

North Irvine Knights Team Handbook

V1.01



North Irvine Knights Swim Team

KNIGHTS MISSION

The North Irvine Knights Swim Team is a summer recreation team open to all Irvine residents offering quality coaching and technique instruction for kids age 5-18 and all abilities.

KNIGHTS GOAL

The goal of our swim team is to provide every member an opportunity to improve swimming skills and have fun! Swimmers will learn and work to perfect their swim strokes and techniques while practicing for and participating in friendly competition with other local swim teams.

KNIGHTS PHILOSOPHY

By execution of our core values of Courage, Commitment and Camaraderie; we encourage our swimmers of all skill levels to do their best, coaching them through challenges and rewarding their successes. To teach sportsmanship and encourage positive relationships between swimmers, parents, coaches, and the community.

IRVINE SWIM LEAGUE

The Knights are a member of the non-profit Irvine Swim League (ISL). The league's mission is to provide the organizational structure for a recreational, developmental summer swim league for youth who live in Irvine, with an emphasis on water safety, stroke instruction, and individual improvement. Teams affiliated with the ISL include both homeowner association and city teams, and are governed by the rules of the ISL. For more about the ISL, including a complete set of ISL Rules, Bylaws, and/or Meet Guidelines, visit the league's website at www.IrvineSwimLeague.org.

TEAM COMMUNICATION AND WEBSITE

The Knight's primary means of communication with its member families is via email. To ensure that you receive team emails, please add the following addresses to your address book and/or enable them in your email software: notifications+islnteamunify.com. During our swim season, families should check their email at least once or twice per week for time-sensitive team announcements. A valid email address is required to participate. The Knights maintain a comprehensive website which can be found at <http://www.northirvineknights.com>. The team website is updated weekly during the swim season, this website strives to provide all the information a team family might need with regard to swim practice, meets, and social events. In the event, you cannot find an answer to a question on the website, a list of board members and coordinators is available online under About Us/Team Contacts.

PRIVACY POLICY

The Knights respect the privacy of our families. The Knights Swim Team does not rent or sell its members' information to anyone. Members' contact information is made available to board members and coordinators only as necessary for the completion of a specific task or job.

Practice

SWIMMER READINESS

Our only requirement to participate on the swim team, children must be comfortable in the water and have the ability to demonstrate 25 yards of unsupported swimming. Children who are afraid of the water or deemed unsafe by the coaching staff and/or swim team board during the first week of practice will be asked to wait a year before joining the team. During that year, lessons are highly recommended.

SWIMMING ATTIRE AND EQUIPMENT

Practice

Children may wear their own swimwear to practice. For girls, one-piece bathing suits are highly recommended. Swim shirts may be worn to protect swimmers from the sun. Competitive Aquatic Supply, 3972 Barranca in Irvine, often gives a discount to members of the Knights Swim Team.

Meets

Swimmers are expected to wear an official team swimsuit (one-piece for girls; jammer or speedo for boys). Girls are also required to wear an official team cap. Team suits are available for purchase at registration. Suits and team apparel are non-refundable. All swimmers are provided with a Knights swim cap and t-shirts at registration. All Knights are expected to wear team gear during meets.

Personal goggles, swim fins, and a kickboard are necessary for practice sessions. Goggles are recommended for meets. Please label all items with your child's name in permanent marker!

ASSIGNED SESSIONS / ATTENDANCE

Practice times are dictated by pool availability as put forth by the City of Irvine. Once the practice schedule is confirmed it will be posted on the team calendar on the team website, available on the team calendar handout and posted on deck at the Northwood Aquatic Center.

It is recommended that children attend three (3) to five (5) practices per week. Children who attend practice regularly are more likely to be rewarded with a spot on a relay team than children who attend only periodically. It is not necessary to notify anyone if you will miss practice.

PARENT RESPONSIBILITY

During their assigned practice session, children are supervised by the Knights coaching staff and are the responsibility of the North Irvine Knights Swim Team. The North Irvine Knights Swim Team is NOT responsible for any swimmer in the pool or pool area prior to or after his/her assigned practice session. For this reason, it is imperative that swimmers aged 13 and under be accompanied by a parent or responsible adult. Children under the age of 13 who are not accompanied by a parent or responsible adult will be required to leave the pool as soon as their practice session is finished. Since only a portion of the pool is provided for practice, Knights swimmers/families may not use the pool facilities outside of team practices.

