



**2019 South West Age Group Regionals
SWAGR**

March 21-24, 2019

Held under the Sanction of USA Swimming / Sierra Nevada Swimming SNS19-9

- HOST:** **California Capital Aquatics & Sierra Nevada Swimming, LSC**
According to **202.4.9**, "In granting this sanction, it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."
According to **202.4.10D**, "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."
- LOCATION:** **Roseville Aquatics Complex ~ 3051 Woodcreek Oaks Blvd., Roseville, CA 95747**
Traveling on I-80, take Highway 65 North; take the Pleasant Grove exit; go west on Pleasant Grove to Woodcreek Oaks Blvd and turn left; the Aquatic Complex will be on the west side of Woodcreek Oaks.
- FACILITY:** An outdoor, heated 16-lane – 25-yard pool with locker rooms and rest areas. An additional outdoor, heated 5-lane 25-yard pool is available for warm up/warm down. Colorado Starting, Timing and Scoreboard system will be used. The competition course has been certified in accordance with **104.2.2C(4)**. The copy of such certification is on file with USA Swimming. In accordance with **202.4.10C**, the competition course has a pool depth at the deep end of 13ft at 3' 3 1/2" and 12ft at 16'5" and in the shallow end is 4' 6" at 3' 3 1/2" and 4'6" at 16' 5". As the pool is configured for short course, the pool depths will vary, as the pool gets deeper.
- SAFE SPORT:** **According to USA Swimming Rule 202.4.10H: Use of audio or visual recording devices, including a cell phone, is not permitted in changing area, rest rooms or locker rooms.** Sierra Nevada Swimming and California Capital Aquatics would like to further state that, "The use of audio or visual recording devices, including a cell phone, is not permitted behind the starting end of the pool at anytime."
For the safety of the Athletes and according to 202.4.10I, "Deck Changes are prohibited."
- MEET TIMES:** **Thursday, March 21:** Warm-up for athletes in the 1650 free begins at 3:00PM. Meet begins at 4:00PM. Athletes not competing in the 1650 may begin warm up at 4:00PM. **No set up will be allowed inside the meet venue until 3:00PM.**
Friday, March 22– Sunday, March 24: Preliminaries warm-up at 7:30AM. Meet begins at 9:00AM.
FINALS: Warm Ups begin at 3:30PM, Meet then begins at 4:30PM.
- MEMBERSHIP & ELIGIBILITY:** Open to all 2019 USA Swimming registered athletes. This meet is open to all members ages 14 and under from the Central California Swimming and Sierra Nevada Swimming LSC's, and any additional athletes from other LSC's who meet the qualifying standards. All swimmers must have a current USA Swimming Membership. The SNS Registrar will verify all swimmer memberships prior to the meet and, if valid, these swimmers will be allowed to check-in and compete. Note that Sierra Nevada Swimming does not allow swimmers to register for a USA Swimming Membership at the meet.
- RULES:** Current USA Swimming and SNS Rules will govern the meet. Athletes must compete in their age group. Age as of the first day of the meet determines age throughout the competition. Submitted entry times must be equal to or faster than the listed time standards. **This is a proof of time meet. No converted times will be accepted.** There are short course yards and long course meters time standards for this meet. Short course yards (conforming) entry times will be seeded first and then long course meters (non-conforming) times will be seeded after all conforming entry times, followed by short course yards bonus times and long course bonus times, in that order. The date and location of each entry time achieved by a swimmer shall be proven to the Meet Referee upon request. **No deck entries will be allowed for individual events.**

All USAS athlete members must be under the supervision of a USAS member Coach during warm up, competition and warm-down. Athletes who do not have a USAS registered Coach at the swim meet should report to the Meet Director or Meet Referee for assistance obtaining a lane and Coach assignment. It is the swimmer's responsibility to make such arrangements prior to the start of the meet. 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. All athletes will enter the pool with a 3-point entry during warm-up and warm-down. Swimmers are expected to be certified in both starting block racing starts AND backstroke racing starts, including backstroke ledge certification (if the swimmer intends to use the backstroke ledges).

