



**2023 Illinois Swimming
Summer Regional Championships
July 14-16, 2023**

Host

Hinsdale Swim Club

Location

**Hinsdale Central High School
Hinsdale, IL, 60521**

Entry Deadline

Monday, July 10, 2022 @ 1:00 PM (CST)

2023 Illinois Swimming Summer Regional Championships

Important Meet Items:

- This meet follows all USA Swimming and current Illinois Swimming championship meet procedures.
- All swimmers must be current members of USA Swimming and Illinois Swimming prior to the entry deadline.
- The qualification period for this meet is July 1, 2021 through the entry deadline (Monday, July 10, 2023).
- Enter the 2023 Illinois Swimming Summer Regional Championships using OME beginning on Wednesday, June 14, 2023 and no later than 1:00pm (CST) Monday, July 10, 2023.
- All events will be swum as timed finals.
- All relays will be conducted as timed finals. Each team may enter four (4) relays per event. There are no qualifying times for relay events.
- **All relay only swimmers, including alternates, must be entered in the meet via OME prior to the entry deadline.**
- All Custom Entry Times must be pre-proven prior to the scratch deadline for Friday's events.
- **Swimmers' and Coaches' Responsibility** – It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information packet and any information or changes announced at the Coaches Meeting.

Meet Director

Kristen Frandsen
Kristen.frandsen@yahoo.com
(847) 942-2773

Meet Referee

Tom Merlin
tmsail29@gmail.com
(847) 685-0671

OME/Entry Questions

Pam Lowenthal
pam.lowenthal@ilswim.org
(847) 824-1596

Email Scratch Contact

Brittany MacDonald
macbritt46@gmail.com

Sanction: Summer Regional Championships: ILL23-0706

Host: Hinsdale Swim Club – www.hinsdaleswimming.org

Location: Don Watson Aquatic Center, Hinsdale Central High School, 5500 S Grant St., Hinsdale, IL 60521

Facility: 8 lane, 25-yard competition pool; 6-7 additional lanes available always for warm up/cool down. It is equipped with non-turbulent lane lines, starting blocks with wedge, a horn start system with a strobe and automatic timing with touch pads. Each lane will also have a push button back-up system and a back-up timer using an electronic stopwatch. There are not backstroke wedges. Starting depth end of the pool is 12'6" and depth at the turn end is 7'0". The facility is owned and operated by the Hinsdale Township High School District 86. As necessary, staff at the facility will handle operational matters. Please note that the Host Club does not control operational decisions. The competition course has not been certified in accordance with 104.2.2C(4).

Meet Schedule:

Friday PM (All Ages)

<u>Warm-ups</u>	<u>Start</u>
4:00pm	5:00pm

Sat. & Sun. AM (10&U, 11-12)

<u>Warm-ups</u>	<u>Start</u>
7:00am	8:00am

Sat. & Sun. PM (13-14, Open)

<u>Warm-ups</u>	<u>Start</u>
12:00pm	1:00pm

Rules:

This meet is sanctioned by USA Swimming and Illinois Swimming. All USA Swimming and Illinois Swimming rules apply including safety rules, which will be strictly enforced. This meet follows all USA Swimming and current Illinois Swimming championship meet procedures. Any swimmer entered in the meet must be certified by a USA Swimming 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.

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Eligibility: All swimmers must be current members of USA Swimming and Illinois Swimming prior to the entry deadline.

Qualifying Times: The qualification period for this meet begins on July 1, 2021. 2023 Age Group and Senior Regional Championship Time Standards are included. Entry times may be submitted in short course yards, long course meters, or short course meters.

Entries: All entries will be submitted thru OME. Entries may be submitted on-line beginning June 14, 2023 (12:01AM CST) and must be completed by Monday, July 10, 2023 at 1:00 pm CST. You will be required to pay for the online entries with Visa, MasterCard, American Express, or Discover. To pay by check please contact Illinois Swimming Office for payment instructions. For late entries, please refer to Illinois Swimming rule 206.8.11.

