



**2017 PHILSWIM SHORT COURSE SWIM SERIES
Technical Manual and Information Kit**

Held under the Sanction of
Philippine Swimming, Inc

Under this sanction it is understood and agreed that PSI shall be free from any liabilities or claim for damages arising by reason of injuries to anyone during the conduct of the event.

**AREA (1) SHORT COURSE SWIMMING MEET- LEG (2)
AREA (NCR)**

PHILSWIM SANCTION NO.	SC – 2017 – 0816 – PHILSWIM – A1
PURPOSE OF MEET	<ol style="list-style-type: none"> 1. The PhilSwim series of meets seeks to provide opportunities to participate in appropriate, quality swimming competitions in order for them to reach their true potential. It's a competition for all swimmers, using a format that is simple to organize and designed for Junior and Youth (11-19 years) and grassroots Age Group development implementation. 2. The competition also provides coaches with opportunities to interact, exchange ideas and learn along with their swimmers. 3. For parents so inclined, these meets also provide opportunities for them to learn the rules of swimming, and volunteer as meet deck officials working side by side with PHILSWIM technical officials. 4. Host club shall have all times achieved during PhilSwim SC meets submitted to PHILSWIM for integration into the STAR Database. <u>Coaches should use the PhilSwim Meet as opportunities for their swimmers to achieve qualifying times for the 2017 Short Course National Swimming Championships.</u>
ELIGIBILITY	<p>The PhilSwim Meet is open to all competitors in good standing and duly registered with Philippine Swimming Inc. (PHILSWIM). Swimmers will compete in PHILSWIM club-hosted competitions in the following geographic divisions:</p> <p align="center"> Area 1 - National Capital Region Area 2 - Central & Northern Luzon-CAR Area 3 - Bicol / Southern Tagalog / Palawan Area 4 - Visayas Area 5 - Mindanao </p> <p>Except for swimmers enrolled and studying elsewhere, all registered competitors shall participate in the PhilSwim competition representing their clubs, and hosted in their area based on registration data in the PHILSWIM STAR Database. Clubs, Coaches and Swimmers not currently registered with PHILSWIM in accordance with FINA Rule GR 1, may contact philswim2014@gmail.com to receive registration application material.</p> <p>Swimmers 20 years and over are eligible to participate.</p>
RULES	Current PHILSWIM and FINA Rules will govern this meet.



DATE	September 2 - 3, 2017
WARM -UP TIMES	Morning Session:6:30 AM Afternoon Session: during lunch break
START OF MEET	Morning Session 8:30 AM Afternoon Session: after lunch break
COACHES MEETING	Morning Session 8:15 AM
MEET HOST MEET VENUE	Valle Verde Aqualasers Swim Club Valle Verde Country Club
COACHES AND ATHLETES	Only PHILSWIM registered coaches will be permitted on the pool deck in designated areas. By their submission of entries, all coaches verify that all their certifications are current and on file with the PHILSWIM office. Athletes are required to wear their event IDs which are issued by PHILSWIM before the start of the first event on day 1 to the coaches on record for the team. No ID, no swim. Lost Event IDs need to be replaced or else the swimmer cannot swim his event. LOST ID replacement is P100.00 which must be paid to the PSI Staff and the new ID will be made again.
ENTRY REGULATIONS	<ol style="list-style-type: none">1. All clubs, swimmers and coaches must be registered with PHILSWIM for the 2017 swimming season.2. Age of reckoning shall be AGE AS OF 31 DECEMBER 20173. Entry times must have been achieved in a Short Course (25M) pool, and verifiable by the PHILSWIM STAR DATABASE. All events will be pre-seeded.4. Changes to entries on the day of competition will not be accepted.
ENTRY FEES	<ol style="list-style-type: none">1. Meet entry fee is PHP600.00 and includes pool use fee.2. Entry fees can be settled via:<ol style="list-style-type: none">A. Check payment payable to: Valle Verde Aqualasers Swim Club Inc.B. Direct deposit to Bank of the Philippine Islands Current Account# :003001001484 Account name : Valle Verde Aqualasers Swim club inc.3. Copy of deposit slips should be emailed to bnceanne@yahoo.com and philswim2014@gmail.com and psifepanlaqui@gmail.com *Indicate Team Name and Number of Registered Swimmers in the deposit slip. Entry Fees are not refundable4. Entries must be accompanied by full payment of registration and entries fees.