Proof that all Coach and Official membership requirements are met, as of the dates of competition shall be presented upon request by the Meet Referee. Proof may be in the form of a Coach or Official membership card or through the USA Swimming Deck Pass mobile app. Proof that all Official certification requirements are met will be in the form of the current 2019 Certification Card.

PENALTIES: **National Scratch Rule - 207.11.6:** In Sierra Nevada Swimming meets holding trials and finals, a modified version of rule **207.11.6C** will apply to a swimmer failing to compete in a preliminary heat for which he has not scratched and is seeded to swim. The modified version of this rule states that the no-show swimmer will be barred from all further individual events of that day, but will be allowed to swim relays and score points for their team. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares their intent to swim prior to the close of seeding for the next day's events." Any swimmer qualifying for a final race in an individual event who fails to compete in that event shall be barred from further competition for the remainder of the meet except as noted in the USA Swimming Rules and Regulations (**207.11.6E**).

MEET FORMAT: Preliminaries and finals will be contested in all individual events except for the following which will be timed finals: 10&Under 500 free, 11-14 1000 and 1650 freestyles, and all relay events. Preliminaries will be swum with combined age groups (10&Un, 11-12, and 13-14). The top ten (10) qualifiers from each defined single age group (10&Un, 11, 12, 13, and 14) from the preliminary session will swim in a single, 10 lane, championship final in each event. All preliminary events will be championship (circle) seeded slowest to fastest, with the exception of the 10&Under 500 free and the 11-14 1000 freestyle and 1650 freestyle events, which will be timed final and swum fastest to slowest, alternating girl's and boy's heats (dependent on pool course set up).

SCRATCHES: **All swimmers are automatically checking into their events for which they are registered for.** If a swimmer is registered for more than 3 events in a day, they must scratch any additional events prior to the scratch deadline. If a swimmer fails to scratch out of any additional events, they will be seeded into the first THREE (3) events they are registered for that day, and scratched out of any additional events for that day.

- **Scratch Deadline for Thursday's events is Wednesday, March 20th, 2019 at 5:00PM.** (To scratch an of Thursday's events email mark.brown.15@gmail.com prior to the deadline).
- **Scratch Deadline for Friday/Saturday/Sunday events is 5:00PM on the respective preceding day.** Scratches are to be made at the Clerk of Course Desk prior to the deadline.

DISTANCE: The 11-14 1650 free will be swum *fastest to slowest alternating girls and boys* heats (dependent on pool course set up) as the only event offered on Thursday afternoon. The girls 11-14 1000 free will be swum *fastest to slowest at the end of preliminaries on Saturday*. The boys 11-14 1000 free will be swum *fastest to slowest at the end of preliminaries on Sunday*. Athletes in the 1000 & 1650 freestyle events must provide a person to time and a person to count their laps.

WARM-UP: **GENERAL WARM-UP PERIOD** - The first 30 minutes of warm-up will be for general warm-up in all lanes. There will be no diving allowed during general warm-up. All athletes will enter the pool with a 3-point entry during warm-up and warm-down.

SPECIFIC WARM-UP PERIOD - The last 45 minutes of warm-up in each competition course will be allocated for specific warm-up in designated lanes. During the specific warm-up period, Lanes 1 and 10 will be used for push pace work, Lanes 2 and 9 for one-way dive sprints, and Lanes 3, 4, 5 and 6 for general warm-up. The 6 Lanes in the warm-up course, closest to the shallow end of the pool, will be used for general warm-up and swim down. **No starting practice in that course.** All warm-ups **must** be supervised by a USA Swimming registered Coach. If you do not have a USA Swimming registered Coach present, report to the Deck Referee for Coach and lane assignment.

WARM-UP RULES: The following rules apply to the warm up period before each session, and to warm-up/down during the meet:

- Swimmers shall enter the water feet first while maintaining at least one hand on the pool deck until both feet touch the water (3-point entry), except for starts, which are limited to specified lanes.
- If used, lifeguards shall be on the pool deck during the entire warm up period.
- Specified center lanes are for circle swimming (2 lengths of the pool beginning at the starting end of the pool)
- Coaches shall stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
- Swimmers are not allowed on the starting blocks when a backstroker is executing a start in the same sprint lane.
- The use of hand-paddles, kickboards, fins and other devices are not allowed during general warm-up. The use of hand-paddles at any time during which touch pads are installed is forbidden.

