



SWIM MEET CHEAT SHEET!



Meet info with warmup times/session times is sent out a few days before meets!

Double check location and times!

In your Swimmers swim bag they should have...

- Goggles (2 pairs)
- Suit (with no other team logos)
- Cap (2 pairs)
- Sharpie (have events written on arms **before** meet)
- Water/snacks
- Towel
- Something to keep them occupied! (games, homework...etc)
- Warm clothes (sweats, parka, hoodie)

What to expect! Swimmers should...

- Come to meet prepared! (everything listed above)
- Need to be there **30 mins before warmup**. Please check in with coaches to let us know you are here. Warmup is normally one hour before the 1st event unless stated otherwise.
- Are required to check in with coaches **before AND after** races.
- Leave after their last event (check in with coaches before heading out).
- Keep an eye on what event they are on! Show up to staging **4 heats before yours.**
- Positive check-in for events if required before swim meet warm up

What to expect! Parents should...

- Not be on deck unless stated otherwise or you're a volunteer.
- No phones behind the blocks (recording elsewhere is fine)
- Keep track of your swimmer and help them monitor what event the meet is on.
- Use meet mobile to keep track of times!
- Double check swimmer doesn't have any positive check-in events!

FAQ!

What is staging?

- Swimmers are required to go through staging when offered at meets!
- Typically located near block end of the pool.
- A staging volunteer guides swimmers and walks them to lanes.
- Show up 4 heats before for staging.

What are motivational times?

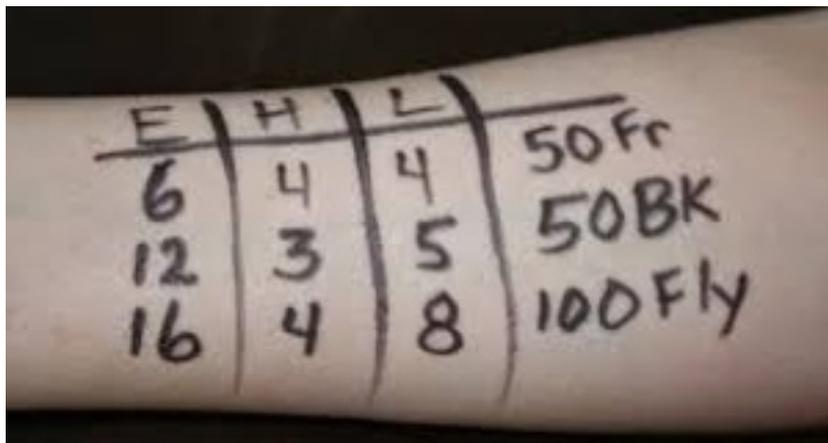
Gold and silver times: Qualify for some meets during the season

Champs and regionals at time standards qualify your swimmer for even more challenging swim meets

