



2017 Illinois Swimming
Summer Regional Championships
July 21-23, 2017

Host

Elmhurst Swim Team / West Chicago Sharks

Location

York High School
Elmhurst, IL 60077

Entry Deadline

Monday, July 17, 2017 @ 1:00 PM (CDT)

2017 Illinois Swimming Summer Regional Championships

Important Meet Items:

- This meet follows all USA Swimming and current Illinois Swimming championship meet procedures.
- All swimmers must be current members of USA Swimming and Illinois Swimming.
- The qualification period for this meet is July 17, 2015 through the entry deadline (Monday, July 17, 2017).
- Enter the 2017 Illinois Swimming Age Group Championships online at www.usaswimming.org/OME beginning on Monday, June 12, 2017 and no later than 1:00pm (CDT) Monday, July 17, 2017.
- All events will be swum as timed finals.
- All relays will be conducted as timed finals. Each team may enter two (2) relays per event. There are no qualifying times for relay events and relays will not be part of team scoring.
- **All relay only swimmers, including alternates, must be entered in the meet via OME prior to the entry deadline.**
- All Custom Entry Times must be pre-proven prior to the scratch deadline for Thursday's events.
- **Swimmers' and Coaches' Responsibility** – It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information packet and any information or changes announced at the Coaches Meeting.

Meet Director

Dave Davis
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Meet Referee

Carla Murray
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OME/Entry Questions

Pam Lowenthal
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Email Scratch Contact

Nick Parry
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Sanction: Summer Regional Championships: ILL17-0801

Host: Elmhurst Swim Team - www.swimest.org West Chicago Sharks – www.wcsharks.org

Location: York High School – 355 W. St. Charles Rd., Elmhurst, IL 60126

Facility: 6 Lane, 25-yard indoor competition pool. Permanent starting blocks (within the USA Swimming regulations). Water depth is 13 feet at starting end. Non-turbulent lane lines. Colorado timing system. Seating capacity for 600 spectators. The competition course has been certified in accordance with 104.2.2C(4) certification is on file with USA Swimming.

Meet Schedule:	Friday PM (All Ages)		Sat. & Sun. AM (10&U, 11-12)		Sat. & Sun. PM (13-14, Open)	
	Warm-ups	Start	Warm-ups	Start	Warm-ups	Start
	3:00pm	4:00pm	7:00am	8:00am	12:00pm	1:00pm

Rules: This meet is sanctioned by USA Swimming and Illinois Swimming. All USA Swimming and Illinois Swimming rules apply including safety rules, which will be strictly enforced. This meet follows all USA Swimming and current Illinois Swimming championship meet procedures. 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.

Eligibility: All swimmers must be current members of USA Swimming and Illinois Swimming. Registration forms may be obtained from the ISI office, 847-824-1596, 1400 E. Touhy Suite 410, Des Plaines, IL 60018 or downloaded from the Illinois Swimming website. www.ilswim.org

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Qualifying Times: 2016-2017 LC Championship Time Standards are included. Only swimmers having achieved qualifying times between July 17, 2015 and July 17, 2017 @ 1:00 PM are eligible for this meet. Entry times may be submitted in short course yards, long course meters, or short course meters.

Entries: All entries will be submitted thru OME and the USA Swimming web site. Entries may be submitted on-line beginning June 12, 2017 (12:01AM CDT) and must be completed by Monday, July 17, 2017 at 1:00 pm CDT. You will be required to pay for the online entries with Visa, MasterCard, American Express, or Discover. To pay by check please contact Illinois Swimming Office for payment instructions. For late entries, please refer to Illinois Swimming rule 206.8.11.

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. All relay only swimmers, including alternates, must be entered in the meet via OME prior to the entry deadline.

IMPORTANT: All custom entry times must be pre-proven prior to the Friday event scratch deadline.

Entry Fees: Individual Events: \$8.00 per entry
Relay Events: \$16.00 per entry
Illinois Swimming Surcharge: \$2.00 per athlete entered in an individual event.

