Western Region
Long Course Championships
June 2-4, 2017

Meet Information Package

Hosted By:

WINDSOR AQUATIC CLUB

Location:

Windsor International Aquatic & Training Center

Sanctioned By:
SWIM ONTARIO

WARM UP PROCEDURES

Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in effect.
Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first **individual** event following the warm-up period in which the violation occurred. The full document can be viewed HERE.

Coaches are responsible for their swimmers' conduct and knowledge of the Safety Procedure Rules. Before arrival, coaches are responsible to inform their swimmers of the Safety Rules as contained in this package, to ensure the athletes' adherence of these rules and to discipline the athletes' behavior if necessary.

SWIM SUIT POLICY

Only FINA approved swimwear is allowed in competition as per GR 5. The full details can be viewed HERE.

The only meet package which shall be considered as valid will be the most current version found at the Swimming Canada Meet List website www.swimming.ca.

Date: June 2-4, 2017

Hosted by: Windsor Aquatic Club

Location: Windsor International Aquatic & Training Center, 401 Pitt Street, Windsor Ontario, N8A 0B2

Sanction: Sanctioned by Swim Ontario

Facility:

The pool is a 10 lane 72 meter indoor facility. Bulkhead divided will include a 50 meter competition pool and 6 lane 25 meter warm up pool. Omega Quantum Electronic Timing System and 10 lane display scoreboard with Hytek Meet Manager for scoring. Touchpad's will be at both the start and turn end of the 50 meter pool.

Meet Manager:

Van Nguy Email: van@cogeco.ca

Competition Coordinators & Senior Officials:

Jen Potma Email: jen.potma@gmail.com
Ben Balkwill Email: ben.balkwill@gmail.com

Minor Officials:

Sherry Gibson Email: sherry@windsoraquatic.com

OFFICIALS

ALL PARTICIPATING CLUBS ARE ENCOURAGED TO PROVIDE 2 OFFICIALS PER SESSION.

Eligibility:

- All swimmers must be registered with a Western Region club and in good standing.
- All athletes must be registered as Competitive swimmers with SNC, or any other amateur swimming organization recognized by FINA. A valid SNC registration number is required for all Canadian swimmers, and entries without a SNC registration number will be declined entry.
- Swimmers must be registered and carded as competitive swimmers within the Western Region as recognized by FINA and their SNC registration numbers MUST be on the entry file.
- Swimmer registration numbers and D.O.B.'s must be included in the entry file. Meet Management reserves the right to delete a swimmer from an entry or result file for incorrect or absent 9-digit ID numbers and/or incorrect date of birth. Only swimmers with valid Swimming Canada identification numbers will be considered for acceptance into the meet.
- Western Region standards are in effect.

Qualifying Information:

- Western Region LC qualifying standards
- Valid SC entry times (per Western Region Standards Report) will be accepted, and not converted.
- Festival qualifiers 12 & under cannot swim events they qualify for in festivals
- Any 13 & Over swimmer qualifying for Ontario Spring or Summer Provincial Champs in 13 & Under, 14, 15, 16, 17 and Over category, using the Ontario Provincial Standards, is not eligible to participate in that event.
- Any 12 & Under swimmer qualifying for Ontario Festivals are not eligible to participate in that event.
- Stroke 50's have no de-qualifying standards. De-qualifying standards apply to 50 free as above.
- Entry priority order for seeding will be LCM, then SCM, then bonus swims.
- Senior National, Canadian Swimming Championship or Olympic Trials qualifiers are eligible to participate in this championship following the de-qualifying standards above.
- For all PARA events, PARA Provincial "B" standards (10% slower than PARA Provincial times)

Entry Information & Limitations:

- Entries will only be accepted through www.swimming.ca.**;** all entries must be in Hy-Tek format.
- Coaches will be sent an entry list after receipt of club entries; please contact Meet Management immediately if there is a discrepancy or issue of any kind.
- "Relay-Only" swimmers are permitted. The remaining three members of the relay team must be properly qualified for the meet in an individual event. The relay only swimmer's name must appear in the team entry file (roster) with no individual entries.
- No limitation on number of events entered, providing qualifying criteria have been met.

