

SANCTION #S18423TL  
TT SANCTION #TT18523TL



**2023 ARENA WESTERN ZONE  
SENIOR CHAMPIONSHIPS**

**CLOVIS, CA**

**JULY 25 - 29, 2023**

**HOSTED BY  
CLOVIS SWIM CLUB**



**Regular Entries CLOSE: Monday, July 17, 2023 \* 11:59 PM PDT**

See ENTRIES, p.5, for details

Held Under the Sanction of Central California Swimming, Inc. and USA Swimming, Inc.  
Sanction # S18423TL \* Time Trial Sanction # TT18523TL

Websites:

[www.clovisswimclub.org](http://www.clovisswimclub.org) \* [www.westernzoneswimming.org](http://www.westernzoneswimming.org) \* [www.usaswimming.org](http://www.usaswimming.org)

**CLOVIS NORTH AQUATICS COMPLEX \* 2770 E. International Ave., Fresno, CA 93730**

**CLOVIS WEST AQUATICS COMPLEX \* 1070 E. Teague Fresno, CA 93720**

**Sanction**

This meet has been sanctioned by Central California Swimming, Inc. Current USA Swimming rules and the Central California Swimming Policies & Procedures will apply. All athletes must be currently registered as Premium or Outreach members for 2023 with USA Swimming. Central California Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned meet shall conform in every respect to all technical and administrative rules of USA Swimming.

**Liability**

In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. It is further understood that Central California Swimming, Inc., all meet officials, Clovis Unified School District, Clovis North Aquatics Complex, Clovis West Aquatics Complex, and Clovis Swim Club shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet. Damage to the facility, when proven, will cause the offending athlete, if unattached, or the offending athlete's team, if attached, to be held accountable for repairs.

**Meet Referee**

Robert Broyles  
(208) 669-2818 (cell)  
[robertbroyles9@gmail.com](mailto:robertbroyles9@gmail.com)

**Admin Referee**

Mark Brown  
(916) 201-1254 (cell)  
[mark.brown.15@gmail.com](mailto:mark.brown.15@gmail.com)

**On-Site Meet Director**

Jennifer Ota  
(559) 327-9237  
[Jenniferoata@cusd.com](mailto:Jenniferoata@cusd.com)

**Meet Information Contact**

Mark Bennett  
(559) 327-9232  
[coachmark76@gmail.com](mailto:coachmark76@gmail.com)

**MEET SCHEDULE SUMMARY**

Competition Schedule Information provided below is ESTIMATED - additional details will be provided after close of entries.

MEETING SCHEDULE		
General Meeting	Wednesday July 19 <sup>th</sup> * 7:00 pm PDT via Zoom	
Officials' Meetings	One hour before the start of each session	
COMPETITION SCHEDULE	PRELIMINARIES	FINALS
Tuesday - Saturday July 25 - 29	Warm-Up: 7:00 am Competition: 8:30 am	Warm-Up: 4:30 pm * July 29 @ 3:30 pm Competition: 6:00 pm * July 29 @ 5:00 pm

**Supervised Warm-Ups**

Clovis NORTH Aquatics Complex will be available for supervised warmups on Monday, July 24<sup>th</sup> between 9:00 am – 7:00 pm.

Clovis WEST Aquatics Complex will be available for supervised warmups on Monday, July 24<sup>th</sup> between 9:00 am – 3:00 pm.

## Facilities

### CLOVIS NORTH AQUATICS COMPLEX

Two 50 M x 25 yard outdoor pools. The main competition pool is all deep with a minimum depth of 7 feet. The adjacent pool provides 8x50M lanes for continuous warm up and warm down. Full color video display LED scoreboard, Colorado Timing System, and FINIS backstroke ledges will be used. The host will ensure the required course dimensions.

### CLOVIS WEST AQUATICS COMPLEX

50 M x 25 yard outdoor pool. The main competition pool is all deep at 7 feet. The adjacent diving well provides 6x25 M lanes for continuous warm up and warm down. Full color video display LED scoreboard, Colorado Timing System, and FINIS backstroke ledges will be used. Remodel updates include pool resurfacing, inground timing system, and a permanent shade structure for the East Spectator Bleachers. The host will ensure the required course dimensions.

