



AMENDED
2008 TIDEWATER REGION CHAMPIONSHIP
 February 22-24, 2008
 SANCTION NO. VS-08-43



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-08-43
LOCATION:	Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA 23601, (757) 591-4573
FACILITY:	8-lane, 50 meter indoor pool; configured for SC; 6 continuous warm-up / cool down lanes; overflow gutters; non-turbulent lane markers; Colorado Timing System.
MEET DIRECTOR:	Holly Crockett Phone: (757) 597-9618 Email: holly.r.crockett@smithbarney.com
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all USA Swimming/VSI registered swimmers in Tidewater Region. Teams in the Tidewater Region are: CGBD, CYAT, DC, NSD, OBX, ODAC, PRO, PYAC, RACE, SEVA, SSC, TAC, TCAC, TIDE, US, VACS, & WAC • The qualifying period for this meet is January 1, 2007 through February 21, 2008 • All swimmers participating in this meet must be registered by the first day of the meet. • No on deck registration will be permitted. • 14 and younger swimmers may compete in any event in which they have at least a "BB" time, but a time that is slower than the age group championship qualifying time. • 15 and older swimmers may compete in any event in which they have a time that is slower than the senior championship qualifying time. • Swimmers may not swim a relay in an event in which they possess an Age Group Championship (14 and younger) or Senior Championship (15&O) qualifying time. • 2005-2008 NAG top 16 based times are in effect. • Age on February 22, 2008 will determine age for the entire meet. • 10 & 12 year old swimmers aging up between February 23 and March 13, 2008, and 14 year old swimmers aging up between February 23 and March 5, 2008 with times too fast to qualify for this championship will be allowed to compete under the following conditions: <ul style="list-style-type: none"> ○ Any 10 or 12 year old swimmer who does not qualify in their new age group at Age Group Champs may enter the event. ○ Any 14 year old swimmer who does not qualify to swim at Senior Champs may enter the event. ○ 10, 12, & 14 year old swimmers aging up between championships will be seeded correctly by time, however will swim exhibition only, and will not be eligible to receive an award or compete in the finals session.
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"> • All 12 & Younger swimmers will swim timed finals in the afternoon session. • All 13 & Older swimmers will swim a preliminary session in the morning session. The top 16 swimmers in 13-14 and the top 16 swimmers in 15&O will swim the final session each day.
WARM-UP:	<ul style="list-style-type: none"> • Pool deck will not be open to swimmers, coaches, & spectators prior to 6:30 am each day • Morning sessions: Warm-ups at 6:45-7:45 AM; competition starts at 8:00 AM. • Afternoon sessions: Warm-ups at 12:30-1:30 PM; competition starts at 1:45 PM. • Finals sessions: Warm-ups at 5:00-5:45 PM; competition starts at 6:00 PM. • 1000 and 1650 freestyles: The pool will be opened for 15 minutes of open warm-ups immediately following the finish of the relay events, with the 1000 (Friday) and 1650 (Sunday) freestyle competition starting 5 minutes thereafter. <ul style="list-style-type: none"> ○ The approximate start time for the distance sessions will be posted on the CGBD website no later than Tuesday, February 19, 2008, and will also be emailed to the contact person of the

	<p>participating clubs.</p> <ul style="list-style-type: none"> ○ The distance sessions will start no earlier than the estimated times. • Lane assignment and warm-up times for individual clubs will be posted on the CGBD website no later than Tuesday, February 19, 2008, 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, FEBRUARY 12, 2008.</p> <ul style="list-style-type: none"> • Entries must be submitted in Short Course Yards times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. • Teams may submit entries as an e-mail attachment (preferred) or on a compact disk. • A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, www.virginiaswimming.org) with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. • 12 and younger swimmers may enter a maximum of 9 individual events, no more than 3 per day. • 13 and older swimmers may enter a maximum of 8 individual events, no more than 3 per day. • Relay teams must be designated A, B, or C, if more than one per club is entered per event. Teams may submit three (3) relays per event. • The Meet Director reserves the right to combine heats and events, which actions may require reseeding. • Proof of entry times is required for individual and relay events. Entries must include a report showing the date and the meet each swimmer's entry times were achieved. Entries without proof of time will be considered incomplete and will not be processed. • Incomplete entries not resolved prior to the meet entry deadline will be considered late entries and late fees will be charged accordingly. • Times of swimmers not making the meet qualifying time will be checked and the club notified if there is a problem. • 15 & Older swimmers without a time of record in an event may enter with a coach's time. Such times must be so indicated on the proof of times and can not be faster than the 15-16 "B" time standard for the event entered. "No Time" (NT) entries will not be accepted. • Additional proof of ENTRY time, if requested, must be provided to the Age Group Chairman within two (2) weeks of the request. Times not satisfactorily proved in that length of time will be considered non-verifiable and a fine will be assessed. • Email entries to: colleendb@cox.net • Mail entries to: Colleen Beatovich 223 Clayton Drive Yorktown, VA 23693 • IMPORTANT: If entries are sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the receipt of your entries. • Entries achieved at the District Championship meet must be emailed to colleendb@cox.net before 10 pm on Monday, February 18, 2008. Any entries sent after this time will be considered as late entries. • Late entries will be accepted. All late entries must submit proof of time. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, they will go in the slowest heat in an empty lane. If needed, a heat will be added.
FEES:	<p>Individual events: \$3.75 Relay events: \$13.25 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • 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. • Checks should be made payable to: CGBD • Payment must be received by Tuesday, February 19, 2008 for email entries. Payment must be included with all mailed entries. Entries resulting from new qualifying times achieved at the District Champs must be paid before the start of the meet.

