



ISCA ELITE SHOWCASE CLASSIC - EAST

St. Petersburg, FL | April 5th-8th, 2023

[North Shore Aquatic Complex](#)

901 North Shore Drive NE | St. Petersburg, FL 33701

<u>SANCTION:</u>	Held under Observation of USA Swimming/Florida Swimming Observation # _____ "In granting this approval it is understood and agreed that USA Swimming/Florida Swimming shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event."
<u>CONDITION OF SANCTION:</u>	The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Any swimmer entered in the meet, unaccompanied by a USA-S member coach, must be certified by a USA-S 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.
<u>CAMERA ZONE:</u>	Per Florida Swimming Rule 223.12, meet management shall designate and inform the public of "Camera Zones" at each swim meet where both still photography of a race or a competitor in a race may be taken. Acceptable "Camera Zones" may include, but are not limited to the side course of a pool, team gathering areas, concession area, and turn-end of competition course when not in use as a "start end." Meet management shall also designate "Non-Camera Zones." Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the race course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, rest rooms, or any other dressing areas.
<u>IMAGE AUTHORIZATION:</u>	All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.
<u>TYPE OF MEET:</u>	Short Course Yards, Prelims-Finals on Wednesday, Thursday, Friday, Saturday. Two eight-lane courses may be used for prelims and a ten-lane final course will be set up for evening finals. There will be a 25 yard/25 meter pool for constant warm up.
<u>LOCATION:</u>	North Shore Aquatic Complex 901 North Shore Drive NE St. Petersburg, FL 33701 Facility Phone: (727) 893-7727

<p><u>SCHEDULE:</u></p>	<p><i>Preliminaries (Wed, Thurs, Fri, Sat)</i> General Warm Up6:00-7:45AM Meet Start 8:00AM</p> <p><i>Finals – Wed, Thurs, Fri, Sat</i> General Warm Up3:30-4:20PM Specific Warm Up4:20-4:50PM Meet Start 5:00PM</p>
<p><u>POOL & FACILITY SPECS:</u></p>	<p>The North Short Aquatic Complex is host to a certified 50 meter outdoor pool with a maximum of 10 long course racing lanes. Non-turbulent lane lines will be used. Constant warm down lanes are available in the additional outdoor 25 meter pool.</p>
<p><u>TIMING SYSTEM:</u></p>	<p>A Colorado timing system, touch pads, backstroke wedges, and a digital scoreboard will be used as well as manual back up watches.</p>
<p><u>ELIGIBILITY:</u></p>	<p>Must be a 2023 USA Swimming YMCA, AAU, and/or a FINA registered athlete.</p>
<p><u>SEEDING:</u></p>	<p>Please submit entry times according to the time swum – DO NOT SUBMIT CONVERTED TIMES.(Example: If the time was swum in long course meters, submit the long course time.) Non- conforming meter times will be seeded last according to USA Swimming Rules and Regulations 207.12.7B. All yard times, even if they are bonus event times, will be seeded for prelims slowest to fastest within the two age group order. (Example: All 10 & Unders yard times will be seeded slowest to fastest no matter if it’s a bonus event or not. If it is entered in meters, it will be seeded at the end).</p> <p><u>PLEASE NOTE THAT THERE ARE NO CHANGES OR TIME UPDATES PERMITTED AFTER THE PSYCH SHEET IS PUBLISHED.</u></p> <p>All preliminary events, including relays, will be swum combined slowest to fastest in the 10 & Under, 11 - 12’s, and 13 - 14’s, with the top 10 of each single age divided out to swim in each night’s finals (excluding the 500, 1000, 1650 freestyle, and 400 individual medley). Please note the fastest 10 times across the respective 10 & Under; 11-12, and 13- 14 age groups in these events will be swum in finals. (However, they will still be awarded in single age group divisions.)There will be no positive check-in. Please submit scratches by 5:00pm the evening before the race.</p> <p>500 FREE- 400 IM: Events 15 & 16, 42 & 43, 44 & 45, 80 & 81 and 82 & 83 will be swum within the format of their respective preliminary sessions. They will be swum slowest to fastest with the fastest ten girls and the fastest ten boys swimming in the evening finals. These will be timed final events, so swimmers will only swim the events once.</p> <p>A/B Flight format: Dependent on the number of entries, and at the discretion of the Meet Referee, the 400 IM and 500 free preliminaries may be conducted in an “A/B flight” format, which will be fastest to slowest.</p> <p>1000 & 1650 Free: Events 1 & 2 and 49 & 50 will be swum at the conclusion of their respective preliminary sessions following a 10 minute break. They will be swum fastest to slowest, alternating girl/boy heats. In their respective evening finals sessions, the fastest ten girls and the fastest ten boys will swim as the first two events in the evening finals. These will be timed final events, so swimmers will only swim the events once.</p>

