



NORTHERN VIRGINIA REGION CHAMPIONSHIP

February 24-26, 2012

SANCTION NO. VS-12-59

& Time Trial Sanction No. VS-12-06T

Hosted by

QDD

Swim Team

SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-12-59 and Time Trial SANCTION NO: VS-12-06TUSA Swimming, Inc., Virginia Swimming, Inc., and George Mason University Freedom Aquatic and Fitness 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.
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 25 yards, starting from the deep end (13.5" feet deep) and swimming into a bulkhead (6 feet deep).At least 3 lanes will be available throughout the meet for continuous warm-up and cool down.The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4).
MEET DIRECTOR:	Susan Campbell Phone: (703) 335-1240 Email: smbcampbell@comcast.net
ELIGIBILITY:	<ul style="list-style-type: none">Open to all Virginia Swimming registered athletes in Northern Virginia Region registered by the first day of the meet. Teams in the Northern Virginia Region are: BASS, NOVA, PWSC, QDD, RAPP, RAYS, RPST, SHKS, STAT, TSU, VAST, VSTP, & WSTThe qualifying period for this meet is January 1, 2011 through February 23, 2012No on deck Virginia Swimming athlete 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 except the 1000 Free and the 1650 Free15 and older swimmers must have at least a 15-16 "B" time to qualify to enter the 1000 Free or the 1650 Free. The time for either event entered must be slower than the senior championship qualifying time.13 and older swimmers who have a minimum qualifying time in the 1000 Free or the 1650 Free and do not have a time exceeding the "not faster than" time may swim both eventsSwimmers 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&O) qualifying time.2009-2012 NAG time standards are in effect.Age on February 24, 2012 will determine age for the entire meet.10 & 12 year old swimmers aging up from February 25 to March 8, 2012, and 14 year old swimmers aging up from February 25 to March 1, 2012 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 for an event in their new age group at Age Group Champs may enter the event in this meet.Any 14 year old swimmer who does not qualify to swim an event at Senior Champs may enter the event in this meet.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"> Morning sessions: Warm-ups at 7:00 am; competition starts at 8:10 am. Afternoon sessions: Warm-ups not prior to 12:00 am; Competition starts not prior to 1:10 pm Finals sessions: Warm-ups not prior to 4:00 pm; competition starts not prior to 5:00 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 QDD (www.gddswim.org) website no later than February 22, 2012, and will also be emailed to the contact person of the participating clubs. 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 QDD (www.gddswim.org) website no later than February 22, 2012, 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. Depending on the number of entries, the meet director reserves the right to change the start time and format of warm-ups. Teams would be notified not later than Tuesday, February 21, 2012
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, FEBRUARY 14, 2012</p> <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. Non-conforming times will be seeded following all conforming times. Entries must be submitted using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. Teams submit entries via email. A Team Manager printout of entries must be included or the VSI meet summary sheet (available at VSI website, www.virginiawimming.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. <ul style="list-style-type: none"> Relay entry times must be slower than the combined VSI SC Age Group Championship qualifying time for 14 & younger swimmers and must be slower than the combined VSI SC Senior Championship qualifying time for 15 & older swimmers for the corresponding relay. See the “not faster than” relay times chart on page 5. The Meet Director reserves the right to combine heats and events, which actions may require reseeding. Proof of entry times is required for individual 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. 15 & Older swimmers without a time of record in an event may enter with a coach’s time with the exception of the 1000 Free and the 1650 Free. Such times must be so indicated on the proof of times and can not be faster than the 15-16 “BB” time for the event entered. “No Time” (NT) entries will not be accepted. 15 & Older swimmers must have a “B” time in either the 1000 Free or the 1650 Free. The “B” time in either event qualifies the 15 & Older swimmer for both events. 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

