



**2011 Speedo[®] Illinois Swimming
Summer Regional Championship Meets
July 22-24, 2011**



The 2011 Speedo[®] Illinois Swimming Summer Regional Championship Meets are sanctioned by USA Swimming and Illinois Swimming, Inc sanction numbers (Delta Aquatics: ILL0803-11; Lincoln-Way Swim Association: ILL0805-11; Midway Aquatics: ILL0804-11). All USA Swimming and ISI rules apply including safety rules, which will be strictly enforced.

There are three (3) Regional Championship Meets. Please check the Team Listings for the location of the meet that your team has been assigned to. Each team may only attend the meet to which they are assigned. Please Note:

LOCATIONS AND FACILITIES:

DLTA	LWSA	MDWY
OSWEGO EAST H.S. 1525 Harvey Road Oswego, IL 60543	LINCOLN-WAY CENTRAL H.S. 1801 E. Lincoln Highway New Lenox, IL 60451	UNIVERSITY OF CHICAGO Gerald Ratner Center 5530 South Ellis Avenue Chicago, IL 60637
8 Lane, 25-yard competition pool. Colorado System 6 timing system with Colorado touchpads. Water depth at the start is 12 feet 6 inches and at turn end is 4 feet 6 inches.	2-6 lane, 25-yard pools separated by a 4' wide bulkhead. Water depth of competition is 12'8" at start end, 7' in middle and 6' at turn end. Spectator seating for approximately 800	The competition pool is a 50 meter by 25 yard pool with moveable bulk heads. Colorado System 6 timing system with Colorado touchpads. Water depth is 7 feet 6 inches at both the start and turn end. Spectator seating for 450.

DEADLINE AND MEETING SUMMARY:

Monday	June 6	12:01 AM	Entries Open
Monday	July 18	1:00 PM	Entry Deadline (OME)
Thursday	July 21	1:00 PM	Email Scratch Deadline
Friday	July 22	3:25 PM	Positive Check-In Closes
Friday	July 22	3:45 PM	Coaches Meeting
Friday	July 22	4:00 PM	Session 1 Start
Saturday	July 23	7:25 AM	Positive Check-In Closes
Saturday	July 23	7:45 AM	Coaches Meeting (If Necessary)
Saturday	July 23	8:00 AM	Session 2 Start
Saturday	July 23	12:25 PM	Positive Check-In Closes
Saturday	July 23	1:00 PM	Session 3 Start
Sunday	July 24	7:25 AM	Positive Check-In Closes
Sunday	July 24	7:45 AM	Coaches Meeting (If Necessary)
Sunday	July 24	8:00 AM	Session 4 Start
Sunday	July 24	12:25 PM	Positive Check-In Closes
Sunday	July 24	1:00 PM	Session 5 Start



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TEAM ASSIGNMENTS:

You must attend the meet to which your team is assigned. All unattached athletes must contact the ISI Office (847-824-1596) to determine which meet they should attend.

DLTA			LWSA			MDWY		
AA	HTSW	WHTN	BBSC	HOSC	OFSA	BDSC	HPAC	PAC
ACAD	LPD	WSCS	BNSC	HSC	OLSA	BLFN	IGSC	RMSC
BEST	MAVS	WWAC	BNY	HWSA	PASS	BLUE	KNAC	SCT
BRRY	MBLM	Y2K	BSA	JAMS	PAWW	CATS	LACS	SWAQ
BSC	MSSC		CHMP	JAX	POSA	CLSC	LEAN	WDST
BTS	NAPY		CSAT	JETS	RASC	COHO	LFSC	WILD
DCST	PALA		DDST	JPD	RED	CPD	MCY	WSO
DLTA	PPD		DOCS	LHSC	SBD	CSSC	MDWY	YWFF
DUND	RBSC		DSC	LWSA	SPY	CWAC	MMAC	
ECST	SCST		EST	LYNX	SST	DPRC	MMSC	
EGSC	SPD		EXPR	LYON	SUSA	ERSC	MYST	
ELY	SSSC		GILS	MARL	TPT	FAST	NTSC	
EMSC	TOPS		HEAT	NAC	ULT	GA	NWA	
FOX	WCS		HFSC	OCS	WEST	GTAC	OLPH	

MEET SCHEDULE:

Friday Evening Session (1) Ages All	Saturday and Sunday Morning Sessions (2 & 4) Ages 12 & Under; 10 & Under	Saturday and Sunday Afternoon Sessions (3 & 5) Ages Open, 14 & Under
Warm-up: 3:00 PM	Warm-up: 7:00 AM	Warm-up: 12:00 PM
Positive Check-In	Positive Check-In	Positive Check-In
Closes: 3:25 PM	Closes: 7:25 AM	Closes: 12:25 PM
Start: 4:00 PM	Start: 8:00 AM	Start: 1:00 PM

MEET ADMINISTRATION:

	DLTA	LWSA	MDWY
Meet Director	Chris Paterson (630) 688-2328 cpaterson@pga.com	Mark Hoffer (708) 598-6199 coachmark@lwsagators.org	Mike Cunningham (630) 204-7142 mdwycoachmike@gmail.com
Entry Chair	Jessica Bogie (815) 483-3278 CoachJessica@comcast.net	Mark Hoffer (708) 598-6199 coachmark@lwsagators.org	Mike Cunningham (630) 204-7142 mdwycoachmike@gmail.com
Meet Referee	Pending Appointment By Officials Committee	Pending Appointment By Officials Committee	Pending Appointment By Officials Committee
Web Site	www.deltaaquatics.com	www.lwsagators.org	www.midwayaquaticsclub.com

QUALIFYING TIMES: 2010-2011 Regional Championship Time Standards are included. Only swimmers having achieved qualifying times by 1:00 PM CDT, Monday, July 18, 2011 are eligible for this meet. Entry times may be submitted in long course meters, short course meters, or short course yards.

Minimum Qualifying Time: 2010-11 Illinois Regional Championship time standards
Maximum Qualifying Time: 2010-11 Age Group Championship (Senior Championship for Senior events) Time Standards, except where noted on the order of events.
Swimmers having achieved an Age Group or Senior Championship time standard in any course may NOT compete in that event, for that age group, in the Regional Championships.



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ENTRY CHECKLIST:

This meet will be using USA Swimming Online Meet Entry www.usaswimming.org/ome. All forms must be received on or before close of business (5:00 PM CDT), Wednesday, July 20, 2011.

1. Team Summary and Release Form.
2. Any entry fees and swimmer surcharge payments.

Checks payable to: Illinois Swimming Inc

MAIL PAYMENT TO:	Illinois Swimming Inc 1400 E Touhy Ave., Suite 245 Des Plaines, IL 60018	EMAIL ENTRY QUESTIONS TO:	ilswimoffice@ilswim.org
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ENTRY FEES: \$5.00 per individual event and a swimmer surcharge of \$2.00 per swimmer entered in at least one individual event must be included with entry.

ENTRY PROCESS:

1. Complete entry online using USA Swimming's Online Meet Entry System (OME).
2. Pay for OME entry online using a credit card OR if paying by check Payable to **Illinois Swimming , Inc**
3. Submit the following to Illinois Swimming Office (due by July 20, 2011)
 - a. Team Summary and Release Form
 - b. Entry fees and swimmer surcharge payments not paid by credit card.

ELIGIBILITY: All swimmers must be current (2011) members of USA Swimming and Illinois Swimming. "Applied For" registration numbers will not be accepted; registration forms may be obtained from the ISI office, 847-824-1596, 1400 East Touhy Avenue, Suite 245, Des Plaines, IL 60018 or downloaded from the Illinois Swimming website. www.ilswim.org. Any swimmer entered in the meet 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. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

EVENT LIMITATIONS: A swimmer may enter any number of individual events in which he/she has met the qualifying standard. A swimmer may swim no more than ten (10) individual events during the meet. No swimmer shall be permitted to compete in more than four (4) individual events per day. For the Friday evening Session 1, the host club reserves the right to limit each event (combined women and men) to the fastest six (6) heats. Those entries not accepted will be returned to the club.

POSITIVE CHECK-IN: All events will be **Positive Check-In**, timed finals. Each swimmer must check herself/himself in with the Clerk of Course at least 35 minutes prior to the start of each session for the events they will be swimming. Any swimmer who does not check-in with the Clerk of Course, prior to the deadline for Positive Check-In, will be scratched from all events for that day. Swimmers missing Positive Check-In will only be placed if and wherever any openings may occur, regardless of original seedtime. All swimmers will be expected to report for their events on time. No show rules will apply as stated in ISI Championship meet rules.

