



**2024 MR Long Course Junior Metropolitan Championships  
July 19 – July 21, 2024**

Sanction #240705

General Chair:	David Rodriguez	Meet Director: Alexis Skelos
Age Group Chair:	Keith Green & Ethan Fergus	
Coach Representative:	Zac Hojnacki	
Athlete Representative:	Dylan Gallub	
Meet Jury:	Metro Age Group Chairmen, A Metro Athlete, A Metro Coach, Meet Referee, Meet Director / Metro Board Member (3 people min. – different each day)	

**SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 240705

**LOCATION:** Nassau County Aquatic Center  
Eisenhower Park, East Meadow, NY 11554

**FACILITY:** 10 Lane by 50 meter competition pool w/ 2 meter min depth. 6 lane by 25 meter warm up pool w/ 2 meter min depth  
The competition course **Has Not** been certified in accordance with Article 104.2.2C (4)

**SESSIONS:**

Session 1: Friday, July 19	Warm-ups 7:45 AM	Session Starts at 9:00 AM
Session 2: Friday, July 19	Warm-ups 1:30 PM	Session Starts at 2:45 PM
Session 3: Saturday, July 20	Warm-ups 7:45 AM	Session Starts at 9:00 AM
Session 4: Saturday, July 20	Warm-ups 2:00 PM	Session Starts at 3:15 PM
Session 5: Sunday, July 21	Warm-ups 7:45 AM	Session Starts at 9:00 AM
Session 6: Sunday, July 21	Warm-ups 2:00 PM	Session Starts at 3:15 PM

Warm-up/Start times may be adjusted after all entries are received. Teams will be notified of any change.

**ADMISSION:** Pre-sale discounted admission tickets will be available on  
<http://www.longislandswimming.com/hosted-meets.html>

\$60.00/ All Session Pass - 6 Sessions = 3 AM Sessions & 3 PM Sessions

The original ticket must be presented each session along with the wrist band which will be given upon entering the facility the first session.

\$22.50 / 2 Sessions on the same day – a different wrist band will be distributed each day for this band.

There is a \$10 CASH fee for a lost/removed wrist band. No exceptions. \$15.00 CASH fee will be charged if the original ticket is not presented.

\$15/session = 1 session

\$25.00/session Cash only at Door

Programs and heat sheets will be available on Meet Mobile.

**FORMAT:** All Events are Timed Final.  
This meet will be run in accordance with 2024 USA Swimming Rules  
The Meet seeded following the scratch procedure listed below. Long course meter times will be the conforming standards and will be seeded first, followed by SCM & SCY.  
Additional breaks may be added to the meet format at the discretion of the Meet Referee. Break lengths may be modified at the discretion of the Meet Referee to manage the meet timeline.

**ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers.  
No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.  
All swimmers participating in this meet must be registered by the first day of the meet. There will be no on deck registration at this meet.  
Age on **July 19, 2024** will determine age for the entire meet.  
**Times must have been achieved in either Long Course Meters, Short Course Yards or Short Course Meters, between May 1, 2023 and the entry deadline.**

**ENTRIES:** All entries will be submitted via a file, Hy-Tek &/or TU, to [entries.liac@gmail.com](mailto:entries.liac@gmail.com).

All swimmers, including relay only swimmers, must be listed on official entry form and included in the export file. Swimming exhibition or Deck entries (including relay only swimmers will not be permitted.)

A Master Sheet with proof of times must accompany all entries in the entry email.

A swimmer may enter any number of individual events for which he/she has met the qualifying time, but may not swim more than three (3) individual events per any one-day excluding relays. Failure to scratch will result in the swimmer swimming the first three events they are entered in on that day. Entry times must equal or better the qualifying standards.

Relay only Swimmers must be entered on the original entry file to be eligible to swim.

