



**Colorado Swimming Short Course Age Group Championships  
(14 & Under)  
February 22-24, 2019**

**SANCTION:** Held under sanction of Colorado Swimming, Inc. of USA Swimming #2019-031. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims or damages arising by reason of injuries to anyone during the conduct of the event.

**MEET REFEREE:** Derigan Silver Email: [derigansilver@gmail.com](mailto:derigansilver@gmail.com)

**ADMINISTRATIVE REFEREE:** Mike Urbanowicz Email: [Mike\\_Urbanowicz@hotmail.com](mailto:Mike_Urbanowicz@hotmail.com)

**MEET DIRECTOR:** Andrew Brand Email: [coachandrew@teamcudas.com](mailto:coachandrew@teamcudas.com)

**ENTRY CHAIR:** Colorado Swimming Email: [csimeetentries@gmail.com](mailto:csimeetentries@gmail.com)  
PO BOX 816 Frederick, CO 80530  
970-454-3697 (Linda)

**Charged to Team Account or Make checks payable to Colorado Swimming**

**SAFETY DIRECTOR:** Damon Garrison Email: [liquidcoach@gmail.com](mailto:liquidcoach@gmail.com)

**LOCATION:** [Veterans Memorial Aquatic Center, 5310 E. 136<sup>th</sup> Ave., Thornton, CO 80026](#)

**FACILITY:** Elevation: 5340 ft. Indoor, 25 yard, 10 lane pool. The competition course has been certified in accordance with 104.2.2C(4), and a copy of such is on file with USA Swimming. Continuous warm-up/warm-down lanes will be available during the meet. The competition course depth is a continuous 7 feet at start and turn ends and in the middle.

**Only USA Swimming member swimmers swimming the meet, registered coaches with current certification, working officials, and volunteers are allowed on deck. Parents and spectators please remain in the stands or lobby area.**

**TIMING:** Colorado Electronic Timing System with touch-pads. Each lane will have backup timers.

**MANDATORY GENERAL MEETING:** Friday, Feb. 22nd at 6:30 AM. Meet Referee will answer any questions about the Meet format as well as any last minute changes/reminders from the Administrative Referee.

**SCHEDULE:**

Session	Warm-Up	Meet Start
Friday, Saturday and Sunday PRELIMS	General Warm-up: 7:00-8:00am Specific Warm-up: 8:00-8:20am	8:30am
Friday, Saturday and Sunday FINALS	10 & U General Warm-up: 3:15-3:40pm 10 & U One Way Starts: 3:40-3:45pm  11 & O General Warm-up: 3:45-4:10pm 11 & O Specific Warm-up: 4:10-4:20pm	4:30pm

**Access to the pool & seating area opens at 6:00 am**

**FINALS:** The top two (2) heats 14&U and 12&U. B finalists are to report behind the blocks and will be announced in the pool. A finalist, if you would like to march please report to the ready area, if not please report behind the block. Alternates are to report to the starting area Chief Judge and Deck Ref; alternates will be used in the B heat only.

1. **Finals Reporting: It is the responsibility of all athletes in finals to report behind the blocks in time to swim their event. If an athlete fails to report in time and the Deck Referee has inserted an alternate, or has determined they are not present to swim, then the athlete will be barred from further competition.**
2. **A \$50.00 fine will be assessed for this failure to appear which must be paid before the swimmer can resume competition in any sanctioned event in Colorado.**

**ENTRIES:** Swimmers may enter up to five (5) individual events per day, but must scratch down to and swim a maximum of three (3) individual events per day, a maximum of 7 total events for the meet. Swimmers may enter and swim one (1) relay event each day. **Swimmers must pay for all events entered no refunds for changes or scratched events.**

**Teams may enter two (2) relays per event.**

**ENTRY FEES:**

\$16.00 for each relay event.

\$6.00 for each individual event. (\$1.00 of each individual event will go to the CSI Support Fund)

\$12.00 per swimmer pool charge (Includes all swimmers listed on the master sheet for relays).

Any outstanding fees and/or past due fees owed to Colorado Swimming must be paid in full in order to participate in the meet.