The Meet Referee, Meet Director or a designee may remove a swimmer, coach, and/or team from the deck for violations of these rules.

- ENTRIES:** All entries must be submitted electronically either through the CCS Online Meet Entry System, Swim Connection, or using a Team Manager or Team Unify entry file. Below are the THREE ways to enter the Meet:
- To use the **CCS Online Meet Entry System**, enter at: <http://www.centralcalswim.org>. Once you are on the CCS website, click on the "Enter a Meet" option on the "Swim Meets" drop-down menu. Online entry requires payment by credit card using our secure site. Entry fees are listed below. Relay only athletes must be listed on an individual entry and must pay the \$12.00 surcharge by the meet entry deadline. Make checks payable to: **California Capital Aquatics (CCA)** There is no additional cost for online meet entries. Online meet entry fees are paid to Central California Swimming. Online entries are available to all athletes regardless of team and/or LSC affiliation. In order for CCS teams and CCS individual athletes to claim the CCS Outreach Splash Fee Waiver, entries must be made either directly into the CCS online meet entry system (either through family or team accounts) or by uploading a team entry file to the CCS online entry system. To accomplish the latter, the team can log into its team meet entry account and select "Online Meets", "Meet Entries", "Upload Entries."
 - To use **Swim Connection**, enter at: <http://ome.swimconnection.com/meets> to receive immediate confirmation of acceptance. Online entry requires payment by credit card using our secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Fees collected by the use of this system are completely voluntary.
 - To submit **Team Manager or Team Unify entries**, send a CL2 entry file and PDF version of an entry report as attachments to an email, and send to mark.brown.15@gmail.com

RELAYS: Relays may be entered in Swim Connection or as part of the emailed CL2 entry file. Those using the CCS OME system may email relay entries in text to Mark Brown (mark.brown.15@gmail.com) including event number and respective individual relay assignments. All relay entries must be submitted by the entry. Relay entries will not be accepted at the meet. Teams may enter a maximum of two (2) relays per event. All relays must be paid upon check out of the Swim Connection entry or by check paid in full to the address listed below. Relays will be checked-in by a deadline to be determined by the Meet Referee. **All relays will be swum in the morning preliminary sessions. Swimmers may not compete in more than one age group per specific relay discipline and distance.**

ENTRY LIMIT: **Athletes may compete in up to three (3) individual events per day plus relays and may compete in no more than seven (7) individual events in total for the meet.**

BONUS EVENTS: Only swimmers who have entered in at least one (1) individual event with a qualifying time may enter bonus events. Swimmers can enter ANY bonus event in which they meet the qualifying bonus standard, up to 7 total events. ****Events 400 and longer MAY NOT be entered as a bonus event****. Bonus entries must be indicated as yards bonus (YB) or long course meters bonus (LB). It is the responsibility of the coach and swimmer to ensure the bonus time standard has been met. If the bonus standard is not achieved and the swimmers is still entered the swimmer will be removed from that event and no refunds will be given.

ENTRY FEES: \$5.50 per individual event. \$9.00 per relay for all age groups. \$12.00 per swimmer pool surcharge. Individual entrants using the CCS or Swim Connection Online Meet Entry System must pay by credit card through the secure CCS or Swim Connection website. **No late entries will be accepted. No refunds.** Entry fees paid by check should be mailed to:

California Capital Aquatics or "CCA"
PO BOX 368
Roseville, CA 95678

DEADLINES: **Wednesday, March 13, 2019:** Meet entry deadline. All entries and fees must be collected by this deadline. Entries must be received at the address above by the date above regardless of postmark date. Do not require any packages to be signed for as this may delay the delivery of your entry.
Monday, March 18, 2019: All entry fees must be received. Entries received without full payment by this date may be rejected. No refunds.

AWARDS: Custom medals for 1st through 10th in Individual Events ~ 1st through 3rd in Relay Events.
Team awards for 1st through 5th places.

