

USC TRAINING & COMPETITION GUIDE

SUMMER 2018

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TRAINING GROUPS

BEGINNER GROUP

WHO

Younger athletes (~11 & under) new to the sport and still developing basic skills and a proficiency in all four strokes.

REQUIREMENTS

Swimmers must be able to swim 2 laps of the pool continuously in two different stroke disciplines (likely freestyle and backstroke).

EXPECTATIONS

- Beginners should attend 2-3 practices a week
- Beginner athletes should attend at least 2 meets throughout the season in order to gauge progress and qualify for the appropriate championship meet at the end of the season.
- Beginner swimmers should attempt the IMR challenge in order to encourage meet participation and development in all four strokes.
- Those who qualify will be expected to compete in the Lake Erie Age Group Championship.

TRAINING FOCUS

Practices will be primarily instructional, focus on stroke instruction, meet prep, and basic practice skills (understanding how to read a clock and understand workout lingo)

EQUIPMENT

None needed. Kickboards and fins will be provided.

INTERMEDIATE GROUP

WHO

Age group athletes (~13 & under) who know all four strokes and are ready both physically and mentally for basic conditioning, but also still require stroke and skill development.

REQUIREMENTS

Swimmers must know all four strokes (though may still need some work) and be prepared to do basic endurance training and sprint training.

EXPECTATIONS

- Swimmers should attend 3-4 practices per week
- Swimmers should attend at least 4 meets throughout the season in order to gauge progress and qualify for the appropriate championship meet at the end of the season.
- Swimmers should complete the IMX challenge for their age group in order to encourage meet participation and well-rounded development.
- Those who qualify will be expected to compete in the Lake Erie Age Group Championship.

TRAINING FOCUS

Practices will still be heavily instructional, but intermediate swimmers will be introduced to basic conditioning. They will develop basic strength and aerobic capacity needed to maintain technique over longer distances, as well as some sprint swimming.

EQUIPMENT

None needed. Kickboards and fins will be provided.

ADVANCED GROUP

WHO

Age group athletes (~14 & under) who have a solid foundation in all four strokes and are ready to be introduced to higher intensity endurance training. This group will also include high school athletes who are ready for harder training but still require stroke and skill development.

REQUIREMENTS

Swimmers must know all four strokes, have demonstrated consistent training habits, have achieved multiple 11-12 NAG A Times, and be mentally ready for a greater commitment to the sport.

EXPECTATIONS

- Swimmers should attend 4-5 practices per week
- Swimmers should attend at least 4 meets throughout the season in order to gauge progress and qualify for the appropriate championship meet at the end of the season.
- Swimmers should complete the IMX challenge for their age group in order to encourage meet participation and well-rounded development.
- Those who qualify will be expected to compete in Lake Erie Age Group Championship and should strive to qualify for the Lake Erie Zone Team. High School athletes will be expected to compete in the Lake Erie Senior Championships.

TRAINING FOCUS

Advanced swimmers will have a greater emphasis placed on basic conditioning and will be introduced to high intensity endurance training used more predominantly in the senior group. Advanced swimmers will still focus on technical development and perfecting race skills.

EQUIPMENT

Swimmers will be asked to purchase their own snorkel. Fins, paddles, and kickboards will be provided at the pool, though you may purchase your own.

SENIOR GROUP

WHO

Older athletes (14 & over) who are experienced swimmers with a strong technical foundation and are ready for the training and commitment needed to strive for success at the highest levels of the sport.

REQUIREMENTS

Swimmers must have a strong technical foundation in all four strokes, have demonstrated consistent training habits previously, have achieved multiple 15-16 NAG A times, and have goals to compete in regional meets beyond the Lake Erie Senior Championships, including Central Zone Sectionals, NCSA Junior Nationals, and beyond.

