



2012 Speedo[®] Illinois Swimming Winter Regional Championship Meets February 24-26, 2012



The 2012 Speedo[®] Illinois Swimming Regional Championship Meets are sanctioned by USA Swimming and Illinois Swimming, Inc sanction numbers (Glenbrook Aquatics: ILS11-0301; Hickory Willow Swim Association: ILS12-0302; Fox Valley Swim Team: ILS12-0303; Lincoln-Way Swim Association: ILS12-0304; Scout Aquatics: ILS12-0305; Springfield USA: ILS12-0306). All USA Swimming and ISI rules apply including safety rules, which will be strictly enforced.

There are six (6) Regional Championship Meets. Please check the Team Listings for the location of the meet to which your team has been assigned to. Each team may only attend the meet to which they are assigned. Please Note:

LOCATIONS AND FACILITIES:

FOX	GA	HWSA
NEUQUA VALLEY H.S. 2360 95th Street Naperville, IL 60564 25-yard, eight-lane pool with starting blocks at both ends. The start end is 13' deep and the turn end is 9' deep with Competitor brand 6" Gold Medal Non-Turbulent lane lines and a Daktronics 2000 scoring system with an 8-lane read out board. There is a separate 3-lane warm-up/cool down pool. Spectator seating is for 750.	GLENBROOK NORTH H.S. 2300 Shermer Road Northbrook, IL 60062 8 lane, 25- yard competition pool with starting blocks on both ends.. Colorado System 6 timing system with Colorado touchpads and an eight lane read out board. Water depth at start end is 7 feet, middle depth is 7.5 feet and turn end depth is 14 feet. There is a separate 6 lane 25-yard warm-up/cool-down pool. Spectator seating for 500.	AMOS ALONSO STAGG H.S. 111 th Street and Roberts Road (8000 W.) Palos Hills, IL 60465 6 lane, 25- yard competition pool. IST timing system with IST touchpads and six lane readout board. Water depth at start end is 14 feet. Spectator seating for 550.
LWSA	SCT	SUSA
LINCOLN-WAY EAST H.S. 201 Colorado Avenue Frankfort, IL 60423 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	LAKE FOREST H.S. 1285 N. McKinley Rd Lake Forest, IL 60045 8 Lane, 25-yard competition pool with moveable bulkhead and non-turbulent lane lines with an additional 4-lane 20-yard warm-down area. Electronic timing system with 8-lane scoreboard readout Water depth at the start is 14 feet and at turn end is 4.9 feet. There is seating for approximately 500 spectators in pool area.	EISENHOWER POOL 2351 E. Cornell Springfield, IL 62703 6 lane, 25-yard pool competition pool. Colorado System 5 timing system with Colorado touchpads. Water depth of competition is 5' at start end, 6'5" in middle and 5' at turn end. Spectator seating for approximately 600

DEADLINE AND MEETING SUMMARY:

Monday	January 16	12:01 AM	Entries Open
Monday	February 20	1:00 PM	Entry Deadline (OME)
Thursday	February 23	1:00 PM	Email Scratch Deadline
Friday	February 24	4:55 PM	Positive Check-In Closes
Friday	February 24	5:10 PM	Coaches Meeting
Friday	February 24	5:30 PM	Session 1 Start
Saturday	February 25	7:55 AM	Positive Check-In Closes
Saturday	February 25	8:15 AM	Coaches Meeting (If Necessary)
Saturday	February 25	8:30 AM	Session 2 Start
Saturday	February 25	12:25 PM	Positive Check-In Closes
Saturday	February 25	1:00 PM	Session 3 Start
Sunday	February 26	7:55 AM	Positive Check-In Closes
Sunday	February 26	8:15 AM	Coaches Meeting (If Necessary)
Sunday	February 26	8:30 AM	Session 4 Start
Sunday	February 26	12:25 PM	Positive Check-In Closes
Sunday	February 26	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.

