



**VIRGINIA SWIMMING SHORT COURSE
AGE GROUP CHAMPIONSHIP**
March 18-21, 2010
SANCTION NO. VS-10-60



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-10-60		
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, 13.5 feet to 6 feet in depth; Non-Turbulent Lane Markers; Colorado Automatic Timing System with 10 lane scoreboard; setup to conduct competition in a dual 25 yard venue and to provide the following: <ul style="list-style-type: none"> ○ Pool 1 (Prelims, Timed Finals, & 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. • At least 3 lanes will be available throughout the meet for continuous warm-up and cool down 		
MEET DIRECTOR:	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Brian Kupferer VSI Age Group Chair Email: bkcgbd@cox.net Phone: (757) 450-0555</td> <td style="width: 50%;">Debby Martinich SHKS Host Coordinator Phone: (540) 273-7051 Email: debby@martinich.com</td> </tr> </table>	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
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ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all Virginia Swimming athletes 14 years old and younger registered by the first day of the meet with a qualifying entry time in each event entered • No on deck Virginia Swimming athlete registration will be permitted. • The qualifying period for this meet is January 1, 2009 through March 18, 2010 • Age on March 18, 2010 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 EXCEPT the 11-12 500 Y Freestyle, the 13-14 1000 Y Freestyle, and the 13-14 1650 Y Freestyle will be swum as prelim/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 & Under 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 will swim prelims in Pool 1 on Friday and Sunday. They will swim prelims in Pool 2 on Saturday. ○ 11-12 Swimmers 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. There will be a consolation heat followed by a finals heat. • All 10 & Under events are timed finals. • All 10 & Under events will swim in Pool 1. • The 1650 Y Freestyle will be swum in Pool 2 following the conclusion of the 11-12 events or 10 minutes after the 13-14 relays, whichever ends later. It will be swum fastest to slowest, alternating girls then boys. The last heat of girls and boys may be combined. 		

	<ul style="list-style-type: none"> • 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 • 10 & Under Session: Warm-ups: 12:00-12:50 pm; Competition starts at 1:00 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: Pools will be available for warm-up and warm-down during their respective breaks. • Lane assignment and warm-up times for individual clubs will be posted on the Sharks Swim Team website no later than Tuesday, March 16, 2010, 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 09, 2010.</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: 12:01 pm EST – Saturday, February 27, 2010 • OME CLOSES: 11:59 pm EST – Tuesday, March 09, 2010 • 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 09, 2010, 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 18, 2010) 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> <ul style="list-style-type: none"> • OME HELP: Susan Woessner USA Swimming Phone: (719) 866-3589 Email: swoessner@usaswimming.org Brian Kupferer Meet Entry Officer Phone: (757) 450-0555 Email: bkcqbd@cox.net • Confirming 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.

- 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 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 is not an eligibility report. It is the coach’s responsibility to know for which events your athlete is qualified.
- **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 Y Medley relays must use 400 Y 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: \$8.50
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

	<p>line) or check. Payment by check must be received by March 18, 2010. Checks should be payable to QSST.</p> <ul style="list-style-type: none"> • Checks should be sent to: Brian Kupferer 1582 Winthrop Drive Newport News, VA 23602 • Late fees for OME entries will be due prior to the first session of the meet (Thursday, March 18, 2010). • 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 ○ 13-14 500 Freestyle and 400 IM, and the 11-12 and 13-14 400 yard relays by 9:30 am the day the event is to be swum. ○ 11-12 and 13-14 Friday Relays by 8:30 am ○ 11-12 and 13-14 Saturday Relays by 6:00 pm on Friday ○ 11-12 and 13-14 Sunday Relays by 6:00 pm on Saturday ○ 1650 freestyle by 9:30 am Sunday ○ 10 & Under Relays by Noon the day the event is to be swum • 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 marked as exhibition for 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 effect and modified as follows: <ul style="list-style-type: none"> ○ The scratch rule regarding finals will apply to both final and consolation heats ○ 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 10 & Under and Final sessions at the discretion of the Referee. • In accordance with VSI Policy, only those coaches who have 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: Jim Frye Phone: (540) 582-3238</p>

	<p style="text-align: center;">Email: jamfrye@comcast.net</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 minimum of one 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 Jim Frye no later than March 6, 2010 for assigned positions (Referee, Starter, Chief Judge). Applications for other positions will be accepted until filled, although early application is encouraged. • Application has been made to have this meet approved as an Officials Qualifying Meet for N2 Certification/Re-certification. • Officials (including officials outside of the Virginia Swimming LSC) desiring to be evaluated must request evaluation on the application to officiate (available on the VSI website (www.virginiaswimming.org) and submit it to Jim Frye. • There will be a mandatory Officials' meeting one hour prior to the start of each session.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
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.virginiaswimming.org.

