

2017 FALL CHAMPIONSHIPS

December 8-10, 2017

A Short Course Yards Timed Finals Meet

HOSTED BY

ESCALATE Aquatic Team



Sanction Number # GUSC 18-049R1

ENTRIES DUE TO GULF TPC CHAIR (TPC@GulfSwimming.org) BY 11:59 PM, FRIDAY, NOVEMBER 17, 2017

- LOCATION:** FBISD Aquatic Practice Facility
16701 Bissonnet St.
Houston, TX 77083
- DIRECTIONS:** From Hwy 6, take Bissonnet to the West. Facility is on the left at Clodine Road Intersection. From Westpark Tollway, take Clodine Road to the South. Follow Clodine Road to the left at the Orchid Ln/Clodine intersection. Turn left on to Bissonnet. Facility is on the right.
- SPECIAL INSTRUCTIONS:** **FBISD Policy: There is absolutely NO FOOD allowed on the pool deck. Violators of this rule will be asked to take their food outside and will be asked to leave the facility if they are asked second time. FBISD will impose a \$50 fine to the violating team if this occurs.**
- MEET STAFF:**
- MEET REFEREE:** John Haskins, jhrider@gmail.com
Jay Cookingham, jaycooker@sbcglobal.net
 - ADMIN OFFICIAL:** Marlene Gibson, marlenepgibson@yahoo.com
Richard Griffin, RCGriffin@uss.com
 - MEET DIRECTOR(S):** Eddie Adams, eddiea75@att.net 281-570-5572
 - SAFETY MARSHAL:** Sonja Griffin, sonja@griffinsworld.com
Angie Pham, swimescalate@yahoo.com
 - COACH(ES):** Gia Pham, swimescalate@yahoo.com
Michael Montez
- POOL:** Two eight lane, 25 yard indoor pools with non-turbulent lane lines will be used for warm-up and competition. Warm-up/warm-down lanes will be available for all sessions
- TIME AND DATE:** This is five session, 2 ½ day timed-finals meet with a PM session on Friday and AM/PM sessions on Saturday and Sunday.



Session 1: Friday PM – December 8, 2017

Age Groups: 9-14

Warm-up: 5:00 – 6:15 pm / Meet Start: 6:30 pm

Session 2: Saturday AM – December 9, 2017

Age Groups: 11-14 girls and 13-14 boys

Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 3: Saturday PM – December 9, 2017

Age Groups: 9-10 girls and 9-12 boys

Warm-up*: Host team will publish PM session warm-up and start times with warm-up/timing assignments on Gulf webpage.

Session 4: Sunday AM – December 10, 2017

Age Groups: 11-14 girls and 13-14 boys

Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 5: Sunday PM – December 10, 2017

Age Groups: 9-10 girls and 9-12 boys

Warm-up*: Host team will publish PM session warm-up and start times with warm-up/timing assignments on Gulf webpage.

*Split warm-ups will be in effect, with assignments posted on the Gulf Swimming website. Lane assignments for warm-ups and timing will be designated in the heat sheet, and posted on the Gulf Swimming website by Monday, December 4, 2017.

MEET TYPE: This meet will be run utilizing the “Flyover Starts” procedures unless a waiver is received from the Technical Planning Committee Chair. At the conclusion of each heat, the swimmers shall remain in the water until after the next heat is started. Coaches, please remind your swimmers of the “Flyover Start” procedures.

SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures

SEEDING:

The meet will be pre-seeded, with the exception of relays, the 400 IM, and 500/1000 Free, which will be deck seeded events. Coaches please inform your swimmers of pre-seeded and deck seeded rules. All events, including relays, will be seeded with heats in the order of fastest to slowest. As a courtesy to the host, coaches should inform the clerk of course of swimmers not attending the meet. Empty lanes will be used for deck entries.

POSITIVE CHECK-IN FOR THE 400IM, 500 FREE AND 1000 FREE:

All swimmers must circle in on sheets that will be available at the start of warm-up for the session, and due 45 minutes before the start of the session in which the event is scheduled to swim. After the events are officially closed, no one may check-in or scratch. After checking-in, failure to appear at the starting blocks will result in the swimmer being assessed a \$5.00 fine, payable to Gulf Swimming Administrative Vice-Chair, Charlie Fry, for each event in which he/she fails to appear.



