

2009 Apple Capital Invitational May 29th – 31st

Held under approval of USA Swimming, Inc. and Inland Empire Swimming, Inc., Approval # IE0914

In granting this approval it is understood and agreed that USA Swimming (USAS) and Inland Empire Swimming (IES) shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Host: Barracuda Swimming, P.O. Box 7033, East Wenatchee, WA 98802

Location: Wenatchee City Pool, Pioneer Park, 210 Fuller St., Wenatchee, Washington, (509) 664-3397

Format: Timed finals, Split, 2 category, "BB" time standard age group invitational. Those swimmers meeting the "BB" Time Standard will compete for points and ribbons. Those swimmers not meeting the "BB" Time Standard will compete for ribbons. Ribbons and/or points will be by age group and gender: 8 & under, 9-10, 11-12, 13-14, and 15 & over.

Course: Outdoor, 10 lane 50 meter pool with anti-wave lane lines. The pool is equipped with the Colorado Timing System with touch pads at both ends. Starting blocks meet USAS height and water depth requirements at start end. The competition course has not been certified in accordance with 104.2.2C(4). Swimmers will use in-water starts at turn end for 200 meter relays. The warm-up pool is attached to the main pool and is available during the meet. Deck marshals will be present during warm-ups.

Rules: Current USAS rules will govern. The rules and procedures of IES also apply. The whistle start protocol and the no recall rule will be in effect. There is positive check-in for the 800 free and the 1500 free and the IES scratch rule will be in effect for these two deck-seeded events. Any protests or questions concerning the outcome of an event shall be directed in writing to the meet referee by the team coach. The referee will be the final authority for the conduct of the competition. Coaches that have an athlete with a disability that requires accommodations to the starting procedure must notify the referee prior to the athlete's swim. Coaches must be 2009 members of USAS or Swimming/Natation Canada (SNC). All SNC coaches must complete and submit the USAS liability form prior to the start of warm-ups. Proof of coaching certification must be produced on request at any time to the referee. Only swimmers, coaches, officials and meet workers are permitted in the deck area. The deck area is considered to be a 3-foot area from the edge of the pool and the area behind the start platforms up to the timer chairs. There will be no swimming in the dive tank except for swimmers to warm-up prior to their events and cool down immediately thereafter.

Awards: A participation Award will be awarded to all participating swimmers.

	≤ 8 yr	9 – 10 yr	11 – 12 yr	13 – 14 yr	≥ 15 yr
	Girl / Boy	Girl / Boy	Girl / Boy	Girl / Boy	Girl / Boy
Time Std ≥ BB	Participation Ribbon Ribbon 1 st – 10 th Individual High Point Award Scoring (Note: 1) Team High Point Scoring				
Time Std < BB	Participation Ribbon Ribbon 1 st – 10 th				

Note 1: Points will be awarded by age group/gender to top ten in the BB division and for events in which the BB distinction is waived.

-All combined 9-12, 13 & Over, 11-14, and all mixed individual events will be scored and awarded separately by gender, age group and established BB time standard.

-If an age group has no established BB time for an event, BB distinction will be waived.

-The 10 & Under 100 Back, Breast & Fly and the 10 & Under 200 Free and IM will be scored and awarded as 10 & Under, waiving the BB distinction, as these events are not IES 8 & Under events.

-The BB distinction is waived for 13 & Over 50 Breast, 50 Fly, 50 Back, all Relays and all 15 & Over - events.

-A prize will be provided to the winner of each Heat.

-Individual High point awards will be given to the Girl and Boy in each age group competing in the BB category. High point calculations will be based on swimmers' age groups, not event age groups, so points earned in combined events will be added into the calculation for each swimmer.

-Team High Point for First through Third place will be awarded. Swimmers in the BB standard will score team points.

-Teams are requested to appoint one adult to pick up awards at the end of the meet.

-See the attached for the designation of the Age Group Motivational BB time standards.

Eligibility: Open to 2009 registered USAS athletes as well as SNC athletes. All SNC swimmers must complete and submit the liability waiver prior to the start of warm-ups. Age on the first day of the meet determines the age group to enter. Each swimmer must swim in his/her respective age group. Athletes with a disability are welcome and are asked to provide advance notice of necessary accommodations.