SCORING: Individual events: 11-9-8-7-6-5-4-3-2-1
Relay events: 22-18-16-14-12-10-8-6-4-2
Timed final 11-14 events will be swum as combined and scored and awarded in single age groups.

MEET DIRECTOR:	Mitchell Satz, CCA	meetdirector@ccaswimming.org
MEET REFEREE:	Niffey Carmody	niffeycarmody@sbcglobal.net
HEAD STARTER:	Bill Fisher	golfswim2003@yahoo.com
TEAM LEAD DECK REFEREE:	John Richardson	jkrich49@gmail.com
ADMIN REFEREE:	Steve Covington	stevecov@comcast.net
ASSIST ADMIN REFEREE:	Dana Covington	danacov@comcast.net
TEAM LEAD CHIEF JUDGE:	Scott Sewell	smsewell19@gmail.com

OFFICIALS: **Out of area Officials are welcome to volunteer for this event. Please contact the Meet Referee, at the email address above, to receive your Application/s to Officiate and/or a Request for Evaluation.** There will be a briefing for all officials one hour prior to each session. This is an Officials Qualifying Meet. Please refer to the CCA Website for an application for evaluation or contact the Meet Referee.

Officials must apply to work this meet. All Officials wanting an assigned position need to send to the Meet Referee, Niffey Carmody, their application to work before Wednesday, March 13, 2019. All Stroke and Turn Officials need to apply by sending their application to the Meet Referee **before Monday, March 18, 2019.** This is a qualifying meet for National Officials Certification. In order for the **LSC** Official to advance, the candidate has to be observed by a National Evaluator indicating that the candidate has demonstrated the appropriate qualities and skills over several sessions and has been recommended for advancement by the National Evaluator. In order for the N2 Officials to advance to their highest certification, the Official needs to have officiated at a minimum of four (4) sessions at two "Qualifying" meets in the 36 months prior to applying for the N3 Certification. **In order for the Qualifying Meet to be valid for the Official, the Official has to work four (4) sessions.** All officials are urged to attend the mini-clinic briefings, whether or not they desire N2 or N3 certification evaluations. Remember, in order to be eligible for the N2 or N3 certification, an Official has to have been an Official for at least a year at the **LSC** level or equivalent. It is expected that swimmers will be capable of swimming National Championships and/or Junior National Championship qualifying times at this meet. This meet is open to all Officials who wish to, and are eligible to, be evaluated for advancement and re-certification. Officials wishing to being evaluated at this meet, please email request form to the Meet Referee, Bill Rose, at cbrose@omsoft.com. We will try to accommodate all requests for evaluation but this may not be possible, especially at the Deck Referee, Starter and Chief Judge positions. Requests will be considered in the order in which they are received.

Schedule of Official's Briefings: Accepted applicants must attend mandatory Officials' briefings ~
Official's Briefing for Thursday will begin at 3:00 PM (required for all officials).
Official's Briefing for Prelims on Friday, Saturday and Sunday begin at 8:00 AM (required for all officials).
Official's Briefing for Finals on Friday, Saturday and Sunday will begin 1 hour before the scheduled start of Finals each evening. (Required for all officials).

Expected Officials' attire for the meet: white polo shirt, navy blue shorts, skirts, or long pants for all prelim sessions. White polo shirt and navy blue long pants or skirts for all final sessions. White tennis shoes are to be worn for all sessions.

TIMING: Clubs will be assigned Lanes. Timing is based on the SN Timing Policy. Number of timing chairs per team is based on the formula – (number of swimmers on a team in the session [divided by] total number of swimmer in the session) which is then [multiplied by] NUMBER OF timing chairs. This number will be rounded to the nearest whole number. Host team supplies Timers in the same ratio as the visiting teams and is responsible for filling unassigned chairs. Assignments will be sent to participating teams.

CONSESSIONS: A full concession stand with healthy snacks and drinks will be available throughout the meet.

PARKING: Parking is free. **PLEASE NOTE** the high school next door will be in session on **Thursday, March 21st & Friday, March 22**, therefore families are asked to park across the street in the paved parking lot or at the Roseville Sports Center, North of the pool. **No overnight parking is allowed** by the City of Roseville at the Roseville Aquatics Complex.

