



**SENIOR CHAMPIONSHIP
CARLISLE YMCA**

CARLISLE YMCA AQUATIC CENTER

Entry Deadline

MARCH 4, 2026 AT 11:59 PM



2026 Short Course Senior Championship

Middle Atlantic Swimming (MASI) and the Meet Management Team reserves the right to modify the meet format and/or entry of the meet.

MEET HOST	Carlisle YMCA
LOCATION	Carlisle YMCA Aquatic Center, 103 Midway Drive Carlisle PA 17015
EVENT PERSONNEL	Referee: Mike Wigginton Administrative Referee: Gwen Lochstet Meet Director: Will Gallagher email wgallagher@friendscentral.org phone 267-275-7711 Meet Entry Chair: Will Gallaghe email wgallagher@friendscentral.org phone 267-275-7711 Operational Risk Director: TBA email phone
SANCTION	This meet is held under the sanction of USA Swimming and Middle Atlantic Swimming. Sanction # MA 26186 SR and Time Trials MA 26187 TT It is understood and agreed that USA Swimming and Middle Atlantic Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
ELIGIBILITY	These events are open to swimmers who are 2026 Premium Athlete or Outreach Members of USA and Middle Atlantic Swimming, and who have achieved the published time standard in one or more events at a sanctioned USA Swimming competition.
ENTRY QUALIFYING PERIOD	Times for entry into this meet must have been achieved on or after September 1, 2024.
FORMAT	<ul style="list-style-type: none">• This championship meet will be conducted in SCY.• Timed Finals Events: all relays, 1000 and 1650 freestyle events.• Prelims/Finals: Fastest 30 swimmers from prelims will advance to finals.• At the Meet Referee's discretion, preliminary sessions may be conducted in flights or use fly-over starts. Information on flighting, if any, will be provided at the technical meeting.• The order of the final events shall be "C" "B" and "A".• A Ready Room may be used to assemble and parade "A" finalists and the fastest seeded heats of 1000 and 1650 freestyle swimmers. These swimmers must report to the Ready Room no later than five minutes preceding the "Parade Time" for the event. All other heats will report directly to the starting blocks for their events.
SCHEDULE	Prelims: 9:00 a.m. Finals: 5:00 p.m. The venue will be available for warm-up starting at 7:30 a.m. until one (1) hour after the conclusion of the morning session and open for warm-up one (1) hour prior to the Finals session on all competition days.

SEEDING

Events shall be seeded in order of SCY, LCM, SCM and then bonus entries in the same order.

The 1650 and 1000 Freestyle events will swim fast to slow, alternating Women/Men.

The 1650 Freestyle will swim as follows:

- Fastest two (2) heats of the women's mile will swim first, followed by the fastest two (2) heats of the men's mile.
- After the initial four (4) heats of the miles (W/M), the 800 Freestyle relays will swim Fast to Slow (not alternating).
- The remaining heats of the mile will swim Fast to Slow, alternating women/men.

The 1000 Freestyle will swim as follows:

- All but the fastest seeded heat of each gender will swim during the distance session between Prelims and Finals on Sunday.
- Swimmers may elect to swim in the distance session instead of Finals by indicating their preference when completing positive check-in for the event.
- Swimmers with the 10 fastest seeded times will in the first heat at Finals.

TECHNICAL MEETING FOR COACHES

There will be a virtual (Zoom-based) technical meeting the Tuesday evening prior to Day 1 events at 7:30 pm local time. Details will be sent to each coach. Coaches are encouraged to check the Middle Atlantic Swimming website for last minute details about the event. Participating coaches and athletes are responsible for all information in this document, distributed at the technical meeting, and posted on the event website.

RULES

Unless otherwise noted herein, this meet shall be conducted in accordance with current USA Swimming Rules and Regulations. A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters. Eligibility and Technical juries consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review protests within their jurisdiction as defined in USA Swimming Rules.

WARM UP

Only feet-first entry is allowed during warm-ups, except in designated lanes and times. Entry into the pool shall be from the ends, not the sides. No equipment (fins, snorkels, hand paddles, etc.) is permitted in the competition pool at any time. Violations may result in disqualification from next individual event or expulsion from the Meet. More detailed warm-up procedures will be communicated via email prior to the meet and discussed at the Technical Meeting.

SCORING AND AWARDS

This competition will follow the scoring rules as defined in section 102.24.3 of the USA Swimming Rules and Regulations. Individual and Team scores will be kept and awarded. Awards will be given to all place winners in the "A" final for individual events and top three place winners for the relay events. Team awards will be presented to the top teams in Men's, Women's, and Combined categories. Individual High Point Awards will be given to the top three scoring female and male athletes.