Individual Events: All individual events will be conducted as timed final events.

Distance Events: The 14&U 1000 Freestyle and Open 1000 Freestyle for Women will be entered and awarded as separate events (with different event numbers and different qualifying standards), but will be swum together. The 14&U 1000 Freestyle and Open 1000 Freestyle for Men will be entered and awarded as separate events (with different event numbers and different qualifying standards), but will be swum together.

The 14&U 1650 Freestyle and Open 1650 Freestyle for Women will be entered and awarded as separate events (with different event numbers and different qualifying standards), but will be swum together. The 14&U 1650 Freestyle and Open 1650 Freestyle for Men will be entered and awarded as separate events (with different event numbers and different qualifying standards), but will be swum together. The 1650 Freestyle will be swum fastest to slowest, alternating between Women's and Men's heats.

Distance Bonus Events: Swimmers with an 800/1000 Freestyle qualifying time may enter the 1650 Freestyle event; swimmers with a 1500/1650 Freestyle qualifying time may enter the 1000 Free event. Swimmers must enter at the Long Course (LCM) non-conforming qualifying time in the event for which they do not have the current qualifying standard.

Relay Events: All relay events will be conducted as timed final events. Relay entries may be proven as actual or aggregate ("add-up") times. For purposes of proving entry times a swimmer may be listed on only one relay team entered in each event. A swimmer may not be listed on both an aggregate and composite relay entry in the same event. All relay only swimmers, including alternates, must be entered in the meet via OME prior to the entry deadline. Teams are limited to two (2) relay entries per event. There are no qualifying standards for relays and relays do not count in the team scoring.

Each coach shall pick up relay entry forms from the clerk of course, on which he/she shall list the competing relay swimmers, their first and last names, ages, and order of swimming, for each entered relay. Upon reporting to the starting blocks, immediately prior to the start of the relay heat in which such team is entered, the completed relay entry form shall be handed to the head lane timer. No change will be permitted thereafter and failure to present the head lane timer with written list of relay swimmers shall prevent such team from competing.

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Seeding: Events shall be seeded in order of SCY, equivalent LCM, equivalent SCM, non-conforming SCY (distance events), non-conforming LCM (distance events).

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 forty (40) 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 Illinois Swimming Championship meet rules.

Scratches ISI Championship scratch rules and procedures will be in effect at this meet. The Regional Championships meet is positive check- in, thus pre-meet scratching is not necessary. Scratch deadlines are as follows:

- Email scratches will be accepted until **1:00pm on Friday, July 21, 2017**. Scratches submitted via email must be sent to Nick Parry at nrparry@gmail.com. It is the responsibility of the sender to ensure that this email is received by the host club.

Coaches Meeting: There will be a coaches meeting on Friday, July 21, 2017 at 3:45pm. Additional meetings, if necessary, will be held 15 minutes prior to the start of each morning session. Each team or unattached swimmer must be represented.

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

Eligibility Jury: The Meet Director and the Program Operations Vice-Chair shall appoint an Eligibility Jury composed of at least of a coach, the Registration/Membership Coordinator and one other person in attendance.

Technical Jury: The Age Group Vice Chair and the Meet Director shall appoint a Technical Jury composed of at least one coach, one athlete and at least one, but not more than three other persons.

Scoring:

SCORING BY PLACE															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
INDIVIDUAL EVENT SCORING															
20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

Awards: Team awards will be given for the top 3 combined teams. Awards will be given to the top 8 finishers in individual events, and the top three finishers in relay events.

Meet Results: Meet results will be available on the Illinois Swimming website (www.ilswim.org) within 48 hours following the conclusion of the meet.

Deck Access: Current USA Swimming membership is required for coaches and working officials to be on deck. Coaches must be currently registered with USA Swimming and must provide proof of current registration at all sessions of the meet. Officials must display their current card from OTS at all times of the meet.