Entry Fees:

- Individual events - $9.00/swim Relay events - $12.00/team
- Swimmer surcharge - $5.00/swimmer, including relay only swimmers
- Cheques must be completed and handed in before the start of the meet, payable to "Windsor Aquatic Club"

ENTRY DEADLINE – Monday, May 22, 2017

Pool Assignment:

- Meet Management will determine the distribution of swimmers into session ends.
- 13 & Over Prelim and 12 & Under sessions may be double ended long course

Warm-Up Times:

		Warm - Up	Start Time
Friday June	Session 1	7:00 - 7:50 am	8:00 am
	Session 2	12:00 – 12:50 pm	1:00 pm
	Session 3	5:00 - 5:50 pm	6:00 pm
Saturday June	Session 4	7:00 - 7:50 am	8:00 am
	Session 5	12:00 - 12:50 pm	1:00 pm
	Session 6	5:00 - 5:50 pm	6:00 pm
Sunday June	Session 7	7:00 - 7:50 am	8:00 am
	Session 8	12:00 - 12:50 pm	1:00 pm
	Session 9	5:00 - 5:50 pm	6:00 pm

Age Groupings:

- **Individual Events:** BOYS/MEN: 10 & Under, 11, 12, 13, 14, 15, 16, 17 & Over
  GIRLS/WOMEN: 10 & Under, 11, 12, 13, 14, 15, 16, 17 & Over
- **Relay Events:** BOYS/MEN: 10 & Under, 11-12, 13-14, 15 & Over
  GIRLS/WOMEN: 10 & Under, 11-12, 13-14, 15 & Over
- The swimmer's age shall be calculated on the first day of the meet, June 2, 2017.

Awards:

- **Able Bodied Medals:** 1st to 3rd for Individual events by age group and 1st only for Relay events.
- **Able Bodied Ribbons:** 4th to 8th for Individual events by age group and 2nd and 3rd for Relay events.
- **PARA:** Medals will be awarded in IPC-eligible events only using the SNC Performance Calculator, and shall be awarded on a "mixed gender" basis to the top 3 swimmers in each event. In order to award gold there must be at least 2 competitors, to award silver there must be at least 3 competitors and to award bronze there must be at least 4 competitors in the event.

Scoring:

- The meet will be scored as follows: Individual and Relay events will be scored from 1st - 8th place, on a scale of 9-7-6-5-4-3-2-1.
- PARA scoring will be based on number of entrants. If there are 8 or more entrants in an event, it will be scored the same as Able Bodied swimmers. If there are fewer than 8 entrants, the event will be "reverse-scored". (For example, if there are three entrants, the event will be scored 3-2-1).

PARA Entries:

- **PARA** events as follows: 50 Free S1-S14, 50 Back, 50 Breast, 100 Free S1-S14, 200 Free S1-S14
  400 Free S6-S13
  100 Back S1-S14
  100 Breast S1-S14

50 Fly S1-S7, 100 Fly S8-S14
150 IM SM1-SM4, 200 IM SM5-SM14

- PARA swimmers may enter other events in which they meet the Regional time standard, but there will not be separate PARA awards for these events. There will be no bonus swims for PARA for distances greater than 100m.
- In PARA-swimming events with five or more entries, Para-swimmers will compete in Able bodied heats during preliminaries, seeded by time, then compete in a Para-swimming final during the finals session.
- In PARA-swimming events with fewer than five entries, the event(s) will be Para-swimmer only timed finals during the preliminary session.
- PARA that have the Able Bodied standard in any event may enter that event as Able Bodied. A PARA athlete may swim as either Able Bodied or PARA in any event they qualify for, but not both. Coaches must indicate each PARA classification with their entries.
- PARA will be swum under IPC Swimming Rules.
- PARA only events will be in the series 400+.

Bonus Swims:

- Any swimmer qualifying with only one (1) qualifying standard may have three (3) additional bonus swims.
- Any swimmer qualifying with two (2) qualifying standards may have two (2) additional bonus swim.
- Any swimmer qualifying with three (3), they receive one (1) bonus swim.
- Any swimmer qualifying with four (4) or more qualifying standards will not be eligible for a bonus swim.
- The 400 Free, 400 IM, and 800/1500 free may **not** be used as bonus swims.
- All bonus swims must be entered with a '**B**' indicator following the seedtime. To facilitate the most efficient swim sessions, coaches are requested to enter actual times for bonus swims and NOT enter them at NT.