	<p>considered non-verifiable and a fine will be assessed.</p> <ul style="list-style-type: none"> • Email entries to: rlisbon@comcast.net • 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 rlisbon@comcast.net before 11:59 pm on Monday, February 20, 2012. 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.
RESULTS:	<ul style="list-style-type: none"> • In accordance with USA Swimming/Virginia Swimming Privacy Policy, Meet Manager backup/meet results files will no longer be posted to the Virginia Swimming website. • TM meet results file and MM meet backup file will be provided to each participating team and unattached swimmer(s) within 24 hours of the close of the meet.
FEES:	<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"> • 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: QDD Swim Team • Mail payment to: Rick Lisbon 3113 Fennegan Ct Woodbridge VA 22192 • Payment must be received by Tuesday, February 21, 2012, for all entries. Entries resulting from new qualifying times achieved at the District Champs must be paid before the start of the meet. • 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 Free and 1650 Free will be awarded as 13-14 and 15 & over age groups. • 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. Scoring will be as follows: <ul style="list-style-type: none"> ○ Individual: Finals - 20-17-16-15-14-13-12-11; Consolations - 9-7-6-5-4-3-2-1. ○ Relay: Finals - 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2. ○ All events including 12&U will be scored to 16 places
SEEDING:	<ul style="list-style-type: none"> • All events, except events 21, 22, 105, 106, 125, 126, 127, & 128 will be pre-seeded • Events 21, 22 (1000 Free), 105, 106 (1650 Free), & 125, 126, 127, 128 (10 & under and 11-12 500 Free) will require a positive check-in to swim. • Positive check-in will close 30 minutes after the start of session on Friday for event #21 and 22. • Positive check-in will close 30 minutes after the start of session on Sunday for event #105 and 106. • Positive check-in will close 30 minutes after the start of session on Sunday for event #125, 126, 127 and 128. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Events 21, 22 (1000 Free) and 105, 106 (1650 Free) will be swum fastest to slowest and alternating heats of girls and boys. <ul style="list-style-type: none"> ○ Swimmers will be given the option of swimming in the prelim session or final session. ○ THE FASTEST HEAT OF EACH EVENT OF SWIMMERS DECLARING TO SWIM IN THE FINAL SESSION 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.
TIME TRIALS:	<ul style="list-style-type: none"> For those swimmers who have not had an opportunity to swim one of their new events because it was not an event in their current age group, Time Trials will be offered for those events only. The Time Trial will be swum with the new event provided there is an empty lane in the first heat. <ul style="list-style-type: none"> No new heats will be created. If an empty lane in the first heat is not available, the Time Trial will be conducted immediately after the completion of a session in which the Swimmer normally competes. Daily and Total individual swim limits for this meet still apply.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> Swimmer shall be marked as exhibition for 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 USA 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. All swimmers participating in the meet must be dive certified. <ul style="list-style-type: none"> Swimmers unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian. 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. 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: 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. Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. 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"> 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 Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Stephanie Suhling Email: ssuhling@yahoo.com Phone: (540) 903-7164</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook. Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Andrea Morisi, Email: andrea@adameen.com no later than February 20, 2012. There will be an officials meeting in hospitality one hour prior to the start of each session.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
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 QDD (www.qddswim.org) website no later than February 22, 2012, and will also be emailed to the contact person of each of the individual clubs.

GENERAL:	<ul style="list-style-type: none"> Heat sheets will be sold for \$10 with finals heat sheets at no cost with coupon. Final heat sheets will be \$2 without coupon. A Hospitality Suite will be available (refreshments & lunch) for USS officials & coaches. Concessions snack bar and PRO SHOP (http://www.sportfairusa.com/) will be available. Meet T-Shirts will be available at the Pro Shop (http://www.sportfairusa.com/). Refreshments, lunch and evening snacks will be provided for USS officials & coaches
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. All others are required to be in the elevated spectator bleachers or the gymnasium. No cars are to be left in the fire lanes. No cameras in the starting area. <p>The facility no longer allows parking in the lot adjacent to the facility. Drop off points will be provided for discharging swimmers and directions will be given to the overflow parking lots.</p>
DIRECTIONS:	Directions are available on the Virginia Swimming Website

RELAY “NOT FASTER THAN TIMES” CHART

Age Group	Gender	400 Medley Relay	400 Free Relay	200 Medley Relay	200 Free Relay
10&U	Girls	N/A	N/A	2:27.36	2:08.36
	Boys	N/A	N/A	2:26.56	2:05.96
11-12	Girls	N/A	4:04.36	2:09.56	1:53.16
	Boys	N/A	4:05.16	2:09.46	1:51.56
13-14	Girls	4:21.76	3:49.96	N/A	1:46.36
	Boys	4:09.46	3:37.96	N/A	1:40.36
Senior	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 24, 2012

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: 12:00 pm; Start: 1:10 pm
 (Times are approximate)

<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 25, 2012

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: 12:00 pm; Start: 1:10 pm
 (Times are approximate)