The Fran Crippen Award will be awarded to the top point scorer in each gender with the following formula:

Each swimmer earns a total score through a compilation of the World Aquatics Power Points achieved from the following events: 400 IM, 500 Free, 1000 Free, 1650 Free (all events must be completed in order to be eligible).

SWIMS DATABASE

Times from the following will be in SWIMS, the national times database.

- USA Swimming Sanctioned competition.
- USA Swimming Approved competition - Check two weeks before the competition to assure the meet has been approved by the LSC, and prior to the start of the competition, ask the Meet Director for the procedure for getting a time into SWIMS.
- USA Swimming Observed swims - Be sure a proper request for an Observed Swim is made according to guidelines appearing in the USA Swimming SWIMS Time Module Policy Manual, and prior to the start of the meet, verify that proper procedures are in place for the Observed swim.
- The time of any swimmer recorded while legally representing a USA Swimming club, secondary school, college, or university within the appropriate time frame, may be used in proving relay entry times. That swimmer does need to be entered in the championship in question or currently representing that club. Relay times belong to the team. Individual times belong to the swimmer.

Times submitted to the USA Swimming SWIMS database no later than twenty (20) days prior to the Championships will be in the database. If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards) and it was swum in the appropriate qualifying period, it is considered a proven official time. Entry times not proven by the scratch deadline for the event will be considered as false or incorrect times and are subject to action under provisions of the

USA Swimming Rules and Regulations.

SWIMS data entry from meets in which time standards were met must be requested from the SWIMS Time Official in the LSC in which the meet was held. LSC officials may charge a fee for data entry requested after the meet ends. These times will not be automatically placed in the database. Times from all major international championships will be automatically entered in the database. Relay lead offs and/or intermediate split times must be requested from the SWIMS Time official in the LSC where the time was achieved. Requesting SWIMS data entry will not enter a swimmer into a competition nor place a club on the USA Swimming mailing list.

RESPONSIBILITY CLAUSE

The coach, swimmer or swimmer representative who enters a Middle Atlantic Swimming Championship thereby attests that all times stated are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$100 penalty, payable to Middle Atlantic Swimming, for each such time entered, unless absolved of the fine by Middle Atlantic Swimming or Administrative Review Board. Additional action or penalty may be taken or levied as deemed appropriate by Middle Atlantic Swimming. Such penalty shall also be levied against any USA Swimming verification officer who knowingly entered such a false time(s) into the SWIMS Database. Appeal of fines must be made to the Meet Referee or designee and/or Board of Review. Any appeal of the decision of USA Swimming shall be in accordance with the provisions of Part Four of the USA Swimming Rulebook.

OME ENTRIES

Entries open February 1, 2026

Entry Deadline March 4, 2026 at 11:59 PM

Online Meet Entry (OME) Procedures: For questions regarding OME entries: Please contact Mike Seip at Middle Atlantic Swimming (mikeseip@maswim.org) or your championship site Meet Director. All individual entry times must be made through OME prior to the entry deadline and must be proven prior to the scratch deadline for that event through the SWIMS Database. No swimmer will be permitted to swim without said proof. MASI reserves the right to challenge any submitted time. All individual entry times must be proven in the SWIMS Database, prior to the scratch deadline, even if scratched.

- Submit entries for the Middle Atlantic Swimming Championship Meet online through your club portal at hub.usaswimming.org/landing (Competition – My Meets – Team Entry) no later than 11:59 p.m. Eastern Time, Wednesday, March 4, 2026.
- Payment must be made to host club before competing – **PAYMENT THROUGH THE OME SYSTEM WILL NOT BE ACCEPTED.**
- OME is not an eligibility report; coaches are responsible for knowing events for which their athletes are qualified.
- You can modify your entry online by adding to the original entry. You cannot delete an online entry once it has been submitted and you have completed the OME procedure. **ANY DELETION FOLLOWING SUBMISSION, MUST BE DONE THROUGH THE MEET DIRECTOR.**
- Once you complete your online entry, you will be sent confirmation via email. Please keep these emails and bring them with you to the meet (just in case). Confirm you did click submit to complete the entry.

