



# Badger

## SWIM CLUB

# Metro Silver Championships CENTRAL

February 28, 29 & March 1, 2020

Metropolitan Swimming Sanction #200211

Time Trial Section #200260-T

**METRO CENTRAL TEAMS:** APEX Swim Club, Asphalt Green, Brooklyn Otters, Badger Swim Club, Brooklyn Stingrays, CAS Stingrays, Central Queens YMYWHA, Cross Island Y Barracudas, Flushing YMCA, Freedom Aquatics, Hydroquatics, Hurricane Swimming, Harbor Seals/ Bay ridge, JCC Thunderbirds, Kips Bay Makos, LaGuardia Aquatic Club, Long Island Express (Silvers Only), Life Time New York, Lion Swim Academy, Manhattan Makos, McBurney Manta Rays, Matchpoint, NYC Nile Crocodile Aquatic Club, Nu Finmen, New York City Athletic Club, NYC Parks, Queens Aquatic Club, Riverbank Rivertails, Roosevelt Island Marlins, Shorefront Y (Brooklyn Seals), Swim Tech, Trident Swim Club, Trident Aquatic Club, Westchester Wolverines, 92nd Street Flying Dolphins

Hosted at Lehman College Bronx NY  
by Badger Swim Club, Inc

**SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 200211

**LOCATION:** Lehman College, 250 Bedford Park Blvd West, Bronx NY 10468

**FACILITY:** Lehman College is an 8 lane 25 yard pool with a bulkhead. The meet will be run in the deep end of the pool. Dak Tronics electronic timing system and an 8-line scoreboard. The pool certified is in accordance with Article 104.2.2C (4)

**SESSIONS:** Session 1: Friday PM: 4:30 PM Warm Up - 5:15 PM Start  
Session 2: Saturday AM: 7:30 AM Warm Up – 8:30 AM Start  
Session 3: Saturday PM: 1:30 PM Warm-Up – 2:30 PM Start  
Session 4: Sunday AM: 7:30 AM Warm Up – 8:30 AM Start  
Session 5: Sunday PM: 1:30 PM Warm-Up – 2:30 PM Start

**FORMAT:** This is a timed final meet.  
This meet will be deck seeded with coaches checking in/scratching all swimmers 30 minutes prior to the listed start time.

**TIME TRIALS:** Time trials will ONLY be run if time allows at the discretion of the Meet Referee and Meet Director. There will be no more than two (2) time trials per swimmer over the 5 sessions and any time trials will count toward the 5 events per day/per swimmer limit. The cost is \$10.00 per time trial and must be paid in cash at the meet.

**ELIGIBILITY:** Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers. All swimmers participating in this meet must be registered by the first day of the meet. No “Deck Registrations” will be accepted  
Age on will determine age for the entire meet as of the first day of the meet.

**ADDITIONAL ELIGIBILITY:** As voted on at the BOD of February 28, 2013: If a swimmer ages up to a new ELIGIBILITY: age group between the first day of Silvers (February 28th, 2020) and the first day of JO’s (March 13th, 2020), and that swimmer has a JO qualifying time in the age group they are entered during Silvers (making that swimmer ineligible to swim at Silvers), but that swimmer does not have a JO qualifying time in that same event in the new age group by the meet extension deadline of JO’s that swimmer would be able to swim that event as exhibition/non-award at Silvers. For example, Jane Doe is 10 years old as of February 28th on the first day of Silvers, her time in the 50 free is :31.00 (which is a JO time in the 50 free so she can’t swim that event at Silvers). Jane ages up on March 13th so now her :31.00 in the 50 free is too slow for JO’s in the 11-12 age group. Under this proposal, Jane would be allowed to swim the 50 free at Silvers in the 11-12 age group as exhibition only. Entries for that swimmer should be clicked as X (exhibition) in Team Manager. In addition, the name of the swimmers involved in this new rule, should be clearly added in the text of the Silvers entries.

**DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.  
  
The athlete (or the athlete’s coach) is also responsible for notifying the meet referee of any disability prior to the competition.

**ENTRIES:** A hard copy of the entries with “proof of times” must be emailed at the time entries are sent. (Just check the box “include proof of times in Team Manager Entry report. All swimmers must be members of USA Swimming to enter and compete in this meet. There will be 10 and Under, 11-12, 13-14 and 15-18 events. Swimmers may compete up to 5 individual events per day. Entry times must have been achieved between January 1, 2019 and the entry deadline, February 18, 2020. A SWIMS Times Recon will be done at least one week prior to the meet. Times must have been achieved within the qualifying time period and must be in the SWIMS database. Entry times not found in SWIMS will be scratched. Times cannot be converted times; NT’s will not be accepted.

U.S. Mail Entries/Payment to: **Badger Swim Club Inc. 119 Rockland Ave. Larchmont, NY 10538**

Email Entries/Confirm Entry Receipt: **meetentries@badgerswimclub.com**

**DEADLINE:**

1. This is a Metro Championship Meet (Metro Central Teams only)
2. The final entry deadline for this meet is **February 18, 2020** - New cuts may be emailed in 2/19-2/27.

An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.

**ENTRY FEE:** An entry fee of **\$5.00** per individual event: **\$1.00** per swimmer Metropolitan Swimming Surcharge: **\$4.00** per swimmer facility charge. Fees must accompany the entries.

Make check payable to: **Badger Swim Club, Inc.**

Payment must be received by the event date for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.

**WARM-UP:** Warm-ups will be run under Metro Swimming Warm-up and Safety Guidelines. Warmups will include general warm up lanes and sprint lanes. One Way Sprint lanes must be monitored by the swimmers’ coach. All swimmers must enter the pool from the starting end of the pool. One Way sprint lanes will start 20 minutes before the end of the warm ups at the competition end of the pool.

**SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to indicate clearly individual events scratches and which swimmers will not be participating in the session.

**COACHES:** In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.

**AWARDS:** Medals are awarded for places 1-3 and ribbons for places 4-8 awarded to: 9u, 10, 11, 12, 13, 14, & 15-18 age groups. All swimmers that qualify for Junior Olympics at The Silvers are non-awards and may therefore enter the J.O. Meet even if the JO entry deadline has passed.

**Awards can only be picked up by a coach during the meet. Any awards not picked up will NOT be mailed.**

**OFFICIALS:** **Meet Referee: Jeff Chu - jcswim01@gmail.com**  
Officials wishing to volunteer should contact Meet Referee by February 18, 2020

**ADMIN. OFFICIAL:** **Administrative Official: Wendy Martinez - wendy.martinez1@lehman.cuny.edu**

**MEET DIRECTOR:** Wendy Martinez – meetentries@badgerswimclub.com  
Only Metropolitan Swimming Certified USA Swimming Coaches questions will be entertained. All parents are to speak with their individual team's coaches regarding specific needs.

**RULES:** The current USA Swimming Rules and Regulations will apply.  
**The USA Swimming Code of Conduct is in effect for the duration of the meet.**  
The overhead start procedure may be used at the discretion of the meet Referee.

**SAFETY:** **All swimmers must wear footwear upon leaving the pool area.**  
Metropolitan Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules. **“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”**

**MAAPP POLICY:** **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.**

**WATER DEPTH:** USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls." **Deepest 12 feet 5 inches. Shallowest 64 feet 7 inches,**

**DISCLAIMER:** DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against "[Badger Swim Club, Lehman College]", Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet. "It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."

