



**JULY 31 -  
AUGUST 3**

**MEET-  
I-N-F-O-R-M-A-T-I-O-N**



# 2024 ISCA SUMMER ELITE SHOWCASE

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St. Petersburg, FL | July 31st -August 3rd, 2024

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[North Shore Aquatic Complex](#)

901 North Shore Drive NE | St. Petersburg, FL 33701

<b><u>SANCTION:</u></b>	Held under Observation of USA Swimming/Florida Swimming Observation # _____ "In granting this approval it is understood and agreed that USA Swimming/Florida Swimming shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event."
<b><u>CONDITION OF SANCTION:</u></b>	<p>The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Any swimmer entered in the meet, unaccompanied by a USA-S member coach, must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p> <p>Use of audio, visual or cell phone recording devices is permitted only in designated areas. Changing into or out of swimsuits, except in locker rooms, is strictly prohibited. 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 USA-S Vice President of Program Operations. All applicable 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. In applying for this sanction, International Swim Coaches Association and St. Petersburg Aquatics agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Florida Swimming LSC, the State of Florida, and Pinellas County</p>

<b><u>CAMERA ZONE:</u></b>	Per Florida Swimming Rule 223.12, meet management shall designate and inform the public of "Camera Zones" at each swim meet where both still photography of a race or a competitor in a race may be taken. Acceptable "Camera Zones" may include, but are not limited to the side course of a pool, team gathering areas, concession area, and turn-end of competition course when not in use as a "start end." Meet management shall also designate "Non-Camera Zones." Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the race course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, rest rooms, or any other dressing areas.
<b><u>IMAGE AUTHORIZATION:</u></b>	All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA 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.
<b><u>TYPE OF MEET:</u></b>	Long Course Meters, Prelims-Finals on Wednesday, Thursday, Friday, Saturday. A ten Lane course will be used for prelims and finals.  There will be a 25 yard/25 meter pool for constant warm up.
<b><u>LOCATION:</u></b>	<a href="#"><u>North Shore Aquatic Complex</u></a> 901 North Shore Drive NE St. Petersburg, FL 33701 Facility Phone: (727) 893-7727
<b><u>SCHEDULE:</u></b>	<b><i>Preliminaries (Wed, Thurs, Fri, Sat)</i></b> General Warm Up .....6:30-7:20AM Specific Warm Up .....7:20-7:50AM Meet Start ..... 8:00AM  <b><i>Finals – Wed, Thurs, Fri, Sat</i></b> General Warm Up .....3:30-4:20PM Specific Warm Up .....4:20-4:50PM Meet Start ..... 5:00PM
<b><u>POOL &amp; FACILITY SPECS:</u></b>	The North Short Aquatic Complex is host to a certified 50 meter outdoor pool with a maximum of 10 long course racing lanes. Non-turbulent lane lines will be used. Constant warm down lanes are available in the additional outdoor 25 meter pool.
<b><u>TIMING SYSTEM:</u></b>	A Colorado timing system, touch pads, backstroke wedges, and a digital scoreboard will be used as well as manual back up watches.



