

Florida Gold Coast North Area 1 Developmental Championships
February 24.-26, 2012

- Sanctioned By:** This meet is sanctioned by USA Swimming & Florida Gold Coast Swimming-Sanction #FGA1022412LLL-P-7
- Sponsored By:** Lake Lytal Lightning Swim Team
- Location:** 3645 Gun Club Rd. West Palm Beach, Florida
- Dates & Time:** Session I –Timed Finals – Friday – Feb. 24, 2012 - Warm-up 3:00pm – Meet Starts 4:30pm
Session II – Prelims 10 & Under and 18 & Under
Saturday – Feb. 25, 2012 – Warm-up 7:00am – Meet Starts 8:00am
Session III – Prelims 12 & Under and 14 & Under
Saturday – Feb. 25, 2012 – Warm-up 11:00am – Meet Starts 12:30pm
Session IV – Finals All Age Groups
Saturday – Feb. 25, 2012 – Warm-up 4:30pm – Meet Starts 6:00pm
Session V – Prelims 10 & Under and 18 & Under
Sunday – Feb. 26, 2012 – Warm-up 7:00am – Meet Starts 8:00am
Session VI – Prelims 12 & Under and 14 & Under
Sunday – Feb. 26, 2012 – Warm-up 11:00am – Meet Starts 12:30pm
Session VII – Finals All Age Groups –
Sunday – Feb. 26, 2012– Warm-up 4:30pm – Meet Starts 6:00pm
- Note:** Meet management reserves the right to adjust start times to ensure an efficient meet and with the approval of the Age Group Chair may combine the preliminary sessions if warranted.
- Pool / Timing:** 10 lanes, 25 yard short course heated outdoor pool. Separate warm-up/warm-down lanes available during competition. Colorado Timing System® and Hy-Tek Meet Manager software will be used for timing/scoring. Water depth at competition start end of pool is a minimum 4 feet 3 inches to 12 feet 0 inches. Fly-over starts will be used. The competition course has been certified in accordance with 104.2.2 (C). Certification is on file with USA Swimming.
- Eligibility:** Open to all 18 & Under, 2010 USA Swimming registered athletes in Palm Beach County, Martin County Aquatics, Pine Crest Swimming and Ft. Lauderdale Swim Team (Boca Raton satellite) and foreign athletes with proper travel credential that have been invited by USA swimming. **14 & Under Swimmers must not have achieved an FGC Junior Olympic time in the event in which he/she is entered in and must have a minimum “B” time standard in any event 200 meters or longer. 15 & Over Swimmers must not have achieved a Senior Circuit qualifying time in the event entered and must have a minimum “B” time standard in any event 200 meters or longer.** Swimmers may not enter any event in which they have achieved a Qualifying time in, either SCY, LC, or SCM. Relay swimmers must also comply with this rule (in strokes / age brackets where no 50-meter standard is listed, the 100-meter stroke eligibility applies). Teams entering and swimming athletes who have achieved Qualifying times will be subject to a \$50 fine per swim. Swimmers who age up between March 8 and the start of the FGC Junior Olympics who have achieved a Junior Olympic time but are will not be eligible at the start of the Junior Olympic meet may swim at Division II in the above age group.
- Rules:** **Current USA Swimming and Florida Gold Coast rules will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the referee, will be in effect.**
- Disability:** All swimmers are welcome at this meet. Any athlete with a disability will be accommodated.
- Entry Deadline:** Entries Close - **Wednesday – February 15, 2012 - 9:30pm**
- Entry Limit:** Six (6) individual events for the meet-no more than three (3) individual events per day (unlimited relays)
- Entry Procedure:** **Hy-Tek electronic entry system is preferred.** Please email entry to: **gmand688@bellsouth.net**
Submission of entry certifies that all entered swimmers are USA Swimming registered.

Non-electronic entries are double the entry fee and surcharge.

