



**2014 Speedo® Illinois Swimming
Summer Regional Championship Meets
July 18-20, 2014**



The 2014 Speedo® Illinois Swimming Summer Regional Championship Meets are sanctioned by USA Swimming and Illinois Swimming, Inc. sanction numbers (Delta Aquatics - ILL14-0805, Lincoln Way Swim Association - ILL14-0803, Northside Aquatics Club - ILL14-0804, Peoria Area Water Wizards - ILL14-0800 and Wheaton Swim Club - ILL14-0801). All USA Swimming and Illinois Swimming rules apply including safety rules, which will be strictly enforced. **Please note: This Meet Information packet is specific only to the Delta Aquatics, Lincoln Way Swim Assoc., Northside Aquatics Club and Wheaton Swim Club Regional Meets. There is a separate information packet for the PAWW Regional Meet**

There are five (5) Regional Championship Meets. Please check the Team Listings included in this packet for the location of the meet to which your team has been assigned. Each team may only attend the meet to which they are assigned. All unattached athletes must contact the Illinois Swimming Office (847-824-1596) to determine which meet they should attend.

LOCATIONS AND FACILITIES:

DELTA AQUATICS	LINCOLN WAY SWIM ASSOC	NORTHSIDE AQUATICS CLUB
<p align="center">Oswego East High School 1525 Harvey Road Oswego, IL 60543</p> <p>8 lane, 25-yard competition pool. Colorado System 6 timing system with Colorado touchpads. Water depth at the start is 12 feet 6 inches and at the turn end is 4 feet 6 inches.</p>	<p align="center">Lincoln-Way Central High School Route 30 / Schoolhouse Road New Lenox, IL 60451</p> <p>2-6 lane, 25-yard pools separated by a 4' wide bulkhead. Water depth of competition pool is 12'8" at start end, 7' in middle and 6' at turn end. Spectator seating for approximately 800.</p>	<p align="center">Northside College Prep High School 5501 N Kedzie Chicago, IL 60625</p> <p>6 lane, 25-yard competition pool. Daktronics Omni Sport 2000 timing system with Daktronics touchpads. Water depth is 12 feet 6 inches at the start and at turn end is 4 feet deep. Spectator seating for 320.</p>
PEORIA AREA WATER WIZARDS		WHEATON SWIM CLUB
<p align="center">Central Park Pool 415 W Richmond Ave. Peoria, IL 61604</p> <p>8 lane, 25-yard competition pool. The competition pool has a starting end depth of 5 feet with a turn end depth of 3 ½ feet. An IST/Colorado V fully automatic timing system with an 8 lane read out scoreboard will be utilized. Separate dicing well for warm-down. Bleacher seating for spectators is 300.</p>		<p align="center">UIC Flames Natatorium 901 W Roosevelt Road Chicago, IL 60608</p> <p>8 lane 25-yard competition pool. The start end and the turn end of the pool are 16' deep. The touch pads are Colorado Aquarigrip non-slip. The timing system is a Daktronics OmniSport 2000. There is a separate area of the pool for warm up/swim down. Seating is available for 1,200 spectators.</p>

DEADLINE AND MEETING SUMMARY:

Monday	June 2	12:01 AM	Entries Open
Monday	July 14	1:00 PM	Entry Deadline (OME)
Thursday	July 17	1:00 PM	Email Scratch Deadline
Friday	July 18	3:20 PM	Positive Check-In Closes
Friday	July 18	3:40 PM	Coaches Meeting
Friday	July 18	4:00 PM	Session 1 Start
Saturday	July 19	7:20 AM	Positive Check-In Closes
Saturday	July 19	7:45 AM	Coaches Meeting (If Necessary)
Saturday	July 19	8:00 AM	Session 2 Start
Saturday	July 19	12:20 PM	Positive Check-In Closes
Saturday	July 19	1:00 PM	Session 3 Start
Sunday	July 20	7:20 AM	Positive Check-In Closes
Sunday	July 20	7:45 AM	Coaches Meeting (If Necessary)
Sunday	July 20	8:00 AM	Session 4 Start
Sunday	July 20	12:20 PM	Positive Check-In Closes
Sunday	July 20	1:00 PM	Session 5 Start



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MEET SCHEDULE:

