

Lake Erie Senior Champs

Hosted by

LESI

March 5-7, 2021

Held under USA Swimming Sanction # LE 20144 SS

In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

In granting for this sanction, Lake Erie Swim Inc agreed to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Lake Erie (LSC), the State of Ohio and Ashtabula County local jurisdiction).

RISK OF EXPOSURE TO COVID 19: An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

LOCATION: SPIRE INSTITUTE Aquatic Center, 5201 Spire Circle, Geneva, 44041. Take 90 to Exit 218.

POOL: The competitive swimming pools measure 10 lanes by 25 yards in a 50 meters Olympic size pool, with 2 moveable bulkheads for subdivision of the pool. Warm ups will be in both pools. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. The depth of the pool the at the diving board end is 14' at both ends. Competition will take place in the diving board end of the pool Colorado timing system and scoreboard are available

ENTRANCE: Swimmers will enter and exit the facility between the Aquatics and Track buildings. Facility entrances are marked with blue stars. Following health screening, inclusive of temperature checks, swimmers will be guided by arrows from the entrance to their assigned seating area on the pool deck.

WARM UP/COMPETITION: Swimmers will follow the arrows at the end of the lane to either (1) return to the blocks for starts (2) return to their seating area and/or (3) speak with their coach following their race. Each lane shall be allowed 4 swimmers for warm ups.

SPECTATORS: Each swimmer is allowed to bring 1 spectator. Admission is included in the entry fees. COVID Marshals shall monitor social distancing within the spectator area.

SANITATION: Starting blocks will be sanitized at the conclusion of warm-ups, between events, and at the conclusion of the session. Sanitation will also take place between sessions.

COVID PROTOCOLS:

- Temperature checks and SPIRE health screening shall be required of all swimmers, officials, volunteers and spectators.

- SPIRE health screening must be filled out and signed by all swimmers, volunteers, officials and spectators DAILY. A parent/guardian must sign the waiver for those swimmers under the age of 18. Go on-line @ <https://spirecovidform.paperform.co/> or scan the attached QR code to fill out the health screening. A confirmation screen or email sent after filling out the form must be shown at the health screening station. This form MUST be filled out every day of the competition. For athletes without access to an email or mobile device, they will be required to bring a printed copy of the confirmation email to the health screening station.
- If someone leaves the premises and returns, he/she will undergo a temperature check and screen again.
- Masks shall be worn and social distancing shall be implemented at all times except for when the swimmer is up on the blocks and in the water.
- A locker room that will be available for use by the swimmers for rest room use only. A monitor (not allowed inside) will be posted outside the locker room and will limit the number of swimmers inside to 4 athletes per the Ohio Department of Health.
- Swimmers should arrive/depart in their suit. They will not be allowed to share caps, goggles, food and drinks.
- Only two (2) swimmers shall be permitted to wait behind the blocks at any given time. Swimmers may communicate with their coaches by following the posted arrows which will be in a counter clockwise direction on deck
- Swimmers, volunteers, guardians and officials shall enter the building from the main entrance and through the main pool entrance. The spectator area is upstairs.
- Parents shall have access to their swimmers and be able to observe them. Swimmers will not be allowed in the spectator area on the second floor. Guardians may communicate with their swimmer in the lobby. Please observe social distancing with other guardians.
- **ALL COACHES, SPECTATORS, VOLUNTEERS, OFFICIALS AND SWIMMERS ARE REQUIRED TO WEAR MASKS AT ALL TIMES EXCEPT WHEN SWIMMERS ARE SWIMMING**

RACING STARTS: 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.

STARTING TIMES: Friday Evening Warm Up will begin at 5:25pm, with the meet starting at 6:00pm. Saturday and Sunday Girls Session warm up will begin 8:00am, meet starting at 8:35am. Boys Session, and B flight information will be posted on www.lakeerieswimming.com by March 3, 2021. Warm ups shall be 30 minutes each session and may be split if the average number of swimmers per lane is scheduled to exceed USA Swimming's recommended number of athletes per lane. The finalized warm up plan may be found at lakeerieswimming.com by March 3, 2021. There will be continuous warm up throughout the meet.