- 500/1000 FREE:** The 500/1000 free will be swum as a mixed event, which means girls and boys seeded together and swum together. It will be scored separately by age group and gender.
- RELAY CARDS:** Relay cards must be turned in to the Clerk of Course 45 minutes before the start of the session in which the event is scheduled to swim or the entry will be considered scratched.
- ON-DECK ENTRIES:** Late entries will be accepted each day up to 45 minutes before the start of each session. Those swimmers missing the 11:59pm, Friday, November 17, 2017 deadline may enter the meet on-deck in the following manner:
1. On deck entries are open to those athletes assigned to the meet location by the TPC Chair through the meet entry procedures.
 2. Swimmers must pay double the entry fee at the time of entry. Swimmers not already entered in the meet must also pay the swimmer surcharge fee.
 3. Swimmers must supply completed entry forms. The swimmers will be seeded into open lanes in the pre-seeded events and according to their best times in deck seeded events.
 4. Swimmers must enter all events for the session forty-five (45) minutes prior to the start of the session's first event.
 5. Swimmers must be qualified to swim the event entered.
 6. Swimmers must not exceed the allotted number of events allowed each day.
 7. Swimmers that on-deck enter to change their entry time in a deck seeded event,
 - a. must circle-in on the posted circle-in sheets,
 - b. the on-deck entry time will be used for seeding, and
 - c. the on-deck entry fees still apply to these swimmers.
 8. Heats will be added, if necessary and if the timeline permits.

ENTRY INFORMATION:

Entry Times: Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved – short course yards (Y), short course meters (S), or long course meters (L). Do not convert meter (yard) times to yard (meter) times. If entries are made by paper (not using Hy-Tek), swimmers should indicate on their entry the course at which the entry time was made (i.e., Y, S, or L). If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested. Times must be from USA Swimming meets.

Cut-off Times: Swimmers must not have equaled or bettered the cut-off times attached. Cut-off times are the current 2017 Gulf Age Group Championship time standards and are included with this announcement.

Qualifying Times: None

Age: As of December 8, 2017

Times Eligibility: Times must be achieved between Feb 1, 2016 and the entry deadline.

Number of Events: Swimmers may compete in up to three (4) individual events per day,



but no more than (7) individual events for the entire meet, and one (1) relay event per day.

Entries: All teams MUST submit their entries electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software.

Deadline: Entries must be in the hands of the designee of the Technical Planning Chairman no later than **11:59 PM, FRIDAY, NOVEMBER 17, 2017**. No late entries will be accepted. Email entries to the designee of the Technical Planning Chair (Beau Caldwell) at:

EMAIL: TPC@gulfswimming.org

Eligible Teams: Venues will be balanced by team numbers. The team lists will be posted on the Gulf website. Swimmers attached to a registered Gulf Swimming team, swimmers in the documented process of transferring to a Gulf Swimming team may participate in this invitational meet.

An unattached swimmer not affiliated with a USA Swimming Club must follow the same entry procedures as those swimmers affiliated with a team. In order to be seeded in a Gulf Open meet, an unattached swimmer not affiliated with a USA Swimming Club, must enter by the entry deadline, following the entry procedures in the Meet Announcement, and provide proof of a registered coach responsible for their supervision on deck during the meet. All unattached athletes will be assigned a meet location by the TPC Chair upon assignments being announced.

| | |
|------------------------------------------------|--------------------------------------------------------|
| Individual Event Entry Fee (per event): | \$6.00 |
| Relay Entry Fee (per relay event): | \$9.50 |
| Swimmer Surcharge Fee (per swimmer): | \$5.50 |
| | Free heat sheets will be available through Meet Mobile |
| Make entry fee checks payable to: | ESCALATE Aquatic Team |

Mail entry fees (**POSTMARKED BY FRIDAY, DECEMBER 1, 2017**) to the address below:

ESCALATE Aquatic Team
5918 Indian Hills Ln
Sugar Land, TX 77479

281-570-5572
eddiea75@att.net

AWARDS: Individual events: Custom Gulf Medals for 1st - 3rd places & Ribbons for 4th - 8th places
Relay events: Custom Gulf Medals for 1st place & Ribbons for 2nd - 3rd places
Combined team: Custom Gulf Trophies for 1st -3rd places
Individual high point: Girls / Boys 9-10, 11-12, 13-14 (highest individual points earned)



SCORING:

Individual Events: 9-7-6-5-4-3-2-1

Relay Events: 18-14-12-10-8-6-4-2

All events will be swum combined but scored separately as 9-10, 11-12 and 13-14 as applicable.