EXAMPLE HEAT SHEET- THIS IS WHERE YOU'LL FIND HEAT/LANE INFORMATION

2023 PN Fall Divisionals, Division 2 - 12/2/2023 to 12/3/2023				Meet Program - 50M 11-12			
Heat	Event	Time	Age	Team	Heat	Event	Time
Heat 7 of 6 Heat 11-12 100 Yard Breaststroke	1	1:33.29	11	11 OCAC-PN	Heat 2 of 2 Final	1	1:33.29
2	1:32.09	11	11 OCAC-PN	2	1:32.09	11	11 OCAC-PN
3	1:31.35	11	11 OCAC-PN	3	1:31.35	11	11 OCAC-PN
4	1:29.72	11	11 OCAC-PN	4	1:29.72	11	11 OCAC-PN
5	1:28.98	11	11 OCAC-PN	5	1:28.98	11	11 OCAC-PN
6	1:28.41	11	11 OCAC-PN	6	1:28.41	11	11 OCAC-PN
7	1:28.16	11	11 OCAC-PN	7	1:28.16	11	11 OCAC-PN
8	1:28.59	11	11 OCAC-PN	8	1:28.59	11	11 OCAC-PN
Heat 8 of 6 Final	1	1:27.56	11	11 OCAC-PN	Heat 3 of 2 Final	1	1:27.56
2	1:27.09	11	11 OCAC-PN	2	1:27.09	11	11 OCAC-PN
3	1:26.29	11	11 OCAC-PN	3	1:26.29	11	11 OCAC-PN
4	1:25.21	11	11 OCAC-PN	4	1:25.21	11	11 OCAC-PN
5	1:24.29	11	11 OCAC-PN	5	1:24.29	11	11 OCAC-PN
6	1:23.28	11	11 OCAC-PN	6	1:23.28	11	11 OCAC-PN
7	1:22.78	11	11 OCAC-PN	7	1:22.78	11	11 OCAC-PN
8	1:21.41	11	11 OCAC-PN	8	1:21.41	11	11 OCAC-PN
Heat 9 of 6 Final	1	1:20.41	11	11 OCAC-PN	Heat 4 of 2 Final	1	1:20.41
2	1:19.29	11	11 OCAC-PN	2	1:19.29	11	11 OCAC-PN
3	1:18.29	11	11 OCAC-PN	3	1:18.29	11	11 OCAC-PN
4	1:17.29	11	11 OCAC-PN	4	1:17.29	11	11 OCAC-PN
5	1:16.29	11	11 OCAC-PN	5	1:16.29	11	11 OCAC-PN
6	1:15.29	11	11 OCAC-PN	6	1:15.29	11	11 OCAC-PN
7	1:14.29	11	11 OCAC-PN	7	1:14.29	11	11 OCAC-PN
8	1:13.29	11	11 OCAC-PN	8	1:13.29	11	11 OCAC-PN
Heat 10 of 6 Final	1	1:12.29	11	11 OCAC-PN	Heat 5 of 2 Final	1	1:12.29
2	1:11.29	11	11 OCAC-PN	2	1:11.29	11	11 OCAC-PN
3	1:10.29	11	11 OCAC-PN	3	1:10.29	11	11 OCAC-PN
4	1:09.29	11	11 OCAC-PN	4	1:09.29	11	11 OCAC-PN
5	1:08.29	11	11 OCAC-PN	5	1:08.29	11	11 OCAC-PN
6	1:07.29	11	11 OCAC-PN	6	1:07.29	11	11 OCAC-PN
7	1:06.29	11	11 OCAC-PN	7	1:06.29	11	11 OCAC-PN
8	1:05.29	11	11 OCAC-PN	8	1:05.29	11	11 OCAC-PN
Heat 11 of 6 Final	1	1:04.29	11	11 OCAC-PN	Heat 6 of 2 Final	1	1:04.29
2	1:03.29	11	11 OCAC-PN	2	1:03.29	11	11 OCAC-PN
3	1:02.29	11	11 OCAC-PN	3	1:02.29	11	11 OCAC-PN
4	1:01.29	11	11 OCAC-PN	4	1:01.29	11	11 OCAC-PN
5	1:00.29	11	11 OCAC-PN	5	1:00.29	11	11 OCAC-PN
6	0:59.29	11	11 OCAC-PN	6	0:59.29	11	11 OCAC-PN
7	0:58.29	11	11 OCAC-PN	7	0:58.29	11	11 OCAC-PN
8	0:57.29	11	11 OCAC-PN	8	0:57.29	11	11 OCAC-PN
Heat 12 of 6 Final	1	0:56.29	11	11 OCAC-PN	Heat 7 of 2 Final	1	0:56.29
2	0:55.29	11	11 OCAC-PN	2	0:55.29	11	11 OCAC-PN
3	0:54.29	11	11 OCAC-PN	3	0:54.29	11	11 OCAC-PN
4	0:53.29	11	11 OCAC-PN	4	0:53.29	11	11 OCAC-PN
5	0:52.29	11	11 OCAC-PN	5	0:52.29	11	11 OCAC-PN
6	0:51.29	11	11 OCAC-PN	6	0:51.29	11	11 OCAC-PN
7	0:50.29	11	11 OCAC-PN	7	0:50.29	11	11 OCAC-PN
8	0:49.29	11	11 OCAC-PN	8	0:49.29	11	11 OCAC-PN
Heat 13 of 6 Final	1	0:48.29	11	11 OCAC-PN	Heat 8 of 2 Final	1	0:48.29
2	0:47.29	11	11 OCAC-PN	2	0:47.29	11	11 OCAC-PN
3	0:46.29	11	11 OCAC-PN	3	0:46.29	11	11 OCAC-PN
4	0:45.29	11	11 OCAC-PN	4	0:45.29	11	11 OCAC-PN
5	0:44.29	11	11 OCAC-PN	5	0:44.29	11	11 OCAC-PN
6	0:43.29	11	11 OCAC-PN	6	0:43.29	11	11 OCAC-PN