INDIVIDUAL EVENTS:

1. All events will be conducted as timed finals.
2. The 14&U 1000 Free and Open 1000 Free for Women and Men will be entered as separate events (with different event numbers and different qualifying standards), but will be swum together. The 14&U 1650 Free and Open 1650 Free for Women and Men will be entered as separate events (with different event numbers and different qualifying standards), but will be swum together.
3. The 1650 Free will be swum fastest to slowest, alternating between Women's and Men's heats.
4. A swimmer who has qualified in the 800 meters or 1000 yards may swim the 1650 Free, but must enter using the Short Course 1650-yard qualifying time for their age group. The seeded times for these events for each age group are: 21:02.99 SCY (13/14 Girls), 20:30.09 SCY (13/14 Boys), 20:42.99 SCY (Open Girls), and 19:39.19 SCY (Open Boys).
5. A swimmer who has qualified in the 1500 meters or 1650 yards may swim the 1000 Free, but must enter using the Short Course 1000-yard qualifying time for their age group. The seeded times for events for each age group will be: 12:34.29 SCY (13/14 Girls), 12:14.99 SCY (13/14 Boys), 12:22.09 SCY (Open Girls), and 11:56.09 SCY (Open Boys).

RELAY EVENTS: THERE ARE NO RELAYS AT THE REGIONAL CHAMPIONSHIP MEETS.



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SEEDING: Entries shall be seeded according to USA and Illinois Swimming rules. Entry times conforming to the course length for Illinois Swimming long course state championship meets (LCM) shall be considered “conforming times”. All other times meeting the appropriate standard shall be considered “non-conforming times”. **The order of seeding for this meet is Long Course Yards (LCM), Short Course Meters (SCM), and Short Course Yards (SCY).**

SCRATCH PROCEDURES: *The following information is for coaches and club representatives only.* The 2011 Illinois Swimming Summer Regional Championship meet is positive check-in, thus pre-meet scratching is not necessary. However, if you would like to scratch swimmers in advance, please email scratch information to your Host Club entry chair. The following information must be included for your scratches:

1. Swim Club Information - Club Name, Club Code, Coach of Record, Contact Info (phone & email)
2. Swimmer’s Information – Full Name (Last, First, MI), USA Swimming ID number, Event Number, Event Name, & Entry Time.
3. Name, information, and club position of person submitting scratches

The deadline for E-mail scratches is 1:00 PM, Thursday, July 21, 2011.

It is the responsibility of the sender to ensure that this E-mail is sent to the correct host and is received.

	DLTA	LWSA	MDWY
Entry Chair Info	Jessica Bogie (815) 483-3278 CoachJessica@comcast.net	Mark Hoffer (708) 598-6199 coachmark@lwsagators.org	Mike Cunningham (630) 204-7142 mdwycoachmike@gmail.com

INDIVIDUAL AWARDS: Medals for 1ST-8TH place will be awarded in each event.

TEAM AWARDS: There are no team awards for this meet.

AWARDS CEREMONY: Awards for top eight women and men will be presented according to the awards breaks shown in the event list.

COACHES MEETING: There will be a coaches meeting 15 minutes prior to the start of each session if needed. Each team or unattached swimmer must be represented.

MEET RESULTS: Meet results will be available on the host web site and the Illinois Swimming website.

TECHNICAL JURY/ELIGIBILITY JURY: The Meet Director and the Age Group Vice-Chair shall appoint a Technical Jury composed of at least one coach, one athlete, and at least one, but not more than three other persons. The Program Operations Vice-Chair and the Meet Referee will appoint an Eligibility Jury.

WARM-UP: ISI warm-up and safety procedures will be in effect.

DECK ACCESS & RESTRICTIONS: Current (2011) USA Swimming membership is required for coaches and working officials to be on deck. Coaches and officials must display USA Swimming credentials at all times while on deck.

TIMERS: Each team with swimmers in the meet must be prepared to provide timers. A list of lane assignments for each team will be posted after the entry deadline. A club timer coordinator with phone number and e-mail address must be listed on your Team Summary and Release Form that is submitted with your entry. Swimmers in the 1650 Free must provide their own timers.

