2022 Illinois Swimming Summer Age Group Championships

- Sponsored by Speedo -

July 21-24, 2022

Host

Lincoln-Way Swim Association

Location

Lake Central High School
St. John, IN

Entry Deadline

Monday, July 18, 2022 @ 1:00 PM (CST)

2022 Illinois Swimming Summer Age Group Championships

Important Meet Items:

- Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet and current Illinois Swimming championship meet procedures.
- All swimmers must be current members of USA Swimming and Illinois Swimming.
- The qualification period for this meet begins on July 1, 2019.
- Entries for the 2022 Illinois Swimming Summer Age Group Championships begin Wednesday, June 15, 2022 and must be submitted by Monday, July 18, 2022 at 1:00pm (CDT).
- All Individual Events will be swum as prelims and finals with the exception of the following events: all 10&U events, 11-12 400 Free, 11-12 800 Free, 13-14 400 Free, 13-14 800 Free, 13-14 1500 Free, and the 13-14 400 IM with the final heat being swum with finals for all events except the 13-14 1500 Free (all heats will be swum in prelims). Finals will be the top 20 athletes competing in Consolation Final (10) and Championship Final (10) in all other events.
- All 13-14 and 11-12 relays will be conducted as timed finals with the fastest heat competing at the conclusion of the evening session. All remaining heats will swim at that day's preliminary session.
- **All relay only swimmers, including alternates, must be entered in the meet via OME prior to the entry deadline.**
- 11-12 swimmers with a 1500/1650 qualifying time may swim the 800 Free event. 13-14 swimmers with an 800/1000 Free qualifying time may enter the 1500/1650 Free event, 13-14 swimmers with a 1500/1650 Free qualifying time may enter the 800/1000 Free event. Swimmers must enter at the Short Course Yards (SCY) non-conforming qualifying time in the event for which they do not have the current qualifying standard.
- All Custom Entry Times must be pre-proven with the Illinois Swimming office prior to the scratch deadline for Thursday's events.
- There will be positive check-in for the 11-12 800 Free, 13-14 800 Free, and 13-14 1500 Free. Entries for these events that are not checked in, or scratched, prior to the appropriate deadline will automatically be down-seeded.
- The scratch deadline for Thursday events shall be 15 minutes after the technical meeting. The check-in/scratch deadline for all subsequent day's events is 30 minutes after the start of the previous evening's finals.
- **Swimmers' and Coaches' Responsibility** – It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information packet and any information or changes announced at the Coaches Meeting.

Meet Director	Meet Referee	Admin Referee
Mark Hoffer coachmark@lwsagators.org (708) 800-4139	John Eckstrom john.eckstrom01@gmail.com (630) 747-5740	Jack Yetter isiagegroups@gmail.com (630) 661-0350

OME/Entry Questions	Email Scratch Contact
Pam Lowenthal pam.lowenthal@ilswim.org (847) 824-1596	Admin Referee isiagegroups@gmail.com

Sanction: Summer Age Group Championships: IN22296

Host: Lincoln-Way Swim Association – www.lwsagators.org

IDPH Compliance: Due to Covid-19, the use of and restrictions at the facility are subject to Indiana Department of Health Protocols, county and city/village protocols, as well as Lake Central High School rules and policies.

2022 Illinois Swimming Summer Age Group Championships

Disclaimer: We have taken enhanced health and safety measures for all participants and guests. You must follow all posted instructions of this facility under guidelines from the Indiana Department of Health while attending this event. By participating and attending this event, you voluntarily assume all risks related in 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 individual 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 THE COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, ILLINOIS SWIMMING, INDIANA SWIMMING, LINCOLN-WAY SWIM ASSOCIATION, AND LAKE CENTRAL HIGH SCHOOL 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: Lake Central High School - 8400 Wicker Avenue, St. John, Indiana 46373

Facility: 10 Lane, 50-meter indoor competition pool. Starting end depth is 8’ 6”. Turn end depth is 14’. The timing system is Colorado System 6. Paddock starting blocks. Seating is available for 800 spectators. The competition course has not been certified in accordance with 104.2.2C(4).

Meet Schedule:

	Prelims / 10&U		Finals	
	Warm-ups	Start	Warm-ups	Start
Thursday	7:00 AM	9:00 AM	4:00 PM	5:00 PM
Friday	7:00 AM	9:00 AM	4:00 PM	5:00 PM
Saturday	7:00 AM	9:00 AM	4:00 PM	5:00 PM
Sunday	7:00 AM	9:00 AM	4:00 PM	5:00 PM

Rules: This meet is sanctioned by USA Swimming and Indiana Swimming. All USA Swimming and Illinois Swimming rules apply including safety rules, which will be strictly enforced. This meet follows all USA Swimming and current Illinois Swimming championship meet procedures. 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.