Bonus Entries

- Any athlete who qualifies for one (1) individual event will be permitted to enter and swim in up to three (3) bonus events;
- Any athlete who qualifies for two (2) individual events will be permitted to enter and swim two (2) additional bonus events;
- Any athlete who qualifies for three (3) individual events will be permitted to enter and swim one (1) additional bonus event;
- Any athlete who qualifies in more than three (3) individual events, will not be permitted to enter bonus events;
- The qualifying standards for bonus events shall be the Meet qualifying time plus .5 seconds per 50 of event;
- No bonus swims for events 400 and above.

NEW: 50's Of Stroke

There are no qualifying standards for the 50-events of Backstroke, Breaststroke, or Butterfly. Any swimmer who qualifies for the 100 of a given stroke may also enter the corresponding 50 of that stroke. Entry limits will be enforced. Swimmers may not compete in more than three (3) individual events per day (including bonus events, 50s of Stroke, and time trials) or more than ten (10) individual events total during the meet, including time trials. Athletes will enter the 50 of Stroke using their fastest 100 of Stroke time achieved within the qualifying period. These events will be seeded in the same

manner as all other listed events (SCY, LCM, SCM). Entry into a 50 of Stroke event will not affect or reduce an athlete's bonus event eligibility.

Example:

An athlete qualifies in two (2) events: the 100 Backstroke and the 200 Freestyle. With two qualifying events, the athlete is eligible for two (2) bonus events that meet bonus standards. Because the athlete qualified in the 100 Backstroke, they may also enter the 50 Backstroke using their 100 Backstroke time. The athlete remains eligible for two (2) bonus events.

Please note: This exception to bonus event eligibility for a championship meet applies to the 2026 season only.

ENTRY FEE Individual Events: \$15.00 per event
Relay Events: \$25.00 per event
Time Trial Events: \$20.00 per individual event; \$30.00 per relay event

CHECKS PAYABLE TO CARLISLE FAMILY YMCA

MAIL CHECKS/ REPORTS 311 SOUTH WEST STREET,
CARLISLE PA 17013

NEW QUALIFYING SWIMS These entries may be entered March 5, 2026, through March 15, 2026, and must be achieved at a sanctioned meet. These entries cannot be used to improve the seed time of a prior entry.

All new qualifying entries must be sent electronically to the Meet Director by 2 p.m. on March 16, 2026, using the posted event file. All individual entry times must be proven in the SWIMS Database, prior to the scratch deadline, even if scratched.

The new qualifying entries must be communicated with and accepted by the Meet Director. Without confirmation of the Meet Director's acceptance, the entry shall be assumed unaccepted.

RELAYS This competition will follow the relay rules as defined in section 102.3 of the USA Swimming Rules and Regulations. All relays will be deck-seeded, timed final events. Only one (1) relay-only swimmers will be allowed per relay. Each team can score a maximum of two relays in each event.

- The 800 Freestyle Relay during Session 1 will swim fast to slow after two (2) heats each of the women's and men's mile.
- Relays during Prelims sessions will swim fast to slow, NOT alternating.
- Other than Session 1, relays during Finals sessions will swim fast to slow, alternating Women/Men.

All relay cards must be submitted to the site's Administrative Referee or Deck Referee prior to the deadlines.

SWIMMERS WITH DISABILITIES Coaches entering swimmers with disabilities that require any accommodations, including the need for any personal assistants and/or registered service animals, must provide advance notice in writing, to the meet director by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

CHECK IN All preliminary events will be deck-seeded. Scratches will be managed at the Admin Table and must be submitted prior to the Scratch Box deadline. Any scratches submitted after the deadline will be subject to the penalties listed below. Relay entry cards will be available at the Admin Table and must be returned prior to Scratch Box Deadline.

The 1000 and 1650 Freestyle are Positive Check-In events. Swimmers in these events must check-in or scratch at the Admin Table prior to deadlines. Swimmers entered in these events may, when they check-in, indicate their preference to swim the event in the preliminary session. The fastest heat of swimmers that state no preference shall be seeded to compete in the finals session. A swimmer or coach should clearly write "AM" next to the swimmer's name when they check-in if they desire to swim in the preliminary session.

SCRATCH PROCEDURES & PENALTIES This competition will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations.

Preliminary Events: 207.11.6 C, 207.11.6 E 1 & 3

"In all events where preliminary heats are necessary or in any timed final event for which the swimmer has been positively checked in, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been scratched in accordance with sub-paragraphs A and B above will be barred from all further individual and relay events of that

day. The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events."

Finals Events: 207.11.6 D (1) & 207.11.6 E 1, 2 & 3

"Any swimmer qualifying for a bonus, consolation or championship final in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in paragraph E. A declared false start under 101.1.3E or deliberate delay of meet under 101.1.5 is not permitted and will be regarded as a failure to compete."