## MEET FORMAT

- **Meet format** will be LCM Prelims (One course at each facility, 8 lanes each) and LCM Finals (Clovis North, 8 lanes).
  - **Prelims will be run at both Clovis North & Clovis West and will be divided nearly evenly between the two sites using team size.**
  - Each team will swim Prelim events & designated Timed Finals events at least two days at each site. Coaches will be notified of their sites at least three days prior to the first day of the meet using the email address associated with the meet entries.
  - **All Finals for Individual Prelim / Finals events will be run at Clovis North.** *Read information below regarding Timed Final events.*
  - **If fewer than 700 athletes total are entered in the meet, all Preliminary events will be run at Clovis North.**
  - One championship heat (A) and five (5) consolation heats (B-C-D-E-F) will compete in Finals for individual events 200M and shorter.
  - One championship heat (A) and four (4) consolation heats (B-C-D-E) will compete in Finals for the 400M Individual Medley and 400M Freestyle events.
- **Order of seeding** for Preliminary events will be Long Course Meters (LCM), Short Course Yards (SCY), Short Course Meters (SCM). **Bonus events** will be seeded after the above, in the same order: BLCM-BSCY-BSCM.
- **Preliminary Heats of Individual Events will be seeded and swum FASTEST to SLOWEST.**
- **Circle-Seeding:** Top three (3) heats of **Preliminary** individual events 200M or less will be circle-seeded, with the **fastest athlete in Heat three (3)**. Top two (2) heats of **Preliminary** individual events 400M in length will be circle-seeded, with the **fastest athlete in Heat Two (2)**.
- **Finals Heats of Individual Preliminary Events will swum SLOWEST to FASTEST:**
  - 🏊 Individual Events 200M and shorter: Bonus – F, Bonus – E, Bonus – D, Bonus - C, Consolation - B, Championship - A.
  - 🏊 400M Individual Medley and 400M Freestyle: Bonus – E, Bonus – D, Bonus - C, Consolation - B, Championship - A.
- **Timed Finals Events – 800M & 1500M Freestyles**
  - 🏊 These events will be swum at the end of their respective Preliminary sessions, following relays, with the **fastest seeded heat of each gender swum in Finals**. All other heats will be swum **fastest to slowest**, alternating women and men, unless otherwise combined by the Meet Referee.
  - 🏊 **Athletes may qualify for these events using any of the 1500M/1650Y or 800M/1000Y time standards.** Athletes using qualifying non-conforming distance entry times (1650Y/1000Y) will be seeded after qualifying conforming distance entry times. Bonus Events will be seeded after qualifying events, in the same order.
  - 🏊 **Order of Seeding - 800M:** 800M/1000Y/1500M/1650Y/B-800M/B-1000Y/B-1500M/B-1650Y
  - 🏊 **Order of Seeding - 1500M:** 1500M/1650Y/800M/1000Y/B-1500M/B-1650Y/B-800M/B-1000Y
  - 🏊 Athletes entered in these events *wishing to swim in Preliminary heats rather than the Finals heat* need to declare this intention by the stated scratch deadline for that day's events.
- **Timed Finals Events - RELAYS**
  - 🏊 The **fastest two (2) seeded heats** of each relay event (women & men) will **swim in Finals, slowest to fastest:** second fastest, fastest.
  - 🏊 *All other relays will swim in their respective Preliminary sessions, fastest to slowest, in event order* (all women's relays, followed by all men's relays).
  - 🏊 *Finals Relays wishing to swim in Preliminary heats rather than in Finals heats* need to declare this intention by the stated scratch deadline for that day's events.
  - 🏊 See **Order of Events**, p. 3 of this announcement, and **Entries**, p. 5 of this announcement, for additional details.
- **There will be NO Finals Ready Room** at this event. Athletes will not be paraded to the blocks. Athletes are to report to their lane, and the championship heat will be announced behind the blocks.
- **Awards MAY be presented at this event.** Final details will be announced at the General Meeting.

## ORDER OF EVENTS

Women's Event #	Tuesday * July 25, 2023	Men's Event #
1	200 Butterfly	2
3	100 Breaststroke	4
5	1500 Freestyle (A)	6
7	200 Medley Relay (B)	8
Women's Event #	Wednesday * July 26, 2023	Men's Event #
9	100 Freestyle	10
11	400 Individual Medley	12
13	800 Freestyle Relay (B)	14
Women's Event #	Thursday * July 27, 2023	Men's Event #
15	400 Freestyle	16
17	100 Butterfly	18
19	200 Backstroke	20
21	200 Freestyle Relay (B)	22
Women's Event #	Friday * July 28, 2023	Men's Event #
23	200 Freestyle	24
25	100 Backstroke	26
27	200 Breaststroke	28
29	400 Freestyle Relay (B)	30
Women's Event #	Saturday * July 29, 2023	Men's Event #
31	200 Individual Medley	32
33	800 Freestyle (C)	34
35	50 Freestyle	36
37	400 Medley Relay (B)	38

A: The 1500M Freestyles will be conducted as Timed Finals, with the **fastest heat of women and the fastest heat of men swimming in Finals, in Event Order.**

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

Athletes may qualify for this event using any of the 1500M/1650Y or 800M/1000Y time standards. Non-conforming distance entry times (1650Y & 1000Y) will be seeded after conforming distance entry times. Bonus events will be seeded after qualifying events, in the same order.

B: These relay events will be conducted as timed finals **with the fastest two seeded heats swimming at the end of Finals, in event order, slowest to fastest:** second fastest, fastest.

There may be a 10-min break following the conclusion of Finals individual events, prior to the start of these relays.

**ALL other relays will swim in Prelims**, fastest to slowest, in event order (all women's heats, then all men's heats).

There may be a 10-min break following the conclusion of Preliminary individual events, prior to the start of these relays.

C: The 800M Freestyles will be conducted as Timed Finals, with the **fastest heat of women and the fastest heat of men swimming in Finals, in Event Order.**

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

Athletes may qualify for this event using any of the 800M/1000Y or 1500M/1650Y time standards. Non-conforming distance entry times (1000Y & 1650Y) will be seeded after conforming distance entry times. Bonus events will be seeded after qualifying events, in the same order.

## **RULES**

- Conduct of the sanctioned event shall conform in every respect to current rules of USA Swimming including technical and administrative rules and the Minor Athlete Abuse Prevention Policy ("MAAPP"). All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. Additional details regarding Safe Sport compliance can be found on p. 10 of this meet announcement. Current Central California Swimming Policies & Procedures will also apply.
- All athletes ages 18-19 must have completed and be current with the USA Swimming Athlete Protection Training certification to compete.
- **The age of the athlete will be his/her age as of July 25, 2023 (the first day of competition).**
- All athletes entered in the meet must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any athlete without a coach in attendance must report to the Meet Director or Meet Referee who may assist an athlete in making supervision arrangements, but it is the athlete's responsibility to make these arrangements prior to the start of the meet and to so notify the Meet Referee.
- Any athlete entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start, including both a Forward Start and a Backstroke Start, or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the athlete or the athlete's legal guardian to ensure compliance with this requirement and to bring proof of such certification to the meet.
- It shall be the athletes' and coaches' responsibility to acquaint themselves with all the information in this Meet Announcement and any information and changes announced at the General Meeting.
- Athletes and coaches are responsible for being familiar with this meet's scratch rules.
- Deck changes are prohibited.
- All athletes entered in the competition must comply with current USA Swimming rules regarding swimwear.
- The use of audio or visual recording devices, including a cell phone, is not allowed in changing areas, restrooms, or locker rooms.
- **Per CCS Policies and Procedures, photography, including visual recordings, is not allowed behind the blocks during the entire event.**
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

**Important Information on USA Swimming's Rules for Tech Suit Use for 12U Athletes can be found [HERE](#) on the USA Swimming website. Compliance with these rules is the responsibility of athletes, coaches, and parents.**

- Medical supervision will be available to all athletes participating in the meet. Lifeguards with current Red Cross lifeguarding, first aid, and CPR/AED certification will be on duty throughout warm-ups and competition. In addition, each coach's credentials include current water safe
- The AED at Clovis West pool can be found in the pool office on the South wall underneath the air conditioning unit.

