



Alamo Area Aquatic Association Meet Information

Palo Alto College Natatorium

Posted 05/17/10

The contents of this document are the sole responsibility of the Meet Host. Any and all questions regarding any aspect of the competition must be addressed only to the designated Meet Director.

This document has been approved by the South Texas Age Group and Technical Planning Chairs.

- Meet:** •2010 South Texas Age Group Long Course Championships (STAGS)
- Date:** •July 8 through 11, 2010
- Sanction Number:** •ST-10-50
- Venue:** **Palo Alto College Natatorium**
•1400 West Villaret Blvd
•San Antonio, Texas 78224
•210-486-3800
- Facility:** •Eight-lane 50-meter racing course
•Start depth 7 feet / Turn depth 18 feet
•All automatic Daktronics starting and timing
•Concessions and swim shop available
•Ample warm-up / cool down lanes constantly available
•The competition course has not been certified in accordance with 104.2.2C(4)
- Liability** •In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, (STSI), the Alamo Area Aquatic Association (AAAA), the Alamo Community College District, and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet
- USA Swimming**
- Registration:** •All swimmers, coaches, and officials participating in this competition must be currently (2010) registered with USA Swimming
•All should also be prepared to present their 2010 USA Swimming ID Card as proof of their Registration to the Meet Director or designee at any time
•Swimmers who **1)** chose to enter time trials, **2)** late enter when possible or **3)** need to be entered because of clerical errors by the entering team or the meet host; will be required to present their USA Swimming ID Card
•National and LSC Regulations do not allow for any exceptions to these policies.
- Liability:** •USA Swimming, South Texas Swimming, the Alamo Area Aquatic Association and the Alamo Community College District accept no responsibility or liability for injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in the meet
•Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs
- Sanction and Rules:** •This meet is sanctioned by South Texas Swimming
•The 2010 USA Swimming Rules and Regulations and any relevant portions of the STSI Handbook will apply
•All swimmers must be registered for 2010 with USA swimming by the entry deadline
- Meet Format:** •Championship competition (preliminaries and finals) contested in an eight-lane 50-meter course
•Preliminary events will be seeded only by time and gender as the STAGS event order allows
•All preliminary events will be swum slowest to fastest unless otherwise noted
•Finals will be swum by single year age groups: 10 and under, 11, and 12
•The 400 IM, 400 Freestyle, 800 Freestyle, and 1500 Freestyle are timed finals, age combined, and alternating female / male, swum fastest to slowest

- Relays will be swum at the beginning of each session
- There will be a 10 minute break after the relays prior to beginning the individual events
- Relay events are timed finals and will be swum during the preliminary sessions
- "Relay only" swimmers are permitted in the meet provided that the team of four swimmers meets the entry qualification time

Eligibility:

- This meet is open only to 2010 South Texas USA Swimming registered swimmers age 12 and under
- Entries received without a complete USA Swimming Registration number will not be processed
- It is strongly recommended that swimmers have their USA Swimming ID card with them
- Deck entries will not be accepted for a swimmer not already in the meet unless the swimmer's USA Swimming registration can be verified
- Swimmers must compete in age groups based on their age as of July 8, 2010
- Each contestant may compete only in the age group for which she / he is eligible.

Qualifying Times;

The minimum qualifying time standards (2010 South Texas STAGS Time Standards) for this meet are on pages nine (9) and ten (10) and may also be found on the STSI and AAAA Websites

- Qualifying times must be achieved prior to the entry deadline
 - No exceptions will be made including Time Trials at STAGS
- If a STAGS qualifying time is achieved during a STAGS time trial, the swimmer cannot deck enter that event at STAGS
- If entering with a non-confirming time (i.e., SCM or SCY), swimmers must enter with the non-confirming time and NOT with the LCM qualifying time
 - Please annotate entries of this sort at the time of submission.