<b><u>ELIGIBILITY:</u></b>	Must be a 2024 USA Swimming YMCA, AAU, and/or a FINA registered athlete.
<b><u>SEEDING:</u></b>	<p>Please submit entry times according to the time swum – DO NOT SUBMIT CONVERTED TIMES. (Example: If the time was swum in long course meters, submit the long course time.) Non-conforming meter times will be seeded last according to USA Swimming Rules and Regulations 207.12.7B. <b>All meter times, even if they are bonus event times, will be seeded for prelims slowest to fastest within the two age group order.</b> If it is entered in yard time, it will be seeded at the end</p> <p><b><u>PLEASE NOTE THAT THERE ARE NO CHANGES OR TIME UPDATES PERMITTED AFTER THE PSYCH SHEET IS PUBLISHED.</u></b></p> <p>All preliminary events, including relays, will be swum combined slowest to fastest in the 10 &amp; Under, 11 - 12's, and 13 - 14's, with the top 10 of each single age divided out to swim in each night's finals (excluding the 400, 800, 1500 freestyle, and 400 individual mixed medley). Please note the fastest 10 times across the respective 10 &amp; Under; 11-12, and 13- 14 age groups in these events will be swum in finals. (Excluding the 400, 800, 1500 freestyle, and 400 individual medley). Please note the fastest 10 times across the respective 10 &amp; Under, 11-12, and 13- 14 age groups swum in finals. <b>(However, they will still be awarded in single age group divisions.)</b></p> <p><b>There will be no positive check-in. Please submit scratches by 5:00pm the evening before the race.</b></p> <p><b>400 Free &amp; 400 IM:</b> Events <b>15 &amp; 16, 40 &amp; 41, 42 &amp; 43, 76 &amp; 77, 78 &amp; 79</b> will be swum within the format of their respective preliminary sessions. They will be swum slowest to fastest with the fastest ten girls and the fastest ten boys swimming in the evening finals. These will be timed final events, so swimmers will only swim the events once.</p> <p><b>A/B Flight format:</b> Dependent on the number of entries, and at the discretion of the Meet Referee, the 400 IM and 400 free preliminaries may be conducted in an "A/B flight" format.</p> <p><b>800/1000 &amp; 1500/1650 Free:</b> Events <b>1 &amp; 2</b> and <b>47 &amp; 48</b> will be swum at the conclusion of their respective preliminary sessions following a 10 minute break. They will be swum fastest to slowest, alternating girl/boy heats. In their respective evening finals sessions, the fastest ten girls and the fastest ten boys will swim as the first two events in the evening finals. These will be timed final events, so swimmers will only swim the events once. <b>Relays: Top 10 teams will swim at finals. On Saturday, teams may choose AM or PM.</b> All swimmers must be listed on the entry sheet to be eligible to compete on a relay team. <b>TWO RELAYS PER CLUB MAXIMUM.</b></p>

<b><u>RULES:</u></b>	<p><b>Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.</b> (Safety rules as outlined by USA Swimming will be in effect during all warm-up and warm-down time frames and areas.) No parents will be allowed on the pool deck unless they have 2023 USA Swimming Credentials and are assisting with team functions. If any swimmer needs to have coaching assistance, they <b>MUST</b> go directly to the meet Referee to receive a deck pass and/or a coaching assignment.</p> <p>Age as of the first day of the meet (<b>April 2, 2024</b>) will determine the swimmer's age group for competition.</p> <p><b>Qualifying times must have been achieved</b> between <b>January 1, 2021 – July 19, 2024</b></p> <p>The practice of deck changing is prohibited. Swimmers must use the locker rooms to change in and out of their swim suits. Swimmers participating in the practice of deck changing can be subject to removal from further competition.</p>
<b><u>BONUS EVENT INFO:</u></b>	For every swimmer they can have a total of <b>4 BONUS EVENTS</b> the 50's are <b>FREEBIES</b> and for the 400's and above you must have at least a qualifying time in one of the 400 and above events to use another as one of your bonuses.
<b><u>AWARDS</u></b>	<p><b>Individual</b> Custom Medals ..... 1<sup>st</sup> through 10<sup>th</sup></p> <p><b>Relays</b> Custom Medals ..... 1<sup>st</sup> through 3<sup>rd</sup></p>
<b><u>INDIVIDUAL HIGH POINT:</u></b>	<p>Individual High Point Presented to the Top Boy and Top Girl In Each Age Group:</p> <ul style="list-style-type: none"> <li>• 9 &amp; Under</li> <li>• 10</li> <li>• 11</li> <li>• 12</li> <li>• 13</li> <li>• 14</li> </ul>
<b><u>TEAM AWARDS:</u></b>	<ul style="list-style-type: none"> <li>• TOP 3 COMBINED TEAMS</li> <li>• 2nd COMBINED TEAMS</li> <li>• 3rd COMBINED TEAMS</li> </ul>
<b><u>SCORING:</u></b>	<p>Scored to 10 places in each age group.</p> <p>Points 11-9-8-7-6-5-4-3-2-1, with double points for relays.</p>
<b><u>WARM-UP:</u></b>	<p>Enclosed warm-up schedule will be used.</p> <p>Warm-up will be <u>60 minutes guaranteed</u> prior to the start of each session.</p>
<b><u>SCRATCHES:</u></b>	Deck Seeding Events will be <b>ALLOWED</b> as long as a new heat is not added and the swimmers fee is paid with the administrative area. Athletes have to be already entered in the meet to deck enter. Deck seeding events cost <b>\$20.00 per event.</b>

