



VIRGINIA AGE GROUP CHAMPIONSHIP
July 19-22, 2012
SANCTION NO. VS-12-78

Hosted by:



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-12-78 USA Swimming, Inc., Virginia Swimming, Inc., and Christiansburg 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. 						
LOCATION:	Christiansburg Aquatic Center, 595 N. Franklin Street Christiansburg, VA 24073, Phone: (540) 381-7665						
FACILITY:	<ul style="list-style-type: none"> 8 Lane, 50 Meter indoor pool, 7 feet deep at the start end and 17 feet deep at the turn end of the pool. Lanes are 9 feet wide and have non-turbulent lane lines. Colorado Timing System with color scoreboard and separate video board. Spectator seating for 1,000 Events which are 50 meters in length will start from diving tower end of pool (17 feet deep) Leisure Pool Warm-up/Warm-down Area: 4 lanes, approximately 20 yards, The depth of this pool is 4 feet deep and will be available until 12:30 pm each day and during finals each evening. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4) 						
MEET DIRECTOR:	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Amelia DaCruz, VSI Age Group Chair</td> <td style="width: 50%;">Scott Baldwin, Host Team Coordinator</td> </tr> <tr> <td>Phone: (757) 376-8606</td> <td>Phone: (540) 998-2327</td> </tr> <tr> <td>Email: agegroupchair@virginiasmwimming.org</td> <td>Email: edbaldwi@vt.edu</td> </tr> </table>	Amelia DaCruz, VSI Age Group Chair	Scott Baldwin, Host Team Coordinator	Phone: (757) 376-8606	Phone: (540) 998-2327	Email: agegroupchair@virginiasmwimming.org	Email: edbaldwi@vt.edu
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Email: agegroupchair@virginiasmwimming.org	Email: edbaldwi@vt.edu						
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all 14 and younger Virginia Swimming athletes registered by the first day of the meet that meet the qualifying time in each event entered. The qualifying period for this meet is May 1, 2011 through July 18, 2012. No on deck Virginia Swimming athlete registration will be permitted. Age on July 19, 2012 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"> All 10 & Younger swimmers will swim timed finals in the afternoon session. <ul style="list-style-type: none"> There will be a break after each boy's event to award medals for the previous set of events. If there are no awards to be given there will still be a break. The competition pool will be closed except for one break midway through the session. All 11-14 swimmers will swim a preliminary session in the morning session. The top 16 swimmers in 11-12 and the top 16 swimmers in 13-14 will swim the final session each day. The 400 Freestyle for 10 & younger and 11-12 will be swum as Timed Final events swimming slowest to fastest (regular order). Swimmers are expected to provide their own timers and lap counters. The 1500 freestyle will be swum fastest to slowest, alternating girls and boys. <ul style="list-style-type: none"> There will be a 10-minute warm-up prior to the beginning of the first heat. If there are more than four total heats (boys and girls) there will be an additional 10 minute warm-up period following the third heat overall (second heat of girls). The final heat of boys and girls may be combined. Swimmers are expected to provide their own timers and lap counters. The 800 freestyle will be swum fastest to slowest, alternating girls and boys. <ul style="list-style-type: none"> Warm-ups will start no earlier than 2:30 pm. If there are more than 7 total heats (boys and girls), there will be a 10 minute warm-up period 						