Email questions to: Natalie - [entries.liac@gmail.com](mailto:entries.liac@gmail.com)

**DEADLINE:** Entries must be submitted via email to [entries.liac@gmail.com](mailto:entries.liac@gmail.com) between July 1st and July 9<sup>th</sup>, 2024. This entry date allows any swims reported through Tuesday, July 9<sup>th</sup> to be submitted prior to the deadline. **For swimmers qualifying for the first time between July 10 and July 14, coaches must send an email with information on new entries only no later than 11:59PM Monday, July 15<sup>th</sup>** to Natalie at [entries.liac@gmail.com](mailto:entries.liac@gmail.com)  
**New cuts only. No time updates.**

**ENTRY FEE:** An entry fee of \$7.50 per individual event  
\$20.00 per Relay event  
\$15.00 per Swimmer (\$5.00 Metropolitan surcharge per swimmer + \$10.00 athlete surcharge per swimmer (including RELAY ONLY SWIMMERS) must accompany the entries.

Payment is to be received from the club through Zelle is appreciated – Long Island Swimming, LTD [gnussbaum@longislandswimming.com](mailto:gnussbaum@longislandswimming.com) – include the meet name on the Zelle payment.

Clubs not set up with Zelle please submit a check payment made payable to Long Island Swimming.

Host Club may waive meet entry fees & facility surcharge for registered outreach swimmers. Coaches should contact meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries.

**SCRATCHES:** **Friday events are due by email to [scratch.liac@gmail.com](mailto:scratch.liac@gmail.com) Thursday 7/18/24 6:00 PM.**

**Saturday Events are due to the Clerk of Course Table and / or emailed to [scratch.liac@gmail.com](mailto:scratch.liac@gmail.com) by Friday 7/19/24 6:00 PM.**

**Sunday Events are due to the Clerk of Course Table and / or emailed to [scratch.liac@gmail.com](mailto:scratch.liac@gmail.com) by Saturday 7/20/24 6:00 PM.**

Any swimmer, who is seeded, must swim the event unless he/she declares his/her intention not to swim in the following manner;

Go to the Referee, before the event and state you do not wish to swim.

The swimmer is then disqualified from THAT EVENT for the delay of the meet.

This counts as an event against the total-per-day allowance.

**RELAYS:** Relay Entries must be submitted with Individual Entries on either a HY-Tek or TU file. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names and order of swimming for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation one (1) hour prior to

the start of the relays. However, relay order may be changed, with the Clerk of Course, up to the start of the relay event. Relay swimmers' names must be submitted in the order in which they will swim.

**Each relay must be made of at least 2 athletes entered in individual events.**

Relay only Swimmers must be entered on the final accepted entry file to be eligible to swim

**CORRECTIONS:** The psych sheets will be posted on

<http://www.longislandswimming.com/hosted-meets.html>

Clubs will be given until 9:00 PM on Thursday, July 11, 2024, to email corrections to Natalie [entries.liac@gmail.com](mailto:entries.liac@gmail.com). No exceptions will be made to this deadline.

No improvements in seed time will be accepted. Corrections will be accepted by email only.

**Any corrections submitted after 9 PM Thursday, July 11, 2024, will be considered a late correction. These late corrections will be accepted by email only from 9:01 PM Thursday, July 11, 2024 – 11:59 am Monday July 15, 2024.**

**\$50.00 will be billed for each correction made during this timeframe. Payment for these corrections will be payable by CREDIT CARD ONLY when Natalie calls to confirm the correction.**

**In order for your athlete to compete in the additional late corrected entries, this payment Must be made, No payment, No swim. Plan accordingly.**

**WARM-UP:** Times and assignments will be emailed Wednesday, July 17, 2024. Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet.

**COACHES:** In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials 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. Coaches must check in and present credentials at the head table to receive deck pass and/or bracelet. The pass and/or bracelet must be visible throughout the meet.

**AWARDS:** Individual & Relay 14 & Under Events - Medals for 1<sup>st</sup> – 3<sup>rd</sup>,  
Individual & Relay 12 & Under Events - Ribbons for 4<sup>th</sup> – 10<sup>th</sup>  
▪ Awarded by following Ages: 9 & Under, 10, 11, 12, 13, and 14  
Individual and Relay 15-18 Events - Medals for 1<sup>st</sup> - 3<sup>rd</sup>

Individual High Point Awards: 1<sup>st</sup> – 3<sup>rd</sup> for 9 & Under, 10, 11, 12, 13, 14 and 15-18.