General Meet Rules:

- SNC Rules will govern the meet.
- FINA swim suit rules will be enforced.
- Coaches are responsible to inform their swimmers before arrival of the Safety Rules as contained in this package and to ensure their adherence and the athletes disciplined behavior.
- Meet Officials will provide a safe environment and an organized competition. We are not responsible for the supervision of the athletes during the competition and especially, during session breaks.
- SNC Warm-Up Procedures will be in effect at this meet. Coaches are responsible for the supervision of their swimmers during warm-up. Coaches are responsible for their swimmers' conduct and knowledge of the Safety Procedure Rules. Coaches are responsible to inform their swimmers of the Safety Rules as contained in this package, to ensure the athletes' adherence of these rules and to discipline the athletes' behaviour if necessary.
- **GLASS CONTAINERS** are strictly prohibited in and around the deck area.

Specific Meet Rules:

- Sprint Lanes (lanes 0 & 1, 8 & 9) will be available for the last 20 minutes of warm-ups.
- Lane 9 will be designated a PARA only lane, during the PARA events sessions only, until the sprint lanes open
- 13 & Over preliminaries will swim combined age groups and will be separated into designated age groups for finals.
- There will be an "A" final for male and female 13, 14, 15 and 16 years. There will be an "A" and "B" final for 17 & Over male and female, in events with 30 or more starts.
- The 800 Free will swim fast to slow as a timed final event.
- The 1500 Free will swim fast to slow as a timed final event.

- The 400 IM & 400 Free will swim slow to fast as a timed final event, with fastest senior seeded heat, in each gender, swum first thing in finals.
- Meet Management reserves the right to combine male and female heats of distant events 400m or greater to ensure proper session lengths.
- Meet Management reserves the right to combine age groups if time requires.
- All 12 & Under events will be timed finals.
- 10 & Under ,11 & 12 Timed Finals for 400 Free; and the 11 & 12 Timed Finals for 400 IM and 800 Free; will swim combined age groups and will be separated into designated age groups for awards.
- Meet Management reserves the right to swim the distance freestyle events 2 per lane.
- Meet Management reserves the right to split preliminary session age categories to ensure proper session lengths. The meet will run in a chase format.
- All relay events will be timed finals
- **NO deck entries or exhibition swims will be permitted.**
- Coaches must have Relay cards/papers completed and returned to the Meet Office **60 minutes** prior to the start of the relay events.

Scratch Rules:

- Swimmers will not be penalized for scratching from preliminary heats or timed finals.
- The initial scratch deadline for finals sessions will be 30 minutes after the conclusion of the preliminary session.
- During the first 30 minutes of the finals warm up, coaches must check their finals entry report as provided by Meet Management and return this report signed and including any last minute scratches to the Clerk of Course or Meet Office no later than 30 minutes prior to the start of the finals session.

Swim Ontario Rule Change - Split Times:

- Meet Management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee prior to the commencement of the session (or event) in question.
- Official Split Request Forms are available in the Meet Office.

Results:

- This meet will run on Hy-Tek Meet Manager.
- Real-time results will be posted on the website: www.windsoraquatic.com as official results are obtained.
- Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca

Safety & Liability:

Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.

Recording of Events:

Only individuals that have made application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access and permission to do so. Please contact Meet Management for application and authorization.

Coach's Registration:

Meet management will cross reference the list of coaches in attendance at this competition with the Swim Ontario Compliancy lists. If a coach is not on this list, meet management is obligated to enforce the SNC policy and not permit that coach to attend meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

Other General Meet Information:

- Photography – Please note that anyone taking photographs or video footage within the facility must have gained prior permission from Meet Management, the subject(s) being photographed, or from the parents of the subject(s) if a minor.

Friday, June 2, 2017

SESSION 1 - Warm-ups: 7:00 – 7:50 am Start: 8:00 am

#	WOMEN	EVENT		MEN	#
1	13 & Over	400 IM	Timed Final	13 & Over	2
3	13 & Over	100 Free	Prelims	13 & Over	4
401	100 Free		PARA		401
5	13 & Over	200 Breast	Prelims	13 & Over	6
7	13 & Over	50 Fly	Prelims	13 & Over	8
402	50 Fly		PARA		402
9	13 & Over	200 Back	Timed Final	13 & Over	10
11	13 & over	800 Free	Timed Final	13 & Over	12