<p>FRAUDULENT ENTRIES</p>	<p>Coaches found to have intentionally entered swimmers with fraudulent times or times in any event will be penalized PHP1,000.00 for every event entered for being dishonest. A report will also be filed by the host meet organizer to Philippine Swimming, Inc. for administrative review, action or discipline of the coach if so called for.</p>
<p>ENTRY DEADLINE</p>	<p>August 25, 2017 by 5:00 PM. Late entries will only be accepted if accompanied by a P2,500.00 penalty, and provided they are submitted no later than noontime on August 28, 2017. In either case, a confirmation email will be sent acknowledging the submission of entries.</p>
<p>PROTEST AND APPEALS</p>	<p>Protest must be submitted: In writing to the Referee by the Team Coach only. Together with a deposit of PHP4,000.00 within 30 minutes from the time a negative decision has been rendered. The Referee shall consider all protests. If he rejects the protest, he must state the reason for his decision. The Coach may then appeal the rejection to the Jury of Appeals whose decision shall be final. If the protest is rejected, the deposit will be forfeited to PHILSWIM. If a protest is upheld, the deposit will be returned.</p>
<p>AWARDS</p>	<ol style="list-style-type: none"> 1. Individual awards will be given to the top three (3) winners of each event per age band in the 10 & under category after conclusion of the meet 2. Certificates of Recognition will be awarded by PSI to swimmers who achieve A, AA, AAA, AAAA time standards.
<p>MEET OPERATION</p>	<ol style="list-style-type: none"> 1. Events may be combined or re-seeded to facilitate better meet operation, with results separated afterwards. 2. All events, except for 800 and 1500 meter Freestyles will be swam slowest to fastest.
<p>PROTEST COMMITTEE</p>	<ol style="list-style-type: none"> 1. A protest committee composed of the Referee, Meet Director, two (2) Coach representatives, and one (1) PHILSWIM-certified Technical Official acting at large will be established to act upon any administrative protest filed at the meet. A P4,000.00 protest fee must accompany formal protest letters to be considered valid. Protest must be filed within 30 minutes after the conclusion of the respective event. 2. This Committee shall act as a review section in the need of an emergency meeting, and their report may be filed with PHILSWIM for administrative review, action or discipline if so called for.



<p>WITHDRAWALS AND DID NOT SHOW (DNS)</p>	<p>Scratch deadline will be on August 30,2017. A PHP50.00 administrative scratch fee will be levied for every event scratched made after the deadline by a coach, on behalf of any swimmers and for any event. Coaches must present scratches to the Control Room Supervisor sixty (60) minutes prior to the start of the competition. This will be initialed by the Control Room Supervisor and sent to PSI Staff for payment of Scratch Fee. After payment of scratch fee to the PSI Staff, the scratch form will be signed and stamped paid by PSI and sent to the Control Room Supervisor for editing of the timing system.</p> <p>Withdrawals within sixty (60) minutes of the start of the session without notification to the Control Room Supervisor shall be deemed Did Not Swim (DNS). “NO SHOW” swimmers that are not scratched by their coach in an event at the day of competition will not be permitted to swim in subsequent events in that session. A Php500 administrative NS fee will be imposed on swimmer / swim club.</p> <p>The administrative fee and penalty will only be waived if the swimmer produces a valid medical certificate for the relevant day of the race. However, the swimmer will not be permitted to participate in all races for the day.</p>
<p>NO SMOKING</p>	<p>Smoking is not allowed in the swimming competition venue</p>
<p>FOOD AND DRINKS</p>	<p>The club will provide food and drinks at a reasonable price. No outside food and drinks will be allowed inside the club premises.</p>
<p>ADAPTED COMPETITORS</p>	<p>Meet Directors will ensure that differently abled swimmers are allowed to participate in PhilSwim Meets.</p>
<p>OTHER INFORMATION</p>	<p>Each participating club shall receive a copy of the meet program electronically one (1) day before the meet and results two (2) days after the meet.</p>
<p>EVENTS</p>	<p>Meets should terminate within a maximum period of eight (8) hours of competitive events for any group of swimmers on any one (1) day and to provide adequate meal and rest breaks. The 8 hours excludes lunch break.</p>



MEET POSTPONEMENT OR CANCELLATION	<ol style="list-style-type: none"> 1. If, prior to its commencement, unusual or severe weather or other conditions preclude the possibility of safely and effectively conducting a meet or an event, the meet committee may cancel or postpone it. 2. Should a meet or event had commenced, and in the judgment of the Referee cannot safely and effectively continue because of weather conditions, or for some other compelling reason, the Referee, in his/her sole discretion, may suspend the meet or event until conditions warrant continuance. If circumstances do not warrant continuance, the Referee may cancel the meet or event, or postpone it to a future date or time, with the approval of the meet committee. 3. A decision to cancel or postpone is final. 4. Should an event have actually commenced but is terminated prior to an official finish, and is postponed to another time and date, it shall then be conducted between swimmers who were officially competing in the event at the time of the termination. 5. Incomplete events will not be awarded nor scored. However, times achieved in accordance up to the point of cancellation shall be considered official.
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**2017 PHILSWIM SHORT COURSE SWIM SERIES
ORDER OF EVENTS**