A swimmer may enter any number of individual events in which he/she has met the qualifying standard. A swimmer may swim no more than ten (10) individual events during the meet. No swimmer shall be permitted to compete in more than five (5) events per day; four (4) individual and one (1) relay. All relay only swimmers, including alternates, must be entered in the meet via OME prior to the entry deadline.

IMPORTANT: All custom entry times must be pre-proven prior to the Friday event scratch deadline.

Entry Fees: Individual Events: \$10.00 per entry
Relay Events: \$20.00 per entry
Illinois Swimming Surcharge: \$2.00 per athlete entered in the meet.

Individual Events: All individual events will be conducted as timed final events.

Distance Events: The 12&U 1000 Freestyle, 14&U 1000 Freestyle and Open 1000 Freestyle for Women will be entered and awarded as separate events (with different event numbers and different qualifying standards) will be swum together. The 12&U 1000 Freestyle, 14&U 1000 Freestyle and Open 1000 Freestyle for Men will be entered and awarded as separate events (with different event numbers and different qualifying standards) will be swum together.

The 14&U 1650 Freestyle and Open 1650 Freestyle for Women will be entered and awarded as separate events (with different event numbers and different qualifying standards) will be swum together. The 14&U 1650 Freestyle and Open 1650 Freestyle for Men will be entered and awarded as separate events (with different event numbers and different qualifying standards) will be swum together. The 1650 Freestyle will be swum fastest to slowest, alternating between Women's and Men's heats.

Distance Bonus Events: Swimmers with an 800/1000 Freestyle qualifying time may enter the 1650 Freestyle event; swimmers with a 1500/1650 Freestyle qualifying time may enter the 1000 Free event. Swimmers must enter at the Long Course (LCM) non-conforming qualifying time in the event for which they do not have the current qualifying standard.

Relay Events: All relay events will be conducted as timed final events. Relay entries may be proven as actual or aggregate ("add-up") times. For purposes of proving entry times a swimmer may be listed on only one relay team entered in each event. A swimmer may not be listed on both an aggregate and composite relay entry in the same event. All relay only swimmers, including alternates, must be entered in the meet via OME prior to the entry deadline. Teams are limited to four (4) relay entries per event. There are no qualifying standards for relays and relays do not count in the team scoring.

Each coach shall pick up relay entry forms from the Clerk of Course on which they shall list the competing relay swimmers, their first and last names and order of swimming for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation approximately one (1) hour prior to the start of the relays.

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However, relay order may be changed up to the time of the swim by informing the timers.

