

Name of Meet:	2022 SC LSC LC Senior State Championships		
Date of Meet:	July 21–24, 2022		
Meet Sanction:	Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number SC22116LCM and SC22117TT		
Host Club:	Carolina Aquatics Swim Club		
Meet Director:	Sarah Quirk	ca.meet.dir@gmail.com	803-260-4796
Co-Meet Dir:	Christy White		901-497-4250
Meet Referee:	Jason Overby	overbyj@cofc.edu	843-801-4201
Admin Official:	Robert Lesh	rllesh@yahoo.com	812-480-6837
Meet Entries to:	Victoria Culbertson	meet.support@sportstiming.com	843-296-9630
Safety Marshal:	Heather Bullard	helyseg@yahoo.com	803-206-3193
Assumption of Risk Disclaimer	<ul style="list-style-type: none"> Carolina Aquatics Swim Club has taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting the University of South Carolina Natatorium. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease of Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., South Carolina Swimming, Inc., and Carolina Aquatics Swim Club cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/South Carolina Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming/South Carolina Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND SOUTH CAROLINA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN, OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION. 		
COVID-19 Protocols and Requirements	<p>This section should include any additional instructions for maintaining the requirements of the facility where the meet is to be held:</p> <ul style="list-style-type: none"> All COVID-19 protocols required by facilities and local governments will be followed. Masks are still encouraged as a preventive measure as given by CDC guidelines. According to local guidelines, deck capacity is 500. The total number of persons allowed per session is 500. Spectators will be allowed. Parents/Guardians will be able to observe and have access to their minor children in the following manner: The entrance to the Natatorium (not the building) adjacent to the parking lot or the 2nd and 3rd floor spectator bleachers. Failure to comply with the COVID-19 protocols of a particular facility could result in the sanction being rescinded and possible denial of future sanctions for a term of not longer than one season (short course or long course). 		

<p>Facility:</p>	<p style="text-align: center;">The University of South Carolina Natatorium (located inside the Solomon Blatt Physical Education Center) University of South Carolina 1400 Wheat Street, Columbia, SC 29201</p> <p>Home to USC’s competitive swimming and diving programs, the University of South Carolina Natatorium is semi open-air facility that contains a ten lane 50-meter competition pool with a diving well for warm-up/warm down and seating for 500 spectators. The water depth of the competition course is 7 feet deep measured from one (1) meter to five (5) meters at the starting end of the course and 6 feet deep measured from one (1) meter to five (5) meters deep at the turn end of the course. The competition course has not been certified in accordance with 104.2.2C(4).</p> <p>PARKING: Parking is available in the garages and in metered parking. Do not park in the permit areas or reserved parking. Any vehicles parked in the “reserved” space is subject to towing. On Saturday and Sunday lots adjacent to the pool are also available for parking.</p> <p>ENTRY TO THE UNIVERSITY OF SOUTH CAROLINA NATATORIUM: Swimmers, coaches and officials will enter on the east side of the building through the Gamecock awning doors adjacent to the parking lot. Swimmers will be allowed on the pool deck no sooner than 15 minutes before their session warm-up.</p> <p>Facility Rules:</p> <ul style="list-style-type: none"> • Only swimmers, meet officials, coaches, and meet personnel with proper credentials will be allowed on the pool deck. • There will be bleachers on deck for swimmers. • Safety marshals will be assigned to supervise all sessions of the meet and will have the authority to remove any swimmer, coach, parent, or club from the pool and facility, if necessary, for not following the facility and meet safety rules. • Any swimmer found to be abusing any area of the facility will be barred from further competition and will also be barred from the facility. The team of any swimmer found to be abusing any area of the facility will be held responsible for any and all repairs resulting from the abuse. • Locker room and restroom use must comply with all Safe Sport guidelines. • No glass containers inside the pool area. • Hallways and stairwells must remain clear and easily accessible. • No flash photography.
<p>Rules:</p>	<ul style="list-style-type: none"> • Meet to be conducted in accordance with the current USA Swimming and SC Swimming Rules and Regulations and information herein. • The Meet Management Committee reserves the right to adjust the warm-up times & start times, split sessions by gender, and or combine sessions if applicable. • Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. 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.