Fines: A \$50 fine will be imposed on any swimmer who qualifies for Finals and fails to swim that event on the final day of the meet (or the final day for that particular swimmer) – unless that swimmer has appropriately scratched from the event or was originally listed as an Alternate (or lower) in the event. This fine also applies to the top eight (8) swimmers in the 1000 and 1650 Freestyle events listed on the pre-meet psych sheet that positively check-in for that event and then do not compete.

Scratches must be submitted to the site's Administrative Referee prior to the scratch deadlines.

TIME TRIALS

Time Trials may be conducted at the discretion of the Meet Referee. Each swimmer is limited to a maximum of two (2) time trials during the course of the Championships. Time trials will count toward the swimmer's individual event total for each day, but not the meet total. Athletes may need to provide their own lane timer and lap counter for time trial events. Relay-only swimmers will be allowed to swim in time trials.

Time Trial entry procedures will be explained in the Technical Meeting. Time Trials, if conducted, will begin approximately 15 minutes after the conclusion of the preliminary session.

SAFETY

This competition will follow the Marshals rule as defined in section 102.18 of the USA Swimming Rules and Regulations. It is the responsibility of the swimmers, the swimmer's legal guardian, coaches, and officials to help ensure an orderly competition.

OFFICIALS' INFORMATION

A meeting for officials may be held prior to each session, either in-person or virtually.

A sign-up for officials who wish to work at this meet is available at MASwim.org.

If this meet has been designated as a National Qualifying Meet, all officials who wish to and are eligible to be evaluated for advancement or re-certification must request evaluation.

MEET ADMINISTRATION

This Meet is sponsored and administered by Middle Atlantic Swimming. **MIDDLE ATLANTIC CLUBS WILL BE RESPONSIBLE FOR PROVIDING VOLUNTEER WORKERS BASED ON THE NUMBER OF THEIR SWIMMERS ENTERED IN THE MEET.** This requirement is necessary for the success of the Meet. Each team's contact person will be notified of their team's assignments. Failure to provide assigned workers may cause penalties to be imposed on that team's entries in the meet or subsequent meets.

BROADCAST STATEMENT

Any photographs, videos, or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published, or disseminated, or used for any commercial purposes, without the prior written consent of Middle Atlantic Swimming

IMAGE AUTHORIZATION

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Middle Atlantic Swimming under the conditions authored by Middle Atlantic Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during, or after the period of participation in Middle Atlantic Swimming competitions to promote such competitions.

LIABILITY

USA Swimming, the LSC, the facility, and the host organization shall accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in this event. Damage to the facility, when proved, will cause the offending participant, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs. All participants and guests must adhere to the facility rules and coaches must always supervise their swimmers. Glass containers are not permitted in the facility. Children must be always be supervised.

SAFE SPORT

The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing

policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Protection Policy ("MAAPP"), and that they understand that compliance with MAAPP policy is a condition of participation in the conduct of this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit usaswimming.org/report.

All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after March 19, 2026, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after March 19, 2026, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Referee, Meet Director or Marshal, is harmful to others or to other's property may be required to leave the competition.

No swimmer will be allowed access to the pool deck without a coach member present. If the home club coach is not planning to attend event, swimmer must designate a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. During warm-up sessions, athletes must enter the water feet-first, except in designated lanes and times. Violations may result in disqualification from next individual event or expulsion from the meet.

Deck changing is prohibited.

Use of audio or visual recording devices, including a cell phone, are not permitted behind the starting blocks during the entire meet and are not permitted in changing areas, rest rooms or locker rooms.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

All coaches and staff expecting to receive deck access must be prepared to show proof of current USA Swimming membership. Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.

ABOUT THE FACILITY

The Carlisle YMCA Aquatic Center facility is home to the 50-meter racing course used for the Championship meet. The 50-meter competition pool will be in a ten-lane 25 yard format for competition with a depth of eight feet at the sides and eight feet in the center. Competition lanes are a minimum of nine feet wide swum wall to wall. Equipment supporting the competition pool consists of non-turbulent Competitor lane markers, Spectrum Track Start Blocks and Backstroke wedges, CTS6 with automatic and semi-automatic timing. Other amenities include twelve 25-yard lanes for continuous warm-up, cool-down, hospitality, a swim shop, and spectator seating for over five hundred with access to wireless internet. Limited lockers are available for day use only. No locks will be provided.