- Seeding:** Events shall be seeded in order of SCY, equivalent LCM, equivalent SCM, non-conforming SCY (distance events), non-conforming LCM (distance events).
- Positive Check-In:** All events will be Positive Check-in, timed finals. Each swimmer must check herself/himself in with the Clerk of Course at least forty (40) minutes prior to the start of each session for the events they will be swimming. Any swimmer who does not check-in with the Clerk of Course, prior to the deadline for Positive Check-In, will be scratched from all events for that day. Swimmers missing Positive Check-In will only be placed if and wherever any openings may occur, regardless of original seedtime. All swimmers will be expected to report for their events on time. No show rules will apply as stated in Illinois Swimming Championship meet rules.
- Scratches** Illinois Swimming Championship scratch rules and procedures will be in effect at this meet. The Regional Championships meet is positive check-in, thus pre-meet scratching is not necessary. Scratch deadlines are as follows:
- Email scratches will be accepted until 1:00pm on Friday, July 14, 2023. Scratches submitted via email must be sent to Brittany MacDonald at macbritt46@gmail.com. It is the responsibility of the sender to ensure that this email is received by the host club.
- Coaches Meeting:** There will be a virtual (Zoom-based) coaches meeting on Thursday, July 13, 2023 at 6:00pm. Details will be sent to each coach. Coaches are encouraged to check the Illinois Swimming website for last minute details about the event. Participating coaches and athletes are responsible for all information in this document, distributed in the technical meeting, and posted on the event website.
- Warm-up:** ISI warm-up and safety procedures will be in effect.
- Eligibility Jury:** The Meet Referee and the Program Operations Vice-Chair shall appoint an Eligibility Jury composed of at least one coach, one athlete, and one other person in attendance.
- Technical Jury:** The Age Group Vice Chair and the Meet Director shall appoint a Technical Jury composed of at least one coach, one athlete and at least one, but not more than three other persons.
- Scoring:**
- | SCORING BY PLACE | | | | | | | | | | | | | | | |
|--------------------------|----|----|----|----|----|----|----|---|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| INDIVIDUAL EVENT SCORING | | | | | | | | | | | | | | | |
| 20 | 17 | 16 | 15 | 14 | 13 | 12 | 11 | 9 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
- Awards:** Team awards will be given for the top 3 combined teams. Awards will be given to the top 8 finishers in individual events, and the top 3 finishers in relay events.
- Meet Results:** Meet results will be available on the Illinois Swimming website (www.ilswim.org) within 48 hours following the conclusion of the meet.
- Deck Access:** Current USA Swimming membership is required for coaches and working officials to be on deck. Coaches must be currently registered with USA Swimming and must provide proof of current registration at all sessions of the meet. Officials must display their current card from OTS at all times of the meet.
- Timers:** Each team with swimmers in the meet may be asked to provide timers. A list of lane assignments for each team will be posted at least 48 hours prior to the meet. Swimmers in the 1650 must provide their own timer and counter.
- Officials:** Officials interested in working should submit the application, found on the ISI website under the officials tab. They can also direct questions regarding officiating to Paula Myhre at prmyhre@gmail.com. A

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mandatory briefing for all officials working the meet will begin 1 hour before the start of each session.

Admissions:	Admissions will be charged for entrance to each session. Heat sheets will be made available for sale. The Host Club will set these prices.
Concessions and Vendors:	Concessions will be available for purchase at the venue.
Conduct:	All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. Meet Marshals have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc. No smoking on the premises. Please encourage your parents and swimmers to clean up after themselves. Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms, or locker rooms. Deck changing is prohibited. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
Image Authorization:	All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Illinois Swimming and the meet host under the conditions authored by Illinois and USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in this Illinois Swimming competition to promote such competitions.
Liability:	In consideration of the acceptance of this entry, intending to be legally bound, I/we hereby waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming, Inc., Hinsdale Swim Club (host club), Hinsdale Central High School, and their representatives, employees, or successors, for any and all injuries suffered by me or any contestant or representative in said meet as a representative of my club. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
MAAPP:	All applicable adults participating or associated with the respective meet to which this information applies, acknowledges that they are an applicable adult, subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. All athletes 18 years of age and older must have completed Athlete Protection Training.