Combined Team Awards (1<sup>st</sup> – 3<sup>rd</sup> Place): 10 & Under, 11-12, 13-14

Overall 14 & Under Team Award

Awards must be picked up by the end of the competition

**SCORING:** 14 and Under Individual Events Points (1<sup>st</sup> – 10<sup>th</sup> Place) – 11-9-8-7-6-5-4-3-2-1  
▪ Scored by following Ages: 9 & Under, 10, 11, 12, 13, and 14

14 and Under Relay Events Points (1<sup>st</sup> – 20<sup>th</sup> Place) –

▪ 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2

Only two (2) relays per club may score

**OFFICIALS:** **Meet Referee:** Darryl Strabuk, [meetofficial@longislandswimming.com](mailto:meetofficial@longislandswimming.com)

**Meet Admin:** Natalie Morse, and Kerry O'Hagan

Officials wishing to volunteer should contact the Meet Referee by **Thursday, July 11, 2024.**

**MEET DIRECTOR:** Alexis Skelos, phone: 516-378-8467, email: [askelos@longislandswimming.com](mailto:askelos@longislandswimming.com)

- RULES:** The current USA Swimming Rules and Regulations will apply. The USA Swimming Code of Conduct is in effect for the duration of the meet. The overhead start procedure may be used at the discretion of the meet Referee.
- MAAP POLICY:** All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- SAFETY:** Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet. 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, club, or spectator for failure to follow the safety rules. 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 without the use of the backstroke ledge. 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. Nassau County Lifeguards and an AED are on site. All swimmers must wear footwear upon leaving the pool area.
- MEET DECORUM:** Each club is requested to handle its own team and discipline problems. Anyone found vandalizing county property; stealing or displacing disorderly conduct will be subject to disqualification, ejection from the meet and possible criminal prosecution.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodations you might require. The athlete (or the athlete’s coach) is also responsible for notifying the meet referee of any disability prior to the competition. The qualification standards for the meet will be USA swimming LSC Para times.  
<https://www.usaswimming.org/docs/default-source/disabilitydocuments/lsc-para-times-ndc-official.pdf?sfvrsn=6>
- AUDIO/VISUAL STATEMENT:** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Use of Audio or visual recording devices, including a cell phone, is not permitted behind the blocks.
- DECK CHANGING:** Deck changes are prohibited.
- POLICY:** Any photographer or videographer, who intends to take pictures at a Metropolitan Swimming sanctioned meet, must complete and submit a Photographer Registration Form to the Meet Director before commencing activity. Forms are available on the Metropolitan Swimming website as well as from the Meet Director.
- NO DRONES:** 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
- MERCHANT:** A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck.  
Hobbieswim will be available virtually throughout the entire meet
- ATTESTATION STATEMENT:** In applying for this sanction, LIAC, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Metropolitan Swimming, the State of New York, and local jurisdictions.
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Nassau County Aquatic Center, Long Island Aquatic Club, Long Island Swimming**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of

The meet. It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

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, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) 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 a 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 Long Island Aquatic Club, Long Island Swimming, Nassau County, Nassau County Aquatic Center, Metropolitan Swimming Inc., USA Swimming Inc., 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.**

**PARKING:**

There is ample parking.

**DIRECTIONS:**

**FROM VERRAZANO NARROWS BRIDGE AND KENNEDY AIRPORT:**

Follow signs to Belt Parkway/Long Island East. Take Belt Parkway eastbound past Kennedy Airport - after Kennedy Airport stay in the left lane and look for signs to Southern State Parkway East. Take So.State Pkwy East to Meadowbrook Pkwy (northbound) to NY-24 Hempstead Turnpike (exit M4) East. On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At first traffic light make a right. This is the entrance to the pool.

**FROM WHITESTONE AND THROGS NECK BRIDGES**

Take Cross Island Parkway South to Exit 29, Grand Central Parkway eastbound. Follow Grand Central Pkwy to Meadowbrook Pkwy southbound (Jones Beach). Get off Meadowbrook Pkwy at NY-24 Hempstead Tpke.(exit M4). On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At first traffic light make a right. This is the entrance to the pool.