Florida Gold Coast Area 1 Developmental Championships

- Entry Fees:** \$4.00 per Individual event entry - \$8.00 per Relay event entry - \$7.50 per swimmer surcharge
Entry fees are to be made payable to "Lake Lytal Lightning" with a single team check, cash, or money order
- Seeding:** Eligible entries will follow FGC policy and shall be seeded in the following order – Short Course Yards followed by Long Course Meters followed by Short Course Meters. Top 20 Swimmers will be circled swimmers
- Racing Start** "Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Relays:** Swimmers swimming in relay must meet the eligibility requirement (Not Junior Olympic, or Senior Circuit Qualified) in the Relay leg he/she is competing in.
- Finals:** Finals will consist of one heat of girls and one heat of boys - top 10 swimmers per individual event.
- Distance Events:** The 400 Individual Medley, 500 Freestyle, and 1650 Freestyle are timed finals and positive check-in events. They will be swum fastest to slowest alternating girls and boys. The top 10 times entered in the 500 Free for each age group will swim with finals.
- Awards:** Individual Events: Medals 1st - 3rd and Ribbons 4th - 10th
Relays Events: Ribbons 1st - 3rd
- Scoring:** The Division II Championship meets will not be scored (FGC rule 102.7)
- Admission:** \$3.00 per person per session. Heat Sheets - \$2.00 each session
- Concessions:** Concession stand will be open for all sessions.
- Hospitality:** Refreshments and hospitality for coaches / officials / volunteers will be available.
- Meet Info:** Updates to meet information as well as Timelines and Psych Sheets for the meet will be posted on our website: www.lightning-swimming.org
- Results:** Session results will be posted on the wall next to the entrance and on our website (www.lightning-swimming.org) as soon as they become available.
- Referee:** Debbie Bengtson
- Meet Director:** Gordon Andrews – questions, call 561-310-4924
Email: gmand688@bellsouth.net or andrewg@palmbeach.k12.fl.us
- Meet Committee:** A meet committee may be created by the meet referee to handle issues pertaining to non-rule situations at the meet such as severe weather and equipment issues. This will involve at least one swimmer and one coach representative.
- Directions:** **Coming from the North:** Take I-95 South to Southern Blvd. Southern west to Congress Ave. ramp. Left on Congress to first light and take a right, pool is approx. 1 mile on the right. **From Turnpike** Exit Southern Blvd. and head east approx. 6 miles to Kirk Rd. Take the only direction, right, on Kirk to 1st light, take left, park is on the left.
Coming from the South: Take I-95 North to Southern Blvd. Southern west to Congress Ave. ramp. Left on Congress to first light and take a right, pool is approx. 1 mile on the right. **From Turnpike** Exit Southern Blvd. and head east approx. 6 miles to Kirk Rd. Take the only direction right on Kirk to 1st light, take left, park is on the left.

Order Of Events

** = Timed Final Events – Swum in Prelims

All Time Standards are “Slower Than”

Session I - Timed Finals- Friday –Feb. 24, 2012 Warm-up: 3:00pm Meet Starts: 4:30pm

Girls Event #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys Event #
1a			5:42.59	12 & Under	400IM**	5:42.59			2a
1b	6:03.19	5:53.79	5:20.19	13-14	400IM**	5:02.89	5:34.69	5:46.79	2b
1c	5:57.59	5:47.09	5:14.09	15-18	400IM**	4:49.09	5:19.49	5:29.99	2c
3a			22:17.09	12 & Under	1650FR**	22:17.09			4a
3b	19:48.09	19:14.89	19:21.69	13-14	1650FR**	19:14.89	19:14.89	19:48.09	4b
3c	19:37.29	19:02.29	19:08.99	15-18	1650FR**	18:47.99	18:41.39	19:22.99	4c

Order Of Events

** = Timed Final Events – Swum in Prelims

All Time Standards are “Slower Than”

Session II - Prelims- Saturday –Feb. 25, 2012 Warm-up: 7:00am Meet Starts: 8:00am

Girls Event #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys Event #
5	1:37.29	1:32.89	1:26.49	10 & Under	100BK	1:27.09	1:36.19	1:39.89	6
11	1:18.69	1:15.29	1:08.09	15-18	100BK	1:01.79	1:08.29	1:11.99	12
13	NT	NT	NT	10 & Under	200 Free Relay**	NT	NT	NT	14
19	NT	NT	NT	15-18	200 Free Relay**	NT	NT	NT	20
21	43.09	42.19	37.99	10 & Under	50FL	39.39	43.49	43.99	22
27	37.49	36.89	32.09	15-18	50FL	29.59	33.99	34.59	28
29	1:49.49	1:45.19	1:35.39	10 & Under	100BR	1:38.89	1:49.19	1:52.89	30
35	1:27.79	1:24.79	1:16.79	15-18	100BR	1:09.19	1:16.49	1:20.59	36
37	37.49	36.79	33.39	10 & Under	50FR	33.79	37.29	38.29	38
43	30.99	29.99	27.19	15-18	50FR	24.49	26.99	28.09	44
45	3:01.89	2:54.79	2:38.39	10 & Under	200FR	2:41.39	2:58.79	3:03.19	46
51	2:23.19	2:20.29	2:06.99	15-18	200FR	1:55.79	2:07.89	2:13.39	52
53		1:33.89	1:25.19	10 & Under	100IM	1:26.39	1:34.39		54
57	2:44.69	2:42.79	2:27.29	15-18	200FL**	2:14.59	2:28.69	2:32.19	58
59a	6:25.69	6:12.29	7:05.89	10 & Under	500FR**	7:09.89	6:16.29	6:29.69	60a
59b	4:59.79	4:53.49	5:35.39	15-18	500FR**	5:11.69	4:32.79	4:41.09	60b