Entries: All swimmers may enter two (2) individual events on Friday. Age 10 & under swimmers may enter three (3) individual events and one (1) relay both Saturday & Sunday. Age 11 & over swimmers may enter four (4) individual events and one (1) relay both Saturday & Sunday. Enter swimmers' best meter times or converted yard time. NT (No Time) entries will be accepted for all age groups and will be seeded in the slowest heats. The priority system will be in effect. **If the Meet Entry Chair determines that the meet is over subscribed, the 4th entry may be deleted. If Meet Entry Chair determines that the Friday sessions are over subscribed and will run over eight (8) hours, the slowest entries in each event may be deleted.** Be sure to include contact information, preferably email, so you can be notified of any deletions of entries. **If you do not prioritize your events, the Meet Entry Chair will choose the 4th priority for you.** Entries will be limited to include all teams up to and including the team that has the 600th swimmer entered or that will allow the meet to be in compliance with the USA Swimming 4 hour rule. **No deck entries will be accepted.** The 1500 Free will be swum fastest to slowest, and may be limited to the fastest 8 heats. The 400 IM and the 800 free may be limited to the fastest 10 heats. Swimmers in the 1500 & 800 Free must supply their own Counter and Timers.

Relays: Mixed Relays can be any combination of Girls & Boys or all same gender swimmers within the same age group. Teams are limited to four (4) relay entries per relay event. **If the Meet Entry Chair determines that the meet is oversubscribed, the 4th then the 3rd entries may be deleted.** Only the two (2) fastest relay finishers per team are awarded points and ribbons.

*The USAS SWIMS database requires that ALL swimmer data be correct before any meet data (swimmer times) will be loaded into the USAS database. If you know of any swimmer data that is NOT correct in the meet database please notify the meet referee as soon as possible. The appropriate changes will be made. The data will be sent to USAS within 3 days of the meet and your assistance and cooperation in ensuring accuracy will assist us in the timely posting of the swimmers achieved times.
Thanks for your cooperation.*

Submissions: Team must submit Entries using Team Manager "Hy-Tek" Software via email (preferred) only. Please include a hard copy of "Meet Entry Report" as a back-up. Entries must include current (2009) USA Swimming or SNC registration numbers. **IES Teams Priority deadline is Wednesday, May 6, 2009.** Final Entries deadline is **Wednesday, May 13, 2009.**

Entries may be submitted via email to Dan Howell at dhowell@forsgren.com
Phone and late entries will not be accepted.

Please send the following 4 attachments via email (preferred):

1. Commlink entry file from Team Manager
2. Print to file (word format) of team individual entries (highlight 4th priority on hard copy)
3. Print to file (word format) of team relay entries
4. Print to file (word format) of meet fees due.

Payment and hard copies must be received by the above deadline for entries to be considered official.

****Barracuda Swimming respectfully requests that visiting teams supply help with timing in order to ensure that the meet runs without interruption.***

Entry Fees: Entry fees are Three Dollars (\$3.00) for each individual event and Twelve Dollars (\$12.00) for each relay event plus a Ten Dollar, (\$10.00) IES surcharge per swimmer. Fees & surcharges for each team must be paid with one check and accompany entries. Please make the check payable to **Barracuda Swimming** and address to:

**Barracuda Swimming
C/O Dan Howell
174 Morningwind Lane
Wenatchee, WA 98801**

**Daytime (509) 670-2146
Evenings (509) 663-4931**

***** Please Waive requirement for signature *****

Entries submitted on the IES Master Entry Form will be accepted for individual/family entries only. The form can be found on the FORMS page of the IE website, www.ieswim.org