COACHES

All Knights coaches are either current or former swimmers/teachers and have been certified by the American Red Cross (including CPR, first aid and rescue skills). While it is a goal to teach every swimmer the proper stroke technique for each of the four strokes, our program isn't a learn-to-swim program.

If you feel that your swimmer would benefit from extra or private instruction, please feel free to set up private lessons with any of our coaches outside of the established swim team practice times. Lessons are strictly optional and not a requirement of the Knights Swim Team. Payment for such lessons should be made directly to the coach providing the lesson.

If you have questions or concerns about your swimmer's performance, please be respectful of the coaches' duties and speak with them before or after practice. For all other matters, please speak to any of the board members.



Code of Conduct

Code of Conduct that all families signed upon registering their child(ren) for the North Irvine Knights Swim Team:

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. I therefore agree:

1. That I, as a parent, have a responsibility to do my assigned volunteer positions. If I cannot fulfill the position, it is up to me to find a replacement and to let the head volunteer coordinator know of the change. If I fail to show up, my child will not be allowed to swim that meet or the next scheduled meet. It takes everyone to do their share to make the meets run smoothly.
2. I will be a positive role model for all children and demonstrate positive support for all swimmers, coaches, officials, and other parents.
3. I will demand that my child treat other swimmers, coaches, officials, and parents with respect regardless of race, creed, color, gender, or ability.
4. I will teach my child that doing one's best is more important than winning.
5. I will emphasize skill development and practices, and how they benefit my child, over winning.
6. I will respect the coaches and their authority during meets and will never question, discuss, or confront coaches at the meets, nor use inappropriate or abusive language and will take time to speak with coaches at an agreed upon time and place.
7. I will remember that my behavior and conduct at meets reflect upon the entire North Irvine Knights Swim Team.

By registering with the Knights, I signify that I have read, understand, and agree to abide by the policies and understand that a flagrant violation of any of the above issues during a meet may, in the sole and absolute discretion of the board, result in immediate expulsion from the meet and team.