	<ul style="list-style-type: none"> Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees.
AWARDS:	<ul style="list-style-type: none"> Individual events will be awarded medals for first through eighth place. The 1000 and 1650 freestyles will be awarded as 13-14 and 15 & older. Relay events will be awarded medals for first through fourth place and ribbons for fifth through eighth place. Team awards will be given. The winning team will receive a banner. The teams placing second through sixth will receive a plaque.
SEEDING:	<ul style="list-style-type: none"> All events, except events 19, 20, 99, 100, 119, 120, 121, 122 will be pre-seeded Events 19, 20 (1000 Free), 99, 100 (1650 Free), & 119, 120, 121, 122 (10 & under and 11-12 500 Free) will require a positive check-in to swim. Positive check-in will close at 9 am Friday for events 19 and 20. Positive check-in will close at 9 am Sunday for events 99 and 100. Positive check-in will close at 1:30 pm Sunday for events 119, 120, 121 and 122. SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. Events 19, 20 (1000 Freestyle) and 99, 100 (1650 Freestyle) will be swum fastest to slowest and alternating heats of girls and boys. THE FASTEST HEAT OF EACH EVENT WILL BE CONDUCTED DURING THE FINAL SESSION EACH DAY. All relay events for 13 & older swimmers will be timed finals and will be conducted during the preliminary session.
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 207.7.9, 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, of all 13&O events, excluding the relays, the 1000 Free, and the 1650 Free. The overhead start procedure will be used for the morning sessions, and may be used for the afternoon 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: Mike Willard Email: jefwilfam@cox.net Phone: (757) 564-4480</p> <ul style="list-style-type: none"> Officials at all positions will be required for this meet. Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees, to Paul Summa (PSumma1@cox.net) not later than Tuesday February 19, 2008.
SAFETY:	<p>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.</p>
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. The number of timers required per club and their lane assignments will be posted on the CGBD website no later than February 19, 2008, and will also be emailed to the contact person of each of

	the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Swimmer / Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators. Any swimmer / spectator who violates Aquatic Center rules (posted at the pool and included in the Programs) will be disqualified from the meet and escorted from the facility. Please note that the City of Newport News prohibits food of any kind in the pool area; permissible beverages inside the pool area are limited to those in closed, plastic containers. • Deck Access: Access to the pool deck will be strictly controlled. Swimmers (during their events), coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Spectators must remain behind the ropes while moving to/from their seats. • Team Areas: Team seating will be available in the pool area. Please note that the City of Newport News requires everyone leaving the pool area and entering any other part of the facility to wear shoes (or sandals). • Spectator Seating: Bleacher seating will be available for spectators. Please note that the City of Newport News prohibits coolers or chairs in the pool area. • Programs: Meet Programs will be sold for \$10.00. • Snack Bar: CGBD will operate a Concessions Stand during the meet. • Swim Supplies: CGBD will operate a Swim Shop during the meet. • First Aid: A staffed First Aid Station is located at end of the pool near the entrance to the Locker Rooms. • Lost and Found: Lost and Found will be located next to the Announcer's Table. • Hospitality: CGBD will operate a Hospitality Room for all coaches and officials during the meet. Breakfast, Lunch, and Dinner will be provided all three days.
FACILITY RULES:	<ul style="list-style-type: none"> • Park only in designated (marked) parking spots. Overflow parking is available at Hines Middle School (next door). • Each team is responsible for the conduct of their athletes. Parents are responsible for any siblings brought to the meet. Please chaperone them closely. • No glass, food, chewing gum, or open drinks allowed in the pool area. Drinks in closed containers (e.g., sports bottles with screw-on tops, plastic bottles with screw-on tops) are acceptable. • No coolers in the pool area. They are allowed in the Gym. • No spectator chairs in the pool area. Adequate seating is available and deck space is limited. They are allowed in the Gym. • Spectators only in the spectator seating areas (adjacent to the competition end of the pool). Swimmers and their equipment should remain in the team seating areas (adjacent to the WU/CD end of the pool or in the Gym.). • No shaving anywhere in the venue.
DIRECTIONS:	From the north/south, follow I-64 to Exit 258 A, J Clyde Morris Boulevard. Take J. Clyde Morris Boulevard to Jefferson Avenue. Turn Left and go approximately 2.5 miles to McLawhorne Drive. Turn right at the light. Pool is on the left.

