



2025 Speedo SC Western Zone Senior Championships

April 2nd – 5th, 2025

Hosted by Southern Utah Swimming Association
Held under the Sanction of USA Swimming and Utah Swimming, Inc.

Utah Tech University Human Performance Center Natatorium
225 South University Ave., St. George, UT 84770

435-879-4502

Websites:

www.susastingrays.com

www.westernzoneswimming.org

www.usaswimming.org

Sanction #UT25-18

"In granting this sanction, it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. It is further understood that Utah Swimming, Inc., all meet officials, Utah Tech University, and Southern Utah Swim Association shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet. Damage to the facility, when proven, will cause the offending athlete, if unattached, or the offending athlete's team, if attached, to be held accountable for repairs.

Dates/Times:

Wednesday, April 2nd – Saturday, April 5th, 2025

Prelims Warm-up* @ 7:00 AM Competition @ 9:00 AM

Finals Warm-up* @ 4:00 PM Competition @ 5:30 PM

**Warm-Up will end 5 minutes prior to the start of the meet.*

Meet Personnel:

Meet Director:	Mike Werner	801-949-5281	swimmikew@gmail.com
Meet Referee:	Dax Rice	406-694-4049	daxrice@hotmail.com
Admin Referee:	Dale Ammon	303-478-5529	dcammon5@gmail.com
Entry Contact:	Patrick Hunter	612-845-3031	phunter.usaswimming@gmail.com

General Meeting:

The General Meeting will be held via Zoom on Monday, March 31st @ 8 PM Mountain Standard Time.

Pool Specifications :

- Indoor 8 Lane SCY Championship Course, with 10 WU/CD lanes available throughout the meet.
- Start End Water Depth: 7.2 feet @ 1 meter from wall; 6 feet @ 5 meters from wall.
- Turn End Water Depth: 7.2 feet @ 1 meter from wall; 4 feet @ 5 meters from the wall.
- Colorado Timing System and Touchpads.
- The host will ensure the required course dimensions.
- Lifeguards, first-aid equipment, and an AED will be available to athletes participating in the meet. 202.4.11N

Pre-Meet Warm-up:

The Utah Tech University pool will be available for practice on Tuesday, April 1st from 9 AM – Noon, and 4-8 PM.

Eligibility:

- This meet is open to all Western Zone member 2025 USA Swimming premium or outreach registered athletes that are 19 and under who have achieved a 2025 SC Western Senior Zones Championships qualifying time.

- The first day of the meet shall determine their age for the entire meet.
- No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302.
- All athletes ages 18-19 must have completed and be current with the USA Swimming Athlete Protection Training certification to be eligible to compete.

Athletes with a disability who have achieved the USA Swimming Zone Para qualifying time standards during the qualifying period for this meet may enter individual events for which the standard has been achieved. Please contact Patrick Hunter, 612-845-3031, phunter.usaswimming@gmail.com, on how to enter athletes with disabilities into the meet.

Athletes with disabilities may also participate in SCY Time Trials on the same basis as other entered athletes. In accordance with USA Swimming Rules 202.4.15 & Article 105.1, and UTSI P&P 151, the Meet Referee has the authority to accommodate swimmers with disabilities. The coach or person in charge of team entries must notify the meet referee and meet entry contact of accommodations requests at the time of entry submission.

Individual Entry Information:

Individual Event Limits

- There is no de-qualification time standard for this meet.
- Athletes may enter up to 9 individual events but may only compete in a maximum of 7 individual events total (including Bonus events, but *not* including Time Trials).
- Athletes may not compete in more than 3 individual events per day, *including* Time Trials.
- Athletes may qualify for the 1650 Freestyle using any of the 1650Y/1500M or 1000Y/800M time standards.
- Athletes may enter any number of time trials during the meet but may not exceed the limit of 3 individual events per day with a combination of time trials and individual meet events.

