



VIRGINIA AGE GROUP CHAMPIONSHIP

March 13-16, 2008
SANCTION NO. VS-08-47



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-08-47		
LOCATION:	George Mason University, Freedom Aquatic and Fitness Center, Manassas VA., (703) 993-8444		
FACILITY:	<ul style="list-style-type: none">• Ten Lane, 50 Meter indoor pool; Non-Turbulent Lane Markers; Colorado Automatic Timing System; setup to conduct competition in a dual 25 yard venue and to provide the following:<ul style="list-style-type: none">○ Pool 1 (Prelims & Finals): Diving end, 10 lanes (middle 8 with starting blocks). Swum wall to bulkhead.○ Pool 2 (Prelims): 8 lanes, 25 yards. Swum wall to wall.○ Pool 3 (Warm-up/Cool-down): At least 3 lanes will be available throughout the meet for continuous warm-up and cool down.• Colorado Automatic Timing System with 10 lane scoreboard.		
MEET DIRECTOR:	<table><tr><td>Brian Kupferer VSI Age Group Chair Email: bkcgbd@cox.net Phone: (757) 450-0555</td><td>Stu Faux SHKS Host Coordinator Phone: (540) 840-6800 Email: coachfaux@qsst.org</td></tr></table>	Brian Kupferer VSI Age Group Chair Email: bkcgbd@cox.net Phone: (757) 450-0555	Stu Faux SHKS Host Coordinator Phone: (540) 840-6800 Email: coachfaux@qsst.org
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ELIGIBILITY:	<ul style="list-style-type: none">• Open to all 14 and younger USA Swimming/VSI registered swimmers that meet the qualifying time in each event entered• The qualifying period for this meet is January 1, 2007 through March 12, 2008• All swimmers participating in this meet must be registered by the first day of the meet.• No on deck registration will be permitted.• Age on March 13, 2008 will determine age for the entire meet.		
DISABILITY SWIMMERS:	<ul style="list-style-type: none">• Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.		
FORMAT:	<ul style="list-style-type: none">• Individual events for 11-12 and 13-14 swimmers EXCEPT the 11-12 500 Y Freestyle, the 13-14 1000 Y Freestyle, and the 13-14 1650 Y Freestyle will be swum as prelims and finals• All events Thursday evening will be swum in Pool 1.<ul style="list-style-type: none">○ 10 & Younger and 11-12 500 Y Freestyle will be swum in normal event order seeded slowest to fastest,○ 13-14 1000 Y Freestyle will be swum fastest to slowest, alternating girls and boys. The final heat of girls and boys may be combined.• Prelims (Friday through Sunday) will be swum in the morning sessions in Pools 1 & 2<ul style="list-style-type: none">○ 13-14 Swimmers and 10 & Younger girls will swim prelims in Pool 1 on Friday and Sunday. They will swim prelims in Pool 2 on Saturday.○ 11-12 Swimmers and 10 & Younger boys will swim prelims in Pool 2 on Friday and Sunday. They will swim prelims in Pool 1 on Saturday.• Finals (Friday through Sunday) for 11-12 and 13-14 Swimmers will be swum in the evening sessions in Pool 1.• All 10 & Younger events are timed finals.• The 1650 Y Freestyle will be swum in Pool 1. It will be swum fastest to slowest, alternating girls then boys. The last heat of girls and boys may be combined.• Relay events:<ul style="list-style-type: none">○ Will be Timed Finals.○ The fastest heat of the 200 Medley, 200 Free and 400 Medley relays for 11-12 and 13-14		