Leg 2

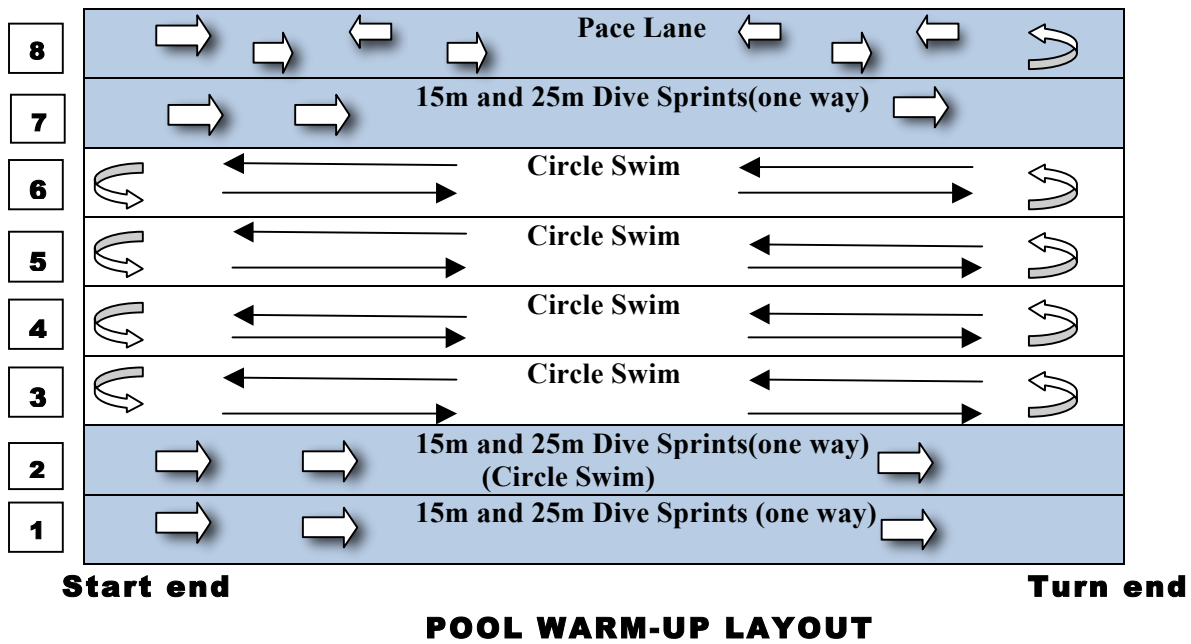
Boys	Sept. 2, 2017 - DAY 2 (14 & OVER)	Girls
101	400 M INDIVIDUAL MEDLEY (14 & OVER)	102
103	50 M BACKSTROKE (14 & OVER)	104
105	100 M BUTTERFLY (14 & OVER)	106
107	200 M FREESTYLE (14 & OVER)	108
109	200M BREASTSTROKE (14 & OVER)	110
Sept. 3, 2017 - DAY 2 (11-13/ 10 & UNDER)		
Boys	Sept. 3, 2017 - DAY 2 (11-13/ 10 & UNDER)	Girls
201	400 M INDIVIDUAL MEDLEY (11-13)	202
203	50 M BACKSTROKE (10 & UNDER)	204
205	50 M BACKSTROKE (11-13)	206
207	100 M BUTTERFLY (10 & UNDER)	208
209	100 M BUTTERFLY (11-13)	210
211	200 M FREESTYLE (11-13)	212
213	200 M BREASTSTROKE (11-13)	214

Warm Up Regulations

1. The pools will be open for swimmers' warm-ups at least one and a half hour before each session of competition.
2. Use of swim paddles during warm-up is prohibited.
3. Specific Lanes will be designated for General warm-up and/or sprint and pace training.
4. Swimmers must clear the pool 15 minutes before the start of the meet.
5. Dive Sprint lanes are one-way only –swimmers should clear the lanes immediately and walk back. Swimmers are advised to exercise caution when doing diving and backstroke starts.
6. Lane assignments for warm-up will be in accordance with PHILSWIM/FINA Swimming Rules.
7. **In the event that there is an oversubscription of swimmers at the warm-up, the host organizer may group participating swim clubs and schedule warm-up times. The warm-up schedules shall be released to participating clubs at least two (2) days before the meet.**



8. Swimmers must be supervised by their coaches during warm-up.
9. Warm up schedule will be sent by email to different clubs and coaches.