Bonus Event Limits

- Athletes entered in the meet with at least one qualified individual event will be eligible to enter up to 2 Bonus events in which the Bonus standard has been achieved.
- Bonus events are limited to distances of 200Y or less.

Relay Entry Information:

- There are *no* relay time standards, and proof of relay entry times is *not* required.
- Athletes may compete in one relay per day, and up to 4 relays total for the meet.
- There will be NO relay-only athletes. Athletes must be entered in the meet in an individual event to swim on a relay.
- Relays wishing to swim in Prelims rather than Finals need to declare this intention by the stated scratch deadline for that day's events.

Single-gender Relays: Maximum of 3 relay entries per team.

- All single-gender C relays will be swum in Preliminary Heats *only*
- Finals A & B Relays wishing to swim in preliminary heats rather than the Finals heats need to declare this intention by the stated scratch deadline for that day's events.

Mixed-gender Relays: Maximum of 6 relay entries per team.

- Mixed-gender relays must be comprised of two female athletes and two male athletes.
- All mixed-gender E & F relays will be swum in Preliminary Heats *only*
- Finals A – D Relays wishing to swim in preliminary heats rather than the Finals heats need to declare this intention by the stated scratch deadline for that day's events.

Entry forms for the submission of names for relays will be available at the Administration Desk. Please list the competing relay swimmers with first and last names and order of swimming for each entered relay. Relay forms are due to the Administration Desk no later than 1 hour prior to the start of the relays. However, relay names and order may be changed up to the time of the swim at the blocks, with the timers.

Event Schedule:

2025 SC Western Zone Senior Championships Event Order		
Wednesday, April 2, 2025		
Women's #	Events	Men's #
1	200 Backstroke	2
3	100 Butterfly	4
5	500 Freestyle	6
7	200 Medley Relay	8
Thursday, April 3, 2025		
9	200 Freestyle	10
11	100 Backstroke	12
13	400 Individual Medley	14
15	200 Freestyle Relay	16
Friday, April 4, 2025		
17	200 Butterfly	18
19	100 Freestyle	20
21	200 Breaststroke	22
23	200 Mixed Medley Relay	23
Saturday, April 5, 2025		
24	100 Breaststroke	25
26	50 Freestyle	27
28	200 Individual Medley	29
30	1650 Freestyle	31
32	200 Mixed Freestyle Relay	32

Meet Format:

Prelims:

Preliminary Heats of individual events will be seeded and swam FASTEST to SLOWEST

Finals:

Finals Heat will be swum SLOWEST TO FASTEST

Individuals Events 200 and shorter: E--Bonus*, D-Bonus, C-Bonus, B-Consolations, A-Championship

Individual Events 400 and longer: D-Bonus*, C-Bonus, B-Consolations, A-Championship

*The E Bonus Final of events 200 and shorter, and the D Bonus Final of events 400 and longer, will be restricted to 16-U athletes. If there are not enough 16-U qualifiers, the heat will be filled with the next fastest 17-18 athletes.

1650 Freestyle:

- Will be a timed final event, swum using the National Event format. The *fastest seeded heat of each gender will swim in Finals*. All other heats will be swum slowest to fastest, alternating women and men beginning at a

predetermined time, so the second fastest heat of the men's event is concluded 90 minutes before the evening Finals session is scheduled to begin.

- The fastest heat of women and men will be swum in Finals. The women's race will be swum after Event 25 and the men's race will be swum after Event 27.
- 1650 Freestyle athletes wishing to swim in Prelims rather than Finals need to declare this intention by the stated scratch deadline for that day's events.

Relay Events

- There will be a 10-minute break between the end of individual events and relay events during each session.
- Single Gender Relays. All single gender A & B relays will be swum at the end of Finals, using the National Event Format; Fastest two heats of women (Second fastest, fastest), followed by the fastest two heats of men (second fastest, fastest), then alternating women/men fastest to slowest (3rd fastest women, 3rd fastest men, 4th fastest women, 4th fastest men, etc.). All C relays will swim at the conclusion of Prelims on their scheduled days.
- Mixed Gender Relays. The A-D mixed gender relays will be swum at the end of Finals as follows: Fastest two heats (second fastest, fastest), followed by all other heats, swum fastest to slowest (3rd fastest, 4th fastest, etc.). All mixed gender E & F relays will swim at the conclusion of Prelims on their scheduled days.
- The mixed E & F 200 Free Relay on Saturday will be swum before the 1650 Freestyles.