**ELECTRONIC ENTRY PROCEDURES AND DEADLINE:**

- Entries must be emailed to the Entry Chair, using either Hy-Tek Team Manager File and/or Team Unify Export. Please attach a PDF or Word Document of the team entry report.
- The entry chair must receive **all** entries no later than 11:59 pm on Tuesday, **February 12, 2019. (entries will be verified on/or before Feb 13<sup>th</sup>).**
- **Payment will be processed via credit card at the meet or via QuickBooks Invoicing.**
- **NO LATE ENTRIES ACCEPTED AFTER ENTRY DEADLINE. NO DECK ENTRIES.**
- Overnight mail or guaranteed next day delivery is acceptable if agent guarantees next day delivery to satisfy meet deadline.
- Psych sheet, warm-up and timer assignments will be posted at [www.coloradoswimming.org](http://www.coloradoswimming.org) by Friday, February 15, 2019.

**LAST CHANCE ENTRY EXCEPTIONS:**

- Entries from times achieved at Last Chance Meets held the weekend prior to the meet. Approved Last Chance meets are all meets in Colorado, any other meet must be approved by Linda Seckinger. Last Chance exception only applies to swimmers who have not previously qualified in that event. No previous times will be adjusted.
- **Last Chance Entry procedure:** New qualifications and payment must be submitted to the meet director at the last chance meets. The Meet director will then forward all last chance qualifications to the AG State meet entry chair. **Entries will not be accepted from individuals or teams, only from last chance host.**
- **Times must be achieved at approved designated Colorado Last Chance meets and/or any additional meets requested to [csimeetentries@gmail.com](mailto:csimeetentries@gmail.com) before Jan 15, 2019.**

**Corrections should be made as follows:**

Entry corrections & Proof of time correction should be sent to: Linda Seckinger

[csimeetentries@gmail.com](mailto:csimeetentries@gmail.com)

Registration corrections should be sent to: Jackie Stiff

[csiswimoffice@gmail.com](mailto:csiswimoffice@gmail.com)

**ELIGIBILITY:** All athletes **must** hold a 2019 USA Swimming membership issued by Colorado Swimming, Inc. Swimmers who are within the 120-day transfer rule must swim UNATTACHED. No deck registrations allowed. The meet will also be open to CSI physically impaired athletes with 2019 Motivational Time Standards. Exception report will be e-mailed to affected clubs/coaches after the entry deadline. Per USA Swimming rule 302.4, Colorado Swimming Inc. will impose a fine of \$100 per swimmer who shows up on the post meet registration check charged to the team account. Teams will receive one Meet Recon email as a reminder to register the swimmers. As soon as the post meet registration check is run the team will be charged. Deck pass is an acceptable proof of Membership.

**SCORING:** Short Course State Championships will score 20 places.

Individual: 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1  
Relays: 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2

**AWARDS:** Individual: Medals 1-10 Ribbons 11-20  
Relays: Medals 1-3 Ribbons 4-10

**HIGH POINT AWARD:** Top male & female in each age group.

**TEAM AWARDS:** Top 6 teams.

**SEEDING PROCEDURE & SCRATCH RULES:**

Scratch procedures will be enforced as per 207.11.6 in the USA Swimming Rules and Regulations. All scratches for the first day must e-mailed by **2:00 p.m. Thursday, February 21<sup>st</sup>** to the entry chairman, [csimecentries@gmail.com](mailto:csimecentries@gmail.com). The scratch deadline for all subsequent days shall be thirty minutes after the published starting time of the final session of each day's events. Please review **207.11.6D**, as penalties will apply to swimmers who fail to compete in a preliminary event in which they did not scratch. Swimmers qualifying to swim in finals must declare to the Administrative Referee their intent to scratch within 30 minutes of the announcement of results. The final decision to scratch a finals event must be declared to the administrative referee within 30 minutes after their last individual preliminary event.

**A swimmer not reporting to a final event, in which the results were posted for his/her swim, will be barred from further competition in the meet PLUS a \$50.00 fee will be assessed to swimmers not in compliance with the scratch rule. The swimmer will not be allowed to compete in a Colorado Swimming Sanctioned event until fine is paid "Scratch rule for consolation finals and finals shall be in accordance with Section 207.11.6 D.1."**

**NOTE: Submit entry times according to the time swum - NO CONVERSIONS Non-conforming times will be seeded last, per article 207.11.7 of the USA Swimming Rules and Regulations.**

**POSITIVE CHECK-IN EVENTS (DISTANCE AND RELAYS):**

**RELAYS:** All relay only swimmers and relay alternates must be included in the entry file to be eligible to compete on a relay team.

