



VIRGINIA AGE GROUP CHAMPIONSHIP
March 19-22, 2009
SANCTION NO. VS-09-49



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-49	
LOCATION:	George Mason University, Freedom Aquatic and Fitness Center, Manassas VA., (703) 993-8444	
FACILITY:	<ul style="list-style-type: none"> • Ten Lane, 50 Meter indoor pool; Non-Turbulent Lane Markers; Colorado Automatic Timing System; setup to conduct competition in a dual 25 yard venue and to provide the following: <ul style="list-style-type: none"> ○ Pool 1 (Prelims & Finals): Diving end, 8 lanes. Swum wall to wall. ○ Pool 2 (Prelims): 8 lanes, 25 yards. Swum wall to wall. ○ Pool 3 (Warm-up/Cool-down): At least 3 lanes will be available throughout the meet for continuous warm-up and cool down. • Colorado Automatic Timing System with 10 lane scoreboard. 	
MEET DIRECTOR:	Brian Kupferer VSI Age Group Chair Email: bkcgbd@cox.net Phone: (757) 450-0555	Debby Martinich SHKS Host Coordinator Phone: (540) 273-7051 Email: debby@martinich.com
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all 14 and younger USA Swimming/VSI registered swimmers that meet the qualifying time in each event entered • The qualifying period for this meet is January 1, 2008 through March 12, 2009 • All swimmers participating in this meet must be registered by the first day of the meet. • No on deck registration will be permitted. • Age on March 19, 2009 will determine age for the entire meet. 	
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> • Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. • The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition. 	
FORMAT:	<ul style="list-style-type: none"> • Individual events for 11-12 and 13-14 swimmers will be swum as prelims/finals EXCEPT the 11-12 500 Y Freestyle, the 13-14 1000 Y Freestyle, and the 13-14 1650 Y Freestyle which will be swum as timed finals • All 100 series events will be swum in Pool 1. All 200 series events (not including finals) will be swum in Pool 2. • All events Thursday evening will be swum in Pool 1. <ul style="list-style-type: none"> ○ 10 & Younger and 11-12 500 Y Freestyle will be swum in normal event order seeded slowest to fastest, ○ 13-14 1000 Y Freestyle will be swum fastest to slowest, alternating girls and boys. The final heat of girls and boys may be combined. • Prelims (Friday through Sunday) will be swum in the morning sessions in Pools 1 & 2 <ul style="list-style-type: none"> ○ 13-14 Swimmers and 10 & Younger girls will swim prelims in Pool 1 on Friday and Sunday. They will swim prelims in Pool 2 on Saturday. ○ 11-12 Swimmers and 10 & Younger boys will swim prelims in Pool 2 on Friday and Sunday. They will swim prelims in Pool 1 on Saturday. • Finals (Friday through Sunday) for 11-12 and 13-14 Swimmers will be swum in the evening sessions in Pool 1. • All 10 & Younger events are timed finals. • The 1650 Y Freestyle will be swum in Pool 1. It will be swum fastest to slowest, alternating girls then boys. The last heat of girls and boys may be combined. • Relay events: 	