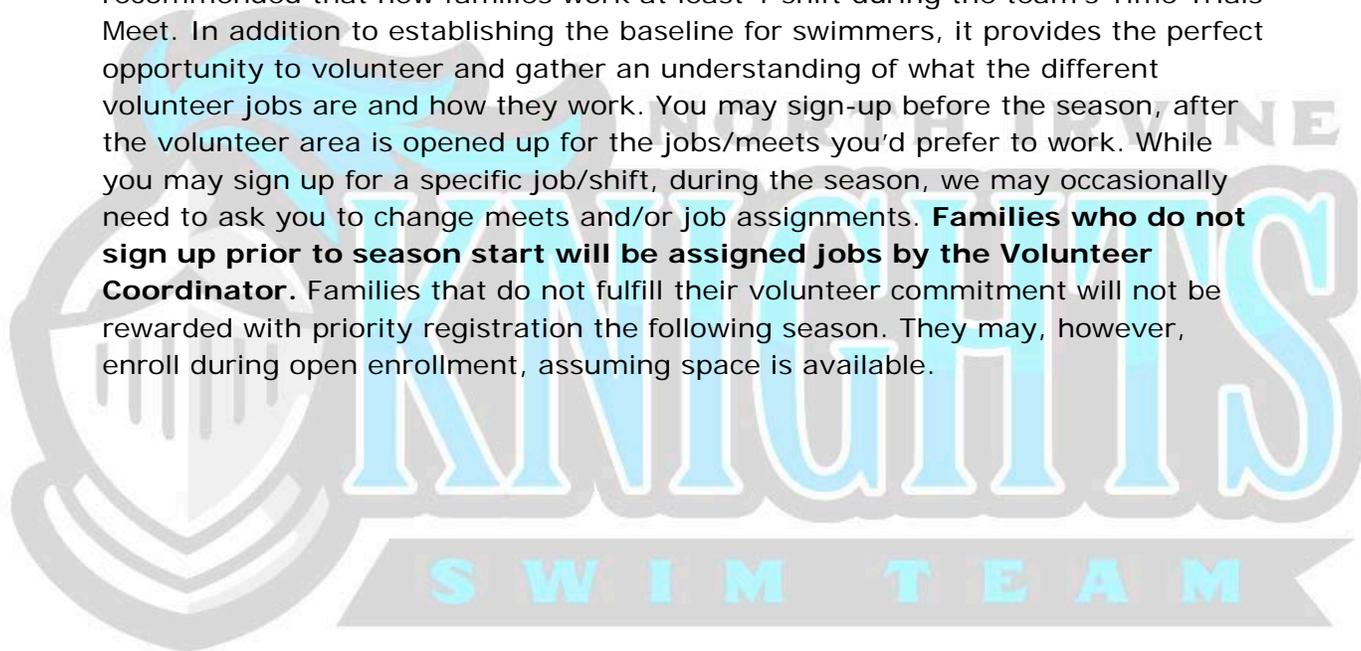
Meet Commitment

SWIMMER COMMITMENT

Swimmers are encouraged to attend all team practices and meets. Swimmers are expected to attend at least three (3) regular season ISL swim meets.

PARENT COMMITMENT

The North Irvine Knights is a 100% volunteer organization. It takes parental support to operate the team and conduct swim meets. Parent participation in the team's activities is a condition of membership. Families that do not fulfill their volunteer requirements as listed below may be excluded from team participation the following season. Each swim meet is divided into a first half and a second half. Jobs last approximately 2 hours and are easy and fun to do. It is highly recommended that new families work at least 1 shift during the team's Time Trials Meet. In addition to establishing the baseline for swimmers, it provides the perfect opportunity to volunteer and gather an understanding of what the different volunteer jobs are and how they work. You may sign-up before the season, after the volunteer area is opened up for the jobs/meets you'd prefer to work. While you may sign up for a specific job/shift, during the season, we may occasionally need to ask you to change meets and/or job assignments. **Families who do not sign up prior to season start will be assigned jobs by the Volunteer Coordinator.** Families that do not fulfill their volunteer commitment will not be rewarded with priority registration the following season. They may, however, enroll during open enrollment, assuming space is available.



SWIM MEET 101

SWIM MEETS

The Knights participate in one (1) practice meet (Time Trials), five (5) regular season ISL meets, and one (1) ISL Championship meet. Meets are held on Saturdays, mostly mornings from 8 a.m. to 1 p.m. Meets may involve two or three ISL teams.

WHAT TO BRING

Swimmers must wear an official Knights swimsuit, Knights swim cap, and goggles. Small toys and games are great for keeping young kids occupied between races. Canopies/tents, chairs, sunblock, hats, snacks/drinks, and beach towels are also a good idea. Most teams raise money with a concessions/snack stand. There is a handy checklist at the back of the handbook.

ARRIVAL & SIGN-IN

For home meets, Knights swimmers are expected to check-in starting at 7:15 a.m. Parent volunteers are expected to arrive by 7:00 a.m.

(Volunteers on the set-up, sign-in, and concessions crews will be assigned an earlier arrival time.) Swimmers must check-in at the Knights check-in table where coaches and a parent volunteer will write the swimmer's events on his/her forearm with a Sharpie marker. Parents may "pre-check" the night before or before the meet in TeamUnify, but must re-check at arrival.

Parent volunteers must check-in with the Volunteer Manager/Coordinator to confirm their job assignments. Starting at approximately 7:30 a.m., the coaches will have the swimmers begin warm-ups in the pool.

READY BENCH

Once the meet begins, swimmers will be called by event numbers to the **ready bench area**. There, ready bench volunteers will pass out lane cards to the swimmers and begin staging the swimmers in the correct event, heat, and lane order. It is the parents' responsibility to make sure their swimmer arrives at the ready bench area prior to their event. Arriving late could result in a missed event/scratch!

Event numbers display varies by team/pool, for Knights home meets, the event numbers are displayed near the announcer. The number displayed refers to the event that is being called to the ready bench. For example, if the placard number is 47, all swimmers participating in events through event 47 (e.g. 44, 45, 46, 47) should proceed immediately to the ready bench.

The ready bench can be a very busy and crowded place. Parents of young children may want to walk their kids to the ready bench to make sure they get there on time. However, once there, we ask that you **leave your child in the care of the ready bench volunteers and coaches**. It is the volunteer and coach responsibility to supervise the swimmers and walk them to the starting blocks for their event.

