

PLAYING REGULATIONS – SWIMMING (MALE AND FEMALE)

1. CHAMPIONSHIP ROSTER (Male and Female)

Each championship team shall consist of all individuals, from their most recently submitted CIS Eligibility Form, who have qualified for championship participation as per the standards articulated below. The limit for an institution's championship roster shall be eighteen (18) men and eighteen (18) women.

2. TEAM BENCH (N/A)

3. PARTICIPANTS

3.1 TEAMS (N/A)

3.2 IDENTIFICATION (N/A)

3.3 INDIVIDUAL ELIGIBILITY

To be eligible to compete in the CIS Championship, a competitor must have posted a qualifying time while academically eligible and on the eligibility roster. Once qualified they may use any time from October 1 of the current season for ranking and entry. Competing in a Sport Conference championship is not a pre-requisite unless stipulated by the Sport Conference.

3.4 INDIVIDUAL ENTRIES

3.4.1 Each competitor may pre-enter a maximum of six individual events.

Note: At least one of the pre-entered events must be an event in which the qualifying standard has been achieved, however, it need not be one of the events in which the athlete competes.

3.4.2 Each competitor may only compete in a maximum of four (4) individual events.

3.4.3 The total number of all events competed by an individual, including relays, shall be a maximum of 7 events.

3.5 INDIVIDUAL RANKINGS

For ranking of individual swimmers, each university must submit results to the designated ranking system.

3.6 TEAM ENTRIES

There is no limit on the number of swimmers from one school that may enter an event at the championship. Each institution is permitted one relay team entry per relay event. Relay complement names must be submitted a minimum of 30 minutes before the team is to swim.

Entry times for all events must be met during the current interuniversity competitive season, between October 1st of the current season to the later of the Sports Conference championship

or on the Monday prior to the date of the CIS championship prior to 12:00 noon Pacific time, in competition acceptable for qualifications to CIS championships and/or Sport Conference meet.

3.6.1 ENTRIES FOR TIME FINAL EVENTS

1. Relay entries must be submitted with an entry time that has been posted on the designated rankings system. Relays can enter with a different time if it can be proven to meet management by the start of the Technical Meeting.
2. Proof of time is required for all timed final events. Relay entry times shall be from current season ranked times (as of October 1st) on the designated ranking system, unless faster proven times are submitted to meet management by the start of the CIS Championship Technical Meeting. Individual event challenged proof of time procedures will follow the SNC relay proof of time procedure. Times, which cannot be proven, will be entered as no time. The relay time belongs to the institution (school). On-site proven times are cumulative times and must include athletes who are entered and in attendance at the meet and have swam these times within the qualifying time period. At no time will unproven times be entered. All entry times are according to the event distance.

3.6.2 RELAY QUALIFICATION

1. A team can enter a relay if they have four or more swimmers of one sex (at the championships) that have qualified as per 3.3.
2. An institution may enter a relay team if they have **only** three individuals (of one sex) that meet the individual event qualification requirement. The institution may then add one swimmer (of that sex) to the CIS team (not one swimmer per relay team) that can swim only relays. The addition is at the expense of the athlete's institution, on the understanding that the institution has no obligation to make this addition and the swimmer is not included in the CIS travel pool. Such a swimmer must be declared at the technical meeting prior to the beginning of the meet.
3. A team can enter a relay team if they have a posted relay time (on SNC ranking site) that equals or betters the CIS relay qualifying time.

Note: Such a relay can include swimmers that have not met any additional CIS event qualifying times. Such a swimmer would not be eligible to swim in any individual events at the CIS Championship and would attend solely at the institution's expense and would not be included in the CIS travel pool. This swimmer must have been a member of the relay team that posted the qualifying time (meet results may need to be presented at the Technical meeting as names are not included for relay teams on the Sporting Canada website).