	<p>after the fourth heat overall (second heat of boys).</p> <ul style="list-style-type: none"> ○ Swimmers are expected to provide their own timers and lap counters. • All relay events will be Timed Finals. The fastest heat of the 400 Medley relays for 11-12 and 13-14 year old age groups will swim during the finals session each day. All remaining heats will be swum during the Preliminary session. <ul style="list-style-type: none"> ○ 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. • All relays both entered and swum must have at least two swimmers that have been entered in an individual event in this meet.
WARM-UP:	<ul style="list-style-type: none"> • Thursday night session: Warm-ups at 3:00 pm; competition starts not earlier than 4:00 pm. General warm-up for 30 minutes, specific warm-ups for 20 minutes • Morning sessions: Warm-ups at 6:45 am, competition starts not earlier than 8:15 am. • Afternoon sessions: Warm-ups start not before 12:00 pm; competition start not before 12:45 pm • Final sessions: Warm-ups start not before 4:30 pm; competition start not before 5:30 pm • Lane assignment and warm-up times for individual clubs will be posted on the VSI website no later than Wednesday, July 18, 2012, and will also be emailed to the contact person of the participating clubs.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JULY 17, 2012</p> <p>NEW 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: No Later Than 9:00 am EST – Friday, June 29, 2012 • OME CLOSES: No Earlier Than 06:00 pm EST – TUESDAY, July 17, 2012 • Meet Entry Officer: Amelia DaCruz, Phone: (757) 376-8606, • Email: agegroupchair@virginiaswimming.org • 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, July 17, 2012, 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 July 19, 2012) 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. ○ 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. • Local Meet Entry Chair: Scott Baldwin Phone: (540) 998-2327 Email: edbaldwi@vt.edu • OME HELP: Susan Woessner Amelia DaCruz USA Swimming Meet Entry Officer Phone: (719) 866-3589 Phone: (757) 376-8606 Email: swoessner@usaswimming.org Email: agegroupchair@virginiaswimming.org • Conforming and Non Conforming times will be used for entry – Long Course Meters then Short Course Meters then Short Course Yards. • 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 that are 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).
- **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.
 - All relays, entered and swum, must contain at least two swimmers that are entered in at least one individual event in the meet.
 - ALL relay swimmers must appear on the master entry, and pay the applicable surcharge.
 - **All entries for 13-14 200 Y Medley relays must use 400 Y Medley relay times.**
 - **“No Time” (NT) entries will not be accepted for all relay entries.**
- **For any event requiring a positive check-in, proof of asterisk (*) submitted times must be submitted to the Admin Referee prior to the check-in deadline. For any other event, proof of asterisk (*) times must be submitted to the Admin Referee prior to the first session in which the team has swimmers entered.**
- 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 is not an eligibility report. It is the coach’s responsibility to know for which events your athlete is qualified.
- **OME RELAY ENTRY PROCEDURES: ENSURE “RELAY ONLY” ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER.**
 - 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
- **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.
 - 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 July 19, 2012.
- **ENTRY LIMITS:**
 - **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 8 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.
- **Proof of entry times is required for individual and relay events. Entries not proven by the scratch deadline will be scratched.**
- All late entries must submit proof of time.
- Late entries may not be used to improve the seed time of an earlier entry.

FEES:

Individual events: \$ 7.00
Relay events: \$ 15.00
Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)
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.

- OME payments may be made using VISA, MasterCard, American Express or Discover (on line) or check. Payment by check must be received by July 19, 2012.

	<ul style="list-style-type: none"> • Checks should be payable to: H20kie Aquatics • Checks should be sent to: Scott Baldwin 145 Wenn Drive Christiansburg, VA 24073 • Late fees for OME entries will be due prior to the first session of the meet (Thursday, July 19, 2012). • 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. • 10&U awards will be awarded during the 10&U session breaks; if no awards there will still be a 10 minute break • 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 3:30 pm ○ 11-12 and 13-14 Friday Relays by 7:45 am on Friday ○ 11-12 and 13-14 Saturday Relays by 6:00 pm on Friday ○ 11-12 and 13-14 Sunday Relays by 6:00 pm on Saturday ○ 800 freestyle by 9:30 am Sunday ○ 10 & Under Relays by 30 minutes prior to start of competition, specific times will be announced once timelines are prepared. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • SWIMMERS SEEDED FOR POSITIVE CHECK-IN INDIVIDUAL EVENTS AND SWIMMERS IN FINALS ON SUNDAY WHO ARE NO SHOWS WILL TRIGGER A CLUB FINE OF \$50 FOR EACH SWIM MISSED
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 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 scratch procedures listed in <i>current USA Swimming Rules and Regulations</i>, Article 207.11.6, sections D and E will apply with the following modifications: The scratch rule regarding finals

	<p>will apply to both heats, final and consolation, excluding the relays, the 800 Free, and the 1500 Free.</p> <ul style="list-style-type: none"> • 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 with valid USA Swimming credentials but 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: Steve Woolfolk Email: woolfolks@aol.com Phone: (540) 312-1259</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Officials must have been certified for a year in the positions in which they are planning to work. • An Application to Officiate is available on the VSI website (www.virginiaswimming.org) and should be sent to the Meet Referee no later than July, 15, 2012. • Application is being made to have this meet designated as an Officials Qualifying Meet for N2 certification/re-certification. Officials (including non-VSI officials) desiring to be evaluated must request evaluation on the Application to Officiate. • Evaluation will be available for V2/N2 at all positions. • Briefings will be held 1 hour prior to the start of each session.
SAFETY:	VSI Safety and Warm-up 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 Virginia Swimming website no later than July 18, 2012, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • PARKING: Shuttle to and from Christiansburg High School will be available starting at 7:30am and will run throughout the day and through Finals each night. Park near the football field. • Swimmer / Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators. Any swimmer / spectator who violate Aquatic Center rules (posted at the pool and included in the Programs) will be disqualified from the meet and escorted from the facility. • Special Saturday Fun: Prior to evening finals on Saturday there will be a Chant/Cheer Challenge. No formal parading will take place but feel free to wear spirit wear. • Deck Access: Access to the pool deck will be strictly controlled. Swimmers (during their events), coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Spectators must remain in the stands above the pool area. No "Team Photographers" will be allowed on deck at the meet. • Hospitality will be available for Coaches and officials • Concessions will be available • Swim and Tri will be on site for all of your swimwear needs • Heat Sheets will be available for \$15 and will include a "Finals" heat sheet. Finals only heat sheets will be available for \$2 each. • First Aid: A staffed First Aid Station is located in the lifeguard office at the start end of the pool near the leisure pool. • Lost and Found: Lost and Found will be located next to the lifeguard office.

