

Snake River Swimming 2023 Summer Champs

July 21-23, 2023

Twin Falls City Pool
756 Locust Street North, Twin Falls, ID

Sponsor: Magic Valley Marlins

Sanction: This meet is held under sanction of USA Swimming and Snake River Swimming, Inc. Sanction #23-19. In granting this sanction, it is understood and agreed USA Swimming shall be free from any liabilities or claims for damages arising by reasons of injuries to anyone during the conduct of this meet. (202.2.7)

Location: Twin Falls City Pool; 756 Locust Street North, Twin Falls, ID 83301 - Phone: 208-734-2336

Meet Referee: Jennifer Cluff 208-404-1693, tfmarlinsswimad@gmail.com

Meet Manager: Jodi Stapelman 208-431-1559, rubyjoray@yahoo.com

Format: This meet is a combination of timed finals and preliminary/final events. Fly over starts will be used at the discretion of the meet referee. Swimmers will swim in pre-seeded heats as designated in the heat sheet posted at the meet, with the exception of the 400 IM, 400 free, 800 free, and 1500 free which will be deck seeded. Heats will be ordered slowest to fastest. Events and heats may be combined at the discretion of the Meet Referee.

Timed Finals: All 8 & under events. All 9-10 – 200 M or longer events, 11-12 – 200 Back, Breaststroke and Butterfly, 13 & over -50 M Fly, 50 M Back, & 50 M Breast events, all relays and all events 400 M and longer. The fastest heat of 400 IM and 400 free will take place during the evening session of finals, any other heats will be during the morning session.

Prelims & Finals: All events not covered under timed finals. The top 8 qualifiers in each event for 10 & under, 9-10, 11-12, 13-14 & 15-19 will advance to the final for scoring and placing. All 10 & under events are open to 8 & under swimmers, but these events will be scored and awarded as 10 & under NOT as separate 8 & under and 9-10 age groups. Swimmers will swim in pre-seeded heats as designated in the heat sheets posted at the meet. Preliminary heats will be seeded according to USA Swimming Rules (102.5.1)

Lanes: The meet will be seeded in either 8 lanes or 6 lanes, depending on the number of entries, at the discretion of the meet referee.

Protests will be handled in the manner described in Section 102.23 of the USA Swimming Rules and Regulations.

Facilities: 8 lane, 50 meter x 21 yard outdoor pool. The minimum water depth, measured in accordance with Article 103.2.3 is 10 ft. at the start end and 3.5 ft at the turn end. Kiefer-McNeil lane lines and Kiefer starting blocks. The competition pool has not been certified in accordance with USA Swimming Rule 104.2.2C(4).

Timing: Colorado Timing System and two manual stop watches, Hy-Tek Meet Manager for Windows.

Eligibility: All swimmers must hold current USA registration cards. The swimmer must be USA Swimming registered with Snake River Swimming by the entry deadline

of Monday, July 10th, 2023. Age of the swimmer on the first day of the meet will determine swimmer's age group. Any swimmer entered in the meet who is not USA swimming registered will be subject to a \$100.00 fine.

Swimmers must have a verified qualifying time to enter 200 M or longer events. Times will be verified through SWIMS. Events under 200 M will not have qualifying times but swimmers must have a time to enter each event, NT will not be allowed. 1000/1650 times can be used for the 1500. If times cannot be proven for any event, coaches will be notified and given the opportunity to provide proof of the time or enter the swimmer in another event.

Swimmers ages 13 & over, entering events for the 50 M Backstroke, the 50 M Breaststroke and the 50 M Butterfly may enter with either a 50 or 100 meter/yard time. These events will be seeded like all other events; therefore, it is to the swimmer's advantage to enter with a 50 rather than a 100 time.

Athletes who meet the following criteria may enter any age appropriate event under the inclusion and diversity qualifying standards.

P1- non ambulatory (wheelchair bound): limited use of all four extremities

P2- dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.

P3- single limb deficiencies, visual impairment (legally blind), and intellectual impairments, ambulatory without significant assistance.

Please highlight and clearly mark these swimmers on your meet entry report and provide advance notice to the Meet Referee of any necessary accommodations your swimmer may need.

