



**NORTHERN VIRGINIA REGION CHAMPIONSHIP**  
**February 26-28, 2010**  
**SANCTION NO. VS-10-53**

Hosted by  
**QDD**  
Swim Team

<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-10-53</b>
<b>LOCATION:</b>	George Mason University, Freedom Aquatic and Fitness Center, Manassas VA., (703) 993-8444
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• Ten Lane, 50 Meter indoor pool; Non-Turbulent Lane Markers; Colorado Automatic Timing System; setup to conduct competition in a 25 yards, starting from the deep end (13.5" feet deep) and swimming into a bulkhead (6 feet deep).</li><li>• At least 3 lanes will be available throughout the meet for continuous warm-up and cool down.</li><li>• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li></ul>
<b>MEET DIRECTOR:</b>	Karen Harrison Phone: (703) 369-7669 Email: <a href="mailto:thebigmahmuh@aol.com">thebigmahmuh@aol.com</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all USA Swimming/VSI registered swimmers in Northern Virginia Region. Teams in the Northern Virginia Region are: BASS, NOVA, PWSC, QDD, RAYS, RPST, SHKS, STAT, TSU, VAST, VSTP, &amp; WST</li><li>• The qualifying period for this meet is January 1, 2009 through February 25, 2010</li><li>• No on deck Virginia Swimming athlete registration will be permitted.</li><li>• <b>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.</b></li><li>• <b>15 and older swimmers may compete in any event in which they have a time that is slower than the senior championship qualifying time.</b></li><li>• Swimmers may not swim a relay in any event (stroke and distance) in which they possess an Age Group Championship (14 and younger) or Senior Championship (15&amp;O) qualifying time.</li><li>• 2009-2012 NAG time standards are in effect.</li><li>• Age on February 26, 2010 will determine age for the entire meet.</li><li>• 10 &amp; 12 year old swimmers aging up from February 27 to March 18, 2010, and 14 year old swimmers aging up from February 27 to March 4, 2010 with times too fast to qualify for this championship will be allowed to compete under the following conditions:<ul style="list-style-type: none"><li>○ Any 10 or 12 year old swimmer who does not qualify in their new age group at Age Group Champs may enter the event.</li><li>○ Any 14 year old swimmer who does not qualify to swim at Senior Champs may enter the event.</li><li>○ 10, 12, &amp; 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.</li></ul></li></ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"><li>• Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li><li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>• All 12 &amp; Younger swimmers will swim timed finals in the afternoon session.</li><li>• All 13 &amp; 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&amp;O will swim the final session each day.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• Morning sessions: Warm-ups at 7:00 am; competition starts at 8:10 am.</li><li>• Afternoon sessions: Warm-ups not prior to 11:00 am; Competition starts not prior to 12:10 pm</li><li>• Finals sessions: Warm-ups at 4:00 pm; competition starts at 5:00 pm.</li><li>• 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.</li></ul>

	<ul style="list-style-type: none"> <li>○ The approximate start time for the distance sessions will be posted on the QDD (<a href="http://www.gddswim.org">www.gddswim.org</a>) website no later than February 24, 2010, and will also be emailed to the contact person of the participating clubs.</li> <li>○ The distance sessions will start no earlier than the estimated times.</li> <li>● Lane assignment and warm-up times for individual clubs will be posted on the QDD (<a href="http://www.gddswim.org">www.gddswim.org</a>) website no later than February 24, 2010 and will also be emailed to the contact person of the participating clubs.</li> <li>● If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> <li>● The meet director reserves the right to change the warm up times posted here once the entries are in to help the timeline. Changes will be posted on the website and emailed to the contact person.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 16, 2010</b></p> <ul style="list-style-type: none"> <li>● Conforming and Non-conforming times will be used for entry – Short Course Yards then Long Course Meters then Short Course Meters. Non-conforming times will be seeded following all conforming times.</li> <li>● Entries must be submitted using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.</li> <li>● Teams submit entries as an e-mail attachment.</li> <li>● A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, <a href="http://www.virginiaswimming.org">www.virginiaswimming.org</a>) 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.</li> <li>● 12 and younger swimmers may enter a maximum of 9 individual events, no more than 3 pre day.</li> <li>● 13 and older swimmers may enter a maximum of 8 individual events, no more than 3 per day.</li> <li>● 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. <ul style="list-style-type: none"> <li>○ Relay entry times must be slower than the combined VSI SC Age Group Championship qualifying time for 14 &amp; younger swimmers and must be slower than the combined VSI SC Senior Championship qualifying time for 15 &amp; older swimmers for the corresponding relay.</li> <li>○ See the “not faster than” relay times chart on page 4.</li> </ul> </li> <li>● The Meet Director reserves the right to combine heats and events, which actions may require reseeding.</li> <li>● <b>Proof of entry times is required for individual events.</b> 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.</li> <li>● <b>Incomplete entries not resolved prior to the meet entry deadline will be considered late entries and late fees will be charged accordingly.</b></li> <li>● Times of swimmers not making the meet qualifying time will be checked and the club notified if there is a problem.</li> <li>● <b>15 &amp; 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.</b></li> <li>● 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.</li> <li>● Email entries to: <a href="mailto:rlisbon@comcast.net">rlisbon@comcast.net</a></li> <li>● Mail entries to: Rick Lisbon 3113 Fennegan Ct Woodbridge VA 22192</li> <li>● <b>IMPORTANT:</b> 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.</li> <li>● Entries achieved at the District Championship meet must be emailed <a href="mailto:rlisbon@comcast.net">rlisbon@comcast.net</a> before 10 pm on Monday, February 22, 2010. Any entries sent after this time will be considered as late entries.</li> <li>● <b>Late entries will be accepted.</b> All late entries must submit proof of time. If received prior to the</li> </ul>