	<ul style="list-style-type: none"> ○ Will be Timed Finals. ○ The fastest heat of the 200 Medley, 200 Free and 400 Medley relays for 11-12 and 13-14 year old age groups will swim during the finals session each day. ○ All remaining heats will be swum during the Preliminary session. ○ All heats of the 400 Freestyle Relay will be swum on Sunday during the preliminary session. ○ Relays will be seeded so that the slowest heat has at least three teams, even if this means that a heat in the finals session has less than eight teams. ○ All relays both entered and swum must have at least two swimmers that have been entered in an individual event in this meet. 		
WARM-UP:	<ul style="list-style-type: none"> • Thursday evening session: Warm-ups: 4:00-5:00 pm; competition starts at 5:15 pm • Prelim sessions: Warm-ups: 7:00-8:15 am; competition starts at 8:30 am • 1650 freestyle session: Competition begins following the completion of the relay events on Sunday at approximately 1:45 pm. • Final sessions: General warm-ups: 4:30-5:30 pm; Specific warm-ups 5:30-5:45 pm; competition starts at 6:00 pm • Prelim sessions: Pool 2 & 3 will be open for warm-up and cool-down during the 10-minute breaks for 10&U awards presentations • Lane assignment and warm-up times for individual clubs will be posted on the Sharks Swim Team website no later than Tuesday, March 17, 2009, and will also be emailed to the contact person of the participating clubs. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends. 		
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, MARCH 10, 2009.</p> <p>ENTRY PROCEDURES – OME MEET ENTRY</p> <p>SEE OME HIGHLIGHTS ATTACHMENT AT END OF INVITATION FOR MORE INFORMATION</p> <ul style="list-style-type: none"> • OME OPENS: 12:00 am EST – Wednesday, February 18, 2009 • OME CLOSES: 11:59 pm EST – Tuesday, March 10, 2009 • Meet Entry Officer: Brian Kupferer, Phone: (757) 450-0555, Email: bkcqbd@cox.net • On-Line Meet Entry (OME) – Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) ONLY. Email entries during the regular entry period will not be accepted. <ul style="list-style-type: none"> ○ The OME system is accessed from the USA Swimming web site at the address http://www.usaswimming.org/ome ○ Coaches must register for an account (Free) to utilize the system. Log in and select “Enter Team”. • LATE ENTRIES. Entries desired after 11:59 pm, Tuesday, March 10, 2009, and prior to the start of the meet, must be sent to the Meet Entry Officer for input and will be considered late. <ul style="list-style-type: none"> ○ The total fees for all entries, including the late entry fee, must be paid prior to the first session of the meet (Thursday March 19, 2009) or the swimmer may not swim those events. ○ A confirmation of entries will not be sent to a club until the fees are marked paid, either by credit card or by arrangement with the Meet Entry Officer. <p>Payment for events entered at the meet must be made at the time of the request (made to Administrative Referee). The request must be prior to the close of the scratch box for the event desired.</p> <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> • OME HELP: Susan Woessner USA Swimming Phone: (719) 866-3589 Email: swoessner@usaswimming.org </td> <td style="vertical-align: top; padding-left: 20px;"> <ul style="list-style-type: none"> Brian Kupferer Meet Entry Officer Phone: (757) 450-0555 Email: bkcqbd@cox.net </td> </tr> </table> <ul style="list-style-type: none"> • Conforming and Non Conforming times will be used for entry – Short Course Yards, then Long Course Meters, then Short Course Meters • Individual Entries: Use the fastest time in national database for entry within the qualifying period. <ul style="list-style-type: none"> ○ Swimmers may enter using an “Override Time” for times not in the national database. ○ Override times must include the meet name and date. ○ Override times that cannot be proven during the entry process will be annotated with an 	<ul style="list-style-type: none"> • OME HELP: Susan Woessner USA Swimming Phone: (719) 866-3589 Email: swoessner@usaswimming.org 	<ul style="list-style-type: none"> Brian Kupferer Meet Entry Officer Phone: (757) 450-0555 Email: bkcqbd@cox.net
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asterisk (*) on the meet psych sheet (Entry List).

- **Relay Entries:** Use the fastest time in national database for entry within the qualifying period. Relay times must be provable by team or swimmer aggregate.
- For any event requiring a positive check-in, proof of asterisk (*) submitted times must be submitted to the Admin Referee prior to the check-in deadline. For any other event, proof of asterisk (*) times must be submitted to the Admin Referee prior to the first session in which the team has swimmers entered.
- Any POTs received after the heat sheet has been printed will be seeded in the first heat with an extra heat being added if necessary.
- Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved.
- **OME RELAY ENTRY PROCEDURES: ENSURE "RELAY ONLY" ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER.**
 - If entering a "B" relay, be sure to select an entry time that does not have a double asterisk (**).
 - The ** signifies that at least one athlete from the entry time of the "A" relay was a member of the relay that achieved that time. Select another listed time or enter an aggregate relay
 - All entries for 13-14 200 M Medley relays must use 400 M Medley relay times. No "No Time" (NT) entries will be accepted.
- **ATTENTION TEAMS WITH UNATTACHED ATHLETES:** Teams may enter athletes with an unattached status. When building the roster in OME, select the "Add Unattached/Unregistered Swimmer" link.
- **ATTENTION INDIVIDUAL UNATTACHED ATHLETES:** Unattached athletes that are not awaiting attachment to any team must enter individually.
 - Access the OME system at the address <http://www.usaswimming.org/ome> - log in and select "Enter Individual."
 - These individuals may send a text file of their entries to the Meet entry person to be entered manually.
 - Payment must be made in that case by check to be received not later than March 10, 2009
- **ENTRY LIMITS:**
 - **Individual Events:** 12 and younger swimmers may enter a maximum of 8 individual events, no more than three per day. 13-14 swimmers may enter a maximum of 7 events, no more than three per day.
 - **Relays:** Two (2) per team per event.
- The Meet Director reserves the right to combine heats and events, which actions may require reseeding.
- The Meet Director reserves the right to eliminate heats of any event if necessary.
- **Proof of entry times is required for individual and relay events. Entries not proven by the proof of time deadline** will be scratched. "No Time" relay entries will not be accepted.
- All late entries must submit proof of time.
- Late entries may not be used to improve the seed time of an earlier entry.