**FINALS:**

Any swimmer who competed in a preliminary heat and qualifies for finals must swim the event during finals unless the swimmer announced his/her intention to scratch from the event within 30 minutes of the announcement of the qualifiers for that event. He/she has until 30 minutes after his or her final prelim of the day to finalize his/her scratch with the clerk of course. **Any swimmer not reporting to a final event in which the results were posted for his/her swim will be barred from their next individual event in the meet, PLUS a \$25.00 fee will be assessed to swimmers not in compliance with the scratch rule UNLESS relieved for good cause by the Meet Referee.**



<b><u>ENTRY LIMIT:</u></b>	Swimmers will be limited to <b>three events per day</b> and a total of <b>10</b> for the entire meet. If a swimmer is over-entered in a session, any events entered over the three event limit will be dropped at the point of over-entry.
<b><u>ISCA COACHES FEE:</u></b>	\$20.00 per coach with up to date certification
<b><u>ENTRY FEES:</u></b>	<p><b><i>REGULAR FEES</i></b></p> <p>Fee per Relay Event .....\$ 20.00</p> <p>Facility Surcharge per swimmer .....\$ 25.00</p> <p>Florida Swimmer Surcharge per swimmer .....\$ 3.00</p> <p>Coaches Deck Pass ..... \$ 25.00</p> <p><b><i>SWIMMER FEES</i></b></p> <p>A. 1 to 9 swimmers from team.....\$155.00 per swimmer</p> <p>B. 10 to 24 swimmers from team.....\$145.00 per swimmer</p> <p>C. 25 to 40 swimmers from team.....\$135.00 per swimmer</p> <p>D. 41 &amp; ABOVE swimmers from team.....\$125.00 per swimmer</p> <p><b><i>LATE ENTRY FEES</i></b></p> <p>Late Fee per Individual Event ..... \$20.00</p> <p>Late Fee per Relay Event ..... \$25.00</p> <p><b><u>ALL ENTRIES ARE DUE BY MIDNIGHT WEDNESDAY JULY 17<sup>TH</sup>, 2024</u></b></p> <p><b>Payments must be made payable to:</b>  <b><u>ISCA</u></b> (International Swim Coaches Association)</p> <p><b><i>** ALL ENTRY CHECKS MUST BE BROUGHT AND TURNED IN AT THE SIGN IN TABLE. PLEASE DO NOT MAIL CHECKS**</i></b></p> <p><b>Please send to Entry Chairman:</b></p> <p>Email to NEW entry box: <a href="mailto:Summer-Elite-Entries@SwimISCA.com">Summer-Elite-Entries@SwimISCA.com</a></p> <p>Or send to 3534 Chessington Drive Land O' Lakes, FL 34638</p>
<b><u>DECK ENTRIES</u></b>	Fees are \$20.00 per individual deck entry; fees must be paid at time of entry. Deck entries will be accepted by the administrative referee or designated representative by 5pm the previous evening in order to be seeded by time. If deadline is missed admin will assigned a lane no later than <b>8:00 AM</b> prior to the start of each session. If there are no open lanes the swimmers is allowed to "standby" for an opening. <b>The entry limit of three (3) individual swimsper day applies.</b>
<b><u>ENTRY DEADLINE:</u></b>	<b>All entries must be received by 12:00 AM (NOON), Wednesday, July 17, 2024.</b> Late entry/deckentry must be submitted by deadline the evening prior to event (s) contested.

**\*\*ENTRY  
PROCEDURE:**

**(PLEASE READ  
CAREFULLY)**

**PAYMENT:** Please plan to submit payment for all meet fees via check on-site at the Meet Registration Table on Monday, August 1st, and Tuesday, August 2nd. Payment **MUST** be collected before an athlete is allowed to swim. Please make checks payable to "ISCA."