RULES AND SANCTIONS:

The current USA Swimming and Gulf Swimming rules will apply. The meet will be held under the sanction of USA Swimming and Gulf Swimming. It is understood and agreed that USA Swimming and Gulf Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. No entries can be accepted unless the entrant is a registered member of USA Swimming as provided in Article 302. On deck USA Swimming membership registration will not be permitted. Gulf Swimming teams assigned by the Technical Planning Chairman may only participate in this invitational meet.

The Gulf Swimming three (3) event rule applies only to 10 & Under swimmers who must have 2 or fewer Age Group Champs times.

The Gulf Swimming up/down rule does not apply.

Swimmers are not eligible to swim an event, if they have times equal to or better than the listed cut-off times for that event. Once swimmers have qualified for a particular division in an event, prior to the entry deadline stated in the meet announcement, they may not swim that event in a slower division. Swimmers entering events in a slower division are subject to disqualification from the meet by the Referee.

Any swimmer is eligible to be a swimmer of a relay team competing at a meet as long as the swimmer is not competing in a stroke and distance in which they have equaled or bettered the cut-off time for the division in which the relay is competing. Further, swimmers aged 13-14 are not eligible to swim the breast, back or fly leg in a 200 yard/meter medley relay if they have equaled or bettered the cut-off time in the 100 yard/meter distance of that stroke for the division in which the relay is competing.

POOL MEASUREMENT:

The competition course has not been certified in accordance with USA Swimming Rule 104.2.2(C). The pool will be measured before the competition begins to ensure that the course length is correct.

The water depth of the competition course is 6' - 9" feet measured from 1 meter to 5 meters on the Lobby end of the course, and 13' - 6" feet measured from 1 meter to 5 meters on the Scoreboard end of the course.

TIMING SYSTEM:

A Colorado Model 6000 (or Daktronics Model 2000) electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up. Teams will be required to furnish timers based on their percentage of swims at the meet.



Timing assignments will be published in the psych sheet. Swimmers in the 500/1650 Free and 400 IM must provide 2 timers and a lap counter where applicable.

POOL DECK RESTRICTION:

Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf Swimming sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

Coaches and Officials must present their membership cards in order to receive complimentary Heat Sheets and for admission to the Hospitality Room. Coaches must supervise their swimmers.

DECK CHANGES:

Deck Changes are prohibited. Deck Change definition – “changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes”.

AUDIO/VIDEO RECORDING DEVICES:

Use of audio or visual recording devices, including a cell phone, is not permitted in the area behind the starting blocks, in changing areas, restrooms, showers or locker rooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.

DRONES:

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, Athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, Coaches, officials and/or spectators are present. Exceptions may be granted with prior Written approval by the Vice President of Program Operations.

PROOF OF TIME:

Any swimmer that cannot prove that he/she was eligible to swim an event will be fined \$20.00 for each event he/she fails to prove. The fine or proof of time is sent to the Administrative Vice-Chair, Charlie Fry.

Swimmers are not eligible to swim an event if they have times faster than the cut-off. Once swimmers have qualified for a particular division in a particular event, PRIOR to the entry deadline stated in the meet invitation, they MAY NOT swim that event in a slower division. Swimmers entering events in a slower division are subject to disqualification from the meet by the Meet Director or the Referee. Swimmers shall be fined \$50.00 for each event in which they competed and are over qualified.

UNACCOMPANIED SWIMMERS:

Any swimmers 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.



SWIMMERS WITH DISABILITIES:

Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment. However, Coaches/Swimmers may contact the Meet Director at least two weeks in advance of the meet to reserve Gulf Swimming equipment (remote strobe).

HOSPITALITY: A hospitality room will be available.

OFFICIALS: USA Qualified Officials and Apprentices are welcome to come and help officiate the meet. Official attire for all sessions will be white golf shirts over Navy slacks/skirts/shorts and white shoes. There will be an officials' briefing one (1) hour before the start of each session.

MEET RESULTS: Meet results will be posted on the Gulf Swimming Web Page (www.gulfswimming.org), within three days after the conclusion of the meet. Unofficial real time results will be available on MEET MOBILE.

CONCESSIONS: Concessions will be available in the lobby area.