ORDER OF EVENTS

A swim meet consists of 68 events performed in a consistent order. Events are grouped by stroke and are repeated through all age groups, starting with 5-6 Girls and ending with 15-18 Boys. (A 5-6 girl who swims freestyle will swim event 51 throughout the season.)

#	Event Name
1-6	Medley Relay
7-18	Butterfly
19-30	Backstroke
31-38	Individual Medley
39-50	Breaststroke
51-62	Freestyle
62-68	Free Relay

LAST MINUTE EMERGENCIES

ALL SWIMMERS AND PARENT VOLUNTEERS MUST CHECK-IN PRIOR TO THE MEET. IF THERE IS A LAST-MINUTE EMERGENCY OR ILLNESS (FRIDAY NIGHT OR SATURDAY MORNING) AND A SWIMMER OR A VOLUNTEER IS UNABLE TO ATTEND, WE NEED TO KNOW!

PLEASE CONTACT THE PRESIDENT, VICE PRESIDENT OR MEET DIRECTOR BEFORE 7:00AM SATURDAY.

CONTACT INFORMATION IS AVAILABLE ON OUR WEBSITE UNDER: ABOUT US/TEAM CONTACTS



Volunteering

JOB DESCRIPTIONS

A swim meet needs swimmers, but it will not operate without the volunteers supporting it. A typical home meet requires over 80 volunteers to function. Here are the simplified job descriptions:

Swimmer check-in

Checks in swimmers prior to meet and writes events numbers on swimmer's arm.

Set-up/Tear down

At Knights home meets, sets-up tables, tents and snack bar prior to the meet. Tears down Knights equipment following the swim meet.

Sorter (2 Positions)

Responsible for sorting swimmer cards by time for data entry, sorting and updating DQ information at the head table. Commitment includes one half of each swim meet.

Timer

Responsible for keeping time of swimmers. 36-54 timers are needed for each meet (depending on pool size). Must operate a stopwatch and communicate time with time recording timer of assigned lane.

Ready Bench

Responsible for organizing and staging swimmers into position for each race. While this is not a complex role, it is recommended that if you sign up for this role during the season and have not done in the past, that you observe at the Time Trials to get an understanding of what the role entails.

Runner

Responsible for quickly getting swimmers' time cards from swimmers/timers before/after races and running them to the sorter's table. This is an active and fast paced role. While this is not a complex role, it is recommended that if you sign up for this role during the season and have not done in the past, that you observe at the Time Trials to get an understanding of what the role entails.

Spirit Team

Responsible for the promotion of the team and promoting spirit de corps. Oversees the logistics, planning, set-up and execution of:

- Season Kick Off Social
- Time Trials – Welcome to families
- Home Swim Meets – Team Spirit, Heat Winners, Fun Race
- Summer Knights Swim – Assist with the raffle, fundraising, etc
- Champs camp & Sign making
- End of Season Party

Apparel Coordinator

Responsible for the purchase, storage, sales and distribution of team apparel, swimsuits, caps, and specialty items. Purchase includes researching and negotiating apparel and prices, including sponsorship tee-shirts (or other item) for swimmers. Maintains detailed records of sales and stock on hand.

Food Prep and Server

Responsible for either easy food preparation and serving according to orders on demand. Follows basic Servsafe rules to ensure safe handling of foods in prevention of foodborne illnesses.

Grill Master

Responsible for heating up grill and scraping grills clean before use and cleaning grill and grill area after use. Cooks hamburgers, hotdogs and other grilled items on demand; may include toasting buns. Follows basic Servsafe rules to ensure safe handling of foods in prevention of foodborne illnesses.

Camelot Grill Snack Bar Manager (2-3 Positions)

Through a coordinated effort the Snack Bar Managers supervise set-up, and ensures snack bar workers are briefed and know what is expected of them, including safe food handling practices and basic counting/subtraction for sales. Creates menu, purchases, costs out, prices and documents sales, along with opposing team names and the weather for historical sales purposes. Available equipment includes hot water dispensers, crockpots, microwave, propane grill, and sno-cone machine. Profit and loss will need to be added up and documented at end of each swim meet/event. Managers then works with President to figure out what changes need to be made to the menu and purchasing lists before the next meet based on leftover food, not enough food, etc.

Volunteer Coordinator

Responsible overseeing that volunteer needs for the team are met, working with families and if needed assigning jobs. The Volunteer Coordinator also manages attendance/performance at swim meets.