Friday Evening Session (1) Ages All		Saturday and Sunday Morning Sessions (2 & 4) Ages 12 & Under; 10 & Under		Saturday and Sunday Afternoon Sessions (3 & 5) Ages Open, 14 & Under	
Warm-up:	3:00 PM	Warm-up:	7:00 AM	Warm-up:	12:00 PM
Positive Check-In		Positive Check-In		Positive Check-In	
Closes:	3:20 PM	Closes:	7:20 AM	Closes:	12:20 PM
Start:	4:00 PM	Start:	8:00 AM	Start:	1:00 PM

MEET ADMINISTRATION:

	Meet Director	Entry Chair	Meet Referee	Website
DLTA	Jessica Bogie 630-244- 2134 coachjessica@comcast.net	Jessica Bogie 630-244- 2134 coachjessica@comcast.net		www.deltaaquatics.com
LWSA	Mark Hoffer 708-800- 4139 coachmark@lwsagators.org	Mark Hoffer 708-800- 4139 coachmark@lwsagators.org		www.lwsagators.org
KNAC	Ed Stranc 773-339-2206 Ed.stranc@northsideaquatics.org	Carlos Ceja 773-297-7050 Carlos.ceja@northsideaquatics.org		www.northsideaquatics.org
PAWW	R.J. Greseth 309-712-7299 coachrj@paww.org	R.J. Greseth 309-712-7299 coachrj@paww.org		www.paww.org
WHTN	Jacob Ayers 630-725-5770 coaches@wheatonswimming.com	Jacob Ayers 630-725-5770 coaches@wheatonswimming.com		www.wheatonswimming.com

QUALIFYING TIMES: 2013-14 Regional Championship Time Standards are included in this meet packet. Only swimmers having achieved qualifying times between July 20, 2012 and July 14, 2014 at 1:00pm CST are eligible for this meet. Entry times may be submitted in short course yards, short course meters or long course meters.

Minimum Qualifying Time: 2013-14 Illinois Regional Championship time standards
Maximum Qualifying Time: 2013-14 Age Group Championship (Senior Championship for Senior events) Time Standards, except where noted on the order of events.
Swimmers having achieved an Age Group or Senior Championship time standard in any course may NOT compete in that event, for that age group, in the Regional Championships.

ENTRY CHECKLIST:

This meet will be using USA Swimming Online Meet Entry www.usaswimming.org/ome. All forms must be received on or before close of business (5:00 PM CST), Wednesday, July 16, 2014.

1. Team Summary and Release Form.
2. Any entry fees and swimmer surcharge payments.

Checks payable to: Illinois Swimming Inc.

MAIL PAYMENT TO:	Illinois Swimming Inc. 1400 E Touhy Ave., Suite 245 Des Plaines, IL 60018	EMAIL ENTRY QUESTIONS TO:	pam.lowenthal@ilswim.org
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ENTRY FEES: \$5.00 per individual event and a swimmer surcharge of \$2.00 per swimmer entered in at least one individual event must be included with entry.



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ENTRY PROCESS:

1. Complete entry online using USA Swimming's Online Meet Entry System (OME).
2. Pay for OME entry online using a credit card OR if paying by check Payable to **Illinois Swimming, Inc.**
3. Submit the following to Illinois Swimming Office (due by July 16, 2014)
 - a. Team Summary and Release Form
 - b. Entry fees and swimmer surcharge payments not paid by credit card

ELIGIBILITY: All swimmers must be current members of USA Swimming and Illinois Swimming. "Applied For" registration numbers will not be accepted; registration forms may be obtained from the ISI office or downloaded from the Illinois Swimming website. www.ilswim.org. 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.

EVENT LIMITATIONS: 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 four (4) individual events per day.

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 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.

SEEDING: Entries shall be seeded according to USA and Illinois Swimming rules. Entry times conforming to the course length for Illinois Swimming short course state championship meets (SCY) shall be considered "conforming times". All other times meeting the appropriate standard shall be considered "non-conforming times". **The order of seeding for this meet is Short Course Yards (SCY), Long Course Meters (LCM), and Short Course Meters (SCM).**

INDIVIDUAL EVENTS:

1. All events will be conducted as timed finals.
2. The 14&U 1000 Free and Open 1000 Free for Women will be entered and awarded as separate events (with different event numbers and different qualifying standards), but will be swum together. The 14&U 1000 Free and Open 1000 Free for Men will be entered and awarded as separate events (with different event numbers and different qualifying standards), but will be swum together.
3. The 14&U 1650 Free and Open 1650 Free for Women and Men will be entered as separate events (with different event numbers and different qualifying standards), but will be swum together. The 1650 Free will be swum fastest to slowest, alternating between Women's and Men's heats.
4. A swimmer who has qualified in the 800 meters or 1000 yards may swim the 1650 Free, but must enter using the Long Course 1500-meter qualifying time for their age group. The seeded times for these events for each age group are: 21:03.39 LCM (13-14 Girls), 20:42.09 LCM (13-14 Boys), 21:12.69 LCM (Open Girls), and 20:05.59 LCM (Open Boys).
5. A swimmer who has qualified in the 1500 meters or 1650 yards may swim the 1000 Free, but must enter using the Long Course 800-meter qualifying time for their age group. The seeded times for these events for each age group will be: 10:57.99 LCM (13-14 Girls), 10:46.89 LCM (13-14 Boys), 11:08.89 LCM (Open Girls), and 10:23.49 LCM (Open Boys).

RELAY EVENTS: THERE ARE NO RELAYS AT THE REGIONAL CHAMPIONSHIP MEETS.

SCRATCH PROCEDURES: **The following information is for coaches and club representatives only.** The 2014 Summer Regional Championship meet is positive check-in, thus pre-meet scratching is not necessary. However, if you would like to scratch swimmers in advance, please email scratch information to your Host Club entry chair. The following information must be included for your scratches:

1. Swim Club Information - Club Name, Club Code, Coach of Record, Contact Info (phone & email)
2. Swimmer's Information - Full Name (Last, First, MI), USA Swimming ID number, Event Number, Event Name, & Entry Time.
3. Name, information, and club position of person submitting scratches



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**The deadline for E-mail scratches is 1:00 PM, Thursday, July 17, 2014.
It is the responsibility of the sender to ensure that this E-mail is sent to the correct host and is received.**

Entry chair information can be found below.

DLTA	LWSA	KNAC	PAWW	WHTN
Jessica Bogle coachjessica@comcast.net	Mark Hoffer coachmark@lwsagators.org	Carlos Ceja Carlos.ceja@northsideaquatics.org	R.J. Greseth coachrj@paww.org	Jacob Ayers coaches@wheatonswimming.com

INDIVIDUAL AWARDS: Medals for 1ST- 8TH places will be awarded in each event.

TEAM AWARDS: There are no team awards for this meet.

AWARDS CEREMONY: Awards for top eight women and men will be presented according to the awards breaks shown in the event list. Additional medal awards will be given to swimmers who achieve a Senior Championship Meet qualifying time.

COACHES MEETING: There will be a coaches meeting 20 minutes prior to the start of each session if needed. Each team or unattached swimmer must be represented.

MEET RESULTS: Meet results will be available on the host web site and the Illinois Swimming website.

TECHNICAL JURY/ELIGIBILITY JURY: The Meet Director and the Age Group Vice-Chair shall appoint a Technical Jury composed of at least one coach, one athlete, and at least one, but not more than three other persons. The Program Operations Vice-Chair and the Meet Referee will appoint an Eligibility Jury composed of the Registration Chair, a coach, and one other person in attendance at the meet.

WARM-UP: Illinois Swimming warm-up and safety procedures will be in effect.

CONDUCT: The use of audio or visual recording devices, including all cell phones, is not permitted in the changing areas, restrooms, or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

DECK ACCESS & RESTRICTIONS: Current USA Swimming membership is required for coaches and working officials to be on deck. Coaches and officials must display USA Swimming credentials at all times while on deck.

TIMERS: The Meet Host shall have full responsibility for all timers for all sessions of the meet. The meet host shall provide a list of timing assignments made up of teams with swimmers in the meet (including the host club) at least 48 hours prior to the start of competition. Swimmers competing in the 1650 Freestyle must provide their own timers.

MISSED QUALIFYING TIMES: Entry times will be 'Pre-Proven' from the SWIMS database. Custom times may be entered; however, printed 'proof of time' will be required upon request.

OFFICIALS: Officials interested in working this meet should submit the application found on the ISI website under Officials tab. They can also direct questions regarding officiating to Ann Widdowson (widsona@gmail.com). A 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 also be available for sale. The Host Clubs will set these prices.

VENDORS: The Swim Team Store will be on site at each location to sell swimming-related items on Saturday and Sunday and Northwest Designs be on site at each location to sell event-specific apparel.