Entering the Meet:

Meet Entry Chair: Patrick Hunter 612-845-3031 phunter.usaswimming@gmail.com

Entries will be submitted for this meet using OME. Link: hub.usaswimming.org/landing

Meet Name: 2025 SC Western Zone Sr. Champs

Dates & Deadlines:

- Qualifying period is October 1st, 2023 through the entry -deadline.
- Entries OPEN, via OME, on Wednesday, January 8th at 12 PM, Mountain Time.
- Entries CLOSE at 650 athletes or Tuesday, March 18, 2024 @ 11:59 PM Mountain Time, whichever is sooner.
- Once the meet reaches the cap of 650 swimmers, no new swimmers may be added.
- All individual entry times must be made prior to the entry deadline and be proven through the SWIMS database. No swimmer will be permitted to swim without said proof. Meet Management reserves the right to challenge any submitted time.
- No late entries after the final entry deadline will be accepted for this meet.
- If the meet reaches capacity prior to the entry deadline, swimmers already entered in the meet may continue to add events up until the entry deadline.
- Entry times may be updated via OME up until the entry deadline. Entry times may not be updated after the entry deadline.

OME Information:

- OME only permits entering 5 relays for the mixed gender relays. Teams that need to add an F relay to the mixed gender relay events must email Patrick Hunter, phunter.usaswimming@gmail.com, to enter the additional relays.
- With the submission of entries, the coach/team representative attests that all athletes entered are registered with USA Swimming.
- Once you complete your online entry, you will be sent a confirmation email. Your entry is not considered to be accepted into the meet until you have checked-out and received this email. Bring it and all communications with you to the meet in case of any entry problems. When entering an individual time not yet in SWIMS, please try to ensure that the missing data is downloaded into SWIMS as soon as possible. An entry that is pending but not submitted/confirmed does not constitute entry into the meet.
- Please note that OME will not update entry times as new results are entered into SWIMS. You can return to your entry after you have checked out to modify entry times should they improve during the entry period or to add events to your entry, but you cannot delete events after you have checked out. -All entry modifications (i.e. adding events for swimmers already entered in the meet and/or updating entry times for qualified swims) must be made before the entry deadline.
- Check all entries prior to submission! Enter each one with an accurate time achieved in the proper course; converted times will not be accepted. Once an entry is submitted, the entering party is responsible for payment regardless of whether or not the athlete/team competes. Once entries are submitted, they may only be scratched, not removed. If you have trouble using OME, please contact Macie McNichols at USA Swimming: mmcnichols@usaswimming.org, (719) 866-3506.

Entry times not in the SWIMS database must be proven to the Administrative Referee or designated representative prior to the entry deadline for the event. Failure to provide such proof of time prior to that deadline will result in the athlete being removed from the event. It is the responsibility of the entering club, or individual if entering unattached, to verify that entry times are in SWIMS.

Whether entries are submitted electronically or on paper, by the action of entering the swimmer in the meet, the submitter, whether the swimmer, coach, parent or team representative, certifies that the swimmer is a currently registered member of USA Swimming and that all times stated in the entry are true and correct. The submitter further assumes responsibility for any false or incorrect times and understands that all listed entry times are subject to Utah Swimming Time Verification Procedures, and that a fine of \$20.00 shall be paid to Utah Swimming, Inc. for each incorrect time submitted. It is understood that an automatic call before the review section may be the result for a third entry time that cannot be verified. The submitter further agrees that a penalty of \$100.00 shall be assessed to anyone entering a swimmer in a meet sanctioned by Utah Swimming, Inc. who is not registered with USA Swimming at the time of entry, upon it being proven that the swimmer was not so registered.