**AUDIO/VISUAL STATEMENT:** **Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the starting block's**  
**“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) at any time athletes, coaches, officials and/or spectators are present.”**

**DECK CHANGING:** Deck changes are prohibited.

**ADMISSION:** **\$10.00 Admissions will be thru Online Advance Ticket Sales.** All tickets will be sold online- [www.badgerswimclub.com/tickets](http://www.badgerswimclub.com/tickets). **All children over the age of 5 require a ticket.**

**ADMISSION without e-ticket will be \$15.00 per session. Please use the online system!**

Meet will be available on meet mobile / No programs will be sold AT DOOR.

**MERCHANTS:** No concession will be available.

**PARKING:** **Fee based** (cash) parking provided through Lehman College at College Supervised Lot, (100 yards from APEX).

**DIRECTIONS:** **TO LEHMAN COLLEGE APEX Bedford Park Boulevard between Goulden and Paul Aves.**

**BY SUBWAY:** Take the IRT #4 (Lexington) or IND 'D' to Bedford Park Boulevard and walk West on Bedford Park Blvd. past Paul Ave. to entrance on south side of street.

**BY BUS:** FROM WESTCHESTER: (White Plains, Hartsdale, Scarsdale, Yonkers via Central Park Ave.) #20 or #20X or (Yonkers via Getty Square/South Broadway/McClean Ave./Central Park Ave.) #4 to Bedford Park Blvd. Terminus and walk West.

**BY CAR:** Take Major Deegan Expressway (I-87) to the Van Cortlandt Park South Exit and turn left onto Van Cortlandt Ave. Proceed up the winding hill to Sedgwick Ave. And make left onto Sedgwick and continue uphill. Turn right at Goulden Ave. (keeping Reservoir on right) and go south to Bedford Park Blvd. Proceed two long blocks. Parking lots will be on your right.

Via Saw Mill River Parkway South (it becomes the Henry Hudson Parkway) to Mosholu Parkway exit. Proceed on long exit ramp. At the second traffic light, before the subway underpass, turn right onto Paul Avenue. Go for two long blocks. At Bedford Park Boulevard, turn right. APEX building is on your left. Proceed to traffic light and then turn left onto Goulden. Parking lots will be on your right.

**IMPORTANT! IN CASE OF EMERGENCY: Pool Office: 718- 960-7123 Meet Desk:  
718-960-1134**



## Metropolitan Swimming Photographer Registration Form

**As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in Sport Coordinator, prior to the start of the meet.**

This form must be completed by any photographer (video or still) who intends to take pictures at an Metropolitan Swimming sanctioned meet, and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

**THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.**

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID \_\_\_\_\_ # \_\_\_\_\_

Taking photos of \_\_\_\_\_

On behalf of \_\_\_\_\_

Purpose \_\_\_\_\_

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee, and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature \_\_\_\_\_ Today's Date \_\_\_\_\_

Meet \_\_\_\_\_ Location \_\_\_\_\_

Date(s) of meet \_\_\_\_\_

# Session #1: Friday 2/28/20 Evening

Ages: 10&U, 11-12, 13-14, 15-18

Warm-up: 4:30pm

Start Time: 5:15pm

Girls Event #	Faster than or Equal to up to the JO Time Standard	Events	Faster than or Equal to up to the JO Time Standard	Boys Event #
1	3:13.99	10 & Under 200yd Indiv Medley	3:13.99	2
3	6:20.79	11-12 – 500 yd. Freestyle	6:31.99	4
5	5:50:59	13-14 – 500 yd. Freestyle	5:50:99	6
7	5:39:99	15-18 – 500 yd. Freestyle	5:17:99	8
9	5:50.99	11-12 – 400 yd. Ind. Medley	5:52:99	10
11	5:25.99	13-14 – 400 yd. Ind. Medley	5:09:79	12
13	5:23.29	15-18 – 400 yd. Ind. Medley	4:45.89	14