RESTRICTIONS: Smoking and the use of other tobacco products are prohibited in all areas of the meet venue. The sale and use of alcoholic beverages is prohibited in all areas of meet venue. Glass containers, pets, or propane heaters are not allowed in the facility. **NO PLASTIC TARPS ARE ALLOWED ON THE GRASS AND STAKES FOR TENTS ARE PROHIBITED in the tent set up areas.**

HOTELS: Placer Valley Tourism is the hotel partnership for this meet – please visit the following link to make your hotel accommodations: <http://www.placertourism.com/events/2017SouthWesternRegionals>

Event Summary

10&Un	11	12	13	14
Thursday, March 21				
	1650 free	1650 free	1650 free	1650 free
Friday, March 22				
50 back	400 IM	400 IM	400 IM	400 IM
100 fly	100 back	100 back	100 back	100 back
200 free	50 fly	50 fly	200 free	200 free
100 breast	200 free	200 free	200 breast	200 breast
	200 breast	200 breast	400 medley relay	400 medley relay
	400 medley relay	400 medley relay		
Saturday, March 23				
500 free (boys)	200 free relay	200 free relay	200 free relay	200 free relay
100 back	500 free (boys)	500 free (boys)	500 free (boys)	500 free (boys)
50 breast	100 breast	100 breast	100 breast	100 breast
50 free	50 free	50 free	50 free	50 free
200 IM	50 back	50 back	200 fly	200 fly
200 medley relay	100 IM	100 IM	200 medley relay	200 medley relay
	200 fly	200 fly	1000 free (girls)	1000 free (girls)
	200 medley relay	200 medley relay		
	1000 free (girls)	1000 free (girls)		
Sunday, March 24				
500 free (girls)	500 free (girls)	500 free (girls)	500 free (girls)	500 free (girls)
100 IM	100 fly	100 fly	100 fly	100 fly
50 fly	200 IM	200 IM	200 IM	200 IM
100 free	50 breast	50 breast	100 free	100 free
200 free relay	100 free	100 free	200 back	200 back
	200 back	200 back	400 free relay	400 free relay
	400 free relay	400 free relay	1000 free (boys)	1000 free (boys)
	1000 free (boys)	1000 free (boys)		

All relays are timed finals and will be swum in the preliminary sessions

Preliminary events will be swum in combined age groups (10&Un, 11-12, 11-14, or 13-14)

Finals will be swum in single age groups (10&Un, 11, 12, 13, and 14)

Timed final individual events will be swum in combined age groups and scored separately

ORDER OF EVENTS

Thursday, March 21					
<i>Girls</i>	<i>Age Group / Event</i>	<i>Boys</i>			
1	11-14 1650 free	2			
Friday, March 22					
3	11-12 400 IM	4			
5	13-14 400 IM	6			
7	10&Un 50 back	8			
9	11-12 100 back	10			
11	13-14 100 back	12			
13	10&Un 100 fly	14			
15	11-12 50 fly	16			
17	13-14 200 free	18	Sunday, March 24		
19	11-12 200 free	20	<i>Girls</i>	<i>Age Group / Event</i>	<i>Boys</i>
21	10&Un 200 free	22	75	11-12 500 free (girls)	
23	13-14 200 breast	24	77	13-14 500 free (girls)	
25	11-12 200 breast	26	79	10&Un 500 free (girls)	
27	10&Un 100 breast	28	81	11-12 100 fly	82
29	14&Un 400 medley relay	30	83	13-14 100 fly	84
31	12&Un 400 medley relay	32	85	10&Un 50 fly	86
			87	11-12 200 IM	88
			89	13-14 200 IM	90
Saturday, March 23			91	10&Un 100 IM	92
33	12&Un 200 free relay	34	93	11-12 50 breast	94
35	14&Un 200 free relay	36	95	13-14 100 free	96
	10&Un 500 free (boys)	38	97	11-12 100 free	98
	11-12 500 free (boys)	40	99	10&Un 100 free	100
	13-14 500 free (boys)	42	101	13-14 200 back	102
43	10&Un 100 back	44	103	11-12 200 back	104
45	11-12 100 breast	46	105	10&Un 200 free relay	106
47	13-14 100 breast	48	107	14&Un 400 free relay	108
49	10&Un 50 breast	50	109	12&Un 400 free relay	110
51	11-12 50 free	52		11-14 1000 free (boys)	112
53	13-14 50 free	54			
55	10&Un 50 free	56			
57	11-12 50 back	58			
59	10&Un 200 IM	60			
61	11-12 100 IM	62			
63	13-14 200 fly	64			
65	11-12 200 fly	66			
67	14&Un 200 medley relay	68			
69	10&Un 200 medley relay	70			
71	12&Un 200 medley relay	72			
73	11-14 1000 free (girls)				

