

	The 2025 YYN Presidential Invitational Meet February 16, 2025 Held under the sanction of USA Swimming Sanction/Approved #LE 25037 SA	Hosted by Youngstown YMCA Neptunes
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Location:	Beeghly Center Natatorium Youngstown State University 224 West Spring Street, Youngstown, OH 44502
Facility:	50 meter x 25 yard pool, 8 lane short-course competition area with continuous warm-up/warm-down area in non-competitive end of the pool. Colorado timing system and 8 lane digital readout score board with ample locker room space. The depth of the competition pool is 16 feet. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.
Meet Director:	Michael Bleggi ymcaneptunes@gmail.com 330-509-3107
Meet Referee:	TBD
Meet Admin:	TBD
Entry Chair:	Michael Bleggi ymcaneptunes@gmail.com 330-509-3107
Disclaimer:	In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
Meet Type:	Approved Closed YMCA Invitational Timed Finals
Entry Deadline	Entries, electronic or otherwise, must be received by Saturday, February 8th, 2025 Only Hy-Tek electronic entries will be accepted. TM entry file can be downloaded at www.neoswim.org
# and Description of Session:	Session 1 – 2/16/25 – 10 & Under Swimmers – Timed Finals – Warmups begin at 8:00am until 8:50am. Meet will begin at 9:00am Session 2 - 2/16/25 – 11 & Over Swimmers – Timed Finals - Afternoon session warm-ups will be 50 minutes beginning at 12:10 pm. Warm-ups may commence while the morning session is in progress in the warm-up/warm-down pool area. Afternoon session will start no earlier than 1 pm. The finalized warm up plan may be found at Yneptune.com by Friday, February 14th.
Medical Supervision available to athletes	Life guards will be available for medical supervision. AED devices are available for use by trained life guards.

Organization Regulations/Waivers	
USA Swimming Rules	☐ At a sanctioned competitive event, all USA Swimming athletes must be under the supervision of a USA Swimming member coach. Arrangements for coach supervision must be made in advance of the meet. ☐ Any swimmer entered in the meet <u>must</u> 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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. ☐ The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. ☐ Use of cameras, cell phones or any other recording device is not permitted immediately behind the starting blocks at either end of the racing course(s) during race starts, competition and warm-ups. Please refer to the Safe Sport section of the Ohio Swimming, Inc. policies and procedures for further information regarding the use of visual recording devices. ☐ Deck changes are 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. ☐ Flash photography is not permitted at the start of any race. ☐ 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.
Technical Suit Ban	Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet. A Technical Suit is one that has the following components: ☐ Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or ☐ Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.
Racing Starts	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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
Ohio State Laws that are applicable to Lake Erie Swimming sanctioned events	☐ Ohio's Return to Play Law (ORC 3313.539 and ORC 3314.03) requires that coaches and referees either (1) complete a free online training once every three (3) years in recognizing the symptoms of concussion or (2) hold a pupil-activity program permit from the Ohio State Board of Education. Free online concussion training is offered through the National Federation of State High School Association and Centers of Disease Control. Training links can be found at _. ☐ There will be the required number of certified lifeguard(s) on duty at all times at this meet per Ohio Administrative Code 3701-31-04-E-4.

Organization Regulations/Waivers

Safe Sport 360

- ☐ The U.S. Center for Safe Sport program is a 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 (MAAPP) prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Applicable Adults 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.
- ☐ All athletes aged 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after the first day of the start of competition, who has not completed Athlete Protection Training 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 after the first day of competition, 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.
- ☐ 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.
- ☐ 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
- ☐ 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

Waiver/Release

- ☐ In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- ☐ By entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.
- ☐ All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or OSI website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.
- ☐ RISK OF EXPOSURE TO COVID 19: An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc. cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or yourself to and/or increasing your risk of contracting or spreading COVID-19.

Organization Regulations/Waivers	
Code of Conduct	☐ Any individual who exhibits a behavior of a threatening, abusive, or derogatory manner toward an official or member of the meet staff is subject to immediate removal and further expulsion from the meet. Coaches will be notified of the actions of their respective teams. ☐ Good sportsmanship is expected at all times. Bullying or taunting, foul language or derogatory behavior will not be tolerated and will be subject to immediate removal. All volunteers, spectators, coaches, officials and meet staff are expected to be respectful of others. ☐ The LESI Swimming Code of Conduct governs this meet. The purpose of the Zero-Tolerance Code of Conduct Policy is to establish consistent expectations across the LSC in the best interest of our Athletes and Sport. LESI Swimming is committed to creating a safe and fair environment for all of its athlete members. This policy is to be used as a guide to promote a positive environment and good sportsmanship at meets and events conducted in the geographical boundary of LESI Swimming. The complete LESI Swimming Code of Conduct can be reviewed on the LESI Swimming website under Governance> LESI Policy & Procedures Manual.

Entering the Meet and Competition Information	
Eligibility:	☐ All swimmers must be current athlete members of a YMCA swim team. This meet meets the requirements of a closed YMCA meet. All coaches must display the deck pass (wristband) issued by the meet host. Only coaches, swimmers, and meet personnel will be permitted on deck. ☐ Age is determined as of December 1, 2024. ☐ Swimmers who are also USA Swimming members must have their USA-S membership ID submitted with their entry if they want their times uploaded to SWIMS.
Swimmers with a Disability:	☐ Entry Procedures: 1. Enter the USA-S swimmers with a disability electronically with your team entries. 2. Email the Meet Accommodation / Modification Form included in this meet information to the entry chair. ☐ Preferred seeding is in the swimmer's age group entered event at the same distance with their equivalent non-conforming time to ensure seeding in the initial heats.
Entry Limits Entry Fees:	☐ Swimmers may swim a maximum of 5 individual events per day. ☐ \$6 per individual event. ☐ \$16 per relay event. ☐ \$3.00 per swimmer surcharge. ☐ There is a \$2.00/swimmer handling fee for entries not furnished in an electronic file.
Entry Procedures:	☐ Deadline for receipt of entries is Saturday, February 8th, 2025 ☐ Entries must be submitted in SCY using an electronic meet entry software (Hy-Tek/Team Unify). ☐ Send entries to Michael Bleggi, ymcaneptunes@gmail.com. ☐ Bring check to the meet. Make payable to Y Neptunes ☐ The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors and spectators at each session.
Entry Eligibility	☐ Swimmers must be current athlete members of a YMCA swim team. Coaches must be current coach members of YMCA Swimming and must check in on each day of the meet. All coaches must display the deck pass (wristband) issued by the meet host.

