



West Austin Aquatics Central LC B Champs

June 24-26



- Meet:** •2011 South Texas B Central LCM Championships
Included Teams: **AES, AMSC, COTA, CCSS, GOLD, HOT, HSC, KST, LCA, LSAC, MM, NAMS, SAS, SASA, TXLA, TEAM, WAVE, WFLY, WWW**
- Dates:** •June 24-26
- Sanction Number:** •ST-11-48
- Venue:** •West Austin Athletic Club
•1024 Patterson Rd
•Austin, TX 78733
•512-263-4282
•First right off Patterson Rd which is a light on FM 2244 (Bee Caves Rd) between Loop 360 and Hwy 71.
- Eligibility:** •This meet is open to all swimmers who are currently registered with South Texas Swimming, have achieved the qualifying standards through age 18
- Facility:** •This meet will include prelim sessions in a 25 yard pool and finals in a 50 meter pool. The 25 yard pool has 8 lanes and is 4 feet at the turn end and 5 feet at the dive end. The 50 meter pool has 4 lanes and is 6 feet constant depth. The competition course has been certified in accordance with 104.2.2C(4). A copy of such certification is on file with USA Swimming Timing will be done with a Colorado Dolphin Timing System. Warm-up and Cool-Down will be in the opposite pool than competition. Additional lanes if needed will be in another 25-yard pool. Concession will be available for all sessions.
- Liability:** •In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), West Austin Athletic Club, West Austin Aquatics including all coaches and volunteers, and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet
- Cell phone Restrictions:** •The presence and / or use of cell phones, and any other equipment capable of producing photographic or video images, in locker rooms is strictly and specifically prohibited at all times.
•There are no exceptions to this prohibition.
•Violators are subject to disqualification from the meet and disbarment from the facility.
- Sanction:** •This meet is sanctioned by South Texas Swimming and the (year) USA Swimming Rules apply
•All swimmers must be registered for 2011 with USA Swimming by the entry deadline
•Athletes who fail to meet this requirement will not be allowed to compete
- Format:** •Championship Format, i.e., preliminaries and finals
•A,B,C,D finals, unless otherwise noted
•Preliminary events will be seeded by time and gender according to the Championship Order of Events on pages five (5) and six (6)
•The Order of Events is somewhat different for Preliminaries and Finals – please review carefully
•Event numbering is consistent between preliminaries and finals
•All events will be swum fastest to slowest unless otherwise noted in the Orders of Events
•1500 free will be contested as Timed Finals, age combined, alternating male and female and swum fastest to slowest
•Seeded on deck.
•The fastest seeded heat will swim only during finals; all other heats will be swum at the end of the Sunday preliminary session
•1500 and ten and under 400 swimmers may elect to swim in the AM or PM
•The eight fastest swimmers electing PM will compete in the finals.
•Check-in times for the distance events in Sunday's finals will be determined by the Meet Host and announced at the coaches' meeting.
•Swimmers must provide their own backup timers and lap counters for these events
•All relays will be timed finals in the preliminary sessions only

•Relay only swimmers are not permitted

•For events 400 M or longer, positive check-in is required on the day of the race. The events will be seeded after the close of check-in.

•Please refer to the Order of Events on pages five (5) and six (6)

•10 minute break after the preliminary relays

Rules:

•The 2011 USA Swimming Rules and Regulations and any relevant portions of the STSI Handbook will apply

Unaccompanied

Swimmers:

•Any swimmer entered in the meet, unaccompanied by a USA Swimming member 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

Qualifying

Times:

•The minimum qualifying time standards are 2009 – 2012 USA Swimming National B

• In addition, the swimmer may not enter if the time is a BB time or faster

•Qualifying times must be achieved prior to the entry deadline

•If entering with a non-conforming time i.e., SCM or SCY, the swimmer must enter with the time achieved in the non-conforming course

•Such entries must be annotated in the entry file at the time of submission for proof-of-time purposes

•The meet Host will then convert the times to ensure proper seeding

•The use of the following conversion factors is mandatory, i. e., no others are permitted

•Yards to meters multiply by 1.11

•Meters to yards multiply by 0.90

Proof of

Time:

•Proofs of time must be submitted with the entries

•All claimed entry times must be traceable via the USA-S SWIMS database

•In cases where a claimed time does not appear in SWIMS due to a clerical or posting error, a copy of the official meet results, signed by the Meet Referee, will be an acceptable proof of time

•Times used to enter a meet must have been achieved in a USA-S Sanctioned, Approved, or Observed meets

•All proof of times are the responsibility of the entering teams, not the meet Host

•Entries without an acceptable proof of time will not be accepted

Entry

Restrictions:

•An individual swimmer may enter in a maximum of three (3) individual and two (2) relay events per day

•Swimmers who may have achieved TAGS or Sectional times may not swim those individual events in any STSI Championship Meet

•Neither may they swim their TAGS / Sectional qualified strokes on any relay team

Time Trials:

•Time trials will be conducted after the prelim session each day in the 50-meter pool for 50, 100, and 200 races

•Time trial entrants do not have to be entered in the meet but must bring a copy of their current USA Swimming card.

•Participation in a time trial event does count as one of the daily total allowed

•Time trial entry fees: Individual events \$10 Relay events \$20 Includes the \$1.25 STSI Splash Fee

• Time trial entries are due by fifteen minutes after the conclusion of the prelim session

• Time trial results will be provided as part of the meet results

Relay

Entries:

•All relays are timed finals and will be contested only in the preliminary sessions.

•Relay cards are due to the Meet Director or designee on the day of the event and at a time determined by the Meet Host and announced at the coaches' meeting.

