



## 2014 Eastern Section Southern Zone Age Group Championships March 20-23, 2014

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### Host Club:

Southern Crescent Aquatic Team ([www.scatswimming.org](http://www.scatswimming.org)) & Buzz Swimming

### Facility:

Campus Recreation Center (CRC)  
Georgia Tech Aquatic Center (GTAC)  
750 Ferst Drive NW  
Atlanta, GA 30318  
404-385-7529

The 1,900-seat main stadium contains a competition pool and dive pool. The competition pool is 50 meters by 10 lanes, with two movable bulkheads so that courses can be set up for 25 yards or 50 meters. It also features a movable floor which can be set from zero depth to seven feet, eight inches. The pool also features built in Omega timing with reaction timed starting blocks

The competition course has been certified in accordance with 104.2.2C(4) and a copy of such certification is on file with Georgia Swimming and USA Swimming.

The Georgia Tech Aquatic Center does not allow chairs in front of the spectator bleachers or emergency exits.

Spectators are not allowed on the pool deck at any time. Only credentialed coaches, officials, and volunteers will be permitted on the pool deck. Security will be posted to enforce this policy. Thank you for your cooperation.

**Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms**

### Parking:

Paid onsite parking is available. Parking for Coaches and Officials will be provided.

### Rules:

- The current USA Swimming Rules and Regulations will govern the conduct of the meet. Out of state athletes and coaches should be prepared to show proof of USAS membership and Zone Membership.
- Positive check-in will be required for all deck-seeded events, which are the 500 Free, 1000 Free 1650 Free, and the 400 IM.
- Swimmers will be responsible for swimming in their assigned heats and lanes.
- The Meet Referee may elect to change and/or combine heats and/or events, determine the need to do dive-over starts, and determine the need to use two pools during competition. Every reasonable effort will be made to notify teams of any changes.
- Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- **"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 strongly discouraged."**
- Any swimmer not planning to swim at night in finals must scratch with the Admin Referee within 30 minutes after the results are announced so those swimmers who would like to swim again may do so. The penalty for failure to show in a championship final or consolation final is disqualification from the remainder of the meet (USA Swimming Rule 206.5.9). Swimmers who have indicated that they may scratch ("intent to scratch") must confirm the scratch within 30 minutes after the conclusion of their last individual event of the day. Any positively checked-in swimmer missing a deck-seeded event will be barred from their next individual event. There is no penalty for not swimming in a non-deck-seeded preliminary event.

### Warm Up:

In accordance with USA Swimming guidelines, there will be a published warm up procedure for all swimmers and coaches attending the meet. The marshalls will ensure all teams, coaches and swimmers follow all warm up procedures. Meet

management reserves the right to change warm up times according to the number of entries.

### **Georgia Scratch Rule:**

The Georgia Scratch Rule adopted April 18, 2010, Revised: September 23, 2012 is attached and will be in effect for all deck-seeded events.

### **Eligibility:**

Open to members of the Eastern Section of the Southern Zone, its clubs and swimmers registered with USA Swimming who are in good standing with the Eastern Section. All USA Swimming registered clubs in the following LSCs are eligible to become members of the Eastern Section: Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, Southeastern and West Virginia. All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to the entry deadline. There will be no on-deck registration. Out-of-State teams should be prepared to provide proof of Zone membership and current USA Swimming membership of each swimmer entered. A swimmer not previously entered wishing to late enter the meet via deck entry must present proof of USA Swimming membership.

Any swimmer that has qualified for the 1650 / 1500 / 800 Free but does not have a qualifying time in the 1000 Free may enter the 1000 Free at the 1000 Free qualifying time.

### **Time Standards:**

- All swimmers must have met the meet time standards either for short course yards, long course meters or short course meters in EACH event entered. Qualifying period is 18 months prior to the meet start. Swimmers will be seeded in the following order: SCY, LCM, SCM. Qualifying times for all events must have been achieved by the entry due date.

### **Entry Limit:**

- Swimmers may compete in no more than three (3) individual events per day including time trial events. Swimmers are further limited to (8) individual events for the meet.
- Any swimmer that competes in more events than their daily limit will be disqualified from the last event(s) of that day.
- Each team may enter any number of relays; however, a maximum of two (2) relays per team can score and a relay must achieve the qualifying standard to score.