Entering the Meet and Competition Information	
Qualifying Times	☐ There are no qualifying times for this meet. Coaches are encouraged to estimate entry times rather than sending No Times (NT)
Proof of Time	<i>No qualifying times listed for this meet</i>
Warm-up and Safety Guidelines:	☐ Lake Erie Swimming safety guidelines and warm-up procedures will be in effect at all times. ☐ Coaches must maintain contact with their swimmers during warm-up and throughout the meet. Warm ups shall be 30 (40) minutes each session and may be split if the average number of swimmers per lane is scheduled to exceed USA Swimming's recommended number of athletes per lane. There should be only two swimmers behind the blocks during starts. ☐ There is no diving during warm-up, except in designated sprint lanes. The final 15 minutes of a 30 minute warm-up shall be conducted as follows: <i>(use the appropriate wording for your venue; adjust if your pool has odd number of lanes)</i> <i>For a 10 lane pool:</i> (a) Lanes 1 & 10 push/pace from the start end of the pool (or general warm-up at the discretion of Meet Referee or his/her designee). (b) Lanes 2 & 9 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool (c) Lanes 3-8 general warm-up, no diving or racing starts. Any or all of these lanes may be converted to sprint lanes at the discretion of the Meet Referee or his/her designee. <i>For an 8 lane pool:</i> (a) Lanes 1 & 8 push/pace from the start end of the pool (or general warm-up at the discretion of the Meet Referee or his/her designee). (b) Lanes 2 & 7 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool (c) Lanes 3-6 general warm-up, no diving or racing starts. Any or all of these lanes may be converted to sprint lanes at the discretion of the Meet Referee or his/her designee. <i>For a 6 lane pool:</i> (a) Lane 1 push/pace from the start end of the pool (or general warm-up at the discretion of Meet Referee or his/her designee). (b) Lanes 2 & 5 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool. (c) Lanes 3, 4, and 6 general warm-up, no diving or racing starts. Any or all of these lanes may be converted to sprint lanes at the discretion of the Meet Referee or his/her designee. Swimmers are to sprint one way and climb out at the far end of the pool. Feet first entry only into the continuous warm-up lanes.

Entering the Meet and Competition Information	
Swimmers with a Disability	Qualifying times for 50-yard/meter events will be waived for swimmers with a disability. Swimmers with a disability may enter an event (such as the 100 free) and swim it with a longer yardage event (such as the 200 free) provided his/her time for the lesser yardage event (100 free) is equal to or faster than the listed qualifying time for the longer yardage event (200 free). Entries for swimmers with a disability should be handled in the following manner: (1) enter the swimmer in the Hy-Tek database (or on the regular entry form); (2) list in the email accompanying the Hy-Tek entry file (or on a separate sheet of paper) the name of the swimmer, the stroke(s)/distance(s) s/he wishes to swim, the entry times, the day/session s/he wishes to swim the event(s), and the manner in which s/he prefers to be seeded (with a longer distance or with a different age group); and (3) provide any information about special accommodations needed by the swimmer. The final determination of seeding will be made by the Meet Referee after consultation with the swimmer and his/her coach.
Team Supervision	Teams who are entering swimmers but will not have a coach at the meet should arrange ahead of time for another coach to supervise their athletes. Swimmers without coach supervision must contact the Meet Director or Meet Referee to be assigned to a coach on deck.
Competition Guidelines:	☐ The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations, the Lake Erie Swimming Policy & Procedures, and the NEO/YMCA Swim League ☐ This meet will be pre-seeded. There is no check-in for this meet, and there is no penalty for failure to compete. ☐ Heats will be seeded based on times and run slowest to fastest.
Deck Entries	Deck entries will be accepted on a space available basis only and will be seeded at no time (NT) . Deck entries will be closed 30 minutes before the start of each session. The deck entry table will be located on the pool deck at the scorers table. The cost of deck entries is \$8.00 per individual event and \$20.00 per relay. Switching events constitutes a deck entry. Deck entry swimmers will be permitted to score. Deck entry swimmers new to the meet must pay the \$3.00 surcharge.
Awards:	Individual events: medals 1 st -3 rd place and ribbons 4 th -8 th place. Relays Events: medals 1 st ribbons 2 nd -6 th place. Heat winner awards will be given at the conclusion of each heat. Coaches should pick up all other awards at the conclusion of the meet.
General:	☐ CLERK OF COURSE: A Clerk of Course will be provided for the morning session only. All other athletes should report behind the blocks ☐ SCORING: INDIVIDUAL...20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 RELAYS...40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 ☐ ADMISSION: \$6.00 per session (Children under the age of 6 are free) ☐ CONCESSIONS: A full concession area will be offered in the front lobby. ☐ RESULTS: Will be posted on the NEO YMCA League website. Teams may request a backup at the conclusion of the meet. Results will also be submitted to the USA Swimming SWIMS database if the swimmer is a USA Swimming member and his/her USA Registration ID is included on the entry. ☐ PARKING: YSU charges for event parking (est. \$5 per day). Parking will be available in the M24 Lot located on the West side of 5th Ave. 333 Grant St. Youngstown, OH 44502.