Declaration of the relay must include: (1) First and Last Names, (2) Ages, (3) Order of Swimming, (4) Alternate swimmers and USA Swimming ID's.

**RELAYS MUST BE CHECKED IN 30 MINUTES AFTER THE PUBLISHED START OF FINALS ON THE PREVIOUS DAY.**

Relays will be seeded after the established declarations deadline has passed, but the order of swimmers declared on the cards may be changed at any time prior to the start of the heat.

1. Relays not meeting the qualifying time will not score points or receive awards.
2. A maximum of two (2) relay teams per club per event will be permitted.
3. No unattached swimmer may swim on a relay.
4. All relays will swim as a timed final event.

**1650 FREESTYLE**

1. The 1650 Free will require a positive check in.
2. The swimmer or his/her coach must check in at the clerk of course within 30 minutes after the start of finals the night before the event will be contested.
3. The 1650 freestyle will swim fastest to slowest alternating girls and boys. The fastest heat of girls and the fastest heat of boys will swim in the finals. Athletes may elect to swim during the morning session. This desire must be declared prior to the close of positive check-in. Positive check-ins cannot be used as a substitute event for any swimmer waiting for the positioning into a finals event.
4. A Declared False Start (DFS) will not be accepted from any swimmer that has positively checked in for the 1650 Free.

5. 1650/500 FREE SWIMMERS MUST PROVIDE TWO (2) OF THEIR OWN TIMERS AND MAY APPOINT A COUNTER TO CALL LENGTHS OR INDICATE LENGTHS BY VISUAL SIGN.
6. **A \$50.00 fine will be assessed for this failure to appear which must be paid before the swimmer can resume competition in any sanctioned event in Colorado.**

***RULES:***

1. The MEET REFEREE will have the final authority on all swimming procedures of the meet.
2. Current USA Swimming Rules & Regulations will govern the meet, in conjunction with the following information from Colorado Swimming Inc.
3. Age as of the first day of the meet, February 22, 2019 will determine the swimmer's age group for competition.
4. No exhibition swimming is allowed.
5. Entry Times must have been achieved between February 23, 2018 and February 11, 2019. See Last Chance Meet exceptions below.
6. A maximum of two (2) relay teams per club per event will be permitted. No unattached swimmers on any relay or unattached relays. N.T. or "blank spaces" will be deemed an incorrect entry and will not be accepted. No money will be refunded to teams for an incorrect entry.
7. Colorado Swimming, Inc. procedures for warm-up will be observed.
8. The USA Swimming National Start will be used. Please refer to 101.1.2
9. **Participating teams will be required to provide timers.** Notification of lane assignments for timing will be sent to each club and posted on the Colorado Swimming website. These assignments will be posted at the pool as well. Teams that have at least 6 swimmers in a session may be given a timing assignment.
10. Unattached/Unaccompanied swimmers -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.
11. At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet."
12. All swimwear must conform to USA Swimming Rule and Regulations article 102.8 effective October 1, 2009. If you have any question on older suits check the current FINA Approved swim suit list. INFORMATION, 12 & Under suit rules are changing effective Jan 1, 2020.
13. Any team or unaffiliated photographers must check-in with the Meet Referee prior to taking any photographs. No photography allowed from behind the starting platforms, during any starts or relays.
14. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
15. Deck Changing is Prohibited. USA Swimming Rule 202.4.9I.
16. Any damage to pool property will be grounds for dismissal from the remainder of the meet and offenders will be held liable to the fullest extent allowed by law.
17. 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.

**Coaches/Officials:** Current certification is mandatory. Coaches and officials that are in non-compliance will not be allowed on deck. Deck Pass and/or a membership card is an acceptable proof of membership. Coaches will be required to sign in to receive their heat sheet.