Eligibility: All swimmers must be current members of USA Swimming and Illinois Swimming. Registration forms may be obtained from the ISI office, 847-824-1596, 1400 E. Touhy Suite 410, Des Plaines, IL 60018 or downloaded from the Illinois Swimming website. www.ilswim.org

Qualifying Times: The qualification period for this meet begins on July 1, 2020. Age Group Championship Time Standards are included. Entry times may be submitted in long course meters, short course yards, or short course meters.

2022 Illinois Swimming Summer Age Group Championships

Entries: All entries will be submitted thru OME and the USA Swimming web site. Entries may be submitted on-line beginning June 15, 2022 (12:01AM CST) and must be completed by Monday, July 18, 2022 at 1:00 pm CST. You will be required to pay for the online entries with Visa, MasterCard, American Express, or Discover. To pay by check please contact Illinois Swimming Office for payment instructions. For late entries, please refer to Illinois Swimming rule 206.8.11.

A swimmer may enter any number of individual events in which he/she has met the qualifying standard. A swimmer may swim no more than seven (7) individual events during the meet. No swimmer shall be permitted to compete in more than three (3) individual events per day including time trials. All relay only swimmers, including alternates, must be entered in the meet prior to the entry deadline.

IMPORTANT: All custom entry times must be pre-proven prior to the Thursday event scratch deadline.

Entry Fees: Individual Events: $10.00 per entry
Relay Events: $20.00 per entry – limited A & B relays only per team.
Illinois Swimming Surcharge: $2.00 per athlete entered in the meet.
Indiana Swimming Surcharge: $2.00 per athlete entered in the meet.

Swimmers with Disabilities: This meet will be open to all disabled athletes age 14 and younger as of March 10, 2022. A swimmer may enter any number of individual events in which he/she has met the qualifying standard. A swimmer may swim no more than seven (7) individual events during the meet. No swimmer shall be permitted to compete in more than three (3) individual events per day including time trials. This entry will be done manually through the Illinois Swimming Disability Chair. All entries must be submitted by the initial entry deadline. Coaches should contact the Illinois Swimming Disability Chair at disability@ilswim.org for more information and entry procedures.

Events:

1. All 10 & under individual events will be conducted as timed final events.

2. All 11-12 individual events except the 400 Free and 800 Free are preliminary/final events with consolation and championship final heats. The 400 Free and 800 Free are timed final events with the fastest seeded heat swum in the finals session. All remaining heats of the 400 Free will be swum slowest to fastest in the morning preliminary session.

3. The fastest seeded heat of the 11-12 Girls & Boys 800 Free will be swum in the finals session. All remaining heats will be swum in the preliminary session: the second fastest seeded girl's heat will swim first and second fastest seeded men's heat will swim second. The third fastest seeded girl's heat will swim third; the third fastest seeded boy's heat will swim fourth, continuing in this fashion until all heats are swum. A 30-minute warm-up period will precede the first heat. Swimmers must provide their own timer and counter.

4. All 13-14 individual events except the 400 Free, 800 Free, 1500 free and 400 IM are preliminary/final events with consolation and championship final heats. The 400 Free, 800 Free, 1500 Free and 400 IM are timed final events. The fastest seeded heat of the 400 Free, 800 Free and 400 IM will swim in the finals session. All remaining heats of the 400 Free, and 400 IM will be swum slowest to fastest in the morning preliminary session. All heats of the 1500 Free will be swum in the preliminary session.

5. The fastest seeded heat of the 13-14 Girls & Boys 800 Free will swim in the finals session. All remaining heats of the 800 will be swum in the preliminary session: the second fastest seeded girl's heat will swim first and second fastest seeded men's heat will swim second. The third fastest seeded girl's heat will swim third; the third fastest seeded boy's heat will swim fourth, continuing in this fashion until all heats are swum. A 30-minute warm-up period will precede the first heat. Swimmers must provide their own timer and counter.

6. All 1500 free heats will be swum in the preliminary session. They will be swum in the following manor until all heats are swum with no heats of 1500 in finals: the fastest seeded girl's heat will swim first and the fastest seeded men's heat will swim second, The second fastest seeded girl's heat will swim third and second fastest seeded men's heat will swim fourth. The third fastest seeded girl's heat will swim fifth; the third fastest seeded boy's heat will swim sixth, continuing in this fashion until all heats are swum. A 30-minute warm-up period will precede the first heat. Swimmers must provide their own timer and counter.

7. Finals will be the top 20 athletes competing in Consolation Final (10) and Championship Final (10). Swimmers in the Championship Finals must report to the ready area on deck and check in with the ready room official prior to the start of the Championship Final **of the previous event.** Consolation Finalists must report to the Deck Referee behind the starting blocks prior to the Championship final of the final heat.

Distance Bonus Events: 11-12 Swimmers with a 1500/1650 Free qualifying time may swim the 800 Free event. 13-14 Swimmers with a 1500/1650 Free qualifying time may enter the 800 Free event. 13-14 Swimmers with an 800/1000 Free qualifying time may swim the 1500 Free event. Swimmers must enter at the Short Course Yards (SCY) non-conforming time in which they do not have the qualifying standard.