- Entries must be submitted in the course in which they were achieved. Converted times may not be used.
- The person submitting a team's entry is the team entry representative and the received email implies the official signature of the team entry representative. Said person will be the only person to make changes and will be responsible for all fines and penalties resulting from inaccurate times and unregistered swimmers.

Entry Fees:

Individual Events:	\$20
Surcharge:	\$40
Relays:	\$40

Payment for entries will be collected on-site at the REGISTRATION DESK and must be paid in full to receive the team's packet containing meet credentials and team information. Credit card or checks accepted. Make checks payable to **Southern Utah Swimming Association.**

Seeding:

- The top 3 heats of preliminary individual events 200 or less, and top 2 heats of preliminary individual events of 400 or more, will be circle-seeded
- The fastest athlete race in heat 1.
- Seeding order will be SCY, LCM, SCM, B-SCY, B-LCM, B-SCM
- 1650 Seeding order will be 1650Y-1500M-1000Y-800M

Scratch Procedure:

The USA Swimming National Championship scratch procedure and no-show rules will be used at this meet. These rules are described in USA Swimming Rule 207.11.6 in the current Rulebook.

- Athletes are considered checked in for all individual events unless scratched.
- All scratches for preliminary and timed finals events may be made on site at the meet, or via email to the Admin Referee, Dale Ammon, dcammon5@gmail.com.
- The deadline for scratches for all Preliminary and Timed Finals Events, including Relays and the 1650Y Freestyles, will be 6:00 pm of the day PRIOR to the event being swum.
- Relays will follow the same scratch procedures as Individual Events Scratches for and are due to the Admin Referee prior to the scratch deadline for that day's events.

Scratching From Finals

- All scratches from Finals must be completed within the deadlines specified by the USA Swimming Rule 207.11.6 and must be made on-site with the Administrative Referee at the meet.

Warm-up Procedures:

USA Swimming and Utah Swimming warm-up procedures UTSI RR 1.9 will be enforced throughout the meet. Warm-up details will be distributed to coaches following the close of entries. However, the Meet Referee reserves the right to modify warm-ups as determined to be in the best interest of the safety of the athletes and the conduct of the meet.

Warm-ups are subject to the following procedures:

- Dive start times will be announced at the general meeting as well as listed in the meet director notes.
- Coaches have the responsibility of ensuring that all their swimmers are instructed in warm-up procedures and that the swimmers follow all Utah Swimming safety procedures. All swimmers will enter the pool from a sitting or 3-point position. No pushing, splashing, running or any other general horseplay. Swimmers engaging in such activities will be asked to leave the pool.
- All USA Swimming athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist **unaccompanied swimmers** make arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. 202.5.3.
- A separate warm-up and cool down area will be available throughout the meet.

Scoring:

The top 24 places will earn points.

Individual events: 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.

Relays*: 64-56-54-52-50-48-46-44-40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.

*Mixed Gender Relays be evenly split between men's and women's team scores and credited in full to combined team scores.

Awards:

- Awards will be presented. Details will be announced at the General Meeting
- Medals for top 3 individuals and relays.
- Team awards for 1st – 3rd Women, Men, and Combined Teams.
- Individual High Point Awards for top scoring.

Results:

Results will be posted on both the SUSA and Utah Swimming Websites.

Timers & Counters:

- Timers will be provided for individual Finals events, including the 500 Freestyle and 400 Individual Medley events.
- Participating teams may be assigned lanes for assisting with timing for all Preliminary events including relays.
- Athletes will need to provide their own timers for Time Trials and the 1650Y Freestyles.

