

**Hydro-Sonic
Tiburones**

PARENT HANDBOOK

2010-2011

**HYDRO-SONIC TIBURONES
PARENT HANDBOOK 2010-11**

THE TIBU MISSION

**TO DEVELOP SELF-ESTEEM AND REALIZE POTENTIAL IN EACH SWIMMER
THROUGH DISCIPLINE, EFFORT, AND PASSION,
UNDER THE GUIDANCE OF CARING, EDUCATED COACHES.**

TABLE OF CONTENTS

Section 1: Who Are We?

Section 2: General Information

Section 3: TIBU Policies

Section 4: Club History

Section 5: Coaches' Biographies

Section 6: Program Descriptions

Section 7: Meet Procedures

Section 8: Safety Plan

Section 9: Glossary of Terms

SECTION 1: WHO ARE WE?

The Hydro-Sonic Tiburones Swim Club is a small, strong, year-round, competitive swim team in the Gaithersburg, Germantown and Rockville area. We offer a variety of levels of swimming, from stroke clinic to senior competition training. Our coaches bring education, experience and integrity to their work with young people. At Hydro-Sonic, we focus on developing strong stroke technique and confident, capable swimmers.

PRACTICE LOCATIONS

Quince Orchard (*aka: The Bubble*): 16601 Roundabout Drive • Gaithersburg MD 20878 • (301) 948-3116

Montgomery College, Rockville: 1172 North Campus Drive • Rockville, MD 20850 • (240) 567-7572

Montgomery College, Germantown: 20200 Observation Drive • Germantown, MD 20876 • (240) 567-7892

North Creek: 20215 Arrowhead Road • Montgomery Village MD 20886 • (301) 926-9858

SECTION 2: GENERAL INFORMATION

ESSENTIALS

Team website: www.swimtibu.com

Office phone: 240-683-TIBU (8428)

Office fax: 240-683-8429

Mailing address: PO Box 2155 • Montgomery Village, MD 20886

CONTACTS

Jorge Silva — Club Owner & Head Coach:
jds@swimtibu.com

Nathan Meadows — Head Age Group Coach:
nathan@swimtibu.com

Brooke Hoffman — Clinic Director:
brooke@swimtibu.com

Beth Silva — Program Director:
ejs@swimtibu.com

Scott Bogren — Website Director:
scottbogren@gmail.com

SECTION 3: TIBU POLICIES

BEHAVIOR POLICY

Swimmers are expected to behave respectfully toward coaches, peers, parents, officials, and facilities. The safety of our athletes is our first concern, which means that coaches must maintain discipline in a structured environment. Furthermore, swimmers learn and are best able to enjoy their experience in a controlled setting. It is not fair for one swimmer's misbehavior to interfere with the progress of the rest of the group. Therefore, the Tiburones Club has adopted the following policy regarding misbehavior:

- 1st offense: Coach speaks to swimmer and explains expectations and infraction.
- 2nd offense: Coach sits swimmer out for a period of the practice.
- 3rd offense: Coach removes swimmer from practice and calls parents.
- 4th offense: TIBU administration may remove swimmer from the program. In this instance, no refund will be granted.

PROGRAM CHANGE/ WITHDRAWAL POLICY

Regular Programs — If a swimmer wishes to WITHDRAW from a program, parents need to contact the office. If the withdrawal request is made within two weeks of the start date of the program, TIBU will refund a pro-rated amount of the program cost, less registration/office costs, to the family. If a swimmer withdraws after the two-week deadline, TIBU will not issue a refund, and the family is responsible for any outstanding costs.

If a swimmer wishes to CHANGE programs, parents need to contact the office. If space is available, the office administrator will move the swimmer to the desired program for the remainder of the session. If the new program is more expensive than the initial program, TIBU will bill the family for the difference. If the new program is less expensive than the initial program, and the request for change is made within the first two weeks of the session, the family is responsible for the costs of the less expensive program. If a swimmer moves to a less expensive program after the two-week deadline, the family is responsible for paying all costs associated with the initial program.

Swim Lessons — If a swimmer wishes to WITHDRAW from a program, parents need to contact the office. If the withdrawal request is made before the third lesson, TIBU will refund a pro-rated amount of the program cost, less registration/office costs, to the family. If a swimmer withdraws after the third day, TIBU will not issue a refund, and the family is responsible for any outstanding costs.