Team Reporter

Receives swimmer statistics on day of meet from team statistician and writes articles for newspaper and team website by 12 pm deadline the following day, according to ISL and Irvine World News writing guidelines.

Statistician

Responsible for managing and maintaining team performance information for swimmers and team meets, home and away, including ISL Championship meet. Prints labels ribbons. Forwards relevant data night of meet to team reporter. Coordinates with dual/tri-meet teams prior to meets. Manages ribbon inventory and orders from ISL as needed for each season. Plans, prepares, and orders end of season swimmer trophies. Oversees team reporting for ISL newspaper submissions, Facebook and team website. Responsible for maintaining team records, posting results on website and presenting coaches with performance data.

Meet Announcer

Announces meet events over the PA System, coordinates with the meet official to keep things running smoothly. Must be easily understood and comfortable with public speaking. Familiarity with the flow of a swim meet is recommended.

ISL / Championship Representative (Board Member)

Attends ISL meetings, can vote if President is not in attendance. Will represent the team at all Championship planning meetings and acts as a liaison to the Knights Board regarding such meetings.

Meet Director & Meet Operations (Board Member)

Coordinates the logistics and head table operations for home meets. Oversees Set-up/Tear Down and provides training to Timers, Runners and Ready Bench volunteers prior to meet start.

Team Registrar (Board Member)

In charge of all aspects of swimmer registration. Keeps track of swimmers and their residency eligibility, per ISL rules.

Treasurer (Board Member)

Develops budget and maintains financial records. Manages Knights finances, including depositing all cash receipts and processing payments for all expenditures. Responsible for all financial reporting with ISL and donors.

Secretary (Board Member)

Records and publishes minutes of the board, generates correspondence and reserves space for meetings and events.

Vice President (Board Member)

Acts for the president in his/her absence. Serves as incoming president, shadowing current President to learn the position or as the outgoing President mentoring a new President.

President (Board Member)

Responsible for the leadership of the North Irvine Knights Swim Team. Conducts board meetings, represents the North Irvine Knights before the Irvine Swim League and other swim teams. Selects and coordinates swim meets with other ISL teams. Recruits and interviews coaching staff. This position has the support of both the ISL and other board members. This is both a rewarding and necessary position and all families are encouraged to rotate through this and all other key positions on the team.

Championship Meet

QUALIFYING FOR CHAMPS

Swimmers from all ISL swim teams who achieve a qualifying time (see below) in any event during one of the five (5) regular season ISL meets are invited to compete in the ISL Championship meet in August. Swimmers who do not achieve a qualifying time may elect to participate as well, though they are limited to a single event and should discuss their decision with the Knights Head Coach prior to signing up, simply to ensure that their participation will result in a positive experience for the swimmer. Participation in the ISL Championship meet is strongly encouraged. This event is a team event and is NOT the work of a few swimmers, but the collective of each and every swimmer that participates. Knights swimmers will also receive a Knights ISL Championship Team swim cap and a Championship bag tag.

PARENT COMMITMENT

At Champs, every ISL team is assigned different volunteer roles. If your child participates in the ISL championship meet, each family will be asked to work one (1) shift at the meet. This role may be directly for the ISL or may be at the team campsite. This commitment is in addition to your seasonal requirement. Details will be made available in mid-July of the season.

Social Events

TEAM PHOTO

Each season, the Knights offers its swimmers the opportunity to have a professional, individual sports photograph taken, in addition to a team photo. Details about Photo Day are available online at <http://www.northirvineknights.com>

TEAM EVENTS

Events that are posted on the team's official Calendar of Events (online at <http://www.northirvineknights.com>) and are team-sponsored events open to all swimmers and their families. Such events might include a parent information night, season kick-off social, the team's annual Summer Knights Swim (fundraiser), bowling or movie night, etc. Parents interested in helping to plan such events are invited to join the Spirit Team by contacting the president.

EXTRA ACTIVITIES

Occasionally, a member of the team or coaching staff may organize an activity to which all Knights families are invited, but which is not considered team-sponsored event. Such activities will not be posted on the team's official calendar of events.

