar-14	SWAT	EMMA SCHANZ
	200 Back	1:56.59	16-Jan-14	SWAT	EMMA SCHANZ
	100 Breast	1:02.50	16-Jan-14	SWAT	EMMA SCHANZ
	200 Breast	2:11.90	16-Jan-14	SWAT	EMMA SCHANZ
	100 Fly	55.09	11-Mar-15	VS	JESSICA WIERZBICKI
	200 Fly	2:01.32	9-Dec-15	VS	JESSICA WIERZBICKI
	200 IM	1:59.10	12-Dec-13	SWAT	EMMA SCHANZ
	400 IM	4:17.04	8-Dec-11	UNAT	ADDISYNN BURSCH
17-19	50 Free	23.49	9-Mar-11	CAST	KJIRSTEN MAGNUSON
	100 Free	50.97	10-Mar-10	SWAT	RACHEL MILLET
	200 Free	1:49.43	15-Dec-11	TCCC	NATILEE RUIZ
	500 Free	4:53.84	9-Dec-10	SAS	EMRI MOORE
	1000 Free	10:07.59	12-Mar-14	SWAT	CHRISTINE RENZINI
	1650 Free	16:56.31	12-Mar-14	SWAT	CHRISTINE RENZINI
	100 Back	52.84	11-Mar-15	UNAT	EMMA SCHANZ
	200 Back	1:53.64	26-Mar-14	TCCC	LISA BRATTON
	100 Breast	1:01.39	11-Mar-15	UNAT	EMMA SCHANZ
	200 Breast	2:09.03	11-Mar-15	UNAT	EMMA SCHANZ
	100 Fly	54.54	14-Dec-07	SAS	JENNI DOLE
	200 Fly	2:03.40	5-Apr-11	SAS	EMRI MOORE
	200 IM	1:58.29	11-Mar-15	UNAT	EMMA SCHANZ
	400 IM	4:13.37	26-Mar-14	TCCC	LISA BRATTON
	50 Free	23.16	11-Dec-08	TCCC	NATILEE RUIZ

RECORDS IES-SC-Y

100	Free	50.41	11-Dec-08	TCCC	NATILEE RUIZ
200	Free	1:49.43	15-Dec-11	TCCC	NATILEE RUIZ
500	Free	4:52.88	29-Nov-01	SAS	RIKKI COVEY
1000	Free	10:06.60	21-Mar-00	TCCC	JESSICA NEWMAN
1650	Free	16:44.23	21-Mar-00	TCCC	JESSICA NEWMAN
100	Back	52.84	11-Mar-15	SWAT	EMMA SCHANZ
200	Back	1:53.64	26-Mar-14	TCCC	LISA BRATTON
100	Breast	1:01.39	11-Mar-15	SWAT	EMMA SCHANZ
200	Breast	2:09.03	11-Mar-15	SWAT	EMMA SCHANZ
100	Fly	54.54	14-Dec-07	SAS	JENNI DOLE
200	Fly	2:01.32	9-Dec-15	VS	JESSICA WIERZBICKI
200	IM	1:58.29	11-Mar-15	SWAT	EMMA SCHANZ
400	IM	4:13.37	26-Mar-14	TCCC	LISA BRATTON
200	Free Relay	1:38.17	2-Apr-07	SAS	SPOKANE AREA SWIMMING
400	Free Relay	3:31.36	1-Apr-08	SAS	SPOKANE AREA SWIMMING
800	Free Relay	7:38.88	5-Apr-05	SAS	SPOKANE AREA SWIMMING
200	Medley Relay	1:46.66	5-Apr-11	SAS	SPOKANE AREA SWIMMING
400	Medley Relay	3:54.70	16-Jan-14	SWAT	SPOKANE WAVES