Timers: Each team with swimmers in the meet may be asked to provide timers. A list of lane assignments for each team will be posted at least 48 hours prior to the meet. A club timer coordinator with phone number and email address must be listed on your Team Summary and Release Form that is submitted with your entry.

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- Officials:** Officials interested in working should submit the application, found on the ISI website under the officials tab. They can also direct questions regarding officiating to Ann Widdowson at widsona@gmail.com. A mandatory briefing for all officials working the meet will begin 1 hour before the start of each session. This meet has been designated as an Officials Qualifying Meet, pending approval. As such, this meet is open to all Officials who are eligible to be evaluated for advancement and re-certification. Those desiring initial certification or re-certification should request an evaluation at the time of meet sign-up, noting the position and level requested. Meet sign-ups will be sent via email and available online several weeks prior to the meet. There will be opportunities at the meet to be evaluated for N2- & N3-level positions. However, there may not be enough resources to accommodate all such requests.
- Admissions:** Admissions will be charged for entrance to each session. Heat sheets will be made available for sale. The Host Club will set these prices.
- Concessions and Vendors:** Oceans Apparel will be selling event specific apparel. Concessions will be available for purchase at the venue.
- Conduct:** All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. Meet Marshals have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc. No smoking on the premises. Please encourage your parents and swimmers to clean up after themselves. In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited. Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms, or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- Image Authorization:** All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Illinois Swimming and the meet host under the conditions authored by Illinois and USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in this Illinois Swimming competition to promote such competitions.
- Liability:** In consideration of the acceptance of this entry, intending to be legally bound, I/we hereby waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., Delta Aquatics (host club), Oswego East High School, District 308, and 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. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

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Day 1		Day 2		Day 3				
		AM Session		AM Session				
		15	12&U 500 Freestyle	16	69	10&U 200 Freestyle	70	
		17	10&U 100 Butterfly	18	71	12&U 200 Freestyle	72	
		19	12&U 100 Butterfly	20		**AWARDS**		
			AWARDS		73	10&U 50 Butterfly	74	
		21	10&U 50 Freestyle	22	75	12&U 50 Butterfly	76	
		23	12&U 50 Freestyle	24		**AWARDS**		
			AWARDS		77	10&U 100 Backstroke	78	
		25	10&U 100 Breaststroke	26	79	12&U 100 Backstroke	80	
		27	12&U 100 Breaststroke	28		**AWARDS**		
			AWARDS		81	10&U 50 Breaststroke	82	
		29	10&U 50 Backstroke	30	83	12&U 50 Breaststroke	84	
		31	12&U 50 Backstroke	32		**AWARDS**		
			AWARDS		85	10&U 100 Freestyle	86	
		33	10&U 200 IM	34	87	12&U 100 Freestyle	88	
		35	12&U 200 IM	36		**AWARDS**		
			AWARDS		89	10&U 100 IM	90	
		37	10&U 200 Medley Relay	38	91	12&U 100 IM	92	
		39	12&U 200 Medley Relay	40		**AWARDS**		
			AWARDS		93	10&U 200 Freestyle Relay	94	
					95	12&U 200 Freestyle Relay	96	
						AWARDS		
		PM Session		PM Session		PM Session		
1			12&U 200 Butterfly	2	41		Open 200 Freestyle	98
3			10&U 500 Freestyle	4	43		14&U 200 Freestyle	100
			AWARDS				**AWARDS**	
5			12&U 200 Breaststroke	6	45		Open 100 Butterfly	102
7			14&U 1000 Freestyle	8	47		14&U 100 Butterfly	104
9			Open 1000 Freestyle	10			**AWARDS**	
			AWARDS		49		Open 50 Freestyle	106
11			12&U 200 Backstroke	12	51		14&U 50 Freestyle	108
			AWARDS				**AWARDS**	
13			12&U 400 IM	14	53		Open 100 Breaststroke	110
					55		14&U 100 Breaststroke	112
							AWARDS	
					57		Open 200 Backstroke	114
					59		14&U 200 Backstroke	116
							AWARDS	
					61		Open 400 IM	118
					63		14&U 400 IM	120
							AWARDS	
					65		Open 200 Medley Relay	122
					67		14&U 200 Medley Relay	124
							AWARDS	
							Open 1650 Freestyle	126
							14&U 1650 Freestyle	128
							AWARDS	

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 the 13-14 Illinois Swimming championship time standards for the maximum qualifying standard.