Time Trials Info:

- Time Trials will be held under a separate sanction of Utah Swimming, Inc.
- SCY Time Trials will be conducted on a time-available basis and are limited to approximately one hour.
- Athletes must be entered in the 2025 SC Western Age Group Championships and have paid the athlete surcharge to swim in Time Trials.
- Athletes may enter any number of time trials during the meet but may not exceed the limit of three 3 individual events per day with a combination of time trials and individual meet events.
- Fees: \$20.00 per individual event \$40.00 per relay event

Adaptive Swimming:

Adaptive swimming: In accordance with USA Swimming rule 202.4.15 & Article 105.1, and USI P&P 151, the Meet Referee has the authority to accommodate swimmers with disabilities. The coach or person in charge of team entries must notify the meet referee and meet entry contact of accommodations requests at the time of entry submission.

Image Authorization:

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming and Utah 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. All participants agree not to use medals or photos, or portraits or films with the medals, which are received for performances in this competition, for the purpose of trade.

Broadcast Statement:

Photographs, videotape, audio, and/or other visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use and may not be broadcast, published, disseminated, or used for any commercial purpose without the prior consent of USA Swimming.

Photography and Videos:

Photographers and/or videographers may be present on deck at this meet. Photographers and videographers are strongly encouraged to stay out of the area immediately behind the starting blocks, but if present are *specifically prohibited from making shots during the start phase of any race including relay exchanges.*

Safety:

Meet marshals will be in place during the warm-up periods. Coaches have the responsibility of ensuring that all their swimmers follow all USA Swimming and Utah Swimming safety procedures. When unaccompanied by a member coach, it is the responsibility of the swimmer's legal guardian to ensure compliance.

Rules:

- No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
- Deck entries will not be accepted.
- Deck registration will not be accepted as swimmers must be registered at time of entry.
- Current USA Swimming rules and regulations will govern this meet.
- All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- Any swimmer under the age of 18 entered in the meet must have a current (within the year), athlete and parent signed Concussion Informed Consent Acknowledgement. If affiliated with a member club, it must be on file with the club. If unaffiliated with a member club, it is the responsibility of the swimmer or the swimmer's parent or legal guardian to ensure compliance with this requirement. UTSI P&P 303. **Required Form: CONCUSSION IN YOUTH SPORTS – Informed Consent Acknowledgement**
- 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 parent or legal guardian to ensure compliance with this requirement. 202.4.11D
- It shall be the athletes' and coaches' responsibility to acquaint themselves with all the information in this Meet Announcement and any information and changes announced at the General Meeting.

Restrictions:

- This is a CLOSED-DECK meet. Only athletes, coaches, officials, and assigned meet volunteers will be permitted on the competition deck.
- Deck changes are prohibited. 202.4.11I
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. 202.4.11H
- Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting area of the competition pool.
- 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, coach, officials and/or spectators are present. 202.4.11J
- Only USA Swimming legal competition suits may be worn during competition. Drag suits may be added during warm-up.
- The sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- Smoking and the use of other tobacco products, (including e-cigarettes/vaping), is prohibited on the pool deck, in the locker rooms, in spectator seating, in standing areas and in all areas used by athletes during the meet and during warm up periods.

Hospitality:

Information Hospitality will be provided for Coaches and Officials. Athletes may not be present in the Hospitality Room.

Parking at Utah Tech:

Information on university parking can be found at www.parking.utahtech.edu.

Concessions & Other Meet Vendors:

Concessions & other meet vendors may be available at this event. Additional details will be provided as soon as they are available.

Officiating:

Officials interested in attending this event are invited to apply to officiate by completing the online application, below. Applicants must be a current member of USA Swimming and an LSC-certified official. The online application will be posted on the event page of the Western Zone website, Officials Online Application link: [2025 Short Course Senior Zone Championships Officiating](#)

Application Deadline for Assigned Positions:	Sunday, February 16, 2025
Application Deadline for Meet Polo & Name Tag:	Friday, February 28, 2025
All other applications are encouraged by:	Sunday, March 9, 2025

This meet has been designated as a training meet for N2 and N3 Officials Certification: OQM # 25-047

Officials wishing to renew this level of certification must apply using the online application form (link above) and notify the Meet Referee upon arrival at the meet. Instructions for certification will be provided during the officials' meetings.