Yards-Men

8 & U	25	Free	14.02	10-Feb-12	TCCC	RYAN MONREAN
	50	Free	30.47	17-Apr-09	CAST	COLE CURTIS
	100	Free	1:07.10	27-Mar-09	CAST	COLE CURTIS
	25	Back	16.44	20-Nov-09	TCCC	SKYLER YOUNKIN
	50	Back	36.07	30-Jan-10	TCCC	SKYLER YOUNKIN
	25	Breast	17.74	25-Feb-00	CAST	JARED HESTON
	50	Breast	39.13	10-Dec-99	CAST	JARED HESTON
	25	Fly	14.89	21-Nov-08	CAST	COLE CURTIS
	50	Fly	33.13	27-Mar-09	CAST	COLE CURTIS
	100	IM	1:17.55	18-Jan-03	SAS	BARKLEY BURSCH
	100	Free Relay	1:02.28	1-Jan-00	YYST	YAKIMA YMCA ST
	100	Medley Relay	1:12.00	1-Jan-00	YYST	YAKIMA YMCA ST
	9-10	50	Free	26.82	8-Mar-02	CAST
100		Free	58.90	8-Feb-02	CAST	JARED HESTON
200		Free	2:05.70	8-Mar-02	CAST	JARED HESTON
500		Free	5:44.13	28-Jan-05	SAS	BARKLEY BURSCH
50		Back	31.48	1-Apr-99	MFVT	SKYLAR STROMAN
100		Back	1:07.25	1-Apr-99	MFVT	SKYLAR STROMAN
50		Breast	32.14	12-Oct-01	CAST	JARED HESTON
100		Breast	1:10.41	8-Mar-02	CAST	JARED HESTON
50		Fly	29.32	30-Mar-12	TCCC	SKYLER YOUNKIN
100		Fly	1:05.47	14-Dec-02	CAST	MASON SHAW
100		IM	1:06.75	8-Feb-02	CAST	JARED HESTON
200		IM	2:21.49	8-Feb-02	CAST	JARED HESTON
200		Free Relay	1:57.47	19-Mar-15	VS	VELOCITY SWIMMING
200		Medley Relay	2:14.16	28-Feb-14	VS	VELOCITY SWIMMING
11-12	50	Free	23.70	1-Mar-95	SAS	JOEY COVEY
	100	Free	52.13	10-Mar-16	MRA	ZACHARY WASHBURN
	200	Free	1:54.29	10-Mar-16	MRA	ZACHARY WASHBURN
	500	Free	5:12.29	21-Nov-08	CAST	BRYCE KANANOWICZ
	1000	Free	10:48.39	21-Nov-08	CAST	BRYCE KANANOWICZ
	1650	Free	18:05.73	7-Nov-08	CAST	BRYCE KANANOWICZ
	50	Back	27.07	25-Jan-14	LCN	ELI ENGLEDOW
	100	Back	58.28	30-Mar-12	LGSC	JARED MILLER
	200	Back	2:04.98	12-Feb-16	VAN	ETHAN BAIRD
	50	Breast	30.27	8-Jan-05	CAST	MASON SHAW
	100	Breast	1:06.09	8-Jan-05	CAST	MASON SHAW
	200	Breast	2:22.49	13-Dec-12	SAS	DANIEL ROY
	50	Fly	25.37	10-Mar-16	MRA	ZACHARY WASHBURN
	100	Fly	56.76	20-Mar-14	TCCC	SKYLER YOUNKIN
	200	Fly	2:11.92	20-Mar-14	VS	CONNOR ELWYN
	100	IM	59.66	26-Feb-16	MRA	ZACHARY WASHBURN
	200	IM	2:10.80	5-Dec-08	CAST	BRYCE KANANOWICZ
	400	IM	4:39.69	12-Jan-02	SAS	NICK BLANK
	200	Free Relay	1:44.42	20-Mar-14	VS	VELOCITY SWIMMING
	400	Free Relay	3:47.56	20-Mar-14	VS	VELOCITY SWIMMING
	200	Medley Relay	1:58.22	10-May-14	VS	VELOCITY SWIMMING
	400	Medley Relay	4:16.24	20-Mar-14	VS	VELOCITY SWIMMING

RECORDS IES-SC-Y

13-14	50 Free	21.76	1-Mar-97	SAS	JOE COVEY
	100 Free	48.09	1-Dec-96	SAS	JOE COVEY
	200 Free	1:44.50	2-Dec-11	GMSC	BOWEN ANDERSON
	500 Free	4:39.81	12-Nov-10	CAST	BRYCE KANANOWICZ
	1000 Free	9:40.80	1-Mar-94	CUDA	ZANE DEWITZ
	1650 Free	16:07.55	12-Nov-10	CAST	BRYCE KANANOWICZ
	100 Back	51.10	12-Nov-10	CAST	BRYCE KANANOWICZ
	200 Back	1:51.37	9-Dec-10	CAST	BRYCE KANANOWICZ
	100 Breast	57.94	15-Jan-15	SAS	DANIEL ROY
	200 Breast	2:04.10	10-Dec-14	SAS	DANIEL ROY
	100 Fly	51.13	30-Mar-12	CAST	ETHAN CORDES
	200 Fly	1:50.86	2-Dec-11	GMSC	BOWEN ANDERSON
	200 IM	1:54.61	9-Dec-10	CAST	BRYCE KANANOWICZ
	400 IM	4:04.56	12-Nov-10	CAST	BRYCE KANANOWICZ
	200 Free Relay	1:33.94	22-Mar-13	TCCC	TRI-CITY CHANNEL CATS
	400 Free Relay	3:26.31	22-Mar-13	TCCC	TRI-CITY CHANNEL CATS
	800 Free Relay	7:36.40	1-Jan-00	SST	SPOKANE SWIM TEAM
	200 Medley Relay	1:44.58	22-Mar-13	TCCC	TRI-CITY CHANNEL CATS
	400 Medley Relay	3:48.72	22-Mar-13	TCCC	TRI-CITY CHANNEL CATS
15-16	50 Free	21.02	13-Mar-13	GMSC	WYATT JAGER
	100 Free	45.80	13-Mar-13	GMSC	WYATT JAGER
	200 Free	1:39.87	1-Mar-96	CUDA	ZANE DEWITZ
	500 Free	4:30.48	9-Mar-05	TCCC	CARL JONES
	1000 Free	9:15.44	22-Mar-05	TCCC	CARL JONES
	1650 Free	15:33.26	9-Mar-05	TCCC	CARL JONES
	100 Back	49.27	8-Dec-11	CAST	BRYCE KANANOWICZ
	200 Back	1:47.71	8-Dec-11	CAST	BRYCE KANANOWICZ
	100 Breast	55.34	18-Dec-15	SAS	DANIEL ROY
	200 Breast	1:58.46	19-Dec-15	SAS	DANIEL ROY
	100 Fly	49.23	15-Feb-08	TCCC	CODY ROBERTS
	200 Fly	1:50.46	8-Dec-11	CAST	JOE LOFTUS
	200 IM	1:48.78	11-Dec-08	SAS	MASON SHAW
	400 IM	3:50.45	11-Dec-08	SAS	MASON SHAW
17-19	50 Free	20.79	8-Dec-11	SAS	BEN LOVELL
	100 Free	45.01	1-Mar-89	CUDA	CHAD ROLFS
	200 Free	1:39.23	1-Mar-89	CUDA	CHAD ROLFS
	500 Free	4:28.97	20-Mar-07	TCCC	CARL JONES
	1000 Free	9:15.07	30-Nov-06	TCCC	CARL JONES
	1650 Free	15:21.87	20-Mar-07	TCCC	CARL JONES
	100 Back	49.10	12-Mar-14	UN-01	BRYCE KANANOWICZ
	200 Back	1:46.27	12-Dec-13	CAST	BRYCE KANANOWICZ
	100 Breast	55.81	16-Jan-14	UN	BRYCE KANANOWICZ
	200 Breast	2:01.66	16-Jan-14	UN	BRYCE KANANOWICZ
	100 Fly	47.81	21-Feb-09	TCCC	CODY ROBERTS
	200 Fly	1:47.15	9-Dec-10	SAS	COLEMAN ALLEN
	200 IM	1:47.65	12-Dec-13	CAST	BRYCE KANANOWICZ
	400 IM	3:53.13	5-Apr-11	SAS	COLEMAN ALLEN
	50 Free	20.79	8-Dec-11	SAS	BEN LOVELL