Order Of Events

** = Timed Final Events – Swum in Prelims

All Time Standards are “Slower Than”

Session III – Prelims - Saturday Feb. 25, 2012 y - Warm-up: 11:00am Meet Starts: 12:30pm

Girls Event #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys Event #
7	1:28.29	1:24.79	1:15.29	11-12	100BK	1:15.29	1:24.49	1:26.19	8
9	1:20.49	1:17.09	1:09.79	13-14	100BK	1:04.89	1:11.69	1:15.59	10
15	NT	NT	NT	11-12	200 Free Relay**	NT	NT	NT	16
17	NT	NT	NT	13-14	200 Free Relay**	NT	NT	NT	18
23	37.79	37.19	32.69	11-12	50FL	32.69	37.49	37.99	24
25	36.59	35.59	32.39	13-14	50FL	30.09	33.79	34.69	26
31	1:37.39	1:32.79	1:24.19	11-12	100BR	1:24.29	1:33.89	1:38.09	32
33	1:29.09	1:26.19	1:17.99	13-14	100BR	1:12.29	1:19.89	1:23.59	34
39	34.69	33.99	30.89	11-12	50FR	29.89	32.99	34.49	40
41	31.49	30.39	27.59	13-14	50FR	26.59	29.39	30.69	42
47	2:41.69	2:36.89	2:22.19	11-12	200FR	2:22.59	2:37.49	2:42.79	48
49	2:26.19	2:22.09	2:08.59	13-14	200FR	2:06.69	2:19.99	2:24.99	50
55		1:24.19	1:13.29	11-12	100IM	1:13.79	1:23.79		56
61a	3:04.59	2:58.49	2:41.69	11-12	200FL**	2:44.89	3:02.19	3:08.39	62a
61b	2:49.59	2:44.19	2:28.59	13-14	200FL**	2:22.29	2:37.19	2:41.59	62b
					5 Minute Break				
63a	5:36.39	5:27.19	6:14.29	11-12	500FR**	6:21.29	5:33.69	5:44.69	64a
63b	5:03.49	4:55.99	5:38.29	13-14	500FR**	5:40.09	4:57.69	5:05.59	64b

Session IV – Finals - Saturday Feb. 25. 2012- Warm-up: 4:30pm Meet Starts: 6:00pm

Event Number	Event	Age Group	Event Number	Event	Age Group
5-6	100 Back	10 & Under	35-36	100 Breast	15-18
7-8	100 Back	11-12	37-38	50 Free	10 & Under
9-10	100 Back	13-14	39-40	50 Free	11-12
11-12	100 Back	15-18	41-42	50 Free	13-14
21-22	50 Fly	10 & Under	43-44	50 Free	15-18
23-24	50Fly	11-12	45-46	200 Free	10 & Under
25-26	50 Fly	13-14	47-48	200 Free	11-12
27-28	50 Fly	15-18	49-50	200 Free	13-14
29-30	100 Breast	10 & Under	51-52	200 Free	15-18
31-32	100 Breast	11-12	53-54	100 IM	10 & Under
33-34	100 Breast	13-14	55-56	100 IM	11-12