	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.
<b>FEES:</b>	<p>Individual events: \$6.50  Relay events: \$14.00  Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>• <b>Late Fees:</b> In addition to the regular entry fee, a fee of <b>\$10</b> per event prior to the first day of the meet and <b>\$25</b> per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</li> <li>• Checks should be made payable to: QDD Swim Team</li> <li>• Payment must be received by Tuesday, February 23, 2010, 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.</li> <li>• 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.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events will be awarded medals for first through eighth place. The 1000 and 1650 freestyles will be awarded as 13-14 and 15 &amp; older age groups.</li> <li>• Relay events will be awarded medals for first through fourth place and ribbons for fifth through eighth place.</li> <li>• Team awards will be given. The winning team will receive a banner. The teams placing second through sixth will receive a plaque. Scoring will be as follows: <ul style="list-style-type: none"> <li>○ <b>Individual:</b> Finals - 20-17-16-15-14-13-12-11; Consolations - 9-7-6-5-4-3-2-1.</li> <li>○ All individual events including 12&amp;Y will be scored to 16 places.</li> <li>○ <b>Relay:</b> Finals - 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.</li> </ul> </li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except events 21, 22, 105, 106, 125, 126, 127, &amp; 128 will be pre-seeded</li> <li>• Events 21, 22 (1000 Free), 105, 106 (1650 Free), &amp; 125, 126, 127, 128 (10 &amp; under and 11-12 500 Free) will require a positive check-in to swim.</li> <li>• Positive check-in will close at 8:40 am Friday for events 21 and 22.</li> <li>• Positive check-in will close at 8:40 am Sunday for events 105 and 106.</li> <li>• Positive check-in will close at 12:40 pm Sunday for events 125, 126, 127 and 128.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• Events 21, 22 (1000 Freestyle) and 105, 106 (1650 Freestyle) will be swum fastest to slowest and alternating heats of girls and boys. <ul style="list-style-type: none"> <li>○ Swimmers will be given the option of swimming in the prelim session or final session.</li> <li>○ <b>THE FASTEST HEAT OF EACH EVENT OF SWIMMERS DECLARING TO SWIM IN THE FINAL SESSION WILL BE CONDUCTED DURING THE FINAL SESSION EACH DAY.</b></li> </ul> </li> <li>• All relay events for 13 &amp; older swimmers will be timed finals and will be conducted during the preliminary session.</li> </ul>
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li>• <b>Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded.</b></li> <li>• <b>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.</b></li> <li>• <b>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.</b></li> <li>• 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.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• The scratch procedures listed in the 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: <b>The scratch rule regarding finals will apply to both heats, final and consolation, of all 13&amp;O events, excluding the relays, the 1000 Free, and the 1650 Free.</b></li> <li>• The overhead start procedure will be used for the morning sessions, and may be used for the</li> </ul>