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

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:	4:30 PM	Warm-up:	7:30 AM	Warm-up:	12:00 PM
Positive Check-In		Positive Check-In		Positive Check-In	
Closes:	4:55 PM	Closes:	7:55 AM	Closes:	12:25 PM
Start:	5:30 PM	Start:	8:30 AM	Start:	1:00 PM

MEET ADMINISTRATION:

	Meet Director	Entry Chair	Meet Referee	Web Site
FOX	Carol Mordach (630) 913-0324 cmordach@sbcglobal.net	Carol Mordach (630) 913-0324 cmordach@sbcglobal.net	Pending Appointment By Officials Committee	www.foxswimteam.com
GA	Brian Brown (708) 267-1783 gameetdirector@gmail.com	Brian Brown (708) 267-1783 gaentrychair@gmail.com	Pending Appointment By Officials Committee	www.glenbrook-aquatics.com
HWSA	Glenn Gabriel (708) 598-3964 gjgabriel@comcast.net	Glenn Gabriel (708) 598-3964 gjgabriel@comcast.net	Pending Appointment By Officials Committee	www.hwsadolphins.org
LWSA	Mark Hoffer (708) 774-0134 coachmark@ureach.com	Mark Hoffer (708) 774-0134 coachmark@ureach.com	Pending Appointment By Officials Committee	www.lwsaqators.org
SCT	Carolyn Grevers (224) 436-3195 cgrevers@yahoo.com	Carolyn Grevers (224) 436-3195 cgrevers@yahoo.com	Pending Appointment By Officials Committee	www.swimsct.org
SUSA	Shelley Mueller (217) 415-3411 justrun@hotmail.com	Grant Wood (217) 416-3482 gwood428@gmail.com	Pending Appointment By Officials Committee	www.susaswimming.com



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QUALIFYING TIMES: 2011-2012 Regional Championship Time Standards are included in this meet packet. Only swimmers having achieved qualifying times between February 26, 2010 and February 20, 2012 at 1:00pm CDT are eligible for this meet. Entry times may be submitted in short course yards, short course meters or long course meters.

Minimum Qualifying Time: 2011-12 Illinois Regional Championship time standards
Maximum Qualifying Time: 2011-12 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.

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, February 22, 2012.

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 February 22, 2012)
 - a. Team Summary and Release Form
 - b. Entry fees and swimmer surcharge payments not paid by credit card.

ELIGIBILITY: All swimmers must be current members of USA Swimming and Illinois Swimming. "Applied For" registration numbers will not be accepted; registration forms may be obtained from the ISI office 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.

SEEDING: Entries shall be seeded according to USA and Illinois Swimming rules. Entry times conforming to the course length for Illinois Swimming short course state championship meets (SCY) 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 Short Course Yards (SCY), Long Course Meters (LCM), and Short Course Meters (SCM).**



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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.
3. 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. 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 Long Course 1500-meter qualifying time for their age group. The seeded times for these events for each age group are: 21:43.49 LCM (13/14 Girls), 21:18.19 LCM (13/14 Boys), 21:12.69 LCM (Open Girls), and 20:05.59 LCM (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 Long Course 800-meter qualifying time for their age group. The seeded times for events for each age group will be: 11:26.19 LCM (13/14 Girls), 11:13.19 LCM (13/14 Boys), 11:08.89 LCM (Open Girls), and 10:23.49 LCM (Open Boys).

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

SCRATCH PROCEDURES: *The following information is for coaches and club representatives only.* The 2012 Short Course 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, February 23, 2012.

**It is the responsibility of the sender to ensure that this E-mail is sent to the correct host and is received.
Entry chair information can be found below.**

FOX	GA	HWSA	LWSA	SCT	SUSA
Carol Mordach (630) 913-0324 cmordach@sbcglobal.net	Brian Brown (708) 267-1783 gaentrychair@gmail.com	Glenn Gabriel (708) 598-3964 gjgabriel@comcast.net	Mark Hoffer (708) 774-0134 coachmark@ureach.com	Carolyn Grevers (224) 436-3195 cgrevers@yahoo.com	Grant Wood (217) 416-3482 gwood428@gmail.com

INDIVIDUAL AWARDS: Medals for 1ST-8TH places 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 20 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.

CONDUCT: The use of audio or visual recording devices, including all cell phones, is not permitted in the changing areas, restrooms, or locker rooms.