MISSED QUALIFYING TIMES & FINES: Entry times will be ‘Pre-Proven’ from the SWIMS database. Custom times may be entered; however, printed ‘proof of time’ will be required upon request.

OFFICIALS: Officials interested in working this meet should submit the application found on the ISI website under Officials tab. They can also direct questions regarding officiating to Bonnie Quinn (dquinn1575@wowway.com). A mandatory briefing for all officials working the meet will begin 1 hour before the start of each session.

ADMISSIONS: Admissions will be charged for entrance to each session. Heat sheets will also be available for sale. The Host Clubs will set these prices.

VENDORS: The Swim Team Store will be on site at each location to sell swimming-related items and Northwest Designs be on site at each location to sell event-specific apparel.



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EVENT ORDER: All time Standards for all events are included in the meet packet. The minimum standard for each event is the 2010-2011 Regional Qualifying Time Standard. The maximum standard for each event is the 2010-2011 Championship (Age Group or Senior) Qualifying Time Standard for each age group. All 12&U events shall follow the 11/12 Illinois Swimming championship time standards for the maximum qualifying standard. All 14&U events shall follow 13/14 Illinois Swimming championship time standards for the maximum qualifying standard. **Exception** – There is no maximum qualifying time for the 12&U 400 IM.

**Friday, July 22, 2011
Session 1**

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
1	12&U 200 Fly	2
3	10&U 500 Free	4
	<i>Awards</i>	
5	12&U 200 Breast	6
7	**Open 1000 Free**	8
9	**14&U 1000 Free**	10
11	12&U 200 Back	12
	<i>Awards</i>	
13	12&U 400 IM	14
	<i>Awards</i>	

Events 7 & 9 (Girls Open and 14&U 1000 Free) will be entered separately but will be swum together.
Events 8 & 10 (Boys Open and 14&U 1000 Free) will be entered separately but will be swum together.



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Saturday, July 23, 2011
Session 2

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
15	12&U 500 Free	16
17	10&U 100 Fly	18
19	12&U 100 Fly	20
	<i>Awards</i>	
21	10&U 50 Free	22
23	12&U 50 Free	24
	<i>Awards</i>	
25	10&U 100 Breast	26
27	12&U 100 Breast	28
	<i>Awards</i>	
29	10&U 50 Back	30
31	12&U 50 Back	32
	<i>Awards</i>	
33	10&U 200 IM	34
35	12&U 200 IM	36
	<i>Awards</i>	

Saturday, July 23, 2011
Session 3

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
37	Open 500 Free	38
39	14&U 500 Free	40
	<i>Awards</i>	
41	Open 100 Fly	42
43	14&U 100 Fly	44
	<i>Awards</i>	
45	Open 50 Free	46
47	14&U 50 Free	48
	<i>Awards</i>	
49	Open 100 Breast	50
51	14&U 100 Breast	52
	<i>Awards</i>	
53	Open 200 Back	54
55	14&U 200 Back	56
	<i>Awards</i>	
57	Open 400 IM	58
59	14&U 400 IM	60
	<i>Awards</i>	



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Sunday, July 24, 2011
Session 4

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
61	10&U 200 Free	62
63	12&U 200 Free	64
	<i>Awards</i>	
65	10&U 50 Fly	66
67	12&U 50 Fly	68
	<i>Awards</i>	
69	10&U 100 Back	70
71	12&U 100 Back	72
	<i>Awards</i>	
73	10&U 50 Breast	74
75	12&U 50 Breast	76
	<i>Awards</i>	
77	10&U 100 Free	78
79	12&U 100 Free	80
	<i>Awards</i>	
81	10&U 100 IM	82
83	12&U 100 IM	84
	<i>Awards</i>	

Sunday, July 24, 2011
Session 5

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
85	Open 200 Free	86
87	14&U 200 Free	88
	<i>Awards</i>	
89	Open 200 Fly	90
91	14&U 200 Fly	92
	<i>Awards</i>	
93	Open 100 Back	94
95	14&U 100 Back	96
	<i>Awards</i>	
97	Open 200 Breast	98
99	14&U 200 Breast	100
	<i>Awards</i>	
101	Open 100 Free	102
103	14&U 100 Free	104
	<i>Awards</i>	
105	Open 200 IM	106
107	14&U 200 IM	108
	<i>Awards</i>	
109	**Open 1650 Free**	110
111	**14&U 1650 Free**	112
	<i>Awards</i>	

Events 109 & 111 (Girls Open and 14&U 1650 Free) will be entered separately but will be swum together.