MAKE-UP POLICY

If you would like your child to make up a missed practice, please choose from the approved practices listed for your child's program group. For example, a swimmer in the Junior Developmental program at MC-Rockville can come to any of the Junior Developmental workouts listed under the MC-Rockville Program. If it is not possible for you to make up the missed practice within your program, please contact the office to make a special request. When possible, the office administration will make arrangements to accommodate swimmers at other practices. However, this is not always possible due to

our maximum attendance guidelines.

A special note for stroke clinic participants: In the event that your swimmer misses a stroke clinic practice, please request a specific make-up date with the office. We will make an effort to accommodate all families for one missed stroke clinic practice; however, we cannot guarantee availability. Make-ups, when possible, may only be done within the session in which the child is enrolled.

INCLEMENT WEATHER POLICY

In the event of inclement weather, it is sometimes necessary to cancel practice. We do NOT always follow MCPS cancellations. In the event of a weather-related closing (as long as we have electricity!), we will list the closing on the website, send out emails to all participants, and update the message on the office answering machine.

A special note for Quince Orchard families: As the bubble is a non-permanent structure, safety guidelines require that the bubble close for thunder and for high winds. The guidelines for thunder closures are the same as those for your summer pool: the pool remains closed for 30 minutes following the last audible thunderclap. If this should happen during a practice, coaches will supervise the children in evacuating the bubble and waiting out the closure in an indoor room. If the weather forecast calls for high winds, Quince Orchard is likely to close as a precautionary measure.

HEALTH POLICY

If your child is ill, please keep him/her home. As swimmers are in very close contact during practice, we ask that your child be fever-free for 24 hours before returning after an illness. Children with influenza, strep throat (prior to 48 hours of antibiotic treatment), and illnesses of the digestive system must stay home. Children with hair lice are required to stay away from the pool until they have been treated with lice-removal shampoo, checked, and found to be free of lice and nits. Finally, county health policy dictates that children with open sores be kept out of the pool.

If your child has a chronic health issue (such as diabetes or hearing loss) or a learning disability (such

as ADD), please notify Beth or Jorge in the office. It is imperative that we have this information so that we can safely and knowledgeably teach your child. We will maintain confidentiality while making sure that our coaching staff is educated and informed in order to best help your child.

HEALTH PROBLEMS/INJURIES AT PRACTICE

If your child becomes ill or is injured in practice to the extent where First Aid must be administered, we promise to contact you that day to make you aware of the problem.

SECTION 4: CLUB HISTORY

Hydro-Sonic Tiburones is a small, strong, year-round, competitive swim team in the Gaithersburg, Germantown and Rockville area. We offer a variety of levels of swimming, from stroke clinic to senior competition training. Our coaches bring education, experience and integrity to their work with young people. At Hydro-Sonic, we focus on developing strong stroke technique and confident, capable swimmers. Come visit us and learn to Swim with the Sharks.

The Hydro-Sonic Tiburones Swim Team was established in January, 2002, by Jorge and Beth Silva. Having coached extensively in the Potomac Valley Swim League, Montgomery County Swim League (summer) and Montgomery County Public Schools (High School), the Silvas felt that there was a need for a small but passionate team in the Upper Montgomery County area. Our coaches' education and background both in swimming and in coaching make us uniquely able to attend to swimmers' stroke technique.

Since its inception, our team has more than quadrupled in size. We have added a variety of training groups so that we can now provide opportunities for those who swim on a casual basis as well as for those who pursue swimming as their number one extracurricular priority. We are proud of the highly qualified coaches on our staff, including

Nathan Meadows, Allie McDougall, Kevin Callanan, Scott Collins, Brooke Hoffman, and Paul Wolf.

SECTION 4: COACHES' BIOGRAPHIES

Jorge D. Silva



Head coach Jorge D. Silva opened up the Hydro-Sonic Tiburones Swim Club in January 2002 after many years of coaching and swimming in Montgomery County. Jorge has served as a head coach in many area leagues, including MCSL, MCPS (high school), and Potomac

Valley Swimming, where he got his start at the Ward's Wolverine Swim Club. After seven summers of coaching the Waters Landing Thunder team in Germantown, Jorge moved in 2008 to the Cloppers Mill Marlins team, where he continues to serve as the summer league head coach.

With the help of an excellent coaching and office staff, Jorge has grown and improved his club literally every year. He has trained MCPS County champions, Metros' finalists, PVS Sr. Champs champions, and Junior Nationals qualifiers. In addition to coaching this top tier of the program, Jorge continues to work regularly with all of his practice groups; he especially loves to coach the little guys in the developmental and clinic programs!