MOTIVATIONAL TIME STANDARDS (SCM)

BB Min	A Min	AA Min	AAA Min	AAAA Min	SWIMMING EVENTS	AAAA Min	AAA Min	AA Min	A Min	BB Min
11 Year Old Girls					11 Year Old Boys					
34.12	32.73	31.70	30.95	30.43	50 M Free	26.52	26.98	27.65	28.53	29.74
1:14.75	1:11.71	1:09.47	1:07.81	1:06.66	100 M Free	58.84	59.85	1:01.32	1:03.30	1:05.98
2:42.66	2:36.04	2:31.16	2:27.55	2:25.04	200 M Free	2:10.11	2:12.35	2:15.60	2:19.54	2:25.90
5:44.35	5:30.36	5:20.03	5:12.36	5:07.06	400 M Free	4:38.05	4:42.70	4:49.64	4:58.05	5:11.64
11:43.82	11:15.23	10:54.12	10:38.45	10:27.62	800 M Free					
					1500 M Free	18:30.96	18:49.56	19:17.28	19:50.91	20:45.22
37.69	36.16	35.02	34.19	33.61	50 M Back	29.09	29.59	30.31	31.29	32.62
1:20.79	1:17.51	1:15.09	1:13.29	1:12.05	100M Back	1:04.05	1:05.15	1:06.75	1:08.90	1:11.82
2:55.06	2:47.96	2:42.70	2:38.80	2:36.11	200 M Back	2:18.30	2:20.69	2:24.14	2:28.79	2:35.10
42.28	40.56	39.30	38.35	37.70	50 M Breast	33.06	33.63	34.45	35.57	37.07
1:31.56	1:27.84	1:25.09	1:23.05	1:21.65	100 M Breast	1:12.81	1:14.07	1:15.88	1:18.33	1:21.65
3:17.58	2:59.54	3:03.63	2:59.23	2:56.20	200 M Breast	2:37.74	2:40.47	2:44.40	2:49.71	2:56.89
35.80	34.34	33.27	32.47	31.92	50 M Fly	28.53	29.04	29.74	30.70	32.00
1:20.18	1:16.93	1:14.52	1:12.73	1:11.50	100 M Fly	1:03.42	1:04.51	1:06.10	1:08.23	1:11.12
2:55.62	2:48.49	2:43.21	2:39.30	2:36.60	200 M Fly	2:22.14	2:24.59	2:28.14	2:32.92	2:39.39
1:23.21	1:19.82	1:17.33	1:15.48	1:14.19	100 MIM	1:06.33	1:07.47	1:09.13	1:11.35	1:14.39
2:58.92	2:51.66	2:46.29	2:42.30	2:39.55	200 M IM	2:23.54	2:26.01	2:29.60	2:34.42	2:40.97
6:20.97	6:05.50	5:54.06	5:45.58	5:39.72	400 M IM	5:45.78	5:31.74	5:21.38	5:13.66	5:08.35
12 Year Old Girls					12 Year Old Boys					
33.37	32.01	31.01	30.27	29.76	50 M Free	25.93	26.39	27.04	27.91	29.09
1:13.11	1:10.13	1:07.95	1:06.32	1:05.19	100 M Free	57.55	58.54	59.98	1:01.92	1:04.54
2:39.09	2:32.62	2:27.85	2:24.31	2:21.86	200 M Free	2:07.25	2:09.45	2:12.63	2:16.48	2:22.70
5:36.80	5:23.12	5:13.01	5:05.51	5:00.33	400 M Free	4:31.95	4:36.50	4:43.29	4:51.52	5:04.81



11:28.39	11:00.43	10:39.78	10:24.44	10:13.85	800 M Free					
					1500 M Free	18:06.60	18:34.79	18:51.73	19:24.80	20:17.91
36.86	35.37	34.25	33.44	32.87	50 M Back	28.45	28.95	29.65	30.61	31.90
1:19.02	1:15.81	1:13.45	1:11.68	1:10.47	100M Back	1:02.64	1:03.72	1:05.28	1:07.39	1:10.25
2:51.22	2:44.27	2:39.13	2:35.32	2:32.69	200 M Back	2:15.27	2:17.60	2:20.98	2:25.53	2:31.70
41.36	39.67	38.43	37.51	36.87	50 M Breast	32.34	32.89	33.70	34.79	36.26
1:29.56	1:25.91	1:23.22	1:21.23	1:19.86	100 M Breast	1:11.22	1:12.44	1:14.21	1:16.61	1:19.86
3:13.25	2:55.38	2:59.60	2:55.30	2:52.33	200 M Breast	2:34.28	2:36.95	2:40.79	2:45.99	2:53.01
35.01	33.58	32.54	31.76	31.22	50 M Fly	27.91	28.40	29.09	30.03	31.30
1:18.42	1:15.24	1:12.89	1:11.14	1:09.93	100 M Fly	1:02.03	1:03.10	1:04.65	1:06.73	1:09.56
2:51.77	2:44.80	2:39.63	2:35.81	2:33.17	200 M Fly	2:19.02	2:21.42	2:14.89	2:29.57	2:35.90
1:21.38	1:18.07	1:15.63	1:13.82	1:12.56	100 MIM	1:04.87	1:05.99	1:07.61	1:09.79	1:12.75
2:55.00	2:47.90	2:42.65	2:38.74	2:36.06	200 M IM	2:20.39	2:22.81	2:26.32	2:31.04	2:37.44
6:12.61	5:57.48	5:46.30	5:38.00	5:32.27	400 M IM	5:01.59	5:06.78	5:14.33	5:24.47	5:38.20