•Relay team entry times may be determined by the sum of the individual team member's times for the like strokes/distances or the actual time of that relay team achieved in sanctioned competition

•Composite relay times used for proof must have the same four swimmers entered on the entry form and be eligible in the same age group

•Unlimited number of relays per team (A, B, C, etc) but only two relays per team (A and B) will score

•It is recommended that relay swimmer names be included with entries to help enter the relays efficiently at the start of the session

•Relay cards must be turned in with final relay line-up prior to the designated by the Meet Referee

•If a relay card is not turned in, it will be assumed the relay is scratched

•Relay teams will not be allowed to participate unless a relay card has been submitted

- The order of swimmers on the relay team will be strictly enforced in accordance with 102.4.7, of the (year) USA-S Rules and Regulations
- Relay only swimmers are not permitted

Entry

Deadlines:

- There are two entry deadlines for this meet
- The first deadline is 11 days, June 13, prior to the start date of the meet
- These entries will be for all the athletes achieving qualifying times prior to this date
- This deadline is required to verify swimmers and times in the SWIMS database and correct errors
- Final entry deadline is June 20 and is dependent of the availability of potential qualifying meets one week in advance of the start date
 - This will also be the deadline for relay entries
- Only swimmers who have achieved a qualifying time after the first deadline may enter at this point

Entry

Requirements:

- All entries must contain the following information:
 - The name, email address, and phone number of the person preparing the entries in case clarification is needed
 - An attachment of the Hy-Tek Team Manager export file
 - An attached Word Document listing the entries by swimmer with proofs of time
 - An attached Word Document of the meet entry fees report
 - If the entry time is not available in SWIMS, proof of time requires all of the following:
 - Name and date of meet
 - Website address where the results are posted OR a hard copy of the results signed by the meet referee
 - Page number where the results may be found
 - Final entries are only required if there was a change in a preliminary entry
 - The final entries must indicate, by swimmer, the change that was made to the preliminary entry
 - Teams with exceptions will be e-mailed notice of same
 - Teams and entrants are responsible to check the exception report when notified

Entry

Procedures:

- \$6.50 per individual events and \$12 per relay event – includes the \$1.25 STSI splash fees
- Checks made payable to West Austin Athletic Club
- Entry fees must be received by June 20
- If payment is not received on time the affected swimmers will be scratched from the meet
- Please include the meet entry fee report with your check
- Once the entry fees are accepted, they will not be refunded for any reason, even if a swimmer should fail to compete
- No paper, phone, or fax entries will be accepted
- If you don't receive an e-mail confirmation, your entries were not received

Deck (late)

Entries:

- Deck entries will be accepted at \$10 per individual event and \$20 per relay which includes the STSI \$1.25 Spalsh
- Swimmers may deck enter for the current session beginning at the start of warm-ups
- Deck entries will close 30 minutes prior to the start of each session
- Swimmers may deck enter for subsequent sessions after deck entries close for the current session
- No new heats will be created
- Swimmers not previously entered in the meet must present their USA Swimming registration card at Clerk of Course to deck enter - No exceptions
 - In addition, the swimmer must present a hard copy of the proof-of-time before a deck entry will be accepted

Warm-up

Procedures:

- The South Texas Swimming Safety Guidelines and Warm-up Procedures on page eight will be in effect at this meet
- The shallow area of the pool will be available for warm-ups throughout the meet
- Warm-up times and lane assignments for each team will be posted on the STSI website along with the psyche sheet
- Warm-ups MUST be under the direct supervision of a coach at all times

Scratch

Rules:

- There is no penalty for failing to scratch from a pre-seeded preliminary event.
- The top 16 qualifiers in each preliminary event will be announced and posted shortly after the final heat

- ALL swimmers have 30 minutes in which to scratch if they do not desire to compete in the finals
- Swimmers who elect NOT to compete in finals, must scratch or declare an INTENT to scratch with the Official Scorer within 30 minutes of the announcement**
- Swimmers who declare intent to scratch, then have 15 minutes after the completion of their last individual event of the session to confirm the scratch
- Following the 15 minute deadline, if scratch confirmation is not received it will be assumed the swimmers will compete in the finals event
- Check-ins and scratches may be accomplished ONLY by the swimmer's coach.
- Any swimmer who qualifies for a final, does not scratch, and fails to appear for competition will be disqualified from further participation in the meet
 - Does not apply to alternates
 - Illness and injury may be excused by the Meet Referee
- In the event the no show is on Sunday, the swimmer will be fined \$100
 - Swimmers will be barred from competition in South Texas until any such fines are paid
- Swimmers who fail to appear for the 1500 freestyle, after checking-in, will be fined \$100 and banned from further participation in the meet
 - Illness and injury may be excused by the Meet Referee

Special Needs:

- Please notify the Coach Janet Risser at becky@wfly.com in advance of this event with the name and age of any member on your team who needs assistance to enter the building
- The host staff will make reasonable accommodations for swimmers coaches, or spectators who wish to enter and use our facility
- In any meet sanctioned or approved by South Texas Swimming, Inc., which may include one or more swimmers with visual, hearing, mental, or physical disabilities; the judging of such competitors shall be in strict accordance with the current USA Swimming Rules and Regulations, i. e., Article 105
- A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities
- Coaches and / or athletes must notify the Meet Referee before the event begins if they are to be considered to be judges under Article 105

Swimmer Photograph

- There may be one or more photographers on deck at this meet
- In the event photographers are on deck, parents or guardians of swimmers under the age of 18 who do not wish to have photographs of their athletes taken, are required to contact the Meet Director prior to the beginning of competition.

Awards:

- Individual events: first through third place: Medals
- Individual events: fourth through eighth place: Ribbons
- Relay Events: first through third place: Ribbons
- Team Awards: first through third place: Banners
- There will be no awards presentation
 - Clubs must pick-up awards during the meet from the awards desk area

Scoring:

A/B Finals ⇒	1	2	3	4	5	6	7	8
Individual events	20	17	16	15	14	13	12	11
Relay events	40	34	32	30	28	26	24	22
C/D Finals ⇒	9	10	11	12	13	14	15	16
Individual events	9	7	6	5	4	3	2	1
Relay events	18	14	12	10	8	6	4	2

Meet

Management:

•**Meet Director**
 Janet Risser
 1024 Patterson Rd
 Austin, TX 78733
 512-748-6185
becky@wfly.com

•**Meet Referee**

Trey Prinz
 512-287-7204
prinz@netapp.com

***Meet Entries**

Susan Walsh
 1024 Patterson Rd
 Austin, TX 78733
 512-968-2518
susan@wfly.com

Officials

Please Make

Special Note: Help from visiting officials is always welcome. Visiting officials are asked to email the Meet Referee (prinz@netapp.com) by Wednesday, June 22 and provide their certification level, current background check, and availability so he can plan accordingly; every effort will be made to create the assignment sheet prior to the session start. Nametags are very helpful, please bring and wear yours if you have one. All officials must attend a mandatory meeting one hour before each session. The uniform for the preliminary sessions will be white polo shirt over khaki shorts/pants/skirt, as appropriate. The uniform for the finals sessions will be blue polo shirt over khaki shorts/pants/skirt as appropriate (so shorts are appropriate for finals).