ORDER OF EVENTS
Friday, February 22, 2008

Morning Prelims

Warm-ups: 6:45-7:45 AM Start: 8:00 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	13-14 100 Breast	2
3	15 & Older 100 Breast	4
5	13-14 200 Free	6
7	15 & Older 200 Free	8
9	13-14 100 Fly	10
11	15 & Older 100 Fly	12
13	13-14 200 IM	14
15	15 & Older 200 IM	16
17	13 & Older 400 Free Relay	18
19	13 & Older 1000 Free	20

Afternoon Timed Finals

Warm-ups: 12:30-1:30 PM Start: 1:45 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
21	11-12 100 Breast	22
23	10 & Under 100 Breast	24
25	11-12 50 Fly	26
27	10 & Under 50 Fly	28
29	11-12 200 Back	30
31	10 & Under 100 IM	32
33	11-12 100 IM	34
35	10 & Under 200 Free	36
37	11-12 200 Free	38
39	11-12 400 Free Relay	40

Order of events for finals: 19-20-1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16

Saturday, February 23, 2008

Morning Prelims

Warm-ups: 6:45-7:45 AM Start: 8:00 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
41	13-14 200 Fly	42
43	15 & Older 200 Fly	44
45	13-14 50 Free	46
47	15 & Older 50 Free	48
49	13-14 200 Breast	50
51	15 & Older 200 Breast	52
53	13-14 100 Back	54
55	15 & Older 100 Back	56
57	13-14 500 Free	58
59	15 & Older 500 Free	60
61	13 & Older 400 Medley Relay	62

Afternoon Timed Finals

Warm-ups: 12:30-1:30 PM Start: 1:45 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
63	11-12 100 Back	64
65	10 & Under 100 Back	66
67	11-12 50 Breast	68
69	10 & Under 50 Breast	70
71	11-12 200 Fly	72
73	10 & Under 100 Free	74
75	11-12 100 Free	76
77	10 & Under 200 IM	78
79	11-12 200 IM	80
81	10 & Under 200 Free Relay	82
83	11-12 200 Free Relay	84

Order of events for finals: 41-42-43-44-45-46-47-48-49-50-51-52-53-54-55-56-57-58-59-60

Sunday, February 24, 2008

Morning Prelims

Warm-ups: 6:45-7:45 AM Start: 8:00 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
85	13-14 200 Back	86
87	15 & Older 200 Back	88
89	13-14 100 Free	90
91	15 & Older 100 Free	92
93	13-14 400 IM	94
95	15 & Older 400 IM	96
97	13 & Older 200 Free Relay	98
99	13 & Older 1650 Free	100

Afternoon Timed Finals

Warm-ups: 12:30-1:30 PM Start: 1:45 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
101	11-12 100 Fly	102
103	10 & Under 100 Fly	104
105	11-12 50 Free	106
107	10 & Under 50 Free	108
109	11-12 200 Breast	110
111	10 & Under 50 Back	112
113	11-12 50 Back	114
115	10 & Under 200 Medley Relay	116
117	11-12 200 Medley Relay	118
119	10 & Under 500 Free	120
121	11-12 500 Free	122