<u>SEEDING (Cont.):</u>	Relays: Top 10 teams will swim at finals. On Saturday, teams may choose AM or PM. All swimmers must be listed on the entry sheet to be eligible to compete on a relay team. THREE RELAYS PER CLUB MAXIMUM.
<u>RULES:</u>	<p>Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet. (Safety rules as outlined by USA Swimming will be in effect during all warm-up and warm-down time frames and areas.) No parents will be allowed on the pool deck unless they have 2023 USA Swimming Credentials and are assisting with team functions. If any swimmer needs to have coaching assistance, they MUST go directly to the meet Referee to receive a deck pass and/or a coaching assignment.</p> <p>Age as of the first day of the meet (April 5, 2023) will determine the swimmer’s age group for competition.</p> <p>Qualifying times must have been achieved between January 1, 2021 – March 27, 2023</p> <p>The practice of deck changing is prohibited. Swimmers must use the locker rooms to change in and out of their swim suits. Swimmers participating in the practice of deck changing can be subject to removal from further competition.</p>
<u>AWARDS</u>	<p>Individual Custom Medals 1st through 10th</p> <p>Relays Custom Medals 1st through 3rd</p>
<u>INDIVIDUAL HIGH POINT:</u>	<p>Individual High Point Presented to the Top Boy and Top Girl In Each Age Group:</p> <ul style="list-style-type: none"> • 9 & Under • 10 • 11 • 12 • 13 • 14
<u>TEAM AWARDS:</u>	<ul style="list-style-type: none"> • TOP 3 COMBINED TEAMS • TOP MEN’S TEAM • TOP WOMEN’S TEAM
<u>SCORING:</u>	<p>Scored to 10 places in each age group.</p> <p>Points 11-9-8-7-6-5-4-3-2-1, with double points for relays.</p>
<u>WARM-UP:</u>	<p>Enclosed warm-up schedule will be used.</p> <p>Warm-up will be <u>60 minutes guaranteed</u> prior to the start of each session.</p>
<u>SCRATCHES:</u>	<p>Prelims/timed finals: Scratches for events are due at 5:00pm the evening before the race. No penalty for scratching on the block with the exception of deck seeded events. Check in must be done with the clerk of course prior to the listed check in time to be seeded in that event. Any swimmer properly entered in a deck seeded event, who fails to check in for that event, will not be seeded but will be allowed to swim in an open lane for that event only. No new heats will be created – first come first served</p>
<u>FINALS:</u>	<p>Any swimmer who competed in a preliminary heat and qualifies for finals must swim the event during finals unless the swimmer announced his/her intention to scratch from the event within 30 minutes of the announcement of the qualifiers for that event. He/she has until 30 minutes after his or her final prelim of the day to finalize his/her scratch with the clerk of course. Any swimmer not reporting to a final event in which the results were posted for his/her swim will be barred from their next individual event in the meet, PLUS a \$50.00 fee will be assessed to swimmers not in compliance with the scratch rule UNLESS relieved for good cause by the Meet Referee.</p>