SESSION 2 - Warm-ups: 12:00 – 12:50 pm Start: 1:00 pm

#	GIRLS	EVENT	BOYS	#
101	11 & 12	400 IM	11 & 12	102
103	10 & Under	200 Back	10 & Under	104
105	11	200 Back	11	106
107	12	200 Back	12	108
109	10 & Under	100 Fly	10 & Under	110
111	11	100 Fly	11	112
113	12	100 Fly	12	114
115	11	200 Breast	11	116
117	12	200 Breast	12	118
119	11 & 12	800 Free	11 & 12	120

SESSION 3 - Warm-ups: 5:00 – 5:50 pm Start: 6:00 pm

#	WOMEN	EVENT		MEN	#
1	13 & over	400 IM	TF-Fastest heat	13 & Over	2
3	13,14,15,16,17+	100 Free	Finals	13,14,15,16,17+	4
5	13,14,15,16,17+	200 Breast	Finals	13,14,15,16,17+	6
7	13,14,15,16,17+	50 Fly	Finals	13,14,15,16,17+	8
9	13,14,15,16,17+	200 Back	Finals	13,14,15,16,17+	10

Saturday, June 3, 2017

SESSION 4 - Warm-ups: 7:00 – 7:50 am Start: 8:00 am

#	WOMEN	EVENT		MEN	#
13	13 & Over	200 Fly	Prelims	13 & Over	14
15	13 & Over	50 Free	Prelims	13 & Over	16
403	50 Free		PARA		403
17	13 & Over	200 IM	Prelims	13 & Over	18
404	150 IM		PARA		404
405	200 IM		PARA		405
19	13 & Over	50 Breast	Prelims	13 & Over	20
406	50 Breast		PARA		406
21	13 & Over	100 Back	Prelims	13 & Over	22
407	100 Back		PARA		407
201	13 - 14	200 Medley Relay	Timed Final	13 - 14	202
203	15 & Over	200 Medley Relay	Timed Final	15 & Over	204
23	13 & Over	1500 Free	Timed Final	13 & Over	24

SESSION 5 - Warm-ups: 12:00 – 12:50 pm Start: 1:00 pm

#	GIRLS	EVENT	BOYS	#
121	11	200 Fly	11	122
123	12	200 Fly	12	124
125	10 & Under	100 Free	10 & Under	126
127	11	100 Free	11	128
129	12	100 Free	12	130
131	10 & Under	50 Breast	10 & Under	132
133	11	50 Breast	11	134
135	12	50 Breast	12	136
137	10 & Under	100 Back	10 & Under	138
139	11	100 Back	11	140
141	12	100 Back	12	142
143	10 & Under	50 Fly	10 & Under	144
145	11	50 Fly	11	146
147	12	50 Fly	12	148
149	10 & Under 11 & 12	400 Free	10 & Under 11 & 12	150
205	10 & Under	200 Free Relay	10 & Under	206
207	11 - 12	200 Free Relay	11 - 12	208

SESSION 6 - Warm-ups: 5:00 – 5:50 pm **Start: 6:00 pm**

#	WOMEN	EVENT		MEN	#
13	13,14,15,16,17+	200 Fly	Finals	13,14,15,16,17+	14
15	13,14,15,16,17+	50 Free	Finals	13,14,15,16,17+	16
17	13,14,15,16,17+	200 IM	Finals	13,14,15,16,17+	18
19	13,14,15,16,17+	50 Breast	Finals	13,14,15,16,17+	20
21	13,14,15,16,17+	100 Back	Finals	13,14,15,16,17+	22

Sunday, June 4, 2017

SESSION 7 - Warm-ups: 7:00 – 7:50 am **Start: 8:00 am**

#	WOMEN	EVENT		MEN	#
25	13 & Over	100 Breast	Prelims	13 & Over	26
408	100 Breast		PARA		408
27	13 & Over	50 Back	Prelims	13 & Over	28
409	50 Back		PARA		409
29	13 & Over	200 Free	Prelims	13 & Over	30
410	200 Free		PARA		410
31	13 & Over	100 Fly	Prelims	13 & Over	32
411	100 Fly		PARA		411
209	13 - 14	200 Free Relay	Timed Final	13 - 14	210
211	15 & Over	200 Free Relay	Timed Final	15 & Over	212
33	13 & Over	400 Free	Timed Final	13 & Over	34
412	400 Free		PARA		412