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Day 1				Day 2				Day 3				
				AM Session				AM Session				
			17		12&U 500 Freestyle		18	71		10&U 200 Freestyle Relay		72
			19		10&U 200 Medley Relay		20	73		12&U 200 Freestyle Relay		74
			21		12&U 200 Medley Relay		22			**AWARDS**		
					AWARDS			75		10&U 200 Freestyle		76
			23		10&U 100 Butterfly		24	77		12&U 200 Freestyle		78
			25		12&U 100 Butterfly		26			**AWARDS**		
					AWARDS			79		10&U 50 Butterfly		80
			27		10&U 50 Freestyle		28	81		12&U 50 Butterfly		82
			29		12&U 50 Freestyle		30			**AWARDS**		
					AWARDS			83		10&U 100 Backstroke		84
			31		10&U 100 Breaststroke		32	85		12&U 100 Backstroke		86
			33		12&U 100 Breaststroke		34			**AWARDS**		
					AWARDS			87		10&U 50 Breaststroke		88
			35		10&U 50 Backstroke		36	89		12&U 50 Breaststroke		90
			37		12&U 50 Backstroke		38			**AWARDS**		
					AWARDS			91		10&U 100 Freestyle		92
			39		10&U 200 IM		40	93		12&U 100 Freestyle		94
			41		12&U 200 IM		42			**AWARDS**		
					AWARDS			95		10&U 100 IM		96
								97		12&U 100 IM		98
										AWARDS		
PM Session				PM Session				PM Session				
1		12&U 200 Butterfly	2	43	Open 200 Medley Relay	44	99		Open 200 Freestyle Relay		100	
3		10&U 500 Freestyle	4	45	14&U 200 Medley Relay	46	101		14&U 200 Freestyle Relay		102	
		AWARDS			**AWARDS**				**AWARDS**			
5		12&U 200 Breaststroke	6	47	Open 500 Freestyle	48	103		Open 200 Freestyle		104	
		AWARDS		49	14&U 500 Freestyle	50	105		14&U 200 Freestyle		106	
7		12 & U 1000 Freestyle	8		**AWARDS**				**AWARDS**			
9		14&U 1000 Freestyle	10	51	Open 100 Butterfly	52	107		Open 200 Butterfly		108	
11		Open 1000 Freestyle	12	53	14&U 100 Butterfly	54	109		14&U 200 Butterfly		110	
		AWARDS			**AWARDS**				**AWARDS**			
13		12&U 200 Backstroke	14	55	Open 50 Freestyle	56	111		Open 100 Backstroke		112	
		AWARDS		57	14&U 50 Freestyle	58	113		14&U 100 Backstroke		114	
15		12&U 400 IM	16		**AWARDS**				**AWARDS**			
		AWARDS		59	Open 100 Breaststroke	60	115		Open 200 Breaststroke		116	
				61	14&U 100 Breaststroke	62	117		14&U 200 Breaststroke		118	
					AWARDS				**AWARDS**			
				63	Open 200 Backstroke	64	119		Open 100 Freestyle		120	
				65	14&U 200 Backstroke	66	121		14&U 100 Freestyle		122	
					AWARDS				**AWARDS**			
				67	Open 400 IM	68	123		Open 200 IM		124	
				69	14&U 400 IM	70	125		14&U 200 IM		126	
					AWARDS				**AWARDS**			
							127		Open 1650 Freestyle		128	
							129		14&U 1650 Freestyle		130	
									AWARDS			

**All 12&U events shall follow the 11-12 Illinois Swimming championship time standards for the maximum qualifying standard. **

**All 14&U events shall follow the 13-14 Illinois Swimming championship time standards for the maximum qualifying standard. **



2023 SENIOR CHAMPIONSHIPS

July 27-30, 2023

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.59	27.49	24.79	50 Freestyle	22.39	24.89	26.09
1:01.99	59.49	53.59	100 Freestyle	48.59	53.89	56.29
2:14.59	2:09.59	1:56.79	200 Freestyle	1:47.09	1:58.89	2:04.99
4:46.29	4:32.99	5:11.99	400/500 Freestyle	4:51.89	4:15.39	4:27.09
9:56.99	9:41.89	10:56.99	800/1000 Freestyle	10:16.99	8:59.89	9:15.99
18:57.99	18:37.89	18:31.19	1500/1650 Freestyle	17:31.69	17:37.99	18:14.29
1:10.09	1:06.69	1:00.09	100 Backstroke	55.59	1:01.69	1:05.49
2:32.79	2:25.29	2:10.89	200 Backstroke	2:02.49	2:15.99	2:25.09
1:20.99	1:16.59	1:08.99	100 Breaststroke	1:01.99	1:08.79	1:13.29
2:58.59	2:48.49	2:31.79	200 Breaststroke	2:18.29	2:33.49	2:46.09
1:08.59	1:06.19	59.59	100 Butterfly	54.49	1:00.49	1:02.19
2:38.99	2:30.39	2:15.49	200 Butterfly	2:05.99	2:19.79	2:28.99
2:34.49	2:26.59	2:12.09	200 Individual Medley	2:01.49	2:14.89	2:22.39
5:31.39	5:17.89	4:46.39	400 Individual Medley	4:24.89	4:53.99	5:10.99
4:18.99	4:04.09	3:39.89	400 Free Relay	3:19.09	3:40.99	3:55.29
9:18.69	8:52.79	7:59.99	800 Free Relay	7:22.79	8:11.49	8:46.29
4:50.09	4:26.69	4:00.29	400 Medley Relay	3:38.19	4:02.19	4:21.79