<p><u>ENTRY LIMIT:</u></p>	<p>Swimmers will be limited to three events per day and a total of 10 for the entire meet. If a swimmer is over-entered in a session, any events entered over the three event limit will be dropped at the point of over-entry.</p> <p><u>BONUS EVENTS</u> For 1 or more qualifying times..... You earn 4 bonus events</p> <p><u>Bonus events must be entered with a time. NT will not be accepted. EVENTS OVER 200 YARDS MAY NOT BE USED AS BONUS EVENTS.</u></p>
<p><u>SPECTATOR FEE:</u></p>	<p>\$60.00/FULL WEEK, REDUCED BY \$15.00 PER DAY</p>
<p><u>ISCA ATHLETE FEE:</u></p>	<p>ISCA Athlete Fee is \$45.00/per swimmer including relay only swimmers.</p>
<p><u>ISCA COACHES FEE:</u></p>	<p>\$20.00 per coach with up to date certification</p>
<p><u>ENTRY FEES:</u></p>	<p><u>REGULAR FEES</u> Fee per individual event\$ 7.00 Fee per Relay Event\$ 8.00 Facility Surcharge per swimmer\$ 20.00 Travel Surcharge\$ 2.00</p> <p><u>LATE ENTRY FEES</u> Late Fee per Individual Event \$15.00 Late Fee per Relay Event \$20.00</p>
<p><u>DECK ENTRIES</u></p>	<p>Deck entries will be accepted to fill heats only. No new heats will be created. Fees are \$15.00 per individual deck entry, plus the facility and athlete surcharges if not previously entered in meet, fees must be paid at time of entry.</p> <p>Deck entries will be accepted by the administrative referee or designated representative and assigned a lane no later than 45 minutes prior to the start of each session. A swimmer may not drop an event to deck enter another event. The entry limit of three (3) individual swims per day applies (including time trials).</p>
<p><u>ENTRY DEADLINE:</u></p>	<p>All entries must be received by midnight, Monday, March 27, 2023. Late entry/deckentry must be submitted by deadline the evening prior to event (s) contested.</p>
<p><u>**ENTRY PROCEDURE:</u> <u>(PLEASE READ CAREFULLY)</u></p>	<p>GUARANTEED REGISTRATION: Teams that have made a pre-registration athlete deposit on swimisca.org are given guaranteed registration. <i>Please note that in the absence of a preregistration deposit, teams are not guaranteed a place in the meet.</i> For questions about pre-registration, please visit our 2023 Event Page or email Dougfonder@gmail.com</p> <p>OME IS NO LONGER IN USE BY USA SWIMMING ALL ENTRIES MUST BE SUBMITTED BY HY-TEK OR A SIMILAR ENTRY SYSTEM</p>

<p>**ENTRY PROCEDURE (Cont.):</p>	<p><i>INDIVIDUAL ENTRIES:</i> Entries should use a time in the national database that is faster than the qualifying time and achieved during the qualifying period. Swimmers may enter using an "Override Time" for times that are not in the national database. Override times must include the meet name and date. Override times that cannot be proven by the Entry Coordinator during the entry process will not be seeded in the meet. Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved.</p> <p>A team may enter no more than 2 relays in each relay event. Relays must be pre-entered and relay times must be provable by team or aggregate. A swimmer may be used only once to prove a relay in each relay event.</p> <p><i>TEAMS WITH UNATTACHED OR UNREGISTERED ATHLETES:</i> Teams may enter Athletes with an unattached or unregistered status. Unregistered swimmers must provide proof of registration prior to the Swimmers first event.</p> <p><i>INDIVIDUAL UNATTACHED ATHLETES:</i> Unattached athletes that are not awaiting attachment to any team must enter individually.</p> <p>PAYMENT: Please plan to submit payment for all meet fees via CHECK on-site at the Meet Registration Table on Tuesday, April 4th. Payment MUST be collected before an athlete is allowed to swim. Please make checks payable to "ISCA."</p> <p>Payment by credit card is not available at this time. For confirmation on exact fees due prior to the meet, please email Dougfonder@gmail.com.</p>																		
<p><u>FOREIGN ATHLETES</u></p>	<p>Foreign athletes are welcome to attend. All foreign athletes must be a registered member in good standing with FINA or USA Swimming.</p> <p>Entries for foreign teams can be submitted through a HY-TEK file. To receive the entry file, please send a request to info@swimisca.org.</p>																		
<p><u>OFFICIALS:</u></p>	<table border="0"> <tr> <td>Head Referee</td> <td>Steve Woolfolk (woolfolks@aol.com)</td> </tr> <tr> <td>Admin Referee/Official</td> <td>Eva Gronke (eva@fastswimresults.com)</td> </tr> <tr> <td>Meet Director</td> <td>Doug Fonder (dougfonder@gmail.com)</td> </tr> </table>	Head Referee	Steve Woolfolk (woolfolks@aol.com)	Admin Referee/Official	Eva Gronke (eva@fastswimresults.com)	Meet Director	Doug Fonder (dougfonder@gmail.com)												
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<p><u>COACH DECK PASSES:</u></p>	<p>Deck passes registered coaches are \$20 each (and can be purchased at the sign-in table with verified credentials). Please indicate number of coach passes requested and include with final entry payment. The full number of deck passes allowed for each team in dependent on the number of qualified athletes.</p> <table border="1" data-bbox="1003 1381 1380 1696"> <thead> <tr> <th># of swimmers</th> <th># of deck passes</th> </tr> </thead> <tbody> <tr> <td>1-4</td> <td>1</td> </tr> <tr> <td>5-9</td> <td>2</td> </tr> <tr> <td>10-16</td> <td>4</td> </tr> <tr> <td>17-21</td> <td>5</td> </tr> <tr> <td>22-30</td> <td>6</td> </tr> <tr> <td>31-40</td> <td>7</td> </tr> <tr> <td>41-50</td> <td>8</td> </tr> <tr> <td>50 +</td> <td>10</td> </tr> </tbody> </table>	# of swimmers	# of deck passes	1-4	1	5-9	2	10-16	4	17-21	5	22-30	6	31-40	7	41-50	8	50 +	10
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50 +	10																		
<p><u>COACHES / OFFICIALS:</u></p>	<p>Coaches/officials must visibly display a valid USA membership card at all times while on deck or show Deck Pass proof. A 2023 coaching member of USA Swimming must supervise each swimmer participating in a Florida Swimming approved/sanctioned meet during warm-up and competition. An unattached athlete, without a team affiliation and not escorted by a coach member, must check in with the meet referee upon arrival at the meet. Such athletes will be assigned to a substitute coach who will supervise the swimmer (s) during warm-up and competition. There will be a coaches meeting Tuesday, April 4th, at 4:00pm at North Shore Aquatic Complex.</p>																		