EXPECTATIONS

- Swimmers should attend 5-6 practices per week
- Swimmers should attend at least 4 meets throughout the season in order to gauge progress and qualify for the appropriate championship meet at the end of the season.
- All athletes will be expected to swim at Lake Erie Senior Championships.
- Athletes should have goals to qualify and compete in regional meets beyond Lake Erie Swimming, starting with Central Zone Sectionals up to US Nationals.

TRAINING FOCUS

Athletes in this group will focus on developing the fitness levels needed to compete at the highest levels of the sport, including basic aerobic capacity and endurance, anaerobic power and endurance, and sprint training. We will focus on perfecting technique and race execution. Senior athletes will have morning workouts and weight lifting opportunities available to them.

EQUIPMENT

Swimmers will be asked to purchase their own snorkel. Fins, paddles, and kickboards will be provided at the pool, though you may purchase your own.

PRACTICE SCHEDULE

EUCLID: SPRING (APRIL 2 – JUNE 2)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		SENIOR (Lifting) 5:45 – 7:00 AM		SENIOR (Lifting) 5:45 – 7:00 AM		<i>Practice at US only</i>
PM	ADV & SR 5:30-7:30 PM BEGINNER 5:30-6:30 PM INTERMEDIATE 5:30-7:00 PM	ADV & SR 5:30-7:30 PM BEGINNER 5:30-6:30 PM INTERMEDIATE 5:30-6:30 PM	ADV & SR 5:30-7:30 PM BEGINNER 5:30-6:30 PM INTERMEDIATE 5:30-7:00 PM	ADV & SR 5:30-7:30 PM BEGINNER 5:30-6:30 PM INTERMEDIATE 5:30-6:30 PM	ADV & SR 5:30-7:30 PM BEGINNER 5:30-6:30 PM INTERMEDIATE 5:30-7:00 PM	

EUCLID: SUMMER (JUNE 4 – AUGUST 11)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	<i>Primary workout for SR/ADV at Mentor</i>	<i>Primary workout for SR/ADV at Mentor</i>	<i>Primary workout for SR/ADV at Mentor</i>	<i>Primary workout for SR/ADV at Mentor</i>	<i>Primary workout for SR/ADV at Mentor</i>	<i>Practice at US only</i>
PM	ADV & SR 5:30-7:00 PM BEGINNER 5:30-6:30 PM INTERMEDIATE 5:30-7:00 PM	SENIOR (Lifting) 5:30-7:00 PM BEGINNER 5:30-6:30 PM INT & ADV 5:30-7:00 PM	ADV & SR 5:30-7:00 PM BEGINNER 5:30-6:30 PM INTERMEDIATE 5:30-7:00 PM	SENIOR (Lifting) 5:30-7:00 PM BEGINNER 5:30-6:30 PM INT & ADV 5:30-7:00 PM	ADV & SR 5:30-7:00 PM BEGINNER 5:30-6:30 PM INTERMEDIATE 5:30-7:00 PM	

UNIVERSITY SCHOOL: SPRING (APRIL 2 – JUNE 2)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		<i>Lifting for the SR group at Euclid</i>		<i>Lifting for the SR group at Euclid</i>		ADV & SR 7:00 – 10:00 AM INTERMEDIATE 8:00 – 10:00 AM
PM	ADV & SR 3:30-5:30 PM BEGINNER 4:30-5:30 PM INTERMEDIATE 4:00-5:030 PM	ADV & SR 3:30-5:30 PM BEGINNER 4:30-5:30 PM INTERMEDIATE 4:00-5:30 PM	ADV & SR 3:30-5:30 PM BEGINNER 4:30-5:30 PM INTERMEDIATE 4:00-5:30 PM	ADV & SR 3:30-5:30 PM BEGINNER 4:30-5:30 PM INTERMEDIATE 4:00-5:30 PM	ADV & SR 3:30-5:30 PM BEGINNER 4:30-5:30 PM INTERMEDIATE 4:00-5:30 PM	