	<p>afternoon sessions at the discretion of the Referee.</p> <ul style="list-style-type: none"> <li>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.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Janet Sheffer</b>  <b>Email: <a href="mailto:janet.sheffer@millercoors.com">janet.sheffer@millercoors.com</a></b>  <b>Phone: (540) 433-9519</b></p> <p><b>Rick Lisbon</b>  <b>Email: <a href="mailto:rlisbon@comcast.net">rlisbon@comcast.net</a></b>  <b>Phone: (703) 491-8210</b></p> <ul style="list-style-type: none"> <li>Officials at all positions will be required for this meet.</li> <li>Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees Andrea Morisi, Email: <a href="mailto:andrea@adameen.com">andrea@adameen.com</a>, by February 22, 2010</li> <li>There will be an officials meeting in hospitality 45 minutes prior to the start of each session.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>The number of timers required per club and their lane assignments will be posted on the QDD (<a href="http://www.qddswim.org">www.qddswim.org</a>) website no later than February 24th, and will also be emailed to the contact person of each of the individual clubs.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>Heat sheets will be sold for \$10 with finals heat sheets at no cost with coupon. Final heat sheets will be \$2 without coupon.</li> <li>A Hospitality Suite will be available (refreshments &amp; lunch) for USS officials &amp; coaches.</li> <li>Concessions snack bar and PRO SHOP will be available.</li> <li>Refreshments, lunch and evening snacks will be provided for USS officials &amp; coaches</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>Each club is responsible for supervising the conduct of their swimmers.</li> <li>Swimmers are not permitted in any room of the buildings not directly associated with this swim meet.</li> <li>No towels or suits etc. are to be hung on or around the lifeguard stands.</li> <li>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. All others are required to be in the elevated spectator bleachers or the gymnasium.</li> <li>No cars are to be left in the fire lanes.</li> <li>Parking will be in an adjacent parking lot with a "drop off" zone near the facility</li> <li>Swimmers must be housed in the gymnasium not the hallways.</li> </ul>
<b>DIRECTIONS:</b>	Directions are available on the Virginia Swimming Website
<b>HOTELS:</b>	<ul style="list-style-type: none"> <li>Candlewood Suites Manassas  11220 Balls Ford Rd.  Manassas, VA 20109  (703) 530-0550 ext. 7152 for sales  <b>Source code: QDD Swim Meet</b></li> </ul>

**RELAY "NOT FASTER THAN TIMES" CHART**

Age Group	Gender	400 Medley Relay	400 Free Relay	200 Medley Relay	200 Free Relay
<b>10&amp;U</b>	Girls	N/A	N/A	2:28.16	2:08.36
	Boys	N/A	N/A	2:28.16	2:06.36
<b>11-12</b>	Girls	N/A	4:06.56	2:10.56	1:53.56
	Boys	N/A	4:08.36	2:10.86	1:53.96
<b>13-14</b>	Girls	4:24.66	3:51.96	N/A	1:47.16
	Boys	4:13.06	3:41.56	N/A	1:41.56
<b>Senior</b>	Girls	4:12.56	3:43.56	N/A	1:43.56
	Boys	3:47.66	3:20.76	N/A	1:32.36

**ORDER OF EVENTS**  
**Friday, February 26, 2010**

**Morning Prelims**

**Warm-ups: 7:00 am; Start: 8:10 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	13-14 400 Free Relay	18
19	Senior 400 Free Relay	20
21	13 & Older 1000 Free	22

**Afternoon Timed Finals**

**Warm-ups: 11:00 am; Start: 12:10 pm**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
23	11-12 100 Breast	24
25	10 & Under 100 Breast	26
27	11-12 50 Fly	28
29	10 & Under 50 Fly	30
31	11-12 200 Back	32
33	10 & Under 100 IM	34
35	11-12 100 IM	36
37	10 & Under 200 Free	38
39	11-12 200 Free	40
41	11-12 400 Free Relay	42

**Order of events for finals: 21-22-1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16**

**Saturday, February 27, 2010**

**Morning Prelims**

**Warm-ups: 7:00 am; Start: 8:10 am**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
43	13-14 200 Fly	44
45	15 & Older 200 Fly	46
47	13-14 50 Free	48
49	15 & Older 50 Free	50
51	13-14 200 Breast	52
53	15 & Older 200 Breast	54
55	13-14 100 Back	56
57	15 & Older 100 Back	58
59	13-14 400 Medley Relay	60
61	Senior 400 Medley Relay	62
63	13-14 500 Free	64
65	15 & Older 500 Free	66

**Afternoon Timed Finals**

**Warm-ups: 11:00 am; Start: 12:10 pm**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
67	11-12 100 Back	68
69	10 & Under 100 Back	70
71	11-12 50 Breast	72
73	10 & Under 50 Breast	74
75	11-12 200 Fly	76
77	10 & Under 100 Free	78
79	11-12 100 Free	80
81	10 & Under 200 IM	82
83	11-12 200 IM	84
85	10 & Under 200 Free Relay	86
87	11-12 200 Free Relay	88