ENTRY DEADLINE: Entries will not be accepted before February 8, 2021 at 6:00pm. Entries, electronic or otherwise, must be received by February 22, 2021. The meet will be closed before the entry deadline if the sessions are estimated to be at 2 hours, so mail early. Updated times can be updated through February 28, 2021. Hard copy, meet summary sheet and check must be received by March 3, 2021 or the team's entry may be deleted. Mail entries to Eileen Bringman, 3574 West 146th Street Cleveland, Ohio 4411. Please send an email to LSSCHeadCoach@gmail.com making us aware of any paper entries being sent.

TEAM SUPERVISION: Teams who are entering swimmers but will not have a coach at the meet should arrange ahead of time for another coach to supervise their athletes. Swimmers without coach supervision must contact the Meet Director or Meet Referee to be assigned to a coach on deck.

RETURN TO PLAY LAW: Under the Ohio Return to Play Law governing concussions, all coaches and officials (in state or out of state) are required to have proof of training in concussion signs and symptoms. This training is available for free and can be found at <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/child-injury-prevention/resources/onlineconcussiontraining>. All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement.

ENTRY FEES: There will be a flat fee of \$50 per athlete which will include up to 8 events, admission for 1 spectator and an electronic heat sheet; \$20.00/relay; There is a \$1.00/swimmer handling fee for entries not furnished in an electronic file. Make checks payable to Lake Erie Swimming.

ENTRY LIMITATIONS: Swimmers may enter up to 3 events/day, exclusive of relays and may compete in no more than 8 individual events for the meet. Teams may enter 1 relay per relay event. Swimmers may compete in 1 relays/day.

DECK ENTRIES: Deck entries are **NOT** permitted

ELIGIBILITY: Swimmers must be current athlete members of USA Swimming and Lake Erie Swimming and have met the time standard requirements. Coaches must be current coach members of USA Swimming and must check in on each day of the meet. All coaches must display the deck pass (wristband) issued by the meet host. Age is as of the first day of the meet.

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

QUALIFYING TIMES: Swimmers must have a legal time in events 400 and above. NT will not be accepted; if the swimmer has no time, please provide an estimate. There are no qualifying time for 15 and over swimmers or 14 year-old High School swimmers. Non-High School 14 and Under swimmers must have a 15-16 AAA time to enter.

PROOF OF TIME: Swimmers should enter an event only if they have achieved the listed time standard for that event. Teams of swimmers who fail to achieve the qualifying time at the meet will receive a notice of those times that cannot be verified in the SWIMS database. Teams shall submit proof of time. Proofs of time shall be from an observed swim or from a sanctioned or approved competition only unless the meet announcement specifically states that times from other meets such as high school, YMCA or NCAA may also be submitted. A fine of \$10.00 for each swim listed in the notice for which acceptable proof of time is not provided will be levied against the team or unattached swimmer.

SWIMMERS WITH A DISABILITY: Qualifying times for 50-yard events will be waived for swimmers with a disability. Swimmers with a disability may enter an event (such as the 100 free) and swim it with a longer yardage event (such as the 200 free) provided his/her time for the lesser yardage event (100 free) is equal to or faster than the listed qualifying time for the longer yardage event (200 free). Entries for swimmers with a disability should be handled in the following manner: (1) enter the swimmer in the Hy-Tek database (or on the regular entry form); (2) list in the email accompanying the Hy-Tek entry file (or on a separate sheet of paper) the name of the swimmer, the stroke(s)/distance(s) s/he wishes to swim, the entry times, the day/session s/he wishes to swim the event(s), and the manner in which s/he prefers to be seeded (with a longer distance or with a different age group); and (3) provide any information about special accommodations needed by the swimmer. The final determination of seeding will be made by the Meet Referee after consultation with the swimmer and his/her coach.

CONDUCT: The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations, the Lake Erie Swimming Policy & Procedures and the Return to Competition Guidelines. All events are timed finals. There will be a Girls Session and Boys Session. If numbers require the meet will be split into A Flight and B Flight. Host reserves the right to limit number of entries in any event 200 yards or longer. Relays will only be conducted if time allows. If Relays are cancelled teams will receive a refund.