2009 Apple Capital Invitational

Schedule:	Friday: Session One	12:00 PM - 12:50 PM open warm-up 1:00 PM - events begin Positive Check-in for the 800 and 1500 Free ends 1 hr prior to scheduled start time.
	Saturday: Session Two	7:15 AM - 7:45 AM age 10 & under warm-up 8:00 AM - events begin
	Session Three	60-minute open warm-up First 15 minutes 11-12 age group only Events begin 5 minutes after the conclusion of this warm-up
	Session Four	30-minute open warm-up Events begin 5 minutes after the conclusion of this warm-up
	Sunday: Session Five	7:15 AM - 7:45 AM age 10 & under warm-up 8:00 AM - events begin
	Session Six	60-minute open warm-up First 15 minutes 11-12 age group only Events begin 5 minutes after the conclusion of this warm-up
	Session Seven	30-minute open warm-up Events begin 5 minutes after the conclusion of this warm-up

Warm-up: Lane assignments for warm-ups will be posted. Diving is permitted in designated sprint lanes and only under the direct supervision of a coach. Swimmers participating in the meet without an USA Swimming registered coach must report to the meet referee at the start of each warm-up session.

Meetings:	Friday	Coaches meeting at 11:45 A.M Officials meeting at 12:15 P.M
	Saturday & Sunday	Coaches meeting at 7:00 A.M Officials meeting at 7:30 AM

Meet Administration:

Meet Referee:	Doug Wertz	509-528-5891	dougwertz@charter.net
Meet Directors:	Wes Townliand	509-670-1212	wesleyt@nwi.net
	Dan Howell	509-670-2146	dhowell@forsgren.com
Meet Entry Chair:	Dan Howell	509-670-2146	dhowell@forsgren.com
Lead Starter:	Matt Bruggman		
Electronic Timing Lead:	Liana Lind		
Office Computer Lead:	Sam Dilly/LeAnne Scott		
Stroke & Turn Leads:	Kathy Robb / Bill Savage		

We welcome and need the assistance of visiting USAS Officials. Please bring current certification and USAS registration cards.

General: The Meet Referee shall be the final authority for the conduct of the competition. The length of the break between Sessions may be varied at the Meet Referee & Coaches discretion. The Meet Referee may schedule 10 minute breaks during the competition at his discretion. Fly-over starts will be used for all age groups. All events will be timed finals. Hospitality area and lunch will be provided for team Coaches and visiting Officials. Absolutely no animals on deck or in locker room at any time. Handicap parking and access is available in front of pool near main entrance.

Concessions: CUDA's famous concessionaire will be serving dinner Friday & Saturday nights with breakfast and lunch on Saturday & Sunday.

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Hotels:

Red Lion Hotel (509) 663-0711, Wenatchee
Cedars Inn (509) 886-8000, East Wenatchee
Best Western (509) 665-8585, Wenatchee
Travelodge (509) 662-8165, Wenatchee
Value Inn (509) 663-8115, Wenatchee
Comfort Inn (509) 662-1700, Wenatchee
Super 8 Motel (509) 662-3443
Inn at the River (509) 888-7378 East Wenatchee
The Avenue Motel (509) 663-7161, Wenatchee
Economy Inn (509) 663-8133, Wenatchee
Holiday Inn Express (509) 663-6355, Wenatchee
Best Western Icicle Inn (509) 548-7000 Leavenworth
Quality Inn, (509) 548-7992 / (800) 693-1225 Leavenworth
Howard Johnsons (509) 548-4326 Leavenworth
Linderhof Motor Inn 800-828-5680, Leavenworth
Obertal Motor Inn 800-537-9382, Leavenworth
Leavenworth Village Inn (509) 548-6620, Leavenworth
Westcoast Wenatchee Center Hotel (509) 662-1234, Wenatchee
Village Inn Motel, (509) 782-3522, Cashmere

Camping:

Under special arrangement with the City of Wenatchee, the Pioneer Park facility will be available for camping Friday through Sunday if desired. Drinking water and lavatory facilities will be available on a 24-hour basis. Security will be provided in the park at night. Self contained camper and trailers may use the parking lot on the west side of the pool, adjacent to Pool. Pool restroom facilities are available for one hour after last event Friday and Saturday and will open at 6:30 AM on Saturday and Sunday mornings.

