

**Midwestern Championship Challenge**  
**Hosted by: iNspire Swim Team and Omaha Swim Federation**  
**July 23-25, 2021**

- SANCTION:** Held under the Sanction of USA Swimming and Midwestern Swimming Sanction #MWS21043
- It is understood and agreed that USA Swimming and Midwestern Swimming Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
  - iNspire Swim Team and Omaha Swim Federation have agreed to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Midwestern Swimming, the State of Nebraska, and City of Omaha and Douglas County.
- DISCLAIMER:**
- iNspire Swim Team and Omaha Swim Federation have taken enhanced health and safety measures for all athletes, officials, and family members. Participants must follow all posted instructions while in and around the venue of Hitchcock Park and Pool. 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, people with underlying medical conditions are especially vulnerable. By attending and participating in this activity, participants voluntarily assume all risks related to exposure to COVID-19.
  - To Parents: USA Swimming, Inc., cannot prevent you or your children 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 this 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 THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, AND MIDWESTERN SWIMMING 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:** Hitchcock Pool, 5025 S 45th St, Omaha, NE 68117
- POOL**
- 50 meter pool, eight lanes with starting blocks at deep end.
  - The water depth of the competition pool measured for a distance of 3' 3 1/2" (1.0 meter to 16' 5" (5.0 meters) from the start wall is 8'6" to 16' and the water depth at the end or turn wall when measured for a distance of 3' 3 1/2" to 16' 5" (5.0 meters) is 3'6" to 3'9". (USA-S Rule 202.3.4.D.)
  - Non-turbulent lane dividers for lane ropes. Colorado Timing system will be used.
  - Pool has been certified in accordance with 104.2.2c(4)
- FACILITY:**
- Mask requirements – Masks are optional; there are no local restrictions.
  - Attendees may set up tents in the facility. No special seating required. Security will be available overnight so the tents may stay.
  - Absolutely NO glass containers are allowed within the facility.
  - Disinfecting stations will be available.
  - ISWM, OSF and the Hitchcock Pool staff reserve the right to remove from the premises any individual who might jeopardize safety and facility privileges.
  - Use of audio or visual recording devices, including a cell phone, is not permitted behind the blocks, in changing areas, rest rooms, or locker rooms.
  - 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.
  - Gender neutral bathrooms are available for changing areas only.

# Midwestern Championship Challenge

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### July 23-25, 2021

<b>SCHEDULE:</b>	Friday	Warm-up 4:00 PM	Meet 5:00 PM
	Saturday & Sunday Morning	Warm-up 7:00 AM	Meet 8:15 AM
	Saturday & Sunday Afternoon	Warm-up 12:00 PM	Meet 1:15 PM

Warm-ups will be split. Teams will be notified of warm-up time. See event schedule.

**MEET DIRECTOR:** Thor Larson     [inspireswimteam@gmail.com](mailto:inspireswimteam@gmail.com)     402-317-8720

**OFFICIALS:** Referee: Deb Pearson     [dhjrp@gmail.com](mailto:dhjrp@gmail.com)     Admin Official: Betsy Purcell  
Safety Marshal: Ryan O'Toole

**MEET FORMAT:**

- **All events Timed Finals**
- Standards; .01 less than 2021 MW LC Championship Qualifying times max times; all ages eligible  
**Minimum times for 8 & Under athletes**

**DISABILITY SWIMMERS:** Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the Deck Referee of any disability prior to competition.

**RULES:** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP") and Midwestern Rules will govern this meet.

**CREDENTIALS:**

- Presentation of current coach credentials will be required at coach sign-in. Credentials shall be available at all times. Deck Pass is acceptable as proof of USA Swimming registration.
- In accordance with MWS Policy, only those coaches with current, valid USA Swimming credentials available 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.