Events 110 & 112 (Boys Open and 14&U 1650 Free) will be entered separately but will be swum together.



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TEAM SUMMARY & RELEASE FORM

Name of Club: _____ Club Code: _____

Complete Mailing Address: _____

Club Timer Coordinator: _____

Phone (Day) _____ (Eve) _____ E-mail: _____

Names of Coaches at Meet: _____

CLUB CONTACT PERSON: _____

Phone (Day) _____ (Eve) _____ E-mail: _____

Club Officials for meet (Name, certification type, and Phone #)

NAME: _____ Certification: _____ Phone (Day) _____ (Eve) _____

NAME: _____ Certification: _____ Phone (Day) _____ (Eve) _____

Total Women's Events	_____	X	\$5.00 per event =	\$ _____
Total Men's Events	_____	X	\$5.00 per event =	\$ _____
Number of Women Entered in Individual Events	_____	X	\$2.00 Surcharge =	\$ _____
Number of Men Entered in Individual Events	_____	X	\$2.00 Surcharge =	\$ _____
Make checks payable to "Illinois Swimming Inc"			Total Amount Enclosed =	\$ _____

In consideration of the acceptance of this entry, intending to be legally bound, I hereby consign, waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc, Midway Aquatics, their representatives, employees, or successors, for any and all injuries suffered by me or any contestant or representative in said meet as a representative of my club.

The undersigned coach or team representative of all swimmers listed on this entry hereby certifies that all times stated on this entry form are true and correct. The undersigned further assumes responsibility for any false or incorrect times, and acknowledges that, in accordance with ISI and USA Swimming rules, a substantial fine will be paid to Illinois Swimming, Inc., for each time that is false, incorrect, or unacceptable.

Signature of Coach, Parent, or Club Representative & contact information for entry questions