To assist with offsetting the cost of providing camping in Pioneer Park, Barracuda Swimming is requesting that each family camping in the Park contribute \$20.00 for the weekend.

Please complete a camper count and enclose remittance with the team entries.

Each paid family will receive a notice of registration to post in a visible location.

This will be sent to each team prior to the meet.

Additional campers may register at clerk of course.

Notes on Camping:

We are granted special permission by the City Parks Department to use the park for camping and they have stipulated the following rules, which must be followed:

- No vehicles on the grass. (No tent trailers)
- Campers and trailers shall be parked in parking lots adjacent to the pool or along Fuller St. only.
- Fuller St. parking is limited to lateral parking of camping units that will not go beyond the length of a pickup truck.
- Please do not park cars along side of campers on Fuller St. and take up 2 spaces.
- Camping spots shall be on a first come, first serve basis.
- No camping will be allowed prior to 9:00 AM Friday or later than 6:00 PM Sunday.
- Alcoholic beverages not allowed.
- Loitering in restroom not permitted.
- Electrical outlets not provided.
- Portable barbecues and stoves not permitted on picnic tables.
- No water balloons allowed.

Additional Local Camping is available at :

Confluence State Park, Wenatchee (509) 664-6373

Lincoln Rock State Park, East Wenatchee (509) 884-8702

Wenatchee River County Park (509) 667-7503

Pool Directions:

From Hwy 2, travel south on Wenatchee Avenue.

Turn right at intersection with Miller Street.

Travel south on Miller to Russell (Pioneer Middle School is on the left).

Turn left on Russell - one block to Fuller – pool is on the left.

From Hwy 28 (East Wenatchee) cross Columbia River Bridge, turn right on Mission St., then immediate left on Ferry St. Follow Ferry St. (turns into Russell).

Pool will be on the right on Fuller Street.

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Fee Computation Form

Number of Individual Events: _____ x \$3.00 = \$ _____

Number of Relay Events: _____ x \$12.00 = \$ _____

IES Surcharge per Swimmer: _____ x \$10.00 = \$ _____

Families Camping in Pioneer Park _____ x \$20.00 = \$ _____

Total amount due: _____ \$ _____

NOTE: Please make one check payable to Barracuda Swimming

Name of Team: _____

Submitted by: _____

Date: _____

Address: _____

Telephone: _____ Day _____ Evening _____

E-mail:(important) _____

THE PRIORITY LISTING HAS BEEN COMPLETED AND INCLUDED IN OUR ENTRIES (YES OR NO)

Mail Entries To:

**Barracuda Swimming
C/O Dan Howell
174 Morningwind Lane
Wenatchee, WA 98801**

**Daytime (509)670-2146
Evenings (509) 663-4931**

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2009 Apple Capital Invitational

Session # 1 Friday May 29, 2009

Open warm ups: 12:00 - 12:50, Events Begin 1:00 PM

Positive Check-in for the 800 Freestyle and 1500 Freestyle ends 1 Hour prior to scheduled start

Event #	Age	Event
1	Mixed 11 & Over	400 IM
2	Mixed 11 & Over	800 Freestyle

Event #	Age	Event
3	Mixed 10 & Under	200 Freestyle
4	Mixed 11 & Over	1500 Freestyle

Session # 2 Saturday Morning May 30, 2009

Warm up 10 & Under: 7:15 - 7:45, Events Begin 8:00 AM

Event #	Age	Event
5	Girls 10 & Under	100 Butterfly
6	Boys 10 & Under	100 Butterfly
7	Girls 8 & Under	100 Freestyle
8	Boys 8 & Under	100 Freestyle
9	Girls 9 - 10	100 Freestyle
10	Boys 9 - 10	100 Freestyle
11	Girls 8 & Under	50 Backstroke
12	Boys 8 & Under	50 Backstroke
13	Girls 9 - 10	50 Backstroke

Event #	Age	Event
14	Boys 9 - 10	50 Backstroke
15	Girls 8 & Under	50 Breaststroke
16	Boys 8 & Under	50 Breaststroke
17	Girls 9 - 10	50 Breaststroke
18	Boys 9 - 10	50 Breaststroke
19	Mixed 8 & Under	200 Medley Relay
20	Mixed 9 - 10	200 Medley Relay
10 Minute Break		
21	Girls 10 & Under	200 IM
22	Boys 10 & Under	200 IM

