



**Nor'Eastern Championships**  
**March 26-29, 2015**  
**SANCTION NO. VS-15-69**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-15-69</b></li><li>• USA Swimming, Inc., Virginia Swimming, Inc., PSDN, and Collegiate School Aquatic Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</li></ul>
<b>LOCATION:</b>	Collegiate School Aquatics Center, 5050 Ridgedale Parkway, Richmond, VA, 23224, 804-447-2487
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• The 50-meter competition pool with bulkhead offers two 25 yard competition pools with a depth of seven feet and seven inches at the sides and eight feet and two inches in the center. Competition lanes are a minimum of 9 feet wide swum wall to bulkhead.</li><li>• Indoor 6 lane 25 yard pool for continuous warm-up, cool-down.</li><li>• Non-Turbulent Lane Markers in both pools</li><li>• Omega Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches.</li><li>• The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet.</li><li>• Spectator seating for 700 plus.</li><li>• The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4).</li></ul>
<b>MEET DIRECTOR:</b>	Name: Amy Bollinger Email: <a href="mailto:admin@poseidonswimming.com">admin@poseidonswimming.com</a> Phone: 804-447-2487
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all 14 and younger athletes registered with USA Swimming athletes before the first day of the meet who have the qualifying standard (page 9) in each event entered.</li><li>• No on deck USA Swimming athlete registration will be permitted.</li><li>• The qualifying period for the meet is January 1, 2014 until March 26, 2015</li><li>• Age on March 26, 2015 will determine age for the entire meet.</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 Age groups swim prelims in the AM session and finals in the PM session</li><li>• 10 &amp; under events:<ul style="list-style-type: none"><li>• All events will be swum as prelims/finals with the top 8 qualifiers competing at finals; except for the 500 free. This event will require positive check-in and will be swum fastest to slowest.</li></ul></li><li>• 11-12 Events<ul style="list-style-type: none"><li>• All events will be swum as prelims/finals with the top 16 qualifying for finals, except for the following events: 200 Backstroke, 200 Breaststroke, and 200 Butterfly, 400 IM and 500 free.</li><li>• 200 backstroke, breaststroke and butterfly will be swum as timed finals events with the fastest heat (8 girls, 8 boys) swimming during finals.</li><li>• 400 IM will be conducted as a timed final event seeded fastest to slowest. Swimmers</li></ul></li></ul>
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	<p>The 500 free will be conducted as a timed final event with the fastest heat (8girls and 8 boys) competing during finals. This event will require positive check-in and be deck seeded.</p> <ul style="list-style-type: none"> <li>• 13-14 Events <ul style="list-style-type: none"> <li>• All events will be swim prelims/finals with the top 16 qualifiers in each event competing during finals, except for the 400 IM and 500 free.</li> <li>• 400 IM will be conducted as a timed final with the fastest two heats(16 girls, 16 boys) competing at finals.</li> <li>• 500 freestyle will be conducted as a timed final event with the top 2 heats competing at finals(16 girls, 16 boys). All other participants will compete during preliminaries</li> </ul> </li> <li>• 1000 and 1650 Freestyle <ul style="list-style-type: none"> <li>• Events 9, 10, 107 and 108 will be swum as timed finals and scored separately for 11-12 and 13-14 age groups.</li> <li>• Swimmers must provide their own timer and lap counters for these events</li> <li>• Events 107 and 108 will begin 15 minutes upon the conclusion of the AM session</li> </ul> </li> <li>• Relays <ul style="list-style-type: none"> <li>• Will be swum as timed finals with the top 8 seeded relays competing at finals. All other relays will compete during the preliminary session. Positive check-in required and deck seeded.</li> </ul> </li> <li>• Finals <ul style="list-style-type: none"> <li>• The top 8 10 &amp; younger trials qualifiers will swim an A final. All other age groups, the top 16 qualifiers will compete in the final session in the following order: B(Consolation Final) then A(Championship Final). Both heats will parade out together from the ready room. Finalists are asked to participate, but not required to report to the ready room</li> </ul> </li> <li>• If necessary, dual courses may be swum for part or all of the meet, depending on the number of entries.</li> </ul>
<p><b>WARM-UPS:</b></p>	<ul style="list-style-type: none"> <li>• The Thursday evening sessions general warm-ups will be conducted from 3:00 PM-4:00 PM, from 4:00 PM-4:20 PM specific warm-ups will be conducted. The pool will close 10 minutes prior to the meet start time at 4:30 PM.</li> <li>• Preliminary session general warm-ups will be conducted from 6:45 AM-8:00 AM from 8:00 AM-8:20 AM specific warm-ups will be conducted. The pool will close 10 minutes prior to the meet start time at 8:30 AM</li> <li>• Finals sessions general warm-ups will be conducted from 4:15 PM-5:15 PM from 5:15 PM-5:30 PM specific warm-ups will be conducted. The pool will close 10 minutes prior to the meet start time at 5:45 PM.</li> <li>• Warm-ups for Sunday's 1650 free will be held for 10 minutes immediately following the Sunday preliminary session. Competition to start 15 minutes after prelims finish.</li> </ul>
<p><b>ENTRIES:</b></p>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, MARCH 19, 2015.</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software.</li> <li>• Teams submit entries via email.</li> <li>• An entry report must be included with the name of the person to contact in case of entry questions.</li> <li>• Swimmers must have achieved a Qualifying Time (QT) during the qualifying period. All QT's must have been achieved in a USA Swimming sanctioned, approved, or observed competition.</li> <li>• A swimmer will be awarded 4 bonus entries for 1 QT reached and 8 bonus entries for 2 QT reached. There will be no qualification restriction on bonus entries.</li> <li>• Swimmers may enter a maximum of <b>10 individual event(s) and 4 relay event(s)</b> for the meet. Swimmers may only enter a maximum of <b>3 individual event(s) per day.</b></li> <li>• Each team may only enter a <b>maximum of 2 relay teams per event</b> designated by an A and B</li> </ul>