FEES:

Individual events: \$7.25

Relay events: \$16.00

Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)

Late Fees: In addition to the regular entry fee, a fee of **\$10** per event prior to the first day of the meet and **\$25** per event on or after the first day of the meet will be charged for any entry received after the entry deadline.

- OME payments may be made using VISA, MasterCard, American Express or Discover (on line) or check. Payment by check must be received by March 19, 2008. Checks should be payable to **QSST**.
- Checks should be sent to: Brian Kupferer
1582 Winthrope Drive
Newport News, VA 23602
- Late fees for OME entries will be due prior to the first session of the meet (Thursday, March 19, 2009).
- **Failure to pay entry fees by this deadline could result in teams being barred from the meet.**

	All fees must be paid in full in order for the entries to be considered compete.
AWARDS:	<ul style="list-style-type: none"> • Individual events will be awarded medals for first through eighth place. • Relay events will be awarded medals for first through fourth place and ribbons for fifth through eighth place. • Team awards will be given. <ul style="list-style-type: none"> ○ The winning team will receive a banner. The teams placing second through sixth will receive a plaque. ○ Large Team, Medium Team, and Small Team: Women's high point and men's high point in each category • Scoring <ul style="list-style-type: none"> ○ Individual Events: F – 20-17-16-15-14-13-12-11, C – 9-7-6-5-4-3-2-1. ○ Relay Events: F – 40-34-32-30-28-26-24-22, C – 18-14-12-10-8-6-4-2
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded with the exception of the following events that will require a positive check-in at the Clerk of Course: <ul style="list-style-type: none"> ○ Thursday evening events by 4:30 pm ○ 500 Freestyle, 400 IM, and the 400 yard relays by 9:30 am the day the event is to be swum. ○ Friday Relays by 8:30 am ○ Saturday Relays by 6:00 pm on Friday ○ Sunday Relays by 6:00 pm on Saturday ○ 1650 freestyle by 9:30 am Sunday • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be disqualified from the event entered illegally and the event shall be re-scored and awarded. • Club may be fined \$100 for each offense, and a record of such offenses shall be kept and published as part of the official meet results. • Clubs entering swimmers not legally registered with United States Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered. • If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • The scratch procedures listed in current <i>USA Swimming Rules and Regulations</i>, Article 207.12.6, sections D and E only will be in affect and modified as follows: The scratch rule regarding finals will apply to both heats, final and consolation, excluding the relays, the 1000 Free, and the 1650 Free. • The overhead start procedure will be used for the Prelim sessions, and may be used for the Final sessions at the discretion of the Referee. • In accordance with VSI Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Tom Elliott Phone: (804) 360-5001 Email: telliott81949@gmail.com</p> <ul style="list-style-type: none"> • Officials at all positions will be required for this meet. • Officials training will only be available for the administrative component of referee training. • Officials must have been certified for a year in the positions in which they are planning to work. • Applications to officiate are available on the VSI website at www.virginiaswimming.org and should be sent to Tom Elliott no later than March 7, 2009. • Application has been made to have this meet approved as an Officials Qualifying Meet for N2 Certification/Re-certification. • Officials (including non-VSI officials) desiring to be evaluated must request evaluation on the application to officiate (available on the VSI website (www.virginiaswimming.org)) and submit it to