## **RESTRICTIONS**

- **This is a CLOSED-DECK meet. Only athletes, coaches, officials, and assigned meet volunteers will be permitted on the competition deck.**
- Tobacco products of any kind, vaping, alcoholic beverages, and glass containers are not allowed in the swimming venue.
- Shaving is not permitted anywhere in the facility, including locker rooms or other designated athlete changing areas.
- Only service animals shall be allowed in the facility.
- **Clovis Unified Scholl District does NOT permit overnight RV parking at either facility.**
- **All athletes (or parent/guardian if under 18) are required to complete any necessary paperwork and submit to Meet Host as a condition of meet entry.** Details on required paperwork, if any, will be sent to coaches following the close of regular entries.

## **Broadcast Statement**

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

## **Photography and Videos**

Photographers and/or videographers may be present on deck at this meet. ***In accordance with CCS Policies and Procedures, there will be NO photos or videos allowed behind the starting area during the conduct of the meet.***

## **ELIGIBILITY**

This meet is open to all athletes **AGES 19 AND UNDER** who:

1. Are currently registered Premium or Outreach members of USA Swimming. **There will be no on-deck USA Swimming registration.**
2. **This is a closed meet and open only to athletes currently registered within the LSCs of the Western Zone as of the date entries close.**  
On-deck transfer into an eligible LSC is not allowed.
  - **Per CCS Policies and Procedures, all athletes must be registered for a minimum of 36 hours prior to the start of the meet; ie. no later than 12:00 pm Noon PDT on Sunday, July 23, 2023**
3. Have qualifying entry times achieved at USA Swimming sanctioned, approved, or observed competitions **between June 1, 2022, and the close of entries.** Qualifying times for this meet will be the 2023 Western Zone Senior LC Championship "A" standards and Bonus standards for individual events. These are attached to this meet announcement on p. 11 - 12. **There will be NO relay only athletes.**
4. **De-qualification by Event:** Any athlete who has achieved a 2023 USA Swimming Junior National qualifying time or faster prior to the entry deadline (July 17, 2023) *may not compete in that event, nor in that stroke and distance in a relay, at this meet.* These standards are attached to this meet announcement on p.13.
5. **Entry times must meet the proven times requirements listed below. It is the responsibility of the entering club, or individual if entering unattached, to verify that entry times meet these proven times requirements.**
  - Meet Management reserves the right to request proof of times documentation at any point.

### **Proof of Times**

- **SWIMS:** If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards), it is considered a proven official time.
  - **Official Meet Results:** If a time for a swimmer is listed in the official meet results of a USA Swimming sanctioned, approved, or observed competition, it is considered a proven official time.
  - **Meet Mobile is NOT acceptable as verification for a proven official time.**
6. Entry times that do not meet the requirements listed above under **Proof of Times** must be proven to the Administrative Referee or designated representative prior to the scratch deadline for the event. Failure to provide such proof of time prior to that deadline will result in the athlete being removed from the event.
  7. There are no relay time standards, and proof of relay entry times is not required.
  8. Athletes with a disability who have achieved the USA Swimming Zone Para qualifying time standards during the qualifying period for this meet may enter individual events for which the standard has been achieved. These standards are attached to this meet announcement on p. 14.
    - ✚ Contact Meet Entry Chair **Mark Brown** [mark.brown.15@gmail.com](mailto:mark.brown.15@gmail.com) for information on how to enter athletes with disabilities into the meet.
    - ✚ Athletes with disabilities may also participate in Time Trials on the same basis as other entered athletes – see **Time Trials**, p.9, for additional information.
  9. In accordance with USA Swimming rules 202.4.15 & Article 105.1, the Meet Referee has the authority to accommodate swimmers with disabilities. The coach or person in charge of team entries must notify the Meet Referee and Meet Entry Chair of accommodations requests at the time of entry submission.

## **ENTRIES**

**Entries for this meet will be submitted via email using a meet entry file & PDF documents - see below for additional information**

**REGULAR Entry Deadline: Entries must be received via email, time-stamped by 11:59 PM PDT, July 17, 2023**

**After July 17, 2023, updating times for existing entries is not permitted.**

**Meet Entry Chair:** Mark Brown \* [mark.brown.15@gmail.com](mailto:mark.brown.15@gmail.com) \* 916-201-1254 (cell)

### **Dates & Deadlines:**

- **Regular Entries Deadline:** **Monday, July 17, 2023 @11:59 pm PDT**
- **New Qualifiers Entry Deadline:** **Monday, July 24, 2023 @12:00 pm (NOON) PDT**
- **Late Entries Deadline:** **24 hours following the publication of the initial Psych Sheet (penalties apply)**

### **Preparing Entries:**

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

**NO ON-DECK ENTRIES WILL BE ACCEPTED**, except for LSC All-Star Relay Entries and Time Trials.

#### Divisions:

Athletes may enter the meet attached to their club team, as a member of an LSC All-Star team, or as Unattached (no club affiliation). These divisions will be used in determining site assignments.