FACILITY RULES:	<p>FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT ALONG WITH THE TOWN OF CHRISTIANSBURG AQUATIC CENTER RULES:</p> <ul style="list-style-type: none"> • No picture taking is allowed behind the blocks, including the stands, or in restrooms/locker rooms. Areas will be clearly marked where photography is NOT allowed. • Drinks are permitted in plastic bottles or covered cups. • Young children must be supervised by an adult. • Observers are to stay in designated areas. • Only Blue painters tape is to be used inside to hang signs, banners or decorations. Please consult with the Director of Aquatics prior to hanging up any relevant decorations. • Only Aquatic Staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Staff Management. • No smoking is permitted within the Town of Christiansburg Aquatic Center. • The Town of Christiansburg Aquatic Center is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings. • No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Director. • No glass containers of any kind are to be brought into the pool complex. • Parking violators will be subject to fines and/or towing as posted. • The Aquatic Center strongly encourages showering prior to entering the pool. • All emergency exits and walkways must remain clear.
DIRECTIONS:	<p>Mapquest.com, Virginiaswimming.org, or the following link: http://www.christiansburg.org/index.aspx?NID=367</p>

Virginia Swimming 2012 Long Course Age Group Championships Order of Events

G	Thursday Timed Finals	B
1	10&U 400 Freestyle	2
3	11-12 400 Freestyle	4
5	13-14 1500 Freestyle	6

G	Friday Preliminaries	B
7	11-12 50 Breaststroke	8
9	13-14 100 Breaststroke	10
11	11-12 200 Freestyle	12
13	13-14 200 Freestyle	14
15	11-12 100 Butterfly	16
17	13-14 100 Butterfly	18
19	11-12 200 Backstroke	20
21	13-14 400 IM	22
23	11-12 400 Medley Relay(*)	24
25	13-14 400 Medley Relay(*)	26

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

G	Saturday Preliminaries	B
37	13-14 200 Medley Relay(*)	38
39	11-12 200 Medley Relay(*)	40
41	13-14 200 Butterfly	42
43	11-12 200 Butterfly	44
45	13-14 50 Freestyle	46
47	11-12 50 Freestyle	48
49	13-14 200 Breaststroke	50
51	11-12 100 Breaststroke	52
53	13-14 100 Backstroke	54
55	11-12 50 Backstroke	56
57	13-14 400 Freestyle	58
59	11-12 200 IM	60
61	13-14 200 Free Relay (*)	62
63	11-12 200 Free Relay (*)	64

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

G	Sunday Preliminaries	B
75	11-12 200 Breaststroke	76
77	13-14 200 Backstroke	78
79	11-12 100 Backstroke	80
81	13-14 100 Freestyle	82
83	11-12 100 Freestyle	84
85	13-14 200 IM	86
87	11-12 50 Butterfly	88
89	13-14 400 Free Relay (*)	90
91	11-12 400 Free Relay (*)	92
93	13-14 800 Freestyle (**)	94

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

(**) Timed Final – heats alternated fast to slow, women/men after 10 and younger session

G	Friday Timed Finals	B
27	10&U 100 Butterfly 10 Minute Break	28
29	10&U 50 Breaststroke 10 Minute Break	30
31	10&U 200 Freestyle 10 Minute Break	32
33	10&U 50 Backstroke 10 Minute Break	34
35	10&U 400 Medley Relay	36

G	Saturday Timed Finals	B
65	10&U 200 Medley Relay 10 Minute Break	66
67	10&U 50 Freestyle 10 Minute Break	68
69	10&U 100 Breaststroke 10 Minute Break	70
71	10&U 200 IM 10 Minute Break	72
73	10&U 200 Free Relay	74