YYN PRESIDENTIAL INVITATIONAL

SCHEDULE OF EVENTS

SUNDAY, FEBRUARY 16, 2025

AM SESSION

8:00 warm-up, 9:00am Meet Start (Timed Finals)

Girls #	Age Group/Stroke	Boys #
	8 & Under	
3	100 Medley Relay	4
37	100 Free Relay	38
	9-10	
1	200 Medley Relay	2
35	200 Free Relay	36
	10 & Under	
5	200 Free	6
7	100 IM	8
9	50 Free	10
11	25 Free	12
13	100 Breast	14
15	50 Fly	16
17	25 Fly	18
19	100 Free	20
21	100 Back	22
23	200 IM	24
25	50 Back	26
27	25 Back	28
29	100 Fly	30
31	50 Breast	32
33	25 Breast	34
39	500 Free	40

SCHEDULE OF EVENTS

SUNDAY, FEBRUARY 16, 2025

PM SESSION

*Afternoon session will start no earlier than 1:00pm. (Timed Finals)

12:10pm warm-up. Warm-ups may commence while the morning session is in progress.

Girls #	Age Group/Stroke	Boys #
	11 – 12	
43	200 Medley Relay	44
79	200 Free Relay	80
	11 & Over	
45	200 Free	46
47	400 IM	48
49	200 IM	50
51	100 IM	52
53	50 Free	54
55	100 Fly	56
57	200 Breast	58
59	50 Fly	60
61	100 Free	62
63	100 Breast	64
67	200 Fly	68
69	50 Breast	70
71	100 Back	72
73	200 Back	74
75	50 Back	76
	13 & Over	
41	200 Medley Relay	42
77	200 Free Relay	78
	Open Mixed	
65	500 Free	66
81	1650 Free	81

