2022 Illinois Swimming Summer Regional Championships

July 15-17, 2022

Host

Academy Bullets Swim Club

Location

Riverside Brookfield High School
Riverside, IL, 60546

Entry Deadline

Monday, July 11, 2022 @ 1:00 PM (CST)

2022 Illinois Swimming Summer Regional Championships

Important Meet Items:

- This meet follows all USA Swimming 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 is July 1, 2020 through the entry deadline (Monday, July 11, 2022).
- Enter the 2022 Illinois Swimming Summer Regional Championships online at www.usaswimming.org/OME beginning on Wednesday, June 15, 2022 and no later than 1:00pm (CST) Monday, July 11, 2022.
- All events will be swum as timed finals.
- All relays will be conducted as timed finals. Each team may enter two (2) relays per event. There are no qualifying times for relay events.
- **All relay only swimmers, including alternates, must be entered in the meet via OME prior to the entry deadline.**
- All Custom Entry Times must be pre-proven prior to the scratch deadline for Friday's events.
- **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
Brian Brown	John Shenberger
b.brown@academybullets.com	johnshenberger@comcast.net
(708) 267-1783	(708) 921-1157

OME/Entry Questions	Email Scratch Contact
Pam Lowenthal	Todd Capen
pam.lowenthal@ilswim.org	t.capen@academybullets.com
(847) 824-1596	(847) 571-7644

Sanction: Summer Regional Championships: ILL0701-22

Host: Academy Bullets Swim Club – www.academybullets.com

Location: Riverside Brookfield High School, 160 Ridgewood Rd., Riverside, IL 60546

Facility: Riverside Brookfield High School Pool, The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. A 25 yard, six lane (7.5' wide lanes) pool with non-turbulent lane lines. The pool is seven feet deep at the start end and four feet deep at the turn end of the pool. A Colorado timing system with touch pads and button backups at the starting end of the pool will be used. There will be two timers per lane using electronic watches. There will be an electronic readout board showing all six lanes.

Meet Schedule:

Friday PM (All Ages)		Sat. & Sun. AM (10&U, 11-12)		Sat. & Sun. PM (13-14, Open)	
Warm-ups	Start	Warm-ups	Start	Warm-ups	Start
4:00pm	5:00pm	7:00am	8:00am	12:00pm	1:00pm

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

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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 Illinois 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, ACADEMY BULLETS SWIM CLUB, AND RIVERSIDE BROOKFIELD 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.

Rules: This meet is sanctioned by USA Swimming and Illinois 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. 2022 Age Group and Senior Regional Championship Time Standards are included. Entry times may be submitted in short course yards, long course meters, or short course meters.

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 11, 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 ten (10) individual events during the meet. No swimmer shall be permitted to compete in more than five (5) events per day; four (4) individual and one (1) relay. All relay only swimmers, including alternates, must be entered in the meet via OME prior to the entry deadline.

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

Entry Fees: Individual Events: $10.00 per entry
Relay Events: $20.00 per entry
Illinois Swimming Surcharge: $2.00 per athlete entered in the meet.

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Individual Events: All individual events will be conducted as timed final events.

Distance Events: The 12&U 1000 Freestyle, 14&U 1000 Freestyle and Open 1000 Freestyle for Women will be entered and awarded as separate events (with different event numbers and different qualifying standards) will be swum together. The 12&U 1000 Freestyle, 14&U 1000 Freestyle and Open 1000 Freestyle for Men will be entered and awarded as separate events (with different event numbers and different qualifying standards) will be swum together.

The 14&U 1650 Freestyle and Open 1650 Freestyle for Women will be entered and awarded as separate events (with different event numbers and different qualifying standards) will be swum together. The 14&U 1650 Freestyle and Open 1650 Freestyle for Men will be entered and awarded as separate events (with different event numbers and different qualifying standards) will be swum together. The 1650 Freestyle will be swum fastest to slowest, alternating between Women's and Men's heats.

Distance Bonus Events: Swimmers with an 800/1000 Freestyle qualifying time may enter the 1650 Freestyle event; swimmers with a 1500/1650 Freestyle qualifying time may enter the 1000 Free event. Swimmers must enter at the Long Course (LCM) non-conforming qualifying time in the event for which they do not have the current qualifying standard.

Relay Events: All relay events will be conducted as timed final events. 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 via OME prior to the entry deadline. Teams are limited to two (2) relay entries per event. There are no qualifying standards for relays and relays do not count in the team scoring.

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 SCY, equivalent LCM, equivalent SCM, non-conforming SCY (distance events), non-conforming LCM (distance events).