All relays are timed finals and will be swum in the preliminary sessions

Preliminary events will be swum in combined age groups (10&Un, 11-12, 11-14, or 13-14)

Finals will be swum in single age groups (10&Un, 11, 12, 13, and 14)

Timed final individual events will be swum in combined age groups and scored separately

2019 SWAGR Meet Qualifying Standards

Girls		10&Un	Boys	
LCM	SCY	Event	SCY	LCM
35.19	30.89	50 free	30.49	34.59
1:17.49	1:08.19	100 free	1:07.19	1:16.89
2:50.09	2:29.09	200 free	2:24.99	2:44.69
5:50.59	6:31.39	500 free	6:25.49	5:44.59
41.79	36.49	50 back	36.29	41.59
1:30.29	1:17.89	100 back	1:16.59	1:27.69
46.19	40.39	50 breast	40.29	46.29
1:41.49	1:27.99	100 breast	1:26.29	1:40.19
39.69	35.09	50 fly	34.69	39.19
1:31.09	1:20.19	100 fly	1:19.89	1:30.59
NA	1:17.69	100 IM	1:16.99	NA
3:08.89	2:46.49	200 IM	2:46.19	3:08.29
Girls		11	Boys	
LCM	SCY	Event	SCY	LCM
33.59	29.69	50 free	29.59	33.39
1:13.19	1:04.19	100 free	1:03.09	1:12.19
2:38.79	2:18.39	200 free	2:17.79	2:35.89
5:30.69	6:08.29	500 free	6:07.59	5:29.09
11:32.89	12:41.19	1000 free	12:50.49	11:22.69
22:08.59	21:28.29	1650 free	21:41.59	21:50.09
38.89	33.69	50 back	33.79	39.19
1:25.09	1:13.09	100 back	1:12.29	1:23.79
2:59.99	2:35.49	200 back	2:33.79	2:56.29
43.19	37.79	50 breast	37.99	43.89
1:34.39	1:22.09	100 breast	1:21.69	1:34.89
3:23.19	2:56.99	200 breast	2:55.29	3:25.19
36.29	32.19	50 fly	32.69	36.99
1:21.99	1:11.69	100 fly	1:11.99	1:22.19
3:00.29	2:39.59	200 fly	2:38.29	3:00.69
NA	1:13.79	100 IM	1:12.79	NA
2:59.79	2:37.29	200 IM	2:37.09	2:59.39
6:27.29	5:35.69	400 IM	5:33.29	6:23.19
Girls		12	Boys	
LCM	SCY	Event	SCY	LCM
32.29	28.49	50 free	27.49	31.49
1:09.89	1:00.49	100 free	59.29	1:07.49
2:30.99	2:12.39	200 free	2:09.19	2:26.99
5:15.39	5:52.59	500 free	5:47.49	5:08.49
11:03.99	12:09.49	1000 free	11:59.09	10:54.19
21:13.19	20:34.59	1650 free	20:18.79	20:55.49
37.19	32.19	50 back	31.89	36.79
1:19.39	1:09.29	100 back	1:07.49	1:18.49
2:50.59	2:27.79	200 back	2:23.99	2:46.59
40.69	36.19	50 breast	35.49	40.39
1:29.69	1:18.19	100 breast	1:15.89	1:27.69
3:12.69	2:49.19	200 breast	2:42.99	3:08.89
34.59	30.89	50 fly	30.49	34.39
1:17.99	1:08.99	100 fly	1:07.09	1:16.39
2:51.79	2:29.79	200 fly	2:26.29	2:46.39