**ELIGIBILITY:**

- All swimmers, coaches and clubs must be currently registered with USA Swimming and MW Swimming.
- The age of the swimmer on July 23, 2021 determines the age of the swimmer for the meet.
- **NO on deck registration permitted. NO late entries permitted.**
- Athletes who appear as unregistered on the first pre-meet recon must register with Midwestern immediately. A second pre-meet recon will be run 4 days prior to the start of the meet and any unregistered athlete that appears on that list must register with Midwestern Swimming and will be charged an additional \$30.00 above the current MW registration fee and must provide proof of registration before being allowed to swim in the meet. Meet management must delete unregistered athletes from the meet file prior to meet commencement.
- **Swimmers must not have achieved a time faster than the max LC time as listed on the meet schedule. Minimum times for 8 & Under athletes.**
- **Age Up Exception:** All swimmers who "age up" on or after July 23, 2021 and before July 29, 2021 and who do not have a MW qualifying time in their age group as of July 29, 2021, may enter a particular event in their current age group at the Championship Challenge Meet at a seed time at or faster than their current age group's qualifying standard. All such entries must be entered as **Exhibition** swims. This additional entry option is intended to allow all swimmers an opportunity to qualify for the Championship Meet in their actual Championship age group. Swimmers who enter an event at the Challenge meet under this section are **NOT** eligible for awards at this meet. Please alert the entry chair to all entered "Age-Up" swimmers in your entry email naming swimmer and event. For 10 & Under swimmers aging up to the 11-12 age group who wish to swim an event not offered for 10 & Under, Time Trials will be an option (time permitting).
- **Conversions will be accepted. There will be no attempt made to contact clubs that enter swimmers with converted times that are faster than the maximum qualifying time.**
- Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

# Midwestern Championship Challenge

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### July 23-25, 2021

- ENTRY LIMITS:**
- Swimmers may enter a maximum of 4 **meet** events per day, **8 for the entire meet**. If swimming time trials, maximum events per day may not exceed 6 events per day (max 2 time trials for the meet).
  - The 4-hour rule will be applied. The host will accept no further entries for a session where the 4-hour projected time limit is reached. The Meet Director reserves the right to limit events, heats, teams, and swimmers to conform to the 4-hour time limit. Teams will be notified of any and all adjustments.
- ENTRY FEES:**
- |                    |                     |
|--------------------|---------------------|
| Timed Final events | \$5.25              |
| Facility Charge    | \$10.00 Per Swimmer |
| Midwestern fee     | \$6.50 per swimmer  |
| Time Trial events  | \$10.50             |
- ENTRY PROCEDURE:**
- Entries may be submitted either in electronic format (electronic entry file with hard copy) or via email for unattached athletes.
  - All entry times should be Long Course Meter times. Conversions will be accepted.**
  - Make check payable to iNspire Swim Team. **No Refunds.**
  - Entry fees must be received by the start of the meet on July 23, 2021.**
- ENTRY DEADLINE:**
- Entries open at 8:00am Monday, July 5, 2021 and close at 7:30pm Tuesday, July 13, 2021.**
  - Psych sheet will be emailed to club entry chair within 24 hours of entry deadline.
  - NO late entries.
  - Absolutely NO deck entries.
- ENTRY CHAIR:** Thor Larson      Email: [inspireswimteam@gmail.com](mailto:inspireswimteam@gmail.com)  
319 S 96<sup>th</sup> St, Omaha NE 68114
- TIMERS:**
- Each team may be requested to provide 2 timers per session.
- COACH MEETING:**
- Coach meeting will be held 15 minutes prior to warm-ups for each session.
- CONDUCT OF MEET:**
- Fly-over start procedure may be used at the discretion of the Meet Referee.
  - All events will be swum FASTEST to SLOWEST.
  - 13 & Over events will be seeded together and placed separately – 13-14, 15 & O
  - 12 & Under events will be seeded together and placed separately – 10 & U, 11-12
  - Meet will be pre-seeded with the exception of the 400, 800 and 1500 freestyles and 400 IMs
  - The 400 free will alternate female/male; 800, and 1500 (mixed) may be limited to fastest 16 (11-12)/24 (13-O) swimmers,** positive check-in required. Swimmers not checked in will be removed from the event.
  - There is no penalty for not scratching or not swimming timed finals events. DFS as a courtesy.
  - Like events will be seeded together and placed separately.
  - The official Meet Program will indicate swimmer's heat and lane except for positive check-in events.
  - There will be no exhibition swimming.
  - There will be time trials between sessions and after the afternoon session **as time allows. Cost for Time Trials is \$10.50 (plus the \$16.50 MW/facility fee if not in meet).** The number of swimmer events must not exceed the USA Swimming maximum allowable number of events per day (6) (Rules102.2). Time trial events are limited to USA Swimming recognized age group events – USA Swimming 102.1.2. Maximum two (2) time trials per person for the entire meet.
- WARM-UP PROCEDURE:**
- MWS Safety Guidelines 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, or club for the failure to follow the safety rules.
  - No diving will be allowed during warm-up. Sit and slide pool entry will be used. Teams may organize warm-ups in their assigned lane(s).**
- TEAM SUPERVISION:**
- Deck changes are prohibited.
  - All teams must provide a responsible adult to supervise the swimmers in the team area at all times.
  - Only registered coaches, swimmers, and officials will be allowed on deck.