	<p>Tom Elliott.</p> <ul style="list-style-type: none"> • There will be an Officials meeting one hour prior to the start of each session. • There will be a coaches briefing at 4:45 pm on Thursday, March 19th and at 7:45 am on Friday, March 20th 										
SAFETY:	VSI Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules.										
TIMERS:	<ul style="list-style-type: none"> • Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • Swimmers are expected to provide their own timers and lap counters for the 10&Y and 11-12 500 Y Freestyle, the 13-14 1000 Y Freestyle, and the 13-14 1650 Y Freestyle • The number of timers required per club and their lane assignments will be posted on the Sharks Swim Team website (www.qsst.org) no later than March 17, 2009 and will also be emailed to the contact person of each of the individual clubs. 										
GENERAL:	<ul style="list-style-type: none"> • Concessions will be available during the entire event • Hospitality will be provided for all coaches and officials, to include breakfast, lunch, dinner, and light snacks each day. 										
FACILITY RULES:	<ul style="list-style-type: none"> • Each club is responsible for supervising the conduct of their swimmers. • All swimmers are asked to shower before entering the pool. • Swimmers are not permitted in any room of the buildings not directly associated with this swim meet. • No towels or suits etc. are to be hung on or around the lifeguard stands. • Only coaches, swimmers, and officials are allowed on the competition deck. • Swimmers will be allowed to “camp out” in the gymnasium. • There will be no “camping out” allowed in the hallways. • Spectators are required to be in the elevated spectator bleachers or the gymnasium. • No cars are to be left in the fire lanes. 										
DIRECTIONS:	<ul style="list-style-type: none"> • Freedom Aquatic and Fitness Center is located on the Prince William campus of George Mason University. • From Interstate 95-North on Route 234, Exit (152) Dumfries-Manassas. Proceed towards Manassas approximately 15 miles to University Boulevard (this is approximately one mile north of VA Route 28). Proceed ½ mile and follow signs into Freedom Aquatic and Fitness Center. • From Interstate 66-South on Route 234, Exit (44) (Prince William Parkway). Proceed approximately 4 miles to University Boulevard. Turn left and follow directions in preceding paragraph. • Directions are also available on the Virginia Swimming web site www.virginiawimming.org. 										
HOTELS:	<table> <tr> <td>The Courtyard, Manassas VA (At I-66 exit #47) 10701 Battleview Pkwy (703) 335-1300</td> <td>Country Inn & Suites by Marriott (5.4 miles to pool) (75 rooms open to interior hallway) 10810 Battleview Pkwy (703) 393-9797</td> </tr> <tr> <td>Marriott's Fairfield Inn, Manassas, VA (At I-66 #47) (703) 393-9966</td> <td>Fairfield Inn by Marriott (5.5 miles to pool) (80 rooms open to interior hallway) 6950 NOVA Way (703) 393-9966</td> </tr> <tr> <td>Springhill Suites by Marriott, Centreville, VA (703) 815-7800</td> <td>Hampton Inn (4.8 miles to pool) (125 rooms open to interior hallway) 7295 Williamson Blvd (703) 369-1100</td> </tr> <tr> <td>Best Western Battlefield (5 miles to pool) (123 rooms open to exterior) 10820 Balls Ford Rd (703) 361-8000</td> <td></td> </tr> <tr> <td>Comfort Suites (4.8 miles to pool) (138 rooms open to interior hallway) 7350 Williamson Blvd (703) 686-1100</td> <td></td> </tr> </table>	The Courtyard, Manassas VA (At I-66 exit #47) 10701 Battleview Pkwy (703) 335-1300	Country Inn & Suites by Marriott (5.4 miles to pool) (75 rooms open to interior hallway) 10810 Battleview Pkwy (703) 393-9797	Marriott's Fairfield Inn, Manassas, VA (At I-66 #47) (703) 393-9966	Fairfield Inn by Marriott (5.5 miles to pool) (80 rooms open to interior hallway) 6950 NOVA Way (703) 393-9966	Springhill Suites by Marriott, Centreville, VA (703) 815-7800	Hampton Inn (4.8 miles to pool) (125 rooms open to interior hallway) 7295 Williamson Blvd (703) 369-1100	Best Western Battlefield (5 miles to pool) (123 rooms open to exterior) 10820 Balls Ford Rd (703) 361-8000		Comfort Suites (4.8 miles to pool) (138 rooms open to interior hallway) 7350 Williamson Blvd (703) 686-1100	
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Virginia Swimming 2009 Short Course Age Group Championships

Order of Events

Thursday Finals		
G	Pool 1	B
101	10 & Under 500 Freestyle	102
103	11-12 500 Freestyle	104
105	13-14 1000 Freestyle	106

Friday Prelims		
G	Pool 1	B
107	13-14 100 Breaststroke	108
109	10&U 50 Breaststroke	
111	13-14 200 Freestyle	112
	10 Minute Break	
113	10&U 200 Freestyle	
115	13-14 100 Butterfly	116
117	10&U 50 Backstroke	
119	13-14 400 IM	120
	10 Minute Break	
121	10&U 100 IM	
123	13-14 200 Med Relay(*)	124
125	10&U 200 Free Relay	