Relay Events: All 11-12 and 13-14 relay events will be conducted as timed final events with the fastest seeded heat swum in the evening session. All remaining heats will swim at that day's preliminary session. Relays will be swum at the beginning of the morning session. There will be a warm up break prior to the first individual event conducted on that day.

Relay entries may be proven as actual or aggregate ("add-up") times. For purposes of proving entry times a swimmer may be listed on only one relay team entered in each event. A swimmer may not be listed on both an aggregate and composite relay entry in the same event. All relay only swimmers, including alternates, must be entered in the meet prior to the entry deadline. All teams desiring to swim in the AM should enter at the lowest non-conforming qualifying time (LCM). Teams may only enter A & B relays in this competition.

Each coach shall pick up relay entry forms from the Clerk of Course on which they shall list the competing relay swimmers, their first and last names and order of swimming for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation approximately one (1) hour prior to the start of the relays. However, relay order may be changed up to the time of the swim by informing the timers.

Seeding: Events shall be seeded in order of LCM, equivalent SCM, equivalent SCY, non-conforming LCM (distance events), non-conforming SCY (distance events).

Check-In: Positive check-in required for the 11-12 800 Free, 13-14 800 Freestyle and 13-14 1500 Freestyle. Entries not checked in or scratched by the appropriate deadline will automatically be down-seeded.

Check-in must be submitted by email to the Administrative Referee prior to the scratch deadline.

Scratches: Illinois Swimming Championship scratch rules and procedures will be in effect at this meet. Scratches for the finals shall be made with the Administrative Referee. Scratches from preliminary events shall be made using the scratch box at the clerk of course. Check-in and scratch deadlines are as follows:

- Day 1 scratches close 15 minutes after the conclusion of the technical meeting.
- All subsequent day's events check-in or scratches are due 30 minutes after the start of the previous evening's finals.

Scratches must be submitted by email to the Administrative Referee prior to the scratch deadline.

2022 Illinois Swimming Summer Age Group Championships

Coaches Meeting: There will be a virtual (Zoom-based) technical meeting on Wednesday, July 20, 2022 at 6:00pm. Details will be sent to each coach. Coaches are encouraged to check the Illinois Swimming website for last minute details about the event. Participating coaches and athletes are responsible for all information in this document, distributed in the technical meeting, and posted on the event website.

Warm-up: Illinois Swimming warm-up and safety procedures will be in effect. The Meet Referee and Meet Director will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be provided no later than 48 hours prior to the start of the meet, posted throughout the venue, announced on a regular basis before and during the meet, and monitored by the Meet Referee (or his/her special designees).

Eligibility Jury: The Meet Referee and the Program Operations Vice-Chair shall appoint an Eligibility Jury composed of at least one coach, an athlete, and one other person in attendance.

Technical Jury: The Age Group Vice Chair and the Meet Director shall appoint a Technical Jury composed of at least one coach, one athlete and at least one, but not more than three other persons.

Scoring:

SCORING BY PLACE																			
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
INDIVIDUAL EVENT SCORING																			
24	21	20	19	18	17	16	15	14	13	11	9	8	7	6	5	4	3	2	1
RELAY EVENT SCORING																			
48	42	40	38	36	34	32	30	28	26	22	18	16	14	12	10	8	6	4	2

Awards: The Don Drumm Award will be presented to the overall team champion. Additionally, team awards will be given to the top three combined teams. Top Three individual high point awards will be awarded to female and male swimmers in each age group category; 10 and Under, 11-12, 13-14. Awards will be given to the top 10 finishers in individual events.

Meet Results: Meet results will be available on the Illinois Swimming website (www.ilswim.org) within 48 hours following the conclusion of the meet.

Deck Access: Current USA Swimming membership is required for coaches and working officials to be on deck. Coaches and Officials MUST display their current USA Swimming coach credential or Deck Pass to gain deck access. The meet referee and/or meet director reserves the right to ask for coach credential or Deck Pass and/or deny deck access if coach does not comply or card is no longer valid/current.

Timers: Each team with swimmers in the meet may be asked to provide timers. A list of lane assignments for each team will be posted at least 48 hours prior to the meet.

Officials: Officials interested in working should submit the application, found on the ISI website under the officials tab. They can also direct questions regarding officiating to Paula Myhre at prmyhre@gmail.com. A mandatory briefing for all officials working the meet will begin 1 hour before the start of each session. This meet has been designated as an Officials Qualifying Meet, pending approval. As such, this meet is open to all Officials who are eligible to be evaluated for advancement and re-certification. Those desiring initial certification or re-certification should request an evaluation at the time of meet sign-up, noting the position and level requested. Meet sign-ups will be sent via email and available online several weeks prior to the meet. There will be opportunities at the meet to be evaluated for N2- & N3-level positions. However, there may not be enough resources to accommodate all such requests

2022 Illinois Swimming Summer Age Group Championships

Admissions: Thursday-Sunday: $10.00 per day
Heat Sheets: $5.00 per session.

