



2024 ★ 18 & UNDER
SPRING CUP

**Fort Lauderdale, FL
Elkhart, IN
Mesa, AZ**

May 2-5, 2024 (Thu - Sun)

The entry deadline is Tuesday, April 23, 2024, at Noon Mountain Time or until the site's capacity has been reached.

These events will be capped at approximately 800 swimmers

These events and associated time trials are sanctioned by USA Swimming



2024 ★ 18 & UNDER
SPRING CUP

2024 USA Swimming 18 & Under Spring Cup

Swimmers may enter the 18 & Under Spring Cup through USA Swimming's Online Meet Entry (OME) system at (<https://hub.usaswimming.org/landing>) beginning Tuesday, February 13, 2024, at 11:00 am Mountain Time.

The entry deadline is Noon Mountain Time on Tuesday, April 23, 2024, or until the site's capacity limit has been reached. The qualification period is December 1, 2022 through the entry deadline. Entries are not accepted until they have been officially submitted in the OME system.

LOCATION Please refer to the enclosed map to see 18 & Under Spring Cups sites. Teams and athletes may choose a site until the site reaches its cap.

SANCTION This meet is held under the sanction of USA Swimming. If an athlete establishes a Paralympic or USMS record, it is up to that swimmer to request all necessary information and signatures prior to the end of the session in which the performance occurred. Each site will be surveyed by the specific host to ensure compliance with facility regulations.

ELIGIBILITY These events are open to swimmers who are 2024 Premium or Outreach members of USA Swimming, and who have achieved the published time standard in one or more events.

FORMAT These events will be conducted in LCM. The 800m and 1500m freestyle events will be timed final events. All other individual events will be conducted as preliminaries and finals with the fastest 24 swimmers from preliminaries advancing to finals. The order of the final events shall be C, B and A (bonus, consolation and championship). At the Meet Referee's discretion, preliminary sessions may be conducted in flights. Information on flighting, if any, will be provided during the Technical meeting. A Ready Room will be used to assemble and parade "A" finalists and the fastest seeded heats of 800m and 1500m freestyle swimmers. These swimmers must report to the Ready Room no later than five minutes preceding the "Parade Time" for the event.

SCHEDULE Prelims: 9:00 a.m., Finals: 5:00 p.m.

The venues will be available for practice Noon-8:00 p.m. the day prior to competition, and 7:00am – until one hour after the conclusion of the evening session on competition days.

SEEDING Events shall be seeded in order of LCM, SCY, non-conforming LCM, non-conforming SCY and then any bonus entries in the same order.

TECHNICAL MEETING There will be a virtual (Zoom-based) technical meeting the evening prior to Day 1 events at 7:00 p.m. local time. Details will be sent to each coach. Coaches are encouraged to check the USA Swimming website for last minute details about the event. Participating coaches and athletes are responsible for all information in this document, distributed at the technical meeting, and posted on the event website.

DISTANCE EVENTS The 800m and 1500m freestyle events will be swum as timed finals. Swimmers may qualify for these events using any of the 800m/1000yd or 1500m/1650yd qualifying standards (i.e. the conforming or non-conforming distance event standards). All but the fastest-seeded heats of women's and men's distance freestyle events will be swum slowest to fastest, alternating women's and men's heats, with the second-fastest seeded heat of men's distance events scheduled to finish approximately one hour prior to the start of the evening session, preceded by the second-fastest seeded women's heat, alternating back to the start time. The fastest-seeded heats of women's and men's distance freestyle events will be swum in event order during the finals session.

All swimmers entered in the 800m and 1500m Freestyle events must be positively checked-in prior to the scratch deadline to compete in the event. Swimmers entered in these events may, when they check-in, indicate their preference to swim the event in the preliminary session. The fastest heat of swimmers that state no preference shall be seeded to compete in the finals session. A swimmer or coach should clearly write "AM" next to the swimmer's name when they check-in if they desire to swim in the preliminary session.

Scratches and positive check-in for Day 1 can be done by email to the site's Administrative Referee or at the Resolution table prior to the deadlines. Scratches and positive check-in for the remaining days can be done at the Resolution Table.