13 Year Old Girls

13 Year Old Boys

32.62	31.29	30.31	29.59	29.09	50 M Free	25.35	25.80	26.43	27.28	28.44
1:11.47	1:08.56	1:06.42	1:04.83	1:03.73	100 M Free	56.25	57.23	58.63	1:00.53	1:03.09
2:35.52	2:29.20	2:24.53	2:21.08	2:18.68	200 M Free	2:04.40	2:06.55	2:09.66	2:13.42	2:19.50
5:29.25	5:15.87	5:06.00	4:58.66	4:53.59	400 M Free	4:25.85	4:30.30	4:36.94	4:44.98	4:57.97
11:12.96	10:45.62	10:25.43	10:10.44	10:00.09	800 M Free					
					1500 M Free	17:42.38	18:00.12	18:26.35	18:58.98	19:50.61
36.04	34.57	33.48	32.69	32.13	50 M Back	27.82	28.30	28.98	29.92	31.18
1:17.25	1:14.11	1:11.80	1:10.08	1:08.89	100M Back	1:01.24	1:02.29	1:03.82	1:05.88	1:08.67
2:47.38	2:40.59	2:35.56	2:31.84	2:29.26	200 M Back	2:12.24	2:14.52	2:17.82	2:22.27	2:28.29
40.43	38.78	37.57	36.67	36.05	50 M Breast	31.61	32.16	32.94	34.01	35.45
1:27.55	1:23.98	1:21.36	1:19.41	1:18.07	100 M Breast	1:09.62	1:10.82	1:12.55	1:14.89	1:18.07
3:08.92	3:01.24	2:55.58	2:51.37	2:48.47	200 M Breast	2:30.82	2:33.43	2:37.19	2:42.27	2:49.14
34.23	32.83	31.81	31.04	30.52	50 M Fly	27.28	27.76	28.44	29.35	30.60
1:16.66	1:13.55	1:11.25	1:09.54	1:08.36	100 M Fly	1:00.64	1:01.68	1:03.20	1:05.24	1:08.01
2:47.91	2:41.10	2:36.06	2:32.32	2:29.73	200 M Fly	2:15.90	2:18.24	2:21.65	2:26.21	2:32.40
1:19.56	1:16.32	1:13.93	1:12.17	1:10.94	100 MIM	1:03.42	1:04.51	1:06.10	1:08.22	1:11.12
2:51.08	2:44.13	2:39.00	2:35.18	2:32.56	200 M IM	2:17.24	2:19.61	2:23.04	2:27.65	2:33.91
6:04.26	5:49.46	5:38.53	5:30.42	5:24.82	400 M IM	4:54.82	4:59.90	5:07.28	5:17.19	5:30.62

14 Year Old Girls

14 Year Old Boys

32.03	30.72	29.76	29.05	28.56	50 M Free	24.89	25.33	25.95	26.78	27.92
1:10.16	1:07.30	1:05.21	1:03.64	1:02.56	100 M Free	55.22	56.18	57.56	59.42	1:01.93
2:32.67	2:26.46	2:21.88	2:18.49	2:16.14	200 M Free	2:02.12	2:04.23	2:07.28	2:10.97	2:16.94
5:23.20	5:10.08	5:00.38	4:53.18	4:48.20	400 M Free	4:20.97	4:25.34	4:31.85	4:39.75	4:52.51
11:00.61	10:33.77	10:13.96	9:59.24	9:49.08	800 M Free					
					1500 M Free	17:22.75	17:40.20	18:06.05	18:37.79	19:28.76
35.37	33.94	32.87	32.09	31.54	50 M Back	27.31	27.78	28.45	29.37	30.61
1:15.83	1:12.75	1:10.48	1:08.79	1:07.62	100M Back	1:00.11	1:01.15	1:02.65	1:04.67	1:07.41
2:44.31	2:37.64	2:32.71	2:29.05	2:26.53	200 M Back	2:09.81	2:12.05	2:15.29	2:19.66	2:25.57
39.69	38.07	36.88	35.99	35.38	50 M Breast	31.03	31.57	32.34	33.38	34.80
1:25.94	1:22.44	1:19.86	1:17.95	1:16.63	100 M Breast	1:08.34	1:09.52	1:11.22	1:13.52	1:16.63
3:05.45	2:57.90	2:52.36	2:48.23	2:45.38	200 M Breast	2:28.06	2:30.61	2:34.30	2:39.29	2:46.03
33.60	32.23	31.22	30.47	29.96	50 M Fly	26.78	27.25	27.92	28.82	30.03
1:15.25	1:12.30	1:09.95	1:08.27	1:07.11	100 M Fly	59.52	1:00.55	1:02.04	1:04.04	1:06.76
2:44.83	2:38.15	2:33.19	2:29.52	2:26.99	200 M Fly	2:13.41	2:15.71	2:19.05	2:23.53	2:29.61
1:18.10	1:14.92	1:12.58	1:10.84	1:09.64	100 MIM	1:02.25	1:03.32	1:04.88	1:06.97	1:09.82
2:47.94	2:41.12	2:36.08	2:32.34	2:29.76	200 M IM	2:14.72	2:17.05	2:20.42	2:24.94	2:31.08
5:57.57	5:43.05	5:32.32	5:24.36	5:18.86	400 M IM	4:49.41	4:54.40	5:01.64	5:11.37	5:24.55