UNIVERSITY SCHOOL: SUMMER (JUNE 4 – AUGUST 11)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	<i>Primary workout for SR/ADV at Mentor</i>	<i>Primary workout for SR/ADV at Mentor</i>	<i>Primary workout for SR/ADV at Mentor</i>	<i>Primary workout for SR/ADV at Mentor</i>	<i>Primary workout for SR/ADV at Mentor</i>	ADV & SR 7:00 – 10:00 AM INTERMEDIATE 8:00 – 10:00 AM
PM	ADV & SR 5:30-7:30 PM BEGINNER 5:30-6:30 PM INTERMEDIATE 5:30-7:00 PM	ADV & SR 5:30-7:30 PM BEGINNER 5:30-6:30 PM INTERMEDIATE 5:30-7:00 PM	ADV & SR 5:30-7:30 PM BEGINNER 5:30-6:30 PM INTERMEDIATE 5:30-7:00 PM	ADV & SR 5:30-7:30 PM BEGINNER 5:30-6:30 PM INTERMEDIATE 5:30-7:00 PM	ADV & SR 5:30-7:30 PM BEGINNER 5:30-6:30 PM INTERMEDIATE 5:30-7:00 PM	

MENTOR CIVIV CENTER: SUMMER (JUNE 4 – AUGUST 11)*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	ADV & SR 6:00-8:00 AM	ADV & SR 6:00-8:00 AM	ADV & SR 6:00-8:00 AM	ADV & SR 6:00-8:00 AM	ADV & SR 6:00-8:00 AM	

*The mentor practices are long course (50 m) and are the primary workout of the day for the ADV/SR group.

MEET SCHEDULE

Date	Meet	Location	Qual Times	Beg	Int	Adv	SR
MAY 5	Tri-Meet, teams TBD	University School	-	X	X	X	X
MAY 12	PS Season Opener	Univ of Akron	-	X	X	X	X
MAY 18-20	Busbey Invitational	Cleveland State	For 'Open' only		X	X	X
JUN 2-3	CCS Age Group & Open	Canton McKinley	-	X	X	X	X
JUN 14-17	Holtrey Invitational	SPIRE	TBD		X	X	X
JUN 29-JUL 1	Freedlander*	Wooster	-	X	X	X	X
JUL 6-8	TYR PRO SERIES	Ohio State	TYR PRO Cuts				X
JUL 7-8	Avon Classic	Avon	-	X	X	X	X
JUL 19-22	CZ Sectionals	Cleveland State	CZ Sectional Cuts				X
JUL 27-29	LE Age Group Champs	SPIRE	10&U: NAG B 11&O: NAG BB	X	X	X	
JUL 31-AUG 4	NCSA Nationals	Indianapolis	NCSA Cuts				X
AUG 2-5	CZ 14&U Zones	SPIRE	NAG AAA		X	X	
AUG 3-5	LE Senior Champs	Cleveland State	NAG B			X	X

*We will continue our tradition of camping at Freedlander! Save the date, this is the most fun meet of the summer!

OVERVIEW OF CHAMPIONSHIP MEETS

LAKE ERIE DISTRICT CHAMPIONSHIP MEETS

Lake Erie Swimming, Inc. (LESI) is the USA Swimming affiliated Local Swim Committee (LSC) serving the following counties in Northeast Ohio: Ashland, Ashtabula, Crawford, Cuyahoga, Erie, Geauga, Huron, Lake, Lorain, Mahoning, Medina, Portage, Richland, Seneca, Stark, Summit, Trumbull, Tuscarawas and Wayne. LESI hosts two championship meets over the summer: one for 14 & under swimmers, and one for 15 & over swimmers

LAKE ERIE AGE GROUP CHAMPIONSHIPS (JULY 27-29, SPIRE INSTITUTE)

This is the LESI championship for all athletes under the age of 15. Swimmers must qualify for this meet by achieving a qualifying time throughout the season (NAG B for 10 & unders, NAG BB for 11 & Overs). This will be the final meet of the season for our Age Group Athletes (except for Zone Qualifiers), and will be the focus meet for all swimmers who do not attend the Zone meet. All swimmers 14 & under who qualify are expected to attend.