<u>MEET VOLUNTEERS:</u>	As per ISCA policy, all volunteers must present valid photo ID or meet credentials to gain deck access.						
<u>TEAM REPRESENTATIVE:</u>	Prior to the start of the meet, the name of one person for each team other than the coach may be given to the meet referee. The meet referee will only recognize the coach and that designated person relative to matters pertaining to the meet.						
<u>INFORMATION:</u>	<table data-bbox="396 512 1370 793"> <tr> <td data-bbox="396 512 678 638"><u>Meet Director</u> Doug Fonder Cell: 540-397-0505 dougfonder@gmail.com</td> <td data-bbox="711 512 964 638"><u>Meet Referee</u> Steve Woolfolk Cell: 540-312-1259 woolfolks@aol.com</td> <td data-bbox="1068 512 1370 701"><u>Meet Admin Official</u> Eva Gronke 727-644-5925 3534 Chessington Drive Land O Lakes, FL 34638 eva@fastswimresults.com</td> </tr> <tr> <td colspan="3" data-bbox="717 730 873 793"><u>Head Starter</u> John Stanley</td> </tr> </table>	<u>Meet Director</u> Doug Fonder Cell: 540-397-0505 dougfonder@gmail.com	<u>Meet Referee</u> Steve Woolfolk Cell: 540-312-1259 woolfolks@aol.com	<u>Meet Admin Official</u> Eva Gronke 727-644-5925 3534 Chessington Drive Land O Lakes, FL 34638 eva@fastswimresults.com	<u>Head Starter</u> John Stanley		
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<u>NOTE:</u>	**Events/heats may be combined at the discretion of the meet referee. Official start times may be amended at the discretion of meet referee.**						



ISCA ELITE SHOWCASE CLASSIC -EAST

PRESENTED BY KIEFER AQUATICS

WARM-UP SCHEDULE:

First 1/2 hour will be warm-up as follows:

Last hour of warm-ups will be as follows:

Lane 1 pace 50 & 100 circle swimming
Lane 2 push off 25s one way only
Lane 3 swim & pulling, push off
Lane 4 swim & pulling, push off
Lane 5 swim & pulling, push off
Lane 6 swim & pulling, push off
Lane 7 swim & pulling, push off
Lane 8 swim & pulling, push off
Lane 9 push off 25s, one way only
Lane 10 pace 50 & 100 circle swimming

Lane 1 pace 50 & 100 circle swimming
Lane 2 racing starts 25s one length
Lane 3 swim & pulling, push off
Lane 4 swim & pulling, push off
Lane 5 swim & pulling, push off
Lane 6 swim & pulling, push off
Lane 7 swim & pulling, push off
Lane 8 racing starts 25s one length
Lane 9 racing starts 25s one length
Lane 10 pace 50 & 100 circle swimming

NO EQUIPMENT TO BE USED DURING WARM-UP

NO RACING STARTS IN WARM-UP OR COOL DOWN LANES DURING MEET

Swimmers must enter the water feet first with at least one hand on the pool deck.