SEEDING & CHECK IN: All events will be pre-seeded. Relay cards must be turned in upon call. There will be no penalty for failure to compete.

CLERK OF COURSE: A Clerk of Course will not be provided.

SCORING: 1st – 20, 2nd – 17, 3rd – 16, 4th – 15, 5th – 14, 6th – 13, 7th – 12, 8th – 11, 9th – 9, 10th – 7, 11th – 6, 12th – 5, 13th – 4, 14th – 3, 15th – 2, 16th – 1.

AWARDS: Individual High Point – 1st and 2nd place will be recognized
Team – men's, women's, combined will be recognized

DRONES: 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.

ADMISSION COST: Heat Sheets will be emailed to coaches by Thursday, March 4. Price of admission included in the meet fees. Each swimmer is allowed 1 spectator.

PARKING: There will be no charge for parking. Parking will be located on the East and South sides of the Aquatics building.

RESULTS: Results will not be posted on site but will available on Lakeerieswimming.com.

TIME TRIALS: Time Trials will not be available.

VOLUNTEERS: This is a district hosted meet. Each team will be assigned volunteer assignments by March 1, 2021. Any team who does not fill their requirement will be fined \$100 per position not filled.

SAFETY/WARM-UP: Lake Erie Swimming safety guidelines and warm-up procedures will be in effect at all times. Coaches must maintain contact with their swimmers during warm-up and throughout the meet. Warm ups shall be 30 minutes each session and may be split if the average number of swimmers per lane is scheduled to exceed USA Swimming's recommended number of athletes per lane. There should be only two swimmers behind the blocks during starts. Swimmers should maintain social distancing while waiting to start. All entry into the pool for warm-up is feet first from the starting block end of the pool. Swimmers must enter the pool feet first in a cautious manner with one hand in contact with the pool edge. There is no diving during warm-up, except in designated sprint lanes. The final 15 minutes of a 30 minute warm-up shall be conducted as follows: *(use the appropriate wording for your venue; adjust if your pool has odd number of lanes)*

For a 10 lane pool:

- (a) Lanes 1 & 10 push/pace from the start end of the pool (or general warm-up at the discretion of Meet Referee or his/her designee).
- (b) Lanes 2 & 9 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool
- (c) Lanes 3-8 general warm-up, no diving or racing starts. Any or all of these lanes may be converted to sprint lanes at the discretion of the Meet Referee or his/her designee.

Swimmers are to sprint one way and climb out at the far end of the pool. Swimmers should follow the posted direction to return to the blocks. Swimmers may be removed from warm-up for violating safety rules. Feet first entry only into the continuous warm-up lanes.

CAMERA ZONES: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Additionally, under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for race starts during competition and warm-up. Those failing to abide by this rule may be removed from the venue.

DECK CHANGES: Deck changes are prohibited.

INITIAL DISTANCE: In order to be certain that an initial distance or lead-off relay leg is entered into SWIMS, the swimmer or the swimmer's coach should notify either the meet referee or the admin before the event and provide the necessary watches as back-up to the electronic timing. All lead-off relay splits will automatically be uploaded to SWIMS after admin approval; for all other initial distances, the proper paperwork must be completed after the swim in order for the time to be entered into SWIMS.

OFFICIATING OPPORTUNITY – Anyone that is a USA Swimming certified official is welcome and encouraged to join the Lake Erie Swimming (LES) officials in working this meet. Please contact the meet director or the Lake Erie Officials Chair in advance of the meet if at all possible to let either know of your availability. We are also looking for anyone that is interested in becoming an official, for more information please contact the Official's Chair.

Meet Director's name and email: Eileen Bringman LSSCHHeadCoach@gmail.com

Official's Chair: [Bob Martens, bobmartens15@gmail.com](mailto:BobMartens15@gmail.com)

COACHES: In order to comply with local health guidelines, we may need to limit the number of coaches on deck. Please include the number of coaches who plan to attend so we can forecast our count accordingly. If we need to make adjustments, you will be notified by March 1, 2021.

NOTE: Only athletes entered in the meet, working coaches, officials, and meet workers are allowed on deck. Other non-participants are expected to remain in the spectator area.