Parking: Parking is located around the facility and outer lots for free.

Concessions and Vendors: Concessions will be available for purchase at the venue. Elsmore Swim Shop and Northwest Designs will be on site for swimwear and accessories.

Hotels: Hotel information can be found on the Illinois Swimming website www.ilswim.org.

Conduct: All coaches are responsible for the conduct of their swimmers and will see that their club has proper supervision at all times. Meet Marshals have the authority to remove any swimmer and/or spectator from the meet for any violation such as improper behavior, damage to property, etc. No smoking on the premises. Please encourage your parents and swimmers to clean up after themselves. In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited. Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms, or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. 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.

Image Authorization: All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Illinois Swimming and the meet host under the conditions authored by Illinois and USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in this Illinois Swimming competition to promote such competitions.

Liability: In consideration of the acceptance of this entry, intending to be legally bound, I/we hereby waive, and release any and all rights and claims for damages which may accrue against USA Swimming, Inc., Indiana Swimming, Illinois Swimming, Inc., Lincoln-Way Swim Association (host club), Lake Central High School, and their representatives, employees, or successors, for any and all injuries suffered by me or any contestant or representative in said meet as a representative of my club. 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.

MAAPP: All applicable adults participating or associated with the respective meet to which this information applies, acknowledges that they are an applicable adult, 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.

2022 Illinois Swimming Summer Age Group Championships

Day 1

Prelim Session

1	10&U 200 Freestyle Relay	2
27	13-14 800 Freestyle Relay	-
	Break / 10&U Awards	
3	10&U 200 IM	4
11	11-12 100 Freestyle	12
13	13-14 100 Freestyle	14
	Break / 10&U Awards	
5	10&U 100 Freestyle	6
15	11-12 50 Backstroke	16
17	13-14 200 Butterfly	18
	Break / 10&U Awards	
7	10&U 50 Breaststroke	8
19	11-12 100 Breaststroke	20
21	13-14 100 Backstroke	22
	Break / 10&U Awards	
23	11-12 400 Freestyle	24
25	13-14 200 Breaststroke	26
	30 Minute Break	
9	13-14 800 Freestyle	10

Finals Session

9	13-14 800 Freestyle	10
	AWARDS	
11	11-12 100 Freestyle	12
13	13-14 100 Freestyle	14
	AWARDS	
15	11-12 50 Backstroke	16
17	13-14 200 Butterfly	18
	AWARDS	
19	11-12 100 Breaststroke	20
21	13-14 100 Backstroke	22
	AWARDS	
23	11-12 400 Freestyle	24
25	13-14 200 Breaststroke	26
	AWARDS	
27	13-14 800 Freestyle Relay	-
	AWARDS	

Day 2

Prelim Session

29	10&U 200 Medley Relay	30
-	13-14 800 Freestyle Relay	54
	Break / 10&U Awards	
31	10&U 200 Freestyle	32
39	11-12 50 Breaststroke	40
41	13-14 100 Breaststroke	42
	Break / 10&U Awards	
33	10&U 100 Backstroke	34
43	11-12 200 Freestyle	44
45	13-14 400 Freestyle	46
	Break / 10&U Awards	
35	10&U 50 Butterfly	36
47	11-12 100 Backstroke	48
49	13-14 200 Backstroke	50
	Break / 10&U Awards	
37	10&U 100 Breaststroke	38
51	11-12 200 Butterfly	52
	10&U Awards	

Finals Session

39	11-12 50 Breaststroke	40
41	13-14 100 Breaststroke	42
	AWARDS	
43	11-12 200 Freestyle	44
45	13-14 400 Freestyle	46
	AWARDS	
47	11-12 100 Backstroke	48
49	13-14 200 Backstroke	50
	AWARDS	
51	11-12 200 Butterfly	52
	13-14 800 Freestyle Relay	54
	AWARDS	

Day 3

Prelim Session

77	13-14 400 Freestyle Relay	78
79	11-12 400 Freestyle Relay	80
	Warm-up Break	
55	10&U 100 Butterfly	56
65	13-14 200 Freestyle	66
67	11-12 200 Breaststroke	68
	Break / 10&U Awards	
57	10&U 50 Freestyle	58
69	13-14 100 Butterfly	70
71	11-12 50 Butterfly	72
	Break / 10&U Awards	
59	10&U 50 Backstroke	60
73	13-14 400 IM	74
75	11-12 200 IM	76
	Break / 10&U Awards	
61	10&U 400 Freestyle	62
	***10&U Awards /*	
	30 Minute Break**	
63	11-12 800 Freestyle	64

Finals Session

63	11-12 800 Free	64
	AWARDS	
65	13-14 200 Freestyle	66
67	11-12 200 Breaststroke	68
	AWARDS	
69	13-14 100 Butterfly	70
71	11-12 50 Butterfly	72
	AWARDS	
73	13-14 400 IM	74
75	11-12 200 IM	76
	AWARDS	
77	13-14 400 Freestyle Relay	78
79	11-12 400 Freestyle Relay	80
	AWARDS	