*Payment by credit card is NOT available at this time.*

**All Spectator passes must be paid for in Cash or Check Only!!!!**

**\$75 for an all sessions pass (including heat sheets and finals sheets).**

**\$20 daily pass (including heat sheets and final sheets)**



<b><u>FOREIGN ATHLETES</u></b>	Foreign athletes are welcome to attend. All foreign athletes must be a registered member in good standing with FINA or USA Swimming.  Entries for foreign teams can be submitted through a HY-TEK file. To receive the entry file, please send a request to <a href="mailto:info@swimisca.org">info@swimisca.org</a> .																				
<b><u>OFFICIALS:</u></b>	<b>Head Referee</b> <b>Admin Referee/Official</b> <b>Meet Director</b>	Steve Woolfolk ( <a href="mailto:woolfolks@aol.com">woolfolks@aol.com</a> ) Eva Gronke ( <a href="mailto:eva@fastswimresults.com">eva@fastswimresults.com</a> ) Doug Fonder( <a href="mailto:dougfonder@gmail.com">dougfonder@gmail.com</a> )  Calling all of officials sign up at <a href="https://swimisca.org/officials/">https://swimisca.org/officials/</a>																			
<b><u>COACH DECK PASSES:</u></b>	Deck passes registered coaches are \$20 each (and can be purchased at the sign-in table with verified credentials). Please indicate numberof coach passes requested and include with final entry payment. The full number of deck passes allowed for each team in dependent on the number of qualified athletes.	<table><tr><th># of swimmers</th><th># of deck passes</th></tr><tr><td>1-4</td><td>1</td></tr><tr><td>5-9</td><td>2</td></tr><tr><td>10-16</td><td>4</td></tr><tr><td>17-21</td><td>5</td></tr><tr><td>22-30</td><td>6</td></tr><tr><td>31-40</td><td>7</td></tr><tr><td>41-50</td><td>8</td></tr><tr><td>50 +</td><td>10</td></tr></table>	# of swimmers	# of deck passes	1-4	1	5-9	2	10-16	4	17-21	5	22-30	6	31-40	7	41-50	8	50 +	10	
# of swimmers	# of deck passes																				
1-4	1																				
5-9	2																				
10-16	4																				
17-21	5																				
22-30	6																				
31-40	7																				
41-50	8																				
50 +	10																				
<b><u>COACHES / OFFICIALS:</u></b>	Coaches/officials must visibly display a valid USA membership card at all times while on deck or show Deck Pass proof. A 2024 coaching member of USA Swimming must supervise each swimmer participating in a Florida Swimming approved/sanctioned meet during warm-up and competition. An unattached athlete, without a team affiliation and not escorted by a coach member, must check in with the meet referee upon arrival at the meet. Such athletes will be assigned to a substitute coach who will supervise the swimmer (s) during warm-up and competition. <b>There will be a coaches meeting Tuesday, July 3<sup>th</sup>, at 4:00 PM at North Shore Aquatic Complex.</b>																				
<b><u>MEET VOLUNTEERS:</u></b>	As per ISCA policy, all volunteers must present valid photo ID or meet credentials to gain deck access.																				
<b><u>TEAM REPRESENTATIVE:</u></b>	Prior to the start of the meet, the name of one person for each team other than the coach may be given to the meet referee. The meet referee will only recognize the coach and that designated person relative to matters pertaining to the meet.																				
<b><u>INFORMATION:</u></b>	<b>Meet Director</b> Doug Fonder Cell: 540-397-0505 <a href="mailto:dougfonder@gmail.com">dougfonder@gmail.com</a>	<b>Meet Referee</b> Steve Woolfolk Cell: 540-312-1259 <a href="mailto:woolfolks@aol.com">woolfolks@aol.com</a>	<b>Meet Admin Official</b> Eva Gronke 727-644-5925 3534 Chessington Drive Land O Lakes, FL 34638 <a href="mailto:eva@fastswimresults.com">eva@fastswimresults.com</a>  <b>Head Starter</b> _ John Stanley_  <b>REMEMBER ALL ENTRIES GO TO</b> <a href="mailto:Summer-Elite-Entries@SwimISCA.com">Summer-Elite-Entries@SwimISCA.com</a>																		
<b><u>NOTE:</u></b>	<b>**Events/heats may be combined at the discretion of the meet referee. Official start Times may be amended at the discretion of meet referee. **</b>																				