LAKE ERIE SENIOR CHAMPIONSHIPS (AUGUST 3-5, CLEVELAND STATE)

This is the LESI district championship for all athletes 15 & over. This will be the final meet of the season for all high school swimmers, and will be the focus meet for all swimmers who don't attend Sectionals or NCSA Nationals. All USC swimmers 15 & over are expected to attend.

NATIONAL LEVEL MEETS

More advanced swimmers will have the opportunity to qualify to National level meets that include more LSC's than just LESI, from meets encompassing the entire Midwest region of the United States to national level meets.

CENTRAL ZONE 14 & UNDER CHAMPIONSHIPS (AKA "ZONES", AUGUST 2-5, SPIRE INSTITUTE)

This is the championship meet for age group athletes throughout much the entire Central Zone, and includes swimmers from all over the Midwestern United States. This meet takes place every summer, usually in August. To qualify, swimmers must achieve a AAA time in any given event for their age group. At this meet, swimmers will not represent USC, but will rather join their fellow local athletes to represent team "Lake Erie". This summer, the meet will be hosted locally at the SPIRE Institute in Geneva.

CENTRAL ZONE SPEEDO CHAMPIONSHIP SERIES (AKA "SECTIONALS", JULY 19-22, CLEVELAND STATE)

This is the championship meet for all senior swimmers from Indiana, Michigan, and Ohio, and features many regional teams who travel in for this meet. This meet typically includes division I collegiate athletes and national level qualifiers. To qualify, swimmers must achieve a "Sectional Cut". This summer, the meet will be hosted locally at Cleveland State.

NCSA SUMMER NATIONALS (JULY 31-AUGUST 4, INDIANAPOLIS)

This is a national championship meet for athletes 18 & under hosted by the National Club Swimming Association. This meet includes swimmers from all over the country and routinely features future Olympians and US JR National Team Members. To qualify swimmers must achieve NCSA qualifying times.

TYR PRO SERIES (JULY 6-8, OHIO STATE)

The TYR PRO Series meets are a series of meets held around the country from January through July leading up to US Nationals. This series is what national teamers (and some international athletes) use to race leading up to summer nationals. These meets are the fastest "in-season" meets in the country before the end of summer national championships. USC will be attending the July stop held at Ohio State.

IMR & IMX CHALLENGE

The IM challenges are an incentive program sponsored by USA Swimming in order to encourage athletes to swim events of every stroke discipline and longer distances in order to develop well rounded swimmers and encourage meet participation. Each swimmer who completes all of the events on the IMR and IMX challenge checklists (outlined below) will get a certificate at the end of the year with their rank within USA swimming to celebrate the accomplishment.

IM READY (IMR)

The first step in the IMX Challenge is IM Ready (or IMR). To get "IM Ready," swimmers compete in a series of five events at shorter distances. Below, is the the line-up by age groups.

10 & Under: 100 Free, 50 Back, 50 Breast, 50 Fly, 200 IM

11-12: 200 Free, 50 Back, 50 Breast, 50 Fly, 200 IM

13-18: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

IM XTREME (IMX)

Ready to move forward? The next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances. Once you've completed the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC rank and on your club.

10 & Under: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-12: 400 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

13-18: 400 Free, 200 Back, 200 Breast, 200 Fly, 400 IM

Once you've swum each event at least once at an official meet, you can log-in to your USA Swimming Deck Pass Account, and find out where you rank against all the other swimmers on your club team. You do not need to complete the IMReady program to participate in the IM Xtreme. It is simply a stepping stone.

HOW DO I SCORE POINTS?

Rankings in the program are based on power points, a system developed by USA Swimming and Hy-Tek.

HOW DO I PARTICIPATE?

Participation in the IMR and IMX is easy. USA Swimming automatically scores and calculates results for all athlete members! Swimmers only need to sign up for a Deck Pass Account, then compete in each required event, at a sanctioned meet, at least once in a season.