## Session #2: Saturday 2/29/20 Morning

Ages: 10&U and 13-14

Warm-up: 7:30am

Start Time: 8:30am

Girls Event #	Faster than or Equal to up to the JO Time Standard	Events	Faster than or Equal to up to the JO Time Standard	Boys Event #
15	1:18:49	10 & Under – 100 yd. Freestyle	1:18.49	16
17	1:03.09	13-14 – 100 yd. Freestyle	59.59	18
19	:42:39	10 & Under – 50 yd. Butterfly	:43.89	20
21	1:11.59	13-14 – 100 yd. Butterfly	1:07:09	22
23	1:46:19	10& Under – 100 yd. Breaststroke	1:48.39	24
25	2:56.99	13-14 – 200 yd. Breaststroke	2:47:89	26
27	:41.89	10 & Under – 50 yd. Backstroke	:42.89	28
29	2:36:29	13-14 – 200 yd. Backstroke	2:27:09	30
31	7:04.99	10& Under – 500 yd. Freestyle	7:05.99	32
33	2:41.49	13-14 – 200 yd. Ind. Medley	2:31:09	32

## Session #3: Saturday 2/29/20 Afternoon

Ages: 11-12 and 15-18

Warm-up: 1:30pm

Start Time: 2:30pm

Girls Event #	Faster than or Equal to up to the JO Time Standard	Events	Faster than or Equal to up to the JO Time Standard	Boys Event #
35	1:08.29	11-12 – 100 yd. Freestyle	1:06.99	36
37	1:01.09	15-18 – 100 yd. Freestyle	:54.19	38
39	2:49:39	11-12 – 200 yd. Butterfly	2:45:39	40
41	1:09.59	15-18 – 100 yd. Butterfly	1:02.59	42
43	:36.09	11-12 – 50 yd. Backstroke	36:09	44
45	2:29.29	15-18 – 200 yd. Backstroke	2:16.89	46
47	:40.59	11-12 – 50 yd. Breaststroke	:40.29	48
49	2:46:99	11-12 – 200 yd. Backstroke	2:42:79	50
51	2:50.99	15-18 – 200 yd. Breaststroke	2:36.79	52
53	1:28:69	11-12 – 100 yd. Breaststroke	1:26.49	54
55	2:29.99	15-18 – 200 yd. Ind. Medley	2:27.79	56
57	2:48.09	11-12 – 200 yd. Ind. Medley	2:47.99	58



## Session #4: Sunday 3/1/20 Morning

Ages: 10&U and 13-14

Warm-up: 7:30am

Start Time: 8:30am

Girls Event #	Faster than or Equal to up to the JO Time Standard	Events	Faster than or Equal to up to the JO Time Standard	Boys Event #
59	2:49.59	10&Under - 200 yd. Freestyle	2:49.59	60
61	2:16.99	13-14 - 200 yd. Freestyle	2:14:19	62
63	1:28.59	10 &Under – 100 yd. Ind. Medley	1:28.59	64
65	1:23.49	13-14 - 100 yd. Breaststroke	1:16:69	66
67	:47.79	10 &Under – 50 yd. Breaststroke	:48.59	68
69	1:12:69	13-14-100yd. Backstroke	1:08:29	70
71	1:33.09	10 &Under – 100 yd. Backstroke	1:37.09	72
73	:28.79	13-14 - 50 yd. Freestyle	:26.79	74
75	:35.19	10&Under – 50 yd. Freestyle	:35.19	76
77	2:36.59	13-14 - 200 yd. Butterfly	2:29.59	78
79	1:37.99	10& Under – 100 yd. Butterfly	1:37.99	80