RULES

Unless otherwise noted herein, this meet shall be conducted in accordance with current USA Swimming Rules and Regulations. A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters. It is understood and agreed that USA Swimming, the Meet Host(s), Facility Owner(s), and the LSC shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Eligibility and Technical juries consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review protests within their jurisdiction as defined in USA Swimming Rules.

WARM UP

Only feet-first entries are allowed during warm-ups, except in designated lanes and times. No equipment (fins, snorkels, hand paddles, etc.) is permitted in the competition pool at any time. Violations may result in disqualification from next individual event or expulsion from the meet. More detailed warm up procedures will be distributed at registration and during the Technical Meeting.

AWARDS

There will be individual awards for the first, second and third place finishers in each event.

SWIMS DATABASE

Times from the following will be in SWIMS, the national times database. Times in the database are not automatic entries to meets.

- A. USA Swimming Sanctioned competition
- B. USA Swimming Approved competition - Check two weeks before the competition to assure the meet has been approved by the LSC, and prior to the start of the competition, ask the Meet Director for the procedure for getting a time into SWIMS.
- C. USA Swimming Observed swims - Be sure a proper request for an Observed Swim is made according to guidelines appearing in the USA Swimming SWIMS Time Module Policy Manual, and prior to the start of the meet, verify that proper procedures are in place for the Observed swim.

Times submitted to the USA Swimming SWIMS database no later than 20 days prior to the Championships will be in the database. If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards) and it was swum in the appropriate qualifying period, it is considered a proven official time. Entry times not proven by the scratch deadline for the event will be considered as false or incorrect times and are subject to action under provisions of the USA Swimming Rules and Regulations.

SWIMS data entry from meets in which time standards were met must be requested from the SWIMS Time Official in the LSC in which the meet was held. LSC officials may charge a fee for data entry requested after the meet ends. These times will not be automatically placed in the database. Times from all major international championships will be automatically entered in the database. Relay lead offs and/or intermediate split times must be requested from the SWIMS Time official in the LSC where the time was achieved. Requesting SWIMS data entry won't enter a swimmer into a competition nor place a club on the USA Swimming mailing list.

RESPONSIBILITY CLAUSE

The coach, swimmer or swimmer representative who enters a USA Swimming Championship thereby attests that all times stated are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$100 penalty payable to USA Swimming for each such time entered, unless absolved of the fine by USA Swimming or Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by USA Swimming. Such penalty shall also be levied against any USA Swimming verification officer who knowingly entered such a false time(s) into the SWIMS Database. Appeal of fines must be made to the Meet Referee or designee and/or Board of Review. Any appeal of the decision of USA Swimming shall be in accordance with the provisions of Part Four of the USA Swimming Rulebook.

ENTRIES

All entries must be made online at <https://hub.usaswimming.org/landing>. You will be required to pay for the online entries with a Visa, Mastercard, American Express or Discover. For questions about OME, please refer to the specific 2024 18 & Under Spring Cup site page included with this information.

OME is not an eligibility report. It is the coach's responsibility to know for which events his or her athlete is qualified. Events can be added to the entries however you may not delete an online entry once it has been submitted/paid for. Once entries are completed, a confirmation will be sent via e-mail. All confirmations should be printed and brought to the meet. All entry times (including scratched events) must be proven, and USA Swimming reserves the right to challenge any submitted time. Drug waiver forms will automatically be sent via e-mail after the entry deadline closes and should be filled out and brought to the meet.

A swimmer may enter any number of individual events in which the qualifying time standard has been met, however a swimmer may only swim three (3) individual events per day (including time trials), and a total of six (6) events (not including time trials) during the meet. All entry times, including bonus events, must be proven. Bonus events will be permitted for this meet according to the following:

- Any athlete who qualifies for one individual event will be permitted to enter and swim in up to two bonus events;
- Any athlete who qualifies for two individual events will be permitted to enter and swim one additional bonus event;
- Any athlete who qualifies for more than two individual events, will not be permitted to enter bonus events;
- There will be no qualifying standards for bonus events, however, a provable entry time must be included.

FOREIGN ENTRIES

Foreign national teams are not permitted to compete in this meet, however foreign athletes who are registered members of USA Swimming clubs will be permitted.