	<p>relay.</p> <ul style="list-style-type: none"> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>• The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which actions may require reseeding. Relays may also be eliminated if necessary and relay fees will be refunded should this happen.</li> <li>• <b>All 13-14 200 Medley Relays will be entered in 400 Medley Relay times. NT(No Time) entry will not be accepted</b></li> <li>• Email entries to: Marla Shreve, <a href="mailto:entries@poseidonswimming.com">entries@poseidonswimming.com</a></li> <li>• Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Administrative Referee on the provided forms.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$6.50 Relay events: \$15.00 Swimmer surcharge: \$2.50 per person</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: Poseidon Swimming</li> <li>• Mail payment to: 5050 Ridgedale Parkway Richmond, VA 23234</li> <li>• Payment must be received by March 26, 2015 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>• <b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the acceptance of your entries.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Medals will be awarded to the places 1<sup>st</sup>-8<sup>th</sup> and ribbons will be awarded to places 9<sup>th</sup>-16<sup>th</sup>. 14 &amp; under events will be scored at 13-14, 11-12, and 10 &amp; under events.</li> <li>• Relay events: Medals will be awarded to places 1<sup>st</sup>-3<sup>rd</sup> and ribbons will be awarded to places 4<sup>th</sup>-8<sup>th</sup>.</li> <li>• Team Awards will be awarded to the Top Boy's Team, Top Girl's Team, and Top Combined Team.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• Individual Events will be scored A finals: 20-17-16-15-14-13-12-11 B finals: 9-7-6-5-4-3-2-1</li> <li>• Relays will be scored A finals: 40-34-32-30-28-26-24-22 B finals:18-14-12-10-8-5-4-2</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except #1-10, 33-42, 43-48, 67-76, 87, 88, and 97-108 will be pre-seeded.</li> <li>• Events #1-10, 33-42, 43-46, 67-76, 87, 88, and 97-108 will require a positive check-in to swim.</li> <li>• Positive check-in will close at 30 minutes prior to start of each session.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• Events # 5-10 and 107 and 108 will be swum fastest to slowest.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• The current USA Swimming Rules and Regulations will apply.</li> <li>• Any swimmer entered in the meet must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</li> <li>• The overhead start procedure will be used for the preliminary sessions, and may be used for the finals sessions at the discretion of the Referee.</li> <li>• The scratch procedures listed in the current <i>USA Swimming Rules and Regulations</i>, Article 207.11.6, sections D and E only will be in effect and modified as follows: The scratch rule regarding finals will apply to both heats (final and consolation), of all events, excluding 1-10, 33-46, 67-76, 87, 88, 101-108(timed final events).</li> <li>• Use of audio or visual recording devices, including cell phones, is not permitted in changing</li> </ul>