SENIOR GROUP TIME STANDARDS

Women						Men				
US Nats	US JRs	Tyr Pro	NCSA	Sectional		Sectional	NCSA	TYR Pro	US JRs	US Nats
25.99	26.59	27.49	27.59	28.49	50 FR	25.69	24.79	24.89	23.99	23.19
56.39	57.59	59.59	59.89	1:01.19	100 FR	55.99	53.99	53.79	51.99	50.49
2:01.79	2:04.29	2:08.19	2:08.09	2:11.89	200 FR	2:01.89	1:58.09	1:58.09	1:54.29	1:51.39
4:16.89	4:21.39	4:28.79	4:27.89	4:36.09	400 FR	4:16.89	4:09.79	4:09.99	4:02.79	3:57.79
8:49.09	8:58.69	9:13.79	9:08.99	9:31.89	800 FR	9:00.49	8:40.79	8:40.69	8:23.09	8:12.99
16:49.19	17:11.29	17:40.19	17:34.59	18:15.59	1500 FR	17:20.99	16:41.69	16:39.99	16:05.09	15:44.89
1:02.99	1:04.39	1:07.29	1:07.19	1:10.09	100 BK	1:03.19	1:01.39	1:00.79	58.79	56.79
2:15.59	2:18.29	2:24.79	2:24.29	2:29.69	200 BK	2:18.59	2:12.39	2:11.89	2:06.99	2:03.29
1:10.99	1:13.29	1:16.19	1:16.29	1:18.59	100 BR	1:11.99	1:08.29	1:08.69	1:06.09	1:03.29
2:33.79	2:38.29	2:43.79	2:41.89	2:48.79	200 BR	2:36.19	2:29.79	2:29.09	2:23.29	2:18.09
1:00.89	1:02.39	1:05.19	1:05.29	1:07.29	100 FL	1:00.59	58.89	58.39	56.49	54.49
2:14.59	2:16.99	2:21.89	2:23.19	2:27.49	200 FL	2:16.19	2:10.59	2:10.19	2:05.09	2:01.69
2:17.99	2:20.99	2:26.39	2:26.59	2:29.59	200 IM	2:17.69	2:13.59	2:12.79	2:08.29	2:04.69
4:53.19	4:57.29	5:07.29	5:05.99	5:15.99	400 IM	4:55.79	4:43.89	4:42.39	4:33.09	4:26.89

AGE GROUP TIME STANDARDS

Girls 10 & Under						Boys 10 & Under						
B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
44.09	39.89	35.59	34.19	32.79	31.39	50 Free	31.39	32.79	34.09	35.49	39.49	43.59
01:41.89	01:31.09	01:20.19	01:16.59	01:12.99	01:09.39	100 Free	01:09.09	01:12.59	01:15.99	01:19.49	01:29.79	01:40.19
03:44.79	03:20.19	02:55.59	02:47.39	02:39.09	02:30.89	200 Free	02:28.69	02:35.79	02:42.89	02:49.89	03:11.19	03:32.39
07:35.29	06:49.79	06:04.29	05:49.09	05:33.89	05:18.69	400 Free	05:14.69	05:29.69	05:44.59	05:59.59	06:44.59	07:29.49
54.89	48.89	42.89	40.89	38.89	36.89	50 Back	36.89	38.89	40.99	42.99	49.19	55.29
01:59.19	01:45.99	01:32.69	01:28.29	01:23.89	01:19.49	100 Back	01:18.79	01:22.89	01:26.89	01:30.89	01:42.99	01:54.99
01:00.49	53.99	47.49	45.29	43.09	40.89	50 Breast	40.59	42.69	44.89	46.99	53.29	59.69
02:15.89	02:00.79	01:45.69	01:40.69	01:35.69	01:30.59	100 Breast	01:30.59	01:35.09	01:39.59	01:44.19	01:57.69	02:11.29
53.59	47.29	40.99	38.89	36.69	34.59	50 Fly	34.39	36.29	38.19	40.19	45.99	51.79
02:09.19	01:52.29	01:35.39	01:29.69	01:24.09	01:18.39	100 Fly	01:17.99	01:23.39	01:28.89	01:34.29	01:50.59	02:06.89
04:09.39	03:43.19	03:17.09	03:08.29	02:59.59	02:50.89	200 IM	02:48.99	02:57.39	03:05.89	03:14.29	03:39.59	04:04.89