END-OF-SEASON PARTY

Following the end of the season, typically the day after the Championship meet, the Knights throw an End-of-Season Banquet. Participation awards will be given to all swimmers, in addition to a few special awards that will be given out at the discretion of the coaches and the board. **Families that do not fulfill their volunteer commitment during the season will be asked to help at this event.**

FAQs

To help parents and swimmers (especially new families) better understand the ISL swim season, we have compiled some of the most frequently asked questions:

If I live at Portola Springs, Stonegate, Northwood, Racquet Club or any Irvine neighborhood may I register for the North Irvine Knights Swim Team?

Yes! The North Irvine Knights Swim Team is a "City Team". We are not bound by HOA boundaries. Registered swimmers must comply with the Irvine Swim League residency eligibility rules ([ISL RULES](#)).

Where is Knights practice held?

Practice is generally held at the Northwood High School pool, 4515 Portola Pkwy, Irvine, CA 92620. If there are any changes to our practice location, we will post changes on our website home page.

When are daily practice times?

Practices are generally held Monday- Friday. Specific times will be distributed to families after registrations are complete, the times will also be posted on the team calendar.

If there are ever any changes to our practice location or times, we will post changes on our website home page as well as send email communication.

May I change practices sessions?

Generally, changes will not be made. Practices are balanced and based on the age group requirements/abilities. Special cases may be discussed with the Coaching Staff and are determined at their discretion.

How many practices does my swimmer need to attend?

We would like to see our Knights try to attend 60% of practices. Some swim daily, some swim 2-3 times per week and we certainly understand that there are often vacations or other functions during the season affecting a swimmer's availability. There is no minimum.

How many meets does my swimmer need to attend?

In order to remain in good standing and meet ISL Championship eligibility, Knights swimmers are strongly encouraged to participate in the Time Trials meet and participate in 3 regular season meets. Swimmers are also strongly encouraged to participate in the ISL Championship meet at end of season.

How often does my family need to volunteer?

Families need to complete a minimum of 10 volunteer points during the regular season.

What if my kids don't swim well?

While we do not hold evaluations prior to registration, all Knights swimmers must be "water-safe". This is defined as they must be able to cross one length of a 25 yard pool without any assistance.

What is the registration cost to join the North Irvine Knights?

2018 registration is \$275 for the first swimmer, \$225 for each additional family swimmer. The fees for ages 14-18 is \$137.50 per swimmer.

When is the deadline to join the team?

Registration for returning families will open March 19th. Registration for new families will open March 24th. We will continue to accept registration until our team reaches capacity, but no additional registrations can be accepted after 6/30.

In which age group will my child swim?

The age at which your child is on June 1st is the age group with which your child will swim. For example, if your child turns 7 on June 28th, your child will still swim in the 5/6 year old division because s/he was 6 at the June 1st cut-off date.

How long does the season last?

The season lasts 10 weeks and starts in early June and runs through mid-August with the Irvine Swim League Championships (also known as "Champs"). We also have an End Of Season Awards Banquet after Champs. See calendar for specifics. 2018 season begins practice on Monday June 4th.

What if my child does not wear the team swimsuit or cap at the meet?

Our team swimsuits, caps and t-shirts are part of our team uniform. We require all swimmers to wear their uniform to represent the Knights Swim Team. If swimmers are not wearing the uniform, the coaches may not allow the swimmer to participate in a meet.

What if I want additional one-on-one instruction for my swimmer?

Additional swim lessons are not required as part of the Knights Swim Team. If you would like additional instruction; many of the team coaches offer private lessons outside of the swim sessions. Contact the coaches directly for more information.

May I leave my swimmer/siblings at the pool during sessions?

Parents/guardians must accompany children under 14 to and from the pool. Once a swimmer's session has begun, s/he is under care of their coaches. However, parents may not leave their swimmers unattended outside of his/her swim session. Parents may never leave their other children unattended. Coaches must focus on swimmers in the water and are not responsible for children outside of their sessions. This includes children playing in the open lanes.

What are the Irvine Swim League (ISL) Championships?

21 Irvine teams belong to the Irvine Swim League. The Knights, swim against 5 or more other teams during the regular season. At the end of the season all 21 teams participate in the Championships at Woollett Aquatic Center. Teams earn rankings based on points earned for top times in each event.

Is there a "free swim" area?

No, unfortunately the Northwood High pool is managed by the City of Irvine and they do not support lap swimming at this facility.

Where can I learn more about ISL and other member teams?

www.irvineswimleague.org

Where may I find qualifying times for the ISL Championships?