#### Bonus Events:

Athletes entered in the meet with at least one qualifying individual event may enter up to a maximum of two (2) bonus events if they have achieved the Bonus event standards listed on p. 12 of this meet announcement.

- Bonus events are limited to distances of 200 meters or shorter. **Exception: 800- and 1500-meter Freestyles:** Athletes who have achieved the meet qualifying standard in the 800- or 1500-meter Freestyle may enter the other event (1500 or 800) even if they do not have the qualifying standard in that event.
- Bonus times must appear in SWIMS within the qualifying time period: **June 1, 2022, through close of entries.** NT entries will not be accepted.
- NOTE: Bonus events must be clearly marked as "Bonus" when preparing entries and clearly marked as "Bonus" on the PDF copy of entries when submitted.

#### Individual Event Limits:

Each entered athlete may enter up to nine (9) individual events total (including Bonus events, but *not* including Time Trials) but may only compete in a maximum of seven (7) individual events total for the meet (including Bonus events, but *not* including Time Trials).

- Athletes may not compete in more than three (3) individual events per day, *including* Time Trials.
- Athletes are limited to two (2) Time Trial entries total for the meet.

#### Relay Event Limits:

Teams will be limited to three (3) relays per event (A, B, & C). **EXCEPTION: There will be no "C" relays allowed in the 800 Free relay.**

- **There will be NO Relay-Only athletes. Athletes must be entered in the meet to swim on a relay.**
- There are *no* relay time standards, and proof of relay entry times is *not* required.
- Athletes may compete in one relay per day, and up to five (5) relays total for the meet.

✚ See **Meet Format, p. 2** of this announcement, and **Order of Events, p. 3** of this announcement, for additional details regarding entries.

#### Entry Fees – REGULAR & NEW Qualifiers

- **\$20.00 per athlete surcharge**
- **\$20.00 per individual event entry** (\$5.00 paid by meet host to Zone Treasury)
- **\$30.00 per relay entry** (\$5.00 paid by meet host to Zone Treasury)
- **Payment of Entries:** Payment for entries will be collected on-site at the REGISTRATION DESK and must be paid in full to receive the team's packet containing meet credentials and team information.
  - Teams will have the option of paying by either check or credit/debit card at the Registration Desk.
  - Make checks payable to Clovis Swim Club.
  - If paying by credit card, the processing fees will be added to your invoice.
- **Entry Deletions:** *Once an entry file has been submitted and confirmed, NO entries may be removed from the meet.* Removing entries will be processed as scratches, and **NO refunds will be issued.**

#### Submitting REGULAR Entries

Submit entries via email to the Meet Entry Chair, Mark Brown ([mark.brown.15@gmail.com](mailto:mark.brown.15@gmail.com)) by the **regular meet entry deadline (Monday, July 17, 2023 at 11:59pm PDT).**

#### REGULAR Entry Submissions must include the following:

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

#### Updates to REGULAR Meet Entries:

Entries may be updated until the **regular meet entry deadline (July 17, 2023 at 11:59 pm PDT)** to add additional swims and update entry times.

Send entry updates via email to the Entry Chair Mark Brown ([mark.brown.15@gmail.com](mailto:mark.brown.15@gmail.com)) with the following information:

1. Updated Zipped Hy-Tek -or- Hy-Tek compatible entry file (eg Team Manager or Team Unify)
2. Updated PDF copy of individual entries, with "Bonus" events clearly designated on the entry report
3. Updated PDF copy of relay entries (if applicable)
4. Updated PDF copy of entry fees due

If adding NEW swimmers, the following must be included: (1) Full legal name, (2) Date of birth, (3) Gender, and (4) USA Swimming ID number.



### **Submitting NEW Qualifying Swims:**

**NEW qualifying times (no updates to previously qualified times) must be achieved between July 17 and July 23, 2023.**

**Submit entries for NEW Qualifying Swims via email to the Meet Entry Chair, Mark Brown ([mark.brown.15@gmail.com](mailto:mark.brown.15@gmail.com)).**

**NEW Qualifying Swims Deadline - Monday, July 24, 2023 @ 12:00 pm (NOON) PDT**

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

**Send NEW Qualifying Entries via email to the Entry Chair Mark Brown ([mark.brown.15@gmail.com](mailto:mark.brown.15@gmail.com)) with the following information:**

1. NEW Qualifiers ONLY - Zipped Hy-Tek -or- Hy-Tek compatible entry file (eg Team Manager or Team Unify)
2. NEW Qualifiers ONLY - PDF copy of individual entries, with "Bonus" events clearly designated on the entry report
3. NEW Qualifiers ONLY PDF copy of relay entries (if applicable)
4. NEW Qualifiers ONLY PDF copy of entry fees due

**If adding NEW athletes, the following must be included: (1) Full legal name, (2) Date of birth, (3) Gender, and (4) USA Swimming ID number.**

Athletes who have achieved a NEW qualifying time for a previously entered Bonus event may use that event as a qualifying swim, for the purposes of adding an additional Bonus swim.

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

### **Submitting LATE Entries:**

**Submit LATE entries via email to the Meet Entry Chair, Mark Brown ([mark.brown.15@gmail.com](mailto:mark.brown.15@gmail.com))**

**LATE Entries Deadline – 24 hours after publication of the initial Psych Sheet**

**Late Entry Errors and Omissions (no updates to previously qualified times):** Entries may be accepted after the REGULAR entry deadline of July 17, for previously achieved times, at double entry fee and a \$100 fine, payable to the host.

This provision serves to allow athletes already entered in the meet to add additional events that were not entered during the regular entry period and were *not* achieved as NEW qualifying swims. This provision also allows athletes (and relays) to enter the meet who had achieved meet qualifying times prior to the entry deadline, who were not entered during the regular entry period.