<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 26, 2012

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: 12:00 pm; Start: 1:10 pm
 (Times are approximate)

<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

2012 REGION CHAMPIONSHIP QUALIFYING TIMES

Qualifying Period: January 1, 2011 to February 23, 2012

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	35.59	35.99	32.09	50 Free	35.19	31.49	38.89	34.89	40.19	35.79
1:32.99	1:19.79	1:30.19	1:18.19	1:21.59	1:10.39	100 Free	1:19.99	1:09.49	1:28.29	1:17.19	1:31.09	1:18.79
3:23.59	2:55.49	3:16.99	2:52.29	2:58.29	2:35.19	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	37.39	48.29	41.59	50.09	42.19
1:48.89	1:30.49	1:43.79	1:29.29	1:33.99	1:20.39	100 Back	1:32.09	1:20.19	1:41.69	1:29.09	1:45.69	1:30.29
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	1:42.29	1:57.89	1:42.29	1:46.69	1:32.09	100 Breast	1:43.69	1:31.79	1:54.59	1:41.39	1:59.79	1:44.99
48.59	40.29	47.49	39.59	42.99	35.59	50 Fly	41.99	35.49	46.39	39.39	46.89	40.09
1:55.19	1:34.09	1:52.79	1:32.69	1:42.09	1:23.49	100 Fly	1:40.39	1:22.99	1:50.89	1:32.19	1:53.19	1:33.59
		1:43.59	1:28.69	1:33.79	1:19.89	100 IM	1:31.19	1:20.89	1:40.69	1:29.59		
3:46.49	3:14.89	3:40.29	3:11.69	3:19.39	2:52.69	200 IM	3:18.09	2:51.89	3:38.89	3:10.79	3:44.79	3:13.99

Girls 11-12

Boys 11-12

36.39	32.29	35.19	31.49	31.89	28.29	50 Free	30.99	27.89	34.29	30.99	35.29	31.79
1:19.59	1:09.49	1:15.49	1:07.89	1:08.29	1:01.09	100 Free	1:07.89	1:01.29	1:14.99	1:08.09	1:17.39	1:09.69
2:50.79	2:31.99	2:47.39	2:28.79	2:31.49	2:13.99	200 Free	2:27.49	2:14.69	2:42.99	2:29.59	2:47.79	2:32.79
6:00.09	5:17.69	5:50.09	5:11.29	6:40.09	5:55.99	500 Free	6:35.09	5:56.19	5:45.79	5:11.49	5:54.39	5:17.89
42.29	37.29	40.59	36.69	36.79	32.99	50 Back	36.49	32.79	40.29	36.39	42.19	36.99
1:31.09	1:18.99	1:29.59	1:17.79	1:21.09	1:10.09	100 Back	1:19.09	1:10.89	1:27.39	1:18.69	1:31.39	1:19.89
3:15.29	2:50.69	3:06.69	2:48.29	2:48.89	2:31.59	200 Back	2:45.59	2:29.99	3:02.99	2:46.49	3:11.09	2:48.89
45.59	42.09	45.19	41.29	40.89	37.19	50 Breast	40.79	37.29	45.09	41.19	47.09	42.69
1:41.89	1:30.49	1:38.69	1:28.79	1:29.29	1:19.99	100 Breast	1:27.79	1:20.49	1:36.99	1:28.99	1:40.89	1:31.99
3:40.59	3:17.09	3:31.79	3:13.09	3:11.69	2:53.89	200 Breast	3:07.29	2:52.89	3:26.89	3:10.99	3:37.49	3:15.99
39.39	35.29	38.79	34.59	35.09	31.09	50 Fly	35.19	31.49	38.89	34.99	39.59	35.69
1:30.79	1:19.69	1:28.59	1:18.29	1:20.19	1:10.49	100 Fly	1:18.69	1:10.59	1:26.99	1:18.39	1:29.49	1:19.79
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	1:18.59	1:20.09	1:10.79	100 IM	1:17.59	1:10.69	1:25.69	1:18.49		
3:14.79	2:51.49	3:08.59	2:48.29	2:50.69	2:31.59	200 IM	2:49.39	2:31.49	3:07.09	2:48.19	3:13.89	2:51.39