Girls 11-12						Boys 11-12						
B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
38.59	35.89	33.19	31.89	30.59	29.19	50 Free	28.09	29.39	30.69	32.09	34.69	37.39
01:24.59	01:18.59	01:12.49	01:09.49	01:06.49	01:03.49	100 Free	01:01.09	01:03.99	01:06.99	01:09.89	01:15.69	01:21.49
03:02.89	02:49.89	02:36.79	02:30.29	02:23.79	02:17.19	200 Free	02:13.19	02:19.49	02:25.89	02:32.19	02:44.89	02:57.59
06:23.89	05:56.49	05:29.09	05:15.39	05:01.69	04:47.99	400 Free	04:41.59	04:55.09	05:08.49	05:21.89	05:48.69	06:15.49
13:27.59	12:29.89	11:32.19	11:03.39	10:34.59	10:05.69	800 Free	09:55.29	10:23.69	10:51.99	11:20.39	12:17.09	13:13.79
25:49.99	23:59.29	22:08.59	21:13.19	20:17.89	19:22.49	1500 Free	18:57.49	19:51.69	20:45.89	21:39.99	23:28.39	25:16.69
44.39	41.19	37.99	36.39	34.89	33.29	50 Back	32.39	34.09	35.79	37.49	40.89	44.19
01:38.79	01:30.99	01:23.19	01:19.29	01:15.49	01:11.59	100 Back	01:09.59	01:13.39	01:17.09	01:20.89	01:28.49	01:35.99
03:24.79	03:10.19	02:55.59	02:48.19	02:40.89	02:33.59	200 Back	02:29.79	02:36.89	02:43.99	02:51.09	03:05.39	03:19.69
48.99	45.49	41.99	40.19	38.49	36.69	50 Breast	35.69	37.69	39.59	41.59	45.39	49.29
01:48.69	01:40.69	01:32.69	01:28.59	01:24.59	01:20.59	100 Breast	01:17.99	01:22.09	01:26.09	01:30.19	01:38.29	01:46.39
03:52.19	03:35.59	03:18.99	03:10.69	03:02.49	02:54.19	200 Breast	02:48.49	02:56.59	03:04.59	03:12.59	03:28.69	03:44.69
41.39	38.49	35.49	33.99	32.59	31.09	50 Fly	30.29	31.99	33.69	35.29	38.69	41.99
01:36.19	01:28.49	01:20.79	01:16.99	01:13.19	01:09.29	100 Fly	01:06.99	01:10.89	01:14.69	01:18.59	01:26.29	01:33.99
03:23.99	03:09.49	02:54.89	02:47.59	02:40.29	02:32.99	200 Fly	02:30.89	02:38.09	02:45.19	02:52.39	03:06.79	03:21.19
03:26.89	03:12.09	02:57.39	02:49.99	02:42.59	02:35.19	200 IM	02:30.59	02:38.29	02:45.99	02:53.69	03:08.99	03:24.39
07:20.09	06:48.69	06:17.29	06:01.49	05:45.79	05:30.09	400 IM	05:22.59	05:37.99	05:53.39	06:08.69	06:39.39	07:10.19