15 Year Old Girls

15 Year Old Boys

31.43	30.15	29.20	28.51	28.02	50 M Free	24.42	24.85	25.95	26.28	27.39
1:08.85	1:06.05	1:03.99	1:02.45	1:01.39	100 M Free	54.19	55.12	56.48	58.31	1:00.77
2:29.81	2:23.72	2:19.23	2:15.90	2:13.59	200 M Free	1:59.84	2:01.91	2:04.90	2:08.52	2:14.38
5:17.16	5:04.28	4:54.77	4:47.70	4:42.82	400 M Free	4:16.10	4:20.38	4:26.77	4:34.52	4:47.04
10:48.26	10:21.93	10:02.48	9:48.04	9:38.07	800 M Free					
					1500 M Free	17:03.26	17:20.38	17:45.75	18:16.89	19:06.92
34.71	33.31	32.26	31.49	30.95	50 M Back	26.80	27.26	27.92	28.82	30.04
1:14.41	1:11.39	1:09.16	1:07.50	1:06.36	100M Back	58.99	1:00.01	1:01.48	1:03.46	1:06.15
2:41.24	2:34.70	2:29.86	2:26.27	2:23.79	200 M Back	2:07.39	2:09.58	2:12.76	2:17.05	2:22.85
38.94	37.36	36.19	35.32	34.72	50 M Breast	30.45	30.98	31.73	32.76	34.15
1:24.34	1:20.90	1:18.37	1:16.49	1:15.20	100 M Breast	1:07.06	1:08.22	1:09.89	1:12.15	1:15.20
3:01.99	2:54.57	2:49.13	2:45.08	2:42.29	200 M Breast	2:25.29	2:27.80	2:31.42	2:36.31	2:42.93
32.97	31.63	30.64	29.90	29.40	50 M Fly	26.28	26.74	27.39	28.28	29.47
1:13.85	1:10.85	1:08.64	1:06.99	1:05.86	100 M Fly	58.41	59.42	1:00.88	1:02.82	1:05.51
2:41.75	2:35.19	2:30.33	2:26.73	2:24.24	200 M Fly	2:10.91	2:13.17	2:16.45	2:20.85	2:26.81
1:16.64	1:13.52	1:11.22	1:09.52	1:08.33	100 MIM	1:01.09	1:02.14	1:03.67	1:05.72	1:08.51
2:44.80	2:38.11	2:33.16	2:29.49	2:26.96	200 M IM	2:12.21	2:14.48	2:17.79	2:22.23	2:28.26
5:50.89	5:36.64	5:26.11	5:18.30	5:12.90	400 M IM	4:44.00	4:48.90	4:56.01	5:05.55	5:18.49