Proof-Of-Time:

- Proofs-of-time must be submitted with the entries
- The only acceptable sources for proof-of-time are computer software (Team Manager, SWIMS National Database, Meet Manager Website Postings) generated final results from USA-S Sanctioned, Approved, or Observed meets
- All results must appear in the USAS SWIMS database
- In cases where a proof of time does not appear in SWIMS due to a clerical or posting error, a copy of the official meet results, signed by the meet referee, will be an acceptable proof of time
- Times used to enter a meet must be achieved under a USA Swimming Sanctioned, Approved, or Observed meets
- All proof-of-times are the responsibility of the entering teams, and NOT the meet host
- Entries without legitimate proofs- of- time will not be accepted

Entry

Limitations:

- An individual swimmer may enter a maximum of seven (7) individual events for the entire meet over the four days, and may participate in a maximum of three (3) individual and one (1) relay event per day

Relay Entries:

- All relays are timed finals, and will be swum at the beginning of each preliminary session
- There are time standards for all relays
- Relay team entry times may be determined by the sum of the individual team member's times for like strokes/distances, or the actual time of that relay team achieved in sanctioned competition
- Relay times used for proof, achieved at a prior meet, must have the same four swimmers entered and participating in this meet
- Unlimited number of relays per team (A, B, C etc.), but only two relays per team (A & B) will score
- It is recommended that relay swimmer names be included with entries to assist with entering the relays efficiently at the start of sessions
- Relay cards must be turned in with final relay line-up prior to the designated time (as shown on the Daily Schedule)
 - If a relay card is not turned in, it will be assumed the relay has scratched
- No relays will be allowed to compete without a relay card submitted
- The order of swimmers on the relay team will be strictly enforced in accordance with 102.4.7, 2007 USA Swimming Rules and Regulations

Entry

Deadlines:

- There are two entry deadlines for this meet
 - The first deadline is 6:00 p.m. June 27, 2010
 - This deadline applies to athletes achieving qualifying times prior to this date and is necessary for verification swimmers and times in the SWIMS database and correct any errors
 - The final entry deadline- is 12:00 noon, July 5, 2010

- This is also the deadline for relay entries
- All swimmers who have achieved a qualifying time prior to the second deadline may enter this meet

Entry

- Requirements:**
- All entries must contain the following:
 - The name, email address, and phone number of the person preparing the entries in case clarification is needed
 - The number of coaches your team will have on deck
 - An attached Hy-tek Team Manager export file
 - An attached Word or PDF document of the entries (by swimmer) with proof of times and an attached Word or PDF document of the meet entry fees report
 - If the entry time is not posted in the USA Swimming SWIMS Database, proof-of-time requires all of the following:
 - Name and date of the meet
 - Address of the Website where the results are posted OR a hard copy of the results signed by the Meet Referee
 - Page or event number where the results will be found
 - Final entries are only required if there was a change to a preliminary entry
 - The final entries must indicate by swimmer the change that was made to the preliminary entry
 - Teams with exceptions will be advised via e-mail
 - Teams and entrants are responsible to check the exceptions report when notified

- Entry Fees:**
- \$ 6.00 per individual event
 - \$12.00 per relay event
 - Includes the South Texas Swimming Splash Fee
 - Checks for entry fees must be made payable to: Palo Alto College and must be received by 12-noon, **July 5, 2010**
 - If payment is not received on time, affected swimmers will be scratched from the meet
 - Please include the meet entry fee report with your check.
 - Once the entry fees are accepted they will not be refunded for any reason, even if a swimmer should fail to compete
 - No paper, phone, or FAX entries will be accepted
 - If you do not receive an email confirmation, your entries were not received
 - Make checks payable to: Palo Alto College

- Deck Entries:**
- Deck entries will be accepted at \$12.00 per individual event and \$24.00 per relay
 - Deck entries for a current session will be accepted at the beginning at the start of warm-up
 - Deck entries for a current session will close 30 minutes prior to the start of each session
 - Deck entries for subsequent sessions will be accepted after deck entries close for the current session
 - New heats may be created at the discretion of the Meet Referee.
 - Swimmers not already entered in this meet must present their USA swimming registration card at Clerk of Course to deck enter
 - There will be no exceptions and swimmers must also be able to prove their time before a deck entry will be accepted.

Warm-up

- Procedures:**
- South Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet (see page eight [8])
 - Violators of these procedures are subject to disqualification
 - The pool will be available for open warm-ups according to the daily schedule on page five (5)
There will be one (1) warm – up session of 45 minutes on Thursday afternoon, and multiple warm – up sessions of 35 minutes each morning
 - There will be a single warm-up session for finals
The shallow, non-competition pool will be available for warm-ups / cool downs throughout the meet
 - Warm-up times and lane assignments for each team will be posted on the STSI and AAAA Websites by noon Tuesday, July 6, 2010
 - All warm-ups MUST be under the direct supervision of a coach at all times