3.6.3 SPORT CONFERENCE CHAMPIONSHIPS

Each Sport Conference shall determine the most appropriate date, place and format for hosting their Sport Conference championship. Notification must be sent to the CIS Office by September 1 of the year in question as to the date of the championship in that year.

3.6.4 DUAL AND SNC SANCTIONED COMPETITIONS

A dual meet is defined as a competition between:

1. Two or more CIS member institutions.
2. A CIS member institution and a SNC registered club.
3. A CIS member institution and one or more American universities; in which the competition:
 - * Has been publicized in advance.
 - * Utilizes qualified officials.
 - * Is the only method of achieving qualifying times (i.e. no time trials).
 - * Results are forwarded to the secretary or designate for ranking purposes.

3.6.5 TIME TRIALS

Sanctioned time trial results are acceptable for rankings and for meet qualifications.

3.7 TEAM RANKINGS

Results will be posted regularly on the SNC site. Point scores will be based on the same scoring system used at the CIS Championships. (4.10.1)

4. COMPETITION

4.1 CHAMPIONSHIP FORMAT

The CIS Championship, for both men and women, shall take place at the same location over the same three (3) day format.

4.2 SELECTION, SEEDING, DRAW, POOLS, TRIALS AND HEATS (N/A)

4.3 FORMULAS AND FORMAT (N/A)

4.4 PROCEDURES AND PROTESTS

4.4.1 ENTRY DEADLINE

Entries must be sent prior to 12 noon pacific time on the Monday prior to the start of the CIS Championship.

4.4.2 ENTRY GRIDS

The current year of eligibility of each swimmer must be included with the HYTek/Splash files and subsequently included on the entry sheets, preliminary heats sheets, and final sheets.

4.4.3 CHANGES TO ENTRIES

Changes to entries are permitted after the entry deadline, and up to the start of the CIS Championship Technical meeting, providing a \$50.00 administrative fee per change is

paid to the Host Organizing Committee and the entry is declared at the CIS Championship Technical meeting (for example: person "A" out of the 50m free into the 100m free is considered one change).

4.4.4 SCRATCH PROCEDURES

To withdraw swimmers from 'extra' events, scratch cards for each day's events will be placed in a scratch box by the scratch deadline the evening preceding each competition day as per this schedule:

1. For events 1 - 12: The conclusion of the CIS Championship Technical Meeting.
2. For events 13 - 24: 30 minutes after the conclusion of the finals session on the first day.
3. For events 25 - 32: 30 minutes after the conclusion of the finals session on the second day.

Scratch for finals shall be made 30 minutes after the conclusion of heats.

NOTE: There will be no additional penalties in the CIS Championships beyond missing the event.

4.5 SCHEDULES OR ORDER OF EVENTS

4.5.1 START TIMES

Days one, two and three: heats start at 10:00, finals start at 18:00

4.5.2 ORDER OF EVENTS AND AWARDS CEREMONIES

<u>Day One: Heats</u>		<u>Finals</u>	
#1	Women's 200m Free	#1	Women's 200 Free
#2	Men's 200m Free	#2	Men's 200m Free
#3	Women's 50m Back	#3	Women's 50m Back
#4	Men's 50m Back	#4	Men's 50m Back
#5	Women's 100m Breast		Awards: events # 1, 2, 3, 4
#6	Men's 100m Breast	#5	Women's 100m Breast
#7	Women's 100m Fly	#6	Men's 100m Breast
#8	Men's 100m Fly	#7	Women's 100m Fly
#9	Women's 400m IM	#8	Men's 100m Fly
#10	Men's 400m IM		Awards: events # 5, 6, 7, 8
#11	Women's 4 x 100 Free Relay	#9	Women's 400m IM
	Except Fastest Two Heats	#10	Men's 400m IM
# 12	Men's 4 x 100 Free Relay		Awards: events # 9, 10
	Except Fastest Two Heats	#11	Women's 4 x 100 Free Relay*
			Fastest Two Heats
		#12	Men's 4 x 100 Free Relay
			Fastest Two Heats
			Awards: events # 11, 12
<u>Day Two: Heats</u>		<u>Finals</u>	
#13	Women's 100m Back	#13	Women's 100 Back
#14	Men's 100m Back	#14	Men's 100m Back
#15	Women's 50m Fly	#15	Women's 50m Fly