Entry Info:

Swimmers may enter up seven (7) individual events, with no more than three (3) individual events per day and one (1) relay per day. Three (3) relays per event per team.

- Ages 11 & Up will have qualifying standards on all 200 M and 400 M events, 10 & Under will have no qualifying standards.
- All 200 events must have a B qualifying time for their age group plus 20 seconds.
- 400 free and IM's must have a B qualifying time for their age group plus 30 seconds.
- All swimmers must have a verified time to swim 800 or 1500 events.
- All 10 & Under events will be rewarded and scored as one age group. (i.e. – if an 8 & Under swims in a 10 Under event and places 3rd, the swimmer will receive 3rd place points toward their 8 & Under high point total.)
- The 50 Fly, 50 Breast and 50 Back for 13 & Older swimmers will be offered at the meet and shall count toward team points and individual high point awards. These events will be timed final events, will have no time standards, and will count toward the total of 7 events each swimmer is allowed to swim in the meet.
- The 200 Breast, 200 Back and 200 Fly will be combined 11-14 events for prelims but will be broken out by age group (11-12 and 13-14) for finals and for scoring.

Entries must include swimmer's name, age, event name and number and best time. **Do not convert, as times must be verified through SWIMS.** Times will be seeded LCM/SCM/SCY.

Entries will need to be sent as described below via email. Submit team entries via the Hy-Tek Team Manager Software meet entries file using the "Export" option.

EMAIL (required): Email entries as an attachment to the following email address: **rubyjoray@yahoo.com** We require the following files: meet entry file with individual and relay entries, the Hy-Tek software TEAM MANAGER

“Meet Entry Report, including Relays” and “Meet Entry Fee Report”. These reports can be generated using Team Unify or Team Manager software.

Proof of individual entry times is required for all events over 200M. This can be accomplished in Team Manager by checking “Include Proof of Time” under “Meets: Reports: Entry Reports”.

Entries must include the following information: swimmer’s name, age, team, team code, USA swimming registration number, event name and number. Relay only swimmers must be on the team master entry form and the surcharge paid.

ALL SWIMMERS MUST BE USA SWIMMING AND SNAKE RIVER SWIMMING LSC REGISTERED. Deck registration will not be provided. Please contact Michelle Smith for registration information.

Flex Athlete members of USA Swimming are not eligible to swim in this meet.

If a swimmer, who is not properly registered with USA Swimming, competes in a sanctioned competition, the host LSC may impose a fine up to \$100 per event against the individual, member coach, or member club submitting the entry. After verification of meet entries, if any athlete is found to be not currently registered, the host club must submit a post-meet backup to the Snake River Registration Chairman. If the athlete competed in the meet and his/her registration was postmarked after the entry deadline, the athlete/club will be fined \$100 by the Registration Chairman. Additionally, if an athlete competes in a meet as an unregistered swimmer, he/she will be disqualified from all events swam in the meet and will not be allowed to enter any other competitions until the fine is paid and the registration completed.

Results: Complete meet results, meet results file, and meet backup will be available at the Snake River Swimming website: www.snakeriverswimming.org after the conclusion of the meet. Daily results will be posted as soon as possible and will be available through Meet Mobile.

Entry Deadline: Entries must be emailed and fees postmarked no later than Monday, July 10th, 2023. Late entries will not be accepted. Email to: rubyjoray@yahoo.com

Scoring: Individual Events: 9-7-6-5-4-3-2-1
Relay Events: 18-14-12-10-8-6-4-2

Awards: Individual Event Awards: 1st – 8th SRS Championship Medals
Relay Events: 1st – 8th Ribbons
High Point Awards: 1st Place Trophy each Age Group – Female/male
Team Award: 1st Place Banner – Percentage of Best Times
Team Award: 1st Place Banner – Points per Swimmer
Team Award: 1st Place Trophy – Total points

Fees: \$28 per swimmer – (\$9.00 SRS fees, \$13.00 pool fees, \$4.00 timing system, \$2.00 hospitality).
\$2.75 per individual event
\$6.00 per relay event

Time trials will be offered at the conclusion of each day’s preliminary events. Each trial swim will count as one (1) toward the daily event limit, with the combination of time trials and meet events not to exceed three (3) events per day, and seven (7) individual events. Entries must be turned in to the Admin Table with a \$5 fee one-half hour before projected end of the day’s preliminary.