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DECK ACCESS & RESTRICTIONS: Current 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: The Meet Host shall have full responsibility for all timers for all sessions of the meet. The meet host shall provide a list of timing assignments made up of teams with swimmers in the meet (including the host club) at least 48 hours prior to the start of competition. Swimmers competing in the 1650 Freestyle 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 Ann Widdowson (widsona@gmail.com) or 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. 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 following events: 12&U 200 Fly, 10&U 500 Free, 12&U 200 Breast, 12&U 200 Back, & 12&U 400 IM.

Friday, February 24, 2012
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 13/14 1000 Free) will be entered separately but will be swum together.
Events 8 & 10 (Boys Open and 13/14 1000 Free) will be entered separately but will be swum together.



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Saturday, February 25, 2012
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, February 25, 2012
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, February 26, 2012
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, February 26, 2012
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 13/14 1650 Free) will be entered separately but will be swum together.

Events 110 & 112 (Boys Open and 13/14 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., Scout Aquatics, Lake Forest High School, District 115, 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 2011-2012 Time Standards



GIRLS							BOYS					
LCM		SCM		SCY		10&Under	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
34.79	38.29	33.49	36.79	30.19	33.19	50 Free	30.19	33.19	33.49	36.79	34.89	38.39
1:17.59	1:25.39	1:14.79	1:22.29	1:07.39	1:14.09	100 Free	1:06.59	1:13.29	1:13.89	1:21.29	1:18.29	1:26.09
2:49.89	3:06.89	2:44.49	3:00.99	2:28.19	2:42.09	200 Free	2:27.79	2:42.59	2:44.09	3:00.49	2:51.89	3:09.09
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
41.69	45.89	39.89	43.89	35.89	39.49	50 Back	35.99	39.59	39.99	43.99	42.09	46.29
1:30.19	1:39.19	1:25.59	1:34.19	1:17.09	1:24.79	100 Back	1:17.79	1:25.59	1:26.39	1:34.99	1:31.49	1:40.59
46.89	51.59	44.49	48.89	40.09	44.09	50 Breast	41.09	45.19	45.59	50.19	48.59	53.49
1:42.89	1:53.19	1:37.49	1:47.19	1:27.79	1:36.59	100 Breast	1:30.59	1:39.69	1:40.59	1:50.69	1:46.79	1:57.49
39.39	43.29	37.79	41.59	34.09	37.49	50 Fly	34.29	37.69	38.09	41.89	40.49	44.49
1:34.29	1:43.69	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	1:38.09	1:47.89
		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		
3:13.89	3:33.29	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	3:17.69	3:37.49
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
31.19	34.29	30.29	33.29	27.19	29.99	50 Free	26.89	29.59	29.89	32.89	31.09	34.19
1:08.09	1:14.89	1:05.69	1:12.29	59.19	1:05.09	100 Free	58.79	1:04.69	1:05.29	1:11.79	1:08.59	1:15.49
2:28.59	2:43.49	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	2:30.39	2:45.39
5:15.59	5:47.19	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	5:21.59	5:53.79
36.69	40.39	35.09	38.59	31.59	34.79	50 Back	31.49	34.59	34.99	38.49	37.09	40.79