	<p>areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</p> <ul style="list-style-type: none"> <li>• Changing into or out of swimsuits other than in locker rooms or other designated areas is PROHIBITED.</li> <li>• Swimmers should shower before entering the pool.</li> <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 <ul style="list-style-type: none"> <li>○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director</li> </ul> </li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Bob Rustin, <a href="mailto:bob.a.rustin@usa.dupont.com">bob.a.rustin@usa.dupont.com</a>, 804-387-8736.</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Georgia Coopersmith, <a href="mailto:georgia.coopersmith@comcast.net">georgia.coopersmith@comcast.net</a> no later than March 22, 2015.</li> <li>• Officials meetings will be one hour prior to the start of the 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 may 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 Poseidon no later than Monday, March 23, 2015, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Timers must be provided by the swimmer for events # 9-10, 107-108.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• No glass containers of any kind are permitted in the facility.</li> <li>• No spectators/parents will be allowed on deck unless working the meet.</li> <li>• No smoking is allowed on the campus.</li> <li>• Doors are not to be propped open (HVAC) and the front door is the only entry/exit door from the facility</li> <li>• All pool rules are posted pool side.</li> </ul>
<b>DIRECTIONS:</b>	Directions to the facility can be found on <a href="http://www.poseidonswimming.com">www.poseidonswimming.com</a>
<b>HOTELS:</b>	Hotel information can be found at <a href="http://www.poseidonswimming.com">www.poseidonswimming.com</a> . <a href="#">Go to Meets, Visitor Hotel Info.</a>

**Nor'Eastern Championships  
ORDER OF EVENTS**

<b>Thursday, March 26</b>		
<b>Session 1</b>		
<b>Warm-up: 3:00; Start:4:30</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>
#1	11-12 200 Freestyle Relay	#2
#3	13-14 200 Freestyle Relay	#4
#5	10& under 500 Freestyle	#6
#7	11-12 400 IM	#8
#9	11-14 1000 Freestyle	#10

<b>Friday, March 27</b>					
<b>Session 2</b>			<b>Session 3</b>		
<b>Warm-up: 6:45 AM ; Start: 8:30 AM</b>			<b>Warm-up: 4:15 PM; Start: 5:45 PM</b>		
			<small>(Times are approximate)</small>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>	<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
#11	10& under 50 Freestyle	#12		Events	
#13	11-12 200 Freestyle	#14		Will	
#15	13-14 200 Freestyle	#16		Be	
#17	10& under 100 Breaststroke	#18		Swum	
#19	11-12 100 Breaststroke	#20		In	
#21	13-14 200 Breaststroke	#22		The	
#23	10& under 50 Backstroke	#24		Same	
#25	11-12 50 Butterfly	#26		Order	
#27	13-14 100 Butterfly	#28		As	
#29	10& under 200 IM	#30		The	
#31	11-12 100 IM	#32		Preliminary	
#33	13-14 400 IM	#34		Session	
#35	11-12 200 Backstroke	#36			
#37	10& under 400 Medley Relay	#38			
#39	11-12 200 Medley Relay	#40			
#41	13-14 200 Medley Relay	#42			

## Saturday, March 28

Session 4 Warm-up: 6:45 AM ; Start: 8:30 AM			Session 5 Warm-up: 4:15 PM; Start: 5:45 PM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
#43	10& under 200 Medley Relay	#44		Events	
#45	11-12 200 Butterfly	#46		Will	
#47	13-14 200 Butterfly	#48		Be	
#49	10& under 100 Butterfly	#50		Swum	
#51	11-12 100 Freestyle	#52		In	
#53	13-14 50 Freestyle	#54		The	
#55	10& under 50 Breaststroke	#56		Same	
#57	11-12 50 Breaststroke	#58		Order	
#59	13-14 100 Breaststroke	#60		As	
#61	10& under 100 Freestyle	#62		The	
#63	11-12 50 Backstroke	#64		Preliminary	
#65	13-14 100 Backstroke	#66		Session	
#67	11-12 500 Freestyle	#68			
#69	13-14 500 Freestyle)	#70			
#71	10& under 200 Freestyle Relay	#72			
#73	11-12 400 Freestyle Relay	#74			
#75	13-14 400 Freestyle Relay	#76			