Session # 3 Saturday Mid-Day

60 Minute Warm Ups. Events Begin 5 Minutes following end of warm ups.

Event #	Age	Event
23	Girls 11 - 12	100 Freestyle
24	Boys 11 - 12	100 Freestyle
25	Girls 13 - 14	100 Freestyle
26	Boys 13 - 14	100 Freestyle
27	Girls 15 & Over	100 Freestyle
28	Boys 15 & Over	100 Freestyle
29	Girls 11 - 12	100 Backstroke
30	Boys 11 - 12	100 Backstroke
31	Girls 13 - 14	100 Backstroke
32	Boys 13 - 14	100 Backstroke
33	Girls 15 & Over	100 Backstroke

Event #	Age	Event
34	Boys 15 & Over	100 Backstroke
35	Girls 11 - 12	50 Breaststroke
36	Boys 11 - 12	50 Breaststroke
37	Girls 13 & Over	50 Breaststroke
38	Boys 13 & Over	50 Breaststroke
39	Girls 11 - 12	50 Butterfly
40	Boys 11 - 12	50 Butterfly
41	Girls 13 & Over	50 Butterfly
42	Boys 13 & Over	50 Butterfly
43	Mixed 11 -12	400 Medley Relay

The "BB" Distinction is waived for Relay Events, 13 & over 50 Breast and 50 Fly, and all 15 & Over Events

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Session # 4 Saturday Evening

30 Minute Warm Up. Events Begin 5 Minutes following end of warm-up.

Event #	Age	Event
44	Mixed 11 - 12	400 Freestyle
45	Mixed 13 - 14	200 Butterfly
46	Mixed 15 & Over	200 Butterfly
47	Mixed 11 - 12	200 Breaststroke
48	Mixed 13 - 14	200 Breaststroke

Event #	Age	Event
49	Mixed 15 & Over	200 Breaststroke
50	Mixed 13 - 14	400 Medley Relay
51	Mixed 15 & Over	400 Medley Relay
52	Mixed 13 - 14	400 Freestyle
53	Mixed 15 & Over	400 Freestyle

Session # 5 Sunday Morning May 31, 2009

Warm up 10 & Under: 7:15 - 7:45, Events Begin 8:00 AM

Event #	Age	Event
54	Girls 8 & Under	50 Freestyle
55	Boys 8 & Under	50 Freestyle
56	Girls 9 - 10	50 Freestyle
57	Boys 9 - 10	50 Freestyle
58	Girls 8 & Under	50 Butterfly
59	Boys 8 & Under	50 Butterfly
60	Girls 9 - 10	50 Butterfly

Event #	Age	Event
61	Boys 9 - 10	50 Butterfly
62	Girls 10 & Under	100 Backstroke
63	Boys 10 & Under	100 Backstroke
64	Girls 10 & Under	100 Breaststroke
65	Boys 10 & Under	100 Breaststroke
66	Mixed 8 & Under	200 Freestyle Relay
67	Mixed 9 - 10	200 Freestyle Relay

Session # 6 Sunday Mid-Day

60 Minute Warm Ups. Events Begin 5 Minutes following end of warm ups.

Event #	Age	Event
68	Girls 11 - 12	50 Freestyle
69	Boys 11 - 12	50 Freestyle
70	Girls 13 - 14	50 Freestyle
71	Boys 13 - 14	50 Freestyle
72	Girls 15 & Over	50 Freestyle
73	Boys 15 & Over	50 Freestyle
74	Girls 11 - 12	50 Backstroke
75	Boys 11 - 12	50 Backstroke
76	Girls 13 and Over	50 Backstroke
77	Boys 13 and Over	50 Backstroke
78	Girls 11 - 12	100 Breaststroke
79	Boys 11 - 12	100 Breaststroke
80	Girls 13 - 14	100 Breaststroke
81	Boys 13 - 14	100 Breaststroke
82	Girls 15 & Over	100 Breaststroke