Phone (Day) _____ (Eve) _____ E-mail: _____



Illinois Swimming 2010-2011 Time Standards



GIRLS							BOYS						
LCM		SCM		SCY		10&Under	SCY		SCM		LCM		
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG	
34.99	38.49	33.99	37.39	30.59	33.69	50 Free	30.49	33.49	33.89	37.29	35.19	38.69	
1:18.79	1:26.69	1:14.79	1:22.29	1:07.39	1:14.09	100 Free	1:07.39	1:14.09	1:14.79	1:22.29	1:18.99	1:26.89	
2:51.39	3:08.49	2:44.49	3:00.99	2:28.19	2:42.09	200 Free	2:29.59	2:44.59	2:45.99	3:02.59	2:54.09	3:11.49	
5:49.29	7:42.09	5:39.79	7:26.79	6:28.29	8:30.49	400/500 Free	6:28.29	8:25.49	5:39.79	7:22.69	5:49.29	7:38.49	
42.09	46.29	39.89	43.89	35.89	39.49	50 Back	35.99	39.59	39.99	43.99	42.39	46.59	
1:30.89	1:39.99	1:25.59	1:34.19	1:17.09	1:24.79	100 Back	1:18.09	1:25.89	1:26.69	1:35.39	1:32.29	1:41.49	
47.39	52.09	44.89	49.39	40.49	44.59	50 Breast	41.09	45.19	45.59	50.19	48.99	53.89	
1:43.49	1:53.79	1:38.69	1:48.59	1:28.29	1:37.79	100 Breast	1:30.59	1:39.69	1:40.59	1:50.69	1:47.59	1:58.39	
39.79	43.79	38.29	42.09	34.49	37.89	50 Fly	34.79	38.29	38.59	42.49	40.99	45.09	
1:35.59	1:45.19	1:28.79	1:37.69	1:19.99	1:27.99	100 Fly	1:21.49	1:29.59	1:30.49	1:39.49	1:39.09	1:48.99	
		1:25.79	1:34.39	1:17.29	1:24.99	100 IM	1:17.99	1:25.79	1:26.59	1:35.29			
3:14.49	3:33.89	3:05.69	3:24.29	2:47.29	3:03.99	200 IM	2:49.69	3:06.69	3:08.39	3:27.19	3:19.99	3:39.99	
2:30.29		2:22.59		2:08.49		200 Free Relay	2:10.59		2:24.99		2:35.59		
2:50.99		2:41.19		2:25.19		200 Med. Relay	2:28.29		2:44.59		2:57.89		
LCM		SCM		SCY		11/12	SCY		SCM		LCM		
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG	
31.29	34.39	30.29	33.29	27.19	29.99	50 Free	26.89	29.59	29.89	32.89	31.29	34.59	
1:08.49	1:15.29	1:05.69	1:12.29	59.19	1:05.09	100 Free	58.79	1:04.69	1:05.29	1:11.79	1:09.09	1:15.99	
2:29.39	2:44.29	2:23.69	2:38.09	2:09.49	2:22.39	200 Free	2:09.29	2:22.19	2:23.49	2:37.79	2:31.19	2:46.29	
5:17.39	5:49.09	5:04.39	5:34.79	5:47.89	6:22.69	400/500 Free	5:49.79	6:24.79	5:06.19	5:36.79	5:22.99	5:55.29	
36.89	40.59	35.09	38.59	31.59	34.79	50 Back	31.79	34.99	35.29	39.79	37.29	40.99	
1:19.49	1:27.39	1:15.39	1:22.89	1:07.89	1:14.69	100 Back	1:08.29	1:15.09	1:15.79	1:23.39	1:20.79	1:28.89	
2:46.69	3:30.79	2:40.29	3:22.49	2:24.39	3:03.29	200 Back	2:27.59	2:59.39	2:43.79	3:18.29	2:49.09	3:30.29	
41.39	45.49	39.19	43.09	35.29	38.79	50 Breast	35.69	39.29	39.59	43.59	42.59	46.89	
1:30.59	1:39.69	1:25.49	1:33.99	1:16.99	1:24.69	100 Breast	1:18.19	1:25.99	1:26.79	1:35.49	1:33.79	1:43.19	
3:10.09	3:57.59	3:03.79	3:49.09	2:45.59	3:27.29	200 Breast	2:53.19	3:21.79	3:12.19	3:42.99	3:18.69	3:54.69	
34.49	37.89	33.49	36.89	30.19	33.19	50 Fly	30.29	33.29	33.59	36.99	34.99	38.49	
1:19.69	1:27.69	1:15.39	1:22.89	1:07.89	1:14.69	100 Fly	1:08.49	1:15.29	1:15.99	1:23.59	1:21.69	1:29.89	
2:53.59	3:33.09	2:51.59	3:25.89	2:34.59	3:06.29	200 Fly	2:45.89	3:04.69	3:04.19	3:24.09	3:06.29	3:30.99	
		1:15.59	1:23.19	1:08.09	1:14.89	100 IM	1:08.59	1:15.49	1:16.09	1:23.69			
2:49.99	3:06.99	2:42.39	2:58.59	2:26.29	2:40.89	200 IM	2:28.09	2:42.89	2:44.39	3:00.79	2:52.79	3:10.09	
	7:32.09		7:15.79		6:34.39	400 IM		6:27.29		7:07.99		7:28.29	