Girls 13-14

Boys 13-14

35.19	30.39	34.29	29.59	30.99	26.59	50 Free	28.49	25.09	31.49	27.89	32.79	28.69
1:16.19	1:05.49	1:14.39	1:03.89	1:07.39	57.49	100 Free	1:02.19	54.49	1:08.79	1:00.49	1:11.49	1:02.09
2:44.39	2:21.19	2:40.19	2:17.99	2:24.99	2:04.29	200 Free	2:15.69	1:58.79	2:29.89	2:11.89	2:35.19	2:15.09
5:42.99	4:58.89	5:34.59	4:52.49	6:22.39	5:34.79	500 Free	6:03.19	5:19.39	5:17.79	4:38.69	5:27.99	4:45.09
11:41.99	10:19.69	11:29.89	10:06.89	13:08.29	11:34.29	1000 Free	12:34.39	11:19.19	11:00.29	9:53.39	11:21.79	10:06.19
22:23.09	20:08.69	21:45.59	19:44.69	21:53.19	19:44.79	1650 Free	20:51.99	19:09.59	20:44.69	19:08.59	21:35.29	19:32.59
1:24.29	1:13.69	1:21.99	1:12.49	1:14.19	1:05.29	100 Back	1:09.59	1:02.89	1:16.89	1:09.89	1:20.59	1:11.09
3:01.29	2:37.69	2:56.29	2:35.29	2:39.59	2:19.89	200 Back	2:29.79	2:14.19	2:45.49	2:28.99	2:54.09	2:31.39
1:36.39	1:24.59	1:32.89	1:22.59	1:24.09	1:14.39	100 Breast	1:18.09	1:10.49	1:26.29	1:18.29	1:28.09	1:20.29
3:27.99	3:03.49	3:19.69	2:59.49	3:00.69	2:41.69	200 Breast	2:49.39	2:34.09	3:07.09	2:51.09	3:17.19	2:55.09
1:22.89	1:13.09	1:21.19	1:11.69	1:13.49	1:04.59	100 Fly	1:08.09	1:01.59	1:15.29	1:08.39	1:16.99	1:09.79
3:02.29	2:43.59	2:57.89	2:40.79	2:40.99	2:24.79	200 Fly	2:31.99	2:18.79	2:47.89	2:34.09	2:51.99	2:36.89
3:05.69	2:40.09	3:00.09	2:36.89	2:42.99	2:21.29	200 IM	2:31.99	2:13.79	2:47.89	2:28.59	2:55.99	2:31.79
6:31.09	5:39.29	6:20.39	5:32.89	5:44.29	4:59.89	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

NMQT	29.49	NMQT	28.69	NMQT	25.89	50 Free	NMQT	23.09	NMQT	25.59	NMQT	26.29
	1:03.19		1:01.79		55.89	100 Free		50.19		55.59		57.49
	2:15.39		2:12.39		1:59.79	200 Free		1:49.29		2:00.69		2:04.79
	4:43.89		4:39.39		5:19.19	500 Free		4:58.89		4:21.49		4:27.49
12:23.29	10:01.39	12:10.89	9:51.29	13:55.19	11:15.69	1000 Free	13:04.19	10:27.99	11:26.29	9:08.59	11:42.19	9:24.19
23:53.09	19:37.19	23:10.59	19:02.29	23:18.79	19:08.99	1650 Free	21:55.89	17:35.09	21:48.29	17:29.09	22:25.59	17:58.49
No Minimum Qualifying Time	1:11.79	No Minimum Qualifying Time	1:09.19	No Minimum Qualifying Time	1:02.59	100 Back	No Minimum Qualifying Time	56.89	No Minimum Qualifying Time	1:02.89	No Minimum Qualifying Time	1:05.79
	2:34.99		2:29.89		2:15.59	200 Back		2:04.79		2:17.99		2:22.69
	1:23.09		1:20.09		1:12.39	100 Breast		1:05.29		1:11.19		1:15.59
	2:57.99		2:52.39		2:35.99	200 Breast		2:21.79		2:36.69		2:44.59
	1:09.09		1:08.19		1:01.69	100 Fly		55.29		1:01.19		1:02.39
	2:35.79		2:32.89		2:18.39	200 Fly		2:07.79		2:21.29		2:24.29
	2:35.19		2:30.69		2:16.39	200 IM		2:03.49		2:16.49		2:22.49
5:26.09	5:18.49	4:47.99	400 IM	4:25.99	4:53.29	5:01.59						