RECORDS IES-SC-Y

100 Free	45.01	1-Mar-89	CUDA	CHAD ROLFS
200 Free	1:39.23	1-Mar-89	CUDA	CHAD ROLFS
500 Free	4:28.97	20-Mar-07	TCCC	CARL JONES
1000 Free	9:15.07	30-Nov-06	TCCC	CARL JONES
1650 Free	15:21.87	20-Mar-07	TCCC	CARL JONES
100 Back	49.10	12-Mar-14	UNAT	BRYCE KANANOWICZ
200 Back	1:46.27	12-Dec-13	CAST	BRYCE KANANOWICZ
100 Breast	55.34	18-Dec-15	SAS	DANIEL ROY
200 Breast	1:58.46	19-Dec-15	SAS	DANIEL ROY
100 Fly	47.81	21-Feb-09	TCCC	CODY ROBERTS
200 Fly	1:47.15	9-Dec-10	SAS	COLEMAN ALLEN
200 IM	1:47.65	12-Dec-13	CAST	BRYCE KANANOWICZ
400 IM	3:50.45	11-Dec-08	SAS	MASON SHAW
200 Free Relay	1:27.11	1-Dec-05	SAS	SPOKANE AREA SWIMMING
400 Free Relay	3:10.80	1-Mar-90	SAS	SPOKANE AREA SWIMMING
800 Free Relay	6:54.71	5-Apr-05	SAS	SPOKANE AREA SWIMMING
200 Medley Relay	1:36.26	2-Apr-07	SAS	SPOKANE AREA SWIMMING
400 Medley Relay	3:29.24	2-Apr-07	SAS	SPOKANE AREA SWIMMING

RECORDS IES-LC-L
LC Meters-Women

8 & U	50	Free	34.77	9-Aug-02	SAS	EMRI MOORE
	100	Free	1:17.80	9-Aug-02	SAS	EMRI MOORE
	50	Back	41.61		CSFC	DESIREE JOHNSON
	50	Breast	49.07	9-Aug-02	SAS	EMRI MOORE
	50	Fly	37.28		CSFC	DESIREE JOHNSON
	200	IM	3:10.04	21-Jun-02	SAS	EMRI MOORE
	200	Free Relay	2:52.40	1-Jan-00	TCST	TRI-CITY SWIM TEAM
	200	Medley Relay	3:20.96		ADY	ATOMIC DOLPHINS
9-10	50	Free	29.90	1-Jan-00	CSFC	BROOKE SPRAGUE
	100	Free	1:08.15	10-Aug-04	SAS	EMRI MOORE
	200	Free	2:25.68	10-Aug-04	SAS	EMRI MOORE
	400	Free	5:04.22	4-Jun-04	SAS	EMRI MOORE
	50	Back	34.97	1-Aug-93	CSFC	DESIREE JOHNSON
	100	Back	1:17.75		CSFC	DESIREE JOHNSON
	50	Breast	38.90	10-Aug-16	SWAT	JENA KISTLER
	100	Breast	1:26.03		TCCC	ANGELA GEIGER
	50	Fly	32.84		CSFC	DESIREE JOHNSON
	100	Fly	1:14.84		CSFC	DESIREE JOHNSON
	200	IM	2:43.51	10-Aug-04	SAS	EMRI MOORE
	200	Free Relay	2:21.17		EST	EASTMONT SWIM TEAM
	200	Medley Relay	2:40.83		WWY	WALLA WALLA YMCA
11-12	50	Free	27.46	1-Aug-94	CSFC	BROOKE SPRAGUE
	100	Free	1:00.87	8-Aug-06	TCCC	NATILEE RUIZ
	200	Free	2:10.54	1-Aug-98	TCCC	JESSICA NEWMAN
	400	Free	4:32.17	1-Aug-98	TCCC	JESSICA NEWMAN
	800	Free	9:40.91	17-May-02	TCCC	ERIN HOLMES
	1500	Free	18:27.26	31-May-02	TCCC	ERIN HOLMES
	50	Back	32.01	1-Aug-94	CSFC	BROOKE SPRAGUE
	100	Back	1:09.07	21-Jun-12	GMSC	TAYLOR MCCOY
	200	Back	2:30.15	21-Jun-02	TCCC	ERIN HOLMES
	50	Breast	36.07	1-Aug-94	CSFC	BROOKE SPRAGUE
	100	Breast	1:19.02	8-Aug-06	UNAT	SARAH FEIL
	200	Breast	2:50.93	28-Jul-06	UNAT	SARAH FEIL
	50	Fly	30.38	8-Aug-06	UNAT	SARAH FEIL
	100	Fly	1:08.46	6-Aug-14	YYST	MAYA CUNNINGHAM
	200	Fly	2:32.69	6-Aug-14	YYST	MAYA CUNNINGHAM
	200	IM	2:30.96	1-Jul-98	TCCC	JESSICA NEWMAN
	400	IM	5:22.62	6-Aug-14	YYST	MAYA CUNNINGHAM
	200	Free Relay	2:02.19		SAS	SPOKANE AREA SWIMMING
	400	Free Relay	4:28.39		SAS	SPOKANE AREA SWIMMING
	200	Medley Relay	2:18.02		SAS	SPOKANE AREA SWIMMING
	400	Medley Relay	5:04.13		TCCC	TRI-CITY CHANNEL CATS
13-14	50	Free	26.35	15-Jul-08	TCCC	NATILEE RUIZ
	100	Free	57.42	4-Aug-08	TCCC	NATILEE RUIZ
	200	Free	2:06.58	4-Aug-08	TCCC	NATILEE RUIZ
	400	Free	4:25.00	1-Aug-00	TCCC	JESSICA NEWMAN
	800	Free	9:02.96	29-Jul-15	TCCC	CLAIRE SCHAEF