Event #	Age	Event
83	Boys 15 & Over	100 Breaststroke
84	Girls 11 - 12	100 Butterfly
85	Boys 11 - 12	100 Butterfly
86	Girls 13 - 14	100 Butterfly
87	Boys 13 - 14	100 Butterfly
88	Girls 15 & Over	100 Butterfly
89	Boys 15 & Over	100 Butterfly
90	Girls 11 - 12	200 IM
91	Boys 11 - 12	200 IM
92	Girls 13 - 14	200 IM
93	Boys 13 - 14	200 IM
94	Girls 15 & Over	200 IM
95	Boys 15 & Over	200 IM
96	Mixed 11 - 12	400 Freestyle Relay

The "BB" Distinction is waived for Relay Events, 13 & Over 50 back, and all 15 & Over Events

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Session # 7 Sunday Afternoon

30 Minute Warm Up. Events Begin 5 Minutes following end of warm-up.

Event #	Age	Event
97	Girls 11 - 14	200 Backstroke
98	Boys 11 - 14	200 Backstroke
99	Girls 15 & Over	200 Backstroke
100	Boys 15 & Over	200 Backstroke
101	Girls 11 - 12	200 Freestyle
102	Boys 11 - 12	200 Freestyle

Event #	Age	Event
103	Girls 13 - 14	200 Freestyle
104	Boys 13 - 14	200 Freestyle
105	Girls 15 & Over	200 Freestyle
106	Boys 15 & Over	200 Freestyle
107	Mixed 13 - 14	400 Freestyle Relay
108	Mixed 15 & Over	400 Freestyle Relay

The "BB" Distinction is waived for Relay Events and all 15 & Over Events

2009-2012 National Age Group Motivational "B", "BB" Times, Long Course Meters

10 & Under Girls				10 & Under Boys			
	B Min	BB Min			BB Min	B Min	
	45.09*	40.79*	50 M Free	40.19*	44.29*		
	1:43.99	1:32.99	100 M Free	1:31.09	1:41.59		
	3:48.59*	3:23.59*	200 M Free	3:13.99	3:35.49		
	7:37.29*	6:51.59*	400 M Free	6:52.69	7:38.49		
	55.99	49.89	50 M Back	50.09*	56.39*		
	2:02.39*	1:48.89	100 M Back	1:45.69*	1:58.09*		
	1:01.59	54.89	50 M Breast	55.09	1:01.59		
	2:17.49*	2:02.29*	100 M Breast	1:59.79	2:13.59		
	55.09	48.59	50 M Fly	46.89	52.89		
	2:12.59*	1:55.19*	100 M Fly	1:53.19*	2:09.79*		
	4:12.99*	3:46.49*	200 M IM	3:44.79	4:10.69		
11-12 Girls				11-12 Boys			
	39.19	36.39	50 M Free	35.29*	37.99*		
	1:25.79*	1:19.59*	100 M Free	1:17.39*	1:23.29*		
	3:03.89*	2:50.79*	200 M Free	2:47.79*	3:00.69*		
	6:27.79	6:00.09	400 M Free	5:54.39*	6:21.69*		
	13:31.69*	12:33.69*	800 M Free	12:28.59*	13:26.19*		
	26:04.19*	24:12.39*	1500 M Free	24:05.29*	25:56.49*		
	45.49*	42.29*	50 M Back	42.19*	45.69*		
	1:38.89*	1:31.09*	100 M Back	1:31.39	1:39.19*		
	3:30.29*	3:15.29*	200 M Back	3:11.09*	3:25.79*		
	49.09	45.59	50 M Breast	47.09	51.09		
	1:49.99	1:41.89	100 M Breast	1:40.89*	1:49.19*		
	3:57.59	3:40.59	200 M Breast	3:37.49*	3:54.19*		
	42.39*	39.39*	50 M Fly	39.59*	42.99*		
	1:38.69	1:30.79	100 M Fly	1:29.49*	1:37.49*		
	3:29.09*	3:14.19*	200 M Fly	3:13.39*	3:28.29*		
	3:29.69*	3:14.79*	200 M IM	3:13.89	3:29.59		
	7:27.89*	6:55.89*	400 M IM	6:51.79*	7:23.49*		