**Wednesday
April 5th, 2023**

Women	Age	Event	Men
1	11-12	1000 Free	2
3	10- UNDER	50 Back	4
5	11-12	200 Breast	6
7	13-14	200 Breast	8
9	10- UNDER	100 Breast	10
11	11-12	50 Back	12
13	13-14	50 Back	14
15	10- UNDER	500 Free	16
17	11-12	50 Free	18
19	13-14	50 Free	20
21	10- UNDER	200 Medley Mixed Relay	21
22	11-12	200 Medley Mixed Relay	22
23	13-14	200 Medley Mixed Relay	23

**Thursday
April 6th, 2023**

Women	Age	Event	Men
24	10-Under	100 IM	25
26	11-12	200 IM	27
28	13-14	200 IM	29
30	10-UNDER	50 Fly	31
32	11-12	200 Fly	33
34	13-14	200 Fly	35
36	11-12	50 Breast	37
38	13-14	50 Breast	39
40	10- UNDER	200 Free	41
42	11-12	500 Free	43
44	13-14	500 Free	45
46	10- UNDER	400 Medley Mixed Relay	46
47	11-12	400 Medley Mixed Relay	47
48	13-14	400 Medley Mixed Relay	48

****ALL MIXED RELAYS ARE TWO BOYS & TWO GIRLS****

ISCA Elite Showcase Classic – East
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Friday April 7th, 2023			
Women	Age	Event	Men
49	13-14	1650 Free	50
51	11-12	100 IM	52
53	10- UNDER	100 Back	54
55	11-12	100 Breast	56
57	13-14	100 Breast	58
59	10- UNDER	50 Breast	60
61	11-12	200 Back	62
63	13-14	200 Back	64
65	11-12	100 Fly	66
67	13-14	100 Fly	68
69	10- UNDER	100 Free	70
71	11-12	100 Free	72
73	13-14	100 Free	74
75	10- UNDER	200 Free Mixed Relay	75
76	11-12	200 Free Mixed Relay	76
77	13-14	200 Free Mixed Relay	77
Saturday April 8th, 2023			
Women	Age	Event	Men
78	10-Under	200 IM	79
80	11-12	400 IM	81
82	13-14	400 IM	83
84	10-UNDER	100 Fly	85
86	11-12	50 Fly	87
88	13-14	50 Fly	89
90	11-12	100 Back	91
92	13-14	100 Back	93
94	10- UNDER	50 Free	95
96	11-12	200 Free	97
98	13-14	200 Free	99
100	10- UNDER	400 Free Mixed Relay	100
101	11-12	400 Free Mixed Relay	101
102	13-14	400 Free Mixed Relay	102

****ALL MIXED RELAYS ARE TWO BOYS & TWO GIRLS****

ISCA Elite Showcase Classic – East
April 5th-8th, 2023 · St. Petersburg, FL





2023 EAST ELITE SHOWCASE CLASSIC QUALIFYING TIME



St. Petersburg, Florida
April 5th-8th



Special Notes:

- 1) All 50's for 13-year olds and 14-year olds will be allowed to be swum if you are registered in the meet.
- 2) All Entries for all teams including foreign teams must be submitted through HY-TEK MEET MANAGER, COMMLINK (please email Dougfonder@gmail.com for additional information).
- 3) The 500 Free, 1000 Free and 1650 Free, along with the 400 IM will all be swum as timed final events. The fastest 10 swimmers in combined 11 and 12 or 13 and 14 age group will swim at night, but will be awarded as individual age group. All other events will be prelims and finals.
- 4) Qualifying times are minimum times.
- 5) Entries are limited to 3 individual events per day with a maximum 10 for the entire meet for all age groups.
- 6) Non-conforming meter entry times will be seeded last. All yard times, even for bonus events, will be seeded fastest to slowest with meter times falling at the end.
- 7) Relay only swimmers must be included on the master entry submission.