- Scratch Rules:**
- The top 16 qualifiers in each preliminary event will be posted and announced shortly after the final heat
 - All swimmers, including the top 16 qualifiers, will then have 30 minutes to decide whether they will compete in the final session
 - Should they elect not to do so, they must scratch, or declare an intent to scratch, at the clerk of course within 30 minutes following the announcement

- Any swimmer who qualifies for finals, does not scratch and subsequently fails to report to the starting blocks in will be disqualified from the remainder of the meet
- In the event the no show is on Sunday, the swimmer will be fined \$100
- Swimmers will be barred from competition in South Texas until such fines are paid
- There is no penalty for failing to scratch from a pre-seeded preliminary event

Special Needs:

- Please notify the Palo Alto College Natatorium (210-486-3800) in advance of this competition with the name and age of any member on your team who needs assistance to enter the building
- The facility Staff will make reasonable accommodations for swimmers, coaches or spectators who wish to enter and use our facility
- In any meet sanctioned or approved by South Texas Swimming, Inc., which may include one or more swimmers with visual, hearing, mental, or physical disabilities; the judging of such competitors shall be in strict accordance with the current USA Swimming Rules and Regulations, i. e., Article 105
- A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities
- Coaches and / or athletes must notify the Meet Referee before the event begins if they are to be considered for judging under Article 105

Swim suit

Restrictions:

- Only one suit is permitted during competition
- The suits must:
 - Be of one piece
 - Be constructed of woven / knit material
 - Be 100% permeable to air and water
 - Not aid buoyancy
 - Not have fastening system other than waist ties, casings, ribbing or elastic (no zippers)
 - Not extend below the knee and not cover the neck or shoulders for women
 - Not extend above the navel or below the knee for men
- Swimmers found in violation of these restrictions will be banned from further competition until the violation has been remedied

Cell phone

restrictions:

- The presence and / or use of cell phones, and any other equipment capable of producing photographic or video images, in locker rooms is strictly and specifically prohibited at all times.
- There are no exceptions to this prohibition.
- Violators are subject to disqualification from the meet and disbarment from the facility.

Awards:

- Awards will be to age groups as follows: 10 and under, 11, and 12
- Custom medals for places one through three in individual events
- Custom ribbons for places four through eight in individual events
- Custom ribbons for places one through three in relay events
- STAGS Flags, places one through five for Team High Point
- Note: There will be no awards presentation at the STAGS Meet (Clubs to pickup awards during the meet from the Award Desk area.)
- Points are awarded for team scores as follows:

A Finals ⇒	1	2	3	4	5	6	7	8
Individual events	20	17	16	15	14	13	12	11
Relay events	40	34	32	30	28	26	24	22
B Finals ⇒	9	10	11	12	13	14	15	16
Individual events	9	7	6	5	4	3	2	1
Relay events	18	14	12	10	8	6	4	2

Meet Management:

•Entries Chair:

- Patricia A. Estrada
- 1400 West Villaret
- San Antonio, TX 78224
- 210-486-3802
- pestrada@alamo.edu

•Meet Director:

- Patricia A. Estrada
- 1400 West Villaret
- San Antonio, TX 78224
- 210-486-3802
- pestrada@alamo.edu

•Meet Referee:

- J. R. Rightmyer
- 3730 Longridge
- San Antonio, TX 78228
- 210-857-4950
- john_rightmyer@yahoo.com

Time Trials:

- Time trials will be conducted immediately following Friday and Saturday's preliminary session, *time permitting*
- There will be no time trials on Sunday
- Time Trial entry fee is \$8.00 per event and includes the STSI Splash Fee
- Swimmers must already be entered in this STAGS meet in order to enter the time trial
- No events longer than 200-yards will be accepted for Time Trial
- An individual swimmer may enter no more than two (2) time trial events during the entire meet
- Time trial entries DO NOT count against the seven (7) events allowed over the four (4) days of this meet
- Time trial entries DO count against the three (3) per day limit
- Please Note: STAGS Times achieved during the STAGS Meet Time Trials cannot then be used to enter that event in the meet
- Time trial results will be posted with the Meet Results and included in the Commlink File

Officials:

- All deck officials must be currently (2010) registered with USA Swimming and certified by STSI
- The Meet Referee will make deck assignments BEFORE the meet
- Therefore, all officials who desire to be assigned to deck positions MUST notify the Meet Referee of their intentions and availability NOT LATER than 6:00 PM, Sunday, July 4, 2010
- Please specify the sessions for which you will be available
- Please submit your information to:
- You WILL NOT be assigned if your commitment and information are not submitted or not received by the deadline
- Uniforms for deck officials will be as follows:
 - Preliminaries** – white shirts/blouses over navy blue pants, skirts, or Bermuda length shorts (NO JEANS OR FLIP-FLOPS PLEASE)
 - Finals** – navy blue shirts/blouses over white pants or skirts (NO SHORTS, JEANS OR FLIP-FLOPS PLEASE)
- Please report to the shallow end bleachers 45 minutes prior to the scheduled start time of any session to receive your assignments

Timers:

- Each team will be required to provide timers in proportion to the number of swimmers entered in the meet

Parking:

- There is ample free parking adjacent to the Palo Alto College Natatorium

Daily

Schedule:

- ALL relays will be contested as Timed Finals, ONLY in the preliminary sessions

Thursday, July 8, 2010

Timed Finals - Session One	
2:15 PM	Check-in deadline for 400 and 1500 freestyles
2:00 to 2:45 PM	Warm-ups for Events 1 - 4
3:00 PM	Events 1 – 4 contested as Timed Finals
Pool open for warm-ups following event #4 – Close at 8:00 PM	

Friday, July 9, 2010

Preliminaries - Session Two		Finals - Session Three	
First warm-up session	7:00 AM	Warm-ups	4:00 PM
Second warm-up session	7:35 AM	Clear pool	4:50 PM
Third warm-up session	8:10 AM	National Anthem	4:57 PM
Session relay cards due	8:30 AM	Competition begins	5:00 PM
Clear pool	8:45 AM		
Coaches Meeting	8:46 AM		
Competition begins	9:00 AM		

Saturday, July 10, 2010

Preliminaries - Session Four		Finals - Session Five	
First warm-up session	7:00 AM	Warm-ups	4:00 PM
Second warm-up session	7:35 AM	Clear pool	4:50 PM
Third warm-up session	8:10 AM	National Anthem	4:57 PM
Session relay cards due	8:30 AM	Competition begins	5:00 PM
Clear pool	8:45 AM		
Coaches Meeting	8:46 AM		
Competition begins	9:00 AM		

Sunday, July 11, 2010

Preliminaries - Session Six		Preliminaries - Session Seven	
First warm-up session	7:00 AM	Warm-ups	4:00 PM
Second warm-up session	7:35 AM	Clear pool	4:50 PM
Third warm-up session	8:10 AM	National Anthem	4:57 PM
Session relay cards due	8:30 AM	Competition begins	5:00 PM
Clear pool	8:45 AM		
Coaches Meeting	8:46 AM		
Competition begins	9:00 AM		

***ALL Relay events will be contested as Timed Finals, ONLY during the preliminary sessions!**



2010 Long Course STAGS Order of Events

Distances are in meters

All relays and certain other events designated by an asterisk (*), will be contested as Timed Finals, ONLY in the preliminary sessions

Session One – Thursday, July 8th

Girls #	Age Group	Distance / Stroke	Boys #
1	10 and Under	400 Freestyle	2
3	11 and 12	1500 Freestyle	4

Session Two – Friday, July 9th

Girls #	Age Group	Distance / Stroke	Boys #
5	11 and 12	400 Freestyle Relay	6
Ten minute break			
7	12 and Under	200 Individual Medley	8
9	12 and Under	50 Butterfly	10
11	12 and Under	100 Backstroke	12
13	11 and 12	200 Breaststroke	14
15	12 and Under	50 Freestyle	16
Ten minute break			
17*	11 and 12*	400 Freestyle*	18*

*These events will be contested as Timed Finals, ONLY in the preliminary session. They will require a positive check-in, be combined by age, seeded on deck by time alone and swum *fastest to slowest* alternating female / male. Competitors will need to provide their own backup timers and lap counters.

Session Four – Saturday, July 10th

Girls #	Age Group	Distance / Stroke	Boys #
19	10 and Under	200 Freestyle Relay	20
21	11 and 12	200 Freestyle Relay	22
Ten minute break			
23	12 and Under	100 Freestyle	24
25	11 and 12	200 Backstroke	26
27	12 and Under	100 Butterfly	28
29	12 and Under	50 Breaststroke	30
10 Minute Break			
31*	12*	400 Individual Medley*	32*

*These events will be contested as Timed Finals, ONLY in the preliminary session. They will require a positive check-in, be combined by age, seeded on deck by time alone and swum *fastest to slowest* alternating female / male. Competitors will need to provide their own backup timers and lap counters.