Order Of Events

**** = Timed Final Events – Swum in Prelims
All Time Standards are “Slower Than”**

Session V – Prelims - Sunday - Feb. 26. 2012 Warm-up: 7:00am Meet Starts: 8:00am

Girls Event #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys Event #
65	1:23.89	1:21.99	1:14.39	10 & Under	100FR	1:15.39	1:23.29	1:25.89	66
71	1:07.19	1:05.09	58.19	15-18	100FR	53.09	58.69	1:01.39	72
73	NT	NT	NT	10 & Under	200 Medley Relay **	NT	NT	NT	74
79	NT	NT	NT	15-18	200 Medley Relay **	NT	NT	NT	80
81	3:29.89	3:24.39	3:04.69	10 & Under	200IM	3:06.69	3:26.39	3:31.89	82
87	2:41.09	2:37.29	2:22.39	15-18	200IM	2:09.99	2:23.69	2:30.69	88
89	44.69	43.19	39.19	10 & Under	50BK	39.59	45.59	44.89	90
95	37.49	36.89	32.09	15-18	50BK	29.59	33.99	34.59	96
97	1:44.69	1:37.79	1:33.29	10 & Under	100FL	1:33.19	1:42.89	1:45.59	98
103	1:16.09	1:14.29	1:07.27	15-18	100FL	1:00.79	1:07.19	1:09.09	104
105	49.29	47.49	43.49	10 & Under	50BR	45.39	50.09	51.79	106
111	41.79	40.79	36.09	15-18	50BR	33.29	36.49	37.49	112
5 Minute Break									
113	2:47.59	2:41.99	2:26.59	15-18	200BK**	2:12.69	2:26.59	2:34.89	114
115	3:08.49	3:05.59	2:45.29	15-18	200 BR**	2:30.09	2:45.89	2:54.29	116

Order Of Events

**** = Timed Final Events – Swum in Prelims
All Time Standards are “Slower Than”**

Session VI – Prelims - Sunday - Feb. 26. 2012 - Warm-up: 11:00am Meet Start: 12:30pm

Girls Event #	LCM	SCM	SCY	Age Group	Event	SCY	SCM	LCM	Boys Event #
67	1:16.19	1:13.99	1:07.19	11-12	100FR	1:05.59	1:12.49	1:14.59	68
69	1:08.39	1:06.29	59.99	13-14	100FR	58.09	1:04.19	1:06.59	70
75	NT	NT	NT	11-12	200 Medley Relay **	NT	NT	NT	76
77	NT	NT	NT	13-14	200 Medley Relay **	NT	NT	NT	78
83	3:02.19	2:57.59	2:35.89	11-12	200IM	2:38.69	3:00.69	3:03.29	84
85	2:45.19	2:40.39	2:25.19	13-14	200IM	2:22.49	2:37.49	2:44.59	86
91	40.19	38.89	34.79	11-12	50BK	34.59	39.29	39.99	92
93	38.49	36.09	32.79	13-14	50BK	30.89	33.69	35.59	94
99	1:26.09	1:23.89	1:16.09	11-12	100FL	1:16.09	1:24.09	1:26.69	100
101	1:17.59	1:15.59	1:08.39	13-14	100FL	1:04.09	1:10.79	1:12.69	102
107	44.89	42.99	38.99	11-12	50BR	39.39	43.39	45.29	108
109	42.09	41.19	36.99	13-14	50BR	34.29	38.09	39.59	110
5 Minute Break									
117a	3:02.69	2:55.59	2:39.09	11-12	200BK**	2:40.19	2:57.09	3:07.79	118a
117b	2:51.99	2:45.39	2:29.69	13-14	200BK**	2:19.49	2:34.19	2:42.09	118b
119a	3:25.69	3:18.29	2:59.69	11-12	200 BR**	3:00.19	3:19.09	3:29.59	120a
119b	3:11.99	3:05.69	2:47.99	13-14	200 BR**	2:36.29	2:52.69	3:02.39	120b

Session VII – Finals – Sunday - Feb. 26. 2012 - Warm-up: 4:30pm Meet Starts: 6:00pm

Event Number	Event	Age Group	Event Number	Event	Age Group
65-66	100 Free	10 & Under	93-94	50 Back	13-14
67-68	100 Free	11-12	95-96	50 Back	15-18
69-70	100 Free	13-14	97-98	100 Fly	10 & Under
79-80	100 Free	15-18	99-100	100 Fly	11-12
81-82	200 IM	10 & Under	101-102	100 Fly	13-14
83-84	200 IM	11-12	103-104	100 Fly	15-18
85-86	200 IM	13-14	105-106	50 Breast	10 & Under
87-88	200 IM	15-18	107-108	50 Breast	11-12
89-90	50 Back	10 & Under	109-110	50 Breast	13-14
91-92	50 Back	11-12	111-112	50 Breast	15-18

Florida Gold Coast Area 1 Developmental Championships Time Trials

Feb. 25-26, 2012

Sanction #

Sanctioned by: This time trial is sanctioned by USA Swimming and Florida Gold Coast Swimming. Sanction #

Sponsored by: Lake Lytal Lightning Swim Team

Dates and Time: Saturday Feb. 25, 2012- 15 minutes after the conclusion of prelims.
Sunday Feb. 26, 2012- 15 minutes after the conclusion of prelims.