	<p>year old age groups will swim during the finals session each day.</p> <ul style="list-style-type: none"> ○ All remaining heats will be swum during the Preliminary session. ○ All heats of the 400 Freestyle Relay will be swum on Sunday during the preliminary session. ○ Relays will be seeded so that the slowest heat has at least three teams, even if this means that a heat in the finals session has less than eight teams. 		
WARM-UP:	<ul style="list-style-type: none"> • Thursday evening session: Warm-ups: 4:00-5:00 pm; competition starts at 5:15 pm • Prelim sessions: Warm-ups: 7:00-8:15 am; competition starts at 8:30 am • 1650 freestyle session: Competition begins following the completion of the relay events on Sunday at approximately 1:45 pm. • Final sessions: General warm-ups: 4:30-5:30 pm; Specific warm-ups 5:30-5:45 pm; competition starts at 6:00 pm • Prelim sessions: Pool 2 & 3 will be open for warm-up and cool-down during the 10-minute breaks for 10&U awards presentations • Lane assignment and warm-up times for individual clubs will be posted on the Sharks Swim Team website no later than Tuesday, March 11, 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, MARCH 4, 2008.</p> <p>ENTRY PROCEDURES – OME MEET ENTRY</p> <p>SEE OME HIGHLIGHTS ATTACHMENT AT END OF INVITATION FOR MORE INFORMATION</p> <ul style="list-style-type: none"> • OME OPENS: 9:00 am EST – Saturday, February 9, 2008 • OME CLOSES: 11:59 pm EST – Tuesday, March 4, 2008 • Meet Entry Officer: Brian Kupferer, Phone: (757) 450-0555, Email: bkcqbd@cox.net • On-Line Meet Entry (OME) – Entries will be processed using the USA Swimming On-Line Meet Entry System (OME) ONLY. Email entries during the regular entry period will not be accepted. <ul style="list-style-type: none"> ○ The OME system is accessed from the USA Swimming web site at the address http://www.usaswimming.org/ome ○ Coaches must register for an account (Free) to utilize the system. Log in and select “Enter Team”. • LATE ENTRIES. Entries desired after 11:59 pm, Tuesday, March 4, 2008, and prior to the start of the meet, must be sent to the Meet Entry Officer for input and will be considered late. <ul style="list-style-type: none"> ○ The total fees for all entries, including the late entry fee, must be paid prior to the first session of the meet (Thursday March 13, 2008) or the swimmer may not swim those events. ○ A confirmation of entries will not be sent to a club until the fees are marked paid, either by credit card or by arrangement with the Meet Entry Officer. <p>Payment for events entered at the meet must be made at the time of the request (made to Administrative Referee). The request must be prior to the close of the scratch box for the event desired.</p> <table border="0"> <tr> <td> <ul style="list-style-type: none"> • OME HELP: Susan Woessner USA Swimming Phone: (719) 866-3589 Email: swoessner@usaswimming.org </td><td> <ul style="list-style-type: none"> Brian Kupferer Meet Entry Officer Phone: (757) 450-0555 Email: bkcqbd@cox.net </td></tr> </table> <ul style="list-style-type: none"> • Conforming and Non Conforming times will be used for entry – Short Course Yards, then Long Course Meters, then Short Course Meters • Individual Entries: Use the fastest time in national database for entry within the qualifying period. <ul style="list-style-type: none"> ○ Swimmers may enter using an “Override Time” for times not in the national database. ○ Override times must include the meet name and date. ○ Override times that cannot be proven during the entry process will be annotated with an asterisk (*) on the meet psych sheet (Entry List). 	<ul style="list-style-type: none"> • OME HELP: Susan Woessner USA Swimming Phone: (719) 866-3589 Email: swoessner@usaswimming.org 	<ul style="list-style-type: none"> Brian Kupferer Meet Entry Officer Phone: (757) 450-0555 Email: bkcqbd@cox.net
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	<ul style="list-style-type: none"> • Relay Entries: Use the fastest time in national database for entry within the qualifying period. Relay times must be provable by team or swimmer aggregate. • Proof of asterisk (*) submitted times must be provided to the Administrative Referee prior the scratch deadline for that event in order to be seeded. • Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved. • OME RELAY ENTRY PROCEDURES: ENSURE “RELAY ONLY” ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER. <ul style="list-style-type: none"> ○ If entering a “B” relay, be sure to select an entry time that does not have a double asterisk (**). ○ The ** signifies that at least one athlete from the entry time of the “A” relay was a member of the relay that achieved that time. Select another listed time or enter an aggregate relay ○ All entries for 13-14 200 M Medley relays must use 400 M Medley relay times. No “No Time” (NT) entries will be accepted. • ATTENTION TEAMS WITH UNATTACHED ATHLETES: Teams may enter athletes with an unattached status. When building the roster in OME, select the “Add Unattached/Unregistered Swimmer” link. • ATTENTION INDIVIDUAL UNATTACHED ATHLETES: Unattached athletes that are not awaiting attachment to any team must enter individually. <ul style="list-style-type: none"> ○ Access the OME system at the address http://www.usaswimming.org/ome - log in and select “Enter Individual.” ○ These individuals may send a text file of their entries to the Meet entry person to be entered manually. ○ Payment must be made in that case by check to be received not later than March 13, 2008 • ENTRY LIMITS: <ul style="list-style-type: none"> ○ Individual Events: 12 and younger swimmers may enter a maximum of 8 individual events, no more than three per day. 13-14 swimmers may enter a maximum of 7 events, no more than three per day. ○ Relays: Two (2) per team per event. • The Meet Director reserves the right to combine heats and events, which actions may require reseeding. • The Meet Director reserves the right to eliminate heats of any event if necessary. • The Meet Director reserves the right to use 10 lanes for competition in any event. • Proof of entry times is required for individual and relay events. Entries not proven by the scratch deadline will be scratched. “No Time” relay entries will not be accepted. • All late entries must submit proof of time. • Late entries may not be used to improve the seed time of an earlier entry.
FEES:	<p>Individual events: \$6.50 Relay events: \$15.00 Swimmer surcharge: \$2.00 per person (entered in the meet in any capacity)</p> <p>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.</p> <ul style="list-style-type: none"> • OME payments may be made using VISA, MasterCard, American Express or Discover (on line) or check. Payment by check must be received by March 13, 2008. Checks should be payable to QSST. • Checks should be sent to: Brian Kupferer 1582 Winthrope Drive Newport News, VA 23602 • Late fees for OME entries will be due prior to the first session of the meet (Thursday, March 13, 2008). • Failure to pay entry fees by this deadline could result in teams being barred from the meet. All fees must be paid in full in order for the entries to be considered compete.