**Late Entry Fine** \$100.00 per athlete

**Late Entry Surcharge** \$40.00 surcharge per athlete (if adding a new athlete to meet)

**Late Entry Fees** \$40.00 per individual event  
\$60.00 per relay

**Send LATE entries via email to the Entry Chair Mark Brown ([mark.brown.15@gmail.com](mailto:mark.brown.15@gmail.com)) with the following information:**

1. LATE Qualifiers ONLY - Zipped Hy-Tek -or- Hy-Tek compatible entry file (eg Team Manager or Team Unify)
2. LATE Qualifiers ONLY - PDF copy of individual entries, with "Bonus" events clearly designated on the entry report
3. LATE Qualifiers ONLY PDF copy of relay entries (if applicable)
4. LATE Qualifiers ONLY PDF copy of entry fees due

**If adding NEW athletes, the following information must be included: (1) Full legal name, (2) Date of birth, (3) Gender, (4) USA Swimming ID**

**Payment for LATE entries will be collected at the Registration Desk at check-in.**

### **Submitting Entries for UNATTACHED athletes NOT swimming with a team:**

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

### **Meet Entry Questions:**

Questions concerning meet entries should be directed to **Entry Chair Mark Brown ([mark.brown.15@gmail.com](mailto:mark.brown.15@gmail.com))**

## SCRATCH PROCEDURES

The USA Swimming National Championship scratch procedure and no-show rules will be used at this meet.  
These rules are described in USA Swimming Rule 207.11.6 in the current Rulebook.

Scratch Deadline for ALL Preliminary and Timed Finals Events, including Relays, the 1500 Freestyles, and the 800 Freestyles will be 30 minutes after the start of Finals of the day PRIOR to the event being swum.

- **Scratch DEADLINE for TUESDAY, July 25<sup>th</sup> will be Monday, July 24<sup>th</sup> @ 5:30 pm PDT.**
- Athletes are considered checked in for all individual events *unless scratched*.
- All scratches for preliminary and timed finals events will be done via to the Admin Referee, Mark Brown  
[mark.brown.15@gmail.com](mailto:mark.brown.15@gmail.com).
- *Any athlete who does not properly scratch and fails to compete in a preliminary heat of an individual event or a timed finals individual event will be barred from all further individual and relay events for that day and must check in with the Admin Referee prior to the scratch deadline each day for the remainder of the meet.*

### Scratches From Finals

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

- Athletes have 30 minutes following the announcement of the combined preliminary results of their event in which to scratch or declare their intention to scratch *in person with the Administrative Referee at their pool site*.
- *Any athlete who does not properly scratch and is seeded in a Finals heat of an individual even and fails to compete will be barred from all further competition for the remainder of the meet.*

**RELAYS will follow the same scratch procedures as Individual Events.**

- *Scratches for relays are due to the Admin Referee prior to the scratch deadline for that day's events.*
- *Finals Relays wishing to swim in preliminary heats rather than the Finals heats need to declare this intention by the stated scratch deadline for that day's events.*

Entry forms for the submission of names not previously submitted with entries, or for making changes to athletes swimming on a relay, will be available at the Administration Desk. **Relay forms are due to the Administration Desk no later than the start of the session in which the relay is being swum (Prelims or Finals).** Please list the competing relay swimmers with first and last names and order of swimming for each entered relay. Relay names and order may be changed up to the time of the swim at the blocks, with the timers.

## OTHER IMPORTANT INFORMATION

### Scoring

- Scoring will be on a twenty-four (24) place basis. Team scoring will include both individual and relay events to 24 places each. **Individual events:** 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.
- **Relays:** 64-56-54-52-50-48-46-44-40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.

### Awards

- *Medals:* top three (3) individual and relay places.
- *Team awards:* First through Third places in each division. Divisions are Club Teams and LSC All-Star Teams. Teams must score points to be eligible to receive a team award in their division.
- *Individual High Point Awards:* Top-scoring Woman and Top-scoring Man (individual events only)
- **Awards MAY be presented at this event.** Final details will be announced at the General Meeting.

### General Meeting

**A General Meeting will be held via Zoom on Wednesday, July 19, 2023, at 7:00 pm PDT. A link will be sent after close of entries.**

Teams must have a coach or team representative in attendance.

**Coaches not in attendance are responsible for obtaining the information covered in the General Meeting.**

### Registration & Team Check-In / Clerk of Course

**Site-specific details will be provided after close of entries at the General Meeting.**

### Meet Time Line

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

### Warm-Ups

The Meet Referee reserves the right to modify warm-ups as determined to be in the best interest of the safety of the athletes and the conduct of the meet. **Site-specific details for warm-ups will be provided after close of entries at the General Meeting.**



**Time Trials - Summary \* Confirmed details will be provided after the close of entries at the General Meeting.**

- Time Trials will be held under a separate sanction of Central California Swimming, Inc.
- Time Trials will be conducted on a time-available basis and are limited to approximately one hour.
- Entries for Time Trials will be conducted ON-DECK Only. Site-specific details will be provided after close of entries at the General Meeting.
- Athletes must be entered in the meet and have paid the athlete surcharge to swim in Time Trials.
- Each Time Trial swum will count toward the daily event limit with a combination of time trials and individual meet events, not to exceed three (3) per day.
- Athletes are limited to two (2) time trials total for the meet and may not exceed the limit of three (3) individual events per day with a combination of time trials and individual meet events.
- Time Trial Entry Fees: \$20.00 per individual event NO Relay Time Trials**

**Timers & Counters**

- Timers will be provided for individual Finals events, including the 500 Freestyle and 400 Individual Medley events.
- Participating teams will be assigned lanes for timing for all Preliminary events, including relays.
- Athletes will need to provide their own timers for the 1500 Freestyles, the 800 Freestyles and Time Trials. Details will be announced following the close of entries at the General Meeting.
- Athletes wishing to have a counter for distance events, including the 1500 Freestyle and the 800 Freestyles, will need to provide a person for this purpose. Lap counting devices will be provided.