ENTRY FEES

Individual Events	\$20.00
Coach/Team Staff Credential	\$20.00 per person or \$50 if requested on site

RELAYS

There will be no relays at these events.

COACH CREDENTIALS

Credentials for coaches, managers and chaperones may be purchased for \$20/each for those persons listed on the submitted team entry through OME, according to the following formula, whether comprised of one or both sexes. Managers and trainers must be included in this formula and on the entry form to receive a deck pass. Athletes entered in the meet will receive a deck pass as part of their entry fee. All others will be required to purchase individual tickets. Non-athlete credentials may be limited due to venue capacity limits.

- 1-3 swimmers in individual events; 1 deck pass.
- 4-6 swimmers in individual events; 2 deck passes.
- 7-9 swimmers in individual events; 3 deck passes.
- 10 or more swimmers in individual events; 4 deck passes.
- Unattached swimmers with a team shall be included in above schedule even if listed on separate entry blank.

Unattached swimmers not with a team: 1 deck pass.

SWIMMERS WITH DISABILITIES

Coaches entering swimmers with disabilities that require any accommodations, including the need for any personal assistants and/or registered service animals, must provide advance notice in writing, accompanying their meet entry file, to the meet director by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

CHECK-IN

Any unproven entries must be cleared prior to the scratch deadline, or the swimmer will be scratched from the event. If an entry cannot be proven, the coach is subject to a \$100 fine. All swimmers entered in the 800m and 1500m Freestyle events must be positively checked-in prior to the scratch deadline to compete in the event. Swimmers entered in these events may, when they check-in, indicate their preference to swim the event in the preliminary session. The fastest heat of swimmers that state no preference shall be seeded to compete in the finals session. A swimmer or coach should clearly write "AM" next to the swimmer's name when they check-in if they desire to swim in the preliminary session.

- ***Scratches and positive check-in for Day 1 can be done by email to the site's Administrative Referee or at the Resolution table prior to the deadlines. Scratches and positive check-in for the remaining days can be done at the Resolution Table.***

REGISTRATION

Registration will be open Noon-8:00 p.m. the day prior to competition, 7:00 a.m. – the end of finals on Day 1, and 7:00 a.m. – conclusion of preliminaries on Days 2, 3 and 4.

SCRATCHES

Day 1 Events: Scratch Box closes 15 minutes after the conclusion of the technical meeting. All subsequent day's events scratches are due 30 minutes after the start of the previous evening's finals.

This competition will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations. The penalty for failure to compete in an individual preliminary heat in which such swimmer is entered and has not been scratched will be one of the following:

- Being barred from all further individual and relay events of that day as prescribed in section 207.11.6, or;
- Payment of a fine of \$200 payable to event host.

Scratches and positive check-in for Day 1 can be done by email to the site's Administrative Referee or at the Resolution table prior to the deadlines. Scratches and positive check-in for the remaining days can be done at the Resolution Table.

TIME TRIALS

Time Trials may be conducted at the discretion of the Meet Referee. Entry fees for time trials will be the same as the meet entry fees. Each swimmer is limited to a maximum of two time trials during the course of the Championships, and time trials will count toward the swimmer's individual event total for each day, but not the meet total. Athletes may need to provide their own lane timer and lap counter for time trial events.

Time Trial entry procedures will be explained in the Technical Meeting. Time Trials, if conducted, will begin approximately 15 minutes after the conclusion of the preliminary session.

SAFETY

Marshals will be in place during warm-up periods and USA Swimming safety rules will be in effect. A warm-up schedule will be posted in the venue. It is the responsibility of the swimmer or of the swimmer's legal guardian to ensure compliance with USA Swimming safety procedures. Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. The main competition pool will be reserved the last 60 minutes for swimmers competing in that session's events.

OFFICIALS' INFORMATION

A meeting for officials may be held prior to each session either in-person or virtually. This meet has been designated as a National Qualifying Meet to all officials who wish to and are eligible to be evaluated for advancement or re-certification. Request for evaluation should be made to the Meet Referee.

BROADCAST STATEMENT

Any photographs, videos or other audio and/or 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 or disseminated, or used for any commercial purposes, without the prior written consent of USA Swimming.