When it comes to swimming, Jorge "knows his stuff," and he really cares about the young people he coaches. In order to keep up with the latest developments in the world of swimming, Jorge researches extensively and attends the annual convention of the American Swim Coaches

Association. Jorge is a perfectionist when it comes to correcting stroke mechanics; he believes that developing proper stroke technique can prevent many common swimming injuries. Having watched many talented young swimmers suffer from “burn-out” before high school, Jorge believes strongly in a gradual development of time in the water and yardage in practice. He wants his kids to like swimming and to want to continue swimming through high school and college; therefore, he deliberately places the emphasis on quality over quantity when training his younger athletes. Finally, what makes swimming with Jorge fun is his wacky sense of humor. Come watch a workout or two, and you’ll see Jorge joking with the kids and creating laughter all around.

When not coaching, Jorge loves to read, watch silly movies, cook, collect shark memorabilia, draw, and scuba dive. He spends much of his time taking care of his two young daughters and is thrilled that the older one is now an official Tiburon.

Nathan Meadows



After graduating from Gaithersburg High School in 1992, Nathan attended Towson State University, graduating in 1997 with a degree in English. While swimming for TSU, he earned a varsity letter all four years, primarily as a distance swimmer but also

as an all-around filler (meaning he swam whatever his coach asked him to). In his third year, he finished 15th at the Southern States Conference Champs in the 1000 free; by the end of his senior year, he had recorded the 12th fastest 1000 in TSU history.

Nathan has been a full-time coach for 8 years and a summer league coach for 12 years. As a professional coach, he worked as the senior team coach of JFD

for 5 years and played a large role in developing the JFD program over a 7 year period. At JFD, Nathan coached one Sectionals qualifier and seven LC Zone qualifiers. Nathan will be the head coach of the Potomac Glen Gators for the 6th time this summer; under his guidance, the team has grown from 50 to 120 swimmers. Finally, Nathan has served as the P.E. teacher at the Seneca Academy in Darnestown for 4 years. Nathan joined the Hydro-Sonic Tiburones in June 2004 as our Head Age Group Coach, where he has had tremendous success with his swimmers, having several swimmers finish in the top ten at all PVS Championship meets.

When not coaching swimming, Nathan enjoys.... In the fall of 2010, Nathan will mark a major life milestone: getting married to the beautiful Claire Cole.

Beth Silva



Beth Kremer Silva joins her husband as program director and office manager for the Hydro-Sonic Tiburones. Beth has a Masters in Education and has taught in the Barnesville School, in the Montgomery County Public School system,

and at Montgomery College. Like Jorge, Beth has extensive experience coaching and swimming in MCSL, MCPS, and PVS. She has 17 years of MCSL coaching experience, including tenure at Lakelands, Waters Landing, and Westleigh. In her swimming days, Beth was an NCAA Academic All-American at Kenyon College, and a Metros finalist and Junior National Qualifier in high school.

Beth is passionate about the Hydro-Sonic Tiburones because she believes that competitive swimming can be an incredible experience for children and teenagers. Not only does it instill a lifelong habit of exercise and athleticism, it teaches discipline and

dedication. A good swim coach provides a child an opportunity to develop skill and confidence, to pursue individual goals, and to learn the value of teamwork. Like Jorge, Beth believes that a swimmer is more than just an athlete in the water: each child is an individual. At Hydro-Sonic, coaches train swimmers with an eye on the development of the swimmer over the long haul—both as an athlete and as a young adult.

When not working with the swim club, Beth enjoys baking, reading, doing yoga and Jazzercise, and spending time with her two energetic daughters.

Allie McDougall



Allie grew up in the area and spent her childhood swimming on local swim teams including North Creek, UMCY, Ward's Wolverines and Watkins Mill High School. She began coaching MCSL teams in high school and continued through college. She graduated

from Virginia Tech in 2005 with a degree in Communications. After college she returned to the area, began coaching the Tiburones and working at the American College of Cardiology.