- All deck officials must be currently 2011 certified / registered with USA-S and their local LSC and have a current background check verified by USA Swimming.
- The Meet Referee will make all deck assignments two or three days BEFORE the meet
- Therefore, all officials who desire to be assigned to deck positions MUST notify the Meet Referee of their intentions and availability NOT LATER than June 22
- Please specify the sessions for which you will be available
- Please submit your information to: Trey Prinz 512-287-7204 prinz@netapp.com
- You WILL NOT be assigned if your commitment and information are not submitted or not received by the deadline
- Uniforms for deck officials will be as follows:
 - Preliminaries: white shirts/blouses over navy blue pants, skirts, or Bermuda length shorts (NO JEANS PLEASE)
 - Finals: navy blue shirts/blouses over white pants or skirts (NO SHORTS OR JEANS, PLEASE)
- Please report to the Meet Referee at (time) for preliminaries and (time for finals to receive your assignments).

Daily Schedule:

- | | | | |
|------------------------------|---------|-------------------------|---------|
| •Preliminaries: | | •Finals:* | |
| •Warm-ups begin | 7:00 AM | •Warm-ups begin | 5:00 PM |
| •Clear competition pool | 7:50 AM | •Clear competition pool | 5:45 PM |
| •Coaches' meeting (Fri only) | 7:50 AM | •National Anthem | 5:57 PM |
| •Sessions begin | 8:00 AM | •Sessions begin | 6:00 PM |
- Check-in times for the 1500 freestyle, the 400 freestyle and the 400 individual medley on the day of the event will be determined by the Meet Host and announced at the coaches' meeting.
- Finals on Sunday will be one hour earlier
 - Time trials each day will start fifteen minutes after the prelim session ends

Alternates:

- Swimmers who qualify as alternates for final events and wish to compete should no shows occur, must be within an area previously designated by the Meet Referee and be immediately available
- Immediately is defined as being properly attired, behind the blocks and ready to swim within 30 seconds of being called.

Timers:

- Each participating team is required to provide back-up timers in proportion to the number of swimmers entered in the meet
- Swimmers competing in the 400 / 1500 freestyle and 400 individual medley events must provide their own back-up timers and / or lap counters



PRELIMINARY Order of Events – Distances are in meters

G#	Friday	B#	G#	Saturday	B#	G#	Sunday	B#
1	11 and 12 200 Butterfly	2	45	10 and U 100 Butterfly	46	89	11 and 12 50 Breaststroke	90
3	13 and 14 100 Butterfly	4	47	11 and 12 100 Butterfly	48	91	10 and U 100 Backstroke	92
5	15 and O 100 Butterfly	6	49	13 and 14 200 Butterfly	50	93	11 and 12 200 Backstroke	94
7	10 and U 100 Breaststroke	8	51	15 and O 200 Butterfly	52	95	13 and 14 200 Backstroke	96
9	11 and 12 100 Breaststroke	10	53	11 and 12 100 Backstroke	54	97	15 and O 200 backstroke	98
11	13 and 14 100 Breaststroke	12	55	10 and U 200 Individual Medley	56	99	10 and U 100 Freestyle	100
13	15 and O 100 Breaststroke	14	57	11 and 12 200 Individual Medley	58	101	11 and 12 100 Freestyle	102
15	10 and U 200 Freestyle	16	59	13 and 14 100 Freestyle	60	103	13 and 14 50 Freestyle	104
17	11 and 12 200 Freestyle	18	61	15 and O 100 Freestyle	62	105	15 and O 50 Freestyle	106
19	13 and 14 200 Freestyle	20	63	10 and U 50 Freestyle	64	107	10 and U 50 Butterfly	108
21	15 and O 200 Freestyle	22	65	11 and 12 50 Freestyle	66	109	11 and 12 50 Butterfly	110
23	10 and U 50 Backstroke	24	67	13 and 14 200 Breaststroke	68	111	13 and 14 200 Individual Medley	112
25	11 and 12 50 Backstroke	26	69	15 and O 200 Breaststroke	70	113	15 and O 200 Individual Medley	114
27	13 and 14 100 Backstroke	28	71	10 and U 50 Breaststroke	72	10 Minute BREAK		
29	15 and O 100 Backstroke	30	73	11 and 12 200 Breaststroke	74	115	10 and U 200 Medley Relay	116
10 Minute BREAK			10 Minute BREAK			117	11 and 12 200 Medley Relay	118
31	13 and 14 800 Freestyle Relay	32	75	10 and U 200 Freestyle Relay	76	119	13 and 14 400 Medley Relay	120
33	15 and O 800 Freestyle Relay	34	77	11 and 12 200 Freestyle Relay	78	121	15 and O 400 Medley Relay	122
35	11 and 12 400 Freestyle Relay	36	79	13 and 14 400 Freestyle Relay	80	10 Minute BREAK		
10 Minute BREAK			81	15 and O 400 Freestyle Relay	82	123	10 and U 400 Freestyle*	124
37	11 and 12 400 Individual Medley*	38	10 Minute BREAK			125	11 and 12 1500 Freestyle*	126
39	13 and 14 400 Individual Medley*	40	83	11 and 12 400 Freestyle*	84	127	13 and 14 1500 Freestyle*	128
41	15 and O 400 Individual Medley*	42	85	13 and 14 400 Freestyle*	86	129	15 and O 1500 Freestyle*	130
			87	15 and O 400 Freestyle*	88			