All fees must accompany entries. One check per team made payable to: *Magic Valley Marlins* and mailed to Magic Valley Marlins, 368 E 400 S Burley, ID 83318. SRS surcharge fees will be waived for Outreach swimmers if

requested by submitting team. No refunds given for events entered, but not swam.

Officials: There will be an officials' meeting at 7:45 A.M. each day of the swim meet. We appreciate and will need the help of certified deck officials from other clubs. Any officials attending the meet please call or email the meet referee in advance of the meet.

Schedule: There will be a mandatory coaches' meeting 15 minutes prior to the start of warm-ups the day of the meet (7:00 A.M).

Preliminaries

Friday, Saturday & Sunday

Warm-ups: 7:15 – 7:55 AM – 13 & over
7:55 – 8:25 AM – 12 & under
Prelims Begin: 8:30 AM

Finals

Friday & Saturday

Warm-ups: 5:15 – 5:55 PM
Finals Begin: 6:00 PM

Sunday

Warm-ups: 3:15 – 3:55 PM
Finals Begin: 4:00 PM

Rules: Current USA Swimming Rules will apply. All events will be governed by 2023 USA Swimming Rules and Regulations. Protests will be handled in the manner described in Section 102.11 of the USA Swimming Rules and Regulations. Current Snake River Swimming safety guidelines and warm-up procedures will be followed. These are included with this invitation. No diving off the starting blocks or deck during warm-ups except at the direction of the meet referee. Racing starts will be allowed in the designated sprint lanes during the last 10 minutes of each warm-up period.

Any swimmer entered in the meet, unaccompanied by a USA Swimming coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. If we do not receive verification signed by the swimmer's coach with the entries, the swimmer/s will be required to start from in the water

This is a no card meet for all events except relays and distances 400 meters or longer. All other swimmers should be on deck at the designated heat and lane for their events. Distance event cards must be picked up from the swimmer's coach prior to the start of the event and handed to the timers. Relay cards will be given to coaches in their packets. Swimmers must give relay cards to the timers at the time of their event with the first and last names of the swimmers written in order on the card.

Events 400 meters and longer, at the discretion of the Meet Referee, may be swam without regard to age and/or gender and may be swam fastest to slowest. All combined events will be scored separately according to age group. All swimmers in events 400 M Freestyle, 800 M Freestyle, 1500 M Freestyle and 400 M Individual Medley must check in with the Clerk of Course by 10:00 AM on the day of the event.

A swimmer qualifying for a final race based upon the results of a preliminary race has 30 minutes after the announcement of the qualifiers for that race to notify the Clerk of Course that they may not intend to compete. Said swimmer

must then return to the Clerk of Course within 30 minutes following their last individual event to declare his/her final intention to swim/scratch the event.

A swimmer who fails to compete in a final of a prelim/final race, from which they have not properly scratched, shall be barred from competing the rest of the meet.

All events will begin from the diving block end of the pool. Relay exchanges at the shallow end of the pool will require the swimmers to start from in the water.

Swimmers in distance events (800 and 1500 freestyle) must provide a person to count laps and two timers.

THERE WILL BE A SIGNUP SHEET FOR TIMING SHIFTS AND PLACE JUDGES FOR ALL TEAMS AT THE CLERK OF COURSE TABLE. TEAMS WILL BE EXPECTED TO SIGN UP BEFORE THE MEET BEGINS. The visiting team's timing lane assignments and place judge assignments will be included in the heat sheet.

Misc: Safe Sport

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

Use of audio or visual recording devices, including a cell phone is not permitted in changing areas, restrooms or locker rooms.