***500 Free will be limited to 3 heats and 1650 will be limited to 2 heats**

Short Course Meters

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min		AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
10 & under Girls							10 & under Boys					
42.99	38.89	34.69	33.29	31.89	30.59	50 M Free	30.29	31.59	32.89	34.19	38.09	41.99
1:38.99	1:28.39	1:17.89	1:14.39	1:10.89	1:07.39	100 M Free	1:06.99	1:10.29	1:13.69	1:16.99	1:26.99	1:36.99
3:40.09	3:15.99	2:51.89	2:43.89	2:35.79	2:27.79	200 M Free	2:24.39	2:31.29	2:38.19	2:44.99	3:05.69	3:26.29
7:22.89	6:38.59	5:54.29	5:39.59	5:24.79	5:10.09	400 M Free	5:04.29	5:18.79	5:33.29	5:47.79	6:31.19	7:14.69
51.99	46.29	40.59	38.69	36.79	34.89	50 M Back	35.09	37.09	38.99	40.99	46.79	52.69
1:52.69	1:40.19	1:27.69	1:23.49	1:19.29	1:15.19	100 M Back	1:15.89	1:19.79	1:23.59	1:27.49	1:39.09	1:50.69
58.89	52.49	46.19	44.09	41.89	39.79	50 M Breast	39.19	41.19	43.29	45.29	51.39	57.59
2:10.49	1:55.99	1:41.49	1:36.69	1:31.89	1:26.99	100 M Breast	1:26.69	1:30.99	1:35.29	1:39.59	1:52.59	2:05.59
52.39	46.19	39.99	37.99	35.89	33.79	50 M Fly	33.49	35.29	37.19	39.09	44.79	50.49
2:05.99	1:49.49	1:32.99	1:27.49	1:21.99	1:16.49	100 M Fly	1:16.29	1:21.69	1:26.99	1:32.29	1:48.29	2:04.19
1:53.39	1:41.29	1:29.19	1:25.19	1:21.19	1:17.19	100 M IM	1:16.89	1:20.49	1:24.19	1:27.89	1:38.79	1:49.79
4:01.49	3:36.19	3:10.79	3:02.39	2:53.99	2:45.49	200 M IM	2:44.29	2:52.49	3:00.69	3:08.89	3:33.49	3:58.09
11-12 Girls							11-12 Boys					
37.29	34.69	32.19	30.89	29.59	28.29	50 M Free	26.99	28.29	29.59	30.89	33.39	35.99
1:21.29	1:15.49	1:09.69	1:06.79	1:03.89	1:00.99	100 M Free	58.89	1:01.69	1:04.49	1:07.29	1:12.89	1:18.49
2:58.09	2:45.39	2:32.69	2:26.29	2:19.99	2:13.59	200 M Free	2:09.09	2:15.19	2:21.29	2:27.49	2:39.79	2:52.09
6:15.49	5:48.69	5:21.89	5:08.49	4:55.09	4:41.69	400 M Free	4:33.89	4:46.89	4:59.99	5:12.99	5:39.09	6:05.19
12:57.19	12:01.69	11:06.19	10:38.49	10:10.69	9:42.89	800 M Free	9:32.69	9:59.99	10:27.29	10:54.59	11:49.09	12:43.59
24:45.29	22:59.19	21:13.09	20:20.09	19:26.99	18:33.99	1500 M Free	18:09.99	19:01.89	19:53.79	20:45.69	22:29.59	24:13.39
42.39	39.29	36.29	34.79	33.29	31.79	50 M Back	30.89	32.49	34.09	35.69	38.99	42.19
1:34.19	1:26.69	1:19.29	1:15.59	1:11.89	1:08.19	100 M Back	1:05.79	1:09.39	1:12.99	1:16.59	1:23.69	1:30.89
3:15.19	3:01.29	2:47.29	2:40.29	2:33.39	2:26.39	200 M Back	2:23.09	2:29.89	2:36.69	2:43.49	2:57.19	3:10.79
47.59	44.19	40.79	39.09	37.39	35.69	50 M Breast	34.39	36.19	38.09	39.99	43.69	47.39
1:44.29	1:36.59	1:28.89	1:24.99	1:21.19	1:17.29	100 M Breast	1:14.89	1:18.79	1:22.69	1:26.59	1:34.39	1:42.29
3:44.49	3:28.39	3:12.39	3:04.39	2:56.39	2:48.39	200 M Breast	2:41.59	2:49.29	2:56.99	3:04.59	3:19.99	3:35.39
40.59	37.69	34.79	33.39	31.89	30.49	50 M Fly	29.59	31.19	32.79	34.49	37.79	40.99
1:33.99	1:26.49	1:18.99	1:15.19	1:11.49	1:07.69	100 M Fly	1:05.59	1:09.39	1:13.19	1:16.89	1:24.49	1:32.09
3:19.79	3:05.59	2:51.29	2:44.19	2:36.99	2:29.89	200 M Fly	2:26.39	2:33.29	2:40.29	2:47.29	3:01.19	3:15.19
1:33.19	1:26.59	1:19.89	1:16.59	1:13.29	1:09.89	100 M IM	1:06.69	1:09.89	1:13.19	1:16.39	1:22.89	1:29.39
3:19.69	3:05.39	2:51.19	2:43.99	2:36.89	2:29.79	200 M IM	2:24.59	2:31.99	2:39.39	2:46.69	3:01.49	3:16.19
7:04.49	6:34.19	6:03.89	5:48.69	5:33.59	5:18.39	400 M IM	5:09.19	5:23.89	5:38.69	5:53.39	6:22.79	6:52.29
13-14 Girls							13-14 Boys					
36.09	33.49	30.89	29.59	28.39	27.09	50 M Free	24.89	26.09	27.29	28.39	30.79	33.19
1:18.29	1:12.69	1:07.09	1:04.29	1:01.49	58.69	100 M Free	54.39	56.99	59.59	1:02.19	1:07.29	1:12.49
2:49.29	2:37.19	2:25.09	2:18.99	2:12.99	2:06.99	200 M Free	1:58.49	2:04.19	2:09.79	2:15.39	2:26.69	2:37.99
5:58.29	5:32.69	5:07.09	4:54.29	4:41.49	4:28.69	400 M Free	4:13.79	4:25.89	4:37.89	4:49.99	5:14.19	5:38.29
12:16.89	11:24.19	10:31.59	10:05.29	9:38.99	9:12.69	800 M Free	8:45.89	9:10.89	9:35.99	10:00.99	10:51.09	11:41.09
23:15.29	21:35.69	19:55.99	19:06.19	18:16.29	17:26.49	1500 M Free	16:38.29	17:25.89	18:13.39	19:00.89	20:35.99	22:11.09
1:25.29	1:19.19	1:13.09	1:10.09	1:06.99	1:03.99	100 M Back	59.69	1:02.59	1:05.39	1:08.19	1:13.89	1:19.59
3:04.89	2:51.69	2:38.49	2:31.89	2:25.29	2:18.69	200 M Back	2:10.19	2:16.39	2:22.59	2:28.79	2:41.19	2:53.59
1:37.99	1:30.99	1:23.99	1:20.49	1:16.99	1:13.49	100 M Breast	1:07.49	1:10.69	1:13.89	1:17.09	1:23.49	1:29.89
3:32.19	3:16.99	3:01.89	2:54.29	2:46.69	2:39.09	200 M Breast	2:27.79	2:34.89	2:41.89	2:48.89	3:02.99	3:17.09
1:24.99	1:18.89	1:12.89	1:09.79	1:06.79	1:03.79	100 M Fly	59.19	1:01.99	1:04.89	1:07.69	1:13.29	1:18.89
3:07.89	2:54.49	2:41.09	2:34.39	2:27.69	2:20.99	200 M Fly	2:11.19	2:17.49	2:23.69	2:29.99	2:42.49	2:54.99
3:09.49	2:55.89	2:42.39	2:35.59	2:28.89	2:22.09	200 M IM	2:12.59	2:18.89	2:25.19	2:31.59	2:44.19	2:56.79
6:44.19	6:15.39	5:46.49	5:31.99	5:17.59	5:03.19	400 M IM	4:43.29	4:56.79	5:10.29	5:23.79	5:50.69	6:17.69