Rock Island

BTS
DCST
EMSC
FAST
JETS
JPD
MAC
MBLM
MSSC
ORCA
RMSC
SSSC

SWAQ/BDSC

AA
BDSC
BSC
CATS
COHO
DPRC
EGSC
ELY
GA
HPAC
KNAC
LFSC
LSF
MMAC
NTSC
PALA
SAGE
SCT
SPD
SWAQ
VHST
WILD

EST/WCS

BLUE
CHMP
CSSC
CWAC
DUND
ECST
EST
GTAC
IGSC
LATT
LEAN
MMSC
MYST
PAC
PPD
REACH
SCST
SPAC
SSC
TOPS
WCS
WDST
WSO
Y2K
YWFF

LWSA

ACAD (R, R)
BRRY
BSA
CLSC
CPD
CSAT
CSSC
EASC
GILS
HFSC
HTSW
HWSA
LHSC
LPD
LWSA
MANN
MDWY
NAC
NAPY
OFSA
OLSA
PASS
POSA
RASC
SAMK
TPT
TSSC
TST
TWSC
ULT
WSCS

DELTA

ACAD (A, B)
DLTA
EXPR
FOX
FVfy
HOSC
HSC
LITIL
LYONS
MAVS
NAST
WEST
WHTN

PAWW

ACAD (SP)
BBSC
BNSC
BNY
DDST
DOCS
DRGN
DSC
FFSC
FLY
GGST
HEAT
JAXY
LYNX
MARL
OCS
PAWW
QFY
RED
SBD
SPY
SST



Illinois Swimming 2016-2017 Long Course 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	6:50.59	5:39.79	6:39.49	6:28.29	7:40.59	400/500 Free	6:28.29	7:44.69	5:39.79	6:47.99	5:49.29	6:56.79
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
:30.69	34.29	:29.59	33.29	:26.99	29.99	50 Free	:26.59	29.59	:28.99	32.89	:30.09	34.19
1:07.39	1:14.79	1:04.79	1:12.19	:58.29	1:04.99	100 Free	:57.89	1:04.69	1:03.89	1:11.79	1:06.39	1:15.49
2:25.49	2:42.89	2:19.89	2:37.49	2:08.19	2:21.79	200 Free	2:08.19	2:21.89	2:19.49	2:37.49	2:24.99	2:44.99
5:09.29	5:45.19	4:57.39	5:30.79	5:42.19	6:18.59	400/500 Free	5:43.59	6:18.29	4:57.49	5:30.59	5:09.39	5:51.29
11:12.79		10:59.99		11:48.99		800/1000 Free	11:56.29		11:01.89		11:14.69	
:36.09	40.39	:34.79	38.59	:31.19	34.79	50 Back	:31.09	34.49	:34.59	38.39	:35.89	40.79
1:17.39	1:26.39	1:14.49	1:22.09	1:06.29	1:13.89	100 Back	1:06.99	1:14.49	1:14.79	1:22.69	1:17.79	1:27.99
2:42.49	2:56.09	2:37.79	2:51.59	2:21.39	2:34.39	200 Back	2:23.69	2:53.19	2:39.19	3:12.49	2:43.89	3:19.39
4:40.29	45.49	:38.79	42.89	:34.49	38.59	50 Breast	:34.79	39.29	:38.49	43.59	:39.99	46.39
1:27.39	1:39.09	1:24.09	1:33.49	1:15.59	1:24.19	100 Breast	1:15.69	1:24.89	1:24.79	1:34.39	1:28.09	1:40.99
3:02.39	3:22.39	2:59.19	3:19.89	2:42.19	2:59.69	200 Breast	2:49.09	3:09.29	3:05.59	3:30.19	3:08.89	3:38.09
:33.39	37.69	:32.19	36.59	:29.39	32.99	50 Fly	:29.69	32.89	:32.59	36.49	:33.89	38.29