# Midwestern Championship Challenge

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### July 23-25, 2021

- SCORING:**
- No team score will be kept.
- AWARDS:**
- Individual medals 1st – 8th place
- MEET RESULTS:**
- Meet results will be posted and will be available electronically on the MW website within 48 hours of the meet conclusion– [www.mwswim.org](http://www.mwswim.org).
- PROGRAMS:**
- Programs will be sold.
  - Coaches' packets may be picked up from the meet director.
- CONCESSIONS:**
- Food trucks will be available for concessions.
- PHOTOGRAPHY POLICY:**
- The MWS Photography Policy will be followed (MWS Policies and Procedures 8.5.15). Photographers taking pictures must adhere to MW policies and have advanced, written permission from the Meet Director or the Meet Referee to be on deck.

### Schedule of Events

Maximum times are .01 slower than MW 2021 LC qualifying time for age group.  
See Midwestern Time Standards for MW Cuts.

**Friday , July 23, 2021**

**Warm-up: 4:00 PM**

**Meet Starts: 5:00 PM**

Girls	Maximum	Age	Distance/Stroke	Maximum	Boys
1	6:48.30	11-12	400 Ind Medley**	6:39.40	2
1	6:17.40	13-14	400 Ind Medley**	6:04.70	2
1	6:04.00	15 & O	400 Ind Medley**	5:42.70	2
3	3:09.50	11-12	200 Backstroke	3:06.50	4
3	2:52.10	13-14	200 Backstroke	2:49.40	4
3	2:46.90	15 & O	200 Backstroke	2:36.60	4
5	3:35.70	11-12	200 Breaststroke	3:28.70	6
5	3:18.60	13-14	200 Breaststroke	3:11.60	6
5	3:16.00	15 & O	200 Breaststroke	3:01.00	6
7	3:10.20	11-12	200 Butterfly	3:07.70	8
7	2:59.50	13-14	200 Butterfly	2:49.20	8
7	2:54.80	15 & O	200 Butterfly	2:40.40	8
9	5:48.70	11-12	400 Freestyle*	5:48.70	10
9	5:19.80	13-14	400 Freestyle*	5:14.00	10
9	5:11.50	15 & O	400 Freestyle*	4:54.00	10

Events will be placed 11-12, 13-14, 15 & O.

All events will be swum FASTEST to SLOWEST.

\*\*Events 1-2 POSITIVE CHECK-IN REQUIRED.

\*Events 9-10 will be swum alternating girls and boys; POSITIVE CHECK-IN REQUIRED.

Swimmers in events 9 and 10 will be requested to provide two timers for their own lane.

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**Schedule of Events**

Saturday, July 24, 2021			Warm-up/Split		7:00/7:35 AM		Meet Starts 8:15 AM	
Girls	Maximum	8&U Minimum	Age	Distance	Stroke	Maximum	8&U Minimum	Boys
11	38.50	43.49	10 & U	50	Freestyle	39.50	44.59	12
11	32.90		11 – 12	50	Freestyle	33.50		12
13	1:42.80	1:50.79	10 & U	100	Backstroke	1:43.60	1:51.59	14
13	1:25.80		11 – 12	100	Backstroke	1:29.10		14
15	3:14.40	3:30.30	10 & U	200	Freestyle	3:12.10	3:28.09	16
15	2:43.20		11 – 12	200	Freestyle	2:45.20		16
17	47.20	52.19	10 & U	50	Butterfly	46.00	51.99	18
17	37.60		11 – 12	50	Butterfly	38.70		18
19	1:57.80	2:05.79	10 & U	100	Breaststroke	1:57.70	2:05.69	20
19	1:39.30		11 – 12	100	Breaststroke	1:38.50		20
21	12:00.90		11 - 12	800	Freestyle***	11:50.00		21