TECH SUIT POLICY	This competition will follow the swimwear rules as defined in section 102.8 of the USA Swimming Rules and Regulations: 102.8.1 F No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.
RACING START CERTIFICATION	Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
MEDICAL ASSISTANCE	Lifeguards shall be always on duty during warm up and competition. Anyone in need of medical assistance should summon the nearest lifeguard or report to the Lifeguard office located on the pool deck.
CONCESSIONS	Limited concessions will be available on site.
HOSPITALITY	A hospitality area for the coaches and officials will be located adjacent to the pool deck during meet.
PARKING	Parking information: Free parking is around KA facility with nearby overflow lots within a three-minute walk to the facility.
HOTELS	Hotel recommendations provided by AllSports : here
ADMISSIONS	Event will be general admission \$5 per session or \$30 for all sessions.



New Events: See 50's Of Stroke Section

Women	Thursday, March 19, 2026 Timed Finals EVENT	Men
1	1650 Freestyle **(2 fastest Seeded Heats)	2
3	800 Free Relay (Timed Final, Fast to Slow)	4
	1650 Freestyle**(Remaining Heats)	
** Swimmers for the 1650 Freestyle events must provide their own timer (except at Finals) and counter. See the Seeding Section for additional details.		
Friday, March 20, 2026 Prelims		
5	200 Medley Relay (Timed Final Swum Fast to Slow)	6
7	200 Freestyle	8
9	50 Backstroke	10
11	100 Breaststroke	12
13	100 Butterfly	14
15	400 IM	16

Friday, March 20, 2026 Finals		
7	200 Freestyle	8
9	50 Backstroke	10
11	100 Breaststroke	12
13	100 Butterfly	14
15	400 IM	16
17	400 Free Relay (Timed Final, Fast to Slow, Alternating)	18
Saturday, March 21, 2026 Prelims		
19	200 Butterfly	20
21	50 Freestyle	22
23	100 Backstroke	24
25	50 Breaststroke	26
27	500 Freestyle	28
Saturday, March 21, 2026 Finals		
19	200 Butterfly	20
21	50 Freestyle	22
23	100 Backstroke	24
25	50 Breaststroke	26
27	500 Freestyle	28
29	400 Medley Relay (Timed Final, Fast to Slow, Alternating)	30
Sunday, March 22, 2026 Prelims		
31	200 Freestyle Relay (Timed Final, Fast to Slow)	32
33	200 Backstroke	34
35	50 Butterfly	36
37	200 Breaststroke	38
39	100 Freestyle	40
41	200 IM	42
Sunday, March 22, 2026 Timed Finals		
43	1000 Freestyle **	44

** Swimmers for the 1000 events must provide their own timer (except at Finals) and counter. All heats will swim fast to slow, alternating Women/Men. See the Seeding Section for additional details.

Sunday, March 22, 2026 Finals		
45	1000 Freestyle	46
33	200 Backstroke	34
35	50 Butterfly	36
37	200 Breaststroke	38
39	100 Freestyle	40
41	200 IM	42

SCY and LCM Senior Championship Time Standards						
Women			MIDDLE ATLANTIC SWIMMING	Men		
LCM	SCM	SCY	EVENT	LCM	SCM	SCY
28.99	28.29	25.29	50 Free	25.79	24.99	22.39
1:03.29	1:01.79	54.59	100 Free	58.09	56.29	48.69
2:16.49	2:12.49	1:58.59	200 Free	2:05.19	2:00.39	1:47.59
4:48.09	4:40.59	5:19.99	500/400 Free	4:26.09	4:17.49	4:55.29
9:59.99	10:04.49	11:14.99	1000/800 Free	9:18.29	9:05.69	10:25.99
19:02.19	18:59.59	18:59.99	1650/1500 Free	18:13.89	17:39.39	18:01.99
1:10.99	1:08.29	1:00.09	100 Back	1:04.79	1:02.39	55.09
2:35.59	2:30.39	2:13.09	200 Back	2:23.69	2:17.99	2:00.39
1:21.49	1:18.49	1:09.99	100 Breast	1:13.59	1:10.99	1:01.69
2:58.89	2:55.79	2:35.19	200 Breast	2:44.39	2:36.59	2:16.79
1:08.59	1:06.99	1:00.09	100 Fly	1:02.09	1:00.49	54.09
2:39.99	2:37.69	2:18.29	200 Fly	2:25.89	2:22.19	2:06.09
2:34.49	2:30.39	2:14.39	200 IM	2:21.79	2:16.89	2:01.69
5:37.59	5:26.59	4:49.99	400 IM	5:07.59	5:00.39	4:26.99