- The Distance Events(*) will be contested as Timed Finals and swum, *fastest to slowest*
 - They will be swum in the Preliminary Sessions, following the Relays and a ten (10) minute break
 - The fastest eight (8) swimmers will compete ONLY in the Finals Session.
 - Check-in times on the day of the event will be determined by the Meet Host and announced at the coaches' meeting.
- Finals qualifying 1500 and ten and under 400 swimmers may elect to compete in the Preliminary or Finals session ONLY on Sunday
 - Sunday finals check-in time will be determined by the Meet Host and announced at the coaches' meeting
- Age Groups of identical events MAY be combined in the Preliminary Session at the discretion of the Meet Referee
 - They will, however be contested in traditional Age Groups in the Finals Sessions
- Relay only swimmers are not permitted

FINALS Order of Events – Distances are in meters

G#	Friday	B#	G#	Saturday	B#	G#	Sunday	B#
1	11 and 12 200 Butterfly	2	47	10 and U 100 Butterfly	48	91	11 and 12 30 Breaststroke	92
3	13 and 14 100 Butterfly	4	49	11 and 12 100 Butterfly	50	125	10 and U 500 Freestyle*	126
5	15 and O 100 Butterfly	6	51	13 and 14 200 Butterfly	53	127	11 and 12 500 Freestyle	128
7	10 and U 100 Breaststroke	8	53	15 and O 200 Butterfly	54	129	13 and 14 1650 Freestyle*	130
9	11 and 12 100 Breaststroke	10	55	11 and 12 100 Backstroke	56	131	15 and O 1650 Freestyle*	132
11	13 and 14 100 Breaststroke	12	57	10 and U 200 Individual Medley	58	93	10 and U 100 Backstroke	94
13	15 and O 100 Breaststroke	14	59	11 and 12 200 Individual Medley	60	95	11 and 12 200 Backstroke	96
15	10 and U 200 Freestyle	16	61	13 and 14 100 Freestyle	62	97	13 and 14 200 Backstroke	98
17	11 and 12 200 Freestyle	18	63	15 and O 100 Freestyle	64	99	15 and O 200 backstroke	100
19	13 and 14 200 Freestyle	20	65	10 and U 50 Freestyle	66	101	10 and U 100 Freestyle	102
21	15 and O 200 Freestyle	22	67	11 and 12 50 Freestyle	68	103	11 and 12 100 Freestyle	104
23	10 and U 50 Backstroke	24	69	13 and 14 200 Breaststroke	70	105	13 and 14 50 Freestyle	106
25	11 and 12 50 Backstroke	26	71	15 and O 200 Breaststroke	72	107	15 and O 50 Freestyle	108
27	13 and 14 100 Backstroke	28	73	10 and U 50 Breaststroke	74	109	10 and U 50 Butterfly	110
29	15 and O 100 Backstroke	30	75	11 and 12 200 Breaststroke	76	111	11 and 12 50 Butterfly	112
31	10 and U 100 Individual Medley	32	85	11 and 12 400 Freestyle*	86	113	13 and 14 200 Individual Medley	114
33	11 and 12 100 Individual Medley	34	87	13 and 14 400 Freestyle*	88	115	15 and O 200 Individual Medley	116
41	11 and 12 400 Individual Medley*	42	89	15 and O 400 Freestyle*	90			
43	13 and 14 400 Individual Medley*	44						
45	15 and O 400 Individual Medley*	46						

- The Distance Events (*) will be contested as Timed Finals and swum, *fastest to slowest*
 - They will be swum in the Preliminary Sessions, following the Relays and a ten (10) minute break
 - The fastest eight (8) swimmers will compete ONLY in the Finals Session.
 - Check-in times on the day of the event will be determined by the Meet Host and announced at the coaches' meeting.
- Finals qualifying 1500 and ten and under 400 swimmers may elect to compete in the Preliminary or Finals session ONLY on Sunday.
 - Sunday finals check-in time will be determined by the Meet Host and announced at the coaches' meeting
- Age Groups of identical events MAY be combined in the Preliminary Session at the discretion of the Meet Referee
 - They will, however be contested in traditional Age Groups in the Finals Sessions
- Relay only swimmers are not permitted

SOUTH TEXAS SWIMMING, Inc.

Safety Guidelines and Warm-up Procedures

A. WARM-UP PROCEDURES

I. Assigned warm-up Procedures (**Preliminaries**).

- a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.
- b. All warm-up activities will be coordinated by the coach(es) supervising that lane
- c. Dive sprints may be done only under the direct supervision of the coach

II. Open warm-up procedures (**Finals**).

LANE USE

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
8 Lanes	1 and 8	2 and 7	3 through 6
6 Lanes	1 and 6	2 and 5	3 and 4
4 Lanes	1	2 and 3	4

- a. The first ½ of the assigned warm-up time shall be general warm-up for all lanes.
 - b. Push/Pace Lanes will push off one or two lengths from starting end.
 - c. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times. One way only! Dive sprints may only be done under the direct supervision of the coach.
 - d. There will be no diving in the general warm-up lanes. Circle swimming only.
 - e. No kick boards, pull buoys, or hand paddles may be used.
3. Safety Guidelines
- a. Coaches are responsible for the following:
 1. Instructing swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices
 2. Actively supervising their swimmers throughout the warm-up sessions, at meets, and all practices.
 3. Maintaining as much contact with their swimmers AS POSSIBLE, both verbal and visual, throughout the warm-up period.
 - b. The host team will be responsible for the following.
 - 1) A minimum of four (4) marshals who report to and receive instructions from the Meet Referee and/or Director shall be on deck during the entire warm-up session(s).
 - 2) Referees have authority to remove from the deck for the remainder of a warm-up session, any swimmer or coach found to be in violation of these Procedures.
 - 3) The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
 - 4) Warm-up times and lane assignments will be published in the meet information and posted at several locations around the pool area. The following statement will appear in the meet information: "South Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."
 - 5) An announcer will 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 deck, or areas used by coaches, swimmers, or officials will be either removed or clearly marked.

B. MISCELLANEOUS NOTES

1. Coaches will ensure that backstrokers are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.
2. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
3. Swimmers are required to exit the pool on completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
4. Warm-up procedures will be enforced for any breaks scheduled during the competition.
5. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-up unless approved by the Referee.

NOTE: Host Clubs, with the consent of the Meet Referee, may modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other considerations; so long as safety considerations are not compromised. Any such changes will be announced and/or prominently posted in the pool area.