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EVENT ORDER: All time standards for all events are included in the meet packet. 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 13-14 Illinois Swimming championship time standards for the maximum qualifying standard.

**Friday, July 18, 2014
Session 1**

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
1	12&U 200 Fly	2
3	10&U 500 Free	4
5	12&U 200 Breast	6
	Awards	
7	**Open 1000 Free**	8
9	**14&U 1000 Free**	10
11	12&U 200 Back	12
	Awards	
13	12&U 400 IM	14
	Awards	

Events 7 & 9 (Girls Open and 13-14 1000 Free) will be entered separately but will be swum together.

Events 8 & 10 (Boys Open and 13-14 1000 Free) will be entered separately but will be swum together.

**Saturday, July 19, 2014
Session 2**

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
15	12&U 500 Free	16
17	10&U 100 Fly	18
19	12&U 100 Fly	20
	Awards	
21	10&U 50 Free	22
23	12&U 50 Free	24
	Awards	
25	10&U 100 Breast	26
27	12&U 100 Breast	28
	Awards	
29	10&U 50 Back	30
31	12&U 50 Back	32
	Awards	
33	10&U 200 IM	34
35	12&U 200 IM	36
	Awards	



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Saturday, July 19, 2014
Session 3

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
37	Open 500 Free	38
39	14&U 500 Free	40
	Awards	
41	Open 100 Fly	42
43	14&U 100 Fly	44
	Awards	
45	Open 50 Free	46
47	14&U 50 Free	48
	Awards	
49	Open 100 Breast	50
51	14&U 100 Breast	52
	Awards	
53	Open 200 Back	54
55	14&U 200 Back	56
	Awards	
57	Open 400 IM	58
59	14&U 400 IM	60
	Awards	

Sunday, July 20, 2014
Session 4

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
61	10&U 200 Free	62
63	12&U 200 Free	64
	Awards	
65	10&U 50 Fly	66
67	12&U 50 Fly	68
	Awards	
69	10&U 100 Back	70
71	12&U 100 Back	72
	Awards	
73	10&U 50 Breast	74
75	12&U 50 Breast	76
	Awards	
77	10&U 100 Free	78
79	12&U 100 Free	80
	Awards	
81	10&U 100 IM	82
83	12&U 100 IM	84
	Awards	



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Sunday, July 20, 2014
Session 5

<u>Girls Event #</u>	<u>Event Name</u>	<u>Boys Event #</u>
85	Open 200 Free	86
87	14&U 200 Free	88
	Awards	
89	Open 200 Fly	90
91	14&U 200 Fly	92
	Awards	
93	Open 100 Back	94
95	14&U 100 Back	96
	Awards	
97	Open 200 Breast	98
99	14&U 200 Breast	100
	Awards	
101	Open 100 Free	102
103	14&U 100 Free	104
	Awards	
105	Open 200 IM	106
107	14&U 200 IM	108
	Awards	
109	**Open 1650 Free**	110
111	**14&U 1650 Free**	112
	Awards	

Events 109 & 111 (Girls Open and 13-14 1650 Free) will be entered separately but will be swum together.

Events 110 & 112 (Boys Open and 13-14 1650 Free) will be entered separately but will be swum together.



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TEAM SUMMARY & RELEASE FORM

Name of Club: _____ Club Code: _____

Complete Mailing Address: _____

Phone (Day) _____ (Eve) _____ E-mail: _____

Names of Coaches at Meet: _____

CLUB CONTACT PERSON: _____

Phone (Day) _____ (Eve) _____ E-mail: _____

Club Officials for meet (Name, certification type, and Phone #)

NAME: _____ Certification: _____ Phone (Day) _____ (Eve) _____

NAME: _____ Certification: _____ Phone (Day) _____ (Eve) _____

Total Women's Events	_____	X	\$5.00 per event =	\$ _____
Total Men's Events	_____	X	\$5.00 per event =	\$ _____
Number of Individuals Entered in Individual Events	_____	X	\$2.00 Surcharge =	\$ _____
Make checks payable to "Illinois Swimming Inc."			Total Amount Enclosed =	\$ _____

In consideration of the acceptance of this entry, intending to be legally bound, I hereby consign, waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Illinois Swimming Inc., Delta Aquatics, Oswego East High School, Oswego School District 308; Lincoln Way Swim Association, Lincoln Way Central High School, Lincoln-Way School District 210; Northside College Prep High School; Wheaton Swim Club Inc., the University of Illinois-Chicago, the Board of Trustees of the University of Illinois-Chicago, 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.