### **Entry Fees:**

- \$10.25 per individual event, \$10.00 per time trial, \$20.00 per swimmer facility surcharge, and \$5.00 per Swimmer SA surcharge.

### **Format:**

The order of events is shown in "Order of Events" and may be downloaded in Hy-Tek form from the Southern Crescent Aquatic Team website, [www.scatswimming.org](http://www.scatswimming.org).

**All 11-14 events will be contested in two courses with the odd heats being run in the diving well end of the pool and the even heats being run in the scoreboard end of the pool.**

**All 10 & under events will swim in ONE Pool. (Diving well end)**

### **10 & Under**

- All events will be conducted as timed finals and will swim in the afternoon session.

**500 Free:** This is a deck seeded event. Positive check-in is required. Timed final event swum fastest to slowest alternating girls/ boys unless 2 pools are being used.

### **11-12 Events:**

**200 Back, 200 Breast, 200 Fly** will be conducted as a timed final event during prelims, with the fastest heat (10 girls, 10 boys) swimming during finals.

**500 Free** will be conducted as a timed final event during prelims, swum fastest to slowest. Fastest heat (10 girls, 10 boys) will swim during finals. Swimmers need to provide their own counter. No AM/PM option. Positive Check in required and then deck seeded.

**400 IM** will be conducted as a timed final event swum fastest to slowest. Positive Check in required and then deck seeded.

### **13-14 Events:**

**500 Free and 400 IM** will be conducted as Prelim/ Final events. Preliminaries will be swum fastest to slowest.

**1000 Free (11-14):** Scored as 11-12 and 13-14. Event will be swum fastest to slowest. Positive Check in required and then deck seeded.

**1650 Free (13-14):** Event will be swum fastest to slowest with the fastest heat (10 girls & 10 boys regardless of age) swimming during finals. No AM/PM option will be available. **Girls will swim in pool B (scoreboard end) and the boys will swim in pool A (diving well end).** Positive Check in required and then deck seeded.

**Finals:** There will be an A Championship Final and a B Consolation Final for all prelim/final events. The B final will precede the A final. A finalists are invited to the Ready Room 5 minutes before their event for parading. B finalists should report to the blocks.

#### **Relays**

- All relays will be conducted as timed final events.
- Note: It is intended that the 800 Free Relay be contested in two courses with girls in one course and boys in the other.

#### **Disabled Swimmers**

- Coaches for teams with disabled swimmers competing must notify the Meet Referee at the coaches' meeting.
- Disabled swimmers are eligible to compete in the 50, 100, and 200-yard events. They will swim the 50's during the 100 able-body 100 events, 100's during the 200 events, and 200's during the 400 events. The swimmers will swim in their correct age groups. The following events will be offered: 50 and 100 Free, Breast, Back, and Fly. The 200 Free will be offered during the 400 Free, and the 200 IM will be offered during the 400 IM.
- All disabled swimmers must meet the "Emerging" Qualifying Time in their classification to participate in the meet. Time standards for qualifying are on the U.S. Paralympics website (<http://www.usparalympics.org/pages/409>)

#### **Seeding**

- All events, including relays, will be pre-seeded with the exception of the 500 Free, 1000 Free, and the 400 IM. These events will be deck-seeded, requiring a positive check-in at the Clerk of Course according to the times shown in "Check-in".
- Any swimmer entered with a time slower than the qualifying time for that event as shown in "Qualifying Times", including "NT", will be seeded with the qualifying time for that event.
- Any swimmer entering the 1000 Free based on their qualifying time for the 1650 / 1500 / 800 Free will be seeded with the qualifying time for the 1000 Free.
- The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order. There will be no course conversion for this meet.

#### **Time Trials:**

- Time trials will be offered to any swimmer with a legitimate chance at achieving Sectional or National Championship qualifying times.
- Time trials will be planned for immediately after the completion of the morning sessions.
- Time trial events will count against the swimmer's daily entry limit.
- Time trial events may be combined at the discretion of the Meet Referee.
- Swimmers must sign up for time trial events with the Clerk of Course according to the times shown in "Check-in" for the day on which they will be contested.
- Time trials shall be contested as follows: Friday events = A, Saturday events = B, Sunday events = C.