#16	Men's 50m Fly	#16	Men's 50m Fly
#17	Women's 400m Free		Awards: events #13,14,15,16
#18	Men's 400m Free	#17	Women's 400m Free
#19	Women's 200m Breast	#18	Men's 400m Free
#20	Men's 200m Breast	#19	Women's 200m Breast
#21	Women's 50m Free	#20	Men's 200m Breast
#22	Men's 50m Free		Awards: events # 17,18,19,20
#23	Women's 200m Fly	#21	Women's 50m Free
#24	Men's 200m Fly	#22	Men's 50m Free
#25	Women's 4 x 200m Free Relay	#23	Women's 200m Fly
	Except fastest two heats	#24	Men's 200m Fly
#26	Men's 4 x 200m Free Relay		Awards: events # 21,22,23,24
	Except fastest two heats	#25	Women's 4 x 200m Free Relay
			Fastest two heats
		#26	Men's 4 x 200m Free Relay
			Fastest two heats
			Awards: events # 25, 26

Day Three: Heats

#27	Women's 800m Free *	#27	Women's 800 Free (fast heat)
#28	Men's 50m Breast	#28	Men's 50m Breast
#29	Women's 50m Breast	#29	Women's 50m Breast
#30	Men's 200m Back		Awards: events # 27, 28, 29
#31	Women's 200m Back	#30	Men's 200m Back
#32	Men's 100m Free	#31	Women's 200m back
#33	Women's 100m Free	#32	Men's 100m Free
#34	Men's 200m IM	#33	Women's 100m Free
#35	Women's 200m IM		Awards: events # 30,31,32,33
#36	Men's 1500m Free *		Presentation of Sprinter's Cup
#37	Women's 4X100m Medley Relay	#34	Men's 200m IM
	Except fastest two heats	#35	Women's 200m IM
#38	Men's 4 x 100m Medley Relay	#36	Men's 1500m Free (fast heat)
	Except fastest two heats		Awards: events # 34, 35, 36
		#37	Women's 4 x 100m Medley Relay
		#38	Men's 4 x 100m Medley Relay
			Awards presentation:
			Women's Rookie of the Year
			Women's Swimmer of the Year
			Coach of the Year – Women's Team
			Men's Rookie of the Year
			Men's Swimmer of the Year
			Coach of the Year- Men's Team
			Awards: events # 37, 38
			Women's Team Champion
			Men's Team Champion

The 800m Free, 1500m Free, 400m Free Relay, 800m Free Relay, and 400 Medley Relay shall be swum as timed finals.

The 800m Free and the 1500m Free are to be swum fastest to slowest alternating women and men as the last event of the day three heat session except for the fastest seeded heats of each event which will swim during the evening finals.

The consolation final shall precede the championship final in each event in the final session.

4.6 GAME TIMES (N/A)

4.7 PRACTICE TIMES / WARM-UPS

Practice times should be made available two days prior to the start of the championship from 4:00 pm to 7:00 pm, then on the day prior to the championship from 9:00 am to 12:00 noon and 4:00 pm to 7:00 pm. Preferred pool set up of 2 x 25 meters.

Warm-up will commence two hours prior to the noted start time including the competition pool being cleared 10 minutes prior to the start time. The main racing tank will be available for warm-ups from 0800-0950 + 1500-1750. The warm-up tank will be available for warm-ups from 0800-1300 + 1500-2030.

0800-0950 warm up (both tanks); 09-50-1000 warm up ends competition tank and parade of officials; 1000-1330 preliminaries; 1600-1745 warm up (both tanks); 1745-1755 warm up ends in competition tank and parade of officials (final night includes parade of graduates); 1800-2030 finals.