MERCHANDISE: D&J Sports will be at the meet selling swim apparel and swim gear.

FACILITY RULES: FBISD Policy: There is absolutely NO FOOD allowed on the pool deck. Violators of this rule will be asked to take their food outside and will be asked to leave the facility if they are asked second time. FBISD will impose a \$50 fine to the violating team if this occurs.

ATTACHMENTS: Meet Format, Gulf Safety Guidelines, Warm-up Procedures, and Entry Verification Form



FALL CHAMPIONSHIPS INVITATIONAL

December 8-10, 2017

A Short Course Yards Timed Finals Meet

HOSTED BY

ESCALATE Aquatic Team

Entry Rules:

| | |
|----------------------------------|--------------------------------------------------------------------|
| Type of meet | Timed Finals |
| Max # individual events per day | Four (4) per day; seven (7) for the entire meet |
| Swimmers eligible | Gulf teams assigned to this venue |
| Entry times in | SCY, SCM, LCM |
| Qualifying times | None |
| Cut-off times | 14 & Under - 2017 Gulf Age Group Champs |
| Enter with no time? | Yes |
| Gulf "three event rule" applies? | Yes – For 10 & U Only – 2 or fewer Gulf Age Group Champs Times |
| Gulf "up/down rule" applies? | Does not apply |
| Gulf "beyond IMX" rule applies? | Does not apply |
| Times Eligibility | Times must be achieved between Feb 1, 2016 and the entry deadline. |
| Fees | Individual – \$6.00, Relay - \$9.50 Facility Surcharge – \$5.50 |

All events will be seeded fastest to slowest.

All events will be swum combined but scored separately as 9-10, 11-12 and 13-14, as appropriate.

*500/1000 Free will be swum mixed, but scored separately by age group and gender. Swimmers must provide their own timers and lap counters.

*400 I.M. will be swum alternating girls and boys heats where appropriate. Swimmers must provide their own timers.

**Friday PM
December 9, 2017**

| Girls Event# | Event Name | Boys Event# |
|-------------------------|------------------------|------------------------|
| 1 | 9 – 14 Mixed 500 Free* | 1 |



**Saturday AM
December 10, 2017**

**Saturday PM
December 10, 2017**

| Saturday AM December 10, 2017 | | | | Saturday PM December 10, 2017 | | | |
|----------------------------------|-------------|-----------------|----------------|----------------------------------|------------|-----------------|----------------|
| Girls Event# | Event Name | | Boys Event# | Girls Event# | Event Name | | Boys Event# |
| 3 | 11-12 Girls | 200 | Medley Relay | 23 | 9-10 Girls | 200 | Medley Relay |
| 5 | 13-14 Girls | 200 | Medley Relay | | 9-10 Boys | 200 | Medley Relay |
| | 13-14 Boys | 200 | Medley Relay | 6 | 11-12 Boys | 200 | Medley Relay |
| | | 5 min. break | | | | 5 min. break | |
| 7 | 11-14 Girls | 200 | Free | 27 | 9-10 Girls | 200 | Free |
| | 13-14 Boys | 200 | Free | 8 | 9-12 Boys | 200 | Free |
| 9 | 11-14 Girls | 100 | Breast | 29 | 9-10 Girls | 100 | Breast |
| | 13-14 Boys | 100 | Breast | 10 | 9-12 Boys | 100 | Breast |
| 11 | 11-14 Girls | 50 | Free | 31 | 9-10 Girls | 50 | Free |
| | 13-14 Boys | 50 | Free | 12 | 9-12 Boys | 50 | Free |
| 13 | 11-14 Girls | 200 | Back | 33 | 9-10 Girls | 50 | Back |
| | 13-14 Boys | 200 | Back | 14 | 9-12 Boys | 50 | Back |
| 15 | 11-14 Girls | 100 | Fly | 35 | 9-10 Girls | 100 | Fly |
| | 13-14 Boys | 100 | Fly | 16 | 9-12 Boys | 100 | Fly |
| 17 | 11-12 Girls | 50 | Back | 37 | 9-10 Girls | 200 | I.M. |
| 19 | 11-12 Girls | 100 | I.M. | | 9-12 Boys | 200 | I.M. |
| 21 | 11-14 Girls | 400 | I.M.* | | 11-12 Boys | 200 | Back |
| | 13-14 Boys | 400 | I.M.* | 22 | | | |