**2024 Metropolitan Long Course Junior Met Championships  
July 19- July 21, 2024**

**SESSION # 1.**

**Friday July 19, 2024, Warm-up 7:45am Start 9:00 am**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
1	13-14 200 m Medley Relay	2
3	10&U 100 m Freestyle	4
5	13-14 100 m Freestyle	6
7	10&U 50 m Breaststroke	8
9	13-14 100 m Breaststroke	10
11	10&U 50 m Backstroke	12
13	13-14 100 m Butterfly	14
15	10&U 400 m Freestyle	16
17	13-14 400 m Freestyle	18

**SESSION # 2.**

**Friday July 19, 2024, Warm-up 1:30pm Start 2:45pm**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
19	11-12 200 m Medley Relay	20
21	15-18 200 m Medley Relay	22
23	11-12 100 m Freestyle	24
25	15-18 100 m Freestyle	26
27	11-12 100 m Breaststroke	28
29	15-18 100 m Breaststroke	30
31	11-12 50 m Backstroke	32
33	15-18 100 m Butterfly	34
35	11-12 200 m Butterfly	36
37	15-18 400 m Freestyle	38
39	11-12 400 m Freestyle	40

**SESSION # 3.**

**Saturday July 20, 2024, Warm-up 7:45am Start 9:00 am**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
41	10&U 50 m Butterfly	42
43	13-14 200 m Freestyle	44
45	10&U 200 m Freestyle	46
47	13-14 200 m Butterfly	48
49	10&U 100 m Breaststroke	50
51	13-14 100 m Backstroke	52
53	10&U 100 m Backstroke	54
55	13-14 400 m Individual Medley	56
57	10&U 200 m Freestyle Relay	58
59	13-14 400 m Freestyle Relay	60

**SESSION # 4.**

**Saturday July 20, 2024, Warm-up 2:00pm Start 3:15pm**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
61	11-12 200 m Freestyle	62
63	15-18 200 m Freestyle	64
65	11-12 50 m Breaststroke	66
67	15-18 200 m Breaststroke	68
69	11-12 100 m Backstroke	70
71	15-18 100 m Backstroke	72
73	11-12 50 m Butterfly	74
75	15-18 400 m Individual Medley	76
77	11-12 200 m Breaststroke	78
79	15-18 400 m Freestyle Relay	80
81	11-12 400 m Freestyle Relay	82
	<b>5 minutes Break warm-up/warm-down if needed</b>	
83	11-12 400 m Individual Medley	84



**SESSION # 5.**  
**Sunday July 21, 2024, Warm-up 7:45am Start 9:00 am**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
85	13-14 200 m Freestyle Relay	86
87	10&U 200 m Medley Relay	88
<b>5 minutes Break warm-up/warm-down if needed</b>		
89	13-14 200 m Backstroke	90
91	10&U 200 m Individual Medley	92
93	13-14 200 m Individual Medley	94
95	10&U 50 m Freestyle	96
97	13-14 50 m Freestyle	98
99	10&U 100 m Butterfly	100
101	13-14 200 m Breaststroke	102
103	10&U 400 m Freestyle Relay	104
105	13-14 400 m Medley Relay	106

**SESSION # 6.**  
**Sunday July 21, 2024, Warm-up 2:00pm Start 3:15pm**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
107	11-12 200 m Freestyle Relay	108
109	15-18 200 m Freestyle Relay	110
<b>5 minutes Break warm-up/warm-down if needed</b>		
111	11-12 200 m Backstroke	112
113	15-18 200 m Backstroke	114
115	11-12 200 m Individual Medley	116
117	15-18 200 m Individual Medley	118
119	11-12 50 m Freestyle	120
121	15-18 50 m Freestyle	122
123	11-12 100 m Butterfly	124
125	15-18 200 m Butterfly	126
<b>5 minutes Break warm-up/warm-down if needed</b>		
127	11-12 400 m Medley Relay	128
129	15-18 400 m Medley Relay	130