MEET DIRECTOR: Eileen Bringman LSSCHHeadCoach@gmail.com

COVID MARSHAL: Lisa Downing

ENTRY PERSON: Eileen Bringman LSSCHHeadCoach@gmail.com

EVACUATION PLAN: In the event of an alarm or an emergency requiring an evacuation:

- Remain calm
- Do not gather belongings, just leave
- Use nearest exit

Swimmers will either be directed to the internal south building hallway adjacent to the locker rooms, or evacuated in accordance with the facility emergency action plan. Spectators will be evacuated in accordance with the facility emergency action plan.

Lake Erie Senior Champs

Revised 09/25/2020

Afternoon warm-up will begin after the conclusion of adequate sanitation.

Girls Session warm up 8:00am, Meet start 8:35am.

Competition will begin at the completion of the 30 minute warm-up.

Estimated start times will be listed at www.lakeerieswimming.com by March 3, 2021.

14 and Under Non-High School Swimmers must achieve the 15-16 AAA Time Standard or faster to enter.

Sessions are single gender so choose events carefully.

Girls #	Age Group/Stroke	Boys #
19	200 IM	20
21	100 Free	22
23	100 Breast	24
25	200 Fly	26
27	100 Back	28
29	500 Free	30
31	400 Free Relay	32

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HOSTED BY LESI
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MEET ENTRY SUMMARY PAGE

Team Name: _____ Team Code: _____ LSC Code: _____

Contact Person: _____ Phone: _____ Email _____

Address: _____ City: _____ State: _____ Zip _____

_____ (Total # of swimmers) X \$50.00 = \$ _____

_____ (Total # of relay events) X \$20.00/relay entry = \$ _____

_____ (Total # of swimmers) X \$1.00 (handling fee for paper entries) \$ _____

TOTAL AMOUNT REMITTED: \$ _____

Swimmers will be without a coach on deck:

Fri. p.m., Sat. am, Sat. p.m., Sun. am, Sun p.m.

I have arranged for my swimmer/s to be supervised by _____.

I VERIFY THAT EVERY SWIMMER LISTED ON THE ENCLOSED ENTRY FORM IS A REGISTERED ATHLETE MEMBER OF USA SWIMMING AND LAKE ERIE SWIMMING AND THAT EVERY COACH REPRESENTING OUR TEAM AT THIS MEET WILL BE A CURRENT COACH MEMBER OF USA SWIMMING.

SIGNED: _____ (coach or member team representative). DATE: _____

Make checks payable to **LESI**

Please note: All entries submitted with this sheet should be covered by a single check.

DEADLINE FOR RECEIPT IS February 22, 2021.

This sheet must accompany all entries including HY-TEK Meet Manager electronic entries, hard copy & check.

Mail to: _____.

**LAKE ERIE SWIMMING, INC.
INDIVIDUAL AND RELAY SCRATCH RULE**

Each swimmer/relay team shall be aware of the meet starting time and shall report to the proper meet authorities promptly upon call.