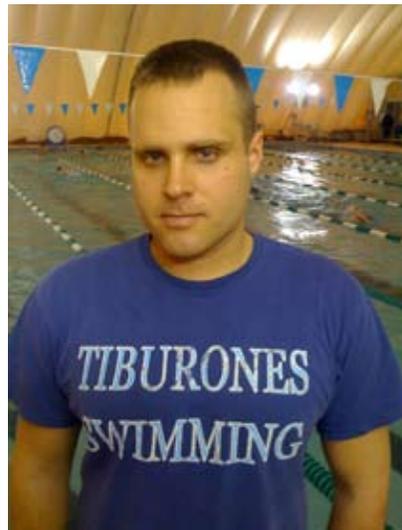
Brooke Hoffman



Brooke swam for 12 years for the Upper Main Line YMCA in Berwyn, Pennsylvania. She went to Gettysburg College and received a bachelor's degree in sociology and

education. Brooke is currently a third grade teacher at Cloppers Mill Elementary School. She also coaches the Lakelands Lionfish during the summers.

Scott Collins



Scott Collins was a competitive swimmer for 14 years. In 1999, he graduated from Wootton High School, where he was captain of the swim team. He then attended High Point University, where he graduated in 2003 with a degree in recreation management and athletic coaching. He

has been an MCSL head coach for over 8 years and worked as an age-group coach for RMSC for 3 years.

Kevin Callanan



Kevin swam competitively for 13 years as a member of the Waters Landing Thunder and Lakelands Lionfish. In 2008, he graduated from Good Counsel High School, where he was captain of the men's swim team. During his time on the Good Counsel Swim Team, he was part of several record setting men's relays.

Kevin also swam competitively for the Hydro-Sonic Tiburones for six years and still holds the men's 100m & 200m backstroke records. He has coached at the Lakelands for three summers and at TIBU for four. Kevin is currently attending Montgomery College and looking to transfer to a four year school within the next year.

Paul Wolf



Paul started swimming when he was five and joined his first swim team, the Watkins Mill Marlins of the MCSL, when he was seven. While growing up in the Gaithersburg area, Paul swam for 13 seasons in MCSL and also swam year round for 12 seasons for a variety of programs (Solitar, Curl, UMCY). During this time, he enjoyed quite a few successes and learned to love the sport of swimming. He swam for two years while in the U.S. Air Force before taking leave from organized swimming. He always kept his love of the water though. His daughter Erika started swimming three years ago, causing Paul to rejoin the swimming world. Currently, Paul swims with the Germantown Masters team and has placed in the top 10 in his age group at Masters Nationals.

SECTION 5: PROGRAM DESCRIPTIONS

CURRENT PROGRAM OFFERINGS

1. SUMMER SWIM LESSONS

The Hydro-Sonic Tiburones Swim Club offers summer swim lessons at three local outdoor pools:

- [Waters Landing](#) in Germantown, open to all, regardless of pool membership
- [Cloppers Mill](#) in Germantown, open only to those who hold pool passes at CLM
- [Lakelands](#) in Gaithersburg, open only to those who hold pool passes at LLD

Our instructors are trained to help your child learn to swim or improve his/her swimming skills, and lifeguards ensure safety in the pool area during lessons. In small groups, swimmers work to achieve a series of skills designed by Beth & Jorge Silva. Each swim lesson "session" is made up of 6 half-hour lessons over the course of two weeks. To accommodate a variety of family schedules, we offer both morning and afternoon/evening lessons.

If you prefer private, rather than small group, swim lessons, we can refer you to a qualified instructor at one of our three pools, and you can arrange your swim lessons with that instructor directly. For more information, contact the office.

2. STROKE CLINIC

We offer three sessions of Stroke Clinic: fall, winter, and spring. All are held at the Quince Orchard bubble. The Stroke Clinic is an opportunity for swimmers to focus on technique and stroke development, as well as finer points such as turns and starts, in a small-group environment. This program is appropriate for swimmers ages 4-12; coaches of younger swimmers are in the pool during clinic. Stroke clinic participants meet once per week on either Saturday or Sunday. Swimmers in the clinic are divided into three leveled groups:

- Beginner — Child must be at least 4, put face in water, float independently (on front or back), and be comfortable in 4 foot water
- Intermediate — Child must be able to swim 15 meters of freestyle (with reasonable side breathing) and backstroke, and child must be at least 5 years old
- Advanced — Child must be able to swim continuous laps and have a basic knowledge of all 4 strokes (need not be legal)

3. JUNIOR DEVELOPMENT

This group serves as our introduction to year-round club swimming. Swimmers in this group will be exposed to various aspects of club swimming, with the primary focus on stroke technique. We feel that with good technique, speed kinda just happens! Swimmers from this group regularly qualify for Divisionals, MCSL Coaches Longcourse, and All Stars.

This level of training is appropriate for swimmers

from 6 years old to 7th grade, who are legal in at least three strokes. Swimmers attend 2-3 practices per week, chosen from a variety of options. Swimmers may participate in meets, but this is not required. In the Junior Development group, coaches focus on developing strong stroke mechanics and swimming habits.