# 2024 ISCA SUMMER ELITE SHOWCASE

**PRESENTED BY KIEFER AQUATICS**

## **WARM-UP SCHEDULE:**

**First 1/2 hour will be warm-up as follows:**

Lane 1 pace 50 & 100 circle swimming  
Lane 2 push off 25s one way only  
Lane 3 swim & pulling, push off  
Lane 4 swim & pulling, push off  
Lane 5 swim & pulling, push off  
Lane 6 swim & pulling, push off  
Lane 7 swim & pulling, push off  
Lane 8 swim & pulling, push off  
Lane 9 push off 25s, one way only  
Lane 10 pace 50 & 100 circle swimming

**Last hour of warm-ups will be as follows:**

Lane 1 pace 50 & 100 circle swimming  
Lane 2 racing starts 25s one length  
Lane 3 swim & pulling, push off  
Lane 4 swim & pulling, push off  
Lane 5 swim & pulling, push off  
Lane 6 swim & pulling, push off  
Lane 7 swim & pulling, push off  
Lane 8 racing starts 25s one length  
Lane 9 racing starts 25s one length  
Lane 10 pace 50 & 100 circle swimming

**NO EQUIPMENT TO BE USED DURING WARM-UP**

**NO RACING STARTS IN WARM-UP OR COOL DOWN LANES DURING MEET**

**Swimmers must enter the water feet first with at least one hand on the pool deck.**

Wednesday July 31st, 2024			
Women	Age	Event	Men
1	11-12	800 Free	2
3	10- UNDER	100 Back	4
5	11-12	200 Breast	6
7	13-14	200 Breast	8
9	10- UNDER	100 Breast	10
11	11-12	50 Back	12
13	13-14	50 Back	14
15	10- UNDER	400 Free	16
17	11-12	50 Free	18
19	13-14	50 Free	20
21	10- UNDER	200 Medley Mixed Relay	21
22	11-12	200 Medley Mixed Relay	22
23	13-14	200 Medley Mixed Relay	23
Thursday August 1st, 2024			
Women	Age	Event	Men
24	11-12	200 IM	25
26	13-14	200 IM	27
28	10-UNDER	50 Fly	29
30	11-12	200 Fly	31
32	13-14	200 Fly	33
34	11-12	50 Breast	35
36	13-14	50 Breast	37
38	10- UNDER	200 Free	39
40	11-12	400 Free	41
42	13-14	400 Free	43
44	10- UNDER	400 Medley Mixed Relay	44
45	11-12	400 Medley Mixed Relay	45
46	13-14	400 Medley Mixed Relay	46

**\*\*ALL MIXED RELAYS ARE TWO BOYS & TWO GIRLS\*\***

ISCA Summer Elite Showcase  
July 31st - August 3rd, 2024 · St. Petersburg, FL



Friday August 2nd, 2024			
Women	Age	Event	Men
47	13-14	1500 Free	48
49	10- UNDER	50 Back	50
51	11-12	100 Breast	52
53	13-14	100 Breast	54
55	10- UNDER	50 Breast	56
57	11-12	200 Back	58
59	13-14	200 Back	60
61	11-12	100 Fly	62
63	13-14	100 Fly	64
65	10- UNDER	100 Free	66
67	11-12	100 Free	68
69	13-14	100 Free	70
71	10- UNDER	200 Free Mixed Relay	71
72	11-12	200 Free Mixed Relay	72
73	13-14	200 Free Mixed Relay	73
Saturday August 3rd, 2024			
Women	Age	Event	Men
74	10-Under	200 IM	75
76	11-12	400 IM	77
78	13-14	400 IM	79
80	10-UNDER	100 Fly	81
82	11-12	50 Fly	83
84	13-14	50 Fly	85
86	11-12	100 Back	87
88	13-14	100 Back	89
90	10- UNDER	50 Free	91
92	11-12	200 Free	93
94	13-14	200 Free	95
96	10- UNDER	400 Free Mixed Relay	96
97	11-12	400 Free Mixed Relay	97
98	13-14	400 Free Mixed Relay	98