7	0:42.29	11	11 OCAC-PN	7	0:42.29	11	11 OCAC-PN
8	0:41.29	11	11 OCAC-PN	8	0:41.29	11	11 OCAC-PN
Heat 14 of 6 Final	1	0:40.29	11	11 OCAC-PN	Heat 9 of 2 Final	1	0:40.29
2	0:39.29	11	11 OCAC-PN	2	0:39.29	11	11 OCAC-PN
3	0:38.29	11	11 OCAC-PN	3	0:38.29	11	11 OCAC-PN
4	0:37.29	11	11 OCAC-PN	4	0:37.29	11	11 OCAC-PN
5	0:36.29	11	11 OCAC-PN	5	0:36.29	11	11 OCAC-PN
6	0:35.29	11	11 OCAC-PN	6	0:35.29	11	11 OCAC-PN
7	0:34.29	11	11 OCAC-PN	7	0:34.29	11	11 OCAC-PN
8	0:33.29	11	11 OCAC-PN	8	0:33.29	11	11 OCAC-PN
Heat 15 of 6 Final	1	0:32.29	11	11 OCAC-PN	Heat 10 of 2 Final	1	0:32.29
2	0:31.29	11	11 OCAC-PN	2	0:31.29	11	11 OCAC-PN
3	0:30.29	11	11 OCAC-PN	3	0:30.29	11	11 OCAC-PN
4	0:29.29	11	11 OCAC-PN	4	0:29.29	11	11 OCAC-PN
5	0:28.29	11	11 OCAC-PN	5	0:28.29	11	11 OCAC-PN
6	0:27.29	11	11 OCAC-PN	6	0:27.29	11	11 OCAC-PN
7	0:26.29	11	11 OCAC-PN	7	0:26.29	11	11 OCAC-PN
8	0:25.29	11	11 OCAC-PN	8	0:25.29	11	11 OCAC-PN
Heat 16 of 6 Final	1	0:24.29	11	11 OCAC-PN	Heat 11 of 2 Final	1	0:24.29
2	0:23.29	11	11 OCAC-PN	2	0:23.29	11	11 OCAC-PN
3	0:22.29	11	11 OCAC-PN	3	0:22.29	11	11 OCAC-PN
4	0:21.29	11	11 OCAC-PN	4	0:21.29	11	11 OCAC-PN
5	0:20.29	11	11 OCAC-PN	5	0:20.29	11	11 OCAC-PN
6	0:19.29	11	11 OCAC-PN	6	0:19.29	11	11 OCAC-PN
7	0:18.29	11	11 OCAC-PN	7	0:18.29	11	11 OCAC-PN
8	0:17.29	11	11 OCAC-PN	8	0:17.29	11	11 OCAC-PN
Heat 17 of 6 Final	1	0:16.29	11	11 OCAC-PN	Heat 12 of 2 Final	1	0:16.29
2	0:15.29	11	11 OCAC-PN	2	0:15.29	11	11 OCAC-PN
3	0:14.29	11	11 OCAC-PN	3	0:14.29	11	11 OCAC-PN
4	0:13.29	11	11 OCAC-PN	4	0:13.29	11	11 OCAC-PN
5	0:12.29	11	11 OCAC-PN	5	0:12.29	11	11 OCAC-PN
6	0:11.29	11	11 OCAC-PN	6	0:11.29	11	11 OCAC-PN
7	0:10.29	11	11 OCAC-PN	7	0:10.29	11	11 OCAC-PN
8	0:09.29	11	11 OCAC-PN	8	0:09.29	11	11 OCAC-PN
Heat 18 of 6 Final	1	0:08.29	11	11 OCAC-PN	Heat 13 of 2 Final	1	0:08.29
2	0:07.29	11	11 OCAC-PN	2	0:07.29	11	11 OCAC-PN
3	0:06.29	11	11 OCAC-PN	3	0:06.29	11	11 OCAC-PN
4	0:05.29	11	11 OCAC-PN	4	0:05.29	11	11 OCAC-PN
5	0:04.29	11	11 OCAC-PN	5	0:04.29	11	11 OCAC-PN
6	0:03.29	11	11 OCAC-PN	6	0:03.29	11	11 OCAC-PN
7	0:02.29	11	11 OCAC-PN	7	0:02.29	11	11 OCAC-PN
8	0:01.29	11	11 OCAC-PN	8	0:01.29	11	11 OCAC-PN
Heat 19 of 6 Final	1	0:00.29	11	11 OCAC-PN	Heat 14 of 2 Final	1	0:00.29
2	0:00.29	11	11 OCAC-PN	2	0:00.29	11	11 OCAC-PN
3	0:00.29	11	11 OCAC-PN	3	0:00.29	11	11 OCAC-PN
4	0:00.29	11	11 OCAC-PN	4	0:00.29	11	11 OCAC-PN
5	0:00.29	11	11 OCAC-PN	5	0:00.29	11	11 OCAC-PN
6	0:00.29	11	11 OCAC-PN	6	0:00.29	11	11 OCAC-PN
7	0:00.29	11	11 OCAC-PN	7	0:00.29	11	11 OCAC-PN
8	0:00.29	11	11 OCAC-PN	8	0:00.29	11	11 OCAC-PN
Heat 20 of 6 Final	1	0:00.29	11	11 OCAC-PN	Heat 15 of 2 Final	1	0:00.29
2	0:00.29	11	11 OCAC-PN	2	0:00.29	11	11 OCAC-PN
3	0:00.29	11	11 OCAC-PN	3	0:00.29	11	11 OCAC-PN
4	0:00.29	11	11 OCAC-PN	4	0:00.29	11	11 OCAC-PN
5	0:00.29	11	11 OCAC-PN	5	0:00.29	11	11 OCAC-PN
6	0:00.29	11	11 OCAC-PN	6	0:00.29	11	11 OCAC-PN
7	0:00.29	11	11 OCAC-PN	7	0:00.29	11	11 OCAC-PN
8	0:00.29	11	11 OCAC-PN	8	0:00.29	11	11 OCAC-PN