4.8 OVERTIME AND TIME-OUTS (N/A)

4.9 TIE-BREAKING (N/A)

4.10 SCORING AND STANDARDS

4.10.1 SCORING

1. Individual Events:

Shall be scored to sixteen (16) places - 20, 17, 16, 15, 14, 13, 12, 11 (championship final); 9, 7, 6, 5, 4, 3, 2, 1 (consolation final).

2. Relay Events:

Shall be scored 40, 34, 32, 30, 28, 26, 24, 22, (championship final): 18, 14, 12, 10, 8, 6, 4, 2, (consolation final).

4.10.2 STANDARDS

Qualifying standards are arrived at by taking the average time from the past five years of the 16th place time in the heats per event of the CIS Championship. An individual must meet or exceed the current time standards during the competitive season outlined in 4.10.2.2.

Qualifying standards for relays is based on the average time of the 8th place finish from the past five CIS Championships.

Time standards as submitted by the Coaches Technical Committee and approved by the CIS Sport Committee, shall be circulated annually to all Coaches and Athletic Directors by October 1st.

1. Standards – Conversion

For all events and gender standards conversion is +3% from short SCM to LCM for computation of standards, and -3% LCM to SCM. The conversion from SCM to SCY will be 11.5%.

Note: SNC will start to include yards conversions in the ranking system.

2. Individual Qualifying Standards

Standards must be met during the current interuniversity competitive season, between October 1st of the current season to the later of the Sport Conference championship meet or on the Monday prior to the start date of the CIS Championship, in competition acceptable for qualifications to CIS Championships and/or Sport Conference meet.

4.11 RECORDS AND STATISTICS

4.11.1 Rules

The performance for which a record is claimed must be made in a race that is a regular part of the championship meet. Record times shall be recognized for performances by the contestant who swims the first leg of a relay race, which is a regular part of the meet. Timers shall be directed to time the latter and record the time accurately on the provided cards.

4.11.2 Publication

Record performances shall be noted automatically as an integral part of the meet recording procedures. It shall be the duty of the CIS Technical Secretary to publish a current list of records as an appendix to the playing regulations.

4.11.3 Current

Shall be listed in the CIS Almanac and in the Championship Meet program for each event.

5. EQUIPMENT AND FACILITY

5.1 BALL (N/A)

5.2 RECORDING

5.2.1 FIRST ROUND OPPONENT (N/A)

5.2.2 HOST REQUIREMENT (N/A)

5.3 UNIFORMS (N/A)

5.4 BIBS, SOCKS, SHIRT COLOR, TIGHTS AND TOWELS (N/A)

5.5 HEAD GEAR AND HELMETS (N/A)

5.6 CAPTAIN'S IDENTIFICATION (N/A)

5.7 DEPTH CHARTS (N/A)

5.8 SPOTTER PHONES (N/A)

5.9 FACILITY AND MEET REQUIREMENTS

- 5.9.1 All sessions shall be conducted in an eight-lane facility, with warm up facilities available throughout the CIS Championship meet.
- 5.9.2 The entry file will be available on the SNC meet site in January.
- 5.9.3 Psyche sheets (master entry sheets)
Shall be posted on the CIS Host website and emailed to all participating schools by the Tuesday prior to the championship.
- 5.9.4 Heat sheets for time final events:
Shall be posted thirty minutes after the scratch deadline.

6. RULES

CIS rules shall govern the CIS Swimming Championship as outlined in the regulations, however, general conduct of the CIS Swimming Championship shall be governed by the latest edition of the Swimming Canada (SNC) handbook. Exceptions are listed in the regulations.

Time final events with 9 and or 10 entrants, or 17 and or 18 entrants, will be swum with one or two full heats respectively leaving the remaining extra heats with only one or two teams respectively to swim.