1:18.99	1:26.89	1:14.89	1:22.39	1:07.49	1:14.19	100 Back	1:07.79	1:14.59	1:15.29	1:22.79	1:20.29	1:28.29
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	42.19	46.39
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	1:33.29	1:42.59
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
34.29	37.69	33.29	36.59	29.99	32.99	50 Fly	29.99	32.99	33.29	36.59	34.79	38.29
1:19.09	1:26.99	1:14.79	1:22.29	1:07.39	1:14.09	100 Fly	1:08.09	1:14.89	1:15.59	1:23.19	1:20.99	1:29.09
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		
2:49.09	3:05.99	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	2:52.29	3:09.49
	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
29.89	32.89	28.69	31.59	25.89	28.49	50 Free	24.19	26.59	26.89	29.59	28.29	31.09
1:04.59	1:11.09	1:02.39	1:08.59	56.19	1:01.79	100 Free	52.79	58.09	58.59	1:04.49	1:01.59	1:07.79
2:20.49	2:34.49	2:14.69	2:28.19	2:01.39	2:13.49	200 Free	1:55.49	2:06.99	2:08.19	2:20.99	2:15.39	2:28.89
4:57.49	5:27.19	4:46.29	5:14.89	5:27.19	5:59.89	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
1:14.79	1:22.29	1:10.49	1:17.49	1:03.49	1:09.79	100 Back	1:00.59	1:06.69	1:07.29	1:13.99	1:11.99	1:19.19
2:41.09	2:57.19	2:32.79	2:48.09	2:17.69	2:31.49	200 Back	2:12.59	2:25.89	2:27.19	2:41.89	2:35.39	2:50.89
1:25.39	1:33.89	1:20.49	1:28.49	1:12.49	1:19.69	100 Breast	1:09.09	1:15.99	1:16.69	1:24.39	1:22.69	1:30.99
3:04.09	3:22.49	2:55.39	3:12.89	2:37.99	2:53.79	200 Breast	2:31.69	2:46.89	2:48.39	3:05.19	3:00.19	3:18.19
1:13.29	1:20.59	1:09.89	1:16.89	1:02.99	1:09.29	100 Fly	59.59	1:05.59	1:06.09	1:12.69	1:10.69	1:17.79
2:48.19	3:04.99	2:39.49	2:56.39	2:23.69	2:38.09	200 Fly	2:18.09	2:31.89	2:33.29	2:48.59	2:45.69	3:02.29
2:40.39	2:56.39	2:33.59	2:48.89	2:18.39	2:32.19	200 IM	2:11.89	2:25.09	2:26.39	2:40.99	2:34.99	2:50.49
5:42.09	6:16.29	5:28.29	6:01.09	4:55.79	5:25.39	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	28.09	30.89	25.29	27.79	50 Free	22.69	24.99	25.19	27.69	26.69	29.39
1:03.59	1:09.99	1:00.79	1:06.89	54.79	1:00.29	100 Free	49.29	54.19	54.69	1:00.19	57.59	1:03.39
2:17.09	2:30.79	2:11.89	2:25.09	1:58.79	2:10.69	200 Free	1:48.59	1:59.49	2:00.49	2:12.49	2:06.59	2:19.29
4:50.69	5:19.79	4:37.79	5:05.59	5:17.49	5:49.19	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	1:09.09	1:15.99	1:02.29	1:08.49	100 Back	57.19	1:02.89	1:03.49	1:09.79	1:08.59	1:15.49
2:38.69	2:54.59	2:29.29	2:44.19	2:14.49	2:27.89	200 Back	2:05.89	2:18.49	2:19.69	2:33.69	2:29.19	2:44.09
1:23.49	1:31.79	1:19.19	1:27.09	1:11.29	1:18.39	100 Breast	1:04.69	1:11.19	1:11.79	1:18.99	1:16.59	1:24.29
3:00.69	3:18.79	2:52.59	3:09.89	2:35.49	2:50.99	200 Breast	2:24.29	2:38.69	2:40.19	2:56.19	2:50.09	3:07.09
1:11.19	1:18.29	1:08.39	1:15.19	1:01.59	1:07.79	100 Fly	55.29	1:00.79	1:01.39	1:07.49	1:04.59	1:11.09
2:39.99	2:55.99	2:34.99	2:50.49	2:20.29	2:34.29	200 Fly	2:09.59	2:22.59	2:23.79	2:38.19	2:33.89	2:49.29
2:37.19	2:52.89	2:28.99	2:43.89	2:14.19	2:27.59	200 IM	2:03.69	2:16.09	2:17.29	2:30.99	2:26.79	2:41.49
5:38.79	6:12.69	5:22.09	5:54.29	4:50.19	5:19.19	400 IM	4:32.29	4:59.49	5:02.19	5:32.39	5:16.19	5:47.79
4:23.99		4:09.29		3:44.59		400 Free Relay	3:23.09		3:45.39		3:58.59	
9:29.99		9:02.69		8:08.89		800 Free Relay	7:31.49		8:21.19		8:54.79	
4:55.99		4:34.69		4:07.49		400 Med. Relay	3:44.19		4:08.89		4:33.89	