**Sunday, March 29**

<b>Session 6</b> <b>Warm-up: 6:45 AM ; Start: 8:30 AM</b>			<b>Session 8</b> <b>Warm-up: 4:15 PM; Start: 5:45 PM</b> (Times are approximate)		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>	<b>Girls</b>	<b>Events</b>	<b>Boys</b>
#77	11-12 100 Butterfly	#78		Events	
#79	10& under 200 Freestyle	#80		Will	
#81	13-14 100 Freestyle	#82		Be	
#83	11-12 50 Freestyle	#84		Swum	
#85	10& under 100 IM	#86		In	
#87	11-12 200 Breaststroke	#88		The	
#89	10 & under 50 Butterfly	#90			
#91	13-14 200 Backstroke	#92		Same	
#93	11-12 100 Backstroke	#94		Order	
#95	10& under 100 Backstroke	#96		As	
#97	13-14 200 IM	#98		The	
#99	11-12 200 IM	#100		Preliminary	
#101	10 & under 400 Medley Relay	#102		Session	
#103	11-12 400 Medley Relay	#104			
#105	13-14 400 Medley Relay	#106			

**Sunday, March 29**

<b>Session 7</b> <b>Warm-up: immediately following the Prelim session; Start:15 minutes after prelim session</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>
#107	11-14 1650 Freestyle	#108