Positive Check-In: All events will be Positive Check-in, timed finals. Each swimmer must check herself/himself in with the Clerk of Course at least forty (40) minutes prior to the start of each session for the events they will be swimming. Any swimmer who does not check-in with the Clerk of Course, prior to the deadline for Positive Check-In, will be scratched from all events for that day. Swimmers missing Positive Check-In will only be placed if and wherever any openings may occur, regardless of original seedtime. All swimmers will be expected to report for their events on time. No show rules will apply as stated in Illinois Swimming Championship meet rules.

Scratches Illinois Swimming Championship scratch rules and procedures will be in effect at this meet. The Regional Championships meet is positive check- in, thus pre-meet scratching is not necessary. Scratch deadlines are as follows:

- Email scratches will be accepted until 1:00pm on Friday, July 15, 2022. Scratches submitted via email must be sent to Todd Capen, t.capen@academybullets.com. It is the responsibility of the sender to ensure that this email is received by the host club.

Coaches Meeting: There will be a virtual (Zoom-based) coaches meeting on Thursday, July 14, 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.

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Warm-up: ISI warm-up and safety procedures will be in effect.

Eligibility Jury: The Meet Referee and the Program Operations Vice-Chair shall appoint an Eligibility Jury composed of at least one coach, one 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
INDIVIDUAL EVENT SCORING															
20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

Awards: Team awards will be given for the top 3 combined teams. Awards will be given to the top 8 finishers in individual events, and the top 3 finishers in relay 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 must be currently registered with USA Swimming and must provide proof of current registration at all sessions of the meet. Officials must display their current card from OTS at all times of the meet.

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. Swimmers in the 1650 must provide their own timer and counter.

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.

Admissions: Admissions will be charged for entrance to each session. Heat sheets will be made available for sale. The Host Club will set these prices.

Concessions and Vendors: Concessions will be available for purchase at the venue.

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. Use of audio or visual recording devices, including cell phones, is not permitted in the changing areas, restrooms, or locker rooms. Deck changing 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.

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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., Illinois Swimming, Inc., Academy Bullets Swim Club (host club), Riverside Brookfield 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. All athletes 18 years of age and older must have completed Athlete Protection Training.

Day 1			Day 2			Day 3	
			AM Session			**AM Session**	
		17	12&U 500 Freestyle	18	71	10&U 200 Freestyle Relay	72
		19	10&U 200 Medley Relay	20	73	12&U 200 Freestyle Relay	74
		21	12&U 200 Medley Relay	22		***AWARDS***	
			AWARDS		75	10&U 200 Freestyle	76
		23	10&U 100 Butterfly	24	77	12&U 200 Freestyle	78
		25	12&U 100 Butterfly	26		***AWARDS***	
			AWARDS		79	10&U 50 Butterfly	80
		27	10&U 50 Freestyle	28	81	12&U 50 Butterfly	82
		29	12&U 50 Freestyle	30		***AWARDS***	
			AWARDS		83	10&U 100 Backstroke	84
		31	10&U 100 Breaststroke	32	85	12&U 100 Backstroke	86
		33	12&U 100 Breaststroke	34		***AWARDS***	
			AWARDS		87	10&U 50 Breaststroke	88
		35	10&U 50 Backstroke	36	89	12&U 50 Breaststroke	90
		37	12&U 50 Backstroke	38		***AWARDS***	
			AWARDS		91	10&U 100 Freestyle	92
		39	10&U 200 IM	40	93	12&U 100 Freestyle	94
		41	12&U 200 IM	42		***AWARDS***	
			AWARDS		95	10&U 100 IM	96
					97	12&U 100 IM	98
						AWARDS	
PM Session			**PM Session**			**PM Session**	
1	12&U 200 Butterfly	2	43	Open 200 Medley Relay	44	99	Open 200 Freestyle Relay	100
3	10&U 500 Freestyle	4	45	14&U 200 Medley Relay	46	101	14&U 200 Freestyle Relay	102
	AWARDS			***AWARDS***			***AWARDS***	
5	12&U 200 Breaststroke	6	47	Open 500 Freestyle	48	103	Open 200 Freestyle	104
	AWARDS		49	14&U 500 Freestyle	50	105	14&U 200 Freestyle	106
7	12 & U 1000 Freestyle	8		***AWARDS***			***AWARDS***	
9	14&U 1000 Freestyle	10	51	Open 100 Butterfly	52	107	Open 200 Butterfly	108
11	Open 1000 Freestyle	12	53	14&U 100 Butterfly	54	109	14&U 200 Butterfly	110
	AWARDS			***AWARDS***			***AWARDS***	
13	12&U 200 Backstroke	14	55	Open 50 Freestyle	56	111	Open 100 Backstroke	112
	AWARDS		57	14&U 50 Freestyle	58	113	14&U 100 Backstroke	114
15	12&U 400 IM	16		***AWARDS***			***AWARDS***	
	AWARDS		59	Open 100 Breaststroke	60	115	Open 200 Breaststroke	116
			61	14&U 100 Breaststroke	62	117	14&U 200 Breaststroke	118
				AWARDS			***AWARDS***	
			63	Open 200 Backstroke	64	119	Open 100 Freestyle	120
			65	14&U 200 Backstroke	66	121	14&U 100 Freestyle	122
				AWARDS			***AWARDS***	
			67	Open 400 IM	68	123	Open 200 IM	124
			69	14&U 400 IM	70	125	14&U 200 IM	126
				AWARDS			***AWARDS***	
						127	Open 1650 Freestyle	128
						129	14&U 1650 Freestyle	130
							AWARDS	