2009 – 2012 National Motivational Time Standards						
Short Course Yards						
10 and under Girls			Event	10 and under Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
39.79	35.99	32.19	50 Free	31.59	35.19	38.89
1:31.29	1:21.59	1:11.89	100 Free	1:10.79	1:19.99	1:29.19
3:20.19	2:58.29	2:36.39	200 Free	2:31.89	2:50.89	3:09.89
8:30.49	7:39.49	6:48.39	500 Free	6:44.59	7:35.19	8:25.79
48.79	43.49	38.09	50 Back	38.29	43.69	49.19
1:45.69	1:33.99	1:22.19	100 Back	1:21.29	1:32.09	1:42.89
53.59	47.79	41.99	50 Breast	42.19	47.89	53.59
1:59.99	1:46.69	1:33.39	100 Breast	1:31.39	1:43.69	1:55.69
48.79	42.99	37.29	50 Fly	36.69	41.99	47.29
1:57.49	1:42.09	1:26.69	100 Fly	1:25.59	1:40.39	1:55.19
1:44.99	1:33.79	1:22.59	100 I-M	1:21.09	1:3.19	1:41.29
3:42.69	3:19.39	2:55.99	200 I-M	2:55.29	3:18.09	3:40.89
2009 – 2012 National Motivational Time Standards						
Short Course Yards						
11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
34.29	31.89	29.49	50 Free	28.59	30.99	33.39
1:13.59	1:08.29	1:03.09	100 Free	1:02.69	1:07.89	1:13.09
2:43.19	2:31.49	2:19.89	200 Free	2:16.19	2:27.49	2:38.89
7:10.79	6:40.09	6:09.29	500 Free	6:04.69	6:35.09	7:05.49
15:00.29	13:55.99	12:51.69	1000 Free	12:42.89	13:46.49	14:50.09
23:16.19	23:27.89	21:39.59	1650 Free	21:23.59	23:10.49	24:57.49
39.59	36.79	33.89	50 Back	33.49	36.49	39.49
1:27.99	1:21.09	1:14.19	100 Back	1:12.29	1:19.09	1:25.79
3:01.89	2:48.89	2:35.89	200 Back	2:32.89	2:45.59	2:58.39
44.09	40.89	37.79	50 Breast	37.29	40.79	44.29
1:36.39	1:29.29	1:22.19	100 Breast	1:20.49	1:27.79	1:35.09
3:26.39	3:11.69	2:56.89	200 Breast	2:52.89	3:07.29	3:21.69
37.79	35.09	32.39	50 Fly	32.09	35.19	38.19
1:27.19	1:20.19	1:13.19	100 Fly	1:11.69	1:18.69	1:25.79
3:04.99	2:51.79	2:38.59	200 Fly	2:25.29	2:48.29	3:01.19
1:26.19	1:20.09	1:13.99	100 I-M	1:11.49	1:17.59	1:23.69
3:03.79	2:50.69	2:37.59	200 I-M	2:35.59	2:49.39	3:03.09
6:32.19	6:04.19	5:36.09	400 I-M	5:28.89	5:56.29	6:23.69

2009 – 2012 National Motivational Time Standards						
Short Course Yards						
13 and 14 Girls			Event	13 and 14 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
33.39	30.99	28.69	50 Free	26.29	28.49	30.69
1:12.49	1:07.39	1:02.19	100 Free	57.39	1:02.19	1:06.99
2:36.09	2:24.99	2:13.79	200 Free	2:05.29	2:15.69	2:26.09
6:51.79	6:22.39	5:52.99	500 Free	5:35.19	6:03.19	6:31.09
14:08.89	13:08.29	12:07.59	1000 Free	11:36.39	12:34.39	13:32.49
23:34.19	21:53.19	20:12.19	1650 Free	19:15.69	20:51.99	22:28.29
1:19.89	1:14.19	1:08.49	100 Back	1:04.19	1:09.59	1:14.89
2:51.79	2:39.59	2:27.29	200 Back	2:18.19	2:29.79	2:41.29
1:30.59	1:24.09	1:17.59	100 Breast	1:12.09	1:18.09	1:24.09
3:14.59	3:00.69	2:46.79	200 Breast	2:36.29	2:49.39	3:02.39
1:19.09	1:13.49	1:07.79	100 Fly	1:02.89	1:08.09	1:13.29
2:53.39	2:40.99	2:28.59	200 Fly	2:20.29	2:31.99	2:43.69
2:55.49	2:42.99	2:30.49	200 I-M	2:20.29	2:31.99	2:43.69
6:10.79	5:44.29	5:17.79	400 I-M	5:00.49	5:25.49	5:50.59
2009 – 2012 National Motivational Time Standards						
Short Course Yards						
15 and 16 Girls			Event	15 and 16 Girls		
B Min	BB Min	A Min		A Min	BB Min	B Min
32.69	30.39	26.89	50 Free	25.29	27.39	29.49
1:10.89	1:05.79	1:00.79	100 Free	55.19	59.79	1:04.39
2:32.09	2:21.19	2:10.39	200 Free	2:00.09	2:10.09	2:20.09
6:45.29	6:16.29	5:47.39	500 Free	5:24.29	5:51.29	6:18.39
13:55.19	12:55.49	11:55.89	1000 Free	11:12.19	12:08.19	13:03.19
23:18.79	21:38.89	19:58.89	1650 Free	18:47.99	20:21.89	21:55.89
1:17.69	1:12.09	1:06.59	100 Back	1:01.09	1:06.19	1:11.29
2:47.89	2:35.89	2:23.89	200 Back	2:12.39	2:23.39	2:34.39
1:28.29	1:21.99	1:15.69	100 Breast	1:08.89	1:14.69	1:20.39
3:09.99	2:56.39	2:42.79	200 Breast	2:30.09	2:42.59	2:55.09
1:17.39	1:11.79	1:06.29	100 Fly	1:00.09	1:05.09	1:10.09
2:48.59	2:36.49	2:24.49	200 Fly	2:13.39	2:24.49	2:35.59
2:51.49	2:39.29	2:26.99	200 I-M	2:15.09	2:26.39	2:37.69
6:01.49	5:35.69	5:09.89	400 I-M	4:47.79	5:11.79	5:35.79