15-16 Girls						15-16 Boys						
35.39	32.89	30.39	29.09	27.89	26.59	50 M Free	23.89	25.09	26.19	27.39	29.59	31.89
1:16.89	1:11.39	1:05.89	1:03.19	1:00.39	57.69	100 M Free	52.09	54.59	57.09	59.59	1:04.49	1:09.49
2:45.59	2:33.79	2:21.99	2:16.09	2:10.09	2:04.19	200 M Free	1:53.79	1:59.29	2:04.69	2:10.09	2:20.89	2:31.79
5:50.69	5:25.59	5:00.59	4:48.09	4:35.49	4:22.99	400 M Free	4:04.59	4:16.19	4:27.89	4:39.49	5:02.79	5:26.09
12:05.69	11:13.89	10:22.09	9:56.09	9:30.19	9:04.29	800 M Free	8:27.39	8:51.59	9:15.69	9:39.89	10:28.19	11:16.49
22:57.09	21:18.69	19:40.39	18:51.19	18:01.99	17:12.79	1500 M Free	16:05.89	16:51.89	17:37.89	18:23.89	19:55.89	21:27.89
1:23.39	1:17.39	1:11.49	1:08.49	1:05.49	1:02.49	100 M Back	56.69	59.39	1:02.09	1:04.79	1:10.19	1:15.59
3:01.39	2:48.39	2:35.49	2:28.99	2:22.49	2:15.99	200 M Back	2:04.19	2:10.09	2:15.99	2:21.99	2:33.79	2:45.59
1:36.09	1:29.19	1:22.39	1:18.89	1:15.49	1:12.09	100 M Breast	1:04.29	1:07.39	1:10.49	1:13.49	1:19.59	1:25.79
3:27.89	3:13.09	2:58.19	2:50.79	2:43.39	2:35.99	200 M Breast	2:19.79	2:26.49	2:33.09	2:39.79	2:53.09	3:06.39
1:23.29	1:17.29	1:11.39	1:08.39	1:05.39	1:02.49	100 M Fly	56.59	59.29	1:01.99	1:04.69	1:10.09	1:15.49
3:04.29	2:51.09	2:37.99	2:31.39	2:24.79	2:18.19	200 M Fly	2:05.49	2:11.49	2:17.49	2:23.39	2:35.39	2:47.29
3:05.79	2:52.59	2:39.29	2:32.69	2:25.99	2:19.39	200 M IM	2:06.59	2:12.59	2:18.69	2:24.69	2:36.69	2:48.79
6:35.09	6:06.89	5:38.69	5:24.59	5:10.49	4:56.39	400 M IM	4:32.69	4:45.69	4:58.69	5:11.69	5:37.69	6:03.59
17-18 Girls						17-18 Boys						
34.79	32.29	29.79	28.59	27.29	26.09	50 M Free	23.19	24.29	25.39	26.49	28.69	30.89
1:15.29	1:09.99	1:04.59	1:01.89	59.19	56.49	100 M Free	50.89	53.29	55.69	58.19	1:02.99	1:07.79
2:44.19	2:32.49	2:20.79	2:14.89	2:08.99	2:03.19	200 M Free	1:51.59	1:56.89	2:02.19	2:07.59	2:18.19	2:28.79
5:49.29	5:24.39	4:59.39	4:46.89	4:34.49	4:21.99	400 M Free	4:00.09	4:11.49	4:22.89	4:34.29	4:57.19	5:20.09
12:03.09	11:11.39	10:19.79	9:53.89	9:28.09	9:02.29	800 M Free	8:23.79	8:47.79	9:11.69	9:35.69	10:23.69	11:11.69
22:50.29	21:12.39	19:34.59	18:45.59	17:56.69	17:07.69	1500 M Free	15:49.39	16:34.59	17:19.79	18:04.99	19:35.39	21:05.79
1:22.29	1:16.39	1:10.49	1:07.59	1:04.69	1:01.69	100 M Back	54.89	57.49	1:00.09	1:02.79	1:07.99	1:13.19
2:58.19	2:45.39	2:32.69	2:26.39	2:19.99	2:13.59	200 M Back	2:01.19	2:06.89	2:12.69	2:18.49	2:29.99	2:41.49
1:34.89	1:28.09	1:21.29	1:17.99	1:14.59	1:11.19	100 M Breast	1:02.89	1:05.89	1:08.89	1:11.89	1:17.89	1:23.89
3:24.39	3:09.79	2:55.19	2:47.89	2:40.59	2:33.29	200 M Breast	2:17.19	2:23.79	2:30.29	2:36.79	2:49.89	3:02.99
1:21.99	1:16.09	1:10.29	1:07.29	1:04.39	1:01.49	100 M Fly	54.59	57.19	59.79	1:02.39	1:07.59	1:12.79
3:01.59	2:48.69	2:35.69	2:29.19	2:22.69	2:16.19	200 M Fly	2:03.09	2:08.99	2:14.89	2:20.69	2:32.39	2:44.19
3:02.99	2:49.99	2:36.89	2:30.39	2:23.79	2:17.29	200 M IM	2:04.39	2:10.39	2:16.29	2:22.19	2:33.99	2:45.89
6:29.99	6:02.09	5:34.29	5:20.29	5:06.39	4:52.49	400 M IM	4:25.99	4:38.69	4:51.29	5:03.99	5:29.29	5:54.69