- A. Pre-Seeded Meets - Each swimmer/relay team shall report promptly to the Clerk of Course or starting blocks prior to the race in which the swimmer/relay team is entered. Any swimmer/relay team not reporting for or competing shall not be penalized.
- B. Events Seeded on the Deck –
 - (1) Events seeded on the deck shall be closed for seeding no earlier than thirty (30) minutes prior to the start of the session. Host may provide alternate methods of check-in (such as email, phone, fax) for swimmers who do not plan to arrive before the scratch deadline.
 - (2) Any swimmer who has checked in for an individual event 400 yards/meters or longer must swim in the event unless the swimmer notifies the Clerk of Course or Administrative Official before the seeding of the event has begun that the swimmer wishes to scratch; failure to scratch prior to seeding and not swimming the event will result in a fine of \$25.00 to the swimmer's club or to the unattached swimmer, except as noted in "Exceptions for Failure to Compete" (below). A declared false start or deliberate delay of the meet in events 400 yards/meters or longer is not permitted and will be regarded as a failure to compete.
 - (3) Any agent of a team (coach, parent, swimmer, etc.) who checks in a swimmer for any event when that swimmer is not present at the meet may cause a fine of \$2.00 per swimmer per day to be levied against that team.
 - (4) Events seeded on the deck and swum as a timed final with one or more heats swimming with finals shall provide the swimmer the opportunity to indicate their desire to swim only during the preliminary session by indicating this desire by placing a "P" next to their name on the sign in sheet. Any swimmer failing to indicate this desire who does not compete during the finals session shall be subject to a fine of \$25.00, except as noted in "Exceptions for Failure to Compete" (below).
- C. Scratching from Bonus Finals, Consolation Finals and 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 race shall be barred from further competition for the remainder of the meet, except as noted below in "Exceptions for Failure to Compete." If such failure to compete occurs on the swimmer's last day of the meet, the swimmer's club shall be fined twenty-five dollars (\$25.00) by LESI. If the swimmer is not a member of a USA Swimming member club, the swimmer shall be fined \$25.00. A declared false start or deliberate delay of meet 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 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) When consolation finals have not yet been swum and a barring or withdrawal is known to the Referee, the Referee shall re-seed the 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 a consolation final has already been contested, the final shall be swum without reseeding for the empty lane(s).
- D. 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 consolation final or final race following preliminaries notifies the Referee or designee within thirty (30) minutes after the announcement of the qualifiers for that race that the swimmer may not intend to compete. The swimmer must declare within thirty (30) minutes following his last individual preliminary event a final intention to scratch or swim.
 - (3) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