RECORDS IES-LC-L

13-14	1500 Free	17:15.39	29-Jul-15	TCCC	CLAIRE SCHAEF
	100 Back	1:04.02	4-Aug-08	TCCC	NATILEE RUIZ
	200 Back	2:17.82	19-Jun-14	GMSC	TAYLOR MCCOY
	100 Breast	1:13.48	6-Aug-14	CAST	SARAH NICHOLLS
	200 Breast	2:41.38	5-Aug-02	TCCC	CASSIE HAMILTON
	100 Fly	1:03.57	9-Aug-11	CAST	NICOLE ROZIER
	200 Fly	2:21.36		CUDA	LORI VAN LITH
	200 IM	2:23.38	21-Jul-09	CAST	ADDISYNN BURSCH
	400 IM	5:05.04	19-Mar-02	SAS	SUMMER MORGAN
	200 Free Relay	1:56.95	1-Jul-97	SAS	SPOKANE AREA SWIMMING
	400 Free Relay	4:14.97	2-Aug-12	SWAT	SPOKANE WAVES
	800 Free Relay	9:21.02	2-Aug-12	SWAT	SPOKANE WAVES
	200 Medley Relay	2:12.91	1-Jul-97	SAS	SPOKANE AREA SWIMMING
	400 Medley Relay	4:48.66	2-Aug-12	SWAT	SPOKANE WAVES
15-16	50 Free	26.74	4-Aug-09	TCCC	NATILEE RUIZ
	100 Free	57.22	10-Aug-09	TCCC	NATILEE RUIZ
	200 Free	2:05.88	9-Aug-10	TCCC	NATILEE RUIZ
	400 Free	4:23.42	4-Aug-16	TCCC	CLAIRE SCHAEF
	800 Free	8:58.24	4-Aug-16	TCCC	CLAIRE SCHAEF
	1500 Free	17:11.72	4-Aug-16	TCCC	CLAIRE SCHAEF
	100 Back	1:03.09	4-Aug-09	TCCC	NATILEE RUIZ
	200 Back	2:13.57	25-Jun-12	TCCC	LISA BRATTON
	100 Breast	1:11.09	17-Mar-16	CAST	SARAH NICHOLLS
	200 Breast	2:30.63	19-Jun-14	SWAT	EMMA SCHANZ
	100 Fly	1:03.12	15-Jul-14	CAST	NICOLE ROZIER
	200 Fly	2:19.29		TCCC	SUSIE ROBISCH
	200 IM	2:18.28	19-Jun-14	SWAT	EMMA SCHANZ
	400 IM	4:56.14	5-Aug-02	SAS	SUMMER MORGAN
17-19	50 Free	26.80	2-Aug-11	TCCC	NATILEE RUIZ
	100 Free	57.01	16-Jul-13	TCCC	NATILEE RUIZ
	200 Free	2:04.80	25-Jun-12	TCCC	NATILEE RUIZ
	400 Free	4:24.87	19-Jul-11	SAS	EMRI MOORE
	800 Free	9:03.80	19-Jul-11	SAS	EMRI MOORE
	1500 Free	17:21.99	19-Jul-11	SAS	EMRI MOORE
	100 Back	1:01.92	6-Aug-15	TCCC	LISA BRATTON
	200 Back	2:09.31	6-Aug-15	TCCC	LISA BRATTON
	100 Breast	1:12.26	6-Aug-15	SWAT	EMMA SCHANZ
	200 Breast	2:31.36	6-Aug-15	SWAT	EMMA SCHANZ
	100 Fly	1:01.49	15-Jul-08	SAS	JENNI DOLE
	200 Fly	2:15.33	4-Aug-08	SAS	JENNI DOLE
	200 IM	2:15.79	6-Aug-15	TCCC	LISA BRATTON
	400 IM	4:53.36	6-Aug-15	TCCC	LISA BRATTON
	50 Free	26.35	15-Jul-08	TCCC	NATILEE RUIZ
	100 Free	57.01	16-Jul-13	TCCC	NATILEE RUIZ
	200 Free	2:03.76	28-Mar-06	WSU	ERIN MCCLEAVE
	400 Free	4:23.03	28-Mar-06	WSU	ERIN MCCLEAVE
	800 Free	8:58.24	4-Aug-16	TCCC	CLAIRE SCHAEF
	1500 Free	17:02.10	28-Mar-06	WSU	ERIN MCCLEAVE
	100 Back	1:01.92	6-Aug-15	TCCC	LISA BRATTON