<p>Rules:</p>	<ul style="list-style-type: none"> • Deck changing is prohibited by USA Swimming. A first offense will result in the disqualification of the offending swimmer from the next scheduled event. The second offense for the same swimmer will result in the disqualification from the remainder of the meet. <p>SWIMWEAR: No technical suit may be worn by any 12&U USA Swimming athlete member in competition at any Sanctioned, Approved, or Observed meet (USA Swimming Rule 102.81.1.f)</p> <p>MAAPP 2.0: All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</p>
<p>Athlete Eligibility:</p>	<p>This meet is open to all swimmers currently registered with USA Swimming and SC Swimming only. Age is to be determined on the first day of the meet. All USA Swimming registration numbers will be verified via SWIMS or the SCLSC Registrar.</p> <p>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 USA Swimming member coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.</p> <p>All swimmers entered must meet or exceed the SC State Meet Qualifying Standards in EACH event entered. All swimmers shall have met the state meet individual event qualifying time standard in the age group of the relay event in which they swim. Times standards are listed at the end of the meet information. If swimmers participate in a relay and fail to meet the qualifying standard, then their team must demonstrate that the aggregate of the times of the four competing swimmers meets the relay qualifying standard. Any club which does not have four swimmers qualified for the meet in individual events may swim a relay if they can meet the qualifying time for that relay using aggregate times. Para-Swimming athletes are eligible to compete at LSC Championships provided they achieve the USA Swimming suggested LSC time standards for any offered event.</p> <p>Proof of Time: A fine of \$100.00 will be levied against the club (or if unattached, against the swimmer) when a swimmer fails to swim a time equal to or faster than the qualifying standard for each event at the long-course or short-course State Championships and the club (or the swimmer if unattached) is unable to prove, using officials results, that he or she has met the qualifying standard in that event in a meet held since the last like-course State Championship. This fine must be paid (or the time must be proved) within 45 days from the date of notification. If the fine is not paid within the 45 days, it will be doubled. This notification will be made through an exception report that will be generated by the host club and sent with the meet results. The Administrative Vice-Chair will enforce the fines. If swimmers participate in a relay, and fail to meet the qualifying standard, their team must demonstrate that the aggregate of the times of the four competing swimmers meets the relay qualifying standard. Otherwise, aforementioned fines will be issued.</p>
<p>Image Release:</p>	<p>By attending or participating in this competition, you agree to be filmed and photographed by the host club approved photographer(s) and videographer(s) and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or SCLSC website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team’s head coach and the Meet Director prior to the start of the meet.</p>