Short Course Yards

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min		AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
10 & under Girls							10 & under Boys					
38.89	35.19	31.39	30.19	28.89	27.69	50 Y Free	27.39	28.59	29.79	30.99	34.49	38.09
1:29.59	1:19.99	1:10.49	1:07.29	1:04.19	1:00.99	100 Y Free	1:00.59	1:03.69	1:06.69	1:09.69	1:18.79	1:27.79
3:18.99 *	2:57.19 *	2:35.39 *	2:28.19 *	2:20.89 *	2:13.59 *	200 Y Free	2:10.69	2:16.89	2:23.09	2:29.39	2:47.99	3:06.69
8:25.39 *	7:34.89 *	6:44.29 *	6:27.49 *	6:10.59 *	5:53.79 *	500 Y Free	5:47.69	6:04.19	6:20.79	6:37.39	7:26.99	8:16.69
46.99	41.89	36.69	34.99	33.29	31.59	50 Y Back	31.69 *	33.49 *	35.19 *	36.99 *	42.29 *	47.49 *
1:41.99	1:30.69	1:19.29	1:15.59	1:11.79	1:07.99	100 Y Back	1:08.39 *	1:11.89 *	1:15.39 *	1:18.79 *	1:29.29 *	1:39.79 *
53.19 *	47.49	41.69 *	39.79 *	37.89 *	35.99	50 Y Breast	35.49	37.29	39.19	40.99	46.59	52.09
1:58.09	1:44.99	1:31.89	1:27.49	1:23.09	1:18.79	100 Y Breast	1:18.29 *	1:22.19 *	1:26.09 *	1:29.99 *	1:41.69 *	1:53.39 *
47.39	41.79	36.19	34.39	32.49	30.59	50 Y Fly	30.29	31.99	33.69	35.39	40.49	45.69
1:53.99	1:39.09	1:24.09	1:19.19	1:14.19	1:09.19	100 Y Fly	1:08.49 *	1:13.19 *	1:17.99 *	1:22.79 *	1:37.09 *	1:51.39 *
1:42.59	1:31.69	1:20.79	1:17.09	1:13.49	1:09.79	100 Y IM	1:09.09 *	1:12.39 *	1:15.69 *	1:18.99 *	1:28.89 *	1:38.79 *
3:38.49	3:15.59	2:52.69	2:45.09	2:37.39	2:29.79	200 Y IM	2:28.69	2:36.19	2:43.59	2:50.99	3:13.19	3:35.49
11-12 Girls							11-12 Boys					
33.59 *	31.29 *	28.99 *	27.79 *	26.59 *	25.49 *	50 Y Free	24.49	25.59	26.79	27.89	30.29	32.59
1:13.59	1:08.29	1:03.09	1:00.49	57.79	55.19	100 Y Free	53.29	55.79	58.29	1:00.89	1:05.89	1:10.99
2:40.39 *	2:28.99 *	2:17.49 *	2:11.79 *	2:05.99 *	2:00.29 *	200 Y Free	1:55.89 *	2:01.39 *	2:06.99 *	2:12.49 *	2:23.49 *	2:34.59 *
7:08.79 *	6:38.19 *	6:07.59 *	5:52.19 *	5:36.89 *	5:21.59 *	500 Y Free	5:12.99	5:27.89	5:42.79	5:57.69	6:27.49	6:57.29
14:48.09	13:44.69	12:41.19	12:09.49	11:37.79	11:06.09	1000 Y Free	10:54.39	11:25.59	11:56.79	12:27.89	13:30.19	14:32.59
24:53.99	23:07.29	21:20.59	20:27.19	19:33.89	18:40.49	1650 Y Free	18:16.39	19:08.59	20:00.79	20:52.99	22:37.49	24:21.89
38.09 *	35.39 *	32.69 *	31.29 *	29.99 *	28.59 *	50 Y Back	27.79 *	29.29 *	30.69 *	32.09 *	34.99 *	37.89 *
1:24.79 *	1:18.09 *	1:11.39 *	1:08.09 *	1:04.69 *	1:01.39 *	100 Y Back	59.49 *	1:02.79	1:05.99 *	1:09.19 *	1:15.69 *	1:22.19
2:56.59	2:43.99	2:31.39	2:25.09	2:18.79	2:12.49	200 Y Back	2:08.99 *	2:15.19 *	2:21.29 *	2:27.39 *	2:39.69 *	2:51.99 *
42.99 *	39.99	36.89	35.39	33.79 *	32.29	50 Y Breast	31.09	32.69 *	34.39 *	36.09 *	39.49 *	42.89
1:34.09 *	1:27.19 *	1:20.19 *	1:16.69 *	1:13.19 *	1:09.79 *	100 Y Breast	1:06.99 *	1:10.49 *	1:13.99 *	1:17.49 *	1:24.49 *	1:31.39 *
3:20.89 *	3:06.59 *	2:52.19 *	2:45.09 *	2:37.89 *	2:30.69 *	200 Y Breast	2:25.59 *	2:32.49 *	2:39.39 *	2:46.39 *	3:00.19 *	3:14.09 *
36.49 *	33.89 *	31.29 *	29.99 *	28.69 *	27.39 *	50 Y Fly	26.79	28.19	29.69	31.19	34.19	37.09
1:24.39 *	1:17.59 *	1:10.89 *	1:07.49 *	1:04.19 *	1:00.79 *	100 Y Fly	58.99 *	1:02.39 *	1:05.89 *	1:09.29 *	1:16.09 *	1:22.89 *
2:59.99 *	2:47.19 *	2:34.29 *	2:27.89 *	2:21.39 *	2:14.99 *	200 Y Fly	2:09.89 *	2:16.09 *	2:22.19 *	2:28.39 *	2:40.79 *	2:53.19 *
1:24.09 *	1:18.09 *	1:12.09 *	1:09.09 *	1:06.09 *	1:03.09 *	100 Y IM	1:00.29	1:03.29	1:06.19	1:09.09	1:14.99	1:20.89
3:00.19 *	2:47.29 *	2:34.49 *	2:27.99 *	2:21.59 *	2:15.19 *	200 Y IM	2:10.69 *	2:17.29 *	2:23.99 *	2:30.69 *	2:43.99 *	2:57.29 *
6:24.19	5:56.79	5:29.29	5:15.59	5:01.89	4:48.19	400 Y IM	4:39.79	4:53.19	5:06.49	5:19.79	5:46.39	6:13.09
13-14 Girls							13-14 Boys					
32.59 *	30.19 *	27.89 *	26.79	25.59 *	24.39 *	50 Y Free	22.49	23.49 *	24.59 *	25.69	27.79 *	29.89 *
1:10.59 *	1:05.49 *	1:00.49 *	57.99 *	55.49 *	52.89 *	100 Y Free	49.19	51.59	53.89	56.29	1:00.89	1:05.59
2:32.09 *	2:21.29 *	2:10.39 *	2:04.99 *	1:59.49 *	1:54.09 *	200 Y Free	1:47.29	1:52.39	1:57.49	2:02.59	2:12.79	2:22.99
6:47.79 *	6:18.69 *	5:49.59 *	5:34.99 *	5:20.39 *	5:05.89 *	500 Y Free	4:49.99	5:03.79	5:17.59	5:31.39	5:58.99	6:26.59
14:01.99	13:01.79	12:01.69	11:31.59	11:01.59	10:31.49	1000 Y Free	10:00.89	10:29.49	10:58.09	11:26.69	12:23.89	13:21.19
23:23.49	21:43.19	20:02.99	19:12.89	18:22.79	17:32.59	1650 Y Free	16:44.19	17:31.99	18:19.79	19:07.59	20:43.19	22:18.89
1:16.69 *	1:11.19 *	1:05.69 *	1:02.99 *	1:00.19 *	57.49 *	100 Y Back	53.59 *	56.19 *	58.69 *	1:01.29 *	1:06.39 *	1:11.49 *
2:46.79 *	2:34.89 *	2:22.99 *	2:17.09 *	2:11.09 *	2:05.09 *	200 Y Back	1:57.19 *	2:02.79 *	2:08.39 *	2:13.99 *	2:25.09 *	2:36.29 *
1:27.99 *	1:21.69 *	1:15.39 *	1:12.29 *	1:09.09 *	1:05.99 *	100 Y Breast	1:00.99 *	1:03.89 *	1:06.79 *	1:09.69 *	1:15.49 *	1:21.29 *
3:10.89 *	2:57.29 *	2:43.69 *	2:36.79 *	2:29.99 *	2:23.19 *	200 Y Breast	2:12.49 *	2:18.79 *	2:25.09 *	2:31.39 *	2:43.99 *	2:56.59 *
1:16.39 *	1:10.89 *	1:05.49 *	1:02.69 *	59.99 *	57.29 *	100 Y Fly	53.39 *	55.89 *	58.49 *	1:00.99 *	1:06.09 *	1:11.19 *
2:48.99 *	2:36.89 *	2:24.89 *	2:18.79 *	2:12.79 *	2:06.79 *	200 Y Fly	1:58.69 *	2:04.29 *	2:09.99 *	2:15.59 *	2:26.89 *	2:38.19 *
2:49.79 *	2:37.59 *	2:25.49 *	2:19.49 *	2:13.39 *	2:07.29 *	200 Y IM	1:59.99	2:05.69	2:11.39	2:17.09 *	2:28.49 *	2:39.99
6:03.59 *	5:37.59 *	5:11.69 *	4:58.69 *	4:45.69 *	4:32.69 *	400 Y IM	4:16.09 *	4:28.29 *	4:40.49 *	4:52.69 *	5:17.09 *	5:41.49 *