SESSION 8 - Warm-ups: 12:00 – 12:50 pm **Start: 1:00 pm**

#	GIRLS	EVENT	BOYS	#
151	10 & Under	200 Free	10 & Under	152
153	11	200 Free	11	154
155	12	200 Free	12	156
157	10 & Under	50 Back	10 & Under	158
159	11	50 Back	11	160
161	12	50 Back	12	162
163	10 & Under	200 IM	10 & Under	164
165	11	200 IM	11	166
167	12	200 IM	12	168
169	10 & Under	50 Free	10 & Under	170
171	11	50 Free	11	172
173	12	50 Free	12	174

175	10 & Under	100 Breast	10 & Under	176
177	11	100 Breast	11	178
179	12	100 Breast	12	180
213	10 & Under	200 Medley Relay	10 & Under	214
215	11 - 12	200 Medley Relay	11 - 12	216

SESSION 9 - Warm-ups: 5:00 – 5:50 pm Start: 6:00 pm

#	WOMEN	EVENT		MEN	#
33	13 & over	400 Free	TF-Fastest heat	13 & Over	34
25	13,14,15,16,17+	100 Breast	Finals	13,14,15,16,17+	26
27	13,14,15,16,17+	50 Back	Finals	13,14,15,16,17+	28
29	13,14,15,16,17+	200 Free	Finals	13,14,15,16,17+	30
31	13,14,15,16,17+	100 Fly	Finals	13,14,15,16,17+	32

WOSA: "Western Ontario" Swimming — Regional Championship Standards 2017

10 & U	11	12	13	14	15	16 & O	*SC*	16 & O	15	14	13	12	11	10 & U
39.08	36.25	34.55	32.90	32.33	31.82	31.46	**50 free**	28.57	29.74	30.29	31.20	33.75	36.54	39.65
1:26.65	1:19.89	1:14.76	1:11.27	1:09.75	1:08.95	1:08.05	**100 free**	1:02.08	1:04.43	1:05.76	1:08.02	1:14.20	1:20.43	1:28.35
3:10.90	2:53.32	2:43.12	2:34.34	2:31.41	2:30.04	2:26.74	**200 free**	2:16.07	2:20.25	2:24.29	2:29.66	2:41.99	2:56.71	3:16.65
6:39.87	6:12.60	5:48.45	5:24.91	5:20.53	5:18.73	5:13.79	**400 free**	4:53.55	5:01.35	5:06.98	5:15.38	5:49.60	6:19.50	6:50.06
	12:43.47	11:47.97	11:20.08	11:10.08	11:02.48	10:49.98	**800 free**	10:15.01	10:32.11	10:51.27	11:08.86	11:57.04	13:18.59	
			21:43.44	21:24.27	21:09.76	20:45.76	**1500 free**	19:39.07	20:11.85	20:48.59	21:30.24			
44.38	42.31	40.06	38.36	37.49	37.25	37.25	**50 back**	36.21	36.21	39.36	41.04	42.64	44.33	46.28
1:39.12	1:31.18	1:25.53	1:20.42	1:19.05	1:17.30	1:16.26	**100 back**	1:10.54	1:13.81	1:15.79	1:17.91	1:26.65	1:32.32	1:41.95
3:34.08	3:14.83	3:03.51	2:52.48	2:49.08	2:47.31	2:43.53	**200 back**	2:33.46	2:40.38	2:44.19	2:46.98	3:04.07	3:19.36	3:44.28
51.32	48.16	44.76	43.80	43.61	41.79	41.79	**50 breast**	40.87	40.87	43.31	45.54	47.61	51.55	54.67
1:52.15	1:45.35	1:39.12	1:32.15	1:31.05	1:30.36	1:29.86	**100 breast**	1:21.44	1:25.23	1:26.19	1:29.47	1:38.56	1:47.62	1:56.68
	3:45.42	3:31.82	3:16.54	3:16.04	3:15.45	3:13.95	**200 breast**	2:57.46	3:05.26	3:07.93	3:11.72	3:31.82	3:55.61	
44.76	42.25	39.28	36.07	35.32	33.57	33.57	**50 fly**	32.76	32.76	36.27	39.24	41.67	45.01	48.00
1:44.78	1:34.59	1:27.79	1:20.21	1:18.97	1:17.76	1:16.75	**100 fly**	1:09.91	1:12.32	1:14.65	1:17.89	1:27.23	1:37.42	1:49.88
	3:37.49	3:19.36	2:59.35	2:58.99	2:57.59	2:51.12	**200 fly**	2:37.24	2:47.60	2:52.26	2:55.35	3:22.77	4:03.55	
1:43.09							**100 IM**							1:45.35
3:37.35	3:18.95	3:07.45	2:57.49	2:52.57	2:50.80	2:47.46	**200 IM**	2:34.36	2:40.46	2:43.36	2:50.81	3:07.45	3:21.25	3:40.80
	6:59.12	6:34.45	6:15.05	6:11.85	6:01.50	5:58.47	**400 IM**	5:40.09	5:48.43	5:53.99	6:03.61	6:42.50	7:27.44	