10&U Girls							10&U Boys					
LCM 9&U	LCM 10	SCY 9&U	SCY 10	SCM 9&U	SCM 10	EVENT	LCM 9&U	LCM 10	SCY 9&U	SCY 10	SCM 9&U	SCM 10
37.89	36.79	33.49	31.89	36.19	34.89	50 FREE	37.89	36.49	33.69	31.79	36.19	34.89
1:24.49	1:20.39	1:15.49	1:10.19	1:19.99	1:15.99	100 FREE	1:24.49	1:19.99	1:16.99	1:10.19	1:19.99	1:15.99
2:59.99	2:53.29	2:39.99	2:31.19	2:48.89	2:43.89	200 FREE	2:57.09	2:51.99	2:42.49	2:32.39	2:49.89	2:45.89
6:15.99	6:03.99	7:14.99	6:44.99	5:58.89	5:46.99	400/500 FREE	6:15.99	6:01.99	7:14.99	6:45.99	5:59.89	5:49.99
44.69	43.19	39.49	36.89	41.59	40.09	50 BACK	44.69	42.89	39.49	37.09	41.59	40.09
1:36.79	1:33.99	1:25.99	1:19.99	1:30.59	1:27.69	100 BACK	1:35.89	1:32.29	1:26.99	1:20.79	1:31.59	1:28.69
51.89	49.79	45.89	42.69	49.29	47.19	50 BREAST	50.99	48.09	46.49	43.09	48.29	45.19
1:49.99	1:45.69	1:39.99	1:34.99	1:45.79	1:41.09	100 BREAST	1:49.99	1:45.29	1:39.99	1:34.19	1:45.79	1:41.09
42.89	41.09	38.49	36.49	40.29	38.79	50 FLY	43.09	40.69	38.49	36.49	40.29	38.79
1:39.99	1:36.69	1:32.99	1:26.99	1:35.49	1:32.49	100 FLY	1:40.49	1:38.29	1:34.99	1:27.19	1:35.49	1:32.49
3:24.19	3:17.99	2:59.99	2:50.39	3:14.49	3:07.79	200 IM	3:23.89	3:18.29	2:59.99	2:52.39	3:14.49	3:07.79

11-12 Girls							11-12 Boys					
LCM 11	LCM 12	SCY 11	SCY 12	SCM 11	SCM 12	EVENT	LCM 11	LCM 12	SCY 11	SCY 12	SCM 11	SCM 12
32.09	31.39	29.29	27.89	31.69	30.29	50 FREE	32.19	31.29	29.29	27.49	31.49	30.19
1:09.69	1:07.99	1:03.19	1:00.29	1:08.09	1:06.19	100 FREE	1:09.49	1:07.39	1:03.19	1:00.09	1:07.49	1:05.29
2:33.04	2:29.49	2:18.99	2:11.49	2:29.89	2:25.49	200 FREE	2:31.79	2:27.29	2:18.99	2:09.59	2:27.49	2:23.19
5:27.99	5:19.49	6:05.99	5:54.99	5:19.49	5:09.99	400/500 FREE	5:27.99	5:18.29	6:05.99	5:51.99	5:19.79	5:10.99
37.49	36.49	33.79	31.89	36.09	34.99	50 BACK	37.89	36.49	33.79	31.89	36.39	35.09
1:21.29	1:19.29	1:11.99	1:08.49	1:17.89	1:15.29	100 BACK	1:22.49	1:19.39	1:11.99	1:08.79	1:19.39	1:16.29
3:00.19	2:54.99	2:35.99	2:29.59	2:49.49	2:43.89	200 BACK	3:00.19	2:56.99	2:36.99	2:32.59	2:51.89	2:48.19
42.89	41.49	38.69	36.59	41.89	40.19	50 BREAST	42.89	40.89	38.99	36.49	41.89	39.99
1:33.19	1:29.69	1:23.49	1:19.49	1:29.89	1:26.59	100 BREAST	1:34.49	1:31.89	1:24.59	1:18.79	1:29.59	1:26.79
3:29.99	3:23.09	2:59.99	2:52.69	3:17.49	3:11.79	200 BREAST	3:29.99	3:22.99	2:59.99	2:53.59	3:18.09	3:11.29
35.79	34.19	32.09	30.29	34.49	32.89	50 FLY	35.79	34.79	32.49	30.89	35.89	33.99
1:20.99	1:16.69	1:13.09	1:08.59	1:18.49	1:14.89	100 FLY	1:23.19	1:20.99	1:13.49	1:09.99	1:20.19	1:17.79
3:03.99	3:01.99	2:45.99	2:39.59	2:59.99	2:56.19	200 FLY	3:03.99	3:01.99	2:45.99	2:39.59	2:59.89	2:56.39
2:52.19	2:47.39	2:34.49	2:27.59	2:48.49	2:43.19	200 IM	2:52.89	2:48.89	2:34.49	2:27.59	2:47.19	2:43.09
6:14.19	6:04.49	5:29.99	5:20.19	6:02.89	5:53.89	400 IM	6:12.89	6:05.49	5:29.99	5:18.09	5:59.89	5:52.39