**Hospitality**

Hospitality will be provided for Coaches and Officials. Athletes may not be present in the Hospitality Room.

**Meet Information & Results:**

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

**Parking at the Facility**

**There is NO RV or Motor Home overnight parking permitted at either Aquatics Facility.**

Additional information on parking will be distributed the week prior to the meet.

**Concessions & Other Meet Vendors**

Concessions & other meet vendors may be available at this event. Additional details will be provided as soon as they are available.

**HOTELS**

Discounted Hotel Block Options are available for this meet – use the link below to access additional information!

[https://playfresno-housing.org/events/events\\_all?venue\\_id=7](https://playfresno-housing.org/events/events_all?venue_id=7)

**Facility Directions****CLOVIS NORTH AQUATICS COMPLEX**

2770 E. International Ave., Fresno, CA 93730

CA-41 or CA-99 to Herndon Avenue, east on Herndon to Willow, north on Willow to the corner of Willow & International Continue on Willow to the north end of the campus and turn onto the access road, Bronco Way. Drop off at the pool entrance and park in the spaces near the pool or continue to Chestnut and left into the larger parking lot. Park only in marked spaces.

**CLOVIS WEST AQUATICS COMPLEX**

1070 E. Teague Fresno, CA 93720

**From the south:** Highway 99 (N) to 41 (N) to Herndon Avenue, east on Herndon to Millbrook, north on Millbrook to the corner of Millbrook & Teague. Continue on Millbrook to Cole and turn right and then immediately right into the campus parking lot.

**From the north:** Take highway 99 (S) to Herndon Avenue, east on Herndon and follow the directions above.

**OFFICIALS**

Officials interested in attending this event are invited to apply to officiate by completing the online application (see link below in [BLUE](#)). Applicants must be a current member in good standing of USA Swimming, and an LSC-certified official.

**Officials Online Application link:** [2023 Western Zone Senior Championships – Officials Application](#)

- **Application Deadline for Assigned Positions: June 10, 2023** \* Officials will be notified of their assigned position status by June 17, 2023.
- **Application Deadline to receive meet-specific Officials Polo & Name Tag: June 25, 2023**
- Applications for Stroke & Turn will be taken at any time; however, only those who apply by June 25, 2023, will be assured of receiving a meet polo & name tag.

**This meet has been designated as a training meet for N2 and N3 Officials Certification. OQM # PENDING**

*Please indicate your interest in receiving an evaluation when submitting the Officials Application.*

- Each official can only receive one evaluation.
- To receive an evaluation, you must work a minimum of four sessions, have all your credentials up to date, and have completed the necessary USA Swimming requirements.
- **Requests for evaluations must be received by July 5, 2023.**

**Officials Uniform**

The uniform for officials for the meet will be:

- **Prelims & Finals:** White polo shirt \* khaki shorts, skirt/skort, or pants \* white, closed toe shoes with white socks
- **Meet-specific Officials Polo & Name Tag:** **All officials who have submitted their application by June 25, 2023, will receive a meet-specific Officials Polo for Finals & a personalized Name Tag.** Please visit [2023 Western Zone Senior Championships – Officials Application](#) for additional information.

**Officials Meetings**

**ALL OFFICIALS MUST ATTEND THE MANDATORY OFFICIALS BRIEFINGS BEFORE EACH SESSION.** Officials Meetings will be one hour before each day's sessions; location and exact times TBA.

**Officials Reimbursement Fund**

This fund provides reimbursement assistance to officials who work at least 80% of the meet sessions including time trial sessions and who are not being reimbursed from another source for their expenses to attend the Western Zone Senior Championship Meet.

- To be eligible, an official must be a USA Swimming member and in good standing with a Western Zone LSC.
- The funds generated from this meet are shared equally across all applicants who have met the work requirements.
- **NOTE: Any official from the host LSC is only eligible for \$150 stipend.**
- For more information please contact: Western Zone Officials Coordinator, [Michael Davis - mekidadad1@yahoo.com](mailto:Michael Davis - mekidadad1@yahoo.com)

**SAFE SPORT**

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

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

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

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

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

All athletes age 18 and older must complete Athlete Protection Training ("APT") to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or before **July 25, 2023**, who has not completed APT by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed.

Times achieved by an athlete who turns age 18 on or before **July 25, 2023**, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.



## 2023 Western Zone Senior Championships

### Qualifying Time Standards

Qualifying Time Period:

Aligned with 2023 Speedo Summer Junior Nationals

June 1, 2022 through close of entries

Dequal Time Standards:

2023 Speedo Summer Junior National Time Standards

Women				Men		
SCY	SCM	LCM	Event	LCM	SCM	SCY
26.09	29.09	29.89	50 Free	26.79	26.19	23.29
56.59	1:03.19	1:04.99	100 Free	59.19	57.09	51.19
2:02.69	2:16.09	2:20.09	200 Free	2:09.29	2:04.69	1:52.09
5:29.09	4:48.09	4:54.49	400/500 Free	4:34.19	4:27.89	5:04.39
11:21.19	9:56.09	10:08.99	800/1000 Free	9:35.09	9:15.69	10:34.99
18:57.79	18:51.19	19:29.59	1500/1650 Free	18:11.69	17:37.89	17:44.09
1:01.39	1:08.49	1:11.79	100 Back	1:05.89	1:02.09	55.99
2:13.89	2:28.99	2:34.79	200 Back	2:22.69	2:15.99	2:01.59
1:10.49	1:18.89	1:21.69	100 Breast	1:13.79	1:10.49	1:02.89
2:32.79	2:50.79	2:57.39	200 Breast	2:40.49	2:33.09	2:18.19
1:01.39	1:08.39	1:10.09	100 Fly	1:03.59	1:01.99	55.49
2:15.79	2:31.39	2:33.89	200 Fly	2:21.49	2:17.49	2:04.29
2:16.99	2:32.69	2:37.59	200 IM	2:25.09	2:18.69	2:04.69
4:52.29	5:24.59	5:35.09	400 IM	5:07.29	4:58.69	4:28.59
NA	NA	NA	400 Free Relay	NA	NA	NA
NA	NA	NA	800 Free Relay	NA	NA	NA
NA	NA	NA	400 Medley Relay	NA	NA	NA