Order of events for finals: 99-100-85-86-87-88-89-90-91-92-93-94-95-96

2008 REGION CHAMPIONSHIP QUALIFYING TIMES

Qualifying Period: January 1, 2007 to February 21, 2008

Girls 10 & Under														Boys 10 & Under					
LCM		SCM		SCY		Events		SCY		SCM		LCM							
Faster than	Slower than	Faster than	Slower than	Faster than	Slower than			Faster than	Slower than	Faster than	Slower than	Faster than	Slower than						
40.89	36.39	39.99	35.59	36.19	32.09	50	Free	35.59	31.89	39.29	35.29	40.39	36.19						
1:32.99	1:20.69	1:30.69	1:19.09	1:22.09	1:11.29	100	Free	1:19.99	1:10.79	1:28.29	1:18.19	1:31.09	1:20.09						
3:23.79	2:56.79	3:16.99	2:52.79	2:58.29	2:36.39	200	Free	2:50.89	2:31.89	3:08.89	2:47.89	3:13.99	2:51.79						
6:55.79	6:04.49	6:42.09	5:57.39	7:39.49	6:48.39	500	Free	7:35.19	6:44.59	6:38.39	5:54.09	6:52.69	6:01.09						
49.89	42.39	48.09	41.79	43.49	37.69	50	Back	43.89	38.09	48.49	42.19	50.49	42.79						
1:48.89	1:31.29	1:43.79	1:30.09	1:33.99	1:21.19	100	Back	1:32.49	1:21.69	1:42.19	1:30.19	1:46.09	1:31.79						
54.89	47.69	52.79	46.49	47.79	41.99	50	Breast	48.19	42.49	53.29	46.89	55.09	48.09						
2:02.39	1:45.59	1:57.89	1:43.19	1:46.69	1:33.39	100	Breast	1:44.79	1:32.69	1:55.79	1:42.39	1:59.79	1:44.99						
48.59	41.09	47.49	40.39	42.99	36.39	50	Fly	41.99	36.69	46.39	40.49	46.89	40.99						
1:56.19	1:37.59	1:52.79	1:35.79	1:42.09	1:26.69	100	Fly	1:40.59	1:25.69	1:51.09	1:34.69	1:53.99	1:36.49						
		1:44.29	1:30.29	1:34.39	1:21.39	100	IM	1:31.39	1:21.29	1:40.99	1:29.79								
3:47.29	3:18.49	3:40.29	3:14.49	3:19.39	2:55.99	200	IM	3:18.09	2:55.29	3:38.89	3:13.69	3:44.79	3:17.69						
Girls 11-12							Boys 11-12												
36.39	32.39	35.49	31.59	32.19	28.49	50	Free	30.99	28.49	34.29	31.59	35.79	32.39						
1:20.19	1:09.99	1:15.49	1:08.39	1:08.29	1:01.69	100	Free	1:08.09	1:02.39	1:15.19	1:09.19	1:17.49	1:10.79						
2:52.39	2:33.09	2:47.79	2:29.89	2:31.79	2:15.09	200	Free	2:27.99	2:15.19	2:43.49	2:29.99	2:48.69	2:33.19						
6:00.09	5:17.69	5:50.09	5:11.29	6:40.09	5:55.99	500	Free	6:35.09	5:59.99	5:45.79	5:14.89	5:56.59	5:21.29						
42.49	37.59	40.99	36.99	37.09	33.29	50	Back	36.79	33.69	40.59	37.39	42.29	37.99						
1:34.39	1:19.59	1:30.49	1:18.39	1:21.89	1:10.69	100	Back	1:19.09	1:11.69	1:27.39	1:19.49	1:31.39	1:20.69						
3:15.79	2:51.59	3:08.09	2:49.19	2:50.19	2:32.49	200	Back	2:46.59	2:32.69	3:04.09	2:49.39	3:15.29	2:51.79						
45.59	42.09	45.49	41.59	41.09	37.49	50	Breast	41.09	37.59	45.39	41.49	47.09	42.69						
1:41.89	1:31.39	1:38.69	1:29.39	1:29.29	1:20.59	100	Breast	1:28.39	1:21.09	1:37.59	1:29.59	1:41.99	1:31.99						
3:40.59	3:17.89	3:32.69	3:13.89	3:12.49	2:54.69	200	Breast	3:07.39	2:52.99	3:26.99	3:11.09	3:37.99	3:15.99						
39.69	35.49	39.09	34.79	35.39	31.39	50	Fly	35.49	32.39	39.19	35.79	39.99	36.59						
1:30.79	1:20.79	1:29.09	1:19.39	1:20.59	1:11.59	100	Fly	1:19.29	1:10.99	1:27.59	1:18.79	1:30.19	1:20.19						
3:17.79	2:59.99	3:11.19	2:56.49	2:52.99	2:39.69	200	Fly	2:51.49	2:38.29	3:09.49	2:54.89	3:15.89	2:58.49						