<p>Entry Fees:</p>	<p>All fees must be paid prior to the first day of the meet. Clubs should submit a <u>single check</u> payable to Carolina Aquatics Swim Club \$30.00 facility fee per swimmer \$4.00 per individual event \$8.00 per relay \$8.00 per time trial (Fees for time trials must be paid <u>in cash</u> to the Clerk of Course prior to swimming the time trial). \$5.00 Electronic Heat Sheet \$2.00 SCLCS Travel Fund/Program Fee per swimmer \$2.00 SCLCS Sports Development Fee per swimmer \$1.00 Jennifer Smith Scholarship Fund ENTRY FEES FOR EVENTS NOT SWUM WILL NOT BE REFUNDED NOR WILL A CREDIT BE GIVEN.</p> <p>Entry Limits: Swimmers are limited to 3 individual events per day including time trials.</p>
<p>Meet Format:</p>	<p>The Meet Management Committee reserves the right to adjust the warm-up times based on the number of entries. The Meet Management Committee reserves the right to insert breaks in the meet where necessary to allow athletes proper rest. Meet Management also reserves the right to split sessions by gender based on timeline and number of entries. The Meet Management Committee reserves the right to make changes during the meet to provide the best competition environment for the athletes.</p> <ul style="list-style-type: none"> • Deck entries will not be permitted. • All starts will begin at the scoreboard end of the pool except 50-meter swims, which will start at the opposite end. All relays will begin at the scoreboard end. • Meet management reserves the right to utilize “chase starts”. • All Senior events, except those noted on the itinerary and below, will be conducted as Preliminary/Final events with three heats of 10 swimmers returning for finals with the “C” heat protected for 16 and Under • The order for finals shall be C-B-A for Open events. The championship “A” heat will always be the last heat. • All events 400 meters and longer will be positive check-in and deck seeded. Positive check-in will close thirty (30) minutes prior to the start of the session except for the 1500 free. • The positive check in for the 1500 free will close at the start of Finals on Saturday. Must declare am or pm at time of positive check in. Top 10 will swim in finals on Sunday night. • The 400 Free, 400 IM, 800 Free, and 1500 Free will be swum fastest to slowest, alternating girls and boys. • Swimmers must provide their own timers for the 400 IM, 400 Free, and the 1500 free. • Swimmers must provide their own counter for the 800 & 1500 Freestyle. • All Relays will be positive check in and will be swum at the end of finals sessions. Positive check in will close 30 minutes prior to the start of final sessions. • Time Trial fees must be paid upon entry at Clerk of Course. • A time trial is counted as an individual event and is included in the meet total of events. • Time trials will be held at the end of each session at the discretion of the Referee. • Timers for the meet will stay in place for timing of any time trials.
<p>Time of Meet:</p>	<p>Thursday Timed Finals – Warm up 5:00pm, Start 6:00pm Fri/Sat/Sun Prelims – Warm up 8:00am, Start 9:00am Fri/Sat Finals – Warm up 4:30, Start 5:30pm Sun. Finals – Warm up 4:00pm, Start 5:00pm Meet management reserves the right to adjust warm-up and meet start times based upon the number of entries and timeline of the meet. Teams will be notified of any changes in timeline via email and/or the Carolina Aquatics website.</p>

Entries:	<p>SUBMISSION PROCEDURE:</p> <ul style="list-style-type: none"> Go to www.sportstiming.com, click on upcoming meets, and click on "SC LC State Champs." Complete the form, upload your entry file, and click submit. You will receive an email confirmation. If you need to submit updated entry files, you are able to submit a new form and file The entry deadline is 11:59pm, Monday, July 11, 2022. Carolina Aquatics Swim Club, Inc., is not responsible for lost or delayed entries. Faxed entries will not be accepted. <p>SC Swimming does not accept deck registrations, all swimmers entered must be registered at time of entry deadline. All swimmers must be registered with SC Swimming.</p> <ul style="list-style-type: none"> Swimmers may compete in not more than 8 (eight) individual events. Individual event entries are limited to a maximum of three (3) events per day, including time trials. Teams may enter multiple relays but only two can score. A relay may be composed of 4 swimmers whose aggregate time meets the minimum time standard. Aggregate times of each relay's member must be used to prove the relay time. A relay may be composed of 4 swimmers that have qualified to participate in the meet in an individual event. No time standard need be met All times must be listed to the 1/100th of a second. Entries must be submitted using a South Carolina State Meet Qualifying long course meters, short course meters time, and short course yards. Times must be achieved on or after June 1, 2021 and prior to the meet entry deadline of July 11, 2022. For all individual events, proof of time is necessary. Entry times will be checked against the SWIMS database. A psych sheet will be sent to all teams http://www.sportstiming.com/index.html by 5pm on Wednesday, July 13, 2022. Per SC P&P, any corrections must be submitted within 24 hours and must include proof of time. Any times that need to be proven based on SWIMS comparison will need to be proven within 48 hours of receipt of notification or by noon on Saturday, July 16, 2022, whichever is earlier. Entries without proven times will be removed from the meet. Please use swimmer's full name, age, and sanctioned short course yard or long course meter times.
Awards:	<p>Banner and rotating trophies: First place team overall, men, and women</p> <p>Plaques: Second - Third Place team overall</p> <p>High Point: Plaques: Highest scoring male and highest scoring female in each age group</p> <p>Individual Event Medals: First – Tenth Place</p> <p>Relays: Medals: First – Third, Ribbons: Fourth –Tenth</p>
Scoring:	<p>Individual Events: 24-21-20-19-18-17-16-15-14-13- 11-9-8-7-6-5-4-3-2-1</p> <p>Relay Events: 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2</p>
Timing:	<p>Electronic timing services provided by the University of South Carolina. Superior Swim Timing with a 10 lane video display scoreboard with automatic pads. Plungers will be used as secondary back up and one to two manually operated stop watches will provide tertiary back-up.</p>
Coaches Eligibility:	<p>All coaches must be current members in good standing with USA Swimming. Coaches must present their credentials via deck pass at check-in at the Clerk of Course. All certifications and expiration dates will be checked. <u>Coaches will be required to wear a host provided wrist band to aid in identification.</u></p> <p>A coaches meeting will be held approximately 15 minutes prior to the start of the Thursday evening session. The Meet Referee may call other coaches' meetings as needed.</p>