SWIM CANADA AFFILIATION

In order for ALL CIS events to receive a sanction from Swim Canada, all CIS member institutions must pay their affiliation fee.

7. MEETINGS

7.1 CHAMPIONSHIP TECHNICAL MEETING

The Technical meeting, which includes all participating coaches, shall be held the day prior to the competition from 13:00 - 13:45.

The Technical meeting shall be the final opportunity for coaches to:

1. **Entry and scratch procedures.**
2. **Emergency contact sheet.**
3. **Review procedures for championship.**
4. **Announce/submit roster changes.**
5. **Announce/submit any changes to event entries.**
6. **Announce/submit challenges for time final events.**
7. **Submit scratches (deadline 1345).**
8. **CIS Code of Conduct, harassment and discipline policy.**
9. **Championship Management Committee members.**
10. **Swimming Jury of Appeal members.**
11. **Host announcements.**
12. **Receptions/Hospitality.**
13. **Other business**

7.2 COACHES ANNUAL MEETING

The CIS Swimming Coaches Meeting shall be held at 13:45 to 15:45 the day prior to the start of the championship. The President of the **Coaches Executive** shall make arrangements with the Host Organizing Committee regarding meeting requirements.

Draft agenda items will include:

- 1. Intro members/roll call.**
- 2. Approval of agenda.**
- 3. Approval past minutes.**
- 4. President's report and financial report.**
- 5. Business arising from minutes.**
- 6. CIS Delegate's report.**
- 7. Review of championship dates/timelines.**
- 8. SNC report.**
- 9. CIS Policy and procedures and regulations.**
- 10. New business.**
- 11. Elections.**

7.3 COACHES CLINIC (N/A)

7.4 PRESS CONFERENCE

If a media conference is to be held it should take place on Wednesday at 12:00 - 13:00.

8. OFFICIALS

8.1 FUNDED OFFICIALS (N/A)

8.2 ASSIGNMENT (N/A)

8.3 NEUTRALITY (N/A)

8.4 QUALIFICATIONS (N/A)

8.5 HOST RESPONSIBILITIES

Meet Officials are the Host's responsibility.

8.6 NSO'S RESPONSIBILITIES (N/A)

8.7 FEES (N/A)

8.8 STAND BY OFFICIAL (N/A)

8.9 SELECTION PROCESS (N/A)

8.10 ON-SITE ASSIGNMENT (N/A)

9. SEASON AND CHAMPIONSHIP AWARDS

**Please refer to policy 60.20 for more details re standard championship awards.*

- 9.1 CHAMPIONSHIP TROPHY (MEN-NELSON C. HART TROPHY) AND CIS PENNANT
Presented to the CIS Men's Championship Team and the CIS Women's Championship Team.
- 9.2 CHAMPIONSHIP MEDALS (Male and Female)
- 9.2.1 Gold medals are awarded to CIS Championship Team (18 total).
- 9.2.2 Gold, silver and bronze are awarded to each individual in an event (individual and/or relay).
- 9.3 ALL-CANADIANS (Male and Female)
- 9.3.1 The gold medalist in the men and women's events (including relays) at the CIS National Championship will make up the 1st Team All-Canadians.
- 9.3.2 The silver medalist in the men and women's events (including relays) at the CIS National Championship will make up the 2nd Team All-Canadians.
Note: Alternates that competed are also listed as All-Canadians.
- 9.4 OUTSTANDING SWIMMERS OF THE YEAR (Male and Female)
- 9.4.1 Based solely on performance at the championship.
- 9.4.2 Criteria for selection: gold medalist in an event; and the swimmer with the highest aggregate point total for his/her two best swims as based on Swim Canada's performance charts.
- 9.5 ROOKIE OF THE YEAR (Male and Female)
- 9.5.1 Based solely on the performance at the Championship.
- 9.5.2 Criteria for selection: First year of CIS eligibility, 21 years of age or younger as of September 1st in the current academic year, and the swimmer with the highest aggregate point total for his/her two best swims as based on Swimming Canada's performance charts.
- 9.6 STUDENT-ATHLETE COMMUNITY SERVICE AWARD (Male and Female)
- 9.6.1 Selected by the coaches.
- 9.6.2 Recipients who demonstrate outstanding achievements in three (3) areas: swimming, academics and community involvement.
- 9.6.3 To win the national award the athlete must have won the award in their Regional Association.
- 9.6.4 An electronic nomination form must be submitted to the CIS Swimming President. This submission is due at the same time as the CIS championship entry deadline.
- 9.6.5 At the CIS Championships the CIS Coaches will form a sub-committee consisting of one coach from each swimming conference and the CIS Swimming Representative. This committee will read each nomination form, discuss nominations, and vote to determine the winner.
- 9.6.6 Criteria: The student-athlete must be on the school roster. The athlete does not need to be a CIS Championship qualifier, but is strongly encouraged to have competed at the