## Session #5: Sunday 3/1/20 Afternoon

Ages: 11-12 and 15-18

Warm-up: 1:30pm

Start Time: 2:30pm

Girls Event #	Faster than or Equal to up to the JO Time Standard	Events	Faster than or Equal to up to the JO Time Standard	Boys Event #
81	1:19:39	11-12 – 100 yd. Butterfly	1:17:59	82
83	2:10.59	15-18 – 200 yd. Freestyle	1:57.99	84
85	:30.99	11-12 – 50 yd. Freestyle	:30.69	86
87	1:10.09	15-18– 100 yd. Backstroke	1:03.89	88
89	1:19:49	11-12– 100 yd. Backstroke	1:17.49	90
91	1:20.89	15-18– 100 yd. Breaststroke	1:10.89	92
93	3:11.19	11-12– 200 yd. Breaststroke	3:03.49	94
95	:34.59	11-12 – 50 yd. Butterfly	:34.69	96
97	:28.59	15-18 – 50 yd. Freestyle	:25.19	98
99	1:18.69	11-12 – 100 yd. Ind. Medley	1:17:19	100
101	2:33.99	15-18 – 200 yd. Butterfly	2:24.99	102
103	2:25.89	11-12 – 200 yd. Freestyle	2:25.99	104

**METRO AGE GROUP STANDARDS  
2019-2020 SHORT COURSE**

GIRLS	9&U		10		11		12		13		14		15-18		GIRLS
	Silver	JO	Silver	JO	Silver	JO	Silver	JO	Silver	JO	Silver	JO	Silver	Team Chal	
50 Free	35.19	32.69	35.19	31.19	30.99	28.59	30.99	27.59	28.79	26.49	28.79	26.09	28.59	26.29	50 Free
100 Free	1:18.49	1:11.19	1:18.49	1:08.79	1:08.29	1:01.69	1:08.29	59.69	1:03.09	57.69	1:03.09	56.39	1:01.09	56.99	100 Free
200 Free	2:49.59	2:34.39	2:49.59	2:27.59	2:25.89	2:14.29	2:25.89	2:10.29	2:16.99	2:05.19	2:16.99	2:02.79	2:10.59	2:02.49	200 Free
500 Free	7:04.99	6:50.99	7:04.99	6:33.99	6:20.79	6:01.99	6:20.79	5:51.99	5:50.59	5:32.99	5:50.59	5:26.99	5:39.99	5:29.99	500 Free
1000 Free										11:15.99		11:03.99		10:59.99	1000 Free
1650 Free															1650 Free
50 Back	41.89	37.79	41.89	36.19	36.09	32.59	36.09	31.59							50 Back
100 Back	1:33.09	1:20.69	1:33.09	1:18.29	1:19.49	1:09.89	1:19.49	1:07.89	1:12.69	1:05.19	1:12.69	1:03.99	1:10.09	1:04.49	100 Back
200 Back					2:46.99	2:32.39	2:46.99	2:28.39	2:36.29	2:19.49	2:36.29	2:17.09	2:29.29	2:19.99	200 Back
50 Breast	47.79	43.59	47.79	41.99	40.59	37.29	40.59	36.29							50 Breast
100 Breast	1:46.19	1:33.19	1:46.19	1:30.79	1:28.69	1:20.19	1:28.69	1:18.19	1:23.49	1:14.59	1:23.49	1:13.39	1:20.89	1:13.99	100 Breast
200 Breast					3:11.19	2:56.39	3:11.19	2:52.39	2:56.99	2:41.19	2:56.99	2:38.79	2:50.99	2:40.99	200 Breast
50 Fly	42.39	36.29	42.39	35.09	34.59	31.29	34.59	29.99							50 Fly
100 Fly	1:37.99	1:26.79	1:37.99	1:23.79	1:19.39	1:10.69	1:19.39	1:07.99	1:11.59	1:04.09	1:11.59	1:02.89	1:09.59	1:02.99	100 Fly
200 Fly					2:49.39	2:42.39	2:49.39	2:38.39	2:36.59	2:27.19	2:36.59	2:24.79	2:33.99	2:26.99	200 Fly
100 IM	1:28.59	1:21.99	1:28.59	1:18.79	1:18.69	1:11.19	1:18.69	1:09.19							100 IM
200 IM	3:13.99	2:52.39	3:13.99	2:47.59	2:48.09	2:30.39	2:48.09	2:26.39	2:41.49	2:21.19	2:41.49	2:18.79	2:29.99	2:18.99	200 IM
400 IM					5:50.99	5:25.79	5:50.99	5:17.79	5:25.99	5:02.39	5:25.99	4:57.59	5:23.29	4:59.99	400 IM