HOTELS:	<p>The Courtyard, Manassas VA (At I-66 exit #47) 10701 Battleview Pkwy (703) 335-1300</p> <p>Marriott's Fairfield Inn, Manassas, VA (At I-66 #47) (703) 393-9966</p> <p>Springhill Suites by Marriott, Centreville, VA (703) 815-7800</p> <p>Best Western Battlefield (5 miles to pool) (123 rooms open to exterior) 10820 Balls Ford Rd (703) 361-8000</p> <p>Comfort Suites (4.8 miles to pool) (138 rooms open to interior hallway) 7350 Williamson Blvd (703) 686-1100</p>	<p>Country Inn & Suites by Marriott (5.4 miles to pool) (75 rooms open to interior hallway) 10810 Battleview Pkwy (703) 393-9797</p> <p>Fairfield Inn by Marriott (5.5 miles to pool) (80 rooms open to interior hallway) 6950 NOVA Way (703) 393-9966</p> <p>Hampton Inn (4.8 miles to pool) (125 rooms open to interior hallway) 7295 Williamson Blvd (703) 369-1100</p>
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Virginia Swimming

2010 Short Course Age Group Championships

Order of Events

Distance Session

Thursday Finals		
Pool 1		
Warmup: 4:00 PM		
Competition: 5:15 PM		
G		B
101	10 & Under 500 Freestyle	102
103	11-12 500 Freestyle	104
105	13-14 1000 Freestyle	106

11-14 Prelims-Final Sessions

Friday Prelims		
Pool 1		
Warm-up: 7:00 AM		
Competition: 8:30 AM		
G		B
107	13-14 100 Breaststroke	108
	10 Minute Break	
109	13-14 200 Freestyle	110
111	13-14 100 Butterfly	112
	10 Minute Break	
113	13-14 400 IM	114
115	13-14 200 Med Relay(*)	116

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

Friday Prelims		
Pool 2		
Warm-up: 7:00 AM		
Competition: 8:30 AM		
G		B
207	11-12 50 Breaststroke	208
	10 Minute Break	
209	11-12 200 Freestyle	210
211	11-12 100 Butterfly	212
	10 Minute Break	
213	11-12 100 IM	214
	10 Minute Break	
215	11-12 200 Backstroke	216
217	11-12 200 Med Relay(*)	218

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

Friday Finals		
Pool 1		
Warm-up: 4:30 PM		
Competition: 6:00 PM		
G		B
207	11-12 50 Breaststroke	208
107	13-14 100 Breaststroke	108
209	11-12 200 Freestyle	210
109	13-14 200 Freestyle	110
211	11-12 100 Butterfly	212
111	13-14 100 Butterfly	112
213	11-12 100 IM	214
113	13-14 400 IM	114
215	11-12 200 Backstroke	216
115	13-14 200 Med Relay(*)	116
217	11-12 200 Med Relay(*)	218

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

Saturday Prelims		
Pool 1		
Warm-up: 7:00 AM		
Competition: 8:30 AM		
G		B
129	11-12 200 Free Relay (*)	130
	10 Minute Break	
131	11-12 200 Butterfly	132
133	11-12 50 Freestyle	134
	10 Minute Break	
135	11-12 100 Breaststroke	136
	10 Minute Break	
137	11-12 50 Backstroke	138
	10 Minute Break	
139	11-12 200 IM	140
141	11-12 400 Med Relay(*)	142

(*) Timed Final – final heat swum during finals session

Saturday Prelims		
Pool 2		
Warm-up: 7:00 AM		
Competition: 8:30 AM		
G		B
229	13-14 200 Free Relay (*)	230
	10 Minute Break	
231	13-14 200 Butterfly	232
233	13-14 50 Freestyle	234
	10 Minute Break	
235	13-14 200 Breaststroke	236
237	13-14 100 Backstroke	238
	10 Minute Break	
239	13-14 500 Freestyle	240
241	13-14 400 Med Relay(*)	242

(*) Timed Final – final heat swum during finals session

Saturday Finals		
Pool 1		
Warm-up: 4:30 PM		
Competition: 6:00 PM		
G		B
229	13-14 200 Fr Relay (*)	230
129	11-12 200 Fr Relay (*)	130
231	13-14 200 Butterfly	232
131	11-12 200 Butterfly	132
233	13-14 50 Freestyle	234
133	11-12 50 Freestyle	134
235	13-14 200 Breaststroke	236
135	11-12 100 Breaststroke	136
237	13-14 100 Backstroke	238
137	11-12 50 Backstroke	138
239	13-14 500 Freestyle	240
139	11-12 200 IM	140
241	13-14 400 Med Relay(*)	242
141	11-12 400 Med Relay(*)	142