EXAMPLE OF HOW TO WRITE EVENTS/ HEATS/ LANES ON ARM



2024-2025 SILVER + GOLD TIME STANDARDS

Girls						10&U Events	Boys					
Silver			Gold				Gold			Silver		
SCM	LCM	SCY	SCM	LCM	SCY		SCY	LCM	SCM	SCY	LCM	SCM
49.19	49.99	47.39	40.99	41.79	39.09	50 Free	39.19	40.39	39.29	47.19	49.99	49.19
1:47.69	1:49.29	1:42.29	1:32.69	1:34.29	1:26.99	100 Free	1:26.69	1:30.99	1:29.39	1:41.29	1:45.59	1:43.99
3:40.29	3:43.49	3:27.29	3:17.29	3:20.49	3:04.49	200 Free	3:02.89	3:13.19	3:09.99	3:27.09	3:36.49	3:33.29
7:42.19	7:48.59	8:40.59	6:55.29	7:01.69	7:42.29	400/500 Free	7:35.19	6:52.49	6:46.09	8:38.09	7:38.29	7:31.89
55.19	55.79	53.79	48.29	48.89	45.39	50 Back	45.19	47.79	47.19	53.79	56.99	56.09
1:59.89	2:01.09	1:50.59	1:47.49	1:48.69	1:34.59	100 Back	1:34.59	1:42.79	1:41.59	1:49.59	1:56.09	1:54.89
1:01.89	1:02.89	59.19	54.69	55.69	50.39	50 Breast	50.39	55.49	54.49	58.89	1:02.59	1:01.59
2:09.49	2:11.49	2:03.69	1:55.89	1:57.89	1:45.69	100 Breast	1:42.29	1:56.89	1:54.89	2:00.29	2:11.19	2:09.09
56.59	57.29	53.39	47.89	48.59	44.29	50 Fly	45.09	47.69	46.99	54.89	58.09	57.29
2:11.39	2:12.79	1:56.69	1:54.09	1:55.39	1:41.39	100 Fly	1:38.99	1:52.89	1:51.29	1:53.49	2:09.49	2:08.09
1:58.99	X	1:51.19	1:41.99	X	1:35.39	100 IM	1:34.99	X	1:42.49	1:51.89	X	1:59.99
4:12.49	4:15.69	3:45.89	3:45.69	3:48.89	3:17.39	200 IM	3:14.09	3:43.69	3:40.49	3:44.99	4:09.49	4:06.29