We offer the Junior Development program at Quince Orchard and at MC-Rockville, and there is a once-per-week option available in addition to the regular 2-3/week program.

4. SENIOR PREP

The Senior Prep group is for swimmers in 8th grade and above who wish to focus on stroke technique and moderate training that will supplement High School and Summer League swimming. This is a less intensive option than Senior Competition and is appropriate for those athletes who are involved in other time-consuming activities. Swimmers are expected to be able to swim 3 of the 4 competitive strokes in order to participate in this group. Interested swimmers in this group will also have the opportunity to swim alongside Senior Competition swimmers for more rigorous workouts. Winter (PVS) meets are optional for all swimmers.

We offer two levels of Senior Prep: the twice-a-week program and the regular program, in which swimmers practice 3-5 times a week. This program is offered in three sessions: September-December, January-April, and May-July.

5. JUNIOR COMPETITION

Junior Competition is the top level 12 & under group within the Hydro-Sonic organization. Members of this group have chosen swimming as their primary extracurricular activity with the aim of making top regional meets. Junior Competition swimmers are expected to meet minimum practice requirements: for 9-10's, 3 water and 1 dryland per week; for 11-12's, 4 water and 1 dryland per week. Attendance at all practices per week is HIGHLY recommended. In addition, all swimmers in Junior Competition are expected to attend all PVS meets in which TIBU participates. This program is offered at QO and MC-Rockville.

This group is by invitation only based on top times. Any swimmer 9-12 who meets the minimum time

requirements and is ready to make the sacrifice required to train at a high level can apply. Swimmers must submit their top times -- either PVS or MCSL -- in order to be considered for this group. Swimmers not interested in training at least 3 or 4 times per week should instead apply for Junior Developmental program. Swimmers will be expected to train consistently throughout the year in order to attain their personal goals.

6. SENIOR COMPETITION

The Senior Competition program is the premier group within the Hydro-Sonic organization. Swimmers in this group choose swimming as their primary form of extracurricular activity and set goals of qualifying for top level regional and national meets. Senior Competition athletes must train consistently throughout the year in order to attain their personal goals and avoid injuries associated with erratic training at this intensive level. This group is open to any swimmer between 15 and 18 years old who is ready to make the sacrifice required to train at an elite level. Swimmers wishing to enter this group for the first time need approval from Coach Jorge. Athletes who cannot meet the commitment level of this program should instead enroll in our Senior Prep group.

Swimmers must attend a minimum of 5 practices per week and both dryland practices. Making all practices per week is HIGHLY recommended. In addition, all swimmers in the Senior Competition program are expected to attend all PVS meets in which TIBU participates. The program includes education in nutrition and strength building, and dryland training is conducted by a certified personal trainer. Communication among parents, coach, and swimmer is essential; to this end, Coach Jorge schedules regular conferences with swimmers, sometimes with parents included, and monthly parent education meetings.

The Senior Competition group practices both at MC-Rockville and at Quince Orchard during the school year. In the summer, swimmers practice at the North Creek longcourse pool in Gaithersburg.

7. 13-14 COMPETITION

The 13-14 Competition Group helps swimmers move smoothly from intensive Junior to Senior level training. TIBU added this program to our club in 2008

in order to facilitate a smooth transition and to meet the needs of athletes at this sensitive age. Members of this group choose swimming as their primary extra-curricular activity, with the aim of making top regional meets. 13-14 Competition swimmers are expected to make a minimum of 4 practices a week, and coaches strongly recommend 5-6. As in the other Competition groups, swimmers are expected to attend all PVS meets in which TIBU participates.

This group is by invitation only based on top times. Any swimmer who meets the minimum time requirements and is ready to make the sacrifice required to train at a high level can apply. Swimmers must submit their top times -- either PVS or MCSL -- in order to be considered for this group. Swimmers not interested in training at least 4 times per week should instead enroll in the Senior Prep program. Swimmers will be expected to train consistently throughout the year in order to attain their personal goals.

The 13-14 Competition group practices both at MC-Rockville and at Quince Orchard and is coached both by Jorge and Nathan. This program includes education in nutrition and strength building, and dryland training is conducted by a certified personal trainer. Communication among parents, coach, and swimmer is essential; to this end, coaches schedule regular conferences with swimmers, sometimes with parents included, and monthly parent education meetings.