AWARDS:	<ul style="list-style-type: none"> Individual events will be awarded medals for first through eighth place. Relay events will be awarded medals for first through fourth place and ribbons for fifth through eighth place. Team awards will be given. <ul style="list-style-type: none"> The winning team will receive a banner. The teams placing second through sixth will receive a plaque. Large Team, Medium Team, and Small Team: Women's high point and men's high point in each category Scoring <ul style="list-style-type: none"> Individual Events: F – 20-17-16-15-14-13-12-11, C – 9-7-6-5-4-3-2-1. Relay Events: F – 40-34-32-30-28-26-24-22, C – 18-14-12-10-8-6-4-2
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded with the exception of the following events that will require a positive check-in at the Clerk of Course: <ul style="list-style-type: none"> Thursday evening events by 4:30 pm 500 Freestyle, 400 IM, and the 400 yard relays by 9:30 am the day the event is to be swum. 200 yard relays by 8:00 am the day the event is to be swum. 10 and younger relays 30 minutes before the beginning of the session on the day the event is to be swum. 1650 freestyle by 9:30 am Sunday SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> Swimmer shall be 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 207.12.10, 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, excluding the relays, the 1000 Free, and the 1650 Free. The overhead start procedure will be used for the Prelim sessions, and may be used for the Final 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: Tom Elliott Phone: (804) 360-5001 Email: telliott@courts.state.va.us</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 Tom Elliott, email telliott@courts.state.va.us no later than March 4, 2008. Officials training will only be available for the administrative component of referee training. There will be an Officials meeting one hour prior to the start of each session at each venue. Application has been made to have this meet approved as an Officials Qualifying Meet for N2 Certification/Re-Certification. Officials (including non-VSI officials) desiring to be evaluated must also complete an

	Application for Evaluation (available on the VSI website (www.virginiaswimming.org) and submit it to the Meet Referee.	
SAFETY:	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.	
TIMERS:	<ul style="list-style-type: none"> Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. Swimmers are expected to provide their own timers and lap counters for the 10&Y and 11-12 500 Y Freestyle, the 13-14 1000 Y Freestyle, and the 13-14 1650 Y Freestyle The number of timers required per club and their lane assignments will be posted on the Sharks Swim Team website (www.qsst.org) no later than March 10, 2008 and will also be emailed to the contact person of each of the individual clubs. 	
GENERAL:	Information pertaining to but not limited to: Hospitality, concessions, heat sheets, swim shop, etc.	
FACILITY RULES:	<ul style="list-style-type: none"> Each club is responsible for supervising the conduct of their swimmers. Swimmers are not permitted in any room of the buildings not directly associated with this swim meet. No towels or suits etc. are to be hung on or around the lifeguard stands. Only coaches, swimmers, and officials are allowed on the competition deck. Swimmers will be allowed to "camp out" in the gymnasium. There will be no "camping out" allowed in the hallways. Spectators are required to be in the elevated spectator bleachers or the gymnasium. No cars are to be left in the fire lanes. 	
DIRECTIONS:	<ul style="list-style-type: none"> Freedom Aquatic and Fitness Center is located on the Prince William campus of George Mason University. From Interstate 95-North on Route 234, Exit (152) Dumfries-Manassas. Proceed towards Manassas approximately 15 miles to University Boulevard (this is approximately one mile north of VA Route 28). Proceed ½ mile and follow signs into Freedom Aquatic and Fitness Center. From Interstate 66-South on Route 234, Exit (44) (Prince William Parkway). Proceed approximately 4 miles to University Boulevard. Turn left and follow directions in preceding paragraph. Directions are also available on the Virginia Swimming web site www.virginiaswimming.org. 	
HOTELS:	<p>The Courtyard, Manassas VA (At I-66 exit #47) 10701 Battleview Pkwy (703) 335-1300</p> <p>Marriott's Fairfield Inn, Manassas, VA (At I-66 #47) (703) 393-9966</p> <p>Springhill Suites by Marriott, Centreville, VA (703) 815-7800</p> <p>Best Western Battlefield (5 miles to pool) (123 rooms open to exterior) 10820 Balls Ford Rd (703) 361-8000</p> <p>Comfort Suites (4.8 miles to pool) (138 rooms open to interior hallway) 7350 Williamson Blvd (703) 686-1100</p>	<p>Country Inn & Suites by Marriott (5.4 miles to pool) (75 rooms open to interior hallway) 10810 Battleview Pkwy (703) 393-9797</p> <p>Fairfield Inn by Marriott (5.5 miles to pool) (80 rooms open to interior hallway) 6950 NOVA Way (703) 393-9966</p> <p>Hampton Inn (4.8 miles to pool) (125 rooms open to interior hallway) 7295 Williamson Blvd (703) 369-1100</p>