15-16
Girls
and
Boys

31.79 *	29.49 *	27.19 *	26.09 *	24.99 *	23.79 *	50 Y Free	21.29 *	22.29 *	23.29 *	24.39 *	26.39 *	28.39 *
1:08.89 *	1:03.99 *	58.99 *	56.59 *	54.09 *	51.69 *	100 Y Free	46.79 *	48.99 *	51.19 *	53.49 *	57.89 *	1:02.39 *
2:29.39 *	2:18.69 *	2:08.09 *	2:02.69 *	1:57.39 *	1:52.09 *	200 Y Free	1:42.39 *	1:47.29 *	1:52.09 *	1:56.99 *	2:06.79 *	2:16.49 *
6:40.59 *	6:11.99 *	5:43.39 *	5:29.09	5:14.79	5:00.49	500 Y Free	4:37.99 *	4:51.19 *	5:04.39 *	5:17.69 *	5:44.09 *	6:10.59 *
13:49.19	12:49.99	11:50.79	11:21.19	10:51.59	10:21.89	1000 Y Free	9:39.79	10:07.39	10:34.99	11:02.59	11:57.79	12:52.99
23:05.19	21:26.19	19:47.29	18:57.79	18:08.39	17:18.89	1650 Y Free	16:11.59	16:57.79	17:44.09	18:30.39	20:02.89	21:35.39
1:14.69 *	1:09.39 *	1:03.99 *	1:01.39 *	58.69 *	55.99 *	100 Y Back	51.09 *	53.49 *	55.99 *	58.39 *	1:03.19 *	1:08.09 *
2:42.99 *	2:31.39 *	2:19.69 *	2:13.89 *	2:08.09 *	2:02.29 *	200 Y Back	1:50.99 *	1:56.29 *	2:01.59 *	2:06.89 *	2:17.49 *	2:27.99 *
1:25.89 *	1:19.69 *	1:13.59 *	1:10.49 *	1:07.49 *	1:04.39 *	100 Y Breast	57.39 *	1:00.19 *	1:02.89 *	1:05.59 *	1:11.09 *	1:16.49 *
3:05.99 *	2:52.79 *	2:39.49 *	2:32.79 *	2:26.19 *	2:19.49 *	200 Y Breast	2:06.19 *	2:12.19 *	2:18.19 *	2:24.19 *	2:36.19 *	2:48.19 *
1:14.69 *	1:09.39 *	1:03.99 *	1:01.39 *	58.69 *	55.99 *	100 Y Fly	50.59 *	53.09 *	55.49 *	57.89 *	1:02.69 *	1:07.49 *
2:45.29 *	2:33.49 *	2:21.69 *	2:15.79 *	2:09.89 *	2:03.99 *	200 Y Fly	1:53.49 *	1:58.89 *	2:04.29 *	2:09.69 *	2:20.49 *	2:31.29 *
2:46.79 *	2:34.89 *	2:22.99 *	2:16.99 *	2:10.99 *	2:05.09 *	200 Y IM	1:53.79 *	1:59.19 *	2:04.69 *	2:10.09 *	2:20.89 *	2:31.69 *
5:55.89 *	5:30.49 *	5:04.99 *	4:52.29 *	4:39.59 *	4:26.89 *	400 Y IM	4:05.29 *	4:16.99 *	4:28.59 *	4:40.29 *	5:03.69 *	5:26.99 *