Changing into or out of swimsuits outside designated locker room areas by athletes at any level of competition is prohibited at USA Swimming sanctioned meets. Prohibited areas include, but are not limited to, team and spectator seating sections, as well as warm-up and competition pool decks

- Each team will be expected to provide timers and officials.
- Heat sheets will be available for \$5 and \$2 (finals) at the meet.
- Results will be posted at the entrance to the bathrooms
- Meet Mobile may be accessible during the meet.
- Hospitality will be provided for coaches and officials
- Meet apparel and limited quantities of caps and goggles will be available for purchase
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) anytime athletes, coaches, officials and/or spectators are present.
- Coffee, food and other refreshments will be available for purchase for breakfast and lunch Friday- Sunday and for breakfast on Sunday

SNAKE RIVER SAFETY GUIDELINES AND WARM-UP PROCEDURES

SECTION 1 -- WARM-UP PROCEDURES:

- A. GENERAL WARM-UP (First 30-45 minutes)
 1. NO DIVING or BACKSTROKE STARTS allowed from the blocks or edge of pool. Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter.

2. No sprinting allowed during general warm-up session
3. All lanes are to be used for general warm-up.

B. SPECIFIC WARM-UP (Last 30-45 minutes)
RECOMMENDED LANE
USE

POOL	PUSH/PACE	RACING STARTS	GENERAL WARM-UP
6 Lane	1 & 6	2 & 5	3 & 4
8 Lane	1 & 8	2 & 7	3, 4, 5, & 6
9 Lane	1 & 9	2 & 8	3, 4, 5, 6, & 7
10 Lane	1 & 10	2 & 9	3, 4, 5, 6, 7, & 8

1. Push/Pace Lanes - Push off one or two lengths from the starting end. Circle swimming only. No diving or backstroke starts.
2. Racing Starts - Only designated lanes for racing starts from the blocks or for backstroke starts at specified times.
3. General Warm-up Lanes - NO DIVING OR BACKSTROKE STARTS. Circle swimming only.

SECTION 2 -- SAFETY GUIDELINES:

A. COACHES' RESPONSIBILITIES

1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
2. Coaches shall actively supervise their swimmers throughout the warm-up sessions at meets and at all practices.

B. HOST TEAM RESPONSIBILITIES

1. Marshaling:
 - a. A minimum of four (4) marshals, who report to, and receive instructions from the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session and any warm-up breaks to enforce these Safety Guidelines and Warm-up Procedures.
 - b. Marshals shall be current members of United States Swimming.
 - c. Marshals shall have the authority to remove from the pool, for remainder of the warm-up session, any swimmer who is in violation of safety guidelines or warm-up procedures.
- D. For continuous warm-up pools, lifeguards from the host facility may serve as marshals, if:
 1. They are currently certified by Red Cross in Advanced Lifesaving, and agree to enforce the warm-up procedure as instructed by the Meet Referee and/or Meet Director.
 2. The host club must provide a marshal to supervise the work of the lifeguards.
2. Host teams shall post signs at each lane at both ends of pool, which indicate the designated use during warm-up.
3. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area.
4. The following statement shall appear in the meet information: "Snake River Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in effect at this meet."

5. An announcer shall be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
6. Hazards in locker rooms, on the deck area, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

2023 SUMMER CHAMPS

Friday, July 21st, 2023 Meet Starts: 8:30 A.M.

<u>Girls</u>		<u>Event</u>	<u>Boys</u>		<u>Event</u>
1	9-10	100 FREE	2	9-10	Prelim/Final
3	11-12	100 FREE	4	11-12	Prelim/Final
5	13-14	100 FREE	6	13-14	Prelim/Final
7	15-19	100 FREE	8	15-19	Prelim/Final
9	8 & under	50 FLY	10	8 & under	Timed Final
11	9-10	50 FLY	12	9-10	Prelim/Final
13	11-12	100 FLY	14	11-12	Prelim/Final
15	13-14	100 FLY	16	13-14	Prelim/Final
17	15-19	100 FLY	18	15-19	Prelim/Final
19	11-12	50 BACK	20	11-12	Prelim/Final
21	13-14	50 BACK	22	13-14	Timed Finals
23	15-19	50 BACK	24	15-19	Timed Finals
25	10 & under	100 BREAST	26	10 & under	Prelim/Final
27*	11-12	200 BREAST	28*	11-12	Timed Finals
29*	13-14	200 BREAST	30*	13-14	Prelim/Final
31	15-19	200 BREAST	32	15-19	Prelim/Final
33	11-12	200 IM	34	11-12	Prelim/Final
35	13-14	200 IM	36	13-14	Prelim/Final
37	15-19	200 IM	38	15-19	Prelim/Final
39	12 & under	400 FREE RELAY	40	12 & under	Timed Finals
41	14 & under	400 FREE RELAY	42	14 & under	Timed Finals
43	19 & under	400 FREE RELAY	44	19 & under	Timed Finals
45	11-19	400 FREE	46	11-19	Timed Finals

Events 27-30 will be combined for prelis with the top 8 in the 13-14 age group advancing to finals.