G	Sunday Timed Finals	B
95	10&U 100 Backstroke 10 Minute Break	96
97	10&U 100 Freestyle 10 Minute Break	98
99	10&U 50 Butterfly 10 Minute Break	100
101	10&U 400 Free Relay	102

2012 Long Course Age Group Championship Qualifying Times

July 19-22, 2012 – Christiansburg Aquatic Center

10 and Under Girls				10 and Under Boys		
SCM	Yards	LCM	Events	LCM	Yards	SCM
35.29	31.89	36.19	50 Free	35.89	31.39	34.69
1:18.89	1:11.29	1:21.29	100 Free	1:20.59	1:10.49	1:17.89
2:51.79	2:35.59	2:57.69	200 Free	2:52.39	2:31.89	2:47.89
5:57.39	6:48.39	6:05.89	400 Free	6:06.79	6:44.59	5:54.09
41.79	37.79	43.29	50 Back	43.19	38.19	42.19
1:30.19	1:21.49	1:33.79	100 Back	1:33.29	1:21.29	1:29.79
46.49	41.99	48.29	50 Breast	48.49	42.19	46.69
1:43.19	1:33.39	1:46.99	100 Breast	1:45.99	1:31.79	1:41.39
40.29	36.29	40.99	50 Fly	40.89	36.19	40.19
1:35.79	1:26.69	1:37.89	100 Fly	1:36.49	1:25.59	1:34.59
3:14.39	2:55.89	3:19.79	200 IM	3:17.89	2:54.29	3:12.69
11-12 Girls				11-12 Boys		
SCM	Yards	LCM	Events	LCM	Yards	SCM
31.39	28.29	32.09	50 Free	32.29	28.39	31.49
1:08.79	1:01.99	1:10.39	100 Free	1:09.79	1:01.49	1:08.19
2:31.29	2:16.19	2:34.49	200 Free	2:33.09	2:14.89	2:29.39
5:11.29	5:52.79	5:17.69	400 Free	5:17.89	5:52.99	5:10.19
37.39	33.79	38.59	50 Back	38.19	33.39	36.89
1:20.89	1:12.89	1:22.09	100 Back	1:22.19	1:11.89	1:19.49
2:51.89	2:35.49	2:55.09	200 Back	2:56.39	2:32.89	2:48.89
41.09	36.99	42.09	50 Breast	43.09	37.29	41.19
1:30.79	1:21.79	1:32.79	100 Breast	1:32.49	1:20.49	1:28.99
3:14.79	2:56.79	3:19.89	200 Breast	3:20.79	2:52.89	3:10.99
34.69	31.29	35.39	50 Fly	35.59	31.39	34.89
1:20.39	1:12.69	1:22.39	100 Fly	1:21.19	1:11.39	1:18.89
2:55.19	2:37.59	2:59.29	200 Fly	2:58.49	2:35.29	2:51.59
2:51.59	2:34.59	2:54.79	200 IM	2:53.39	2:33.69	2:50.59
13-14 Girls				13-14 Boys		
SCM	Yards	LCM	Events	LCM	Yards	SCM
29.49	26.49	30.29	50 Free	29.09	25.49	28.29
1:04.19	57.89	1:05.79	100 Free	1:03.09	55.39	1:01.29
2:20.09	2:06.29	2:23.29	200 Free	2:18.59	2:02.89	2:15.39
4:55.99	5:38.99	5:02.39	400 Free	4:56.49	5:32.29	4:50.09
10:16.89	11:36.69	10:19.99	800 Free	10:06.19	11:19.69	9:52.69
19:44.69	19:44.59	20:08.69	1500 Free	19:32.59	18:52.59	18:45.89
1:15.39	1:07.89	1:16.59	100 Back	1:13.29	1:03.89	1:10.69
2:41.89	2:25.89	2:44.29	200 Back	2:38.69	2:18.19	2:32.79
1:25.69	1:17.39	1:27.89	100 Breast	1:21.29	1:11.69	1:19.09
3:03.49	2:45.29	3:07.49	200 Breast	3:01.89	2:36.19	2:52.59
1:13.29	1:05.89	1:14.69	100 Fly	1:11.09	1:02.89	1:09.49
2:44.19	2:28.39	2:47.59	200 Fly	2:38.09	2:19.59	2:34.29
2:38.89	2:23.09	2:42.09	200 IM	2:37.49	2:18.99	2:34.29
5:39.59	5:05.79	5:45.99	400 IM	5:30.09	4:50.79	5:23.69