Day 4

Prelim Session

93	11-12 400 Medley Relay	94
95	13-14 400 Medley Relay	96
	Warm-up Break	
83	11-12 100 Butterfly	84
85	13-14 200 IM	86
	Break	
87	11-12 200 Backstroke	88
89	13-14 50 Freestyle	90
	Break	
91	11-12 50 Freestyle	92
	30 Minute Break	
81	13-14 1500 Freestyle	82

Finals Session

83	11-12 100 Butterfly	84
	AWARDS	
85	13-14 200 IM	86
87	11-12 200 Backstroke	88
	AWARDS	
89	13-14 50 Freestyle	90
91	11-12 50 Freestyle	92
	AWARDS	
93	11-12 400 Medley Relay	94
95	13-14 400 Medley Relay	96
	AWARDS	

TIME STANDARDS

2022 REGIONAL & AGE GROUP CHAMPIONSHIPS

GIRLS							BOYS					
LCM		SCM		SCY		10&Under	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
:35.59	:39.59	:33.39	:37.19	:30.89	:34.39	50 Free	:30.89	:34.39	:33.99	:37.79	:35.49	:39.49
1:20.29	1:29.09	1:15.99	1:24.39	1:09.09	1:16.79	100 free	1:09.09	1:16.79	1:15.99	1:24.39	1:19.79	1:28.59
2:56.29	3:15.29	2:49.89	3:08.39	2:34.39	2:50.29	200 Free	2:29.39	2:46.19	2:44.39	3:02.79	2:51.89	3:11.09
6:05.39	7:06.69	5:54.29	6:54.99	6:40.79	7:53.09	400/500 Free	6:37.39	7:53.79	5:49.49	6:57.69	5:59.49	7:06.99
:42.19	:46.99	:39.49	:43.99	:36.29	:40.39	50 Back	:36.49	:40.59	:40.19	:44.69	:42.99	:47.69
1:32.19	1:42.19	1:26.99	1:36.49	1:19.09	1:27.79	100 Back	1:18.79	1:27.29	1:26.69	1:36.39	1:30.99	1:41.09
:47.49	:52.69	:44.99	:49.89	:41.59	:46.09	50 Breast	:41.09	:45.49	:45.39	:50.39	:48.49	:53.89
1:44.89	1:56.19	1:40.49	1:51.19	1:31.29	1:41.09	100 Breast	1:29.99	1:40.19	1:39.89	1:50.99	1:44.79	1:56.49
:40.79	:45.19	:37.89	:42.19	:35.09	:38.99	50 Fly	:35.39	:39.09	:38.99	:43.29	:40.19	:44.69
1:35.99	1:46.39	1:32.49	1:41.39	1:24.09	1:33.09	100 Fly	1:22.79	1:31.19	1:31.09	1:41.09	1:37.99	1:48.79
		1:27.49	1:37.09	1:19.49	1:27.69	100 IM	1:18.99	1:27.79	1:26.89	1:40.49		
3:13.89	3:35.29	3:09.99	3:30.59	2:52.69	3:11.39	200 IM	2:50.99	3:08.39	3:08.89	3:29.79	3:15.39	3:37.19
2:30.29		2:22.59		2:08.49		200 Fr Relay	2:10.59		2:24.99		2:35.59	
2:50.99		2:41.19		2:25.19		200 Med Relay	2:28.29		2:44.59		2:57.89	
LCM		SCM		SCY		11&12	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
:30.89	:34.69	:29.79	:33.69	:27.09	:30.29	50 Free	:26.69	:30.19	:29.39	:33.79	:30.69	:35.29
1:07.19	1:14.69	1:04.79	1:12.29	:58.89	1:05.69	100 Free	:58.09	1:05.89	1:03.89	1:12.79	1:07.69	1:17.79
2:27.59	2:46.99	2:19.89	2:39.49	2:09.49	2:25.09	200 Free	2:08.79	2:24.49	2:21.69	2:31.69	2:28.79	2:50.79
5:12.09	5:47.99	5:00.29	5:33.49	5:45.59	6:21.99	400/500 Free	5:44.89	6:19.59	5:09.99	5:43.09	5:15.19	5:57.09
11:26.69	12:30.89	11:13.69	12:11.59	12:08.69	12:51.99	800/1000 Free	12:11.89	12:58.29	11:05.59	12:15.59	11:18.59	12:46.09
21:15.09	22:55.59	20:47.09	22:24.69	20:56.39	21:55.69	1500/1650 Free	20:47.49	21:56.59	21:01.39	22:35.59	21:37.39	23:31.69
:36.59	:40.59	:34.49	:38.19	:31.29	:34.69	50 Back	:31.29	:34.69	:34.49	:38.79	:36.49	:41.89
1:18.19	1:28.19	1:13.69	1:23.09	1:06.99	1:15.59	100 Back	1:06.99	1:15.59	1:13.69	1:22.59	1:18.49	1:29.69