(*) Timed Final – final heat swum during finals session

11-14 Prelims-Final Sessions

(Continued)

Sunday Prelims Pool 1		
G	Warm-up: 7:00 AM Competition: 8:30 AM	B
155	13-14 200 Backstroke	156
157	13-14 100 Freestyle	158
	10 Minute Break	
159	13-14 200 IM	160
161	13-14 400 Free Relay (*)	162
	10 Minute Break	
163	13-14 1650 Free (**)	164

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

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

Sunday Prelims Pool 2		
G	Warm-up: 7:00 AM Competition: 8:30 AM	B
255	11-12 200 Breaststroke	256
257	11-12 100 Backstroke	258
	10 Minute Break	
259	11-12 100 Freestyle	260
	10 Minute Break	
261	11-12 50 Butterfly	262
	10 Minute Break	
263	11-12 400 Free Relay (*)	264

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

Sunday Finals Pool 1		
G	Warm-up: 4:30 PM Competition: 6:00 PM	B
255	11-12 200 Breaststroke	256
155	13-14 200 Backstroke	156
257	11-12 100 Backstroke	258
157	13-14 100 Freestyle	158
259	11-12 100 Freestyle	260
159	13-14 200 IM	160
261	11-12 50 Butterfly	262

10 & Under Timed Final Sessions

Friday 10 & Under Timed Finals		
G	Warm-up: 12:00 PM Competition: 1:00 PM	B
119	10 & U 200 Free Relay	120
121	10 & U 50 Breaststroke	122
123	10 & U 100 IM	124
125	10 & U 50 Backstroke	126
127	10 & Under 200 Free	128

Saturday 10 & Under Timed Finals		
G	Warm-up: 12:00 PM Competition: 1:00 PM	B
143	10 & U 200 Medley Relay	144
145	10 & U 50 Butterfly	146
147	10 & U 100 Freestyle	148
149	10 & U 200 IM	150
151	10 & U 100 Breaststroke	152
153	10 & U 400 Free Relay	154

Sunday 10 & Under Timed Finals		
G	Warm-up: 12:00 PM Competition: 1:00 PM	B
165	10 & U 100 Backstroke	166
167	10 & U 50 Freestyle	168
169	10 & U 100 Butterfly	170
171	10 & U 400 Medley Relay	172

2010 Short Course Age Group Championship
Qualifying Times
 March 18-21, 2010 –

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	37.69	42.49	41.89
1:30.09	1:32.29	1:21.19	100 Back	1:20.89	1:30.99	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
1:34.19	1:35.59	1:24.79	100 Fly	1:25.59	1:36.49	1:34.59
1:29.79		1:20.89	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	28.39	50 Free	28.49	32.39	31.59
1:08.39	1:09.99	1:01.59	100 Free	1:02.09	1:10.59	1:08.99
2:29.39	2:32.59	2:14.59	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	33.09	37.39	36.79
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
1:29.29	1:31.29	1:20.39	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	31.99	36.19	35.59
1:19.29	1:20.69	1:11.39	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
2:48.29	2:51.49	2:31.59	200 IM	2:32.79	2:52.79	2:49.59
13-14 Girls				13-14 Boys		
SCM	LCM	Yards	Events	Yards	LCM	SCM
29.79	30.59	26.79	50 Free	25.39	28.99	28.19
1:04.29	1:05.89	57.99	100 Free	55.39	1:03.09	1:01.49
2:18.79	2:21.99	2:04.99	200 Free	2:01.19	2:17.79	2:14.59
4:55.19	5:01.59	5:37.99	500 Free	5:21.69	4:47.09	4:40.69
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
1:13.29	1:14.49	1:05.99	100 Back	1:03.49	1:11.69	1:10.49
2:37.09	2:39.49	2:21.49	200 Back	2:15.49	2:32.79	2:30.39
1:24.09	1:25.29	1:15.69	100 Breast	1:12.09	1:21.29	1:19.59
3:02.09	3:06.09	2:43.99	200 Breast	2:36.29	2:57.39	2:52.69
1:12.19	1:13.59	1:04.99	100 Fly	1:02.09	1:10.39	1:08.99
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	2:15.99	2:34.19	2:30.99
5:34.39	5:40.79	5:01.29	400 IM	4:46.59	5:24.59	5:18.19