Girls						11-12 Events	Boys					
Silver			Gold				Gold			Silver		
SCM	LCM	SCY	SCM	LCM	SCY		SCY	LCM	SCM	SCY	LCM	SCM
37.69	38.49	36.29	33.79	34.59	31.59	50 Free	31.59	34.39	33.59	36.79	38.89	37.89
1:24.59	1:26.19	1:21.29	1:14.89	1:16.49	1:10.09	100 Free	1:09.99	1:16.39	1:14.79	1:22.29	1:28.19	1:26.59
3:11.29	3:12.89	2:48.39	2:49.49	2:51.09	2:28.89	200 Free	2:26.69	2:52.19	2:50.59	2:52.29	3:19.39	3:17.79
6:26.49	6:32.89	7:09.19	5:58.39	6:04.79	6:43.79	400/500 Free	6:25.89	5:53.89	5:47.49	7:02.09	6:21.09	6:14.69
13:28.79	13:41.59	15:02.69	12:30.09	12:42.89	13:58.19	800/1000 Free	13:40.39	12:22.99	12:10.19	14:43.49	13:20.19	13:07.39
25:42.89	26:06.89	25:07.39	23:50.99	24:14.99	23:19.69	1500/1650 Free	22:42.89	24:00.99	23:36.99	24:27.69	25:51.79	25:27.79
45.49	46.09	42.79	40.79	41.39	37.19	50 Back	37.79	41.39	40.79	44.09	46.29	45.69
1:36.09	1:37.29	1:31.99	1:26.99	1:28.39	1:19.29	100 Back	1:19.39	1:28.29	1:26.99	1:31.09	1:38.59	1:37.39
3:25.69	3:28.09	3:08.49	3:10.89	3:13.29	2:47.29	200 Back	2:43.69	3:08.49	3:06.09	3:05.19	3:22.99	3:20.59
51.69	52.69	48.39	46.19	47.19	42.39	50 Breast	42.09	47.49	47.39	48.79	52.99	51.89
1:50.39	1:52.39	1:42.19	1:40.79	1:41.69	1:30.39	100 Breast	1:30.69	1:41.69	1:40.79	1:41.69	1:51.29	1:50.29
3:52.79	3:56.79	3:30.89	3:35.89	3:39.89	3:12.39	200 Breast	3:14.09	3:40.59	3:27.59	3:32.09	3:57.89	3:43.89
45.69	46.39	42.19	38.49	39.19	35.29	50 Fly	35.49	39.19	38.49	43.29	46.09	45.39
1:42.19	1:43.59	1:30.69	1:29.59	1:30.99	1:18.29	100 Fly	1:19.69	1:30.99	1:27.59	1:30.59	1:42.29	1:40.89
3:28.29	3:31.09	3:09.49	3:13.19	3:10.99	2:52.79	200 Fly	2:52.79	3:10.19	3:07.39	3:09.49	3:24.79	3:21.99
1:37.09	X	1:30.89	1:26.99	X	1:20.19	100 IM	1:18.69	X	1:25.09	1:31.69	X	1:37.99
3:27.59	3:30.79	3:05.49	3:07.39	3:10.59	2:46.09	200 IM	2:41.69	3:08.99	3:05.79	3:03.99	3:33.09	3:29.89
7:25.69	7:28.89	6:31.69	6:53.59	7:50.79	6:03.69	400 IM	6:20.09	7:00.59	6:43.39	6:37.09	7:17.89	7:14.69