13-14 Girls					13-14 Boys				
		37.89*	35.19*	50 M Free	32.79*	35.39*			
		1:22.09*	1:16.19*	100 M Free	1:11.49*	1:16.99*			
		2:57.09*	2:44.39*	200 M Free	2:35.19*	2:47.09*			
		6:09.39	5:42.99	400 M Free	5:27.99*	5:53.29*			
		12:35.99	11:41.99	800 M Free	11:21.79*	12:14.29*			
		24:06.39	22:23.09	1500 M Free	21:35.29*	23:14.99*			
		1:30.79*	1:24.29*	100 M Back	1:20.59*	1:26.89*			
		3:15.29*	3:01.29*	200 M Back	2:54.09*	3:07.49*			
		1:43.89*	1:36.39*	100 M Breast	1:28.09*	1:34.89*			
		3:43.99	3:27.99	200 M Breast	3:17.19*	3:32.39*			
		1:29.19*	1:22.89*	100 M Fly	1:16.99*	1:22.89*			
		3:16.29*	3:02.29*	200 M Fly	2:51.99*	3:05.19*			
		3:19.99*	3:05.69*	200 M IM	2:55.99*	3:09.49*			
		7:01.19*	6:31.09*	400 M IM	6:13.19*	6:41.89*			
15-16 Girls					15-16 Boys				
		37.09*	34.49*	50 M Free	31.19*	33.59*			
		1:20.09*	1:14.39*	100 M Free	1:08.39*	1:13.59*			
		2:51.79*	2:39.49*	200 M Free	2:28.59*	2:39.99*			
		6:00.39*	5:34.69*	400 M Free	5:14.39*	5:38.59*			
		12:23.29*	11:30.19*	800 M Free	10:52.09*	11:42.19*			
		23:53.09	22:10.69	1500 M Free	20:49.49*	22:25.59*			
		1:28.99*	1:22.69*	100 M Back	1:16.49*	1:22.39*			
		3:11.69*	2:57.99*	200 M Back	2:43.89*	2:56.49*			
		1:41.09*	1:33.89*	100 M Breast	1:26.39*	1:32.99*			
		3:36.59*	3:21.19*	200 M Breast	3:08.79	3:23.29			
		1:26.59*	1:20.39*	100 M Fly	1:13.39*	1:18.99*			
		3:09.69*	2:56.19*	200 M Fly	2:43.19*	2:55.69*			
		3:15.19*	3:01.19*	200 M IM	2:48.89*	3:01.79*			
		6:48.99*	6:19.79*	400 M IM	5:54.39*	6:21.59*			
17-18 Girls					17-18 Boys				
		36.79*	34.09*	50 M Free	30.29*	32.59*			
		1:19.79*	1:14.09*	100 M Free	1:06.89*	1:12.09*			
		2:51.09*	2:38.89*	200 M Free	2:26.09*	2:37.29*			
		6:00.99	5:35.19	400 M Free	5:11.09*	5:34.99*			
		12:19.59	11:26.79	800 M Free	10:48.99	11:38.89			
		23:39.89	21:58.49	1500 M Free	20:35.79	22:10.89			
		1:29.49*	1:23.09*	100 M Back	1:14.89*	1:20.69*			
		3:11.89*	2:58.19*	200 M Back	2:43.59*	2:56.19*			
		1:39.59*	1:32.49*	100 M Breast	1:24.99	1:31.49			
		3:36.19*	3:20.79*	200 M Breast	3:04.19*	3:18.39*			
		1:25.59*	1:19.49*	100 M Fly	1:12.19*	1:17.69*			
		3:08.49*	2:55.09*	200 M Fly	2:38.89*	2:51.09*			
		3:13.49*	2:59.69*	200 M IM	2:43.89*	2:56.49*			
		6:50.69*	6:21.29*	400 M IM	5:48.69*	6:15.49*			