Bonus Qualifying Standards

Girls		10&Un	Boys	
LCM	SCY	Event	SCY	LCM
36.29	31.89	50 free	31.39	35.69
1:21.19	1:11.39	100 free	1:10.19	1:20.39
2:58.39	2:36.39	200 free	2:31.29	2:51.89
NO BONUS ALLOWED		500 free	NO BONUS ALLOWED	
43.49	37.99	50 back	37.79	43.29
1:34.79	1:21.79	100 back	1:20.09	1:31.69
48.09	41.99	50 breast	41.89	48.19
1:46.49	1:32.39	100 breast	1:30.19	1:44.69
41.49	36.69	50 fly	36.19	40.89
1:36.79	1:25.29	100 fly	1:24.79	1:36.09
NA	1:21.39	100 IM	1:20.39	NA
3:17.59	2:54.19	200 IM	2:53.69	3:16.89
Girls		11	Boys	
LCM	SCY	Event	SCY	LCM
34.69	30.69	50 free	30.59	34.49
1:16.39	1:06.99	100 free	1:05.79	1:15.39
2:45.69	2:24.39	200 free	2:23.69	2:42.69
NO BONUS ALLOWED		500 free	NO BONUS ALLOWED	
NO BONUS ALLOWED		1000 free	NO BONUS ALLOWED	
NO BONUS ALLOWED		1650 free	NO BONUS ALLOWED	
40.29	34.79	50 back	34.99	40.79
1:29.29	1:16.69	100 back	1:15.79	1:27.89
3:07.79	2:42.29	200 back	2:40.39	3:03.99
44.79	39.09	50 breast	39.49	45.69
1:38.69	1:25.79	100 breast	1:25.59	1:39.29
3:31.99	3:04.69	200 breast	3:02.89	3:34.09
37.49	33.29	50 fly	33.99	38.49
1:26.09	1:15.29	100 fly	1:15.79	1:26.39
3:08.19	2:46.49	200 fly	2:45.19	3:08.49
NA	1:16.99	100 IM	1:15.99	NA
3:07.59	2:44.09	200 IM	2:44.29	3:07.69
NO BONUS ALLOWED		400 IM	NO BONUS ALLOWED	
Girls		12	Boys	
LCM	SCY	Event	SCY	LCM
33.39	29.39	50 free	28.39	32.49
1:12.89	1:03.09	100 free	1:01.89	1:10.49
2:37.59	2:18.29	200 free	2:14.79	2:33.39
NO BONUS ALLOWED		500 free	NO BONUS ALLOWED	
NO BONUS ALLOWED		1000 free	NO BONUS ALLOWED	
NO BONUS ALLOWED		1650 free	NO BONUS ALLOWED	
38.49	33.29	50 back	33.09	38.19
1:23.29	1:12.69	100 back	1:10.79	1:22.39
2:57.99	2:34.19	200 back	2:30.29	2:53.89
42.09	37.49	50 breast	36.89	41.99
1:33.79	1:21.69	100 breast	1:19.49	1:31.79
3:21.09	2:56.59	200 breast	2:50.09	3:17.09
35.79	31.99	50 fly	31.69	35.89
1:21.89	1:12.49	100 fly	1:10.59	1:20.39
2:59.29	2:36.39	200 fly	2:32.69	2:53.59

NA	1:10.09	100 IM	1:08.09	NA	NA	1:13.09	100 IM	1:11.09	NA
2:51.19	2:29.99	200 IM	2:27.09	2:48.19	2:58.59	2:36.49	200 IM	2:33.89	2:55.99
6:04.59	5:19.19	400 IM	5:12.19	5:56.29	NO BONUS ALLOWED		400 IM	NO BONUS ALLOWED	