Individual Events- 3 events per day **Relay Events-** 1 event per day

The 11-19 400 Free will be scored and awarded as 11-12, 13-14 & 15-19 – swimmers entered in the 400 Free must check in with the Clerk of Course by 10:00 AM.

2023 SUMMER CHAMPS
Saturday, July 22nd, 2023 Meet Starts: 8:30 A.M.

Girls	Event	Boys	Event
47 8 & under	50 FREE	48 8 & under	Timed Finals
49 9-10	50 FREE	50 9-10	Prelim/Final
51 11-12	50 FREE	52 11-12	Prelim/Final
53 13-14	50 FREE	54 13-14	Prelim/Final
55 15-19	50 FREE	56 15-19	Prelim/Final
57 10 & under	100 FLY	58 10 & under	Prelim/Final
59* 11-12	200 FLY	60* 11-12	Timed Finals
61* 13-14	200 FLY	62* 13-14	Prelim/Final
63 15-19	200 FLY	64 15-19	Prelim/Final
65 11-12	50 BREAST	66 11-12	Prelim/Final
67 13-14	50 BREAST	68 13-14	Timed Finals
69 15-19	50 BREAST	70 15-19	Timed Finals
71 8 & under	50 BACK	72 8 & under	Timed Finals
73 9-10	50 BACK	74 9-10	Prelim/Final
75 11-12	100 BACK	76 11-12	Prelim/Final
77 13-14	100 BACK	78 13-14	Prelim/Final
79 15-19	100 BACK	80 15-19	Prelim/Final
81 10 & under	200 IM	82 10 & under	Timed Finals
83 11-19	400 IM	84 11-19	Timed Finals
85 8 & under	200 FREE RELAY	86 8 & under	Timed Finals
87 10 & under	200 FREE RELAY	88 10 & under	Timed Finals
89 12 & under	200 FREE RELAY	90 12 & under	Timed Finals
91 14 & under	200 FREE RELAY	92 14 & under	Timed Finals
93 19 & under	200 FREE RELAY	94 19 & under	Timed Finals
95 13-19	800 FREE	96 13-19	Timed Finals

Events 59-62 will be combined for prelis with the top 8 in the 13-14 age group advancing to finals.
Individual Events- 3 events per day **Relay Events-** 1 event per day

The 11-19 400 IM will be scored and awarded as 11-12, 13-14 & 15-19. The 13-19, 800 Free will be scored and awarded as 13-14 & 15-19 – swimmers entered in the 400 IM & 800 Free must check in with the Clerk of Course by 10:00 AM.

2023 SUMMER CHAMPS

Sunday, July 23rd, 2023 Meet Starts: 8:30 A.M.

<u>Girls</u>		<u>Event</u>	<u>Boys</u>		<u>Event</u>
97	8 & under	100 FREE	98	8 & under	Timed Finals
99	9-10	200 FREE	100	9-10	Timed Finals
101	11-12	200 FREE	102	11-12	Prelim/Final
103	13-14	200 FREE	104	13-14	Prelim/Final
105	15-19	200 FREE	106	15-19	Prelim/Final
107	11-12	50 FLY	108	11-12	Prelim/Final
109	13-14	50 FLY	110	13-14	Timed Finals
111	15-19	50 FLY	112	15-19	Timed Finals
113	8 & under	50 BREAST	114	8 & under	Timed Finals
115	9-10	50 BREAST	116	9-10	Prelim/Final
117	11-12	100 BREAST	118	11-12	Prelim/Final
119	13-14	100 BREAST	120	13-14	Prelim/Final
121	15-19	100 BREAST	122	15-19	Prelim/Final
123	10 & under	100 BACK	124	10 & under	Prelim/Final
125*	11-12	200 BACK	126*	11-12	Timed Final
127*	13-14	200 BACK	128*	13-14	Prelim/Final
129	15-19	200 BACK	130	15-19	Prelim/Final
131	8 & under	200 MED RELAY	132	8 & under	Timed Finals
133	10 & under	200 MED RELAY	134	10 & under	Timed Finals
135	12 & under	200 MED RELAY	136	12 & under	Timed Finals
137	14 & under	200 MED RELAY	138	14 & under	Timed Finals
139	19 & under	200 MED RELAY	140	19 & under	Timed Finals
141	13-19	1500 FREE	142	13-19	Timed Finals