Virginia Swimming 2007 Short Course Age Group Championships

Order of Events

Thursday Prelims		
G	Pool 1	B
1	10 & Under 500 Freestyle	2
3	11-12 500 Freestyle	4
5	13-14 1000 Freestyle	6

Friday Prelims		
G	Pool 2	B
7	11-12 200 Medley Relay(*)	8
	10&U 200 Free Relay	30
11	11-12 50 Breaststroke	12
	10&U 50 Breaststroke	32
	10 Minute Break	
15	11-12 200 Freestyle	16
	10&U 200 Freestyle	34
19	11-12 100 Butterfly	20
	10&U 50 Backstroke	36
	10 Minute Break	
23	11-12 100 IM	24
	10&U 100 IM	38
27	11-12 200 Backstroke	28

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

Saturday Prelims		
G	Pool 1	B
41	11-12 200 Free Relay (*)	42
	10&U 200 Medley Relay	68
45	11-12 200 Butterfly	46
	10&U 50 Butterfly	70
	10 Minute Break	
49	11-12 50 Freestyle	50
	10&U 100 Freestyle	72
53	11-12 100 Breaststroke	54
	10&U 100 Breaststroke	74
	10 Minute Break	
57	11-12 50 Backstroke	58
	10&u 200 IM	76
61	11-12 200 IM	62
	10&U 400 Free Relay	78
65	11-12 400 Medley Relay(*)	66

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

Sunday Prelims		
G	Pool 2	B
79	11-12 200 Breaststroke	80
	10&U 100 Backstroke	100
83	11-12 100 Backstroke	84
	10&U 50 Freestyle	102
	10 Minute Break	
87	11-12 100 Freestyle	88
	10&U 100 Butterfly	104
91	11-12 50 Butterfly	92
	10&U 400 Medley Relay	106
95	11-12 400 Free Relay (*)	96
	10 Minute Break	

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

Friday Prelims		
G	Pool 1	B
9	13-14 200 Medley Relay(*)	10
29	10&U 200 Free Relay	
13	13-14 100 Breaststroke	14
31	10&U 50 Breaststroke	
	10 Minute Break	
17	13-14 200 Freestyle	18
33	10&U 200 Freestyle	
21	13-14 100 Butterfly	22
35	10&U 50 Backstroke	
	10 Minute Break	
25	13-14 400 IM	26
37	10&U 100 IM	

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

Saturday Prelims		
G	Pool 2	B
39	13-14 200 Free Relay (*)	40
67	10&U 200 Medley Relay	
43	13-14 200 Butterfly	44
69	10&U 50 Butterfly	
	10 Minute Break	
47	13-14 50 Freestyle	48
71	10&U 100 Freestyle	
51	13-14 200 Breaststroke	52
73	10&U 100 Breaststroke	
	10 Minute Break	
55	13-14 100 Backstroke	56
75	10&U 200 IM	
59	13-14 500 Freestyle	60
77	10&U 400 Free Relay	
63	13-14 400 Medley Relay(*)	64

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

Sunday Prelims		
G	Pool 1	B
81	13-14 200 Backstroke	82
99	10&U 100 Backstroke	
85	13-14 100 Freestyle	86
101	10&U 50 Freestyle	
	10 Minute Break	
89	13-14 200 IM	90
103	10&U 100 Butterfly	
93	13-14 400 Free Relay (*)	94
105	10&U 400 Medley Relay	
	10 Minute Break	
97	13-14 1650 Freestyle (**)	98