Girls 13-14						Boys 13-14						
B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
37.29	34.69	31.99	30.69	29.39	27.99	50 Free	25.89	27.09	28.39	29.59	32.09	34.49
01:21.29	01:15.49	01:09.69	01:06.79	01:03.89	01:00.99	100 Free	56.59	59.29	01:01.99	01:04.59	01:09.99	01:15.39
02:55.09	02:42.59	02:30.09	02:23.89	02:17.59	02:11.39	200 Free	02:03.29	02:09.19	02:15.09	02:20.89	02:32.69	02:44.39
06:07.79	05:41.59	05:15.29	05:02.19	04:48.99	04:35.89	400 Free	04:21.09	04:33.49	04:45.99	04:58.39	05:23.29	05:48.09
12:35.99	11:41.99	10:47.99	10:20.99	09:53.99	09:26.99	800 Free	09:04.39	09:30.29	09:56.29	10:22.19	11:13.99	12:05.89
24:06.39	22:23.09	20:39.79	19:48.09	18:56.49	18:04.79	1500 Free	17:19.19	18:08.69	18:58.19	19:47.69	21:26.69	23:05.59
01:30.19	01:23.69	01:17.29	01:14.09	01:10.89	01:07.59	100 Back	01:03.39	01:06.39	01:09.39	01:12.39	01:18.49	01:24.49
03:14.39	03:00.49	02:46.59	02:39.69	02:32.69	02:25.79	200 Back	02:17.09	02:23.59	02:30.19	02:36.69	02:49.79	03:02.79
01:42.59	01:35.19	01:27.89	01:24.29	01:20.59	01:16.89	100 Breast	01:11.19	01:14.59	01:17.89	01:21.29	01:28.09	01:34.89
03:41.59	03:25.69	03:09.89	03:01.99	02:54.09	02:46.19	200 Breast	02:34.49	02:41.79	02:49.19	02:56.59	03:11.29	03:25.99
01:27.39	01:21.09	01:14.89	01:11.79	01:08.69	01:05.49	100 Fly	01:00.99	01:03.89	01:06.79	01:09.69	01:15.49	01:21.29
03:14.29	03:00.39	02:46.49	02:39.59	02:32.59	02:25.69	200 Fly	02:16.59	02:23.09	02:29.59	02:36.09	02:49.09	03:02.09
03:17.69	03:03.49	02:49.39	02:42.39	02:35.29	02:28.29	200 IM	02:19.09	02:25.69	02:32.29	02:38.99	02:52.19	03:05.39
06:58.69	06:28.79	05:58.89	05:43.99	05:28.99	05:14.09	400 IM	04:54.59	05:08.59	05:22.69	05:36.69	06:04.69	06:32.79

Girls 15-16						Boys 15-16						
B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
36.59	33.99	31.39	30.09	28.79	27.49	50 Free	24.99	26.19	27.39	28.49	30.89	33.29
01:19.69	01:13.99	01:08.39	01:05.49	01:02.69	59.79	100 Free	54.59	57.19	59.79	01:02.39	01:07.59	01:12.79
02:51.79	02:39.49	02:27.19	02:21.09	02:14.99	02:08.79	200 Free	01:58.19	02:03.89	02:09.49	02:15.09	02:26.39	02:37.59
06:00.39	05:34.69	05:08.89	04:55.99	04:43.19	04:30.29	400 Free	04:10.39	04:22.29	04:34.19	04:46.19	05:09.99	05:33.89
12:23.29	11:30.19	10:37.09	10:10.59	09:44.09	09:17.49	800 Free	08:46.69	09:11.79	09:36.89	10:01.89	10:52.09	11:42.19
23:47.39	22:05.39	20:23.49	19:32.49	18:41.49	17:50.59	1500 Free	16:45.69	17:33.59	18:21.39	19:09.29	20:45.09	22:20.89
01:28.29	01:21.99	01:15.69	01:12.59	01:09.39	01:06.29	100 Back	01:00.49	01:03.39	01:06.29	01:09.19	01:14.89	01:20.69
03:09.59	02:56.09	02:42.59	02:35.79	02:28.99	02:22.19	200 Back	02:10.29	02:16.49	02:22.69	02:28.89	02:41.39	02:53.79
01:40.39	01:33.19	01:26.09	01:22.49	01:18.89	01:15.29	100 Breast	01:07.79	01:10.99	01:14.19	01:17.49	01:23.89	01:30.39
03:36.59	03:21.19	03:05.69	02:57.99	02:50.19	02:42.49	200 Breast	02:27.79	02:34.79	02:41.89	02:48.89	03:02.99	03:16.99
01:25.59	01:19.49	01:13.39	01:10.29	01:07.19	01:04.19	100 Fly	58.19	01:00.99	01:03.69	01:06.49	01:11.99	01:17.59
03:09.69	02:56.19	02:42.59	02:35.79	02:29.09	02:22.29	200 Fly	02:09.49	02:15.69	02:21.89	02:27.99	02:40.39	02:52.69
03:13.39	02:59.59	02:45.69	02:38.79	02:31.89	02:24.99	200 IM	02:12.59	02:18.89	02:25.29	02:31.59	02:44.19	02:56.79
06:48.99	06:19.79	05:50.59	05:35.99	05:21.39	05:06.79	400 IM	04:41.59	04:54.99	05:08.49	05:21.89	05:48.69	06:15.49