2023 SUMMER REGIONAL CHAMPIONSHIPS

July 14-16, 2023

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
31.69	30.29	27.39	50 Freestyle	24.59	27.29	28.79
1:08.19	1:05.49	59.09	100 Freestyle	53.49	59.39	1:01.89
2:29.49	2:23.39	2:09.19	200 Freestyle	1:57.79	2:10.79	2:17.69
5:17.19	5:01.69	5:44.99	400/500 Freestyle	5:21.79	4:41.49	4:52.49
10:57.79	10:40.09	12:02.69	800/1000 Freestyle	11:26.39	10:05.59	10:19.29
20:53.99	20:34.69	20:27.39	1500/1650 Freestyle	19:23.49	19:30.39	19:59.89
1:17.59	1:13.59	1:06.29	100 Backstroke	1:01.29	1:07.99	1:12.29
2:49.39	2:39.79	2:23.99	200 Backstroke	2:14.69	2:29.49	2:38.29
1:30.29	1:25.09	1:16.69	100 Breaststroke	1:08.79	1:16.39	1:22.79
3:16.29	3:05.59	2:47.19	200 Breaststroke	2:32.09	2:48.79	3:01.49
1:15.99	1:13.09	1:05.89	100 Butterfly	1:00.19	1:06.79	1:09.29
2:51.79	2:45.99	2:29.59	200 Butterfly	2:17.89	2:33.09	2:41.09
2:49.89	2:41.19	2:25.29	200 Individual Medley	2:13.29	2:27.89	2:35.99
6:06.89	5:51.29	5:16.59	400 Individual Medley	4:52.49	5:24.59	5:41.49

*Qualification period will be 7/1/2021 to the entry deadline



TIME STANDARDS

2023 REGIONAL & AGE GROUP CHAMPIONSHIPS

GIRLS

LCM		SCM		SCY		10&Under	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
:35.59	:39.59	:33.39	:37.19	:30.89	:34.39	50 Free	:30.89	:34.39	:33.99	:37.79	:35.49	:39.49
1:20.29	1:29.09	1:15.99	1:24.39	1:09.09	1:16.79	100 free	1:09.09	1:16.79	1:15.99	1:24.39	1:19.79	1:28.59
2:56.29	3:15.29	2:49.89	3:08.39	2:34.39	2:50.29	200 Free	2:29.39	2:46.19	2:44.39	3:02.79	2:51.89	3:11.09
6:05.39	7:06.69	5:54.29	6:54.99	6:40.79	7:53.09	400/500 Free	6:37.39	7:53.79	5:49.49	6:57.69	5:59.49	7:06.99
:42.19	:46.99	:39.49	:43.99	:36.29	:40.39	50 Back	:36.49	:40.59	:40.19	:44.69	:42.99	:47.69
1:32.19	1:42.19	1:26.99	1:36.49	1:19.09	1:27.79	100 Back	1:18.79	1:27.29	1:26.69	1:36.39	1:30.99	1:41.09
:47.49	:52.69	:44.99	:49.89	:41.59	:46.09	50 Breast	:41.09	:45.49	:45.39	:50.39	:48.49	:53.89
1:44.89	1:56.19	1:40.49	1:51.19	1:31.29	1:41.09	100 Breast	1:29.99	1:40.19	1:39.89	1:50.99	1:44.79	1:56.49
:40.79	:45.19	:37.89	:42.19	:35.09	:38.99	50 Fly	:35.39	:39.09	:38.99	:43.29	:40.19	:44.69
1:35.99	1:46.39	1:32.49	1:41.39	1:24.09	1:33.09	100 Fly	1:22.79	1:31.19	1:31.09	1:41.09	1:37.99	1:48.79
		1:27.49	1:37.09	1:19.49	1:27.69	100 IM	1:18.99	1:27.79	1:26.89	1:40.49		
3:13.89	3:35.29	3:09.99	3:30.59	2:52.69	3:11.39	200 IM	2:50.99	3:08.39	3:08.89	3:29.79	3:15.39	3:37.19
2:30.29		2:22.59		2:08.49		200 Fr Relay	2:10.59		2:24.99		2:35.59	
2:50.99		2:41.19		2:25.19		200 Med Relay	2:28.29		2:44.59		2:57.89	