(*) Timed Final – final heat to swim during finals session

Friday Prelims		
G	Pool 2	B
207	11-12 50 Breaststroke	208
	10&U 50 Breaststroke	210
211	11-12 200 Freestyle	212
	10 Minute Break	
	10&U 200 Freestyle	214
215	11-12 100 Butterfly	216
	10&U 50 Backstroke	218
219	11-12 100 IM	220
	10 Minute Break	
	10&U 100 IM	222
223	11-12 200 Backstroke	224
225	11-12 200 Med Relay(*)	226
	10&U 200 Free Relay	228

(*) Timed Final – final heat to swim during finals session

Friday Finals		
G	Pool 1	B
207	11-12 50 Breaststroke	208
107	13-14 100 Breaststroke	108
211	11-12 200 Freestyle	212
111	13-14 200 Freestyle	112
215	11-12 100 Butterfly	216
115	13-14 100 Butterfly	116
219	11-12 100 IM	220
119	13-14 400 IM	120
223	11-12 200 Backstroke	224
123	13-14 200 Med Relay(*)	124
225	11-12 200 Med Relay(*)	226

(*) Timed Final – final heat to swim during finals session

Saturday Prelims		
G	Pool 1	B
129	11-12 200 Free Relay (*)	130
	10&U 200 Medley Relay	132
133	11-12 200 Butterfly	134
	10 Minute Break	
	10&U 50 Butterfly	136
137	11-12 50 Freestyle	138
	10&U 100 Freestyle	140
141	11-12 100 Breaststroke	142
	10 Minute Break	
	10&U 100 Breaststroke	144
145	11-12 50 Backstroke	146
	10&u 200 IM	148
149	11-12 200 IM	150
	10&U 400 Free Relay	152
153	11-12 400 Med Relay(*)	154

(*) Timed Final – final heat to swim during finals session

Saturday Prelims		
G	Pool 2	B
229	13-14 200 Free Relay (*)	230
231	10&U 200 Medley Relay	
233	13-14 200 Butterfly	234
	10 Minute Break	
235	10&U 50 Butterfly	
237	13-14 50 Freestyle	238
239	10&U 100 Freestyle	
241	13-14 200 Breaststroke	242
	10 Minute Break	
243	10&U 100 Breaststroke	
245	13-14 100 Backstroke	246
247	10&U 200 IM	
249	13-14 500 Freestyle	250
251	10&U 400 Free Relay	
253	13-14 400 Med Relay(*)	254

(*) Timed Final – final heat to swim during finals session

Saturday Finals		
G	Pool 1	B
229	13-14 200 Fr Relay (*)	230
129	11-12 200 Fr Relay (*)	130
233	13-14 200 Butterfly	234
133	11-12 200 Butterfly	134
237	13-14 50 Freestyle	238
137	11-12 50 Freestyle	138
241	13-14 200 Breaststroke	242
141	11-12 100 Breaststroke	142
245	13-14 100 Backstroke	246
145	11-12 50 Backstroke	146
249	13-14 500 Freestyle	250
149	11-12 200 IM	150
253	13-14 400 Med Relay(*)	254
153	11-12 400 Med Relay(*)	154

(*) Timed Final – final heat to swim during finals session

Sunday Prelims		
G	Pool 1	B
155	13-14 200 Backstroke	156
157	10&U 100 Backstroke	
159	13-14 100 Freestyle	160
	10 Minute Break	
161	10&U 50 Freestyle	
163	13-14 200 IM	164
165	10&U 100 Butterfly	
167	13-14 400 Free Relay (*)	168
	10 Minute Break	
169	10&U 400 Medley Relay	
171	13-14 1650 Free (**)	172

(*) Timed Final – all heats to swim in preliminary session

(**) Timed Final – heats alternate fastest to slowest, alternating girls then boys, immediately after the relays

Sunday Prelims		
G	Pool 2	B
255	11-12 200 Breaststroke	256
	10&U 100 Backstroke	258
259	11-12 100 Backstroke	260
	10 Minute Break	
	10&U 50 Freestyle	262
263	11-12 100 Freestyle	264
	10&U 100 Butterfly	266
267	11-12 50 Butterfly	268
	10 Minute Break	
	10&U 400 Medley Relay	270
271	11-12 400 Free Relay (*)	272

(*) Timed Final – all heats to swim in preliminary session

Sunday Finals		
G	Pool 1	B
255	11-12 200 Breaststroke	256
155	13-14 200 Backstroke	156
259	11-12 100 Backstroke	260
159	13-14 100 Freestyle	160
263	11-12 100 Freestyle	264
163	13-14 200 IM	164
267	11-12 50 Butterfly	268