Conference championships and be diligently training. (Examples of Community Involvement: volunteering, coaching, team leadership, special community event coordination.)

9.7 CHAMPIONSHIP MVP (SPRINTER'S CUP) (Male and Female)

Awarded to the male and female who win both the 50m and 100m freestyle events. If the swimmer does not win both the 50m and 100m the award is not presented. **The winner will be announced and awarded at the conclusion of the medals for the 100m freestyle.**

9.8 COACH OF THE YEAR (Male and Female)

Each school with a swimmer in the meet shall have one vote. The ballots will be handed out with the final sheets on the evening of Day Three. The ballots must be returned/collected by the finish of the Men's 1500m Freestyle. The ballots should include:

- 9.8.1 Two columns – titled: Men's Team – Coach of the Year; Women's Team – Coach of the Year.
- 9.8.2 Each team, with coach, is listed under each heading in alphabetical order.
- 9.8.3 The team point standings after the end of Day Two of the current meet will be listed at the bottom of the sheet.
- 9.8.4 The team point standings at the conclusion of the previous years CIS Championship shall be listed at the bottom of the sheet.
- 9.8.5 The top three individual swims (of each gender) after Day Two shall be listed.

10. COMMITTEES

10.1 CHAMPIONSHIP MANAGEMENT COMMITTEE

The Management Committee shall rule on all matters necessary for the championship to proceed and will, in addition, act as the Protest Committee at the championship. The Management Committee shall apply CIS Rules. The Management Committee may not, nor may any member, make an exception to any CIS Rule or to a sanction imposed by CIS. The Management Committee has no jurisdiction to consider or interpret CIS Eligibility Regulations.

Composition of the Management Committee shall be:

1. Convener of Championship - non-voting chair.
2. CIS Delegate.
3. Technical Delegate.
4. President of the **Coaches Executive**, or designate.

A quorum shall require all four members, or their replacement.

If a member of the Management Committee was involved, directly or indirectly, in a decision or an interpretation of a CIS Rule that is being appealed/protested to the Management Committee that member shall be excused from the Management Committee. In this event, the remaining members of the Management Committee have the authority to appoint as a replacement for the excused member an individual who is independent, unbiased and uninvolved in the matter in dispute. The decision regarding whether a member of the

Management Committee should be excused and replaced lies solely with the Management Committee.

Notwithstanding the procedures described in CIS policy 90.70.4.1.1 (see below), the CIS Championship Management Committee shall have the power and jurisdiction to take interim on-the-spot measures to address minor code of conduct issues (inappropriate or unsportsmanlike conduct that is not criminal in nature) that arise at CIS Championships, in a timely fashion. The record of the incident, including the interim measures taken to address it shall be copied to the Athletic Director(s) of the affected school(s), and the CIS office and Discipline Committee.

It is the expectation of CIS that persons representing Member institutions, and/or CIS, at CIS Championships will behave responsibly, and with propriety, and in accordance with the laws of the land.