Course/Timing: 25 Yard by 50 Meter outdoor pool, ten lanes short-course racing course. Colorado Timing will be used.

Entry Limit: Swimmers are limited to no more than 3 events per day including the events they participated in at the Division II Swim Meet. Swimmers not in the Division II Meet can swim 3 events per day.

Entry Fees: \$5.00 per Individual Event \$10.00 per Relay

Entries: Entry cards will be filled out on deck.

Eligibility: Open to all currently registered USA Swimming athletes for 2010 who are in the Division II Swim Meet. Swimmers not in the meet may still swim at the Time Trials.

Awards: None (other than fast times and satisfaction).

Location: Lake Lytal Pool, West Palm Beach, FL

Referee: Debbie Bengtson

Information: Gordon Andrews – questions, call pool office 561-310-4924, Email: gmand688@bellsouth.net

Florida Gold Coast Division North Short Course Championships

Sanction #

ORDER OF EVENTS

Event #	Event
1-2	50 Free
3-4	100 Free
5-6	200 Free
7-8	500 Free
9-10	1000/1650 Free
11-12	50 Back
13-14	100 Back
15-16	200 Back
17-18	50 Breast
19-20	100 Breast
21-22	200 Breast
23-24	50 Fly
25-26	100 Fly
27-28	200 Fly
29-30	100 IM
31-32	200 IM
33-34	400 IM
35-36	200 Free Relay
37-38	400 Free Relay
39-40	800 Free Relay
41-42	200 Medley Relay
43-44	400 Medley Relay
5-10 Minute Break as needed	

We will run through the order of events twice a day on Saturday and Sunday. As a reminder, all swimmers who are in the Area 1 Championship Meet may not swim more than a total of 3 events per day. Swimmers not in the Meet may swim a total of 3 events per day.

2009-2012 Florida Gold Coast Junior Olympic Times Standards

Girls				Boys			
LCM	SCM	SCY	Age	Event	SCY	SCM	LCM
37.49	36.79	33.39	10 & Under	50 Free	33.79	37.29	38.29
1:23.89	1:21.99	1:14.39	10 & Under	100 Free	1:15.39	1:23.29	1:25.89
3:01.89	2:54.79	2:38.39	10 & Under	200 Free	2:41.39	2:58.79	3:03.19
6:25.69	6:12.29	7:05.89	10 & Under	400/500 Free	7:09.89	6:16.29	6:29.69
44.69	43.19	39.19	10 & Under	50 Back	39.59	45.59	44.89
1:37.29	1:32.89	1:26.49	10 & Under	100 Back	1:27.09	1:36.19	1:39.89
49.29	47.49	43.49	10 & Under	50 Breast	45.39	50.09	51.79
1:49.49	1:45.19	1:35.39	10 & Under	100 Breast	1:38.89	1:49.19	1:52.89
43.09	42.19	37.99	10 & Under	50 Fly	39.39	43.49	43.99
1:44.69	1:37.79	1:33.29	10 & Under	100 Fly	1:33.19	1:42.89	1:45.59
-	1:33.89	1:25.19	10 & Under	100 IM	1:26.39	1:34.39	-
3:29.89	3:24.39	3:04.69	10 & Under	200 IM	3:06.69	3:26.39	3:31.89