## 2023 Western Zone Senior Championships

### Bonus Time Standards

Qualifying Time Period:

Aligned with 2023 Speedo Summer Junior Nationals

June 1, 2022 through close of entries

Dequal Time Standards:

2023 Speedo Summer Junior National Time Standards

Women				Men		
SCY	SCM	LCM	Event	LCM	SCM	SCY
26.59	29.59	30.39	50 Free	27.29	26.69	23.79
57.59	1:04.19	1:05.99	100 Free	1:00.19	58.09	52.19
2:04.69	2:18.09	2:22.09	200 Free	2:11.29	2:06.69	1:54.09
NA	NA	NA	400/500 Free	NA	NA	NA
NA	NA	NA	800/1000 Free	NA	NA	NA
NA	NA	NA	1500/1650 Free	NA	NA	NA
1:02.39	1:09.49	1:12.79	100 Back	1:06.89	1:03.09	56.99
2:15.89	2:30.99	2:36.79	200 Back	2:24.69	2:17.99	2:03.59
1:11.49	1:19.89	1:22.69	100 Breast	1:14.79	1:11.49	1:03.89
2:34.79	2:52.79	2:59.39	200 Breast	2:42.49	2:35.09	2:20.19
1:02.39	1:09.39	1:11.09	100 Fly	1:04.59	1:02.99	56.49
2:17.79	2:33.39	2:35.89	200 Fly	2:23.49	2:19.49	2:06.29
2:18.99	2:34.69	2:39.59	200 IM	2:27.09	2:20.69	2:06.69
NA	NA	NA	400 IM	NA	NA	NA