1:15.59	1:25.99	1:12.69	1:21.99	1:05.89	1:13.79	100 Fly	1:07.49	1:14.59	1:14.09	1:22.89	1:16.99	1:28.09
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
		1:15.19	1:22.89	1:07.59	1:14.59	100 IM	1:07.19	1:14.89	1:14.69	1:23.19		
2:45.79	3:04.99	2:39.49	2:57.79	2:24.99	2:39.99	200 IM	2:25.59	2:41.29	2:40.59	2:59.49	2:46.99	3:07.49
	7:32.09		7:15.79		6:34.39	400 IM		6:27.29		7:07.99		7:28.29
	NT		NT		NT	200 Free Relay		NT		NT		NT
4:40.89		4:30.09		4:03.69		400 Free Relay	4:07.29		4:34.99		4:45.99	
	NT		NT		NT	200 Med Relay		NT		NT		NT
5:19.69		5:07.39		4:34.79		400 Med. Relay	4:41.79		5:15.29		5:30.39	
LCM		SCM		SCY		13/14	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
:29.29	:32.19	:28.19	:31.09	:25.49	:28.09	50 Free	:23.99	:26.39	:26.79	:29.59	:27.79	:30.59
1:03.79	1:10.19	1:01.39	1:07.59	:55.49	1:01.09	100 Free	:51.89	:57.09	:57.99	1:03.79	1:00.29	1:06.39
2:18.49	2:32.39	2:13.19	2:26.59	1:59.69	2:11.69	200 Free	1:53.99	2:05.39	2:07.69	2:20.49	2:12.79	2:26.09
4:52.49	5:21.79	4:41.29	5:09.49	5:23.69	5:56.09	400/500 Free	5:08.59	5:36.19	4:32.29	4:59.59	4:43.19	5:13.59
9:58.19	10:57.99	9:47.79	10:46.59	10:57.79	12:03.59	800/1000 Free	10:32.59	11:35.89	9:37.69	10:35.49	9:48.09	10:46.89
19:01.59	21:03.39	18:45.59	20:41.49	18:49.19	20:44.49	1500/1650 Free	18:18.29	20:10.99	18:28.39	20:20.09	18:45.29	20:42.09
1:12.69	1:19.99	1:09.59	1:16.59	1:02.09	1:08.29	100 Back	:59.69	1:05.69	1:06.89	1:13.59	1:11.09	1:18.19
2:36.69	2:52.39	2:29.89	2:45.39	2:14.39	2:27.89	200 Back	2:08.99	2:21.89	2:26.09	2:40.79	2:32.29	2:47.59
1:23.19	1:31.59	1:19.59	1:27.59	1:11.09	1:18.19	100 Breast	1:07.69	1:14.49	1:16.39	1:24.09	1:19.59	1:27.59
3:00.39	3:18.49	2:53.39	3:10.89	2:35.69	2:51.29	200 Breast	2:27.89	2:42.69	2:47.19	3:03.99	2:54.39	3:11.89
1:10.89	1:17.99	1:08.19	1:15.09	1:01.69	1:07.89	100 Fly	:57.99	1:03.79	1:04.69	1:11.19	1:07.19	1:13.99
2:39.79	2:55.79	2:33.69	2:49.09	2:18.79	2:32.69	200 Fly	2:12.99	2:26.29	2:29.39	2:42.39	2:35.29	2:50.59
2:37.49	2:53.29	2:31.49	2:46.69	2:16.79	2:30.49	200 IM	2:09.79	2:22.79	2:25.39	2:39.99	2:31.19	2:46.39
5:33.69	6:07.09	5:20.89	5:52.99	4:50.89	5:19.99	400 IM	4:39.29	5:07.29	5:14.89	5:46.39	5:27.49	6:00.29