2:49.99	2:56.09	2:39.89	2:51.59	2:25.29	2:36.39	200 Back	2:25.69	2:39.59	2:40.29	2:54.59	2:50.99	2:59.79
:41.19	:46.89	:38.99	:43.59	:35.39	:39.99	50 Breast	:35.49	:40.39	:39.09	:44.69	:41.29	:48.19
1:30.49	1:43.19	1:24.49	1:34.89	1:16.79	1:26.39	100 Breast	1:16.89	1:27.09	1:24.59	1:33.19	1:30.29	1:44.19
3:14.19	3:22.39	3:02.29	3:19.89	2:45.69	3:01.69	200 Breast	2:47.29	3:11.29	3:04.09	3:30.19	3:12.59	3:38.09
:33.79	:38.59	:32.69	:37.59	:29.69	:33.79	50 Fly	:29.69	:33.39	:32.69	:37.09	:33.99	:38.89
1:18.39	1:29.79	1:13.69	1:22.99	1:06.99	1:15.89	100 Fly	1:06.99	1:15.59	1:14.09	1:23.69	1:18.09	1:30.99
2:55.59	3:33.09	2:51.59	3:25.89	2:34.59	3:08.29	200 Fly	2:37.89	3:06.69	2:53.69	3:24.09	3:03.29	3:30.99
		1:15.19	1:26.29	1:08.19	1:15.69	100 IM	1:07.99	1:16.69	1:14.79	1:24.29		
2:49.29	3:10.49	2:41.19	3:01.49	2:26.49	2:43.49	200 IM	2:25.69	2:43.39	2:40.59	2:58.59	2:49.79	3:12.49
	7:32.09		7:15.79		6:34.39	400 IM		6:27.29		7:07.99		7:28.29
4:40.89				4:03.69		400 Fr Relay	4:07.29		4:34.99		4:45.99	
5:19.69				4:34.79		400 Med Relay	4:41.79		5:15.29		5:30.39	
LCM		SCM		SCY		13&14	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
:29.19	:31.79	:28.19	:30.79	:25.49	:27.79	50 Free	:23.89	:26.29	:26.49	:29.19	:27.39	:30.39
1:03.39	109:19.00	1:01.39	1:06.99	:55.29	1:00.29	100 Free	:51.79	:56.99	:57.99	1:03.79	:59.59	1:06.39
2:18.39	2:31.59	2:13.19	2:25.29	1:59.69	2:10.89	200 Free	1:53.19	2:04.99	2:06.29	2:18.99	2:11.19	2:25.09
4:52.49	5:21.79	4:41.29	5:09.49	5:22.69	5:53.59	400/500 Free	5:07.59	5:35.19	4:32.29	4:59.59	4:40.79	5:11.19
9:58.19	10:57.99	9:47.79	10:46.59	10:57.79	12:03.59	800/1000 Free	10:32.59	11:35.89	9:37.69	10:35.49	9:48.09	10:46.89
19:01.59	21:03.39	18:45.59	20:41.49	18:49.19	20:44.49	1500/1650 Free	18:18.29	20:10.99	18:28.39	20:20.09	18:45.29	20:42.09
1:12.09	1:18.69	1:09.59	1:14.59	1:01.29	1:06.89	100 Back	:59.69	1:05.69	1:04.79	1:11.49	1:09.69	1:18.19
2:35.19	2:49.89	2:29.89	2:42.69	2:13.29	2:25.79	200 Back	2:08.29	2:21.19	2:24.39	2:36.69	2:29.89	2:46.59
1:22.99	1:30.59	1:19.59	1:26.79	1:10.89	1:17.19	100 Breast	1:06.69	1:14.19	1:14.49	1:22.19	1:18.09	1:24.59
3:00.09	3:18.29	2:53.39	3:09.59	2:34.79	2:50.39	200 Breast	2:25.29	2:40.89	2:43.39	2:59.79	2:51.39	3:11.89
1:10.29	1:16.89	1:08.19	1:14.49	1:01.19	1:06.89	100 Fly	:57.89	1:03.69	1:03.99	1:10.49	1:06.59	1:13.89
2:39.79	2:55.79	2:33.69	2:49.09	2:18.79	2:32.69	200 Fly	2:12.59	2:25.89	2:29.39	2:42.39	2:34.59	2:50.19
2:37.19	2:51.79	2:31.49	2:45.39	2:16.79	2:28.79	200 IM	2:08.79	2:22.79	2:23.09	2:37.49	2:27.89	2:46.39
5:33.69	6:07.09	5:20.89	5:52.99	4:50.89	5:19.99	400 IM	4:39.19	5:07.19	5:14.89	5:46.39	5:19.99	6:00.29
4:22.19		4:12.19		3:49.29		400 Fr Relay	3:36.69		4:03.69		4:13.39	
9:34.19		9:12.19		8:20.89		800 Fr Relay	8:01.59		9:01.49		9:23.29	
4:56.39		4:44.89		4:14.89		400 Med Relay	4:02.69		4:32.89		4:48.29	