16 Year Old Girls

16 Year Old Boys

30.98	29.71	28.78	28.10	27.62	50 M Free	24.07	24.50	25.10	25.91	27.00
1:07.86	1:05.10	1:03.07	1:01.56	1:00.52	100 M Free	53.42	54.34	55.67	57.47	59.91
2:27.67	2:21.68	2:17.24	2:13.96	2:11.68	200 M Free	1:58.12	2:00.16	2:03.11	2:06.68	2:12.46
5:12.63	4:59.93	4:50.56	4:43.59	4:38.78	400 M Free	4:12.44	4:16.66	4:22.96	4:30.60	4:42.94
10:39.00	10:13.04	9:53.87	9:39.64	9:29.81	800 M Free					
					1500 M Free	16:48.64	17:05.52	17:30.53	18:01.22	18:50.53
34.22	32.83	31.80	31.04	30.51	50 M Back	26.41	26.87	27.52	28.41	29.61
1:13.35	1:10.37	1:08.18	1:06.54	1:05.41	100M Back	58.15	59.15	1:00.60	1:02.56	1:05.21
2:38.93	2:32.49	2:27.72	2:24.18	2:21.73	200 M Back	2:05.57	2:07.73	2:10.87	2:15.09	2:20.81
38.39	36.83	35.68	34.82	34.23	50 M Breast	30.02	30.53	31.28	32.29	33.66
1:23.13	1:19.75	1:17.25	1:15.40	1:14.13	100 M Breast	1:06.11	1:07.24	1:08.89	1:11.11	1:14.13
2:59.39	2:52.08	2:46.72	2:42.72	2:39.97	200 M Breast	2:23.21	2:25.69	2:29.26	2:34.08	2:40.60
32.50	31.17	30.20	29.48	28.98	50 M Fly	25.91	26.36	27.00	27.87	29.05
1:12.79	1:09.84	1:07.66	1:06.03	1:04.92	100 M Fly	57.58	58.57	1:00.01	1:01.94	1:04.57
2:39.44	2:32.97	2:28.18	2:24.63	2:22.18	200 M Fly	2:09.04	2:11.27	2:14.50	2:18.83	2:24.71
1:15.54	1:12.47	1:10.20	1:08.53	1:07.36	100 MIM	1:00.22	1:01.25	1:02.76	1:04.78	1:07.53
2:42.44	2:35.85	2:30.98	2:27.35	2:24.86	200 M IM	2:10.32	2:12.56	2:15.82	2:20.20	2:26.14
5:45.88	5:31.83	5:21.45	5:13.75	5:08.43	400 M IM	4:39.95	4:44.77	4:51.78	5:01.19	5:13.94

17 Year Old Girls

17 Year Old Boys

30.53	29.28	28.37	27.69	27.22	50 M Free	23.73	24.14	24.74	25.53	26.61
1:06.88	1:04.16	1:02.16	1:00.67	59.64	100 M Free	52.64	53.55	54.87	56.64	59.04
2:25.53	2:19.62	2:15.25	2:12.02	2:09.77	200 M Free	1:56.41	1:58.42	2:01.33	2:04.85	2:10.54
5:08.10	4:55.59	4:46.34	4:39.48	4:34.74	400 M Free	4:08.78	4:12.94	4:19.15	4:26.68	4:38.84
10:29.74	10:04.16	9:45.27	9:31.24	9:21.55	800 M Free					
					1500 M Free	16:34.02	16:50.66	17:15.30	17:45.55	18:34.15
33.72	32.35	31.33	30.59	30.07	50 M Back	26.03	26.48	27.12	28.00	29.18



1:12.29	1:09.35	1:07.19	1:05.58	1:04.46	100M Back	57.30	58.29	59.72	1:01.65	1:04.26
2:36.63	2:30.28	2:25.57	2:22.09	2:19.68	200 M Back	2:03.75	2:05.88	2:08.97	2:13.13	2:18.77
37.83	36.29	35.16	34.31	33.73	50 M Breast	29.58	30.09	30.82	31.82	33.17
1:21.93	1:18.59	1:16.13	1:14.31	1:13.05	100 M Breast	1:05.15	1:06.27	1:07.89	1:10.08	1:13.05
2:56.79	2:49.59	2:44.30	2:40.36	2:37.65	200 M Breast	2:21.14	2:23.58	2:27.09	2:31.85	2:38.27
32.03	30.72	29.76	29.05	28.56	50 M Fly	25.53	25.98	26.61	27.47	28.63
1:11.74	1:08.83	1:06.68	1:05.08	1:03.97	100 M Fly	56.74	57.72	59.14	1:01.05	1:03.64
2:37.13	2:30.76	2:26.03	2:22.53	2:20.12	200 M Fly	2:07.17	2:09.37	2:12.55	2:16.82	2:22.62
1:14.45	1:11.42	1:09.19	1:07.53	1:06.38	100 MIM	59.34	1:00.36	1:01.85	1:03.84	1:06.56
2:40.09	2:33.59	2:28.79	2:25.22	2:22.76	200 M IM	2:08.43	2:10.64	2:13.85	2:18.17	2:24.02
5:40.86	5:27.02	5:16.79	5:09.20	5:03.96	400 M IM	4:35.89	4:40.64	4:47.55	4:56.82	5:09.39