**Events will be placed 10 & U, 11-12**

**All Events will be swum FASTEST to SLOWEST.**

**Event 21 may be limited to the fastest 16 swimmers, swimming the event mixed. If timeline allows, heats may be added.**

**\*\*\*POSITIVE CHECK-IN REQUIRED.**

**Swimmers in event 21 will be requested to provide two timers & one counter for their own lane.**

Saturday, July 24, 2021			Warm-up Split 12:00/12:35 PM		Meet Starts 1:15 PM	
Girls	Maximum	Age	Distance	Stroke	Maximum	Boys
23	30.70	13 – 14	50	Freestyle	29.50	24
23	29.80	15 & O	50	Freestyle	27.00	24
25	1:19.20	13 – 14	100	Backstroke	1:17.80	26
25	1:16.10	15 & O	100	Backstroke	1:10.10	26
27	2:28.30	13 – 14	200	Freestyle	2:25.80	28
27	2:23.00	15 & O	200	Freestyle	2:13.10	28
29	1:18.40	13 – 14	100	Butterfly	1:15.50	30
29	1:14.10	15 & O	100	Butterfly	1:07.30	30
31	11:01.50	13 – 14	800	Freestyle***	10:38.50	31
31	10:49.90	15 & O	800	Freestyle***	10:13.10	31

**Events will be placed 13-14, 15 & O**

**All Events will be swum FASTEST to SLOWEST.**

**Event 31 may be limited to the fastest 24 swimmers, swimming the event mixed. If timeline allows, heats may be added. \*\*\*POSITIVE CHECK-IN REQUIRED.**

**Swimmers in event 31 will be requested to provide two timers & one counter for their own lane.**

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**Schedule of Events**

Sunday, July 25, 2021			Warm-ups/Split		7:00/7:35 AM	Meet Starts 8:15 AM		
Girls	Maximum	8&U Minimum	Age	Distance	Stroke	Maximum	8&U Minimum	Boys
33	53.30	58.29	10 & U	50	Breaststroke	53.30	58.29	34
33	45.30		11 – 12	50	Breaststroke	45.40		34
35	1:27.60	1:35.59	10 & U	100	Freestyle	1:30.30	1:38.29	36
35	1:12.90		11 – 12	100	Freestyle	1:15.30		36
37	47.40	52.39	10 & U	50	Backstroke	49.20	54.19	38
37	39.70		11 – 12	50	Backstroke	40.90		38
39	1:53.00	2:02.99	10 & U	100	Butterfly	1:51.50	1:59.39	40
39	1:28.40		11 - 12	100	Butterfly	1:26.30		40
41	3:41.70	4:01.69	10 & U	200	Ind Medley	3:40.80	4:00.79	42
41	3:04.00		11 – 12	200	Ind Medley	3:09.30		42
43	23:00.20		11 – 12	1500	Freestyle***	22:36.40		43

**Events will be placed 10 & U, 11-12**

**All Events will be swum FASTEST to SLOWEST.**

**Event 43 may be limited to the fastest 16 swimmers, swimming the event mixed. If timeline allows, heats may be added.**

**\*\*\*POSITIVE CHECK-IN REQUIRED.**

**Swimmers in event 43 will be requested to provide two timers & one counter for their own lane**

Sunday, July 25, 2021			Warm-up/Split		12:00/12:35 PM	Meet Starts 1:15 PM	
Girls	Maximum		Age	Distance	Stroke	Maximum	Boys
45	2:49.10		13 – 14	200	Ind Medley	2:45.30	46
45	2:43.10		15 & O	200	Ind Medley	2:30.80	46
47	1:31.60		13 – 14	100	Breaststroke	1:28.10	48
47	1:29.00		15 & O	100	Breaststroke	1:19.90	48
49	1:07.60		13 – 14	100	Freestyle	1:05.40	50
49	1:04.80		15 & O	100	Freestyle	59.10	50
51	21:05.70		13 – 14	1500	Freestyle***	20:16.60	51
51	20:51.00		15 & O	1500	Freestyle***	19:26.80	51