Girls				Boys			
LCM	SCM	SCY	Age	Event	SCY	SCM	LCM
34.69	33.99	30.89	11-12	50 Free	29.89	32.99	34.49
1:16.19	1:13.99	1:07.19	11-12	100 Free	1:05.59	1:12.49	1:14.59
2:41.69	2:36.89	2:22.19	11-12	200 Free	2:22.59	2:37.49	2:42.79
5:36.39	5:27.19	6:14.29	11-12	400/500 Free	6:21.29	5:33.69	5:44.69
11:59.39	11:35.29	13:14.69	11-12	800/1000 Free	13:14.69	11:35.29	11:59.39
23:09.79	22:18.09	22:17.09	11-12	1500/1650 Free	22:17.09	22:18.09	23:09.79
40.19	38.89	34.79	11-12	50 Back	34.59	39.29	39.99
1:28.29	1:24.79	1:15.29	11-12	100 Back	1:15.29	1:24.49	1:26.19
3:02.69	2:55.59	2:39.09	11-12	200 Back	2:40.19	2:57.09	3:07.79
44.89	42.99	38.99	11-12	50 Breast	39.39	43.39	45.29
1:37.39	1:32.79	1:24.19	11-12	100 Breast	1:24.29	1:33.89	1:38.09
3:25.69	3:18.29	2:59.69	11-12	200 Breast	3:00.19	3:19.09	3:29.59
37.79	37.19	32.69	11-12	50 Fly	32.69	37.49	37.99
1:26.09	1:23.89	1:16.09	11-12	100 Fly	1:16.09	1:24.09	1:26.69
3:04.59	2:58.49	2:41.69	11-12	200 Fly	2:44.89	3:02.19	3:08.39
-	1:24.19	1:13.29	11-12	100 IM	1:13.79	1:23.79	-
3:02.19	2:57.59	2:35.89	11-12	200 IM	2:38.69	3:00.69	3:03.29
6:35.99	6:23.49	5:42.59	11-12	400 IM	5:42.59	6:23.49	6:35.99

Girls				Boys			
LCM	SCM	SCY	Age	Event	SCY	SCM	LCM
31.49	30.39	27.59	13-14	50 Free	26.59	29.39	30.69
1:08.39	1:06.29	59.99	13-14	100 Free	58.09	1:04.19	1:06.59
2:26.19	2:22.09	2:08.59	13-14	200 Free	2:06.69	2:19.99	2:24.99
5:03.49	4:55.99	5:38.29	13-14	400/500 Free	5:40.09	4:57.69	5:05.59
10:20.99	10:10.29	11:37.29	13-14	800/1000 Free	11:37.29	10:10.29	10:20.99
19:48.09	19:14.89	19:21.69	13-14	1500/1650 Free	19:21.69	19:14.89	19:48.09
1:20.49	1:17.09	1:09.79	13-14	100 Back	1:04.89	1:11.69	1:15.59
2:51.99	2:45.39	2:29.69	13-14	200 Back	2:19.49	2:34.19	2:42.09
1:29.09	1:26.19	1:17.99	13-14	100 Breast	1:12.29	1:19.89	1:23.59
3:11.99	3:05.69	2:47.99	13-14	200 Breast	2:36.29	2:52.69	3:02.39
1:17.59	1:15.59	1:08.39	13-14	100 Fly	1:04.09	1:10.79	1:12.69
2:49.59	2:44.19	2:28.59	13-14	200 Fly	2:22.29	2:37.19	2:41.59

2:45.19	2:40.39	2:25.19	13-14	200 IM	2:22.49	2:37.49	2:44.59
6:03.19	5:53.79	5:20.19	13-14	400 IM	5:02.89	5:34.69	5:46.79

Senior Circuit Qualifying Times

W O M E N	LCM	SCY	Event	SCY	LCM	M E N
	31.89	28.39	50 Free	25.29	28.69	
	1:08.19	1:00.79	100 Free	54.79	1:01.99	
	2:24.49	2:09.29	200 Free	1:56.79	2:13.59	
	4:59.29	5:36.59	400/500 Free	5:14.89	4:42.39	
	10:21.39	11:32.49	800/1000 Free	10:56.39	9:51.89	
	19:58.09	19:38.29	1500/1650 Free	18:27.49	18:44.99	
	39.69	34.89	50 Back	31.79	35.39	
	1:19.49	1:09.89	100 Back	1:01.59	1:11.29	
	2:48.19	2:29.19	200 Back	2:15.59	2:32.99	
	45.29	39.39	50 Breast	35.49	40.19	
	1:30.79	1:18.89	100 Breast	1:11.09	1:20.49	
	3:13.39	2:49.69	200 Breast	2:35.09	2:57.79	
	37.39	33.29	50 Fly	30.29	33.69	
	1:14.89	1:06.59	100 Fly	1:00.59	1:07.39	
	2:42.39	2:25.49	200 Fly	2:13.59	2:31.99	
2:43.89	2:24.49	200 IM	2:12.79	2:30.19		
5:46.39	5:06.29	400 IM	4:48.79	5:21.49		