13-14 Girls							13-14 Boys					
LCM 13	LCM 14	SCY 13	SCY 14	SCM 13	SCM 14	EVENT	LCM 13	LCM 14	SCY 13	SCY 14	SCM 13	SCM 14
30.19	29.79	26.49	26.09	29.89	29.09	50 FREE	28.39	27.89	25.39	24.39	27.69	27.09
1:04.79	1:03.99	57.69	56.39	1:03.99	1:02.19	100 FREE	1:02.99	1:01.59	55.19	52.99	1:00.59	59.29
2:21.49	2:19.59	2:05.19	2:02.79	2:18.49	2:16.29	200 FREE	2:18.09	2:15.59	1:59.99	1:55.99	2:14.89	2:11.39
4:57.89	4:53.09	5:32.99	5:26.99	4:51.39	4:47.89	400/500 FREE	4:49.19	4:45.19	5:21.79	5:13.99	4:43.79	4:39.89
1:16.19	1:13.99	1:05.19	1:03.99	1:13.39	1:11.19	100 BACK	1:12.19	1:10.29	1:03.19	1:01.19	1:09.79	1:07.89
2:40.99	2:39.09	2:19.49	2:17.09	2:34.39	2:33.19	200 BACK	2:34.99	2:32.59	2:15.89	2:11.89	2:29.89	2:27.39
1:30.09	1:27.99	1:14.59	1:13.39	1:22.89	1:20.49	100 BREAST	1:22.39	1:20.09	1:10.69	1:08.69	1:19.99	1:17.89
3:03.89	3:00.49	2:41.19	2:38.79	2:58.49	2:55.19	200 BREAST	2:56.99	2:54.89	2:33.39	2:29.39	2:51.59	2:49.19
1:12.29	1:11.09	1:04.09	1:02.89	1:11.89	1:10.09	100 FLY	1:08.89	1:07.49	1:01.69	59.49	1:07.59	1:06.49
2:46.49	2:43.79	2:27.19	2:24.79	2:42.89	2:39.99	200 FLY	2:37.49	2:34.99	2:20.39	2:16.39	2:35.79	2:32.49
2:41.89	2:38.59	2:21.19	2:18.79	2:37.89	2:34.99	200 IM	2:33.19	2:30.39	2:14.79	2:09.99	2:26.59	2:23.89
5:45.19	5:38.09	5:02.39	4:57.59	5:35.79	5:29.89	400 IM	5:27.99	5:21.09	4:47.09	4:39.79	5:16.09	5:11.99

15-18 Girls				15-18 Boys		
SCM 15-18	LCM 15-18	SCY 15-18	EVENT	SCM 15-18	LCM 15-18	SCY 15-18
29.49	29.69	26.29	50 FREE	26.29	26.99	23.69
1:03.89	1:04.19	56.99	100 FREE	57.09	58.99	51.49
2:18.49	2:20.99	2:02.49	200 FREE	2:04.99	2:10.99	1:52.49
4:49.39	5:02.99	5:29.99	400/500 FREE	4:33.69	4:42.99	5:07.99
1:12.49	1:15.99	1:04.49	100 BACK	1:04.39	1:09.49	58.79
2:35.29	2:43.99	2:19.99	200 BACK	2:24.99	2:31.99	2:08.99
1:22.39	1:27.99	1:13.99	100 BREAST	1:13.79	1:18.99	1:05.69
3:00.49	3:08.99	2:40.99	200 BREAST	2:46.09	2:51.99	2:25.99
1:12.59	1:12.49	1:02.99	100 FLY	1:03.59	1:06.49	56.99
2:44.19	2:45.99	2:26.99	200 FLY	2:26.39	2:33.99	2:11.99
2:34.69	2:41.99	2:18.99	200 IM	2:21.09	2:29.99	2:06.99
5:38.99	5:51.99	4:59.99	400 IM	5:08.09	5:23.99	4:35.99