**Events will be placed 13-14, 15 & O**

**ALL Events will be swum FASTEST to SLOWEST.**

**Event 51 may be limited to the fastest 24 swimmers, swimming the event mixed. If timeline allows, heats may be added. \*\*\*POSITIVE CHECK-IN REQUIRED.**

**Swimmers in event 51 will be requested to provide two timers & one counter for their own lane.**

**Time Trials:** There may be time trials between sessions and after the afternoon session as time allows. Cost for Time Trials is \$10.50 (plus the \$16.50 MW/facility if swimmer is not already in the meet). The number of swimmer events must not exceed the USA Swimming maximum allowable number of events per day (6) (USA Swimming Rules 102.2). Time trial events are limited to USA Swimming recognized age group events - USA Swimming 102.1.2. Maximum two (2) time trials per person for the entire meet.

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**USA Swimming and Midwestern Swimming**  
**Supplement Document for Sanction**

The following information must be provided for sanction.

- a) A statement of the local protocols and requirements:  
At this time there are no local protocols or requirements. Masks are optional.
- b) The plan for spectator ingress and egress:  
All participants and spectators will enter the facility through open gate.
- c) The planned number of individuals gathering in the spaces: pool, deck, spectator seating, etc  
At any given time, there will be between 200-300 swimmers, coaches, officials and spectators in the venue. The plan for spectator seating will be at this time spread out throughout the large pool deck area. If needed, additional space can be utilized outside of the pool deck area. Tents inside the pool deck may be left as security will be on duty overnight.
- d) Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child  
Parents may observe the competition throughout the venue.
- e) An attestation statement in which the meet hosts attest that the conduct of the meet will adhere to local jurisdictional guidelines.

In applying for this sanction the Host, iNspire Swim Team and Omaha Swim Federation, agree to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Midwestern Swimming, Inc, the State of Nebraska, and the City of Omaha and Douglas County.

2021 Midwestern Championship Qualifying Times  
Compiled by Jimmy Parmenter 4/9/21 – Minimal Updates 05/19/21

GIRLS

10 & Un

BOYS

B-Cut SCY	A-Cut SCY	B-Cut SCM	A-Cut SCM	B-Cut LCM	A-Cut LCM	EVENTS	A-Cut LCM	B-Cut LCM	A-Cut LCM	B-Cut SCM	A-Cut SCM	B-Cut SCM	A-Cut SCY	B-Cut SCY
34.97	32.99	38.82	36.99	39.62	38.49	50 Freestyle	39.49	40.49	37.40	39.66	37.40	39.66	33.69	35.73
1:17.32	1:13.99	1:25.83	1:22.13	1:28.59	1:27.59	100 Freestyle	1:30.29	1:31.75	1:24.13	1:30.15	1:24.13	1:30.15	1:15.79	1:21.22
2:59.39	2:45.39	3:19.12	3:03.58	3:22.32	3:14.39	200 Freestyle	3:12.09	3:21.32	3:05.91	3:18.12	3:05.91	3:18.12	2:47.49	2:58.49
40.85	39.19	45.34	43.50	48.39	47.39	50 Backstroke	49.19	50.19	44.83	48.26	44.83	48.26	40.39	43.48
1:36.14	1:25.69	1:46.72	1:35.12	1:47.92	1:42.79	100 Backstroke	1:43.59	1:50.92	1:38.33	1:49.32	1:38.33	1:49.32	1:28.59	1:38.49
48.06	44.99	53.35	49.94	54.35	53.29	50 Breaststroke	53.29	56.16	51.71	55.16	51.71	55.16	46.59	49.69
1:46.52	1:39.29	1:58.24	1:50.21	2:00.24	1:57.79	100 Breaststroke	1:57.69	2:00.73	1:53.10	1:59.13	1:53.10	1:59.13	1:41.89	1:47.32
40.84	38.69	45.33	42.95	48.19	47.19	50 Butterfly	45.99	52.61	45.42	51.91	45.42	51.91	40.29	46.77
1:47.29	1:35.69	1:59.09	1:46.22	2:00.49	1:52.99	100 Butterfly	1:51.39	1:57.55	1:50.37	1:55.95	1:50.37	1:55.95	1:37.99	1:44.46
1:30.50	1:25.19	1:40.46	1:34.56			100 IM			1:37.89	1:45.62	1:37.89	1:45.62	1:28.19	1:35.15
3:14.78	3:07.49	3:36.21	3:28.11	3:42.69	3:41.69	200 IM	3:40.79	3:52.07	3:34.22	3:48.87	3:34.22	3:48.87	3:12.99	3:26.19