Qualifying times are listed in the back of this Handbook, on the Swimmer Meet Card and on the ISL site here: <http://www.irvineswimleague.org> under "Championships" and "Qualifying Times".

SWIM MEET CHECKLIST

- KNIGHTS SWIM SUIT
- KNIGHTS SWIM CAP
- GOGGLES
- SUNSCREEN
- TOWEL
- KNIGHTS T-SHIRT/SWEATSHIRT
- SWEATPANTS
- SANDALS
- CHAIRS (SEATING IS LIMITED)
- HATS/VISORS
- POP-UP CANOPY/TENT/UMBRELLA
- GAMES OR SMALL TOYS
- WATER OR SNACK (DON'T FORGET THE CAMELOT GRILL IS ALSO A GREAT SOURCE!)
- ISL QUALIFICATION TIME CARD

Qualifying Times for ISL Championship Meet

EVENT	AGE	GENDER	STROKE	TIME
7	5-6	Girls	Butterfly	32.50
8	5-6	Boys	Butterfly	32.50
9	7-8	Girls	Butterfly	23.50
10	7-8	Boys	Butterfly	23.50
11	9-10	Girls	Butterfly	46.50
12	9-10	Boys	Butterfly	46.50
13	11-12	Girls	Butterfly	42.00
14	11-12	Boys	Butterfly	42.00
15	13-14	Girls	Butterfly	37.50
16	13-14	Boys	Butterfly	36.00
17	15-18	Girls	Butterfly	35.50
18	15-18	Boys	Butterfly	32.00
Backstroke				
19	5-6	Girls	Backstroke	33.50
20	5-6	Boys	Backstroke	33.50
21	7-8	Girls	Backstroke	24.50
22	7-8	Boys	Backstroke	24.50
23	9-10	Girls	Backstroke	47.00
24	9-10	Boys	Backstroke	47.00
25	11-12	Girls	Backstroke	43.00
26	11-12	Boys	Backstroke	43.00
27	13-14	Girls	Backstroke	39.00
28	13-14	Boys	Backstroke	39.00
29	15-18	Girls	Backstroke	38.50
30	15-18	Boys	Backstroke	36.00
19	5-6	Girls	Backstroke	33.50
20	5-6	Boys	Backstroke	33.50
Butterfly				
21	7-8	Girls	Butterfly	24.50
22	7-8	Boys	Butterfly	24.50
23	9-10	Girls	Butterfly	47.00
24	9-10	Boys	Butterfly	47.00
25	11-12	Girls	Butterfly	43.00
Indiv Medley				
31	9-10	Girls	Indiv Medley	1:38.00
32	9-10	Boys	Indiv Medley	1:38.00
33	11-12	Girls	Indiv Medley	1:30.00
34	11-12	Boys	Indiv Medley	1:30.00
35	13-14	Girls	Indiv Medley	1:24.00
36	13-14	Boys	Indiv Medley	1:22.00
37	15-18	Girls	Indiv Medley	1:19.00
38	15-18	Boys	Indiv Medley	1:10.00
Breaststroke				
39	5-6	Girls	Breaststroke	35.50
40	5-6	Boys	Breaststroke	35.50
41	7-8	Girls	Breaststroke	26.50
42	7-8	Boys	Breaststroke	26.50
43	9-10	Girls	Breaststroke	50.50
44	9-10	Boys	Breaststroke	50.50
45	11-12	Girls	Breaststroke	45.00

46	11-12	Boys	Breaststroke	45.00
47	13-14	Girls	Breaststroke	42.00
48	13-14	Boys	Breaststroke	42.00
49	15-18	Girls	Breaststroke	40.00
50	15-18	Boys	Breaststroke	37.00
51	5-6	Girls	Freestyle	26.50
52	5-6	Boys	Freestyle	26.50
53	7-8	Girls	Freestyle	19.50
54	7-8	Boys	Freestyle	19.50
55	9-10	Girls	Freestyle	39.00
56	9-10	Boys	Freestyle	39.00
57	11-12	Girls	Freestyle	35.00
58	11-12	Boys	Freestyle	35.00
59	13-14	Girls	Freestyle	32.00
60	13-14	Boys	Freestyle	30.50
61	15-18	Girls	Freestyle	31.00
62	15-18	Boys	Freestyle	28.50