**\*\*ALL MIXED RELAYS ARE TWO BOYS & TWO GIRLS\*\***

ISCA Summer Elite Showcase  
July 31st -August 3rd, 2024 · St. Petersburg, FL





# 2024 ELITE SUMMER SHOWCASE

## CLASSIC QUALIFYING TIME



St. Petersburg, Florida  
July 31st - August 3rd



### Special Notes:

- 1) All 50's for 13-year olds and 14-year olds will be allowed to be swum if you are registered in the meet.
- 2) All Entries for all teams including foreign teams must be submitted through HY-TEK MEET MANAGER, COMMLINK (please email [Dougfonder@gmail.com](mailto:Dougfonder@gmail.com) for additional information).
- 3) The 500 Free, 1000 Free and 1650 Free, along with the 400 IM will all be swum as timed final events. The fastest 10 swimmers in combined 11 and 12 or 13 and 14 age group will swim at night, but will be awarded as individual age group. All other events will be prelims and finals.
- 4) Qualifying times are minimum times.
- 5) Entries are limited to 3 individual events per day with a maximum 10 for the entire meet for all age groups.
- 6) Non-conforming meter entry times will be seeded last. All yard times, even for bonus events, will be seeded fastest to slowest with meter times falling at the end.
- 7) Relay only swimmers must be included on the master entry submission.

### 9 YEAR OLD QUALIFYING TIMES

#### Girls

#### Boys

LCM	SCY	Event	LCM	SCY
50.19	43.89	50 Back	51.19	44.29
2:01.79	1:47.99	100 Breast	1:59.99	1:46.69
2:59.29	2:40.19	200 Free	2:55.79	2:34.39
6:02.19	6:32.49	400/ 500 Free	5:49.49	6:25.79
55.99	49.49	50 Breast	55.29	48.29
1:50.99	1:35.69	100 Back	1:47.09	1:36.29
1:34.19	1:22.99	100 Free	1:33.19	1:21.79
49.09	43.79	50 Fly	47.99	42.49
1:56.99	1:44.09	100 Fly	1:54.79	1:41.09
3:21.09	2:56.69	200 IM	3:17.39	2:52.99
41.89	37.19	50 Free	40.49	35.49





### **10 YEAR OLD QUALIFYING TIMES**

#### **Girls**

#### **Boys**

LCM	SCY	Event	LCM	SCY
48.89	41.89	50 Back	49.19	42.29
1:59.79	1:44.99	100 Breast	1:55.99	1:41.69
2:56.29	2:35.39	200 Free	2:50.79	2:29.39
5:50.19	6:27.49	400/ 500 Free	5:44.49	6:20.79
53.99	47.49	50 Breast	53.29	46.59
1:45.99	1:30.69	100 Back	1:43.09	1:29.29
1:31.19	1:19.99	100 Free	1:30.19	1:18.79
47.09	41.79	50 Fly	45.99	40.49
1:52.99	1:39.09	100 Fly	1:50.79	1:37.09
3:17.09	2:52.69	200 IM	3:15.39	2:50.99
39.89	35.19	50 Free	39.49	34.49

### **11 YEAR OLD QUALIFYING TIMES**

#### **Girls**

#### **Boys**

LCM	SCY	Event	LCM	SCY
36.89	32.49	50 Free	37.09	32.29
1:20.89	1:10.89	100 Free	1:20.79	1:10.59
2:43.09	2:22.09	200 Free	2:41.79	2:21.39
5:28.79	6:08.09	400/ 500 Free	5:26.19	5:59.09
11:36.19	12:44.39	800/ 1000 Free	11:27.79	12:38.69
42.69	36.89	50 Back	43.59	37.79
1:35.29	1:20.99	100 Back	1:34.99	1:21.19
3:04.39	2:38.39	200 Back	3:03.39	2:38.69
47.69	41.69	50 Breast	48.89	42.59
1:45.99	1:31.19	100 Breast	1:46.49	1:31.09
3:29.79	3:01.39	200 Breast	3:28.19	2:59.39
39.99	35.39	50 Fly	41.19	36.59
1:32.99	1:21.69	100 Fly	1:33.49	1:21.89
3:06.59	2:42.39	200 Fly	3:03.69	2:39.29
3:04.39	2:39.99	200 IM	3:05.49	2:40.89
6:17.69	5:27.59	400 IM	6:16.99	5:27.89