Events 125-128 will be combined for prelims with the top 8 in 13-14 age group advancing to finals.

Individual Events- 3 events per day Relay Events- 1 event per day

The, 13-19, 1500 Free will be scored and awarded as 13-14 & 15-19 – swimmers entered in the 1500 Free must check in with the Clerk of Course by 10:00 AM.

Qualifying Times for Summer Champs 2023

Girls			10 & Under	Boys		
LCM	SCM	Yard		LCM	SCM	Yard
4:05.79	4:00.09	3:38.99	200 Free	3:53.49	3:46.29	3:26.69
4:29.39	4:21.49	3:58.49	200 IM	4:26.19	4:18.09	3:55.49

Girls			11/12	Boys		
LCM	SCM	Yard		LCM	SCM	Yard
3:22.29	3:18.09	3:00.39	200 Free	3:17.49	3:12.09	2:54.59
6:53.89	6:45.49	7:38.79	400 Free	6:45.49	6:35.19	7:27.29
3:44.59	3:35.19	3:16.59	200 Back	3:39.49	3:30.79	3:11.99
4:12.59	4:04.49	3:40.89	200 Breast	4:04.69	3:55.39	3:34.09
3:44.89	3:39.79	3:19.99	200 Fly	3:40.49	3:35.19	3:13.19
3:46.09	3:39.69	3:20.19	200 IM	3:43.79	3:36.19	3:17.29
7:49.69	7:34.49	6:54.19	400 IM	7:39.89	7:22.29	6:43.09

Girls			13/14	Boys		
LCM	SCM	Yard		LCM	SCM	Yard
3:14.29	3:09.29	2:52.09	200 Free	3:04.09	2:57.99	2:42.99
6:36.79	6:28.29	7:17.79	400 Free	6:19.09	6:08.29	6:56.59
12:35.99	12:16.89	14:01.99	800/1000	12:05.89	11:41.09	13:21.19
24:06.39	23:15.29	23:23.49	1500/1650	23:06.49	22:11.09	22:18.89
3:32.39	3:24.89	3:06.79	200 Back	3:22.09	3:13.59	2:56.29
3:59.69	3:52.19	3:30.89	200 Breast	3:45.49	3:37.09	3:16.59
3:32.99	3:27.89	3:08.99	200 Fly	3:20.89	3:14.99	2:58.19
3:35.79	3:29.49	3:09.79	200 IM	3:24.59	3:16.79	2:59.99
7:25.49	7:14.19	6:33.59	400 IM	7:02.69	6:47.69	6:11.49

Girls			15-19	Boys		
LCM	SCM	Yard		LCM	SCM	Yard
3:10.49	3:05.59	2:49.39	200 Free	2:57.39	2:51.79	2:36.49
6:23.49	6:20.69	7:10.59	400 Free	6:03.69	5:56.09	6:40.59
12:21.29	12:05.69	13:49.19	800/1000	11:40.09	11:16.49	12:52.99
23:43.8	22:57.0	23:05.1	1500/16	22:08.9	21:27.8	21:35.3

9	9	9	50	9	9	9
3:28.39	3:21.39	3:02.99	200 Back	3:13.79	3:05.59	2:47.99
3:55.89	3:47.89	3:25.99	200 Breast	3:35.39	3:26.39	3:08.19
3:27.29	3:24.29	3:05.29	200 Fly	3:12.29	3:07.29	2:51.29
3:31.89	3:25.79	3:06.79	200 IM	3:16.59	3:08.79	2:31.69
7:17.89	7:05.09	6:25.89	400 IM	6:44.09	6:33.59	5:56.99