BOYS

LCM		SCM		SCY		11&12	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
:30.89	:34.69	:29.79	:33.69	:27.09	:30.29	50 Free	:26.69	:30.19	:29.39	:33.79	:30.69	:35.29
1:07.19	1:14.69	1:04.79	1:12.29	:58.89	1:05.69	100 Free	:58.09	1:05.89	1:03.89	1:12.79	1:07.69	1:17.79
2:27.59	2:46.99	2:19.89	2:39.49	2:09.49	2:25.09	200 Free	2:08.79	2:24.49	2:21.69	2:31.69	2:28.79	2:50.79
5:12.09	5:47.99	5:00.29	5:33.49	5:45.59	6:21.99	400/500 Free	5:44.89	6:19.59	5:09.99	5:43.09	5:15.19	5:57.09
11:26.69	12:30.89	11:13.69	12:11.59	12:08.69	12:51.99	800/1000 Free	12:11.89	12:58.29	11:05.59	12:15.59	11:18.59	12:46.09
21:15.09	22:55.59	20:47.09	22:24.69	20:56.39	21:55.69	1500/1650 Free	20:47.49	21:56.59	21:01.39	22:35.59	21:37.39	23:31.69
:36.59	:40.59	:34.49	:38.19	:31.29	:34.69	50 Back	:31.29	:34.69	:34.49	:38.79	:36.49	:41.89
1:18.19	1:28.19	1:13.69	1:23.09	1:06.99	1:15.59	100 Back	1:06.99	1:15.59	1:13.69	1:22.59	1:18.49	1:29.69
2:49.99	2:56.09	2:39.89	2:51.59	2:25.29	2:36.39	200 Back	2:25.69	2:39.59	2:40.29	2:54.59	2:50.99	2:59.79
:41.19	:46.89	:38.99	:43.59	:35.39	:39.99	50 Breast	:35.49	:40.39	:39.09	:44.69	:41.29	:48.19
1:30.49	1:43.19	1:24.49	1:34.89	1:16.79	1:26.39	100 Breast	1:16.89	1:27.09	1:24.59	1:33.19	1:30.29	1:44.19
3:14.19	3:22.39	3:02.29	3:19.89	2:45.69	3:01.69	200 Breast	2:47.29	3:11.29	3:04.09	3:30.19	3:12.59	3:38.09
:33.79	:38.59	:32.69	:37.59	:29.69	:33.79	50 Fly	:29.69	:33.39	:32.69	:37.09	:33.99	:38.89
1:18.39	1:29.79	1:13.69	1:22.99	1:06.99	1:15.89	100 Fly	1:06.99	1:15.59	1:14.09	1:23.69	1:18.09	1:30.99
2:55.59	3:33.09	2:51.59	3:25.89	2:34.59	3:08.29	200 Fly	2:37.89	3:06.69	2:53.69	3:24.09	3:03.29	3:30.99
		1:15.19	1:26.29	1:08.19	1:15.69	100 IM	1:07.99	1:16.69	1:14.79	1:24.29		
2:49.29	3:10.49	2:41.19	3:01.49	2:26.49	2:43.49	200 IM	2:25.69	2:43.39	2:40.59	2:58.59	2:49.79	3:12.49
	7:32.09		7:15.79		6:34.39	400 IM		6:27.29		7:07.99		7:28.29
4:40.89		4:30.09		4:03.69		400 Fr Relay	4:07.29		4:34.99		4:45.99	
5:19.69		5:07.39		4:34.79		400 Med Relay	4:41.79		5:15.29		5:30.39	