Other Information:

Officials:

- Individuals wishing to officiate at this meet should apply online through the sc-swimming.org website official's portal. Selections will be posted by July 14, 2022.
- The dress at the State Championship Meet for **Prelims will be a collared, white South Carolina Swimming**, sleeved shirt over navy. The dress at **finals will be a collared, red South Carolina Swimming (provided)**, sleeved shirt over navy pants for all officials. We request that white socks and white shoes be worn at all sessions; please, no open-toed shoes of any kind (sandals, flip flops, etc., or feet shoes) If officials have any questions, they may contact Meet Referee Jason Overby.
- Officials will meet 1 hour before the start of the meet in the hospitality room. Officials are required to show proof of current USA Swimming Non-Athlete registration and current USA Swimming Officials credentials.
- This meet will be an Official's Qualifying Meet. Officials interested in advancing their national level qualifications can obtain the following evaluations at this meet: Stroke and Turn – N2/N3, Chief Judge N2/N3, Starter N2, and Deck Referee N2. You MUST turn in a Request for Evaluation FORM, which can be found on the SC-Swimming website under the Officials tab. Send them to Aimee McMillan at officials@sc-swimming.org. PLEASE make sure that you have the prerequisite sessions to request an evaluation BEFORE sending it to Aimee McMillan.

Meet Eligibility Jury: Prior to the entry deadline, the Meet Referee shall appoint a meet eligibility jury of three persons consisting of one athlete, one coach, and one official to rule on petitions affecting the eligibility of any swimmer to compete or to represent a club. This jury will meet and determine the outcome of any protests affecting the eligibility of any swimmer to compete or to represent any team/organization.

Meet Management Committee: A Meet Management Committee will be formed by the Meet Referee prior to entry deadline for the meet. This committee will consist of five (5) persons, at least one of whom must be a coach, and one an athlete designated by the LSC Senior Athlete Representative. The Head Coach of the host club shall be included in along with the Meet Director. One SCLSC Board of Directors member shall also be added and be selected in this order: Technical Planning Chair, Age Group Chair, Senior Chair and Coaches Representative. There shall be no more than two Meet Management Committee members from the Host Club. Prior to the beginning of the meet, the Meet Management Committee will make the decisions regarding timeline breaks or any other changes needed to run the meet in the most efficient manner. Once the meet begins, these decisions will revert to the Meet Referee.

Warm-up Procedures: Team lane assignments will be posted at the start of each session. All SC Swimming LSC and USA Swimming safety guidelines will be enforced. Specific warm-up procedures will be posted on deck. Coaches must closely supervise their swimmers at all times. Diving is permitted only during specific warm-up times, as announced. The use of pull buoys, paddles, kickboards, bands, tubing, and other equipment is prohibited. Warm-up and warm-down area are open at the discretion of the Meet Referee.

Scratch Rule:

- Each swimmer shall become informed of the meet starting time and shall report to the proper meet authorities promptly upon call. Meet announcements and advance information shall specify check-in and scratch procedures for individual and relay events and penalties for violation of those procedures.
- Swimmers may scratch from an event in which they are entered by following the procedures set forth in the meet announcement.
- Any swimmer not reporting for or competing in an individual timed final event, a pre-

seeded preliminary event in which finals will be competed, or a relay shall not be penalized.