**Order of events for finals: 43-44-45-46-47-48-49-50-51-52-53-54-55-56-57-58-63-64-65-66**

**Sunday, February 28, 2010**

**Morning Prelims**

**Warm-ups: 7:00 am; Start: 8:10 am**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
89	13-14 200 Back	90
91	15 & Older 200 Back	92
93	13-14 100 Free	94
95	15 & Older 100 Free	96
97	13-14 400 IM	98
99	15 & Older 400 IM	100
101	13-14 200 Free Relay	102
103	Senior 200 Free Relay	104
105	13 & Older 1650 Free	106

**Afternoon Timed Finals**

**Warm-ups: 11:00 am; Start: 12:10 pm**

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
107	11-12 100 Fly	108
109	10 & Under 100 Fly	110
111	11-12 50 Free	112
113	10 & Under 50 Free	114
115	11-12 200 Breast	116
117	10 & Under 50 Back	118
119	11-12 50 Back	120
121	10 & Under 200 Medley Relay	122
123	11-12 200 Medley Relay	124
125	10 & Under 500 Free	126
127	11-12 500 Free	128

**Order of events for finals: 105-106-89-90-91-92-93-94-95-96-97-98-99-100**

**2010 REGION CHAMPIONSHIP QUALIFYING TIMES**

Qualifying Period: January 1, 2009 to February 25, 2010

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
40.79	36.39	39.79	35.49	35.99	32.09	50 Free	35.19	31.59	38.89	34.89	40.19	36.09
1:32.99	1:20.69	1:30.19	1:19.09	1:21.59	1:11.29	100 Free	1:19.99	1:10.79	1:28.29	1:18.19	1:31.09	1:20.09
3:23.59	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
6:51.59	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	47.99	41.79	43.49	37.69	50 Back	43.69	37.69	48.29	41.89	50.09	42.49
1:48.89	1:32.29	1:43.79	1:30.09	1:33.99	1:21.19	100 Back	1:32.09	1:20.89	1:41.69	1:29.79	1:45.69	1:30.99
54.89	47.69	52.79	46.49	47.79	41.99	50 Breast	47.89	42.19	52.99	46.69	55.09	48.09
2:02.29	1:45.59	1:57.89	1:43.19	1:46.69	1:33.39	100 Breast	1:43.69	1:31.79	1:54.59	1:41.39	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
1:55.19	1:35.59	1:52.79	1:34.19	1:42.09	1:24.79	100 Fly	1:40.39	1:25.59	1:50.89	1:34.59	1:53.19	1:36.49
		1:43.59	1:29.79	1:33.79	1:20.89	100 IM	1:31.19	1:21.09	1:40.69	1:29.59		
3:46.49	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	35.19	31.59	31.89	28.39	50 Free	30.99	28.49	34.29	31.59	35.29	32.39
1:19.59	1:09.99	1:15.49	1:08.39	1:08.29	1:01.59	100 Free	1:07.89	1:02.09	1:14.99	1:08.99	1:17.39	1:10.59
2:50.79	2:32.59	2:47.39	2:29.39	2:31.49	2:14.59	200 Free	2:27.49	2:15.19	2:42.99	2:29.99	2:47.79	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	5:54.39	5:21.29
42.29	37.59	40.59	36.99	36.79	33.29	50 Back	36.49	33.09	40.29	36.79	42.19	37.39
1:31.09	1:19.59	1:29.59	1:18.39	1:21.09	1:10.69	100 Back	1:19.09	1:11.69	1:27.39	1:19.49	1:31.39	1:20.69
3:15.29	2:51.59	3:06.69	2:49.19	2:48.89	2:32.49	200 Back	2:45.59	2:32.69	3:02.99	2:48.89	3:11.09	2:51.79
45.59	42.09	45.19	41.59	40.89	37.49	50 Breast	40.79	37.29	45.09	41.19	47.09	42.69
1:41.89	1:31.29	1:38.69	1:29.29	1:29.29	1:20.39	100 Breast	1:27.79	1:20.49	1:36.99	1:28.99	1:40.89	1:31.99
3:40.59	3:17.89	3:31.79	3:13.89	3:11.69	2:54.69	200 Breast	3:07.29	2:52.89	3:26.89	3:10.99	3:37.49	3:15.99