Friday order of time trial events = A, then B, then C  
Saturday order of time trial events = B, then C, then A  
Sunday order of time trial events = C, then A, then B

#### **Scoring:**

- Individual events will be scored to 10 places in each age division and gender. Relays will be scored as Top 20. Two (2) relays per team can score. Swimmers and relays that do not achieve the meet qualifying time in an event cannot score points in that event.
- Individual Events: 11-9-8-7-6-5-4-3-2-1  
Relay Events: 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2

#### **Awards:**

- INDIVIDUAL EVENTS: Medals will be awarded in each individual event for places 1<sup>st</sup> through 10<sup>th</sup>.
- RELAYS: Medals will be awarded in each relay event for places 1<sup>st</sup> through 3<sup>rd</sup>.
- HIGH POINT: An Award will be presented to the top individual scorer in each gender and age group (10 & Un, 11, 12, 13, 14).
- TEAM AWARDS: Plaques for 1<sup>st</sup> through 6<sup>th</sup> place teams.
- Any awards not picked up at the conclusion of the meet will be shipped at the request of that team **C.O.D.** Please remember to pick up your swimmers' awards at the end of the meet to avoid incurring shipping charges.

**Schedule:**

Georgia Swimming warm-up procedures and rules will be posted and must be followed. Lane assignments and warm-up times will be posted at the pool.

**Thursday**

- Evening: Warm Up: 4:00 - 5:15PM Competition: 5:30 PM

**Friday**

- Morning: Warm-up: 7:30 – 8:45 AM Competition: 9:00 AM  
- Afternoon: Warm up: 12:30 - 1:20 PM Competition: 1:30 PM  
- Evening: Warm-up: 5:00– 5:45 PM Competition: 6:00 PM

**Saturday**

- Morning: Warm-up: 7:30 – 8:45 AM Competition: 9:00 AM  
- Afternoon Warm-up 1:00 --1:45PM Competition 2:00PM  
- Evening: Warm-up: 5:00 – 5:45 PM Competition: 6:00 PM

**Sunday**

- Morning: Warm-up: 7:30 – 8:45 AM Competition: 9:00 AM  
- Afternoon Warm-up: 1:00 – 1:45PM Competition 2:00PM  
- Evening: Warm-up: 5:00 – 5:45 PM Competition: 6:00 PM

**Check-in Schedule:**

A positive check-in, located at the clerk of course, will be required for the following events:

1650 Free, 1000 Free, 500 Free & 400 IM.

Swimmers must check in by the deadline listed in the "Check in Schedule" or they will NOT be seeded into the event. Any swimmer who checks in and is seeded into the event and fails to compete in the event will be barred from his/her next individual event.

**Thursday Evening**

- 800 Free Relay cards due 4:30 PM  
- Positive check in for the 11-12 400 IM and the 11-14 1000 Free 4:45PM

**Friday Morning**

- Positive check in for the 13-14 400 IM 8:15 AM  
- Relay cards due for 11-12 200 Free Relay & 13-14 400 Free Relay 9:30 AM

**Saturday Morning**

- Positive check in for the 11-14 500 Free 8:15 AM  
- Relay cards due for 11-12 200 Medley Relay & 13-14 400 Medley Relay 8:15 AM

**Saturday Afternoon**

- Positive check in for the 10 & Under 500 Free 2:00 PM  
- Relay cards due for the 10 & Under 200 Medley Relay 2:00 PM

**Sunday Morning**

- Positive check in for the 11-14 1650 Free 8:00 AM

**Sunday Afternoon**

- Relay cards due for the 10 & Under 200 Free Relay 2:00 PM

**Heat Sheets**

Each team will receive one heat sheet for each coach listed on their 'Entry Summary and Liability Release Form' provided they check-in at the Clerk of Course and present their current USA Swimming membership card.

**Parents and Spectators:**

Parents and spectators should not be on the pool deck in areas designated for coaches and officials. Persons serving in a volunteer capacity may be in these areas.

**Liability:**

USA Swimming, Inc., Georgia Swimming, Inc., Georgia Tech Aquatic Center, and Southern Crescent Aquatic Team, shall be free from any liability or claims arising by reason of injury to anyone during the conduct of the meet.