The undersigned coach or team representative of all swimmers listed on this entry hereby certifies that all times stated on this entry form are true and correct. The undersigned further assumes responsibility for any false or incorrect times, and acknowledges that, in accordance with ISI and USA Swimming rules, a substantial fine will be paid to Illinois Swimming, Inc., for each time that is false, incorrect, or unacceptable.

Signature of Coach, Parent, or Club Representative

This form must be returned to the Illinois Swimming Office by the deadline specified in this packet.

ILLINOIS SWIMMING REGIONAL ASSIGNMENTS
SUMMER 2014



KNAC

BDSC
CATS
COHO
DPRC
DUND
ECST
ELY
GA
GTAC
HPAC
KNAC
LATT
LEAN
LFSC
LITIL (AI, VH, Sc, Sk)
LSF
MANN
MMAC
MMSC
NTSC
PAC
PALA
SAGE
SCT
SSC
TST
VHST
WDST

LWSA

ACAD (R and R)
BBSC
BSA
CSAT
EASC
GILS
HFSC
HOSC
HSC
HWSA
JAMS
JETS
JPD
LHSC
LITIL (OP, BR, R, W, B)
LPD
LWSA
NAC
OFSA
OLSA
PASS
POSA
RASC
RASC
TPT
ULT
WEST

DLTA

ACAD (A, N and B)
BLFN
BRRY
BTS
DCST
DLTA
EMSC
EXPR
FAST
FOX
FVfy
HTSW
MAVS
MBLM
MSSC
NAPY
ORCA
PPD
SCST
SSSC
TSSC
WCS
WSCS