39.39	35.49	38.79	34.79	35.09	31.39	50 Fly	35.19	31.99	38.89	35.59	39.59	36.19
1:30.79	1:20.69	1:28.59	1:19.29	1:20.19	1:11.39	100 Fly	1:18.69	1:10.99	1:26.99	1:18.79	1:29.49	1:20.19
3:14.19	2:59.29	3:09.79	2:55.19	2:51.79	2:38.59	200 Fly	2:48.29	2:35.29	3:05.89	2:51.59	3:13.39	2:58.49
		1:28.59	1:19.09	1:20.09	1:11.29	100 IM	1:17.59	1:11.49	1:25.69	1:19.59		
3:14.79	2:51.49	3:08.59	2:48.29	2:50.69	2:31.59	200 IM	2:49.39	2:32.79	3:07.09	2:49.59	3:13.89	2:52.79
Girls 13-14						Boys 13-14						
35.19	30.59	34.29	29.79	30.99	26.79	50 Free	28.49	25.39	31.49	28.19	32.79	28.99
1:16.19	1:05.89	1:14.39	1:04.29	1:07.39	57.99	100 Free	1:02.19	55.39	1:08.79	1:01.49	1:11.49	1:03.09
2:44.39	2:21.99	2:40.19	2:18.79	2:24.99	2:04.99	200 Free	2:15.69	2:01.19	2:29.89	2:14.59	2:35.19	2:17.79
5:42.99	5:01.59	5:34.59	4:55.19	6:22.39	5:37.99	500 Free	6:03.19	5:21.69	5:17.79	4:40.69	5:27.99	4:47.09
11:41.99	10:26.89	11:29.89	10:14.79	13:08.29	11:42.39	1000 Free	12:34.39	11:35.99	11:00.29	10:08.29	11:21.79	10:21.09
22:23.09	20:36.39	21:45.59	20:05.09	21:53.19	20:12.19	1650 Free	20:51.99	19:15.69	20:44.69	19:08.99	21:35.29	19:52.79
1:24.29	1:14.49	1:21.99	1:13.29	1:14.19	1:05.99	100 Back	1:09.59	1:03.49	1:16.89	1:10.49	1:20.59	1:11.69
3:01.29	2:39.49	2:56.29	2:37.09	2:39.59	2:21.49	200 Back	2:29.79	2:15.49	2:45.49	2:30.39	2:54.09	2:32.79
1:36.39	1:25.29	1:32.89	1:24.09	1:24.09	1:15.69	100 Breast	1:18.09	1:12.09	1:26.29	1:19.59	1:28.09	1:21.29
3:27.99	3:06.09	3:19.69	3:02.09	3:00.69	2:43.99	200 Breast	2:49.39	2:36.29	3:07.09	2:52.69	3:17.19	2:57.39
1:22.89	1:13.59	1:21.19	1:12.19	1:13.49	1:04.99	100 Fly	1:08.09	1:02.09	1:15.29	1:08.99	1:16.99	1:10.39
3:02.29	2:45.29	2:57.89	2:42.49	2:40.99	2:26.39	200 Fly	2:31.99	2:20.29	2:47.89	2:34.99	2:51.99	2:38.79
3:05.69	2:41.29	3:00.09	2:38.09	2:42.99	2:22.49	200 IM	2:31.99	2:15.99	2:47.89	2:30.99	2:55.99	2:34.19
6:31.09	5:40.79	6:20.39	5:34.39	5:44.29	5:01.29	400 IM	5:25.49	4:46.59	5:59.69	5:18.19	6:13.19	5:24.59
Girls 15 & Over						Boys 15 & Over						
<b>No Minimum Qualifying Time</b>	29.49	<b>No Minimum Qualifying Time</b>	28.69	<b>No Minimum Qualifying Time</b>	25.89	50 Free	<b>No Minimum Qualifying Time</b>	23.09	<b>No Minimum Qualifying Time</b>	25.59	<b>No Minimum Qualifying Time</b>	26.29
	1:03.19		1:01.79		55.89	100 Free		50.19		57.49		
	2:15.39		2:12.39		1:59.79	200 Free		1:49.29		2:04.79		
	4:47.99		4:43.19		5:23.59	500 Free		4:59.79		4:28.39		
	10:02.29		9:52.19		11:16.59	1000 Free		10:33.99		9:29.19		
	19:37.19		19:02.29		19:08.99	1650 Free		17:51.89		18:15.99		
	1:11.79		1:09.19		1:02.59	100 Back		56.89		1:05.79		
	2:34.99		2:29.89		2:15.59	200 Back		2:04.79		2:22.69		
	1:23.09		1:20.09		1:12.39	100 Breast		1:05.29		1:15.59		
	2:57.99		2:52.39		2:35.99	200 Breast		2:21.79		2:44.59		
	1:09.09		1:08.19		1:01.69	100 Fly		55.29		1:02.39		
	2:35.79		2:32.89		2:18.39	200 Fly		2:07.79		2:24.29		
2:35.19	2:30.69	2:16.39	200 IM	2:03.49	2:22.49							
5:28.09	5:20.49	4:49.99	400 IM	4:29.19	5:05.99							