IMAGE AUTHORIZATION

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored 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 or authorize use of pictures in the uniforms and equipment provided by USA Swimming for the purpose of trade, without the consent of USA Swimming. 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. Furthermore, participants agree to return these uniforms and equipment, bearing USA Swimming logos and marks, if and when requested.

LIABILITY

USA Swimming, the LSC, the facility, and the host organization shall accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in this event. Damage to the facility, when proved, will cause the offending participant, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs. All participants and guests must adhere to the facility rules and coaches must supervise their swimmers at all times. Glass containers are not permitted in the facility. Children must be supervised at all times.

DOPING CONTROL

Doping Control may occur at this competition. All athletes competing in the meet are eligible to be tested. All athletes should check the status of all medications they consume at the US Anti-Doping Agency's (USADA) Drug Reference website (usantidoping.org/dro). Documentation may be required to be submitted well in advance of the meet.

SAFE SPORT

The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.

The Minor Athlete Abuse Prevention Policy prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are 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 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 usaswimming.org/report.

All athletes age 18, or who turn 18 during the meet, must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing by the first day of the meet. A member not in good standing 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 during the meet, 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.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Referee, Meet Director or Meet Marshall, is harmful to others or to other's property may be required to leave the competition.

No swimmer will be allowed access to the pool deck without a coach member present. If the home club coach is not planning to attend event, swimmer must designate a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. During warm-up sessions, athletes must enter the water feet-first, except in designated lanes and times. Violations may result in disqualification from next individual event or expulsion from the meet.

Deck changing is prohibited.

Use of audio or visual recording devices, including a cell phone, are not permitted behind the starting blocks during the entire meet and are not permitted in changing areas, rest rooms or locker rooms.

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.

All U.S. athletes, coaches, and staff expecting to receive a deck pass should be prepared to show proof of current USA Swimming membership. Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.

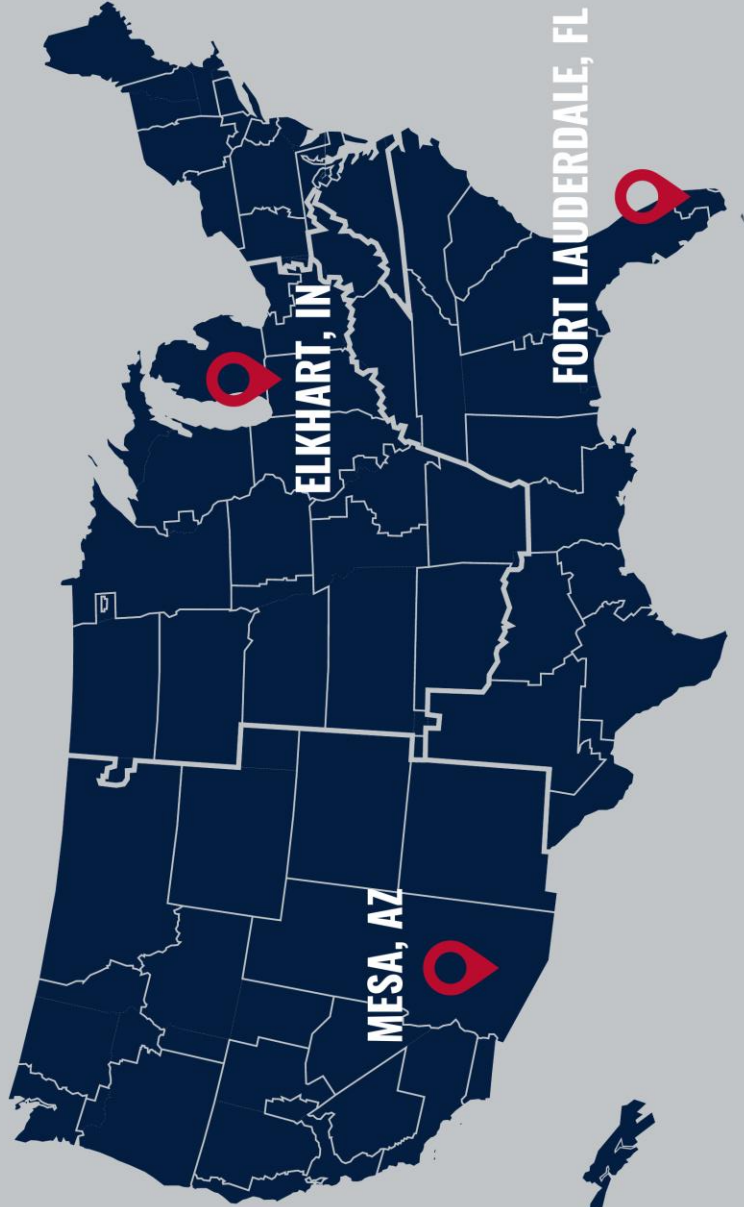
It is understood and agreed that USA Swimming, the Meet Hosts, Facility Owners, Officials, and the LSCs shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