### **12 YEAR OLD QUALIFYING TIMES**

#### **Girls**

#### **Boys**

LCM	SCY	Event	LCM	SCY
35.69	31.29	50 Free	34.69	30.29
1:18.04	1:08.29	100 Free	1:15.49	1:05.89
2:36.19	2:17.49	200 Free	2:32.19	2:12.49
5:15.39	5:52.19	400/ 500 Free	5:21.89	5:27.89
11:00.59	12:09.49	800/ 1000 Free	10:50.39	11:25.59
40.79	35.39	50 Back	40.39	34.99
1:30.99	1:18.09	100 Back	1:27.99	1:15.69
2:55.29	2:31.39	200 Back	2:50.99	2:27.39
45.49	39.99	50 Breast	45.19	39.49
1:40.89	1:27.19	100 Breast	1:38.39	1:24.49
3:19.39	2:52.19	200 Breast	3:12.59	2:46.39
38.29	33.89	50 Fly	38.59	34.19
1:20.79	1:17.59	100 Fly	1:18.59	1:16.09
2:55.59	2:34.39	200 Fly	2:51.89	2:28.39
2:56.59	2:34.49	200 IM	2:53.19	2:30.69
6:01.19	5:01.89	400 IM	5:53.09	5:06.49

### **13 YEAR OLD QUALIFYING TIMES**

#### **Girls**

#### **Boys**

LCM	SCY	Event	LCM	SCY
35.19	30.89	50 Free	33.29	28.99
1:16.29	1:06.99	100 Free	1:12.39	1:03.19
2:32.49	2:13.89	200 Free	2:26.09	2:06.89
5:07.39	5:41.49	500/400 Free	4:56.39	5:27.39
20:20.49	19:45.39	1650/1500 Free	19:32.39	18:57.49
37.99	32.99	50 Back	35.99	27.89
1:26.09	1:13.49	100 Back	1:21.29	1:09.59
2:50.69	2:27.39	200 Back	2:42.69	2:19.89
43.08	37.01	50 Breast	39.99	34.09
1:36.89	1:23.59	100 Breast	1:30.99	1:18.39
3:12.99	2:47.09	200 Breast	3:00.79	2:36.69
36.99	32.99	50 Fly	34.19	27.99
1:22.79	1:12.89	100 Fly	1:18.19	1:08.69
2:49.59	2:28.89	200 Fly	2:42.59	2:21.29
2:52.19	2:30.09	200 IM	2:43.19	2:22.49
5:50.79	5:05.69	400 IM	5:35.59	4:50.59



### 14 YEAR OLD QUALIFYING TIMES

#### Girls

#### Boys

LCM	SCY	Event	LCM	SCY
34.49	30.19	50 Free	31.99	27.79
1:08.99	1:05.49	100 Free	1:04.49	1:00.89
2:29.39	2:10.39	200 Free	2:20.59	2:02.59
5:01.29	5:34.99	400/ 500 Free	4:46.69	5:17.59
19:48.09	19:12.89	1500/ 1650 Free	18:58.89	18:19.79
37.59	32.59	50 Back	35.59	27.09
1:17.09	1:11.19	100 Back	1:11.89	1:06.39
2:44.89	2:22.99	200 Back	2:36.09	2:13.99
42.59	36.59	50 Breast	39.59	33.09
1:27.49	1:21.69	100 Breast	1:21.29	1:15.49
3:08.29	2:43.69	200 Breast	2:56.09	2:31.39
36.59	32.59	50 Fly	33.59	27.09
1:14.29	1:10.89	100 Fly	1:09.69	1:06.09
2:45.49	2:24.49	200 Fly	2:35.09	2:15.59
2:47.79	2:25.49	200 IM	2:38.29	2:17.09
5:41.29	4:58.69	400 IM	5:22.59	4:40.49

\*For the 50s in 13/14 Age Group, please enter your 100 time for seeding.