SECTION 7: MEET PROCEDURES

The Tiburones team participates in selected meets within the Potomac Valley zone of the United States Swimming organization. All TIBU swimmers are invited to participate in meets!

In order to enter these meets, a swimmer must become a member of Potomac Valley; this registration is completed by the Tiburones office, and each swimmer who joins the organization is given a laminated registration card. If your child is in one of the Competition programs, the cost of the PVS registration is included in your program, and we will automatically register your child. If your child is not

in a Competition level program, and he/she wishes to swim meets, please contact the TIBU office. We will take care of registering your child and obtaining the PVS card, and we will invoice you for the cost of registration (currently \$71 annually).

Prior to each season, the TIBU coaches create a tentative calendar of meets that we wish to enter as a team. Please be aware that PVS makes changes to its calendar frequently; therefore, it is sometimes necessary for our team to make changes as well.

As meets are posted on the PVS website (www.pvswim.org), we list them on the TIBU website under the "Event" tab. About two weeks prior to the due date for meet entries, we also send an email to all families with children who are registered in PVS, reminding you to submit meet entries. You must then follow the instructions on our website for entering your child in events. Unlike in MCSL "A" meets, in PVS, the swimmer (rather than the coach) chooses his/her own events. If you are unsure which events your child should enter, please discuss this with his/her coach.

It is essential that you submit your meet entries electronically by the due date listed on our website. If you look directly at the meet announcement listed on the PVS web site, you will see a different (later) due date. PLEASE USE THE DUE DATE LISTED ON THE TIBU WEBSITE. This is the date by which we require entries to be submitted to our office so that we can process our team entry on time.

If your child is in a Competition group, you pay for meet entry fees as part of your program. If your child is in the Junior Developmental or Senior Prep training group, we invoice you for the cost of the meet entries. The average meet fee in the 2009-10 season was \$6 per event.

SECTION 8: SAFETY PLAN

In the event of a pool emergency, TIBU coaches would work with pool staff according to pool guidelines and guidelines put forth by the American Red Cross in the Lifeguard Training and Safety Training for Swim Coaches courses. When possible, we would use the

following media to convey information: phone, email, website.

In the event of a larger community emergency event, TIBU coaches would keep children safe by following the evacuation procedures established at each pool. Coaches would stay with swimmers until all children had been picked up by a parent/guardian at the evacuation site.

Here are the evacuation procedures for each of our pools:

MC-Rockville — Should the PE building need to be evacuated, children would be escorted to the athletic fields along route 355.

MC-Germantown — Should the PE building need to be evacuated, children would be escorted to the athletic fields between Route 118 and Observation Drive.

Quince Orchard —Should the bubble need to be evacuated, TIBU swimmers would be escorted to the upstairs lounge.

SECTION 9: GLOSSARY OF TERMS

PVS (*Potomac Valley Swimming*): our region/LSC within USA Swimming.

Time Standard/Qualifying Time, QTime: time a swimmer must achieve in order to compete in an event.

NST (No Slower Than): swimmer **MUST** meet or exceed the time standard in order to compete.

NFT (No Faster Than): swimmer **CANNOT** meet or exceed the time standard in order to compete.

Conforming Time: Q time standard that corresponds to the meet competition course.

Course: designated distance where competition is conducted.

SCY-Short Course Yards (*25yds*): the distance most often used by winter clubs, high school, and NCAA competition in USA.

LCM-Long Course Meters (*50meters*): standard distance used for international competitions and the Olympics.

SCM: Short Course Meters (*25M*): this is the distance used for MCSL season

****note about times, SCY will appear the fastest followed by SCM and the slowest times will be LCM.**

Deck Entry: enrolling a swimmers in an event the day of the meet.

Heats: A division of an event.

Preliminaries or Trials: meet session(s) where heats are held.

Finals: concluding session(s) of a meet where the top swimmers return to race again.

Consolation final (*B or C Final*): fastest swimmers who did not achieve top 8.

Final (*A final*): top 8 swimmers of a particular event.

Scratch: Withdraw an entry from competition. ****For Championship meets with Trials/Finals** swimmers have 30min from the time their event is announced to declare their intentions. Swimmers who fail to scratch will be seeded into finals session. Failure to appear will result in expulsion from the remainder of the meet.

LSC (*Local Swimming Committee*): local governing body for USA Swimming .

DQ: disqualification, times achieved will not be recorded.

NT: No Time, swimmer has never swum the event and therefore has no seed time.

NS: No Swim, swimmer did not show up.