Session Six – Sunday, July 10th

Girls #	Age Group	Distance / Stroke	Boys #
33	10 and Under	200 Medley Relay	34
35	11 and 12	200 Medley Relay	36
Ten minute break			
37	12 and Under	200 Freestyle	38
39	12 and Under	50 Backstroke	40
41	11 and 12	200 Butterfly	42
43	12 and Under	100 Breaststroke	44
Ten minute break			
45*	12*	800 Freestyle*	46*

*These events will be contested as Timed Finals, ONLY in the preliminary session. They will require a positive check-in, be combined by age, seeded on hit by time alone and swum *fastest to slowest* alternating female / male. Competitors will need to provide their own backup timers and lap counters.

SOUTH TEXAS SWIMMING, Inc.

Safety Guidelines and Warm-up Procedures

A. WARM-UP PROCEDURES

I. Assigned warm-up Procedures.

- a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.
- b. All warm-up activities will be coordinated by the coach(es) supervising that lane
- c. Dive sprints may be done only under the direct supervision of the coach

II. Open warm-up procedures.

LANE USE

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
8 Lanes	1 and 8	2 and 7	3 through 6
6 Lanes	1 and 6	2 and 5	3 and 4

- a. The first ½ of the assigned warm-up time shall be general warm-up for all lanes.
- b. Push/Pace Lanes will push off one or two lengths from starting end.
- c. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times - one way only!
- d. Dive sprints may only be done under the direct supervision of the coach.
- e. There will be no diving in the general warm-up lanes - circle swimming only.
- f. No kick boards, pull buoys, or hand paddles may be used.

III. Safety Guidelines

- a. Coaches are responsible for the following:
 1. Instructing swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices
 2. Actively supervising their swimmers throughout the warm-up sessions, at meets, and all practices.
 3. Maintaining as much contact with their swimmers AS POSSIBLE, both verbal and visual, throughout the warm-up period.
- b. The host team will be responsible for the following.
 1. A minimum of four (4) marshals who report to and receive instructions from the Meet Referee and/or Director shall be on deck during the entire warm-up session(s).
 2. Marshals must be members of United States Swimming.
 3. Marshals will have authority to remove from the deck for the remainder of a warm-up session, any swimmer or coach found to be in violation of these Procedures.
 4. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
 5. Warm-up times and lane assignments will be published in the meet information and posted at several locations around the pool area and the following statement will appear in the meet information: "South Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."
 6. An announcer will be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
 7. Hazards in locker rooms, on deck, or areas used by coaches, swimmers, or officials will be either removed or clearly marked.

B. MISCELLANEOUS NOTES

- I. Backstrokers will ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.
- II. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- III. Swimmers are required to exit the pool on completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
- IV. Warm-up procedures will be enforced for any breaks scheduled during the competition.
- VI. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-ups unless approved by the Referee.

NOTE: Host Clubs, with the consent of the Meet Referee, may modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other considerations; so long as safety considerations are not compromised. Any such changes will be announced and/or prominently posted in the pool area.