Girls						13-14 Events	Boys					
Silver			Gold				Gold			Silver		
SCM	LCM	SCY	SCM	LCM	SCY		SCY	LCM	SCM	SCY	LCM	SCM
34.19	34.99	32.09	30.99	31.79	28.69	50 Free	26.69	29.59	28.79	29.79	32.29	31.49
1:16.99	1:17.89	1:11.89	1:08.69	1:09.49	1:02.99	100 Free	58.49	1:05.69	1:04.89	1:06.69	1:11.79	1:10.99
2:49.29	2:52.49	2:34.39	2:29.89	2:33.09	2:15.69	200 Free	2:08.59	2:29.69	2:26.49	2:24.39	2:44.19	2:40.99
6:04.69	6:11.09	6:34.89	5:28.09	5:34.49	6:06.19	400/500 Free	5:46.29	5:20.29	5:13.89	6:10.09	6:04.69	5:28.29
12:32.69	12:45.49	14:11.09	11:37.99	11:50.79	13:10.29	800/1000 Free	12:20.99	11:09.19	10:56.39	13:17.99	12:00.59	11:47.79
24:04.39	24:28.39	23:42.89	22:19.49	22:43.49	22:01.19	1500/1650 Free	20:46.99	21:25.69	21:01.69	22:22.89	23:04.59	22:40.59
44.69	45.29	38.89	39.39	39.99	33.79	50 Back	31.59	38.09	37.49	36.39	44.09	43.49
1:28.69	1:29.89	1:19.99	1:19.99	1:21.19	1:10.49	100 Back	1:06.89	1:16.79	1:15.59	1:16.79	1:28.49	1:27.29
3:09.69	3:12.09	2:42.29	2:54.99	2:57.39	2:34.59	200 Back	2:20.39	2:50.59	2:48.19	2:34.99	3:09.69	3:07.29
49.69	50.69	44.59	45.69	46.69	38.99	50 Breast	36.19	44.09	43.19	40.79	49.09	48.09
1:45.89	1:47.89	1:34.29	1:32.29	1:34.29	1:22.79	100 Breast	1:16.39	1:27.99	1:25.99	1:27.39	1:36.69	1:34.69
3:37.49	3:41.49	3:12.89	3:22.59	3:26.59	2:51.99	200 Breast	2:37.89	3:13.39	3:09.39	2:57.99	3:37.89	3:33.89
42.09	42.79	36.49	38.49	39.09	31.99	50 Fly	29.69	36.39	35.69	33.99	39.99	39.19
1:34.69	1:36.09	1:21.39	1:21.89	1:23.29	1:10.79	100 Fly	1:05.69	1:15.29	1:13.89	1:13.89	1:26.99	1:25.59
3:12.89	3:36.69	2:58.69	2:58.89	3:21.69	2:49.39	200 Fly	2:41.69	3:09.79	3:03.99	2:43.89	3:24.69	2:56.89
1:29.19	X	1:22.99	1:20.39	X	1:14.29	100 IM	1:10.29	X	1:16.99	1:18.79	X	1:25.09
3:11.89	3:15.09	2:50.89	2:56.99	3:00.19	2:32.79	200 IM	2:22.79	2:46.59	2:43.39	2:37.49	3:03.79	3:00.59
6:51.59	6:57.99	6:05.79	6:21.79	6:28.19	5:39.69	400 IM	5:13.59	6:02.79	5:56.39	5:37.69	6:30.69	6:24.29

2024-2025 CHAMPS TIME STANDARDS

Girls						10&U Events	Boys					
SCM		LCM		SCY			SCY		LCM		SCM	
Automatic	Consideration	Automatic	Consideration	Automatic	Consideration		Consideration	Automatic	Consideration	Automatic	Consideration	Automatic
34.99	35.39	35.79	36.19	31.29	31.69	50 Free	32.39	31.79	36.79	36.29	35.99	35.39
1:18.79	1:20.09	1:20.39	1:21.79	1:09.49	1:10.99	100 Free	1:13.59	1:11.49	1:23.29	1:21.09	1:20.99	1:19.09
2:55.69	2:57.29	2:58.89	3:00.49	2:32.49	2:38.79	200 Free	2:43.09	2:40.79	3:03.89	2:59.39	3:00.59	2:56.09
5:52.89	6:08.49	5:59.29	6:14.89	6:38.19	6:53.39	400/500 Free	6:53.39	6:38.19	6:14.89	5:59.29	6:08.49	5:52.89
41.49	42.09	42.09	42.79	36.49	37.39	50 Back	38.49	37.49	42.89	42.09	42.19	41.49
1:32.39	1:33.59	1:33.59	1:34.89	1:19.89	1:21.69	100 Back	1:23.69	1:21.89	1:34.89	1:32.89	1:33.59	1:31.49
47.79	48.79	48.49	49.39	42.19	42.99	50 Breast	44.19	43.39	50.69	49.99	49.99	49.19
1:38.69	1:47.09	1:40.69	1:49.79	1:33.09	1:34.79	100 Breast	1:38.29	1:35.49	1:50.89	1:48.69	1:48.89	1:46.79
40.09	41.39	40.79	42.09	35.39	36.19	50 Fly	38.19	37.09	44.09	42.39	43.39	41.79
1:35.59	1:40.79	1:36.99	1:42.19	1:25.29	1:29.29	100 Fly	1:35.49	1:30.69	1:48.99	1:40.59	1:47.59	1:39.09
1:28.49	1:30.09	X	X	1:20.09	1:21.39	100 IM	1:23.49	1:22.19	X	X	1:31.09	1:29.69
3:17.19	3:26.19	3:20.39	3:28.89	2:53.29	2:59.69	200 IM	3:08.39	3:03.39	3:40.39	3:30.89	3:36.79	3:27.99
2:35.69	2:47.99	2:39.69	2:52.79	2:11.19	2:30.49	4x50 Fr Relay	2:30.49	2:11.19	2:52.79	2:39.69	2:47.99	2:35.69
2:56.09	3:18.29	3:00.09	3:24.39	2:28.89	2:57.59	4x50 Med Relay	2:57.59	2:28.89	3:24.39	3:00.09	3:18.29	2:56.09