- Any swimmer who has been positively checked-in and after the heats have been seeded, and then fails to report will be barred from their next individual event. The application of this penalty shall pertain to the order in which the events are contested.
- Any swimmer qualifying for a final in events in which preliminaries and finals are competed, who fails to swim in that final, shall be barred from all further competition for the remainder of the meet.
- Exception for Failure to Compete. No penalty shall apply for failure to compete in or scratch an individual event if:
 - a) The Referee is notified in the event of illness or injury and accepts proof thereof.
 - b) A swimmer qualifying for a final based upon the results of preliminaries notifies the Referee within thirty (30) minutes of the announcement of the qualifiers for that final event that they may not intend to compete and further declares their final intentions within thirty (30) minutes following their last individual preliminary event.
 - c) A swimmer qualifying for a final event, as a result of scratches following announcement of the qualifiers, based upon the results of preliminaries or failure of a qualifier to swim
 - d) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

Scratch Procedures:

- Swimmers who do not intend to swim an event or must scratch down to the three events per day limit (8 total for the meet) or need to make room for a time trial should be scratched by the indicated deadline. Seeding of events will occur after the scratch deadline has been reached
- Scratch cards should be completed and deposited in the scratch box at Clerk of Course by the appropriate deadline.

Swim Offs: In the case of a swim-off, it is the responsibility of the Deck Referee to notify the coaches. Swim-offs will be held immediately following the preliminary session or not more than 45 minutes after the last heat of any event in which any one of these swimmers is competing in that session. Any swimmer not present for a swim-off will be dropped to the lower place.

Time Trials: Time Trials will be conducted at the conclusion of each session at the discretion of the Meet Referee. A swimmer can only swim in three individual events per day including time trials. **Fees must be paid in cash upon entry to the Clerk of Course prior to swimming a time trial.**

**2022 SC LSC LC Senior State Championships
July 21-24, 2022**

Held under the sanction of USA Swimming issued by SC Swimming: Sanction # SC22116LCM and SC22117TT

ORDER OF EVENTS

Thursday - Timed Finals

Warm up - 5:00pm Start - 6:00pm

Girls Event #	Event	Boys Event #
1	200 Medley Relay (P)	2
3	800 Free (P)	4
5	800 Free Relay (P)	6

(P) Positive Check in

Friday Prelims

Warm up - 8:00 am Start - 9:00 am

Girls Event #	Event	Boys Event #
7	200 Fly	8
9	100 Breast	10
11	200 Free	12
13	50 Free	14
15	400 IM (P)	16

(P) Positive Check In

Friday Finals

Warm up - 4:30 pm - Start - 5:30 pm

Girls Event #	Event	Boys Event #
7	200 Fly	8
9	100 Breast	10
11	200 Free	12
13	50 Free	14
15	400 IM	16
17	200 Free Relay (P)	18

(P) Positive Check In

Saturday Prelims

Warm up - 8am - Start 9am

Girls Event #	Event	Boys Event #
19	100 Back	20
21	200 Breast	22
23	100 Fly	24
25	400 Free (P)	26

(P) Positive Check In

**2022 SC LSC LC Senior State Championships
July 21-24, 2022**

Held under the sanction of USA Swimming issued by SC Swimming: Sanction # SC22116LCM and SC22117TT

Saturday Finals

Warm up - 4:30pm – Start - 5:30pm

Girls Event #	Event	Boys Event #
19	100 Back	20
21	200 Breast	22
23	100 Fly	24
25	400 Free (P)	26
27	400 Medley Relay (P)	28

(P) Positive Check In

Sunday Prelims

Warm-up - 8am – Start - 9am

Girls Event #	Event	Boys Event #
29	200 Back	30
31	100 Free	32
33	200 IM	34
35	1500 Free (P)	36

(P) Positive Check In

Sunday Finals

Warm-up – 4:30pm – Start – 5:30pm

Girls Event #	Event	Boys Event #
29	200 Back	30
31	100 Free	32
33	200 IM	34
35	1500 Free (P)	36
37	400 Free Relay (P)	38