1. A mandatory Officials meeting will be held one hour prior to the start of each session each day of the meet.
2. **This will be a National Certification Officials Qualifying Meet (OQM).** Officials wishing to be evaluated for N2 or N3 advancement or recertification.
  - Evaluations for the following positions will be offered.
    - **N2 Level:** Stroke & Turn, Starter, Chief Judge, Deck Referee and Administrative Referee.
    - **N3 Level:** Stroke & Turn, Starter, Chief Judge, Deck Referee and Administrative Referee.
3. Officials wishing to be evaluated must submit an Application to Officiate, ONLINE by clicking the link below *no later than Feb 8, 2019 for assigned positions and Feb 15, 2019 for non-assigned positions.*
4. [Applications can be found on the Colorado Swimming web site or by clicking HERE.](#)
5. A minimum of four (4) sessions must be worked during the prelim/final portion of the meet to apply for national certification.
6. No trainees will be allowed on deck for the prelim/final portion of this meet.

Official's uniforms for **Prelims** will be white polo shirt over navy blue shorts, long pants or skirts/skort. Official's uniforms for **Finals** will be white polo shirt over navy blue long pants or skirts/skort. No short pants at finals.

White socks and white deck friendly shoes for all sessions.

#### ***SAFETY ISSUES:***

The conduct of warm-up and competition will adhere to Colorado Swimming, Inc. policies and procedures.

- All coaches, officials, parents and swimmers should act in a manner to reduce the risk of any accidents.
- Coaches are to monitor their swimmers during warm-up/meet and are responsible for their safety.
- No forward dives or backstroke starts into the water during warm-up unless there is one-way swimming & starts with coach supervision.
- All athletes, parents, spectators, coaches and officials are reminded that the swimming venue may have areas where additional care needs to be observed. This includes and is not limited to slippery deck, bleachers and hallways. Proper footwear and caution "may" help reduce these risks. Colorado swimming will not be held responsible for injuries incurred by athletes, parents, spectators, coaches and officials.
- No running or horseplay is allowed and it is the responsibility of the swimmer, coach, officials and parents to monitor these activities.
- Care should be given not to park in either handicapped or fire lanes as vehicles may be towed at the owner's expense.

#### ***HEAT SHEETS AND RESULTS:***

Programs will be available for \$10.00 Heat sheets will be sold individually at each session for \$2.00 each. Heat sheets and the final results will be provided for teams entered in the meet.

**NO SMOKING ON THE POOL DECK, IN THE BUILDING, OR ANY AREA FREQUENTED BY SWIMMERS.**

**MOTELS:** Marriott Properties are preferred. Other hotels on 120<sup>th</sup>: Ramada, Holiday Inn, Hampton Inn and DoubleTree.

**2019 COLORADO SWIMMING AGE GROUP CHAMPIONSHIP EVENTS**

Friday's Prelim Events		
Warm-up 7:00 am		Start 8:30 AM
Women	EVENT	Men
3	11-12 100 Breast	4
5	13-14 200 Breast	6
9	11-12 200 I.M.	10
11	13-14 200 I.M.	12
15	11-12 50 Fly	16
17	13-14 100 Fly	18
21	12-U 500 Free	22
23	13-14 500 Free	24
25 TFP	12-U 200 Back	26 TFP

Friday's Finals Events		
Warm-up 10&U 3:15 11&O 3:45 pm		Start 4:30 PM
Women	EVENT	Men
1 TF	10-U 50 Breast	2 TF
3	11-12 100 Breast	4
5	13-14 200 Breast	6
7 TF	10-U 200 I.M.	8 TF
9	11-12 200 I.M.	10
11	13-14 200 I.M.	12
13 TF	10-U 50 Fly	14 TF
15	11-12 50 Fly	16
17	13-14 100 Fly	18
19 TF	10-U 100 Free	20 TF
21	12-U 500 Free	22
23	13-14 500 Free	24