Para 1 LSC Motivational Time Standards

P1 - non-ambulatory (wheelchair bound): limited use of all four extremities

	Girls									Boys							
	10 & U P1		11-12 P1		13-14 P1		15 & O P1		P1	10 & U P1		11-12 P1		13-14 P1		15 & O P1	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	1:44.49	1:44.49	1:34.69	1:34.69	1:26.19	1:26.19	1:24.89	1:24.89	50 FR	1:39.29	1:39.29	1:30.29	1:30.29	1:21.29	1:21.29	1:18.29	1:18.29
	3:39.19	3:39.19	3:18.59	3:18.59	3:00.79	3:00.79	2:58.09	2:58.09	100 FR	3:44.19	3:44.19	3:23.79	3:23.79	3:03.49	3:03.49	2:56.69	2:56.69
	8:44.89	8:44.89	7:55.69	7:55.69	7:12.99	7:12.99	7:06.49	7:06.49	200 FR	6.09.09	6:09.09	5:35.59	5:35.59	5:01.99	5:01.99	4:50.90	4:50.89
	2:03.59	2:03.59	1:51.99	1:51.99	1:41.99	1:41.99	1:40.39	1:40.39	50 BK	1:22.89	1:22.89	1:15.39	1:15.39	1:07.89	1:07.89	1:05.39	1:05.39
	3:47.19	3:47.19	3:25.89	3:25.89	3:07.49	3:07.49	3:04.59	3:04.59	100 BK	3:01.19	3:01.19	2:44.69	2:44.69	2:28.19	2:28.19	2:22.69	2:22.69
	1:54.39	1:54.39	1:43.63	1:43.63	1:34.39	1:34.39	1:32.99	1:32.99	50 BR	1:29.59	1:29.59	1:21.49	1:21.49	1:13.29	1:13.29	1:10.59	1:10.59
	5:26.29	5:26.29	4:55.69	4:55.69	4:29.19	4:29.19	4:25.19	4:25.19	100 BR	4:19.99	4:19.99	3:56.39	3:56.39	3:32.69	3:32.69	3:24.89	3:24.89
	3:03.89	3:03.89	2:46.69	2:46.69	2:31.79	2:31.79	2:29.49	2:29.49	50 FL	2:48.09	2:48.09	2:32.79	2:32.79	2:17.49	2:17.49	2:12.39	2:12.39
	7:35.89	7:35.89	6:53.15	6:53.15	6:16.19	6:16.19	6:10.49	6:10.49	150 IM	7:30.09	7:30.09	6:49.19	6:49.19	6:08.19	6:08.19	5:54.59	5:54.59

Para 2 LSC Motivational Time Standards

P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.

	Girls									Boys							
	10 & U P2		11-12 P2		13-14 P2		15 & O P2		P2	10 & U P2		11-12 P2		13-14 P2		15 & O P2	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	56.89	59.79	51.49	54.19	46.89	49.39	46.19	48.59	50 FR	53.99	56.79	49.09	51.69	44.19	46.49	42.59	44.79
	2:06.59	2:13.19	1:54.69	2:00.69	1:44.39	1:49.89	1:42.79	1:48.19	100 FR	1:59.09	2:05.29	1:48.29	1:53.99	1:37.39	1:42.59	1:33.79	1:38.79
	4:20.49	4:34.19	3:56.09	4:08.49	3:34.89	3:46.29	3:31.69	3:42.79	200 FR	4:11.89	4:25.09	3:48.49	4:00.99	3:26.09	3:36.89	3:18.49	3:28.89
			9:37.09	7:51.09	8:45.39	7:08.89	8:37.49	7:02.39	400/ 500 FR			9:37.89	7:51.69	8:40.09	7:04.49	8:20.79	6:48.79
	1:09.09	1:12.69	1:02.59	1:05.89	56.99	59.99	56.09	59.09	50 BK	1:01.09	1:04.29	55.49	58.39	49.99	52.59	48.09	50.69
	2:39.79	2:48.19	2:24.79	2:32.49	2:11.89	2:18.79	2:09.89	2:16.69	100 BK	2:32.79	2:40.89	2:18.89	2:26.29	2:05.09	2:11.59	2:00.39	2:06.79
			4:58.79	5:14.49	4:31.99	4:46.29	4:27.89	4:41.99	200 BK			4:20.89	4:34.59	3:54.79	4:07.09	3:46.09	3:57.99
	1:12.09	1:15.89	1:05.49	1:08.89	59.59	1:02.69	58.69	1:01.69	50 BR	1:09.19	1:12.79	1:02.89	1:06.19	56.59	59.59	54.49	57.39
	2:39.99	2:48.39	2:24.99	2:32.59	2:11.99	2:18.89	2:09.99	2:16.79	100 BR	2:33.39	2:41.49	2:19.49	2:26.79	2:05.49	2:12.09	2:00.89	2:07.19
			5:17.19	5:34.19	4:24.89	4:38.79	4:44.69	4:59.59	200 BR			5:00.99	5:16.79	4:30.89	4:45.09	4:20.89	4:34.59
	1:09.59	1:13.19	1:03.09	1:06.39	57.39	1:00.39	56.59	59.49	50 FL	55.89	58.79	50.79	53.49	45.69	48.09	43.99	46.39
	2:58.89	3:08.29	2:42.09	2:50.59	2:27.59	2:35.29	2:25.39	2:32.99	100 FL	2:55.29	3:04.49	2:39.39	2:47.79	2:23.39	2:30.99	2:18.09	2:25.39
	5:31.79	5:49.19	5:00.59	5:16.39	4:33.69	4:48.09	4:29.59	4:43.69	200 IM	5:12.39	5:28.89	4:43.99	4:58.99	4:15.59	4:29.09	4:06.19	4:19.09