BOYS	9&U		10		11		12		13		14		15-18		BOYS
	Silver	JO	Silver	JO	Silver	JO	Silver	JO	Silver	JO	Silver	JO	Silver	Team Chal	
50 Free	35.19	32.69	35.19	31.09	30.69	28.49	30.69	27.49	26.79	25.39	26.79	24.39	25.19	23.69	50 Free
100 Free	1:18.49	1:11.19	1:18.49	1:08.79	1:06.99	1:01.19	1:06.99	59.49	59.59	55.19	59.59	52.99	54.19	51.49	100 Free
200 Free	2:49.59	2:34.39	2:49.59	2:29.59	2:25.99	2:13.39	2:25.99	2:09.39	2:14.19	2:00.39	2:14.19	1:55.99	1:57.99	1:52.49	200 Free
500 Free	7:05.99	6:50.99	7:05.99	6:38.99	6:31.99	6:01.99	6:31.99	5:51.99	5:50.99	5:23.99	5:50.99	5:13.99	5:17.99	5:07.99	500 Free
1000 Free															1000 Free
1650 Free									18:31.99		18:11.99		17:49.99		1650 Free
50 Back	42.89	37.79	42.89	36.59	36.09	32.59	36.09	31.59							50 Back
100 Back	1:37.09	1:21.79	1:37.09	1:19.39	1:17.49	1:10.19	1:17.49	1:08.19	1:08.29	1:03.19	1:08.29	1:01.19	1:03.89	58.79	100 Back
200 Back					2:42.79	2:35.39	2:42.79	2:31.39	2:27.09	2:15.89	2:27.09	2:11.89	2:16.89	2:08.99	200 Back
50 Breast	48.59	43.59	48.59	42.39	40.29	37.19	40.29	36.19							50 Breast
100 Breast	1:48.39	1:35.19	1:48.39	1:32.79	1:26.49	1:20.19	1:26.49	1:18.19	1:16.69	1:10.69	1:16.69	1:08.69	1:10.89	1:05.69	100 Breast
200 Breast					3:03.49	2:56.39	3:03.49	2:52.39	2:47.89	2:33.39	2:47.89	2:29.39	2:36.79	2:25.99	200 Breast
50 Fly	43.89	36.29	43.89	35.09	34.69	31.59	34.69	30.59							50 Fly
100 Fly	1:37.99	1:26.79	1:37.99	1:24.39	1:17.59	1:11.89	1:17.59	1:09.89	1:07.09	1:01.69	1:07.09	59.49	1:02.59	56.99	100 Fly
200 Fly					2:45.39	2:42.39	2:45.39	2:38.39	2:29.59	2:20.39	2:29.59	2:16.39	2:24.99	2:11.99	200 Fly
100 IM	1:28.59	1:21.99	1:28.59	1:18.79	1:17.19	1:11.19	1:17.19	1:09.19							100 IM
200 IM	3:13.99	2:54.39	3:13.99	2:49.59	2:47.99	2:30.39	2:47.99	2:26.39	2:31.09	2:15.39	2:31.09	2:10.99	2:27.79	2:06.99	200 IM
400 IM					5:52.99	5:25.79	5:52.99	5:17.79	5:09.79	4:47.79	5:09.79	4:39.79	4:45.89	4:35.99	400 IM

\*Silver Champs age as of February 28, 2020. Junior Olympics / 15-18 Team Challenge age as of March 13, 2020.

\*Swimmers with a JO cut may not swim that event at Silver Champs. Swimmers slower than the Silver cut are eligible for Bronze Champs.