TFP = TIMED FINALS IN PRELIMS

TF = TIMED FINALS IN FINALS

Saturday's Prelim Events		
Warm-up 7:00 am		Start 8:30 AM
Women	EVENT	Men
27 TFP	12-U 200 Med Relay	28 TFP
29 TFP	14-U 400 Med Relay	30 TFP
33	11-12 200 Free	34
35	13-14 50 Free	36
37	11-12 100 I.M.	38
39	13-14 400 I.M.	40
43	11-12 50 Back	44
45	13-14 100 Back	46
49	11-12 50 Breast	50
51	13-14 100 Breast	52
55	11-12 100 Free	56
57	13-14 200 Free	58
59 TFP	12-U 200 Fly	60 TFP

Saturday's Finals Events		
Warm-up 10&U 3:15 11&O 3:45 pm		Start 4:30 PM
Women	EVENT	Men
31 TF	10-U 200 Med Relay	32 TF
33	11-12 200 Free	34
35	13-14 50 Free	36
37	11-12 100 I.M.	38
39	13-14 400 I.M.	40
41 TF	10-U 50 Back	42 TF
43	11-12 50 Back	44
45	13-14 100 Back	46
47 TF	10-U 100 Breast	48 TF
49	11-12 50 Breast	50
51	13-14 100 Breast	52
53 TF	10-U 200 Free	54 TF
55	11-12 100 Free	56
57	13-14 200 Free	58

SUNDAY PRELIM EVENTS WILL BE SWUM OUT OF NUMERICAL ORDER

Sunday's Prelim Events		
Warm-up 7:00 am		Start 8:30 AM
Women	EVENT	Men
61 TFP	12-U 200 Free Relay	62 TFP
63 TFP	14-U 400 Free Relay	64 TFP
69 TFP	12-U 400 I.M.	70 TFP
75	13-14 200 Back	76
73	11-12 100 Back	74
81	13-14 100 Free	82
79	11-12 50 Free	80
87	13-14 200 Fly	88
85	11-12 100 Fly	86
	5 min break	
89 TFP	12-U 200 Breast	90 TFP
91*TFP	*14-U 1650 Free	92*TFP

Sunday's Finals Events		
Warm-up 10&U 3:15 11&O 3:45 pm		Start 4:30 PM
Women	EVENT	Men
65 TF	10-U 200 Free Relay	66 TF
91* TFP	*14-U 1650 Free	
67 TF	10-U 100 I.M.	68 TF
	*14-U 1650 Free	92* TFP
71 TF	10-U 100 Back	72 TF
73	11-12 100 Back	74
75	13-14 200 Back	76
77 TF	10-U 50 Free	78 TF
79	11-12 50 Free	80
81	13-14 100 Free	82
83 TF	10-U 100 Fly	84 TF
85	11-12 100 Fly	86
87	13-14 200 Fly	88

\* TFP = FASTEST HEAT OF MENS AND FASTEST HEAT OF WOMENS SWIM IN FINALS.

TFP = TIMED FINALS IN PRELIMS

TF = TIMED FINALS IN FINALS

**2019 CSI Age Group State Championship Time Standards**  
**February 22-24, 2019**

Women			10&Under	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:36.59	0:35.79	0:32.19	<b>50 Free</b>	0:36.59	0:35.79	0:32.19
1:20.19	1:18.59	1:10.79	<b>100 Free</b>	1:20.79	1:19.19	1:11.29
2:59.19	2:55.99	2:38.49	<b>200 Free</b>	3:00.19	2:56.99	2:39.39
0:42.99	0:42.39	0:38.19	<b>50 Back</b>	0:43.49	0:42.89	0:38.59
1:32.39	1:31.19	1:22.09	<b>100 Back</b>	1:34.59	1:33.39	1:24.09
0:49.89	0:48.89	0:43.99	<b>50 Breast</b>	0:51.19	0:50.19	0:45.19
1:47.39	1:45.39	1:34.89	<b>100 Breast</b>	1:49.29	1:47.29	1:36.59
0:41.99	0:41.29	0:37.19	<b>50 Fly</b>	0:42.39	0:41.69	0:37.49
1:39.49	1:38.09	1:28.29	<b>100 Fly</b>	1:40.79	1:39.39	1:29.49
	1:32.09	1:22.89	<b>100 IM</b>		1:33.69	1:24.39
3:20.89	3:17.69	2:58.09	<b>200 IM</b>	3:22.99	3:19.79	2:59.99
2:58.89	2:56.89	2:38.69	<b>200 Med Rel</b>	3:09.79	3:07.29	2:48.59
2:31.99	2:29.99	2:14.09	<b>200 Fr Rel</b>	2:35.99	2:33.99	2:19.99