GIRLS

11-12

BOYS

B-Cut SCY	A-Cut SCY	B-Cut SCM	A-Cut SCM	B-Cut LCM	A-Cut LCM	EVENTS	A-Cut LCM	B-Cut LCM	A-Cut SCM	B-Cut SCM	A-Cut SCY	B-Cut SCY
29.63	28.69	32.89	31.85	33.69	32.89	50 Freestyle	33.49	34.49	32.87	33.82	28.89	29.57
1:06.31	1:02.79	1:13.60	1:09.70	1:15.20	1:12.89	100 Freestyle	1:15.29	1:16.29	1:11.14	1:13.83	1:04.09	1:06.51
2:23.17	2:18.89	2:38.92	2:34.17	2:44.19	2:43.19	200 Freestyle	2:45.19	2:48.56	2:37.16	2:45.36	2:21.59	2:28.97
No B	6:21.09	No B	5:33.72	No B	5:48.69	500 Freestyle	5:48.69	No B	5:37.92	No B	6:25.79	No B
No B	13:17.99	No B	11:39.41	No B	12:09.89	1000 Freestyle	11:49.99	No B	10:20.87	No B	13:11.59	No B
No B	22:27.09	No B	22:30.03	No B	23:00.19	1650 Freestyle	22:36.39	No B	22:39.52	No B	21:55.09	No B
36.22	33.59	40.20	37.28	40.80	39.69	50 Backstroke	40.89	41.89	38.39	39.65	34.59	35.72
1:17.27	1:12.39	1:25.77	1:20.35	1:26.97	1:25.79	100 Backstroke	1:29.09	1:30.09	1:22.68	1:25.97	1:14.49	1:17.45
2:42.10	2:38.79	2:59.93	2:56.26	3:10.49	3:09.49	200 Backstroke	3:06.49	3:07.49	2:57.92	3:02.21	2:40.29	2:44.15
41.01	38.19	45.52	42.39	46.52	45.29	50 Breaststroke	45.39	47.58	43.72	46.58	39.39	41.96
1:29.73	1:23.59	1:39.60	1:32.78	1:41.60	1:39.29	100 Breaststroke	1:38.49	1:47.89	1:34.89	1:45.89	1:25.49	1:35.40
3:10.61	3:03.29	3:31.58	3:23.45	3:36.69	3:35.69	200 Breaststroke	3:28.69	3:37.53	3:24.90	3:33.53	3:00.99	3:12.37
34.11	31.69	37.86	35.18	38.56	37.59	50 Butterfly	38.69	39.69	36.73	37.76	33.09	34.02
1:18.07	1:14.39	1:26.66	1:22.57	1:29.39	1:28.39	100 Butterfly	1:26.29	1:34.97	1:24.90	1:33.57	1:16.49	1:24.30
2:51.89	2:47.89	3:10.80	3:06.36	3:14.00	3:10.19	200 Butterfly	3:07.69	3:09.27	3:02.03	3:06.47	2:43.99	2:47.99
1:15.30	1:12.39	1:23.58	1:20.35			100 IM			1:22.91	1:26.27	1:14.69	1:17.72
2:44.97	2:37.89	3:03.12	2:55.26	3:04.99	3:03.99	200 IM	3:09.29	3:10.24	2:59.92	3:07.04	2:42.09	2:48.50
No B	5:52.19	No B	6:30.93	No B	6:48.29	400 IM	6:39.39	No B	6:24.49	No B	5:46.39	No B