STAGS 2009-2010 Qualifying Times

STAGS 2009-2010 Qualifying Times						
Girls			SCY	Boys		
10 & U	11	12		12	11	10 & U
00:33.29	00:31.19	00:29.09	50 free	00:29.89	00:31.79	00:33.79
01:12.39	01:08.29	01:03.69	100 free	01:05.59	01:09.79	01:13.09
02:43.09	02:31.69	02:19.69	200 free	02:21.79	02:37.29	02:42.59
07:39.49	07:04.19	06:29.49	500 free	06:35.09	07:05.49	07:35.19
		23:27.89	1650 free	23:10.49		
00:39.89	00:37.49	00:34.79	50 back	00:36.49	00:39.49	00:40.49
01:24.99	01:20.49	01:14.59	100 back	01:18.99	01:24.19	01:27.59
	02:55.49	02:39.29	200 back	02:45.59	02:58.39	
00:44.79	00:41.89	00:40.19	50 breast	00:40.79	00:44.29	00:47.59
01:36.89	01:29.49	01:26.39	100 breast	01:27.79	01:35.09	01:40.09
	03:17.21	03:11.69	200 breast	03:07.29	03:21.69	
00:37.69	00:36.19	00:34.19	50 fly	00:34.79	00:38.19	00:39.69
01:35.19	01:26.09	01:20.19	100 fly	01:18.69	01:25.79	01:36.39
	03:04.99	02:51.79	200 fly	02:48.29	03:01.19	
01:25.29	01:20.49	01:16.89	100 IM	01:17.59	01:22.59	01:27.49
03:07.99	02:56.49	02:40.29	200 IM	02:49.39	03:03.09	03:09.19
		06:04.19	400 IM	05:56.29		
02:13.16		02:04.76	200 FR	02:07.16		02:15.16
02:35.66		02:26.76	200 MR	02:33.76		02:41.56
04:49.56		04:33.16	400 FR	04:39.16		04:52.36
		05:24.36	400 MR	05:34.86		
Girls			LCM	Boys		
10 & U	11	12		12	11	10 & U
00:37.59	00:35.79	00:32.99	50 free	00:34.49	00:37.69	00:38.79
01:25.79	01:19.29	01:12.79	100 free	01:17.29	01:21.29	01:26.39
03:04.09	02:56.19	02:39.79	200 free	02:47.79	02:57.59	03:13.99
06:51.59	06:23.99	05:41.29	400 free	05:54.39	06:21.69	06:52.69
		12:33.69	800 free	12:28.59		
		24:12.39	1500 free	24:05.39		
00:45.99	00:42.99	00:39.59	50 back	00:42.19	00:45.69	00:47.59
01:40.59	01:36.39	01:25.79	100 back	01:31.39	01:38.09	01:44.29
	03:22.69	03:05.99	200 back	03:11.09	03:25.79	
00:52.59	00:48.59	00:45.59	50 breast	00:47.09	00:51.09	00:54.59
01:52.89	01:45.79	01:39.79	100 breast	01:40.89	01:49.19	01:59.79
	03:50.59	03:35.79	200 breast	03:37.49	03:54.19	
00:45.59	00:41.69	00:37.59	50 fly	00:39.59	00:42.99	00:46.89
01:48.39	01:36.59	01:29.09	100 fly	01:29.49	01:37.49	01:53.19
	03:29.09	03:14.19	200 fly	03:13.39	03:28.29	
03:32.29	03:15.59	03:01.09	200 IM	03:13.89	03:25.69	03:44.79
		06:55.89	400 IM	06:51.79		
02:30.36		02:23.16	200 FR	02:30.76		02:35.16
03:01.76		02:49.06	200 MR	02:57.46		03:07.86
05:43.16		05:17.16	400 FR	05:25.16		05:45.56
		06:18.06	400 MR	06:26.06		

STAGS 2009-2010 Qualifying Times						
Girls			SCM	Boys		
10 & U	11	12		12	11	10 & U
00:36.99	00:34.89	00:32.49	50 free	00:33.39	00:35.49	00:37.69
01:20.79	01:16.29	01:11.09	100 free	01:13.29	01:17.89	01:21.59
03:01.89	02:49.39	02:35.99	200 free	02:38.29	02:53.59	03:01.49
06:42.09	06:11.19	05:34.49	400 free	05:42.79	06:09.09	06:38.29
		12:18.69	800 free	12:03.89		
		23:23.69	1500 free	23:17.69		
00:44.59	00:41.89	00:38.89	50 back	00:40.79	00:44.09	00:45.19
01:34.89	01:29.83	01:23.29	100 back	01:28.19	01:33.99	01:37.79
	03:15.89	02:57.79	200 back	03:04.89	03:19.19	
00:49.99	00:46.79	00:44.79	50 breast	00:45.59	00:49.49	00:53.09
01:48.19	01:39.89	01:36.79	100 breast	01:37.39	01:45.39	01:51.79
	03:40.19	03:31.99	200 breast	03:29.03	03:45.19	
00:42.09	00:40.39	00:36.99	50 fly	00:38.49	00:41.79	00:44.39
01:46.29	01:35.99	01:28.49	100 fly	01:27.89	01:35.79	01:47.59
	03:26.49	03:11.79	200 fly	03:07.89	03:22.29	
01:35.19	01:24.89	01:25.81	100 IM	01:26.69	01:32.19	01:37.69
03:28.49	03:12.09	02:57.89	200 IM	03:07.19	03:18.49	03:24.39
		06:46.49	400 IM	06:37.65		
02:27.96		02:19.56	200 FR	02:21.96		02:30.76
05:23.16		02:43.96	200 MR	02:50.86		05:26.36
		05:05.16	400 FR	05:11.56		
		06:02.00	400 MR	06:13.06		

Approved by the HoD on 10 Oct 09