10 & U	11	12	13	14	15	16 & O	*LC*	16 & O	15	14	13	12	11	10 & U
39.86	36.97	35.24	33.57	32.97	32.45	32.10	**50 free**	29.13	30.33	30.89	31.82	34.43	37.27	40.43
1:28.39	1:20.88	1:16.26	1:12.69	1:11.14	1:10.33	1:09.41	**100 free**	1:03.32	1:05.72	1:07.07	1:09.38	1:15.68	1:22.03	1:30.13
3:11.80	2:56.78	2:46.38	2:37.44	2:34.43	2:33.99	2:29.68	**200 free**	2:18.79	2:23.05	2:27.18	2:32.65	2:45.22	3:00.24	3:17.57
6:47.86	6:20.05	5:55.42	5:31.41	5:26.93	5:25.11	5:20.07	**400 free**	4:59.43	5:07.37	5:13.11	5:21.70	5:56.59	6:27.09	6:58.26
	12:58.75	12:02.13	11:33.68	11:23.48	11:16.89	11:02.98	**800 free**	10:27.31	10:44.75	11:04.30	11:22.24	12:11.38	13:34.56	
			22:09.51	21:49.96	21:35.15	21:10.68	**1500 free**	20:02.66	20:36.09	21:13.56	21:56.05			
45.58	43.20	41.32	39.11	38.40	37.55	37.55	**50 back**	37.39	37.39	41.32	42.61	45.64	47.66	48.09
1:41.10	1:33.01	1:27.23	1:22.02	1:20.64	1:18.86	1:17.79	**100 back**	1:11.96	1:15.29	1:17.30	1:19.48	1:28.39	1:34.16	1:43.98
3:38.37	3:18.73	3:07.17	2:55.93	2:52.48	2:50.66	2:46.80	**200 back**	2:36.54	2:43.59	2:47.46	2:50.32	3:07.75	3:23.35	3:48.77
53.14	49.77	47.42	47.40	44.72	43.00	43.00	**50 breast**	42.77	42.77	46.03	46.29	52.73	54.21	56.14
1:54.39	1:47.46	1:41.10	1:34.00	1:32.87	1:32.16	1:31.66	**100 breast**	1:23.08	1:26.94	1:27.92	1:31.25	1:40.52	1:49.77	1:59.00
	3:49.93	3:36.06	3:20.47	3:19.96	3:19.36	3:17.81	**200 breast**	3:01.01	3:08.97	3:11.69	3:15.56	3:36.06	4:00.33	
47.68	42.86	41.02	38.80	36.29	34.48	34.48	**50 fly**	34.60	34.60	37.04	41.26	45.23	48.47	53.41
1:46.87	1:36.47	1:29.54	1:21.82	1:20.55	1:19.32	1:18.28	**100 fly**	1:11.30	1:13.77	1:16.14	1:19.45	1:28.96	1:39.36	1:52.08
	3:41.84	3:23.35	3:02.95	3:02.56	3:01.15	2:54.55	**200 fly**	2:40.38	2:50.95	2:55.70	2:58.86	3:26.82	4:08.41	
3:41.70	3:22.93	3:11.20	3:01.04	2:56.03	2:54.21	2:50.81	**200 IM**	2:37.46	2:43.67	2:46.61	2:54.23	3:11.20	3:25.28	3:45.22
	7:07.50	6:42.34	6:22.55	6:19.29	6:08.74	6:05.63	**400 IM**	5:46.89	5:55.40	6:01.08	6:10.88	6:50.55	7:36.39	


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