LCM		SCM		SCY		13&14	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
:29.19	:31.79	:28.19	:30.79	:25.49	:27.79	50 Free	:23.89	:26.29	:26.49	:29.19	:27.39	:30.39
1:03.39	1:09.19	1:01.39	1:06.99	:55.29	1:00.29	100 Free	:51.79	:56.99	:57.99	1:03.79	:59.59	1:06.39
2:18.39	2:31.59	2:13.19	2:25.29	1:59.69	2:10.89	200 Free	1:53.19	2:04.99	2:06.29	2:18.99	2:11.19	2:25.09
4:52.49	5:21.79	4:41.29	5:09.49	5:22.69	5:53.59	400/500 Free	5:07.59	5:35.19	4:32.29	4:59.59	4:40.79	5:11.19
9:58.19	10:57.99	9:47.79	10:46.59	10:57.79	12:03.59	800/1000 Free	10:32.59	11:35.89	9:37.69	10:35.49	9:48.09	10:46.89
19:01.59	21:03.39	18:45.59	20:41.49	18:49.19	20:44.49	1500/1650 Free	18:18.29	20:10.99	18:28.39	20:20.09	18:45.29	20:42.09
1:12.09	1:18.69	1:09.59	1:14.59	1:01.29	1:06.89	100 Back	:59.69	1:05.69	1:04.79	1:11.49	1:09.69	1:18.19
2:35.19	2:49.89	2:29.89	2:42.69	2:13.29	2:25.79	200 Back	2:08.29	2:21.19	2:24.39	2:36.69	2:29.89	2:46.59
1:22.99	1:30.59	1:19.59	1:26.79	1:10.89	1:17.19	100 Breast	1:06.69	1:14.19	1:14.49	1:22.19	1:18.09	1:24.59
3:00.09	3:18.29	2:53.39	3:09.59	2:34.79	2:50.39	200 Breast	2:25.29	2:40.89	2:43.39	2:59.79	2:51.39	3:11.89
1:10.29	1:16.89	1:08.19	1:14.49	1:01.19	1:06.89	100 Fly	:57.89	1:03.69	1:03.99	1:10.49	1:06.59	1:13.89
2:39.79	2:55.79	2:33.69	2:49.09	2:18.79	2:32.69	200 Fly	2:12.59	2:25.89	2:29.39	2:42.39	2:34.59	2:50.19
2:37.19	2:51.79	2:31.49	2:45.39	2:16.79	2:28.79	200 IM	2:08.79	2:22.79	2:23.09	2:37.49	2:27.89	2:46.39
5:33.69	6:07.09	5:20.89	5:52.99	4:50.89	5:19.99	400 IM	4:39.19	5:07.19	5:14.89	5:46.39	5:19.99	6:00.29
4:22.19		4:12.19		3:49.29		400 Fr Relay	3:36.69		4:03.69		4:13.39	
9:34.19		9:12.19		8:20.89		800 Fr Relay	8:01.59		9:01.49		9:23.29	
4:56.39		4:44.89		4:14.89		400 Med Relay	4:02.69		4:32.89		4:48.29	