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

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

Friday Finals	
Pool 1	
Events 7-28 in numerical order	

Saturday Finals	
Pool 1	
Events 39-66 in numerical order	

Sunday Finals	
Pool 1	
Events 79-92 in numerical order	

2008 Short Course Age Group Championship Qualifying Times

March 13-16, 2008 – Freedom Center, Manassas, VA

10 and Under Girls				10 and Under Boys		
SCM	LCM	Yards	Events	Yards	LCM	SCM
35.59	36.39	32.09	50 Free	31.89	36.19	35.29
1:19.09	1:20.69	1:11.29	100 Free	1:10.79	1:20.09	1:18.19
2:52.79	2:56.79	2:36.39	200 Free	2:31.89	2:51.79	2:47.89
5:57.39	6:04.49	6:48.39	500 Free	6:44.59	6:01.09	5:54.09
41.79	42.39	37.69	50 Back	38.09	42.79	42.19
1:30.09	1:32.29	1:21.19	100 Back	1:21.69	1:31.79	1:30.19
46.49	47.69	41.99	50 Breast	42.49	48.09	46.89
1:43.19	1:45.59	1:33.39	100 Breast	1:32.69	1:44.99	1:42.39
40.39	41.09	36.39	50 Fly	36.69	40.99	40.49
1:35.79	1:37.59	1:26.69	100 Fly	1:25.69	1:36.49	1:34.69
1:30.29		1:21.39	100 IM	1:21.29		1:29.79
3:14.49	3:18.49	2:55.99	200 IM	2:55.29	3:17.69	3:13.69
11-12 Girls				11-12 Boys		
SCM	LCM	Yards	Events	Yards	LCM	SCM
31.59	32.39	28.49	50 Free	28.49	32.39	31.59
1:08.39	1:09.99	1:01.69	100 Free	1:02.39	1:10.79	1:09.19
2:29.89	2:33.09	2:15.09	200 Free	2:15.19	2:33.19	2:29.99
5:11.29	5:17.69	5:55.99	500 Free	5:59.99	5:21.29	5:14.89
36.99	37.59	33.29	50 Back	33.69	37.99	37.39
1:18.39	1:19.59	1:10.69	100 Back	1:11.69	1:20.69	1:19.49
2:49.19	2:51.59	2:32.49	200 Back	2:32.69	2:51.79	2:49.39
41.59	42.09	37.49	50 Breast	37.59	42.69	41.49
1:29.39	1:31.39	1:20.59	100 Breast	1:21.09	1:31.99	1:29.59
3:13.89	3:17.89	2:54.69	200 Breast	2:52.99	3:15.99	3:11.09
34.79	35.49	31.39	50 Fly	32.39	36.59	35.79
1:19.39	1:20.79	1:11.59	100 Fly	1:10.99	1:20.19	1:18.79
2:56.49	2:59.99	2:39.69	200 Fly	2:38.29	2:58.49	2:54.89
1:19.09		1:11.29	100 IM	1:11.69		1:19.59
2:48.99	2:52.19	2:32.39	200 IM	2:33.79	2:53.89	2:50.69
13-14 Girls				13-14 Boys		
SCM	LCM	Yards	Events	Yards	LCM	SCM
29.79	30.59	26.89	50 Free	25.49	29.09	28.29
1:04.29	1:05.89	57.99	100 Free	55.69	1:03.39	1:01.79
2:19.79	2:22.99	2:05.89	200 Free	2:01.49	2:17.99	2:14.79
4:55.19	5:01.59	5:37.99	500 Free	5:25.49	4:50.49	4:44.09
10:14.79	10:26.89	11:42.39	1000 Free	11:35.99	10:21.09	10:08.29
20:05.09	20:36.39	20:12.19	1650 Free	19:29.49	19:52.79	19:22.69
1:13.69	1:14.79	1:06.29	100 Back	1:04.39	1:12.59	1:11.39
2:37.89	2:40.29	2:22.19	200 Back	2:16.29	2:33.59	2:31.19
1:24.49	1:26.49	1:16.09	100 Breast	1:12.29	1:22.19	1:19.89
3:02.39	3:06.39	2:44.39	200 Breast	2:36.29	2:57.39	2:52.69
1:12.19	1:13.59	1:04.99	100 Fly	1:02.69	1:10.89	1:09.49
2:42.49	2:45.29	2:26.39	200 Fly	2:20.79	2:38.99	2:35.59
2:38.09	2:41.29	2:22.49	200 IM	2:16.59	2:34.79	2:31.59
5:34.39	5:40.79	5:01.29	400 IM	4:49.99	5:28.19	5:21.79