**11-12 & 12&Under**

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:31.79	0:30.99	0:27.89	<b>50 Free</b>	0:32.09	0:31.29	0:28.19
1:09.29	1:07.69	1:00.99	<b>100 Free</b>	1:09.89	1:08.29	1:01.49
2:31.29	2:28.09	2:13.39	<b>200 Free</b>	2:34.59	2:31.39	2:16.39
5:21.49	5:15.09	6:00.19	<b>400/500 Free</b>	5:30.09	5:23.69	6:09.79
0:36.19	0:35.59	0:31.99	<b>50 Back</b>	0:37.29	0:36.69	0:32.99
1:17.29	1:16.09	1:08.59	<b>100 Back</b>	1:19.79	1:18.59	1:10.79
2:48.39	2:45.99	2:29.49	<b>200 Back</b>	2:55.99	2:53.59	2:36.39
0:41.69	0:40.69	0:36.59	<b>50 Breast</b>	0:42.69	0:41.69	0:37.49
1:28.79	1:26.79	1:18.19	<b>100 Breast</b>	1:32.39	1:30.39	1:21.39
3:15.79	3:11.79	2:52.79	<b>200 Breast</b>	3:22.19	3:18.19	2:58.49
0:34.39	0:33.69	0:30.29	<b>50 Fly</b>	0:35.19	0:34.49	0:31.09
1:18.29	1:16.89	1:09.19	<b>100 Fly</b>	1:20.89	1:19.49	1:11.59
3:09.09	3:06.29	2:47.79	<b>200 Fly</b>	3:18.59	3:15.79	2:56.39
	1:17.49	1:09.79	<b>100 IM</b>		1:19.19	1:11.29
2:50.49	2:47.29	2:30.69	<b>200 IM</b>	2:53.79	2:50.59	2:33.69
6:14.09	6:07.69	5:31.19	<b>400 IM</b>	6:33.29	6:26.89	5:48.49
2:37.49	2:32.59	2:17.19	<b>200 Med Rel</b>	2:43.59	2:40.49	2:23.59
2:14.09	2:10.89	1:58.09	<b>200 Fr Rel</b>	2:19.29	2:15.99	2:01.99

**13-14**

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.49	0:28.69	0:25.89	<b>50 Free</b>	0:28.19	0:27.39	0:24.69
1:03.89	1:02.29	0:56.09	<b>100 Free</b>	1:00.99	0:59.39	0:53.49
2:19.69	2:16.49	2:02.89	<b>200 Free</b>	2:14.09	2:10.89	1:57.89
4:55.59	4:49.19	5:31.19	<b>400/500 Free</b>	4:45.49	4:39.09	5:19.79
20:45.09	20:21.09	19:40.29	<b>1500/1650 Free</b>	20:33.89	20:09.89	19:37.39
1:11.69	1:10.49	1:03.49	<b>100 Back</b>	1:10.19	1:08.99	1:02.09
2:32.99	2:30.59	2:15.69	<b>200 Back</b>	2:31.19	2:28.79	2:13.99
1:22.09	1:20.09	1:12.09	<b>100 Breast</b>	1:19.99	1:17.99	1:10.19
2:59.49	2:55.49	2:38.09	<b>200 Breast</b>	2:55.79	2:51.79	2:34.69
1:10.69	1:09.29	1:02.49	<b>100 Fly</b>	1:09.59	1:08.19	1:01.39
2:42.79	2:39.99	2:24.19	<b>200 Fly</b>	2:39.59	2:36.79	2:21.19
2:35.79	2:32.59	2:17.39	<b>200 IM</b>	2:32.09	2:28.89	2:14.09
5:35.09	5:28.69	4:56.09	<b>400 IM</b>	5:29.89	5:23.49	4:51.39
5:19.69	5:13.29	4:42.29	<b>400 Med Rel</b>	5:18.99	5:12.99	4:42.49
4:36.89	4:30.49	4:01.99	<b>400 Fr Rel</b>	4:32.49	4:24.99	3:59.99