<u>Women's Events</u>	<u>2024 18 & Under Spring Cup</u>	<u>Men's Events</u>
Timed Finals Begin at 5:00pm	<u>Day 1</u>	Timed Finals Begin at 5:00pm
1	800 Freestyle	-
-	1500 Freestyle	2
Heats Begin at 9:00am	<u>Day 2</u>	Finals Begin at 5:00pm
3	200 Freestyle	4
5	100 Breaststroke	6
7	100 Butterfly	8
9	400 IM	10
	<u>Day 3</u>	
11	200 Butterfly	12
13	50 Freestyle	14
15	200 Breaststroke	16
17	100 Backstroke	18
19	400 Freestyle	20
	<u>Day 4</u>	
21	100 Freestyle	22
-	800 Freestyle*	23
24	200 Backstroke	25
26	1500 Freestyle*	-
27	200 IM	28

*Preliminary heats for events 23 and 26 will be swum after event 28. The fastest-seeded heat in events 23 and 26 will be swum in event order during the finals session.



2024 ★ 18 & UNDER
SPRING CUP
MAY 1-MAY 5





2024 ★ 18 & UNDER
SPRING CUP

MAY 2 – MAY 5 (THU - SUN)

**SWIM FORT LAUDERDALE
501 SEABREEZE BLVD
FORT LAUDERDALE, FL 33316**

EVENT PERSONNEL	Referee: Allan Golding allan.c.golding@comcast.net Administrative Referee: Oded Ravid ravid2000@gmail.com Meet Director: Dave Gibson coachgibson@gmail.com
OME	Questions about OME and proof of times for this 18 & Under Spring Cup site should be directed to the Administrative Referee.
ABOUT THE FACILITY	The newly re-furnished Fort Lauderdale Aquatic Center includes a ten-lane 50m competition pool and eight-lane 50m warm-up pool. Spectator seating can accommodate 1,525 people and deck space has been greatly enhanced. All offices, locker rooms, rest rooms, and other amenities have been renovated in the \$48 million project.
LOCKERS	Limited lockers are available in the athlete/officials' locker rooms for day use only. No locks will be provided.
MEDICAL ASSISTANCE	Lifeguards shall be on duty at all times during warm up and competition. Anyone in need of medical assistance should go to the lifeguard office immediately. There will be certified medical personal on site during the competition.
CONCESSIONS	Concessions will be available at the facility concession stand at the pool entrance.
HOSPITALITY	Coaches and Officials hospitality will be available throughout the competition. The Hospitality Room will be in the south building located upstairs in the west conference room and under a tent on the upstairs west deck. .
PARKING	Meet parking is limited around the venue and restricted to available public parking lots.
HOTELS	Hotel info will be posted here; https://www.teamtravelsource.com/sport_lander/usa-swimming/
TICKETS	Tickets will be available for online purchase at



2024 ★ 18 & UNDER
SPRING CUP

MAY 2 – MAY 5 (THU-SUN)