# Order of Events

**Thursday, March 20, 2014**

Warm Up 4:00 PM / Session start 5:30 PM

## **Session 1: Timed Finals**

GIRLS	EVENT	BOYS
1	13-14 800 Free Relay	2
3	*11-12 400 IM	4
5	#11-14 1000 Free	6

\*: This is a deck-seeded event requiring positive check-in (see "Check-in"). This event will be contested as a timed final.

#: This is a deck seeded event requiring positive check in. This event will be contested as a timed final event but scored separately (11, 12, 13, 14). All heats will be contested during prelims, swum fastest to slowest, alternating girls/boys heats if contested in the same course. Any swimmer that has qualified for the 1650 Free but does not have a qualifying time in the 1000 Free may enter the 1000 Free at the 1000 Free qualifying time.

**Friday, March 21, 2014**

## **Session 2: Morning Prelims -** Warm up 7:30 AM / Session Start 9:00 AM

GIRLS	EVENT	BOYS
7	11-12 200 Free	8
9	13-14 200 Free	10
11	11-12 100 Breast	12
13	13-14 100 Breast	14
15	11-12 50 Fly	16
17	13-14 100 Fly	18
19	11-12 100 IM	20
21	13-14 400 IM	22
23	11-12 200 Back ( <b>Fastest heat during finals</b> )	24
25	13-14 400 Free Relay	26
27	11-12 200 Free Relay	28

## **Session 3: 10 & Under Timed Final** - Warm up 1:00 PM/ Session starts 2:00 PM

GIRLS	EVENT	BOYS
29	10 & Under 200 Free	30
31	10 & Under 100 Breast	32
33	10 & Under 50 Fly	34
35	10 & Under 100 IM	36

## **Session 4: Finals**

Warm up 5:00 PM / Session Start 6:00 PM

GIRLS	EVENT	BOYS
7	11-12 200 Free	8
9	13-14 200 Free	10
11	11-12 100 Breast	12
13	13-14 100 Breast	14
15	11-12 50 Fly	16
17	13-14 100 Fly	18
19	11-12 100 IM	20
21	13-14 400 IM	22
23	11-12 200 Back ( <b>Fastest Heat</b> )	24

## Saturday, March 22, 2014

### Session 5: Morning Prelims - Warm up 7:30 AM / Session Start 9:00 AM

GIRLS	EVENT	BOYS
37	11-12 100 Fly	38
39	13-14 200 Fly	40
41	11-12 100 Free	42
43	13-14 50 Free	44
45	11-12 50 Breast	46
47	13-14 200 Breast	48
49	11-12 50 Back	50
51	13-14 100 Back	52
53	*11-12 500 Free ( <b>fastest heat during finals</b> )	54
55	*13-14 500 Free	56
57	11-12 200 Medley Relay	58
59	13-14 400 Medley Relay	60

\* - Positive Check In required, deck seeded event.

### Session 6: 10 & Under Timed Final - Warm up 1:00 / Session Start 2:00 PM

GIRLS	EVENT	BOYS
61	10 & Under 100 Fly	62
63	10 & Under 100 Free	64
65	10 & Under 50 Back	66
67	*10 & Under 500 Free	68
69	10 & Under 200 Medley Relay	70

\* - Positive Check In required, deck seeded event.

### Session 7: Finals Warm up 5:00 PM / Session Start 6:00 PM

GIRLS	EVENT	BOYS
37	11-12 100 Fly	38
39	13-14 200 Fly	40
41	11-12 100 Free	42
43	13-14 50 Free	44
45	11-12 50 Breast	46
47	13-14 200 Breast	48
49	11-12 50 Back	50
51	13-14 100 Back	52
53	11-12 500 Free ( <b>Fastest Heat</b> )	54
55	13-14 500 Free	56

## Sunday, March 22, 2014

### Session 8: Morning Prelims - Warm up 7:30 AM / Session Start 9:00 AM

GIRLS	EVENT	BOYS
71	11-12 200 Fly ( <b>Fastest Heat during finals</b> )	72
73	13-14 100 Free	74
75	11-12 50 Free	76
77	11-12 200 Breast ( <b>Fastest Heat during finals</b> )	78
79	13-14 200 Back	80
81	11-12 100 Back	82
83	13-14 200 IM	84
85	11-12 200 IM	86
87	*13-14 1650 Free ( <b>Fastest Heat during finals</b> )	88

\* - Positive Check In required, deck seeded event.