RECORDS IES-LC-L

200 Back	2:09.31	6-Aug-15	TCCC	LISA BRATTON
100 Breast	1:11.09	17-Mar-16	CAST	SARAH NICHOLLS
200 Breast	2:30.63	19-Jun-14	SWAT	EMMA SCHANZ
100 Fly	1:01.49	15-Jul-08	SAS	JENNI DOLE
200 Fly	2:15.33	4-Aug-08	SAS	JENNI DOLE
200 IM	2:15.79	6-Aug-15	TCCC	LISA BRATTON
400 IM	4:53.36	6-Aug-15	TCCC	LISA BRATTON
200 Free Relay	1:47.69	15-Jul-14	VAN	VANDAL AQUATIC CLUB
400 Free Relay	3:58.95	15-Jul-14	VAN	VANDAL AQUATIC CLUB
800 Free Relay	8:43.00	25-Jul-01	SAS	SPOKANE AREA SWIMMING
200 Medley Relay	2:01.16	15-Jul-14	VAN	VANDAL AQUATIC CLUB
400 Medley Relay	4:25.58	15-Jul-14	VAN	VANDAL AQUATIC CLUB

RECORDS IES-LC-L
LC Meters-Men

8 & U	50 Free	34.87	27-Jul-12	MRA	ZACHARY WASHBURN
	100 Free	1:16.60	27-Jul-12	MRA	ZACHARY WASHBURN
	50 Back	41.66		SAS	JOEY COVEY
	50 Breast	45.94		WWY	PAT BRANDENBURG
	50 Fly	38.63	27-Jul-12	MRA	ZACHARY WASHBURN
	200 IM	3:15.30	27-Jul-12	MRA	ZACHARY WASHBURN
	200 Free Relay	2:51.84		ADY	ATOMIC DOLPHINS
	200 Medley Relay	3:12.40	1-Jun-98	CAST	COEUR D'ALENE AREA SWIM TEAM
9-10	50 Free	29.67	6-Aug-14	MRA	ZACHARY WASHBURN
	100 Free	1:04.95	6-Aug-14	MRA	ZACHARY WASHBURN
	200 Free	2:25.93	17-Aug-99	MFVT	CARL JONES
	400 Free	5:22.00	25-Jul-14	MRA	ZACHARY WASHBURN
	50 Back	35.79	6-Aug-14	MRA	ZACHARY WASHBURN
	100 Back	1:16.16	17-Aug-99	MFVT	SKYLAR STROMAN
	50 Breast	37.98	7-Aug-01	CAST	JARED HESTON
	100 Breast	1:21.16	7-Aug-01	CAST	JARED HESTON
	50 Fly	32.15	6-Aug-14	MRA	ZACHARY WASHBURN
	100 Fly	1:15.75	6-Aug-14	MRA	ZACHARY WASHBURN
	200 IM	2:42.53	6-Aug-02	IES	MASON SHAW
	200 Free Relay	2:11.69		TCST	TRI-CITY SWIM TEAM
	200 Medley Relay	2:34.24		TCST	TRI-CITY SWIM TEAM
11-12	50 Free	26.33	10-Aug-16	MRA	ZACHARY WASHBURN
	100 Free	57.13	10-Aug-16	MRA	ZACHARY WASHBURN
	200 Free	2:07.74	10-Aug-16	MRA	ZACHARY WASHBURN
	400 Free	4:38.51	10-Aug-16	MRA	ZACHARY WASHBURN
	800 Free	9:48.12	3-Jun-11	TCCC	LUKE JACKSON
	1500 Free	18:54.53	8-Jul-16	MRA	ZACHARY WASHBURN
	50 Back	30.77	7-Aug-13	LCN	ELI ENGLEDDOW
	100 Back	1:06.01	7-Aug-13	LCN	ELI ENGLEDDOW
	200 Back	2:22.16	6-Aug-14	VS	CONNOR ELWYN
	50 Breast	33.60	5-Aug-03	CAST	JARED HESTON
	100 Breast	1:15.57	10-Aug-04	CAST	MASON SHAW
	200 Breast	2:45.25	5-Aug-15	SWAT	ANDREW LAMBERT
	50 Fly	28.46	10-Aug-16	MRA	ZACHARY WASHBURN
	100 Fly	1:03.82	6-Aug-14	VS	CONNOR ELWYN
	200 Fly	2:26.15	6-Aug-14	VS	CONNOR ELWYN
	200 IM	2:25.64	7-Aug-13	LCN	ELI ENGLEDDOW
	400 IM	5:06.46	6-Aug-14	VS	CONNOR ELWYN
	200 Free Relay	2:02.23		YYST	YAKIMA YMCA SWIM TEAM
	400 Free Relay	4:32.08		EST	EASTMONT SWIM TEAM
	200 Medley Relay	2:21.12	26-Jul-13	VS	VELOCITY SWIMMING
	400 Medley Relay	5:02.62	11-Jul-14	VS	VELOCITY SWIMMING
13-14	50 Free	25.95	5-Aug-15	VS	BRADEN DILLY
	100 Free	55.77	1-Jul-97	SAS	JOE COVEY
	200 Free	2:01.17	4-Aug-09	LGSC	MATTHEW COOK
	400 Free	4:16.69	7-Aug-01	SAS	RYAN VOLSEN
	800 Free	8:46.86	10-Aug-10	CAST	BRYCE KANANOWICZ