Para 1 ZONE Motivational Time Standards																		
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	Girls								P1	Boys								
	10 & U P1		11-12 P1		13-14 P1		15 & O P1			10 & U P1		11-12 P1		13-14 P1		15 & O P1		
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	
	1:37.89	1:37.89	1:29.39	1:29.39	1:22.89	1:22.89	1:21.59	1:21.59		50 FR	1:33.29	1:33.29	1:24.29	1:24.29	1:18.29	1:18.29	1:15.29	1:15.29
	3:25.49	3:25.49	3:07.69	3:07.69	2:53.99	2:53.99	2:51.19	2:51.19		100 FR	3:30.59	3:30.59	3:10.29	3:10.29	2:56.69	2:56.69	2:49.89	2:49.89
	8:12.49	8:12.49	7:29.39	7:49.39	6:56.59	6:56.59	6:50.09	6:50.09		200 FR	5:46.79	5:46.79	5:13.19	5:13.19	4:50.89	4:50.89	4:39.69	4:39.69
	1:55.89	1:55.89	1:45.79	1:45.79	1:38.09	1:38.09	1:36.59	1:36.59		50 BK	1:17.89	1:17.89	1:10.39	1:10.39	1:05.39	1:05.39	1:02.79	1:02.79
	3:32.99	3:32.99	3:14.59	3:14.59	3:00.39	3:00.39	2:57.49	2:57.49		100 BK	2:50.19	2:50.19	2:33.69	2:33.69	2:22.69	2:22.69	2:17.29	2:17.29
	1:47.29	1:47.29	1:30.99	1:37.99	1:30.79	1:30.79	1:29.39	1:29.39		50 BR	1:24.19	1:24.19	1:16.09	1:16.09	1:10.59	1:10.59	1:07.89	1:07.89
	5:05.89	5:05.89	4:39.39	4:39.39	4:18.99	4:18.99	4:14.99	4:14.99		100 BR	4:04.19	4:04.19	3:40.59	3:40.59	3:24.89	3:24.89	3:16.99	3:16.99
2:52.49	2:52.49	2:37.49	2:37.49	2:25.99	2:25.99	2:23.69	2:23.69	50 FL	2:37.89	2:37.89	2:22.59	2:22.59	2:12.39	2:12.39	2:07.29	2:07.29		
7:07.49	7:07.49	6:30.39	6:30.39	6:01.89	6:01.89	5:56.19	5:56.19	150 IM	7:02.79	7:02.79	6:21.89	6:21.89	5:54.59	5:54.59	5:40.99	5:40.99		
Para 2 ZONE Motivational Time Standards																		
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	Girls								P2	Boys								
	10 & U P2		11-12 P2		13-14 P2		15 & O P2			10 & U P2		11-12 P2		13-14 P2		15 & O P2		
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	
	53.29	56.09	48.79	51.29	45.19	47.49	44.49	46.79		50 FR	50.69	53.39	45.79	48.19	42.59	44.75	40.89	43.09
	1:58.69	2:04.89	1:48.39	1:54.09	1:40.49	1:45.69	1:38.89	1:44.09		100 FR	1:51.89	1:57.69	1:40.99	1:46.39	1:33.99	1:38.79	1:30.19	1:34.99
	4:04.29	4:17.09	3:43.09	3:54.79	3:26.59	3:37.69	3:23.59	3:34.29		200 FR	3:56.59	4:09.09	3:33.69	3:44.99	3:18.59	3:28.89	3:10.79	3:20.89
			9:17.49	7:35.09	8:25.49	6:52.59	8:17.49	6:46.09		400/ 500 FR			8:59.39	7:20.29	8:20.79	6:48.79	8:01.59	6:33.09
	1:04.79	1:08.19	59.19	1:02.29	54.89	57.69	53.99	56.79		50 BK	57.39	1:00.39	51.79	54.49	48.19	50.69	46.29	48.69
	2:29.89	2:37.69	2:16.89	2:24.09	2:06.89	2:13.49	2:04.89	2:11.39		100 BK	2:32.89	2:40.89	2:09.69	2:16.49	2:00.59	2:06.79	1:55.79	2:01.89
			4:42.39	4:57.19	4:21.79	4:35.49	4:17.69	4:31.19		200 BK			4:03.49	4:16.29	3:46.09	3:57.99	3:37.39	3:48.79
	1:07.69	1:11.19	1:01.79	1:04.99	57.29	1:00.29	56.39	59.29		50 BR	1:04.99	1:08.39	59.19	1:01.79	54.59	57.39	52.39	55.19
	2:29.99	2:37.89	2:16.99	2:24.19	2:05.19	2:13.69	2:05.09	2:11.59		100 BR	2:24.09	2:31.69	2:10.19	2:16.99	2:00.99	2:07.19	1:56.19	2:02.39
			5:00.09	5:15.79	4:38.19	4:52.79	4:33.79	4:48.19		200 BR			4:40.89	4:55.69	4:20.99	4:34.59	4:10.79	4:23.99
	1:05.29	1:08.69	59.59	1:02.69	55.19	58.09	54.39	57.19		50 FL	52.49	55.29	47.39	49.89	44.09	46.39	42.39	44.59
	2:47.69	2:56.49	2:33.19	2:41.19	2:22.09	2:29.49	2:19.79	2:27.09		100 FL	2:44.69	2:53.29	2:28.69	2:36.59	2:18.29	2:25.39	2:12.79	2:19.79
5:11.09	5:27.39	4:44.09	4:58.99	4:23.39	4:37.19	4:19.19	4:32.79	200 IM	4:53.49	5:09.89	4:25.09	4:38.99	4:06.29	4:19.09	3:56.69	4:09.19		
Para 3 ZONE Motivational Time Standards																		
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	Girls								P3	Boys								
	10 U P3		11-12 P3		13-14 P3		15 & O P3			10 U P3		11-12 P3		13-14 P3		15 & O P3		
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	
	41.39	45.89	37.79	41.89	34.99	38.79	34.39	38.19		50 FR	37.39	41.49	33.79	37.49	31.39	34.79	30.09	33.49
	1:28.09	1:37.79	1:20.39	1:29.29	1:14.59	1:22.79	1:13.39	1:21.49		100 FR	1:21.19	1:30.19	1:13.39	1:21.49	1:08.29	1:15.79	1:05.49	1:12.79
	3:37.09	4:01.19	3:18.29	3:40.29	3:03.79	3:24.19	3:00.89	3:20.99		200 FR	3:05.69	3:26.29	2:47.69	3:06.39	2:35.79	2:53.09	2:29.79	2:46.39
	8:14.09	7:14.29	7:31.29	6:36.69	6:58.29	6:07.69	6:51.69	6:01.89		400/ 500 FR	8:01.09	7:02.89	7:14.39	6:21.89	6:43.49	5:54.69	6:27.89	5:40.99
			17:06.19	14:33.39	15:58.09	13:35.39	15:44.49	13:23.79		800/ 1000 FR			17:08.19	14:34.99	15:54.69	13:32.49	15:17.89	13:01.19
			30:59.39	29:02.59	29:03.69	27:13.89	28:40.09	26:52.09		1500/ 1650 FR			31:47.89	29:48.09	29:31.59	27:40.29	28:23.49	26:36.49
	52.19	57.89	46.89	52.09	42.99	47.69	42.19	46.79		50 BK	42.79	47.59	38.69	42.99	35.99	39.89	34.59	38.39
	1:45.49	1:57.19	1:36.38	1:47.09	1:29.39	1:39.29	1:27.99	1:37.69		100 BK	1:30.29	1:40.29	1:21.59	1:30.59	1:15.69	1:24.09	1:12.79	1:20.89
			3:57.09	4:23.39	3:36.89	4:00.89	3:32.79	3:56.39		200 BK			3:15.59	3:37.29	3:01.69	3:21.79	2:54.59	3:13.99
	52.69	58.49	47.49	52.69	43.39	48.19	42.59	47.29		50 BR	46.79	51.99	42.29	46.99	39.29	43.59	37.79	41.89
	1:52.29	2:04.69	1:42.59	1:53.89	1:35.09	1:45.59	1:33.49	1:43.89		100 BR	1:43.89	1:55.39	1:33.79	1:44.29	1:27.19	1:36.79	1:23.79	1:33.09
			3:49.99	4:15.49	3:30.39	3:53.69	3:26.39	3:49.29		200 BR			3:25.39	3:48.19	3:10.79	3:31.89	3:03.39	3:23.79
	47.39	52.59	42.59	47.29	38.99	43.29	38.29	42.49		50 FL	40.59	45.09	36.69	40.79	34.19	37.89	32.79	36.39
	1:35.39	1:45.89	1:27.09	1:36.69	1:20.69	1:29.59	1:19.39	1:28.19		100 FL	1:25.39	1:34.89	1:17.19	1:25.69	1:11.69	1:19.59	1:08.89	1:16.49
			3:45.69	4:10.69	3:26.39	3:49.29	3:22.49	344.99		200 FL			3:15.19	3:36.89	3:01.29	3:21.39	2:44.29	3:13.69
	3:43.19	4:07.89	3:23.79	3:46.39	3:08.99	3:29.89	3:05.99	3:26.59		200 IM	3:16.99	3:38.89	2:57.99	3:17.69	2:45.29	3:03.59	2:38.89	2:56.49
			8:12.89	9:07.59	7:30.79	8:20.79	7:22.29	8:11.39		400 IM			7:13.39	7:46.79	6:30.49	7:13.79	6:56.79	6:56.79