2021-2024 National Age Group Motivational Times

10/01/2020 10:16:04

15-16 Girls						15-16 Boys						
31.79 *	29.49 *	27.19 *	26.09 *	24.99 *	23.79 *	50 Y Free	21.29 *	22.29 *	23.29 *	24.39 *	26.39 *	28.39 *
1:08.89 *	1:03.99 *	58.99 *	56.59 *	54.09 *	51.69 *	100 Y Free	46.79 *	48.99 *	51.19 *	53.49 *	57.89 *	1:02.39 *
2:29.39 *	2:18.69 *	2:08.09 *	2:02.69 *	1:57.39 *	1:52.09 *	200 Y Free	1:42.39 *	1:47.29 *	1:52.09 *	1:56.99 *	2:06.79 *	2:16.49 *
6:40.59 *	6:11.99 *	5:43.39 *	5:29.09	5:14.79	5:00.49	500 Y Free	4:37.99 *	4:51.19 *	5:04.39 *	5:17.69 *	5:44.09 *	6:10.59 *
13:49.19	12:49.99	11:50.79	11:21.19	10:51.59	10:21.89	1000 Y Free	9:39.79	10:07.39	10:34.99	11:02.59	11:57.79	12:52.99
23:05.19	21:26.19	19:47.29	18:57.79	18:08.39	17:18.89	1650 Y Free	16:11.59	16:57.79	17:44.09	18:30.39	20:02.89	21:35.39
1:14.69 *	1:09.39 *	1:03.99 *	1:01.39 *	58.69 *	55.99 *	100 Y Back	51.09 *	53.49 *	55.99 *	58.39 *	1:03.19 *	1:08.09 *
2:42.99 *	2:31.39 *	2:19.69 *	2:13.89 *	2:08.09 *	2:02.29 *	200 Y Back	1:50.99 *	1:56.29 *	2:01.59 *	2:06.89 *	2:17.49 *	2:27.99 *
1:25.89 *	1:19.69 *	1:13.59 *	1:10.49 *	1:07.49 *	1:04.39 *	100 Y Breast	57.39 *	1:00.19 *	1:02.89 *	1:05.59 *	1:11.09 *	1:16.49 *
3:05.99 *	2:52.79 *	2:39.49 *	2:32.79 *	2:26.19 *	2:19.49 *	200 Y Breast	2:06.19 *	2:12.19 *	2:18.19 *	2:24.19 *	2:36.19 *	2:48.19 *
1:14.69 *	1:09.39 *	1:03.99 *	1:01.39 *	58.69 *	55.99 *	100 Y Fly	50.59 *	53.09 *	55.49 *	57.89 *	1:02.69 *	1:07.49 *
2:45.29 *	2:33.49 *	2:21.69 *	2:15.79 *	2:09.89 *	2:03.99 *	200 Y Fly	1:53.49 *	1:58.89 *	2:04.29 *	2:09.69 *	2:20.49 *	2:31.29 *
2:46.79 *	2:34.89 *	2:22.99 *	2:16.99 *	2:10.99 *	2:05.09 *	200 Y IM	1:53.79 *	1:59.19 *	2:04.69 *	2:10.09 *	2:20.89 *	2:31.69 *
5:55.89 *	5:30.49 *	5:04.99 *	4:52.29 *	4:39.59 *	4:26.89 *	400 Y IM	4:05.29 *	4:16.99 *	4:28.59 *	4:40.29 *	5:03.69 *	5:26.99 *
17-18 Girls						17-18 Boys						
31.39 *	29.09 *	26.89 *	25.79 *	24.59 *	23.49 *	50 Y Free	20.89 *	21.89 *	22.89 *	23.89 *	25.89 *	27.89 *
1:08.19	1:03.29	58.49	55.99	53.59	51.19	100 Y Free	45.79 *	47.99 *	50.09 *	52.29 *	56.69 *	1:00.99 *
2:28.49 *	2:17.89 *	2:07.29 *	2:01.99 *	1:56.69 *	1:51.39 *	200 Y Free	1:39.79 *	1:44.59 *	1:49.29 *	1:54.09 *	2:03.59 *	2:13.09 *
6:35.69 *	6:07.39 *	5:39.19 *	5:24.99 *	5:10.89 *	4:56.79 *	500 Y Free	4:31.59 *	4:44.59 *	4:57.49 *	5:10.39 *	5:36.29 *	6:02.19 *
13:46.19	12:47.19	11:48.19	11:18.69	10:49.19	10:19.69	1000 Y Free	9:32.59 *	9:59.79 *	10:27.09 *	10:54.39 *	11:48.89 *	12:43.39 *
22:48.49 *	21:10.69 *	19:32.99 *	18:44.09 *	17:55.19 *	17:06.39 *	1650 Y Free	15:51.49 *	16:36.79 *	17:22.09 *	18:07.39 *	19:37.99 *	21:08.59 *
1:13.69 *	1:08.49 *	1:03.19 *	1:00.59 *	57.89 *	55.29 *	100 Y Back	49.69	51.99 *	54.39	56.69 *	1:01.49	1:06.19 *
2:39.79 *	2:28.39 *	2:16.99 *	2:11.29 *	2:05.59 *	1:59.89 *	200 Y Back	1:48.69 *	1:53.89 *	1:58.99 *	2:04.19 *	2:14.59 *	2:24.89 *
1:24.89 *	1:18.79 *	1:12.79 *	1:09.79 *	1:06.69 *	1:03.69 *	100 Y Breast	56.39 *	58.99 *	1:01.69 *	1:04.39 *	1:09.79 *	1:15.09 *
3:03.79 *	2:50.69 *	2:37.59 *	2:30.99 *	2:24.39 *	2:17.89 *	200 Y Breast	2:02.49 *	2:08.29 *	2:14.19 *	2:19.99 *	2:31.69 *	2:43.29 *
1:13.59 *	1:08.29 *	1:03.09 *	1:00.49 *	57.79 *	55.19 *	100 Y Fly	49.39	51.79	54.09	56.49	1:01.19	1:05.89
2:43.49 *	2:31.89 *	2:20.19 *	2:14.29 *	2:08.49 *	2:02.69 *	200 Y Fly	1:50.59 *	1:55.89 *	2:01.19 *	2:06.39 *	2:16.99 *	2:27.49 *
2:44.39 *	2:32.69 *	2:20.89 *	2:15.09 *	2:09.19 *	2:03.29 *	200 Y IM	1:50.79 *	1:55.99 *	2:01.29 *	2:06.59 *	2:17.09 *	2:27.69 *
5:51.19 *	5:26.09 *	5:00.99 *	4:48.49 *	4:35.89 *	4:23.39 *	400 Y IM	3:59.89 *	4:11.29 *	4:22.69 *	4:34.19 *	4:56.99 *	5:19.89 *