WHTN

AA
BLUE
BSC
CHMP
CLSC
CPD
CSSC
CWAC
EST
IGSC
LYON
MDWY
MYST
RMSC
SPD
SWAQ
TOPS
UIC
WHTN
WILD
WSO
WYAC
Y2k
YWFF

PAWW

ACAD (SP)
BNSC
BNY
DDST
DOCS
DRGN
DSC
FFSC
HEAT
JAXY
LYNC
OCS
PAWW
QFY
RED
SBD
SPY
SST



Illinois Swimming 2013-2014 Time Standards



GIRLS						BOYS						
LCM		SCM		SCY		10&Under	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
34.79	38.29	33.49	36.79	30.19	33.19	50 Free	30.19	33.19	33.49	36.79	34.89	38.39
1:17.59	1:25.39	1:14.79	1:22.29	1:07.39	1:14.09	100 Free	1:06.59	1:13.29	1:13.89	1:21.29	1:18.29	1:26.09
2:49.89	3:06.89	2:44.49	3:00.99	2:28.19	2:42.09	200 Free	2:27.79	2:42.59	2:44.09	3:00.49	2:51.89	3:09.09
5:49.29	7:42.09	5:39.79	7:26.79	6:28.29	8:30.49	400/500 Free	6:28.29	8:25.49	5:39.79	7:22.69	5:49.29	7:38.49
41.69	45.89	39.89	43.89	35.89	39.49	50 Back	35.99	39.59	39.99	43.99	42.09	46.29
1:30.19	1:39.19	1:25.59	1:34.19	1:17.09	1:24.79	100 Back	1:17.79	1:25.59	1:26.39	1:34.99	1:31.49	1:40.59
46.89	51.59	44.49	48.89	40.09	44.09	50 Breast	41.09	45.19	45.59	50.19	48.59	53.49
1:42.89	1:53.19	1:37.49	1:47.19	1:27.79	1:36.59	100 Breast	1:30.59	1:39.69	1:40.59	1:50.69	1:46.79	1:57.49
39.39	43.29	37.79	41.59	34.09	37.49	50 Fly	34.29	37.69	38.09	41.89	40.49	44.49
1:34.29	1:43.69	1:28.79	1:37.69	1:19.99	1:27.99	100 Fly	1:21.49	1:29.59	1:30.49	1:39.49	1:38.09	1:47.89
		1:25.79	1:34.39	1:17.29	1:24.99	100 IM	1:17.99	1:25.79	1:26.59	1:35.29		
3:13.89	3:33.29	3:05.69	3:24.29	2:47.29	3:03.99	200 IM	2:49.69	3:06.69	3:08.39	3:27.19	3:17.69	3:37.49
2:30.29		2:22.59		2:08.49		200 Free 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	
LCM		SCM		SCY		11/12	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
:30.69	34.29	:29.59	33.29	:26.99	29.99	50 Free	:26.59	29.59	:28.99	32.89	:30.09	34.19
1:07.39	1:14.79	1:04.79	1:12.19	:58.29	1:04.99	100 Free	:57.89	1:04.69	1:03.89	1:11.79	1:06.39	1:15.49
2:25.49	2:42.89	2:19.89	2:37.49	2:08.19	2:21.79	200 Free	2:08.19	2:21.89	2:19.49	2:37.49	2:24.99	2:44.99
5:09.29	5:45.19	4:57.39	5:30.79	5:42.19	6:18.59	400/500 Free	5:43.59	6:18.29	4:57.49	5:30.59	5:09.39	5:51.29
:36.09	40.39	:34.79	38.59	:31.19	34.79	50 Back	:31.09	34.49	:34.59	38.39	:35.89	40.79
1:17.39	1:26.39	1:14.49	1:22.09	1:06.29	1:13.89	100 Back	1:06.99	1:14.49	1:14.79	1:22.69	1:17.79	1:27.99
2:46.69	3:30.79	2:40.29	3:22.49	2:24.39	3:03.29	200 Back	2:27.59	2:59.39	2:43.79	3:18.29	2:49.09	3:30.29
:40.29	45.49	:38.79	42.89	:34.49	38.59	50 Breast	:34.79	39.29	:38.49	43.59	:39.99	46.39
1:27.39	1:39.09	1:24.09	1:33.49	1:15.59	1:24.19	100 Breast	1:15.69	1:24.89	1:24.79	1:34.39	1:28.09	1:40.99
3:10.09	3:57.59	3:03.79	3:49.09	2:45.59	3:27.29	200 Breast	2:53.19	3:21.79	3:12.19	3:42.99	3:18.69	3:54.69
:33.39	37.69	:32.19	36.59	:29.39	32.99	50 Fly	:29.69	32.89	:32.59	36.49	:33.89	38.29
1:15.59	1:25.99	1:12.69	1:21.99	1:05.89	1:13.79	100 Fly	1:07.49	1:14.59	1:14.09	1:22.89	1:16.99	1:28.09
2:53.59	3:33.09	2:51.59	3:25.89	2:34.59	3:06.29	200 Fly	2:45.89	3:04.69	3:04.19	3:24.09	3:06.29	3:30.99
		1:15.19	1:22.89	1:07.59	1:14.59	100 IM	1:07.19	1:14.89	1:14.69	1:23.19		
2:45.79	3:04.99	2:39.49	2:57.79	2:24.99	2:39.99	200 IM	2:25.59	2:41.29	2:40.59	2:59.49	2:46.99	3:07.49
	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 Free 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