18 Year Old Girls

18 Year Old Boys

30.23	29.00	28.09	27.42	26.96	50 M Free	23.49	23.91	24.49	25.28	26.35
1:06.23	1:03.53	1:01.55	1:00.07	59.05	100 M Free	52.12	53.03	54.33	56.09	58.46
2:24.11	2:18.25	2:13.93	2:10.72	2:08.50	200 M Free	1:55.27	1:57.26	2:00.14	2:03.62	2:09.26
5:05.08	4:52.69	4:43.54	4:36.74	4:32.04	400 M Free	4:06.34	4:10.46	4:16.61	4:24.06	4:36.10
10:23.56	9:58.23	9:39.53	9:25.64	9:16.05	800 M Free					
					1500 M Free	16:24.28	16:40.75	17:05.15	17:35.11	18:23.22
33.39	32.04	31.03	30.29	29.77	50 M Back	25.78	26.22	26.86	27.72	28.90
1:11.58	1:08.67	1:06.53	1:04.93	1:03.83	100M Back	56.74	57.72	59.14	1:01.04	1:03.63
2:35.10	2:28.80	2:24.15	2:20.69	2:18.31	200 M Back	2:02.53	2:04.64	2:07.70	2:11.83	2:17.41
37.46	35.94	34.81	33.98	33.40	50 M Breast	29.29	29.80	30.52	31.51	32.85
1:21.12	1:17.82	1:15.39	1:13.58	1:12.34	100 M Breast	1:04.51	1:05.62	1:07.23	1:09.40	1:12.34
2:55.05	2:47.92	2:42.69	2:38.79	2:36.11	200 M Breast	2:19.75	2:22.17	2:25.65	2:30.36	2:36.72
31.71	30.42	29.47	28.76	28.28	50 M Fly	25.28	25.72	26.35	27.20	28.35
1:11.03	1:08.15	1:06.02	1:04.44	1:03.35	100 M Fly	56.19	57.16	58.56	1:00.45	1:03.01
2:35.59	2:29.28	2:24.60	2:21.14	2:18.74	200 M Fly	2:05.93	2:08.10	2:11.25	2:15.48	2:21.22
1:13.72	1:10.72	1:08.51	1:06.87	1:05.73	100 MIM	58.76	59.77	1:01.25	1:03.22	1:05.90
2:38.52	2:32.09	2:27.33	2:23.79	2:21.36	200 M IM	2:07.17	2:09.36	2:12.54	2:16.81	2:22.61
5:37.52	5:23.82	5:13.69	5:06.17	5:00.98	400 M IM	4:33.18	4:37.89	4:44.73	4:53.91	5:06.35

19 Years Old & Over Girls

19 Years Old & Over Boys

29.93	28.71	27.81	27.15	26.69	50 M Free	23.26	23.67	24.25	25.03	26.09
1:05.57	1:02.90	1:00.94	59.48	58.47	100 M Free	51.61	52.5	53.79	55.53	57.88
2:22.68	2:16.88	2:12.60	2:09.43	2:07.23	200 M Free	1:54.13	1:56.10	1:58.95	2:02.40	2:07.98
5:02.06	4:49.79	4:40.73	4:34.00	4:29.35	400 M Free	4:03.90	4:07.98	4:14.07	4:21.45	4:33.37
10:17.39	9:52.31	9:33.79	9:20.04	9:10.54	800 M Free					
					1500 M Free	16:14.53	16:30.84	16:55.16	17:24.66	18:12.30
33.06	31.72	30.72	29.99	29.48	50 M Back	25.52	25.96	26.59	27.45	28.61
1:10.87	1:07.99	1:05.87	1:04.29	1:03.20	100M Back	56.18	57.15	58.55	1:00.44	1:03.00
2:33.56	2:27.33	2:22.72	2:19.30	2:16.94	200 M Back	2:01.32	2:03.41	2:06.44	2:10.52	2:16.05
37.09	35.58	34.47	33.64	33.07	50 M Breast	29.00	29.50	30.22	31.20	32.52
1:20.32	1:17.05	1:14.64	1:12.85	1:11.62	100 M Breast	1:03.87	1:04.97	1:06.56	1:08.71	1:11.62
2:53.32	2:46.28	2:41.08	2:37.22	2:34.56	200 M Breast	2:18.37	2:20.76	2:24.21	2:28.87	2:35.17
31.40	30.12	29.18	28.48	28.00	50 M Fly	25.03	25.47	26.09	26.93	28.07
1:10.33	1:07.48	1:05.37	1:03.80	1:02.72	100 M Fly	55.63	56.59	57.98	59.85	1:02.39
2:34.05	2:27.80	2:23.17	2:19.74	2:17.37	200 M Fly	2:04.68	2:06.83	2:09.95	2:14.14	2:19.82
1:12.99	1:10.02	1:07.83	1:06.21	1:05.08	100 MIM	58.18	59.18	1:00.64	1:02.59	1:05.25
2:36.95	2:30.58	2:25.87	2:22.37	2:19.96	200 M IM	2:05.91	2:08.08	2:11.23	2:15.46	2:21.20
5:34.18	5:20.61	5:10.58	5:03.14	4:58.00	400 M IM	4:33.18	4:37.89	4:44.73	4:53.91	5:06.35