(P) Positive Check In

2022 SC Long Course Senior Championships
July 21-24, 2022
Held under the sanction of USA Swimming issued by SC
Swimming: Sanction Numbers: *SC22116LCM and SC22117TT*

Meet Entry Summary Sheet

Total Number of Swimmers _____ x \$30.00 Pool Surcharge Fee Per Swimmer = \$ _____
 Total Number of Events _____ x \$4.00 Individual Events = \$ _____
 Total Number of Relays _____ x \$8.00 per relay = \$ _____
 Total Number of Swimmers _____ x \$5.00 Electronic Heat Sheet Per Swimmer = \$ _____
 Total Number of Swimmers _____ x \$2.00 SCLSC Sports Development Fee = \$ _____
 Total Number of Swimmers _____ x \$2.00 SCLSC Travel Fund/Program Fee = \$ _____
 Total Number of Swimmers _____ x \$1.00 Jennifer Smith Scholarship Fund = \$ _____

Team: _____ Team Code: _____

Number of coaches at meet: _____

Head Coach: _____

Send e-mail results to: _____

Make Checks Payable To: Carolina Aquatics Swim Club	
WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the safety rules of USA Swimming and SC Swimming regarding warm-up procedures and that I shall be responsible for the compliance of my swimmers with those rules during this meet. 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. It is further understood that the SC LSC, the Carolina Aquatics Swim Club, the University of South Carolina Natatorium or University of South Carolina shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.	

Signature/Title

Date



2021-2022 SENIOR STATE CHAMPIONSHIP

Time Standards

WOMEN				MEN		
SCY	SCM	LCM	EVENT	SCY	SCM	LCM
:26.59	:29.39	:30.69	50 Free	:23.49	:25.99	:27.49
:56.79	1:02.99	1:05.99	100 Free	:50.69	:56.19	:59.99
2:04.39	2:17.99	2:21.59	200 Free	1:51.49	2:03.69	2:11.39
5:29.19	4:53.79	4:57.69	400/500 Free	5:11.39	4:32.39	4:41.69
11:20.09	10:06.89	10:14.29	800/1000 Free	10:40.09	9:20.09	9:36.39
19:15.09	19:38.19	19:50.89	1500/1650 Free	18:09.09	18:15.59	18:46.09
n/a	n/a	n/a	50 Back	n/a	n/a	n/a
1:04.69	1:11.79	1:15.69	100 Back	:57.39	1:03.69	1:08.89
2:20.69	2:35.99	2:42.09	200 Back	2:06.69	2:20.59	2:28.89
n/a	n/a	n/a	50 Breast	n/a	n/a	n/a
1:14.49	1:22.89	1:25.39	100 Breast	1:06.49	1:13.79	1:16.99
2:41.29	2:58.89	3:05.39	200 Breast	2:24.59	2:40.49	2:48.39
n/a	n/a	n/a	50 Fly	n/a	n/a	n/a
1:03.99	1:10.99	1:13.39	100 Fly	:56.79	1:02.99	1:05.89
2:22.89	2:38.59	2:41.39	200 Fly	2:12.99	2:24.09	2:27.99
n/a	n/a	n/a	100 IM	n/a	n/a	n/a
2:22.59	2:38.19	2:41.29	200 IM	2:04.29	2:17.89	2:27.89
5:04.49	5:37.89	5:47.09	400 IM	4:29.19	4:58.79	5:26.09
1:45.99	1:56.59	2:03.79	200 Free Relay	1:34.09	1:43.49	1:50.09
3:48.39	4:11.29	4:23.99	400 Free Relay	3:22.79	3:43.09	3:59.99
8:17.99	9:07.19	9:26.39	800 Free Relay	7:25.99	8:10.59	8:45.59
2:02.99	2:15.29	2:24.29	200 Medley Relay	1:47.29	1:57.99	2:10.89
4:23.09	4:49.39	5:06.39	400 Medley Relay	3:52.39	4:15.79	4:36.89