RECORDS IES-LC-L

13-14	1500 Free	16:48.99	1-Aug-93	EAST	GABE SMITH
	100 Back	1:01.19	10-Aug-10	CAST	BRYCE KANANOWICZ
	200 Back	2:10.14	10-Aug-10	CAST	BRYCE KANANOWICZ
	100 Breast	1:06.50	6-Aug-14	SAS	DANIEL ROY
	200 Breast	2:24.18	6-Aug-14	SAS	DANIEL ROY
	100 Fly	58.86	17-Mar-16	TCCC	SKYLER YOUNKIN
	200 Fly	2:11.80	16-Jul-13	TCCC	LUKE JACKSON
	200 IM	2:15.65	30-Jul-10	CAST	BRYCE KANANOWICZ
	400 IM	4:42.72	16-Jul-13	TCCC	LUKE JACKSON
	200 Free Relay	1:51.38	31-May-13	TCCC	TRI CITY CHANNEL CATS
	400 Free Relay	4:06.71	24-Jul-15	VS	VELOCITY SWIMMING
	800 Free Relay	9:30.16		EST	EASTMONT SWIM TEAM
	200 Medley Relay	2:03.60	31-May-13	TCCC	TRI CITY CHANNEL CATS
	400 Medley Relay	4:25.94		EST	EASTMONT SWIM TEAM
15-16	50 Free	24.09		CUDA	CHAD ROLFS
	100 Free	53.62	16-Jul-13	CAST	ETHAN CORDES
	200 Free	1:55.51	9-Aug-05	TCCC	CARL JONES
	400 Free	4:01.09	9-Aug-05	TCCC	CARL JONES
	800 Free	8:14.19	9-Aug-05	TCCC	CARL JONES
	1500 Free	15:54.74	9-Aug-05	TCCC	CARL JONES
	100 Back	58.49	19-Jul-12	CAST	BRYCE KANANOWICZ
	200 Back	2:05.54	19-Jul-12	CAST	BRYCE KANANOWICZ
	100 Breast	1:02.11	25-Aug-16	SAS	DANIEL ROY
	200 Breast	2:12.17	25-Aug-16	SAS	DANIEL ROY
	100 Fly	55.86	18-Mar-08	TCCC	CODY ROBERTS
	200 Fly	2:07.94	4-Aug-16	TCCC	SKYLER YOUNKIN
	200 IM	2:07.47	5-Dec-02	SAS	CJ NUSS
	400 IM	4:28.43	25-Aug-16	SAS	DANIEL ROY
17-19	50 Free	23.66		CUDA	CHAD ROLFS
	100 Free	51.55		CUDA	CHAD ROLFS
	200 Free	1:52.80	22-Jul-11	SAS	COLEMAN ALLEN
	400 Free	4:01.48	28-Mar-06	TCCC	CARL JONES
	800 Free	8:16.82	28-Mar-06	TCCC	CARL JONES
	1500 Free	15:48.65	28-Mar-06	TCCC	CARL JONES
	100 Back	57.76	13-Aug-12	LGSC	MATTHEW COOK
	200 Back	2:04.58	16-Jul-13	CAST	BRYCE KANANOWICZ
	100 Breast	1:05.40	29-Jul-15	SWAT	BLAKE HOWELL
	200 Breast	2:20.13	10-Aug-09	SAS	MASON SHAW
	100 Fly	54.42	2-Aug-11	SAS	COLEMAN ALLEN
	200 Fly	2:02.37	1-Aug-98	CUDA	ZANE DEWITZ
	200 IM	2:05.45	4-Dec-03	SAS	CJ NUSS
	400 IM	4:26.35	3-Aug-05	SAS	CJ NUSS
	50 Free	23.66		CUDA	CHAD ROLFS
	100 Free	51.55		CUDA	CHAD ROLFS
	200 Free	1:52.80	22-Jul-11	SAS	COLEMAN ALLEN
	400 Free	4:01.09	9-Aug-05	TCCC	CARL JONES
	800 Free	8:14.19	9-Aug-05	TCCC	CARL JONES
	1500 Free	15:48.65	28-Mar-06	TCCC	CARL JONES
	100 Back	57.76	13-Aug-12	LGSC	MATTHEW COOK

RECORDS IES-LC-L

200	Back	2:04.58	16-Jul-13	CAST	BRYCE KANANOWICZ
100	Breast	1:02.11	25-Aug-16	SAS	DANIEL ROY
200	Breast	2:12.17	25-Aug-16	SAS	DANIEL ROY
100	Fly	54.42	2-Aug-11	SAS	COLEMAN ALLEN
200	Fly	2:02.37	1-Aug-98	CUDA	ZANE DEWITZ
200	IM	2:05.45	4-Dec-03	SAS	CJ NUESSE
400	IM	4:26.35	3-Aug-05	SAS	CJ NUESSE
200	Free Relay	1:37.61	24-Jul-12	CAST	COEUR D'ALENE AREA SWIM TEMA
400	Free Relay	3:38.17	27-Jul-12	CAST	COEUR D'ALENE AREA SWIM TEAM
800	Free Relay	7:55.58	26-Jul-12	CAST	COEUR D'ALENE AREA SWIM TEAM
200	Medley Relay	1:49.27	9-Mar-12	GMSC	GOLD MEDAL SWIM CLUB
400	Medley Relay	3:58.72	20-Jul-10	SAS	SPOKANE AREA SWIMMING



IES Safety Chairs Report 10/2016

All,

The IES short course season is just about to start, in preparation there are some things that will need your attention as a Meet Director, Coach, Parent Volunteer, or Official. I'm going to call it "SAFETY FIRST".