**Sunday AM
December 11, 2017**

**Sunday PM
December 11, 2017**

| Sunday AM December 11, 2017 | | | | Sunday PM December 11, 2017 | | | |
|--------------------------------|-------------|-----------------|----------------|--------------------------------|------------|-----------------|----------------|
| Girls Event# | Event Name | | Boys Event# | Girls Event# | Event Name | | Boys Event# |
| 41 | 11-12 Girls | 200 | Free Relay | 61 | 9-10 Girls | 200 | Free Relay |
| 43 | 13-14 Girls | 200 | Free Relay | | 9-10 Boys | 200 | Free Relay |
| | 13-14 Boys | 200 | Free Relay | 44 | 11-12 Boys | 200 | Free Relay |
| | | 5 min. break | | | | 5 min. break | |
| 45 | 11-14 Girls | 200 | I.M. | 65 | 9-10 Girls | 100 | I.M. |
| | 13-14 Boys | 200 | I.M. | 46 | 9-12 Boys | 100 | I.M. |
| 47 | 11-14 Girls | 200 | Breast | | 11-12 Boys | 200 | Breast |
| | 13-14 Boys | 200 | Breast | 48 | 9-10 Girls | 50 | Fly |
| 49 | 11-12 Girls | 50 | Fly | 69 | 9-12 Boys | 50 | Fly |
| 51 | 11-14 Girls | 100 | Free | 71 | 9-10 Girls | 100 | Free |
| | 13-14 Boys | 100 | Free | 52 | 9-12 Boys | 100 | Free |
| 53 | 11-14 Girls | 100 | Back | 73 | 9-10 Girls | 100 | Back |
| | 13-14 Boys | 100 | Back | 54 | 9-12 Boys | 100 | Back |
| 55 | 11-14 Girls | 200 | Fly | 75 | 9-10 Girls | 50 | Breast |
| | 13-14 Boys | 200 | Fly | 56 | 9-12 Boys | 50 | Breast |
| 57 | 11-12 Girls | 50 | Breast | | 11-12 Boys | 200 | Fly |
| 59 | 13-14 Mixed | 1000 | Free* | 59 | 11-12 Boys | 400 | I.M.* |



GULF SAFETY GUIDELINES AND WARM-UP PROCEDURES

WARM-UP PROCEDURES

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
 - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
 - 2. Lanes are **ONE WAY ONLY**.

SAFETY GUIDELINES

- A. Swimmers Responsibilities
 - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
 - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
 - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
 - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
 - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
 - 5. Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
 - 1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
 - 1. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
 - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
 - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
 - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
 - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
 - 6. All diving boards and equipment are **OFF LIMITS**.
- E. Pool Rules
 - 1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
 - 2. Glass containers are prohibited.
 - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the announcement.



ENTRY VERIFICATION

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms or entry disk are currently registered with USA Swimming. Additionally, I verify that the on-deck coaches have met the current certification requirements.

Signature

Title

Date



"-" indicates the 2017 - 2018 standard is faster than the 2016 - 2017 standard

* Relay standards are not qualifying standards.
Relays must achieve the relay standards in order to score.

| Girls | | | Boys | | |
|-----------|-----------|------------|-----------|-----------|--|
| LCM | Yards | 108'U | Yards | LCM | |
| 35.59 - | 31.89 | 50 Free | 31.89 - | 36.59 - | |
| 1:18.09 - | 1:10.29 | 100 Free | 1:10.09 | 1:20.29 | |
| 2:54.09 - | 2:36.49 - | 200 Free | 2:35.29 | 2:57.49 | |
| 6:08.69 | 6:49.69 | 500 Free | 6:46.99 | 6:05.09 | |
| 43.09 - | 37.79 | 50 Back | 37.79 | 44.39 | |
| 1:31.49 - | 1:22.79 | 100 Back | 1:23.09 - | 1:34.29 - | |
| 49.79 | 43.79 | 50 Breast | 44.19 | 51.39 | |
| 1:45.69 | 1:32.99 | 100 Breast | 1:36.09 - | 1:51.09 | |
| 40.89 | 35.69 | 50 Fly | 36.19 | 41.39 | |
| 1:39.29 - | 1:29.09 | 100 Fly | 1:30.79 - | 1:40.79 - | |
| --- | 1:20.79 - | 100 IM | 1:22.59 - | --- | |
| 3:17.29 - | 2:54.69 | 200 IM | 2:58.09 - | 3:23.09 - | |