### Session 9: 10 & Under Timed Final - Warm up 1:00 / Session Start 2:00 PM

GIRLS	EVENT	BOYS
89	10 & Under 50 Free	90
91	10 & Under 50 Breast	92
93	10 & Under 100 Back	94
95	10 & Under 200 IM	96
97	10 & Under 200 Free Relay	98

### Session 10: Finals Warm up 5:00 / Session Start 6:00 PM

GIRLS	EVENT	BOYS
71	11-12 200 Fly ( <b>Fastest Heat</b> )	72
73	13-14 100 Free	74
75	11-12 50 Free	76
87	<b>GIRLS</b> 11-14 1650 Free ( <b>Fastest Heat</b> )	
77	11-12 200 Breast ( <b>Fastest Heat</b> )	78
79	13-14 200 Back	80
81	11-12 100 Back	82
	<b>BOYS</b> 11-14 1650 Free ( <b>Fastest Heat</b> )	88
83	13-14 200 IM	84
85	11-12 200 IM	86

## GEORGIA SWIMMING INC. SCRATCH RULE

The Scratch Rule to be used in all Georgia LSC sanctioned meets where the meet format includes preliminary heats, consolation finals and finals, is the "Scratch Rule" as found under "Administrative Conduct of USA Swimming Championships", subsection "Scratch Procedures", subsections "Scratching from finals" and "Exceptions for failure to compete", of the current "USA Swimming Rules and Regulations". An excerpt is provided below. The following Georgia LSC additions listed below apply to all timed final meets as well as all preliminary/finals meets.

Scratching from finals:

- (1) Any swimmer qualifying for a C, B, or A (bonus and consolation final or) final race in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in paragraph E. A declared false start under 101.1.3F or deliberate delay of meet under 101.1.5 is not permitted and will be regarded as a failure to compete.
- (2) In the event of withdrawal or barring of a swimmer from competition the Referee shall fill the C, B, or A (bonus and consolation final or) final, when possible, with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.
- (3) Where C and B (bonus and consolation) finals have not been swum and a barring or withdrawal is known to the Referee, the Referee shall reseed the C, B, or A (bonus final, consolation final and the) final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.
- (4) If the C or B (bonus and consolation) final has already been contested, the (championship) final shall be swum without reseeding for the empty lane(s).

Exceptions for failure to compete:

No penalty shall apply for failure to withdraw or compete in an individual event if:

- (1) The Referee is notified in the event of illness or injury and accepts the proof thereof.
- (2) A swimmer qualifying for a C, B or A (bonus or consolation final or) final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers for that race that they may not intend to compete and further declares their final intentions within thirty (30) minutes following their last individual preliminary event.
- (3) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer."

Georgia LSC Additions:

***Unless otherwise stated in the final sanctioned Meet Information:***

1. Swimmers that qualify for ***any*** final heats as announced in the meet information will also be subject to these rules.
2. In all deck seeded events, a swimmer who has been checked in either personally or by a team coach, has been seeded and then fails to compete in said event, shall be barred from his or her next individual event, except as noted in "Exceptions for failure to compete" above. This rule also applies only to timed-finals meet events where the meet management has placed limits on the number of heats to be contested or the number of individual entries to be accepted for a particular deck-seeded event as specifically stated in the meet information.
3. There is no scratch rule governing relays and there is no penalty regarding relay scratches.
4. Qualifiers for all finals heats are those as identified on the originally posted results of the preliminary heats. Any qualifier who has moved up into this group as a result of the posting of corrected preliminary results after original results have been posted shall not be subject to penalty.
5. The meet official designated to receive initial intentions not to compete and final intentions shall be announced at the beginning of each session. It is suggested that this official be the Clerk of Course.
6. On the final day of "**LSC Championship**" competitions, any swimmer who has checked in for finals and fails to compete will be assessed a \$50 fine. This fine must be paid before the next LSC Championship meet in which the swimmer intends to compete or the swimmer will be barred from competition.
7. A "Positive check-in procedure" shall be used for all deck seeded events. A swimmer's intent to swim a race shall be denoted by the ***swimmer's or swimmer's coach's*** initials entered next to the swimmers' names on the official entry sheet posted at the Clerk of Course. Failure to check in shall be considered to indicate that the swimmer ***will not compete***.
8. In cases where changes to the USAS rules cause conflict with the Georgia LSC additions, USAS rules shall take precedence.