2009 – 2012 National Motivational Time Standards						
Short Course Yards						
17 and 18 Girls			Event	17 and 18 Girls		
B Min	BB Min	A Min		A Min	BB Min	B Min
32.39	30.09	27.79	50 Free	24.49	26.59	28.59
1:09.89	1:04.89	59.89	100 Free	53.59	58.09	1:02.59
2:30.99	2:20.29	2:09.49	200 Free	1:58.09	2:07.89	2:17.69
6:42.39	6:13.69	5:44.99	500 Free	5:17.69	5:44.196	6:10.59
13:52.59	12:53.09	11:52.59	1000 Free	11:03.89	11:59.19	12:54.49
23:06.19	21:27.19	19:48.19	1650 Free	18:27.19	19:59.39	21:31.69
1:17.19	1:11.69	1:06.19	100 Back	59.19	1:04.19	1:09.09
2:47.29	2:35.39	2:23.39	200 Back	2:09.09	2:19.89	2:30.59
1:27.79	1:21.49	1:15.29	100 Breast	1:07.59	1:13.19	1:18.79
3:09.29	2:55.79	2:42.19	200 Breast	2:27.09	2:39.29	2:51.59
1:16.39	1:10.99	1:05.49	100 Fly	58.69	1:03.59	1:08.39
2:46.49	2:34.59	2:22.69	200 Fly	2:09.59	2:20.39	2:31.19
2:49.49	2:37.39	2:25.29	200 I-M	2:11.69	2:22.59	2:33.59
6:01.29	5:35.49	5:09.69	400 I-M	4:42.39	5:05.99	5:29.49

2009 – 2012 National Motivational Time Standards						
Short Course Yards						
15 - 18 Girls			Event	15 - 18 Girls		
B Min	BB Min	A Min		A Min	BB Min	B Min
32.69	30.39	26.89	50 Free	25.29	27.39	29.49
1:10.89	1:05.79	1:00.79	100 Free	55.19	59.79	1:04.39
2:32.09	2:21.19	2:10.39	200 Free	2:00.09	2:10.09	2:20.09
6:45.29	6:16.29	5:47.39	500 Free	5:24.29	5:51.29	6:18.39
13:55.19	12:55.49	11:55.89	1000 Free	11:12.19	12:08.19	13:03.19
23:18.79	21:38.89	19:58.89	1650 Free	18:47.99	20:21.89	21:55.89
1:17.69	1:12.09	1:06.59	100 Back	1:01.09	1:06.19	1:11.29
2:47.89	2:35.89	2:23.89	200 Back	2:12.39	2:23.39	2:34.39
1:28.29	1:21.99	1:15.69	100 Breast	1:08.89	1:14.69	1:20.39
3:09.99	2:56.39	2:42.79	200 Breast	2:30.09	2:42.59	2:55.09
1:17.39	1:11.79	1:06.29	100 Fly	1:00.09	1:05.09	1:10.09
2:48.59	2:36.49	2:24.49	200 Fly	2:13.39	2:24.49	2:35.59
2:51.49	2:39.29	2:26.99	200 I-M	2:15.09	2:26.39	2:37.69
6:01.49	5:35.69	5:09.89	400 I-M	4:47.79	5:11.79	5:35.79

2009 – 2012 National Motivational Time Standards						
Long Course Meters						
10 and under Girls			Event	10 and under Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
45.09	40.79	36.39	50 Free	36.09	40.19	44.29
1:43.99	1:32.99	1:21.89	100 Free	1:20.59	1:31.09	1:41.59
3:48.59	3:23.59	2:58.49	200 Free	2:52.39	3:13.99	3:35.49
7:37.29	6:51.59	6:05.89	400 Free	6:06.79	6:52.69	7:38.49
55.99	49.89	43.69	50 Back	43.89	50.09	56.39
2:02.39	1:48.89	1:35.29	100 Back	1:33.29	1:45.69	1:58.09
1:01.59	54.89	48.29	50 Breast	48.49	55.09	1:01.59
2:17.49	2:02.29	1:46.99	100 Breast	1:45.99	1:59.79	2:13.59
55.09	48.59	42.09	50 Fly	40.99	46.89	52.89
2:12.59	1:55.19	1:37.89	100 Fly	1:36.49	1:53.19	2:09.79
4:12.99	3:46.49	3:19.89	200 I-M	3:18.89	3:44.79	4:10.69
2009 – 2012 National Motivational Time Standards						
Long Course Meters						
11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
39.19	36.39	32.39	50 Free	32.59	35.29	37.99
1:25.79	1:19.59	1:13.49	100 Free	1:11.39	1:17.39	1:23.29
3:03.89	2:50.79	2:37.69	200 Free	2:34.89	2:47.79	3:00.69
6:27.79	6:00.09	5:32.39	400 Free	5:27.09	5:54.39	6:21.69
13:31.69	12:33.69	11:35.69	800 Free	11:30.99	12:28.59	13:26.19
26:04.19	24:12.39	22:20.69	1500 Free	22:14.19	24:05.29	25:56.49
45.49	42.29	38.99	50 Back	36.69	42.19	45.69
1:38.89	1:31.09	1:23.29	100 Back	1:23.59	1:31.39	1:39.19
3:30.29	3:15.29	3:00.19	200 Back	2:56.39	3:11.09	3:25.79
49.09	45.59	42.09	50 Breast	43.09	47.09	51.09
1:49.99	1:41.89	1:33.79	100 Breast	1:32.49	1:40.89	1:49.19
3:57.59	3:40.59	3:23.69	200 Breast	3:20.79	3:37.49	3:54.19
42.39	39.39	36.29	50 Fly	36.19	39.59	42.99
1:38.69	1:30.79	1:22.89	100 Fly	1:21.49	1:29.49	1:37.49
3:29.09	3:14.19	2:59.29	200 Fly	2:58.49	3:13.39	3:28.29
3:29.69	3:14.79	2:59.79	200 I-M	2:58.09	3:13.89	3:29.59
7:27.89	6:55.89	6:23.99	400 I-M	6:20.19	6:51.79	7:23.49