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## GIRLS

## 13-14

## BOYS

B-Cut SCY	A-Cut SCY	B-Cut SCM	A-Cut SCM	B-Cut LCM	A-Cut LCM	EVENTS	A-Cut LCM	B-Cut LCM	A-Cut LCM	EVENTS	A-Cut LCM	B-Cut LCM	A-Cut SCM	B-Cut SCM	A-Cut SCM	B-Cut SCM	A-Cut SCY	B-Cut SCY
28.39	26.89	31.51	29.85	32.31	30.69	50 Freestyle	29.49	32.31	30.69	50 Freestyle	29.49	32.31	29.85	30.69	29.20	30.20	25.59	26.09
1:00.59	58.59	1:07.25	1:05.03	1:08.85	1:07.59	100 Freestyle	1:05.39	1:08.85	1:07.59	100 Freestyle	1:05.39	1:08.85	1:05.03	1:07.59	1:02.04	1:03.15	55.89	56.89
2:11.69	2:08.69	2:26.18	2:22.85	2:29.38	2:28.39	200 Freestyle	2:25.79	2:29.38	2:28.39	200 Freestyle	2:25.79	2:29.38	2:22.85	2:28.39	2:17.41	2:19.07	2:03.79	2:05.29
No B	5:52.09	No B	5:07.84	No B	5:19.79	500 Freestyle	5:13.99	No B	5:19.79	500 Freestyle	5:13.99	No B	5:07.84	No B	4:58.92	No B	5:42.09	No B
No B	12:19.39	No B	10:47.11	No B	11:01.49	1000 Freestyle	10:38.49	No B	11:01.49	1000 Freestyle	10:38.49	No B	10:47.11	No B	10:14.35	No B	11:42.69	No B
No B	20:37.49	No B	18:11.66	No B	21:05.69	1650 Freestyle	20:16.59	No B	21:05.69	1650 Freestyle	20:16.59	No B	18:11.66	No B	17:16.68	No B	19:35.89	No B
1:09.29	1:07.29	1:16.91	1:14.69	1:20.19	1:19.19	100 Backstroke	1:17.79	1:20.19	1:19.19	100 Backstroke	1:17.79	1:20.19	1:14.69	1:19.19	1:12.47	1:13.58	1:05.29	1:06.29
2:28.69	2:25.69	2:45.05	2:41.72	2:53.09	2:52.09	200 Backstroke	2:49.39	2:53.09	2:52.09	200 Backstroke	2:49.39	2:53.09	2:41.72	2:52.09	2:38.94	2:40.61	2:23.19	2:24.69
1:19.39	1:17.39	1:28.12	1:25.90	1:32.59	1:31.59	100 Breaststroke	1:28.09	1:32.59	1:31.59	100 Breaststroke	1:28.09	1:32.59	1:25.90	1:31.59	1:22.79	1:23.90	1:14.59	1:15.59
2:52.79	2:49.79	3:11.80	3:08.47	3:19.59	3:18.59	200 Breaststroke	3:11.59	3:19.59	3:18.59	200 Breaststroke	3:11.59	3:19.59	3:08.47	3:18.59	3:02.14	3:03.80	2:44.09	2:45.59
1:08.79	1:06.79	1:16.36	1:14.14	1:19.39	1:18.39	100 Butterfly	1:15.49	1:19.39	1:18.39	100 Butterfly	1:15.49	1:19.39	1:14.14	1:18.39	1:12.03	1:13.14	1:04.89	1:05.89
2:40.29	2:37.29	2:57.92	2:54.59	3:00.72	2:59.49	200 Butterfly	2:49.19	3:00.72	2:59.49	200 Butterfly	2:49.19	3:00.72	2:54.59	2:59.49	2:43.16	2:44.82	2:26.99	2:28.49
2:29.19	2:26.19	2:45.60	2:42.27	2:50.09	2:49.09	200 IM	2:45.29	2:50.09	2:49.09	200 IM	2:45.29	2:50.09	2:42.27	2:49.09	2:36.05	2:37.72	2:20.59	2:22.09
No B	5:20.79	No B	5:56.08	No B	6:17.39	400 IM	6:04.69	No B	6:17.39	400 IM	6:04.69	No B	5:56.08	No B	5:49.97	No B	5:15.29	No B