		1:28.79	1:19.09	1:20.29	1:11.29	100	IM	1:18.29	1:11.69	1:26.49	1:19.59								
3:15.19	2:52.19	3:09.79	2:48.99	2:51.79	2:32.29	200	IM	2:49.69	2:33.79	3:07.49	2:50.69	3:13.89	2:53.89						
Girls 13-14							Boys 13-14												
35.49	30.59	34.29	29.79	30.99	26.89	50	Free	28.79	25.49	31.89	28.29	33.19	29.09						
1:16.99	1:05.89	1:14.49	1:04.29	1:07.39	57.99	100	Free	1:02.89	55.69	1:09.49	1:01.79	1:12.19	1:03.39						
2:45.29	2:22.99	2:40.69	2:19.89	2:25.39	2:05.89	200	Free	2:16.29	2:01.49	2:30.59	2:14.79	2:37.09	2:17.99						
5:42.99	5:01.59	5:34.59	4:55.19	6:22.39	5:37.99	500	Free	6:07.69	5:25.49	5:21.79	4:44.09	5:31.09	4:50.49						
11:41.99	10:26.89	11:29.89	10:14.79	13:08.29	11:42.39	1000	Free	12:39.99	11:35.99	11:05.99	10:08.29	11:23.99	10:21.09						
22:23.09	20:36.39	21:45.59	20:05.09	21:53.19	20:12.19	1650	Free	21:06.99	19:29.49	20:59.59	19:22.69	21:54.19	19:52.79						
1:26.79	1:14.79	1:22.19	1:13.69	1:14.39	1:06.29	100	Back	1:10.29	1:04.39	1:17.69	1:11.39	1:21.29	1:12.59						
3:05.69	2:40.29	2:56.29	2:37.89	2:39.59	2:22.19	200	Back	2:31.09	2:16.29	2:46.99	2:31.19	2:55.09	2:33.59						
1:36.59	1:26.49	1:33.39	1:24.49	1:24.49	1:16.09	100	Breast	1:18.39	1:12.29	1:26.59	1:19.89	1:30.49	1:22.19						
3:27.99	3:06.39	3:21.09	3:02.39	3:01.99	2:44.39	200	Breast	2:49.39	2:36.29	3:07.09	2:52.69	3:17.59	2:57.39						
1:23.69	1:13.59	1:21.49	1:12.19	1:13.79	1:04.99	100	Fly	1:08.69	1:02.69	1:15.89	1:09.49	1:17.99	1:10.89						
3:03.59	2:45.29	2:57.89	2:42.49	2:40.99	2:26.39	200	Fly	2:32.59	2:20.79	2:48.59	2:35.59	2:53.29	2:38.99						
3:06.79	2:41.29	3:01.09	2:38.09	2:43.89	2:22.49	200	IM	2:33.69	2:16.59	2:49.79	2:31.59	2:56.39	2:34.79						
6:32.49	5:40.79	6:22.59	5:34.39	5:46.19	5:01.29	400	IM	5:27.59	4:49.99	6:01.99	5:21.79	6:15.09	5:28.19						
Girls 15 & Over							Boys 15 & Over												
No Minimum Qualifying Time	30.29	No Minimum Qualifying Time	29.29	No Minimum Qualifying Time	26.49	50	Free	No Minimum Qualifying Time	23.79	No Minimum Qualifying Time	26.29	No Minimum Qualifying Time	27.49						
	1:05.39		1:03.39		57.39	100	Free		51.99		57.49		1:00.19						
	2:19.69		2:15.79		2:02.79	200	Free		1:51.49		2:03.39		2:08.59						
	4:54.19		4:47.19		5:28.79	500	Free		5:05.79		4:26.89		4:35.19						
	10:08.19		9:53.39		11:18.99	1000	Free		10:33.99		9:13.59		9:29.19						
	19:37.19		19:02.29		19:08.99	1650	Free		18:00.99		17:54.69		18:34.49						
	1:14.99		1:11.69		1:04.89	100	Back		58.69		1:04.79		1:08.59						
	2:38.89		2:33.09		2:18.39	200	Back		2:06.59		2:19.19		2:27.39						
	1:24.09		1:20.89		1:13.19	100	Breast		1:06.29		1:13.29		1:17.19						
	3:00.59		2:54.39		2:37.79	200	Breast		2:23.89		2:38.99		2:46.99						
	1:12.59		1:10.69		1:03.99	100	Fly		56.89		1:02.09		1:05.09						
	2:37.79		2:35.19		2:20.49	200	Fly		2:08.79		2:22.29		2:25.89						
	2:39.09		2:35.19		2:20.59	200	IM		2:08.79		2:22.19		2:28.39						
5:33.19	5:24.09	4:52.49	400	IM	4:31.79	5:00.79	5:10.89												