Girls						11-12 Events	Boys					
SCM		LCM		SCY			SCY		LCM		SCM	
Automatic	Consideration	Automatic	Consideration	Automatic	Consideration		Consideration	Automatic	Consideration	Automatic	Consideration	Automatic
30.79	31.29	31.59	32.19	27.69	28.19	50 Free	27.69	27.09	32.59	31.69	31.79	30.79
1:07.99	1:09.99	1:09.59	1:11.49	1:00.99	1:02.49	100 Free	1:01.99	59.59	1:11.09	1:08.89	1:09.49	1:07.19
2:30.79	2:31.19	2:33.99	2:40.49	2:17.09	2:19.49	200 Free	2:18.29	2:13.99	2:36.99	2:32.39	2:33.79	2:29.39
5:22.89	5:32.89	5:29.29	5:39.09	6:11.89	6:20.69	400/500 Free	6:15.39	6:05.49	5:46.99	5:38.19	5:40.59	5:31.79
21:03.09	21:54.89	21:27.09	22:22.99	20:38.19	21:32.09	1650/1500 Fr	21:32.09	20:38.19	22:22.99	21:27.09	21:54.89	21:03.09
36.89	37.99	37.49	38.59	33.19	33.69	50 Back	32.49	31.99	39.29	37.99	38.69	37.39
1:19.69	1:21.89	1:20.89	1:23.09	1:11.19	1:12.89	100 Back	1:12.09	1:09.99	1:24.09	1:20.89	1:22.89	1:19.79
2:48.79	2:57.19	2:51.19	2:59.69	2:34.29	2:40.59	200 Back	2:38.99	2:34.49	3:01.49	2:51.49	2:59.09	2:49.09
42.29	43.69	43.29	44.79	37.59	38.19	50 Breast	38.39	36.49	45.59	44.89	44.59	43.99
1:30.69	1:34.09	1:32.69	1:36.09	1:21.39	1:23.49	100 Breast	1:21.09	1:17.89	1:37.09	1:35.59	1:35.09	1:33.19
3:16.79	3:23.09	3:20.79	3:27.69	2:55.49	2:59.99	200 Breast	3:08.19	2:58.39	3:36.59	3:23.99	3:32.59	3:19.99
33.99	35.29	34.69	35.99	30.59	31.39	50 Fly	31.89	30.99	37.19	35.79	36.49	35.09
1:22.49	1:24.89	1:23.89	1:26.19	1:12.69	1:15.49	100 Fly	1:14.89	1:11.79	1:24.89	1:21.49	1:23.49	1:20.09
2:58.09	3:13.19	3:00.89	3:15.99	2:37.19	2:50.29	200 Fly	2:43.99	2:31.39	3:10.19	2:55.59	3:07.39	2:52.79
1:17.99	1:19.89	X	X	1:11.89	1:13.19	100 IM	1:12.39	1:11.49	X	X	1:18.89	1:17.69
2:50.79	2:53.39	2:53.99	2:56.59	2:34.29	2:37.89	200 IM	2:33.89	2:30.79	3:01.79	2:55.89	2:58.59	2:52.69
6:23.29	6:50.09	6:29.69	6:56.79	5:46.19	6:00.99	400 IM	6:07.19	5:46.19	6:46.59	6:22.59	6:40.19	6:16.19
2:05.99	2:15.19	2:09.99	2:19.09	1:52.49	2:01.09	4x50 Fr Relay	1:58.09	1:53.29	2:17.39	2:12.79	2:11.89	2:08.79
4:41.69	5:00.79	4:49.69	5:09.49	4:15.09	4:29.49	4x100 Fr Relay	4:20.99	4:17.89	5:03.49	4:54.19	4:51.29	4:46.19
2:22.49	2:34.79	2:26.49	2:39.69	2:05.19	2:18.69	4x50 Med Relay	2:17.39	2:09.39	2:40.19	2:30.69	2:33.39	2:26.69
5:19.49	5:41.29	5:27.49	5:52.29	4:51.19	5:05.79	4x100 Med Relay	5:25.59	4:53.19	6:20.39	5:37.19	6:03.39	5:29.19