BONUS EVENTS

For 1 or more qualifying times..... you earn 4 bonus

****All bonus events must be entered with a time. NT will not be accepted.***

9 YEAR OLD QUALIFYING TIMES

Girls

Boys

LCM	SCM	SCY	Event	SCY	SCM	LCM
39.89	38.89	35.19	50 Free	34.49	38.09	39.49
1:20.29	1:28.39	1:19.99	100 Free	1:09.69	1:26.99	1:19.79
2:56.29	2:51.89	2:35.39	200 Free	2:29.39	2:44.99	2:50.79
5:50.19	5:39.59	6:27.49	500/400 Free	6:20.79	5:33.29	5:44.49
48.89	46.29	41.89	50 Back	42.29	46.79	49.19
1:32.69	1:27.69	1:19.29	100 Back	1:18.79	1:27.49	1:30.99
53.99	52.49	47.49	50 Breast	46.59	51.39	53.29
1:44.89	1:41.49	1:31.89	100 Breast	1:29.99	1:39.59	1:42.69
47.09	46.19	41.79	50 Fly	40.49	44.79	45.99
1:35.99	1:32.99	1:24.09	100 Fly	1:22.79	1:32.29	1:34.49
	1:41.29	1:31.69	100 IM	1:28.89	1:38.79	
3:17.09	3:10.79	2:52.69	200 IM	2:50.99	3:08.89	3:15.39



10 YEAR OLD QUALIFYING TIMES

Girls

Boys

LCM	SCM	SCY	Event	SCY	SCM	LCM
35.59	34.69	31.39	50 Free	30.99	34.19	35.49
1:20.29	1:17.89	1:10.49	100 Free	1:09.69	1:16.99	1:19.79
2:48.09	2:43.89	2:28.19	200 Free	2:23.09	2:38.19	2:43.69
5:34.99	5:24.79	6:10.59	500/400 Free	6:04.19	5:18.79	5:29.59
42.89	40.59	36.69	50 Back	36.99	40.99	42.99
1:32.69	1:27.69	1:19.29	100 Back	1:18.79	1:27.49	1:30.99
47.49	46.19	41.69	50 Breast	40.99	45.29	46.99
1:44.89	1:41.49	1:31.89	100 Breast	1:29.99	1:39.59	1:42.69
40.79	39.99	36.19	50 Fly	35.39	39.09	40.19
1:35.99	1:32.99	1:24.09	100 Fly	1:22.79	1:32.29	1:34.49
	1:29.19	1:20.79	100 IM	1:18.99	1:27.89	
3:08.29	3:02.39	2:45.09	200 IM	2:43.59	3:00.69	3:06.89

11 YEAR OLD QUALIFYING TIMES

Girls

Boys

LCM	SCM	SCY	Event	SCY	SCM	LCM
32.99	32.19	28.99	50 Free	27.89	30.89	31.99
1:12.09	1:09.69	1:03.09	100 Free	1:00.89	1:07.29	1:09.69
2:29.69	2:26.29	2:11.79	200 Free	2:06.99	2:21.29	2:25.79
5:01.69	4:55.09	5:36.89	500/400 Free	5:27.89	4:46.89	4:55.09
10:31.79	10:10.69	11:37.79	1000/ 800 Free	11:25.59	9:59.99	10:22.09
37.69	36.29	32.69	50 Back	32.09	35.69	36.99
1:23.19	1:19.29	1:11.39	100 Back	1:09.19	1:16.59	1:20.49
2:47.99	2:40.29	2:25.09	200 Back	2:21.29	2:36.69	2:43.79
41.99	40.79	36.89	50 Breast	36.09	39.99	41.29
1:32.79	1:28.89	1:20.19	100 Breast	1:17.49	1:26.59	1:30.29
3:11.09	3:04.39	2:45.09	200 Breast	2:39.39	2:56.99	3:04.59
35.39	34.79	31.29	50 Fly	31.19	34.49	35.19
1:20.79	1:18.99	1:10.89	100 Fly	1:09.29	1:16.89	1:18.59
2:48.29	2:44.19	2:27.89	200 Fly	2:22.19	2:40.29	2:44.69
	1:19.89	1:12.09	100 IM	1:09.09	1:16.39	
2:49.29	2:43.99	2:27.99	200 IM	2:23.99	2:39.39	2:45.49
5:45.49	5:33.59	5:01.89	400 IM	4:53.19	5:23.89	5:37.79