Para 3 LSC Motivational Time Standards

P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.

	Girls									Boys							
	10 & U P3		11-12 P3		13-14 P3		15 & O P3		P3	10 U P3		11-12 P3		13-14 P3		15 & O P3	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	44.09	48.89	39.89	44.29	36.39	40.39	35.79	39.69	50 FR	39.79	44.19	36.19	40.19	32.59	36.19	31.39	34.79
	1:33.89	1:44.29	1:25.09	1:34.49	1:17.49	1:26.09	1:16.39	1:24.79	100 FR	1:26.49	1:36.09	1:18.59	1:27.29	1:10.79	1:18.59	1:08.09	1:15.69
	3:51.49	4:17.19	3:29.79	3:53.09	3:10.99	3:32.19	3:08.09	3:28.99	200 FR	3:17.69	3:39.59	2:59.69	3:19.69	2:41.69	2:59.59	2:35.79	2:53.09
	8:46.89	7:43.19	7:57.59	6:59.79	7:14.79	6:22.19	7:08.19	6:16.39	400/ 500 FR	8:31.99	7:30.09	7:45.49	6:49.19	6:58.99	6:08.29	6:43.49	5:54.69
			18:00.49	15:19.59	16:32.09	14:04.39	16:18.49	13:52.79	800/ 1000 FR			18:21.59	15:37.49	16:31.39	14:03.69	15:54.69	13:32.49
			32:31.69	30:29.19	30:01.09	28:08.19	29:37.99	27:46.39	1500/ 1650 FR			34:04.19	31:55.79	30:39.71	28:44.19	29:31.53	27:40.29
	53.39	59.29	48.39	53.69	44.09	48.99	43.39	48.19	50 BK	45.59	50.69	41.49	46.09	37.29	41.49	35.89	39.89
	1:52.49	2:04.99	1:41.99	1:53.29	1:32.89	1:43.19	1:31.49	1:41.59	100 BK	1:36.09	1:46.79	1:27.39	1:37.09	1:18.59	1:27.39	1:15.69	1:24.09
			4:04.79	4:31.89	3:42.99	4:07.69	3:39.59	4:03.89	200 BK			3:29.49	3:52.79	3:08.59	3:29.49	3:01.59	3:21.79
	56.79	1:03.09	51.49	57.19	46.79	51.99	46.09	51.19	50 BR	49.79	55.29	45.29	50.29	40.79	45.29	39.29	43.59
	1:59.69	2:12.99	1:48.49	2:00.49	1:38.69	1:49.69	1:37.19	1:47.99	100 BR	1:50.59	2:02.89	1:20.49	1:51.69	1:30.49	1:40.49	1:27.19	1:36.79
			4:20.29	4:49.19	3:56.99	4:23.29	3:53.29	4:19.19	200 BR			3:40.09	4:04.49	3:18.09	3:40.09	2:56.09	3:31.89
	48.29	53.59	43.69	48.49	39.79	44.19	39.19	43.49	50 FL	43.29	48.09	39.29	43.69	35.39	39.29	31.49	37.89
	1:41.69	1:52.89	1:32.09	1:42.29	1:23.89	1:33.19	1:22.59	1:31.69	100 FL	1:30.89	1:40.99	1:22.79	1:31.99	1:14.39	1:22.59	1:06.09	1:19.59
			3:40.99	4:05.49	3:21.39	3:43.69	3:18.09	3:40.09	200 FL			3:29.19	3:52.39	3:08.29	3:29.19	2:47.39	3:21.39
	3:57.99	4:24.39	3:35.69	3:59.59	3:16.29	3:38.09	3:19.39	3:34.79	200 IM	3:29.69	3:52.99	3:10.69	3:31.79	2:51.59	3:10.69	2:32.49	3:03.59
			8:34.59	9:25.49	7:48.39	8:34.69	7:41.39	8:26.99	400 IM			7:46.79	8:20.09	6:56.79	7:30.09	6:40.09	7:13.39