The coach- is preparing the swimmers-for some it's going to be there first time at a competition meet, they're going to need some help from team members. Others have spent a number of years at meets and know what's expected. Sometimes the coaches are watching 80-90 swimmers of all ages

The Meet Director- needs to take care of matters assuring the venue is ready, attaining a POC phone number in the event of air or water issues etc....

Parent Volunteers-many tasks fall under this position to include but not limited: Console Operators, Office Staff, Timers, Meet Marshall, Hospitality, Concessioner, Meet Worker, or those acting as a janitor.

Officials- are busy watching the swimmers while there in the water, they're responsible for multiple lanes when on duty.

We all need to remind everyone: It's about **"SAFETY FIRST"**

- No running on the deck
- Feet first entry during warm-ups
- No horseplay
- Enforce the USA Swimming - spectator not allowed in deck area "3-foot rule"
- Be aware of weather conditions while traveling during winter
- Slick spots on the deck should be protected from use by covering, marking or using barriers.
- Do not stand on chairs or tables.
- Use only approved ladders rated for the task.
- Cover wires & electrical cords.
- Report all accidents.
- Report unsafe conditions to Meet Director & Meet Referee.



Please do your part to keep everyone safe during the IES Short Course season.

Thank You,

Jack Griffith, IES Safety Chair

INLAND EMPIRE SWIMMING
Financial Report of Investment Accounts
FYE 09/30/2016

The Income Fund of America - A			
	Market Value	Cost Basis	Shares
Balance as of 09/30/15	\$ 83,446.60	\$ 81,452.36	4,208.099
Realized gain / (loss)			
Ordinary dividends earned and reinvested	2,850.24	2,850.24	138.575
C.G. dividends earned and reinvested	1,557.00	1,557.00	77.733
Capital gain / (loss)			
Transfers in / (out)			
UnRealized gain / (loss)			
Change in Market Value	7,182.42	n/a	
Sale adjustment			
Balance as of 09/30/16	<u>\$ 95,036.26</u>	<u>\$ 85,859.60</u>	<u>4,424.407</u>
Approximate annual earnings % from Ord. Div.'s	3.41%		
Approximate annual earnings % from CG Div.'s	1.86%		
Approximate "Hard" annual earnings %		5.27%	
Approximate "Soft" annual earnings %		8.59%	
Approximate "Total" annual earnings %			13.86%

America Balanced Fund - Class A			
	Market Value	Cost Basis	Shares
Balance as of 09/30/15	\$ 20,842.87	\$ 13,416.04	883.547
Realized gain / (loss)			
Ordinary dividends earned and reinvested	496.97	496.97	673.421
C.G. dividends earned and reinvested	986.76	986.76	41.394
Capital gain / (loss)			
Transfers in / (out)	16,370.51	16,370.51	-
UnRealized gain / (loss)			
Change in Market Value	1,198.01	n/a	
Sale adjustment			
Balance as of 09/30/16	<u>\$ 39,895.12</u>	<u>\$ 31,270.28</u>	<u>1,598.362</u>
Approximate annual earnings % from Ord. Div.'s	2.22%		
Approximate annual earnings % from CG Div.'s	4.42%		
Approximate "Hard" annual earnings %		6.64%	
Approximate "Soft" annual earnings %		5.36%	
Approximate "Total" annual earnings %			12.00%

America Funds Money Mkt Fund - Class A			
	Market Value	Cost Basis	Shares
Balance as of 09/30/15	\$ 16,370.51	\$ 16,370.51	16,370.510
Realized gain / (loss)			
Dividends earned and reinvested	-	-	-
Capital gain / (loss)			
Transfers in / (out)	(16,370.51)	(16,370.51)	(16,370.510)
UnRealized gain / (loss)			
Change in Market Value	-	n/a	
Sale adjustment			
Balance as of 09/30/16	<u>\$ -</u>	<u>\$ -</u>	<u>-</u>
Approximate "Total" annual earnings %			0.00%
	<u>\$ 134,931.38</u>	<u>\$ 117,129.88</u>	

INLAND EMPIRE SWIMMING

Statement of Revenue & Expenses (Cash Basis) for the Year Ended 9/30/16

	Actuals	'15-'16 Budget	Variance	% of Budget
Revenues:				
Meet Fees	\$ 86,054	\$ 97,000	\$ 10,946	89%
Registration Fees	8,052	27,500	19,448	29%
Sanction Fees	1,793	900	(893)	199%
Total	95,899	125,400	29,501	
Operating Expenses:				
Administration	16,674	18,240	1,566	91%
Equipment & Software	1,417	2,000	583	71%
Seminars & Conventions	11,360	13,000	1,640	87%
General Chair	158	1,200	1,042	13%
Vice-Chair	166	200	34	83%
Treasurer	625	1,000	375	63%
Safety Chair	497	500	3	99%
Officials Chair	997	3,000	2,003	33%
Records Chair	776	1,000	224	78%
USA Seminars	1,239	2,500	1,261	50%
Subtotal	33,908	42,640	8,731	
Operating Revenues (Expenses)	61,990	82,760	20,770	
Program Expenses:				
College Scholarships	250	500	250	50%
Senior	26,543	24,000	(2,543)	111%
Age Group	39,703	54,000	14,297	74%
Diversity Camp	-	1,760	1,760	0%
Coaches	-	2,500	2,500	0%
Other	-	-	-	-
Subtotal	66,496	82,760	16,264	
Net Revenues (Expenses)	\$ (4,506)	\$ -	\$ 4,506	