Adopted by the HOD: April 18, 2010

Revised: September 23, 2012



# 2014 Eastern Section of the Southern Zone

## 14 Under Age Group Sectional Championships

### TIME STANDARDS

EVENT	Course	FEMALE			MALE		
		10U	11-12	13-14	10U	11-12	13-14
<b>50 Free</b>	SCY	30.69	27.79	26.19	30.96	27.49	24.59
	LCM	34.29	31.09	29.29	34.59	30.69	27.49
<b>100 Free</b>	SCY	1:07.49	59.89	56.59	1:07.69	59.99	53.19
	LCM	1:15.39	1:06.89	1:03.19	1:15.59	1:06.99	59.39
<b>200 Free</b>	SCY	2:29.09	2:10.19	2:02.29	2:25.59	2:09.99	1:54.69
	LCM	2:46.49	2:25.39	2:16.49	2:42.49	2:25.09	2:08.09
<b>500 Free</b>	SCY	6:31.39	5:43.99	5:24.99	6:36.19	5:45.69	5:12.09
<b>400 Free</b>	LCM	5:49.49	5:07.19	4:50.19	5:53.79	5:08.69	4:38.69
<b>1000 Free</b>	SCY		12:12.29	11:15.49		12:34.89	10:48.49
<b>800 Free</b>	LCM		10:53.89	10:03.19		11:14.09	9:39.09
<b>1650 Free</b>	SCY		21:27.09	19:01.59		21:20.39	18:26.99
<b>1500 Free</b>	LCM		21:45.89	19:18.29		21:39.19	18:43.19
<b>50 Back</b>	SCY	36.19	31.79		36.39	32.09	
	LCM	40.39	35.49		40.69	35.89	
<b>100 Back</b>	SCY	1:18.29	1:08.69	1:03.89	1:18.09	1:09.29	1:00.49
	LCM	1:27.39	1:16.69	1:11.39	1:27.19	1:17.39	1:07.59
<b>200 Back</b>	SCY		2:29.19	2:17.49		2:29.69	2:10.79
	LCM		2:46.59	2:33.49		2:47.09	2:25.99
<b>50 Breast</b>	SCY	40.09	36.19		40.59	35.79	
	LCM	44.79	40.39		45.39	39.99	
<b>100 Breast</b>	SCY	1:28.89	1:18.29	1:13.09	1:28.99	1:17.69	1:09.29
	LCM	1:39.29	1:27.39	1:21.59	1:39.39	1:26.79	1:17.39
<b>200 Breast</b>	SCY		2:51.19	2:37.69		2:49.39	2:29.79
	LCM		3:11.09	2:55.99		3:09.09	2:47.19
<b>50 Fly</b>	SCY	34.29	30.49		34.89	30.89	
	LCM	38.29	34.09		38.99	34.49	
<b>100 Fly</b>	SCY	1:21.49	1:08.49	1:03.29	1:20.79	1:08.99	59.69
	LCM	1:30.99	1:16.49	1:10.69	1:30.19	1:17.09	1:06.69
<b>200 Fly</b>	SCY		2:37.79	2:22.19		2:34.99	2:16.09
	LCM		2:56.19	2:39.69		2:52.99	2:31.89
<b>100 IM</b>	SCY	1:18.39	1:08.69		1:18.09	1:09.19	
<b>200 IM</b>	SCY	2:48.19	2:27.69	2:19.49	2:47.69	2:29.79	2:11.79
	LCM	3:07.79	2:44.89	2:35.69	3:07.19	2:47.19	2:27.09
<b>400 IM</b>	SCY		5:11.89	4:52.39		5:23.69	4:39.09
	LCM		5:48.09	5:26.33		6:01.29	5:11.49