2019 SWAGR Meet Qualifying Standards				
Girls		13	Boys	
LCM	SCY	Event	SCY	LCM
31.89	27.99	50 free	26.29	30.19
1:08.39	59.79	100 free	56.69	1:04.89
2:27.69	2:09.19	200 free	2:03.89	2:21.29
5:07.39	5:44.79	500 free	5:31.59	4:58.49
10:38.39	11:53.79	1000 free	11:28.49	10:17.49
20:20.49	19:54.09	1650 free	19:15.89	19:45.19
1:16.39	1:05.69	100 back	1:02.89	1:13.09
2:43.59	2:22.49	200 back	2:16.09	2:37.69
1:26.89	1:15.39	100 breast	1:11.49	1:21.99
3:07.59	2:43.09	200 breast	2:35.19	2:58.39
1:13.89	1:05.59	100 fly	1:01.79	1:10.69
2:44.79	2:24.79	200 fly	2:17.39	2:37.39
2:47.49	2:25.99	200 IM	2:18.59	2:40.19
5:53.19	5:08.49	400 IM	4:55.29	5:39.69
Girls		14	Boys	
LCM	SCY	Event	SCY	LCM
31.19	27.29	50 free	25.29	29.09
1:06.79	58.79	100 free	54.49	1:02.69
2:24.39	2:06.49	200 free	1:58.39	2:16.09
5:02.19	5:38.29	500 free	5:19.99	4:49.29
10:20.99	11:37.29	1000 free	11:03.89	10:02.99
19:48.09	19:21.69	1650 free	18:27.59	19:05.89
1:14.09	1:04.59	100 back	1:00.49	1:10.79
2:39.89	2:18.39	200 back	2:10.09	2:30.29
1:25.19	1:13.89	100 breast	1:08.09	1:17.89
3:03.19	2:39.79	200 breast	2:28.39	2:48.71
1:12.39	1:04.09	100 fly	59.59	1:07.49
2:39.69	2:22.09	200 fly	2:11.69	2:29.99
2:43.89	2:22.59	200 IM	2:13.09	2:33.69
5:45.39	5:03.09	400 IM	4:43.39	5:26.19

Bonus Qualifying Standards				
Girls		13	Boys	
LCM	SCY	Event	SCY	LCM
32.99	28.89	50 free	27.09	31.19
1:11.39	1:02.39	100 free	59.19	1:07.79
2:34.19	2:14.89	200 free	2:09.29	2:27.39
NO BONUS ALLOWED		500 free	NO BONUS ALLOWED	
NO BONUS ALLOWED		1000 free	NO BONUS ALLOWED	
NO BONUS ALLOWED		1650 free	NO BONUS ALLOWED	
1:19.69	1:08.49	100 back	1:05.59	1:16.29
2:50.69	2:28.69	200 back	2:21.99	2:44.59
1:30.69	1:18.69	100 breast	1:14.59	1:25.59
3:15.69	2:50.19	200 breast	2:41.99	3:06.09
1:17.19	1:08.49	100 fly	1:04.49	1:13.79
2:51.89	2:31.09	200 fly	2:23.29	2:44.29
2:54.79	2:32.29	200 IM	2:24.69	2:47.09
NO BONUS ALLOWED		400 IM	NO BONUS ALLOWED	
Girls		14	Boys	
LCM	SCY	Event	SCY	LCM
32.19	28.19	50 free	26.09	30.09
1:09.69	1:01.29	100 free	56.89	1:05.39
2:30.69	2:11.99	200 free	2:03.59	2:22.09
NO BONUS ALLOWED		500 free	NO BONUS ALLOWED	
NO BONUS ALLOWED		1000 free	NO BONUS ALLOWED	
NO BONUS ALLOWED		1650 free	NO BONUS ALLOWED	
1:17.29	1:07.39	100 back	1:03.09	1:13.89
2:46.79	2:24.39	200 back	2:15.79	2:36.79
1:28.89	1:17.09	100 breast	1:11.09	1:21.29
3:11.19	2:46.79	200 breast	2:34.79	3:00.09
1:15.49	1:06.89	100 fly	1:02.19	1:10.39
2:46.59	2:28.29	200 fly	2:17.49	2:36.59
2:50.99	2:28.79	200 IM	2:18.89	2:40.39
NO BONUS ALLOWED		400 IM	NO BONUS ALLOWED	



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 Roseville, CA
 March 21-24, 2019