4:47.99		4:34.69		4:07.49		400 Free Relay	4:12.99		4:40.79		5:00.29		
5:24.99		5:08.59		4:37.99		400 Med. Relay	4:44.99		5:16.29		5:43.59		
LCM		SCM		SCY		13/14	SCY		SCM		LCM		
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG	
29.99	32.99	28.89	31.79	25.99	28.59	50 Free	24.19	26.59	26.89	29.59	28.29	31.09	
1:04.99	1:11.49	1:02.49	1:08.69	56.29	1:01.89	100 Free	52.79	58.09	58.59	1:04.49	1:01.59	1:07.79	
2:20.99	2:35.09	2:15.09	2:28.59	2:01.69	2:13.89	200 Free	1:55.49	2:06.99	2:08.19	2:20.99	2:15.39	2:28.89	
4:58.99	5:28.89	4:46.79	5:15.49	5:27.79	6:00.59	400/500 Free	5:15.29	5:46.79	4:35.89	5:03.49	4:50.39	5:19.39	
10:23.79	11:26.19	9:59.99	10:59.99	11:25.69	12:34.29	800/1000 Free	11:08.19	12:14.99	9:44.69	10:43.19	10:11.99	11:13.19	
19:44.99	21:43.49	19:15.09	21:10.59	19:08.19	21:02.99	1500/1650 Free	18:38.29	20:30.09	18:44.99	20:37.49	19:21.99	21:18.19	
1:15.19	1:22.69	1:10.79	1:17.89	1:03.79	1:10.19	100 Back	1:00.89	1:06.99	1:07.59	1:14.39	1:12.49	1:19.69	
2:41.79	2:57.99	2:33.69	2:49.09	2:18.49	2:32.29	200 Back	2:13.19	2:26.49	2:27.79	2:42.59	2:36.29	2:51.89	
1:25.59	1:34.19	1:20.79	1:28.89	1:12.79	1:20.09	100 Breast	1:09.49	1:16.39	1:17.09	1:24.79	1:23.19	1:31.49	
3:04.09	3:22.49	2:55.69	3:13.29	2:38.29	2:54.09	200 Breast	2:32.19	2:47.39	2:48.89	3:05.79	3:01.19	3:19.29	
1:13.59	1:20.99	1:10.29	1:17.29	1:03.29	1:09.59	100 Fly	59.79	1:05.79	1:06.39	1:12.99	1:10.69	1:17.79	
2:48.89	3:05.79	2:40.49	2:56.49	2:24.59	2:39.09	200 Fly	2:18.09	2:31.89	2:33.29	2:48.59	2:45.69	3:02.29	
2:40.69	2:56.79	2:34.09	2:49.49	2:18.79	2:32.69	200 IM	2:11.89	2:25.09	2:26.39	2:40.99	2:34.99	2:50.49	
5:43.09	6:17.39	5:28.39	6:01.09	4:55.89	5:25.49	400 IM	4:45.79	5:14.39	5:17.19	5:48.89	5:33.79	6:07.19	
4:28.89		4:16.19		3:50.79		400 Free Relay	3:41.49		4:05.89		4:20.69		
9:46.89		9:20.29		8:24.79		800 Free Relay	8:09.19		9:02.99		9:32.29		
5:02.79		4:45.19		4:16.89		400 Med. Relay	4:06.69		4:33.79		5:00.79		
LCM		SCM		SCY		Senior	SCY		SCM		LCM		
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG	
29.29	32.19	28.19	30.99	25.39	27.89	50 Free	22.79	25.09	25.29	27.79	26.69	29.39	
1:03.59	1:09.99	1:00.99	1:07.09	54.99	1:00.49	100 Free	49.69	54.69	55.19	1:00.69	57.59	1:03.39	
2:17.09	2:30.79	2:12.29	2:25.49	1:59.19	2:11.09	200 Free	1:49.69	2:00.69	2:01.79	2:13.99	2:06.59	2:19.29	
4:50.69	5:19.79	4:39.29	5:07.19	5:19.19	5:51.09	400/500 Free	4:57.09	5:26.79	4:19.99	4:45.99	4:33.89	5:01.29	
10:08.09	11:08.89	9:50.29	10:49.29	11:14.59	12:22.09	800/1000 Free	10:39.99	11:56.09	9:10.59	10:26.59	9:26.79	10:23.49	
19:16.99	21:12.69	18:56.79	20:50.49	18:49.99	20:42.99	1500/1650 Free	17:51.99	19:39.19	17:58.39	19:46.19	18:15.99	20:05.59	
1:12.99	1:20.29	1:09.79	1:16.79	1:02.89	1:09.19	100 Back	57.49	1:03.19	1:03.79	1:10.19	1:08.59	1:15.49	
2:38.69	2:54.59	2:31.29	2:46.39	2:16.29	2:29.89	200 Back	2:06.59	2:19.29	2:20.49	2:34.49	2:30.69	2:45.79	
1:23.49	1:31.79	1:19.19	1:27.09	1:11.29	1:18.39	100 Breast	1:05.49	1:11.99	1:12.69	1:19.99	1:16.59	1:24.29	
3:00.69	3:18.79	2:53.09	3:10.39	2:35.89	2:51.49	200 Breast	2:25.39	2:39.89	2:41.39	2:57.49	2:50.09	3:07.09	
1:11.19	1:18.29	1:08.39	1:15.19	1:01.59	1								