Girls 17-18						Boys 17-18						
B	BB	A	AA	AAA	AAAA	Event	AAAA	AAA	AA	A	BB	B
36.39	33.79	31.19	29.89	28.59	27.29	50 Free	24.49	25.69	26.79	27.99	30.29	32.59
01:19.19	01:13.59	01:07.89	01:05.09	01:02.19	59.39	100 Free	53.69	56.19	58.79	01:01.29	01:06.39	01:11.49
02:50.49	02:38.29	02:26.19	02:20.09	02:13.99	02:07.89	200 Free	01:57.39	02:02.99	02:08.59	02:14.19	02:25.39	02:36.59
06:00.99	05:35.19	05:09.39	04:56.49	04:43.59	04:30.69	400 Free	04:09.69	04:21.59	04:33.49	04:45.29	05:09.09	05:32.89
12:19.59	11:26.79	10:33.99	10:07.59	09:41.09	09:14.69	800 Free	08:44.19	09:09.19	09:34.09	09:59.09	10:48.99	11:38.89
23:39.89	21:58.49	20:17.09	19:26.39	18:35.59	17:44.89	1500 Free	16:35.79	17:23.19	18:10.59	18:57.99	20:32.89	22:07.69
01:28.09	01:21.79	01:15.59	01:12.39	01:09.29	01:06.09	100 Back	59.79	01:02.69	01:05.49	01:08.39	01:14.09	01:19.79
03:09.69	02:56.09	02:42.59	02:35.79	02:28.99	02:22.29	200 Back	02:09.69	02:15.89	02:22.09	02:28.19	02:40.59	02:52.89
01:39.59	01:32.49	01:25.29	01:21.79	01:18.19	01:14.69	100 Breast	01:06.69	01:09.89	01:13.09	01:16.19	01:22.59	01:28.89
03:34.39	03:19.09	03:03.69	02:56.09	02:48.39	02:40.79	200 Breast	02:25.69	02:32.59	02:39.59	02:46.49	03:00.39	03:14.29
01:24.99	01:18.99	01:12.89	01:09.89	01:06.79	01:03.79	100 Fly	57.29	59.99	01:02.79	01:05.49	01:10.89	01:16.39
03:08.49	02:55.09	02:41.59	02:34.89	02:28.09	02:21.39	200 Fly	02:07.89	02:13.99	02:20.09	02:26.19	02:38.39	02:50.49
03:12.29	02:58.59	02:44.79	02:37.99	02:31.09	02:24.19	200 IM	02:10.99	02:17.29	02:23.49	02:29.69	02:42.19	02:54.69
06:47.89	06:18.79	05:49.59	05:35.09	05:20.49	05:05.89	400 IM	04:38.59	04:51.89	05:05.09	05:18.39	05:44.89	06:11.39