	NT		NT		NT	200 Free Relay		NT		NT		NT
4:22.19		4:12.19		3:49.29		400 Free Relay	3:36.69		4:03.69		4:13.39	
9:34.19		9:12.19		8:20.89		800 Free Relay	8:01.59		9:01.49		9:23.29	
	NT		NT		NT	200 Med. Relay		NT		NT		NT
4:56.39		4:44.89		4:14.89		400 Med. Relay	4:02.69		4:32.89		4:48.29	
LCM		SCM		SCY		Senior	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
29.19	31.99	27.69	30.39	24.99	27.39	50 Free	22.49	24.59	24.99	27.29	26.49	28.79
1:03.09	1:08.99	59.89	1:05.69	53.99	59.29	100 Free	48.89	53.69	54.29	59.59	57.29	1:02.29
2:16.69	2:29.79	2:10.39	2:23.39	1:57.49	2:09.19	200 Free	1:47.29	1:57.89	1:59.09	2:10.89	2:05.49	2:17.69
4:49.89	5:18.89	4:34.29	5:01.89	5:13.59	5:44.99	400/500 Free	4:53.19	5:23.09	4:16.49	4:42.69	4:27.69	4:53.59
10:08.09	11:08.89	9:45.29	10:43.89	11:08.99	12:15.89	800/1000 Free	10:35.79	11:39.39	9:10.59	10:11.99	9:26.79	10:23.49
19:16.99	21:12.69	18:46.39	20:50.49	18:47.89	20:40.69	1500/1650 Free	17:51.69	19:38.89	17:49.09	19:45.99	18:14.29	20:03.69
1:11.99	1:18.59	1:07.49	1:13.89	1:00.79	1:06.59	100 Back	56.19	1:01.59	1:02.39	1:08.39	1:07.09	1:13.19
2:36.99	2:50.99	2:25.29	2:39.79	2:10.89	2:23.99	200 Back	2:03.19	2:15.19	2:16.69	2:30.09	2:25.99	2:38.89
1:22.89	1:30.89	1:17.79	1:25.49	1:10.09	1:16.99	100 Breast	1:02.99	1:09.19	1:09.89	1:16.79	1:16.09	1:22.89
2:59.69	3:16.69	2:48.89	3:05.69	2:32.19	2:47.29	200 Breast	2:18.29	2:32.19	2:33.49	2:48.89	2:46.99	3:02.59
1:10.49	1:17.29	1:07.29	1:13.59	1:00.59	1:06.29	100 Fly	54.79	1:00.19	1:00.79	1:06.79	1:03.59	1:09.49
2:39.49	2:51.79	2:30.89	2:45.99	2:15.99	2:29.59	200 Fly	2:05.99	2:17.89	2:19.79	2:33.09	2:28.99	2:41.09
2:36.49	2:51.29	2:26.59	2:41.29	2:12.09	2:25.29	200 IM	2:01.49	2:13.69	2:14.89	2:28.39	2:22.59	2:35.99
5:36.89	6:07.99	5:19.39	5:51.39	4:47.79	5:16.59	400 IM	4:26.89	4:53.59	4:56.19	5:25.89	5:10.99	5:42.09
	NT		NT		NT	200 Free Relay		NT		NT		NT
4:23.09		4:07.89		3:42.19		400 Free Relay	3:21.69		3:45.09		3:57.89	
9:29.99		9:00.89		8:07.29		800 Free Relay	7:28.39		8:17.69		8:52.29	
	NT		NT		NT	200 Med. Relay		NT		NT		NT
4:54.69		4:32.89		4:04.59		400 Med. Relay	3:42.69		4:08.49		4:26.99	

Approved