:29.29	:32.19	:28.19	:31.09	:25.49	:28.09	50 Free	:23.99	:26.39	:26.79	:29.59	:27.79	:30.59
1:03.79	1:10.19	1:01.39	1:07.59	:55.49	1:01.09	100 Free	:51.89	:57.09	:57.99	1:03.79	1:00.29	1:06.39
2:18.49	2:32.39	2:13.19	2:26.59	1:59.69	2:11.69	200 Free	1:53.99	2:05.39	2:07.69	2:20.49	2:12.79	2:26.09
4:52.49	5:21.79	4:41.29	5:09.49	5:23.69	5:56.09	400/500 Free	5:08.59	5:36.19	4:32.29	4:59.59	4:43.19	5:13.59
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
19:08.59	21:03.39	18:48.59	20:41.49	18:51.29	20:44.49	1500/1650 Free	18:20.89	20:10.99	18:29.19	20:20.09	18:49.19	20:42.09
1:12.69	1:19.99	1:09.59	1:16.59	1:02.09	1:08.29	100 Back	:59.69	1:05.69	1:06.89	1:13.59	1:11.09	1:18.19
2:36.69	2:52.39	2:29.89	2:45.39	2:14.39	2:27.89	200 Back	2:08.99	2:21.89	2:26.09	2:40.79	2:32.29	2:47.59
1:23.19	1:31.59	1:19.59	1:27.59	1:11.09	1:18.19	100 Breast	1:07.69	1:14.49	1:16.39	1:24.09	1:19.59	1:27.59
3:00.39	3:18.49	2:53.39	3:10.89	2:35.69	2:51.29	200 Breast	2:27.89	2:42.69	2:47.19	3:03.99	2:54.39	3:11.89
1:10.89	1:17.99	1:08.19	1:15.09	1:01.69	1:07.89	100 Fly	:57.99	1:03.79	1:04.69	1:11.19	1:07.19	1:13.99
2:39.79	2:55.79	2:33.69	2:49.09	2:18.79	2:32.69	200 Fly	2:12.99	2:26.29	2:29.39	2:42.39	2:35.29	2:50.59
2:37.49	2:53.29	2:31.49	2:46.69	2:16.79	2:30.49	200 IM	2:09.79	2:22.79	2:25.39	2:39.99	2:31.19	2:46.39
5:33.69	6:07.09	5:20.89	5:52.99	4:50.89	5:19.99	400 IM	4:39.29	5:07.29	5:14.89	5:46.39	5:27.49	6:00.29
4:22.19		4:12.19		3:49.29		400 Free Relay	3:36.69		4:03.69		4:13.39	
9:34.19		9:12.19		8:20.89		800 Free 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	
LCM		SCM		SCY		Senior	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
29.29	32.19	28.09	30.89	25.29	27.79	50 Free	22.69	24.99	25.19	27.69	26.69	29.39
1:03.59	1:09.99	1:00.79	1:06.89	54.79	1:00.29	100 Free	49.29	54.19	54.69	1:00.19	57.59	1:03.39
2:17.09	2:30.79	2:11.89	2:25.09	1:58.79	2:10.69	200 Free	1:48.59	1:59.49	2:00.49	2:12.49	2:06.59	2:19.29
4:50.69	5:19.79	4:37.79	5:05.59	5:17.49	5:49.19	400/500 Free	4:57.09	5:26.79	4:19.99	4:45.99	4:33.89	5:01.29
10:08.09	11:08.89	9:50.29	10:49.29	11:14.59	12:22.09	800/1000 Free	10:39.99	11:56.09	9:10.59	10:26.59	9:26.79	10:23.49
19:16.99	21:12.69	18:56.79	20:50.49	18:49.99	20:42.99	1500/1650 Free	17:51.99	19:39.19	17:58.39	19:46.19	18:15.99	20:05.59
1:12.99	1:20.29	1:09.09	1:15.99	1:02.29	1:08.49	100 Back	57.19	1:02.89	1:03.49	1:09.79	1:08.59	1:15.49
2:38.69	2:54.59	2:29.29	2:44.19	2:14.49	2:27.89	200 Back	2:05.89	2:18.49	2:19.69	2:33.69	2:29.19	2:44.09
1:23.49	1:31.79	1:19.19	1:27.09	1:11.29	1:18.39	100 Breast	1:04.69	1:11.19	1:11.79	1:18.99	1:16.59	1:24.29
3:00.69	3:18.79	2:52.59	3:09.89	2:35.49	2:50.99	200 Breast	2:24.29	2:38.69	2:40.19	2:56.19	2:50.09	3:07.09
1:11.19	1:18.29	1:08.39	1:15.19	1:01.59	1:07.79	100 Fly	55.29	1:00.79	1:01.39	1:07.49	1:04.59	1:11.09
2:39.99	2:55.99	2:34.99	2:50.49	2:20.29	2:34.29	200 Fly	2:09.59	2:22.59	2:23.79	2:38.19	2:33.89	2:49.29
2:37.19	2:52.89	2:28.99	2:43.89	2:14.19	2:27.59	200 IM	2:03.69	2:16.09	2:17.29	2:30.99	2:26.79	2:41.49
5:38.79	6:12.69	5:22.09	5:54.29	4:50.19	5:19.19	400 IM	4:32.29	4:59.49	5:02.19	5:32.39	5:16.19	5:47.79
4:23.99		4:09.29		3:44.59		400 Free Relay	3:23.09		3:45.39		3:58.59	
9:29.99		9:02.69		8:08.89		800 Free Relay	7:31.49		8:21.19		8:54.79	
4:55.99		4:34.69		4:07.49		400 Med. Relay	3:44.19		4:08.89		4:33.89	