2009 Short Course Age Group Championship Qualifying Times

March 19-22, 2009 – Freedom Center, Manassas, VA

10 and Under Girls				10 and Under Boys		
SCM	LCM	Yards	Events	Yards	LCM	SCM
35.59	36.39	32.09	50 Free	31.59	36.09	34.89
1:19.09	1:20.69	1:11.29	100 Free	1:10.79	1:20.09	1:18.19
2:52.79	2:56.79	2:36.39	200 Free	2:31.89	2:51.79	2:47.89
5:57.39	6:04.49	6:48.39	500 Free	6:44.59	6:01.09	5:54.09
41.79	42.39	37.69	50 Back	38.09	42.79	42.19
1:30.09	1:32.29	1:21.19	100 Back	1:21.29	1:31.79	1:29.79
46.49	47.69	41.99	50 Breast	42.19	48.09	46.69
1:43.19	1:45.59	1:33.39	100 Breast	1:31.79	1:44.99	1:41.39
40.39	41.09	36.39	50 Fly	36.69	40.99	40.49
1:35.79	1:37.59	1:26.69	100 Fly	1:25.59	1:36.49	1:34.59
1:30.29		1:21.39	100 IM	1:21.09		1:29.59
3:14.49	3:18.49	2:55.99	200 IM	2:55.29	3:17.69	3:13.69
11-12 Girls				11-12 Boys		
SCM	LCM	Yards	Events	Yards	LCM	SCM
31.59	32.39	28.49	50 Free	28.49	32.39	31.59
1:08.39	1:09.99	1:01.69	100 Free	1:02.39	1:10.79	1:09.19
2:29.89	2:33.09	2:15.09	200 Free	2:15.19	2:33.19	2:29.99
5:11.29	5:17.69	5:55.99	500 Free	5:59.99	5:21.29	5:14.89
36.99	37.59	33.29	50 Back	33.49	37.99	36.99
1:18.39	1:19.59	1:10.69	100 Back	1:11.69	1:20.69	1:19.49
2:49.19	2:51.59	2:32.49	200 Back	2:32.69	2:51.79	2:48.89
41.59	42.09	37.49	50 Breast	37.29	42.69	41.19
1:29.39	1:31.39	1:20.59	100 Breast	1:20.49	1:31.99	1:28.99
3:13.89	3:17.89	2:54.69	200 Breast	2:52.89	3:15.99	3:10.99
34.79	35.49	31.39	50 Fly	32.09	36.19	35.69
1:19.39	1:20.79	1:11.59	100 Fly	1:10.99	1:20.19	1:18.79
2:55.19	2:59.29	2:38.59	200 Fly	2:35.29	2:58.49	2:51.59
1:19.09		1:11.29	100 IM	1:11.49		1:19.59
2:48.99	2:52.19	2:32.39	200 IM	2:33.79	2:53.89	2:50.69
13-14 Girls				13-14 Boys		
SCM	LCM	Yards	Events	Yards	LCM	SCM
29.79	30.59	26.89	50 Free	25.49	29.09	28.29
1:04.29	1:05.89	57.99	100 Free	55.69	1:03.39	1:01.79
2:18.89	2:22.19	2:05.19	200 Free	2:01.49	2:17.99	2:14.79
4:55.19	5:01.59	5:37.99	500 Free	5:25.49	4:50.49	4:44.09
10:14.79	10:26.89	11:42.39	1000 Free	11:35.99	10:21.09	10:08.29
20:05.09	20:36.39	20:12.19	1650 Free	19:15.69	19:52.79	19:08.99
1:13.69	1:14.79	1:06.29	100 Back	1:03.79	1:12.09	1:10.89
2:37.89	2:40.29	2:22.19	200 Back	2:16.29	2:33.59	2:31.19
1:24.09	1:25.29	1:15.69	100 Breast	1:12.09	1:21.29	1:19.59
3:02.39	3:06.39	2:44.39	200 Breast	2:36.29	2:57.39	2:52.69
1:12.19	1:13.59	1:04.99	100 Fly	1:02.69	1:10.89	1:09.49
2:42.49	2:45.29	2:26.39	200 Fly	2:20.29	2:38.79	2:34.99
2:38.09	2:41.29	2:22.49	200 IM	2:16.59	2:34.79	2:31.59
5:34.39	5:40.79	5:01.29	400 IM	4:49.99	5:28.19	5:21.79