Girls						13-14 Events	Boys					
SCM		LCM		SCY			SCY		LCM		SCM	
Automatic	Consideration	Automatic	Consideration	Automatic	Consideration		Consideration	Automatic	Consideration	Automatic	Consideration	Automatic
28.69	29.39	29.49	30.29	26.09	26.49	50 Free	24.79	24.09	28.09	27.69	27.29	26.89
1:02.89	1:04.59	1:04.49	1:06.19	56.89	57.99	100 Free	53.69	52.79	1:01.59	1:00.09	59.99	57.69
2:21.29	2:22.89	2:24.49	2:26.09	2:06.49	2:07.99	200 Free	1:58.39	1:56.79	2:17.49	2:13.79	2:14.29	2:10.69
4:58.09	5:15.09	5:04.49	5:21.19	5:40.99	5:51.19	400/500 Free	5:31.29	5:20.59	5:01.29	4:51.39	4:54.89	4:45.39
19:42.19	20:33.99	20:06.19	20:58.59	19:28.79	20:19.59	1500/1650 Fr	19:11.09	18:23.09	19:46.79	18:57.39	19:22.79	18:33.59
34.39	N/A	34.99	N/A	29.59	N/A	50 Back	N/A	26.49	N/A	30.99	N/A	30.29
1:14.49	1:16.59	1:15.69	1:17.89	1:05.59	1:06.89	100 Back	1:02.09	1:00.49	1:11.89	1:09.99	1:10.69	1:08.69
2:41.19	2:45.79	2:43.59	2:48.09	2:22.69	2:27.29	200 Back	2:15.89	2:11.89	2:36.79	2:32.89	2:34.39	2:30.39
37.89	N/A	38.89	N/A	34.49	N/A	50 Breast	N/A	29.99	N/A	34.49	N/A	33.19
1:22.99	1:27.99	1:24.99	1:30.09	1:14.49	1:15.99	100 Breast	1:08.69	1:08.19	1:21.99	1:19.19	1:19.99	1:17.29
3:04.09	3:05.89	3:08.09	3:09.79	2:41.49	2:44.49	200 Breast	2:32.29	2:27.89	2:59.59	2:53.29	2:55.59	2:49.29
30.09	N/A	30.79	N/A	27.99	N/A	50 Fly	N/A	25.09	N/A	28.09	N/A	27.39
1:12.89	1:14.09	1:14.29	1:15.49	1:05.29	1:05.99	100 Fly	1:00.69	58.89	1:09.09	1:06.29	1:07.69	1:04.89
2:44.99	3:09.29	2:47.79	3:11.99	2:26.69	2:39.09	200 Fly	2:23.99	2:14.39	2:56.59	2:33.99	2:53.79	2:31.29
2:37.19	2:41.69	2:40.39	2:44.59	2:22.29	2:24.29	200 IM	2:14.99	2:10.19	2:34.99	2:29.99	2:31.79	2:26.69
5:40.99	5:58.19	5:47.39	6:04.69	5:09.89	5:20.09	400 IM	4:51.69	4:42.29	5:40.99	5:29.09	5:34.59	5:22.89
1:56.99	2:00.39	2:00.99	2:03.79	1:46.69	1:47.79	4x50 Fr Relay	1:42.59	1:41.39	1:59.29	1:55.99	1:54.59	1:51.99
4:16.39	4:27.49	4:24.39	4:35.09	3:58.49	3:59.59	4x100 Fr Relay	3:53.09	3:42.39	4:31.09	4:13.09	4:20.19	4:05.09
2:12.09	2:16.49	2:16.09	2:20.79	1:59.19	2:02.29	4x50 Med Relay	1:53.39	1:52.39	2:12.19	2:11.09	2:08.09	2:06.59
4:56.09	5:01.59	5:04.39	5:11.29	4:20.09	4:30.19	4x100 Med Relay	4:21.09	4:06.69	5:05.09	4:45.89	4:51.49	4:37.89