**2014 Nor'Eastern Championship Qualifying Times**  
**March 26-29, 2015, Richmond, VA**

<b>10&amp; Under Girls</b>			<b>Events</b>	<b>10&amp; Under Boys</b>		
<b>SCM</b>	<b>LCM</b>	<b>SCY</b>		<b>SCY</b>	<b>LCM</b>	<b>SCM</b>
35.29	35.99	<b>31.69</b>	<b>50 Free</b>	<b>30.99</b>	35.59	34.69
1:17.29	1:18.69	<b>1:09.49</b>	<b>100 Free</b>	<b>1:08.59</b>	1:18.59	1:16.19
2:52.19	2:55.79	<b>2:35.39</b>	<b>200 Free</b>	<b>2:30.09</b>	2:51.49	2:46.29
5:54.19	6:03.99	<b>6:48.39</b>	<b>500 Free</b>	<b>6:42.29</b>	6:00.79	5:53.19
41.19	42.69	<b>37.09</b>	<b>50 Back</b>	<b>36.39</b>	42.69	40.39
1:29.79	1:32.49	<b>1:20.79</b>	<b>100 Back</b>	<b>1:17.49</b>	1:30.59	1:25.99
46.69	47.89	<b>41.99</b>	<b>50 Breast</b>	<b>41.89</b>	48.59	46.49
1:41.89	1:44.09	<b>1:31.59</b>	<b>100 Breast</b>	<b>1:30.19</b>	1:44.19	1:40.09
39.49	40.69	<b>35.59</b>	<b>50 Fly</b>	<b>35.09</b>	40.09	39.09
1:33.09	1:34.49	<b>1:23.79</b>	<b>100 Fly</b>	<b>1:20.09</b>	1:31.19	1:29.19
1:29.69		<b>1:19.69</b>	<b>100 IM</b>	<b>1:17.99</b>		1:27.09
3:12.19	3:17.49	<b>2:53.19</b>	<b>200 IM</b>	<b>2:50.29</b>	3:16.39	3:09.19
<b>11-12 Girls</b>			<b>Events</b>	<b>11-12 Boys</b>		
<b>SCM</b>	<b>LCM</b>	<b>SCY</b>		<b>SCY</b>	<b>LCM</b>	<b>SCM</b>
31.19	31.79	<b>27.99</b>	<b>50 Free</b>	<b>27.99</b>	32.19	31.29
1:07.59	1:08.79	<b>1:00.79</b>	<b>100 Free</b>	<b>1:00.39</b>	1:09.59	1:07.59
2:28.89	2:31.99	<b>2:14.39</b>	<b>200 Free</b>	<b>2:13.99</b>	2:33.09	2:28.49
5:09.27	5:17.79	<b>5:56.59</b>	<b>500 Free</b>	<b>5:57.29</b>	5:20.49	5:13.69
11:06.19	11:32.49	<b>12:41.19</b>	<b>1000 Free</b>	<b>12:29.09</b>	11:22.69	10:55.69
21:19.49	22:04.99	<b>21:26.99</b>	<b>1650 Free</b>	<b>21:11.79</b>	21:46.39	21:04.39
35.89	37.09	<b>32.29</b>	<b>50 Back</b>	<b>32.99</b>	38.69	36.69
1:17.29	1:19.69	<b>1:09.59</b>	<b>100 Back</b>	<b>1:09.19</b>	1:20.89	1:16.89
2:45.69	2:49.99	<b>2:29.09</b>	<b>200 Back</b>	<b>2:30.29</b>	2:52.99	2:46.99
40.99	42.09	<b>36.89</b>	<b>50 Breast</b>	<b>36.89</b>	42.79	40.99
1:29.19	1:31.09	<b>1:20.19</b>	<b>100 Breast</b>	<b>1:19.29</b>	1:31.59	1:28.09
3:12.89	3:15.39	<b>2:53.49</b>	<b>200 Breast</b>	<b>2:49.39</b>	3:15.19	3:08.09
34.49	35.59	<b>31.09</b>	<b>50 Fly</b>	<b>30.99</b>	35.39	34.49
1:17.49	1:18.69	<b>1:09.79</b>	<b>100 Fly</b>	<b>1:10.19</b>	1:19.99	1:18.19
2:53.79	2:55.49	<b>2:36.39</b>	<b>200 Fly</b>	<b>2:32.69</b>	2:54.29	2:50.09
1:21.09		<b>1:11.99</b>	<b>100 IM</b>	<b>1:09.79</b>		1:18.49
2:47.69	2:52.29	<b>2:31.09</b>	<b>200 IM</b>	<b>2:31.39</b>	2:54.59	2:48.19
5:56.59	6:06.79	<b>5:21.29</b>	<b>400 IM</b>	<b>5:13.29</b>	6:02.19	5:48.09
<b>13-14 Girls</b>			<b>Events</b>	<b>13-14 Boys</b>		
<b>SCM</b>	<b>LCM</b>	<b>SCY</b>		<b>SCY</b>	<b>LCM</b>	<b>SCM</b>
29.39	29.99	<b>26.39</b>	<b>50 Free</b>	<b>24.79</b>	28.49	27.69
1:03.49	1:04.59	<b>57.09</b>	<b>100 Free</b>	<b>53.99</b>	1:01.89	59.99
2:16.29	2:19.09	<b>2:02.99</b>	<b>200 Free</b>	<b>1:56.19</b>	2:12.79	2:08.69
4:45.39	4:53.29	<b>5:29.09</b>	<b>500 Free</b>	<b>5:15.39</b>	4:42.89	4:37.89
9:58.49	10:10.69	<b>11:30.09</b>	<b>1000 Free</b>	<b>11:05.29</b>	9:56.69	9:36.99
19:59.99	20:30.79	<b>19:59.99</b>	<b>1650 Free</b>	<b>18:59.99</b>	19:55.69	18:59.99
1:11.19	1:13.39	<b>1:04.09</b>	<b>100 Back</b>	<b>1:01.29</b>	1:11.69	1:08.09
2:33.39	2:37.49	<b>2:18.09</b>	<b>200 Back</b>	<b>2:12.09</b>	2:31.99	2:26.79
1:22.39	1:24.19	<b>1:14.09</b>	<b>100 Breast</b>	<b>1:10.59</b>	1:21.49	1:18.39
2:58.79	3:01.09	<b>2:40.79</b>	<b>200 Breast</b>	<b>2:33.09</b>	2:56.39	2:49.89
1:10.79	1:11.79	<b>1:03.69</b>	<b>100 Fly</b>	<b>1:00.99</b>	1:09.49	1:07.99
2:40.69	2:42.29	<b>2:24.59</b>	<b>200 Fly</b>	<b>2:17.49</b>	2:36.99	2:33.19
2:35.49	2:39.79	<b>2:20.09</b>	<b>200 IM</b>	<b>2:12.99</b>	2:33.39	2:27.79
5:30.79	5:40.19	<b>4:57.99</b>	<b>400 IM</b>	<b>4:45.09</b>	5:29.59	5:16.69