**ELKHART HEALTH & AQUATICS
200 E JACKSON BLVD
ELKHART, IN 46516**

EVENT PERSONNEL	Referee: Kathy Fish albanyfish@yahoo.com Administrative Referee: Barb Ship barbara.ship.referee@gmail.com Meet Director: Josh Ptak josh@elkhartaquatics.org
OME	Questions about OME and proof of times for this 18 & Under Spring Cup site should be directed to the Administrative Referee.
ABOUT THE FACILITY	66 meters long by 25 meters wide Myrtha Pool with 2 movable 2 meter bulkheads. Competition will take place in a 10 lane 50 meter course (numbered 0-9) with 5 - 25 meter lanes available for warm up/cool down. Additional 4 - 25 yard lanes in the instructional pool will be available as well.
LOCKERS	Six locker rooms are available. Three enter a hallway at the competition pool deck, three enter directly to the warmup pool deck. Each has lockers with locks can be used during the meet but not overnight. One of the locker rooms entering the warmup deck is a family style locker room and will be used exclusively for coaches and officials.
MEDICAL ASSISTANCE	There is a training room at the start end of the competition deck. We will work with local providers to have on-site trainers.
CONCESSIONS	Concessions will be available on the main level of the facility.
HOSPITALITY	Coaches and Officials hospitality will be available throughout the competition. The Hospitality Room is located off the pool deck.
PARKING	Parking is available around the facility. Parking is free of charge in surface lots.
HOTELS	Hotel info will be posted here; https://www.teamtravelsource.com/sport_lander/usa-swimming/
TICKETS	All tickets must be purchased online at https://www.beaconhealthsystem.org/elkhart-health-aquatics/events/ No cash sales. Children 7 & Under are free and do not need tickets for admission.



2024 ★ 18 & UNDER
SPRING CUP

MAY 2 – MAY 5 (THU - SUN)

**MESA AQUATIC CLUB
SKYLINE AQUATIC CENTER
845 S CRIMSON RD
MESA, AZ 85208**

**EVENT
PERSONNEL**

Referee: Curtis Myers ic-clearly@sbcglobal.net
Administrative Referee: Tim Husson tim.husson@gmail.com
Meet Director: Meg Zajdzinski thezteam6@gmail.com

OME

Questions about OME and proof of times for this 18 & Under Spring Cup site should be directed to the Administrative Referee.

**ABOUT THE
FACILITY**

Mesa Aquatic Center, 845 S Crimson RD, Mesa, AZ 85208

Skyline Aquatic Center, 845 S. Crismon Rd., Mesa, AZ. The competition course consists of an eight-lane 50 meter heated pool with 13 additional warm-up/ warm-down lanes in separate pools. Colorado Timing will be used and backstroke ledges. The minimum water depth is 6'7" at the start end and 7'8" at the turn end. The competition course has been certified in accordance with 104.2.2(C), and a copy of the pool certification is on file with USA Swimming.

LOCKERS

Limited lockers are available in the athlete/officials' locker rooms for day use only. No locks will be provided.

**MEDICAL
ASSISTANCE**

Lifeguards shall be on duty at all times during warm up and competition. Anyone in need of medical assistance should go to the lifeguard office immediately.

CONCESSIONS

Full concessions will be available for the duration of the meet.

HOSPITALITY

A hospitality area for the coaches and officials will be located in the classroom adjacent to the pool deck.

PARKING

Spectator parking will be free at the facility.

HOTELS

Hotel info will be posted here; https://www.teamtravelsource.com/sport_lander/usa-swimming/

TICKETS

Ticket information will be available at the venue.



TIME STANDARDS

2024 USA SWIMMING 18 & UNDER SPRING CUP

2024 ★ 18 & UNDER
SPRING CUP

FEMALE		EVENT	MALE	
SCY	LCM		SCY	LCM
23.89	27.39	50 FR	21.29	24.59
51.89	59.29	100 FR	46.39	53.59
1:52.29	2:07.79	200 FR	1:41.59	1:57.79
5:02.59	4:28.79	400/500 FR	4:37.09	4:09.99
10:20.49	9:13.79	800/1000 FR	9:34.29	8:40.69
17:14.39	17:40.19	1500/1650 FR	16:05.49	16:38.99
57.09	1:06.79	100 BK	51.49	1:00.59
2:04.19	2:23.99	200 BK	1:52.79	2:11.89
1:05.49	1:15.99	100 BR	57.99	1:08.19
2:22.69	2:43.39	200 BR	2:07.99	2:29.09
56.59	1:04.69	100 FL	50.59	57.99
2:05.39	2:21.89	200 FL	1:53.69	2:10.19
2:06.39	2:26.19	200 IM	1:53.89	2:12.79
4:30.69	5:07.29	400 IM	4:06.99	4:42.39