12 YEAR OLD QUALIFYING TIMES

Girls

Boys

LCM	SCM	SCY	Event	SCY	SCM	LCM
32.99	32.19	28.99	50 Free	27.89	30.89	31.99
1:09.09	1:06.79	1:00.49	100 Free	58.29	1:04.49	1:06.79
2:29.69	2:19.99	2:11.79	200 Free	2:06.99	2:15.19	2:25.79
5:01.69	4:41.69	5:36.89	500/400 Free	5:27.89	4:33.89	4:55.09
10:31.79	10:10.69	11:37.79	1000/ 800 Free	11:25.59	9:59.99	10:22.09
37.69	36.29	32.69	50 Back	32.09	35.69	36.99
1:19.29	1:15.59	1:08.09	100 Back	1:05.99	1:12.99	1:16.69
2:47.99	2:33.39	2:25.09	200 Back	2:21.29	2:29.89	2:43.59
41.99	40.79	36.89	50 Breast	36.09	39.99	41.29
1:28.79	1:24.99	1:16.69	100 Breast	1:13.99	1:22.69	1:26.19
3:11.09	2:56.39	2:45.09	200 Breast	2:39.39	2:49.29	3:04.59
35.39	34.79	31.29	50 Fly	31.19	34.49	35.19
1:16.99	1:15.19	1:07.49	100 Fly	1:05.89	1:13.19	1:14.69
2:48.29	2:36.99	2:27.89	200 Fly	2:16.09	2:33.29	2:44.69
	1:16.59	1:09.09	100 IM	1:09.09	1:13.19	
2:49.29	2:36.89	2:27.99	200 IM	2:23.99	2:31.99	2:45.49
5:45.49	5:18.39	5:01.89	400 IM	4:53.19	5:09.19	5:37.79

13 YEAR OLD QUALIFYING TIMES

Girls

Boys

LCM	SCM	SCY	Event	SCY	SCM	LCM
31.79	30.89	27.89	50 Free	25.69	28.39	29.49
1:08.99	1:07.09	1:00.49	100 Free	56.29	1:02.19	1:04.49
2:23.19	2:18.99	2:04.99	200 Free	1:57.49	2:09.79	2:14.79
4:48.19	4:41.49	5:20.39	500/400 Free	5:03.79	4:25.89	4:34.29
18:56.49	18:16.29	18:22.79	1650/1500 Free	17:31.99	17:25.89	18:09.39
			50 Back			
1:17.09	1:13.09	1:05.69	100 Back	1:01.29	1:08.19	1:11.89
2:38.09	2:31.89	2:17.09	200 Back	2:08.39	2:22.59	2:29.59
			50 Breast			
1:27.49	1:23.99	1:15.39	100 Breast	1:09.69	1:17.09	1:21.29
3:00.49	2:54.29	2:36.79	200 Breast	2:25.09	2:41.89	2:48.79
			50 Fly			
1:14.29	1:12.89	1:05.49	100 Fly	1:00.99	1:07.69	1:09.69
2:38.59	2:34.39	2:18.79	200 Fly	2:09.99	2:23.69	2:28.59
			100 IM			
2:40.79	2:35.59	2:19.49	200 IM	2:11.39	2:25.19	2:31.69
5:26.49	5:17.59	4:45.69	400 IM	4:28.29	4:56.79	5:08.59



14 YEAR OLD QUALIFYING TIMES

Girls

Boys

LCM	SCM	SCY	Event	SCY	SCM	LCM
31.79	30.89	27.89	50 Free	25.69	28.39	29.49
1:06.19	1:04.29	57.99	100 Free	53.89	59.59	1:01.79
2:16.89	2:18.99	2:04.99	200 Free	1:57.49	2:04.19	2:14.79
4:35.09	4:41.49	5:20.39	500/400 Free	5:03.79	4:25.89	4:34.29
18:04.79	18:16.29	18:22.79	1650/ 1500 Free	17:31.99	17:25.89	18:09.39
			50 Back			
1:13.89	1:10.09	1:02.99	100 Back	58.69	1:05.39	1:08.89
2:31.19	2:31.89	2:17.09	200 Back	2:08.39	2:22.59	2:29.59
			50 Breast			
1:23.89	1:20.49	1:12.29	100 Breast	1:06.79	1:13.89	1:17.89
2:52.59	2:54.29	2:36.79	200 Breast	2:25.09	2:41.89	2:48.79
			50 Fly			
1:11.19	1:09.79	1:02.69	100 Fly	58.49	1:04.89	1:06.79
2:31.69	2:34.39	2:18.79	200 Fly	2:09.99	2:23.69	2:28.59
2:40.79	2:28.89	2:19.49	200 IM	2:11.39	2:18.89	2:31.69
5:26.49	5:03.19	4:45.69	400 IM	4:28.29	4:43.29	5:08.59