## 15 and Over

B-Cut SCY	A-Cut SCY	B-Cut SCM	A-Cut SCM	B-Cut LCM	A-Cut LCM	EVENTS	A-Cut LCM	B-Cut LCM	A-Cut LCM	EVENTS	A-Cut LCM	B-Cut LCM	A-Cut SCM	B-Cut SCM	A-Cut SCM	B-Cut SCM	A-Cut SCY	B-Cut SCY
26.59	25.99	30.51	29.65	30.31	29.79	50 Freestyle	26.99	30.31	29.79	50 Freestyle	26.99	30.31	29.65	29.79	25.85	27.08	23.29	24.40
57.96	56.19	1:04.34	1:03.97	1:05.94	1:04.79	100 Freestyle	59.09	1:05.94	1:04.79	100 Freestyle	59.09	1:05.94	1:03.97	1:04.79	56.38	59.47	50.79	53.58
2:07.76	2:03.09	2:21.81	2:16.63	2:25.01	2:22.99	200 Freestyle	2:13.09	2:25.01	2:22.99	200 Freestyle	2:13.09	2:25.01	2:16.63	2:22.99	2:08.73	2:12.90	1:53.09	1:59.73
5:46.15	5:37.79	5:02.54	4:55.08	5:12.49	5:11.49	500 Freestyle	4:53.99	5:12.49	5:11.49	500 Freestyle	4:53.99	5:12.49	4:55.08	5:11.49	4:34.01	4:43.16	5:14.19	5:24.44
No B	12:06.09	No B	10:35.24	No B	10:49.89	1000 Freestyle	10:13.09	No B	10:49.89	1000 Freestyle	10:13.09	No B	10:35.24	No B	9:52.22	No B	11:17.89	No B
No B	20:11.49	No B	20:11.72	No B	20:50.99	1650 Freestyle	19:26.79	No B	20:50.99	1650 Freestyle	19:26.79	No B	20:11.49	No B	18:59.20	No B	19:00.39	No B
1:06.09	1:04.09	1:13.36	1:12.34	1:17.09	1:16.09	100 Backstroke	1:10.09	1:17.09	1:16.09	100 Backstroke	1:10.09	1:17.09	1:12.34	1:16.09	1:05.37	1:10.09	58.89	1:03.14
2:30.14	2:23.19	2:46.66	2:38.94	2:49.06	2:46.89	200 Backstroke	2:36.59	2:49.06	2:46.89	200 Backstroke	2:36.59	2:49.06	2:38.94	2:46.89	2:27.62	2:33.24	2:12.99	2:18.05
1:16.65	1:14.29	1:25.08	1:24.46	1:29.99	1:28.99	100 Breaststroke	1:19.89	1:29.99	1:28.99	100 Breaststroke	1:19.89	1:29.99	1:24.46	1:28.99	1:14.25	1:18.09	1:06.89	1:10.35
2:51.56	2:48.59	3:10.43	3:07.13	3:16.99	3:15.99	200 Breaststroke	3:00.99	3:16.99	3:15.99	200 Breaststroke	3:00.99	3:16.99	3:07.13	3:15.99	2:51.48	3:00.55	2:34.49	2:42.66
1:07.13	1:03.49	1:14.51	1:10.47	1:15.91	1:14.09	100 Butterfly	1:07.29	1:15.91	1:14.09	100 Butterfly	1:07.29	1:15.91	1:10.47	1:14.09	1:04.77	1:10.47	57.09	1:01.83
2:56.37	2:34.89	3:15.77	2:51.93	3:18.57	2:54.79	200 Butterfly	2:40.39	3:18.57	2:54.79	200 Butterfly	2:40.39	3:18.57	2:51.93	2:54.79	2:35.94	2:50.35	2:20.49	2:33.47
2:24.32	2:20.49	2:40.20	2:35.94	2:44.09	2:43.09	200 IM	2:30.79	2:44.09	2:43.09	200 IM	2:30.79	2:44.09	2:35.94	2:43.09	2:21.18	2:25.05	2:07.19	2:10.68
5:24.17	5:19.59	5:59.83	5:54.74	6:06.23	6:03.99	400 IM	5:42.69	6:06.23	6:03.99	400 IM	5:42.69	6:06.23	5:54.74	6:03.99	5:31.21	5:46.75	4:58.39	5:12.39