90.70.4.1.1 Procedures Regarding Misconduct

Where misconduct occurs at a CIS Championship (including traveling to and from the event, practice days and competition days), the Chief Executive Officer, assisted by the event Convener, shall:

1. Investigate the particulars of the incident that gave rise to the misconduct.
2. Determine the amount and type of damage to property or injury to persons.
3. Identify the persons and institutions responsible for the incident; and
4. Summarize this information in a written report.

The Chief Executive Officer shall provide a copy of the written report to the President, who may bring a complaint in accordance with CIS Policy 90.40 - Discipline. A copy of the written report shall be provided to the Directors of Athletics of the institutions involved.

10.2 JURY OF APPEAL

10.2.1 SWIMMING JURY OF APPEAL

Clarification of rulings shall be governed by SNC regulations with reference to protests and swimming jury of appeal. Swimming jury of appeal is the responsibility of the Meet Manager. (Reference section E.9)

10.2.2 CIS JURY OF APPEAL

If a coach is not satisfied with the decision made by the Swimming Jury, he/she can appeal to the CIS Jury of Appeal as outlined in the paragraph below. To lodge an appeal, the coach must submit the protest in writing to the CIS Jury of Appeal. A \$50.00 protest fee, refundable only when an appeal is supported, must accompany the protest; otherwise the fee remains with the Host.

The CIS Jury of Appeal shall be appointed at the Technical Coaches Meeting prior to the start of the CIS Championship meet, and shall have the authority to act in any situation not specifically covered by the rules and regulations. The Jury shall consist of: Meet

Convener, Meet Referee, CIS Delegate and two coaches. (Three coaches, one acting as an alternate in case of conflict of interest in the appeal, are elected at the Technical Coaches meeting).

10.3 DELEGATES (N/A)

11. APPENDICES

2012-2013 CIS TIME STANDARDS

		EVENT					
		WOMEN		MEN			
scy	lcm	scm		scm	lcm	scy	
23.83	27.47	26.93	50 FREE	23.56	24.03	20.85	
51.56	59.43	58.26	100 FREE	51.43	52.46	45.52	
1:51.11	2:08.06	2:05.55	200 FREE	1:52.02	1:54.26	1:39.14	
3:55.38	4:31.29	4:25.97	400 FREE	4:00.16	4:04.96	3:32.54	
8:08.47	9:22.98	9:11.94	800 FREE				
			1500 FREE	16:08.62	16:27.99		
			1650yd free			16:14.43	
26.97	31.08	30.47	50 BACK	26.82	27.36	23.74	
57.52	1:06.30	1:05.00	100 BACK	0:57.27	0:58.42	0:50.68	
2:03.75	2:22.63	2:19.83	200 BACK	2:04.40	2:06.89	1:50.09	
30.10	34.69	34.01	50 BREAST	29.78	30.38	26.36	
1:04.72	1:14.59	1:13.13	100 BREAST	1:04.31	1:05.60	0:56.91	
2:21.10	2:42.63	2:39.44	200 BREAST	2:21.32	2:24.15	2:05.07	
25.71	29.63	29.05	50 FLY	25.56	26.07	22.62	
0:56.67	1:05.31	1:04.03	100 FLY	0:56.32	0:57.45	0:49.84	
2:06.28	2:25.54	2:22.69	200 FLY	2:06.01	2:08.53	1:51.52	
2:06.16	2:25.40	2:22.55	200 IM	2:06.14	2:08.66	1:51.63	
4:27.66	5:08.51	5:02.46	400 IM	4:31.50	4:36.93	4:00.28	
3:27.56	3:59.22	3:54.53	400 FREE Relay	3:26.93	3:31.07	3:03.13	
7:30.90	8:39.68	8:29.49	800 FREE Relay	7:34.62	7:43.71	6:42.34	
3:49.42	4:24.41	4:19.23	400 MED Relay	3:47.12	3:51.66	3:21.00	