**All 12&U events shall follow the 11-12 Illinois Swimming championship time standards for the maximum qualifying standard. **

**All 14&U events shall follow the 13-14 Illinois Swimming championship time standards for the maximum qualifying standard. **

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	

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.59	27.49	24.79	**50 Freestyle**	22.39	24.89	26.09
1:01.99	59.49	53.59	**100 Freestyle**	48.59	53.89	56.29
2:14.59	2:09.59	1:56.79	**200 Freestyle**	1:47.09	1:58.89	2:04.99
4:46.29	4:32.99	5:11.99	**400/500 Freestyle**	4:51.89	4:15.39	4:27.09
9:56.99	9:41.89	10:56.99	**800/1000 Freestyle**	10:16.99	8:59.89	9:15.99
18:57.99	18:37.89	18:31.19	**1500/1650 Freestyle**	17:31.69	17:37.99	18:14.29
1:10.09	1:06.69	1:00.09	**100 Backstroke**	55.59	1:01.69	1:05.49
2:32.79	2:25.29	2:10.89	**200 Backstroke**	2:02.49	2:15.99	2:25.09
1:20.99	1:16.59	1:08.99	**100 Breaststroke**	1:01.99	1:08.79	1:13.29
2:58.59	2:48.49	2:31.79	**200 Breaststroke**	2:18.29	2:33.49	2:46.09
1:08.59	1:06.19	59.59	**100 Butterfly**	54.49	1:00.49	1:02.19
2:38.99	2:30.39	2:15.49	**200 Butterfly**	2:05.99	2:19.79	2:28.99
2:34.49	2:26.59	2:12.09	**200 Individual Medley**	2:01.49	2:14.89	2:22.39
5:31.39	5:17.89	4:46.39	**400 Individual Medley**	4:24.89	4:53.99	5:10.99
4:18.99	4:04.09	3:39.89	**400 Free Relay**	3:19.09	3:40.99	3:55.29
9:18.69	8:52.79	7:59.99	**800 Free Relay**	7:22.79	8:11.49	8:46.29
4:50.09	4:26.69	4:00.29	**400 Medley Relay**	3:38.19	4:02.19	4:21.79

2022 SUMMER REGIONAL CHAMPIONSHIPS

July 15-17, 2022

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
31.69	30.29	27.39	**50 Freestyle**	24.59	27.29	28.79
1:08.19	1:05.49	59.09	**100 Freestyle**	53.49	59.39	1:01.89
2:29.49	2:23.39	2:09.19	**200 Freestyle**	1:57.79	2:10.79	2:17.69
5:17.19	5:01.69	5:44.99	**400/500 Freestyle**	5:21.79	4:41.49	4:52.49
10:57.79	10:40.09	12:02.69	**800/1000 Freestyle**	11:26.39	10:05.59	10:19.29
20:53.99	20:34.69	20:27.39	**1500/1650 Freestyle**	19:23.49	19:30.39	19:59.89
1:17.59	1:13.59	1:06.29	**100 Backstroke**	1:01.29	1:07.99	1:12.29
2:49.39	2:39.79	2:23.99	**200 Backstroke**	2:14.69	2:29.49	2:38.29
1:30.29	1:25.09	1:16.69	**100 Breaststroke**	1:08.79	1:16.39	1:22.79
3:16.29	3:05.59	2:47.19	**200 Breaststroke**	2:32.09	2:48.79	3:01.49
1:15.99	1:13.09	1:05.89	**100 Butterfly**	1:00.19	1:06.79	1:09.29
2:51.79	2:45.99	2:29.59	**200 Butterfly**	2:17.89	2:33.09	2:41.09
2:49.89	2:41.19	2:25.29	**200 Individual Medley**	2:13.29	2:27.89	2:35.99
6:06.89	5:51.29	5:16.59	**400 Individual Medley**	4:52.49	5:24.59	5:41.49

**Qualification period will be 7/1/2020 to the entry deadline*