| Girls | | | Boys | | |
|-----------|-----------|------------|-----------|-----------|--|
| LCM | Yards | 11-12 | Yards | LCM | |
| 31.49 | 27.69 | 50 Free | 27.89 | 31.99 - | |
| 1:08.69 | 1:00.69 | 100 Free | 1:02.29 | 1:09.59 - | |
| 2:30.29 | 2:12.79 | 200 Free | 2:12.69 - | 2:32.49 - | |
| 5:14.49 | 5:49.69 | 500 Free | 5:49.49 | 5:13.49 | |
| 37.49 | 32.59 | 50 Back | 33.49 - | 38.29 - | |
| 1:20.69 | 1:10.29 - | 100 Back | 1:11.99 - | 1:22.19 - | |
| 2:53.39 | 2:31.99 | 200 Back | 2:34.69 | 2:58.09 | |
| 42.59 | 37.29 | 50 Breast | 37.39 | 43.39 | |
| 1:31.69 - | 1:20.99 - | 100 Breast | 1:20.49 - | 1:31.09 - | |
| 3:14.69 | 2:52.99 | 200 Breast | 2:57.99 - | 3:24.79 - | |
| 34.49 - | 31.09 - | 50 Fly | 31.09 - | 36.09 - | |
| 1:18.19 | 1:10.49 | 100 Fly | 1:09.89 - | 1:20.89 - | |
| 3:04.19 | 2:44.09 | 200 Fly | 2:47.69 | 3:05.99 | |
| --- | 1:10.59 | 100 IM | 1:10.59 - | --- | |
| 2:52.79 | 2:31.49 | 200 IM | 2:31.09 - | 2:52.29 - | |
| 6:16.89 | 5:29.29 | 400 IM | 5:19.79 | 6:08.69 | |

| Girls | | | Boys | | |
|-----------|-----------|------------|-----------|-----------|--|
| LCM | Yards | 13-14 | Yards | LCM | |
| 29.99 - | 26.39 - | 50 Free | 24.99 - | 28.69 - | |
| 1:04.59 - | 56.69 - | 100 Free | 53.89 - | 1:01.89 | |
| 2:20.89 - | 2:03.49 - | 200 Free | 1:57.59 - | 2:14.99 - | |
| 4:57.39 | 5:29.69 | 500 Free | 5:16.09 - | 4:48.49 | |
| 10:20.49 | 11:42.29 | 1000 Free | 11:04.49 | 9:55.99 | |
| 20:39.79 | 19:29.19 | 1650 Free | 18:56.19 | 19:25.39 | |
| 1:13.99 - | 1:05.19 - | 100 Back | 1:01.89 - | 1:13.09 | |
| 2:39.99 | 2:19.99 - | 200 Back | 2:13.99 - | 2:37.59 | |
| 1:27.19 | 1:15.09 - | 100 Breast | 1:09.99 - | 1:22.29 - | |
| 3:04.19 - | 2:41.49 - | 200 Breast | 2:33.09 - | 2:57.29 - | |
| 1:12.29 - | 1:03.49 - | 100 Fly | 59.79 - | 1:09.69 - | |
| 2:52.59 | 2:24.99 - | 200 Fly | 2:16.49 | 2:35.89 | |
| 2:40.69 - | 2:19.59 - | 200 IM | 2:11.89 - | 2:32.79 - | |
| 5:43.59 | 4:57.19 | 400 IM | 4:43.99 - | 5:30.19 | |

| Girls | | | Boys | | |
|---------|---------|------------------|---------|---------|--|
| LCM | Yards | 128'U | Yards | LCM | |
| 4:45.79 | 4:12.49 | 400 Free Relay * | 4:19.19 | 4:49.49 | |
| 5:32.09 | 4:53.79 | 400 Med Relay * | 4:56.09 | 5:36.79 | |

| Girls | | | Boys | | |
|---------|---------|------------------|---------|---------|--|
| LCM | Yards | 148'U | Yards | LCM | |
| 4:28.69 | 3:55.89 | 400 Free Relay * | 3:44.19 | 4:17.49 | |
| 5:09.99 | 4:30.69 | 400 Med Relay * | 4:15.39 | 4:58.49 | |

Approved 101117