2009 – 2012 National Motivational Time Standards						
Long Course Meters						
13 and 14 Girls			Event	13 and 14 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
37.89	35.19	32.49	50 Free	30.29	32.79	35.39
1:22.09	1:16.19	1:10.39	100 Free	1:05.99	1:11.49	1:16.99
2:57.09	2:44.39	2:31.79	200 Free	2:23.29	2:35.19	2:47.09
6:09.39	5:42.99	5:16.59	400 Free	5:02.79	5:27.99	5:53.29
12:35.99	11:41.99	10:47.99	800 Free	10:29.39	11:21.79	12:14.29
24:06.39	22:23.09	20:39.79	1500 Free	19:55.89	21:35.29	23:14.99
1:30.79	1:24.29	1:17.79	100 Back	1:14.49	1:20.59	1:26.89
3:15.29	3:01.29	2:47.39	200 Back	2:40.69	2:54.09	3:07.49
1:43.89	1:36.39	1:29.99	100 Breast	1:21.29	1:28.09	1:34.89
3:43.99	3:27.99	3:11.99	200 Breast	3:01.99	3:17.19	3:32.39
1:29.19	1:22.89	1:16.49	100 Fly	1:11.09	1:16.99	1:22.89
3:16.29	3:02.29	2:48.29	200 Fly	2:38.79	2:51.99	3:05.19
3:19.99	3:05.69	2:51.49	200 I-M	2:42.39	2:55.99	3:09.49
7:01.19	6:31.09	6:00.99	400 I-M	5:44.49	6:13.19	6:41.89

2009 – 2012 National Motivational Time Standards						
Long Course Meters						
15 – 16 Girls			Event	15 – 16 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
37.09	34.49	31.79	50 Free	28.79	31.19	33.59
1:20.09	1:14.39	1:08.59	100 Free	1:03.09	1:08.39	1:13.59
2:51.79	2:39.49	2:27.19	200 Free	2:17.19	2:28.59	2:39.99
6:00.39	5:34.69	5:08.89	400 Free	4:50.19	5:14.39	5:38.59
12:23.29	11:30.19	10:37.09	800 Free	10:01.89	10:52.09	11:42.19
23:53.09	22:10.69	20:28.39	1500 Free	19:13.39	20:49.49	22:25.59
1:28.99	1:22.69	1:16.29	100 Back	1:10.59	1:16.49	1:22.39
3:11.69	2:57.99	2:44.29	200 Back	2:31.29	2:43.89	2:56.49
1:41.09	1:33.89	1:26.69	100 Breast	1:19.69	1:26.39	1:32.99
3:36.59	3:21.19	3:05.69	200 Breast	2:54.29	3:08.79	3:23.29
1:26.59	1:20.39	1:14.19	100 Fly	1:07.69	1:13.39	1:19.99
3:09.69	2:56.19	2:42.69	200 Fly	2:30.59	2:43.19	2:55.69
3:15.19	3:01.19	2:47.29	200 I-M	2:35.89	2:48.89	3:01.79
6:48.99	6:19.79	5:50.59	400 I-M	5:27.09	5:54.39	6:21.59

2009 – 2012 National Motivational Time Standards						
Long Course Meters						
17 – 18 Girls			Event	17 – 18 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
36.79	34.09	31.49	50 Free	27.99	30.29	32.59
1:19.79	1:14.09	1:08.39	100 Free	1:01.79	1:06.89	1:12.09
2:51.09	2:38.89	2:26.69	200 Free	2:14.79	2:26.09	2:37.29
6:00.99	5:35.19	5:09.39	400 Free	4:47.19	5:11.09	5:34.99
12:19.59	1:26.79	10:33.99	800 Free	9:59.09	10:48.99	11:38.89
23:33.89	21:58.49	20:17.09	1500 Free	19:00.79	20:35.79	22:10.89
1:29.49	1:23.09	1:16.69	100 Back	1:09.19	1:14.89	1:20.69
3:11.89	2:58.19	2:44.49	200 Back	2:30.99	2:43.59	2:56.19
1:39.59	1:32.49	1:25.29	100 Breast	1:18.39	1:24.99	1:31.49
3:36.19	3:20.79	3:05.29	200 Breast	2:50.09	3:04.19	3:18.39
1:25.59	1:19.49	1:13.39	100 Fly	1:06.59	1:12.19	1:17.69
3:08.49	2:55.09	2:41.59	200 Fly	2:26.69	2:38.89	2:51.09
3:13.49	2:59.69	2:45.89	200 I-M	2:31.29	2:43.89	2:56.49
6:50.69	6:21.29	5:51.99	400 I-M	5:21.79	5:48.69	6:15.49

2009 – 2012 National Motivational Time Standards						
Short Course Meters						
10 and under Girls			Event	10 and under Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
43.99	39.79	34.09	50 Free	34.89	38.89	42.89
1:40.89	1:30.19	1:19.49	100 Free	1:18.19	1:28.29	1:38.49
3:41.19	3:16.99	2:52.79	200 Free	2:47.89	3:08.89	3:29.79
7:26.79	6:42.09	5:57.39	400 Free	5:54.09	6:38.39	7:22.69
53.89	47.99	42.09	50 Back	42.29	48.29	54.29
1:56.79	1:43.79	1:30.89	100 Back	1:29.79	1:41.69	1:53.69
59.19	52.79	46.49	50 Breast	46.69	52.99	59.29
2:12.59	1:57.89	1:43.19	100 Breast	1:41.39	1:54.59	2:07.79
53.89	47.49	41.19	50 Fly	40.49	46.39	52.19
2:09.79	1:52.79	1:35.79	100 Fly	1:34.59	1:50.89	2:07.29
1:55.99	1:43.59	1:31.29	100 I-M	1:29.59	1:40.69	1:51.89
4:06.09	3:40.29	3:14.49	200 I-M	3:13.69	3:38.89	4:04.09