Fund Balances and Statement of Net Position As Of 9/30/2016

General Fund

Balance, Beg of Fiscal Year-10/01/15 \$ 51,413

Balance as of 09/30/16 \$ 46,907

Equipment Reserve

Balance, Beg of Fiscal Year-10/01/15 \$ 65,177

Additions to reserve -

Meets	349	\$ -	
Other	-	-	
	<u>349</u>	<u>-</u>	\$ (349)

Subtractions from reserve -

Computer	(1,039)	-	
2 scoreboards and supplies	(6,389)	-	
10 lane cable harness	(754)	-	
	<u>(8,182)</u>	<u>-</u>	8,182
	<u>(7,833)</u>	<u>\$ -</u>	<u>\$ 7,833</u>

Balance as of 09/30/16 \$ 57,344

Olympic Trial Fund

Balance, Beg of Fiscal Year-10/01/15 \$ 6,210

Additions to reserve -

Meets	1,747	\$ -	
	<u>1,747</u>	<u>-</u>	\$ (1,747)

Subtractions from reserve -

	(7,957)	-	
	<u>(7,957)</u>	<u>-</u>	7,957
	<u>(6,210)</u>	<u>\$ -</u>	<u>\$ 6,210</u>

Balance as of 09/30/16 \$ -

Total Funds \$ 104,252

Transfer to Investment Fund -

		Main Acct	Debit Card	Savings Acct
Wells Fargo Bank Balances as of 09/30/16	\$ 104,252	= \$ 53,487	+ \$ -	+ \$ 50,765

INLAND EMPIRE SWIMMING

Budget - 10/01/2016 - 12/31/2016 (Cash Basis)

Approved (10/09/2016)

	'16-'16 Budget		
Revenues:			
Meet Fees	\$ 18,000		
Registration Fees	27,500		
Sanction Fees	200		
Total	45,700		
Operating Expenses:			
Administration	4,560		
Equipment & Software	-		
Seminars & Conventions	-		
General Chair	200		
Vice-Chair	100		
Treasurer	750		
Safety Chair	-		
Officials Chair	1,000		
Records Chair	-		
USA Seminars	-		
Subtotal	6,610		
Operating Revenues (Expenses)	39,090		
Program Expenses:			
College Scholarships	-		
Senior	-		
Age Group	-		
Camps	-		
Coaches	-		
Other	-		
Subtotal	-		
Net Revenues (Expenses)	\$ 39,090		

Fund Balances and Statement of Net Position As Of 12/31/2016

General Fund

Balance, Beg of Fiscal Year-10/01/16 \$ 46,907

Balance as of 12/31/16 \$ 85,997

Equipment Reserve

Balance, Beg of Fiscal Year-10/01/16 \$ 57,344

Additions to reserve -

Meets 50

Other -

50

Subtractions from reserve -

Radios (2,816)

Other

(2,816)

(2,766)

Balance as of 12/31/16 \$ 54,578

Olympic Trial Fund

Balance, Beg of Fiscal Year-10/01/16 \$ -

Additions to reserve -

Meets 300

300

Subtractions from reserve -

Other -

300

Balance as of 12/31/16 \$ 300

Total Funds \$140,875

	Main Acct	Debit Card	Savings Acct
Wells Fargo Bank Balances as of 12/31/16	\$ 140,875	= \$ 90,100	+ \$ - + \$ 50,775

INLAND EMPIRE SWIMMING

Budget - 01/01/2017 - 12/31/2017 (Cash Basis)

Approved (10/09/2016)

	'17-'17 Budget		
Revenues:			
Meet Fees	\$ 97,000		
Registration Fees	27,500		
Sanction Fees	900		
Total	125,400		
Operating Expenses:			
Administration	18,240		
Equipment & Software	2,000		
Seminars & Conventions	13,000		
General Chair	1,200		
Vice-Chair	200		
Treasurer	1,000		
Safety Chair	500		
Officials Chair	3,000		
Records Chair	1,000		
USA Seminars	2,500		
Subtotal	42,640		
Operating Revenues (Expenses)	82,760		
Program Expenses:			
College Scholarships	500		
Senior	24,000		
Age Group	54,000		
Camps	1,760		
Coaches	2,500		
Other	-		
Subtotal	82,760		
Net Revenues (Expenses)	\$ -		

Fund Balances and Statement of Net Position As Of 01/01/2017

General Fund

Balance, Beg of Fiscal Year-01/01/17	\$ 85,997
Balance as of 12/31/17	\$ 85,997

Equipment Reserve

Balance, Beg of Fiscal Year-01/01/17	\$ 54,578
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Additions to reserve -

Meets	50
LC meet \$2.00 surcharge	6,752
	6,802

Subtractions from reserve -

Purchase and customize new }	
new equipment trailer }	(25,000)
Purchase new touch pads }	
	(25,000)
	(18,198)

Balance as of 12/31/17	\$ 36,380
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Olympic Trial Fund

Balance, Beg of Fiscal Year-01/01/17	\$ 300
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Additions to reserve -

Meets	1,450
	1,450

Subtractions from reserve -

Other	-
	1,450

Balance as of 12/31/17	\$ 1,750
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Total Funds	\$124,127
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		Main Acct	Debit Card	Savings Acct
Wells Fargo Bank Balances as of 12/31/17	\$ 124,127	= \$ 73,327	+ \$ -	+ \$ 50,800