Officials Meetings

Officials' Meetings will be one hour before each day's sessions; location and exact times TBA.

Officials Uniform

The uniform for officials for the meet will be:

Prelims: White polo shirt, khaki shorts, skirt, or pants; white closed-toe-shoes with white socks.
(shorts only during prelims please)

Finals: Red polo shirt, khaki long skirt or long pants, white closed-toe-shoes with white socks.

All officials who submitted their application by Friday, February 28, 2025 will receive a meet-specific RED Officials Polo for Finals & a personalized Name Tag.

SAFE SPORT

The Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

The Minor Athlete Abuse Prevention Policy ("MAAPP") (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. Adult Participants are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report.

All athletes aged 18 and older must complete Athlete Protection Training ("APT") to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or before **April 2, 2025**, who has not completed APT by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed.

Times achieved by an athlete who turns age 18 on or before **April 2, 2025**, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

Time Standards:

2025 SC Western Senior Zone Championships Time Standards						
Women			Event	Men		
SCY	SCM	LCM		LCM	SCM	SCY
26.09	28.89	29.59	50 FR	26.99	25.69	23.19
56.49	1:02.39	1:04.39	100 FR	58.99	56.29	50.99
2:02.39	2:15.29	2:18.99	200 FR	2:08.69	2:03.49	1:51.79
5:29.39	4:48.19	4:51.79	500 FR	4:34.39	4:24.79	5:02.69
11:24.19	9:58.69	10:05.99	800/1000 FR	9:29.99	9:14.79	10:33.99
19:06.69	18:59.79	19:21.09	1500/1650 FR	18:11.09	17:30.49	17:36.89
1:01.39	1:07.79	1:11.39	100 BK	1:05.19	1:01.29	55.49
2:13.29	2:27.29	2:33.39	200 BK	2:21.49	2:13.99	2:01.29
1:10.59	1:17.99	1:20.99	100 BR	1:13.49	1:09.79	1:03.19
2:32.79	2:48.79	2:54.49	200 BR	2:39.79	2:31.69	2:17.29
1:01.09	1:07.49	1:09.29	100 FL	1:03.09	1:00.99	55.19
2:16.19	2:30.49	2:34.29	200 FL	2:21.09	2:16.39	2:03.39
2:16.49	2:30.79	2:36.99	200 IM	2:24.69	2:16.99	2:03.99
4:51.59	5:22.29	5:32.49	400 IM	5:07.79	4:52.39	4:24.69

Women			Bonus Events	Men		
SCY	SCM	LCM		LCM	SCM	SCY
26.59	29.39	30.09	50 FR	27.49	26.19	23.69
57.49	1:03.39	1:05.39	100 FR	59.99	57.29	51.99
2:04.39	2:17.29	2:20.99	200 FR	2:10.69	2:05.49	1:53.79
N/A	N/A	N/A	500 FR	N/A	N/A	N/A
N/A	N/A	N/A	800/1000 FR	N/A	N/A	N/A
N/A	N/A	N/A	1500/1650 FR	N/A	N/A	N/A
1:02.39	1:08.79	1:12.39	100 BK	1:06.19	1:02.29	56.49
2:15.29	2:29.29	2:35.39	200 BK	2:23.49	2:15.99	2:03.29
1:11.59	1:18.99	1:21.99	100 BR	1:14.49	1:10.79	1:04.19
2:34.79	2:50.79	2:56.49	200 BR	2:41.79	2:33.69	2:19.29
1:02.09	1:08.49	1:10.29	100 FL	1:04.09	1:01.99	56.19
2:18.19	2:32.49	2:36.29	200 FL	2:23.09	2:18.39	2:05.39
2:18.49	2:32.79	2:38.99	200 IM	2:26.69	2:18.99	2:05.99
N/A	N/A	N/A	400 IM	N/A	N/A	N/A