2009 – 2012 National Motivational Time Standards						
Short Course Meters						
11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
37.89	35.19	32.59	50 Free	31.59	34.29	36.89
1:21.29	1:15.49	1:09.69	100 Free	1:09.19	1:14.99	1:20.79
3:00.29	2:47.39	2:34.59	200 Free	2:30.49	2:42.99	2:55.59
6:17.09	5:50.09	5:23.19	400 Free	5:19.19	5:45.79	6:12.39
13:07.89	12:11.59	11:15.39	800 Free	11:07.69	12:03.29	12:58.89
25:07.39	23:19.69	21:32.09	1500 Free	21:16.09	23:02.49	24:48.79
43.69	40.59	37.49	50 Back	36.99	40.29	43.69
1:37.29	1:29.59	1:21.99	100 Back	1:19.89	1:27.39	1:34.79
3:20.99	3:06.69	2:52.29	200 Back	2:48.89	3:02.99	3:17.09
48.69	45.19	41.69	50 Breast	41.19	45.09	48.89
1:46.59	1:38.69	1:30.79	100 Breast	1:28.99	1:36.99	1:44.99
3:48.09	3:31.79	3:15.49	200 Breast	3:10.99	3:26.89	3:42.79
41.79	38.79	35.79	50 Fly	35.49	38.89	42.29
1:36.29	1:28.59	1:20.89	100 Fly	1:19.19	1:26.99	1:34.79
3:24.39	3:09.79	2:55.19	200 Fly	2:51.59	3:05.89	3:20.19
1:35.39	1:28.59	1:21.69	100 I-M	1:18.99	1:25.69	1:32.39
3:23.09	3:08.59	2:54.09	200 I-M	2:51.89	3:07.09	3:22.29
7:13.29	6:42.39	6:11.39	400 I-M	6:03.39	6:33.69	7:03.99

2009 – 2012 National Motivational Time Standards						
Short Course Meters						
13 and 14 Girls			Event	13 and 14 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
36.89	34.29	31.69	50 Free	29.09	31.49	33.89
1:20.19	1:14.39	1:08.69	100 Free	1:03.49	1:08.79	1:13.99
2:52.49	2:40.19	2:27.89	200 Free	2:18.39	2:29.89	2:41.49
6:00.39	5:34.59	5:08.89	400 Free	4:53.39	5:17.79	5:42.29
12:22.89	1:29.89	10:36.79	800 Free	10:09.49	11:00.29	11:50.99
23:25.99	21:45.59	20:05.09	1500 Free	19:08.99	20:44.69	22:20.49
1:28.29	1:21.99	1:15.69	100 Back	1:10.99	1:16.89	1:22.79
3:09.89	2:56.29	2:42.79	200 Back	2:32.79	2:45.49	2:58.19
1:40.09	1:32.89	1:25.79	100 Breast	1:19.59	1:26.29	1:23.89
3:34.99	3:19.69	3:04.29	200 Breast	2:52.69	3:07.09	3:21.49
1:27.39	1:21.19	1:14.89	100 Fly	1:09.49	1:15.29	1:20.99
3:11.59	2:57.89	2:44.19	200 Fly	2:34.99	2:47.89	3:00.79
3:13.99	3:00.09	2:46.29	200 I-M	2:34.99	2:47.89	3:00.79
6:49.69	6:20.39	5:51.19	400 I-M	5:31.99	5:59.69	6:27.39

2009 – 2012 National Motivational Time Standards						
Short Course Meters						
15 – 16 Girls			Event	15 – 16 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
36.09	33.59	30.99	50 Free	27.99	30.29	32.59
1:18.29	1:12.69	1:07.09	100 Free	1:00.99	1:06.09	1:11.19
2:47.99	2:35.99	2:23.99	200 Free	2:12.69	2:23.69	2:34.79
5:54.69	5:29.39	5:03.99	400 Free	4:43.79	5:07.49	5:31.09
12:10.89	11:18.69	10:26.49	800 Free	9:48.29	10:37.29	11:26.29
23:10.59	21:31.29	19:51.19	1500 Free	18:41.39	20:14.79	21:48.29
1:25.79	1:19.69	1:13.59	100 Back	1:07.49	1:13.19	1:18.79
3:05.49	2:52.19	2:38.99	200 Back	2:26.29	2:38.39	2:50.59
1:37.59	1:30.59	1:23.59	100 Breast	1:16.09	1:22.49	1:28.79
3:29.89	3:14.89	2:59.89	200 Breast	2:45.89	2:59.69	3:13.49
1:25.49	1:19.39	1:13.29	100 Fly	1:06.39	1:11.99	1:17.49
3:06.19	2:52.89	2:39.59	200 Fly	2:27.39	2:39.69	2:51.99
3:09.49	2:55.99	2:42.49	200 I-M	2:29.29	2:41.79	2:54.19
6:39.49	6:10.99	5:42.39	400 I-M	5:18.09	5:44.59	6:11.09
2009 – 2012 National Motivational Time Standards						
Short Course Meters						
17 – 18 Girls			Event	17 – 18 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
35.79	33.19	30.69	50 Free	27.09	29.29	31.59
1:17.19	1:11.69	1:06.19	100 Free	59.29	1:04.19	1:09.09
2:46.89	2:34.99	2:23.09	200 Free	2:10.49	2:21.29	2:32.19
5:52.19	5:27.09	5:01.89	400 Free	4:37.99	5:01.19	5:24.39
12:08.59	11:16.59	10:24.49	800 Free	9:40.99	10:29.39	11:17.79
22:58.19	21:19.69	19:41.29	1500 Free	18:20.69	19:52.49	21:24.19
1:25.29	1:19.19	1:13.09	100 Back	1:05.49	1:10.89	1:16.39
3:04.89	2:51.69	2:38.49	200 Back	2:22.59	2:34.49	2:46.39
1:36.99	1:30.09	1:23.19	100 Breast	1:14.69	1:20.89	1:27.09
3:29.19	3:14.19	2:59.29	200 Breast	2:42.49	2:55.99	3:09.59
1:24.39	1:18.39	1:12.39	100 Fly	1:04.79	1:10.19	1:15.59
3:03.89	2:50.79	2:37.69	200 Fly	2:23.19	2:35.19	2:47.09
3:07.29	2:53.99	2:40.59	200 I-M	2:25.49	2:37.59	2:49.69
6:39.19	6:10.69	5:42.19	400 I-M	5:12.09	5:38.09	6:04.09