17-18
Girls
and
Boys

31.39 *	29.09 *	26.89 *	25.79 *	24.59 *	23.49 *	50 Y Free	20.89 *	21.89 *	22.89 *	23.89 *	25.89 *	27.89 *
1:08.19	1:03.29	58.49	55.99	53.59	51.19	100 Y Free	45.79 *	47.99 *	50.09 *	52.29 *	56.69 *	1:00.99 *
2:28.49 *	2:17.89 *	2:07.29 *	2:01.99 *	1:56.69 *	1:51.39 *	200 Y Free	1:39.79 *	1:44.59 *	1:49.29 *	1:54.09 *	2:03.59 *	2:13.09 *
6:35.69 *	6:07.39 *	5:39.19 *	5:24.99 *	5:10.89 *	4:56.79 *	500 Y Free	4:31.59 *	4:44.59 *	4:57.49 *	5:10.39 *	5:36.29 *	6:02.19 *
13:46.19	12:47.19	11:48.19	11:18.69	10:49.19	10:19.69	1000 Y Free	9:32.59 *	9:59.79 *	10:27.09 *	10:54.39 *	11:48.89 *	12:43.39 *
22:48.49 *	21:10.69 *	19:32.99 *	18:44.09 *	17:55.19 *	17:06.39 *	1650 Y Free	15:51.49 *	16:36.79 *	17:22.09 *	18:07.39 *	19:37.99 *	21:08.59 *
1:13.69 *	1:08.49 *	1:03.19 *	1:00.59 *	57.89 *	55.29 *	100 Y Back	49.69	51.99 *	54.39	56.69 *	1:01.49	1:06.19 *
2:39.79 *	2:28.39 *	2:16.99 *	2:11.29 *	2:05.59 *	1:59.89 *	200 Y Back	1:48.69 *	1:53.89 *	1:58.99 *	2:04.19 *	2:14.59 *	2:24.89 *
1:24.89 *	1:18.79 *	1:12.79 *	1:09.79 *	1:06.69 *	1:03.69 *	100 Y Breast	56.39 *	58.99 *	1:01.69 *	1:04.39 *	1:09.79 *	1:15.09 *
3:03.79 *	2:50.69 *	2:37.59 *	2:30.99 *	2:24.39 *	2:17.89 *	200 Y Breast	2:02.49 *	2:08.29 *	2:14.19 *	2:19.99 *	2:31.69 *	2:43.29 *
1:13.59 *	1:08.29 *	1:03.09 *	1:00.49 *	57.79 *	55.19 *	100 Y Fly	49.39	51.79	54.09	56.49	1:01.19	1:05.89
2:43.49 *	2:31.89 *	2:20.19 *	2:14.29 *	2:08.49 *	2:02.69 *	200 Y Fly	1:50.59 *	1:55.89 *	2:01.19 *	2:06.39 *	2:16.99 *	2:27.49 *
2:44.39 *	2:32.69 *	2:20.89 *	2:15.09 *	2:09.19 *	2:03.29 *	200 Y IM	1:50.79 *	1:55.99 *	2:01.29 *	2:06.59 *	2:17.09 *	2:27.69 *
5:51.19 *	5:26.09 *	5:00.99 *	4:48.49 *	4:35.89 *	4:23.39 *	400 Y IM	3:59.89 *	4:11.29 *	4:22.69 *	4:34.19 *	4:56.99 *	5:19.89 *

Long Course Meters

10 & under Girls

44.09	39.89	35.59	34.19	32.79	31.39	50 M Free	31.39	32.79	34.09	35.49	39.49	43.59
1:41.99 *	1:31.19 *	1:20.29 *	1:16.69 *	1:13.09 *	1:09.39 *	100 M Free	1:09.49	1:12.89 *	1:16.39 *	1:19.79 *	1:30.19 *	1:40.59 *
3:45.79	3:20.99	2:56.29	2:48.09	2:39.79	2:31.59	200 M Free	2:29.49	2:36.59	2:43.69	2:50.79	3:12.09	3:33.49
7:36.79	6:51.09	6:05.39	5:50.19	5:34.99	5:19.79	400 M Free	5:14.59 *	5:29.59 *	5:44.49 *	5:59.49 *	6:44.49 *	7:29.39 *
54.89	48.89	42.89	40.89	38.89	36.89	50 M Back	36.89	38.89	40.99	42.99	49.19	55.29
1:59.19	1:45.99	1:32.69	1:28.29	1:23.89	1:19.49	100 M Back	1:18.89 *	1:22.89 *	1:26.99 *	1:30.99 *	1:43.09 *	1:55.09 *
1:00.49	53.99	47.49	45.29	43.09	40.89	50 M Breast	40.59	42.69	44.89	46.99	53.29	59.69
2:14.79 *	1:59.79 *	1:44.89 *	1:39.89 *	1:34.89 *	1:29.89 *	100 M Breast	1:29.29 *	1:33.79 *	1:38.19 *	1:42.69 *	1:55.99 *	2:09.39 *
53.39 *	47.09 *	40.79 *	38.69 *	36.59 *	34.49 *	50 M Fly	34.39	36.29	38.19	40.19	45.99	51.79
2:09.99	1:52.99	1:35.99	1:30.29	1:24.59	1:18.89	100 M Fly	1:18.09 *	1:23.59 *	1:28.99 *	1:34.49 *	1:50.79 *	2:07.09 *
4:09.39	3:43.19	3:17.09	3:08.29	2:59.59	2:50.89	200 M IM	2:49.89	2:58.39	3:06.89	3:15.39	3:40.79	4:06.19

10 & under Boys

38.39 *	35.69 *	32.99 *	31.69 *	30.39 *	29.09 *	50 M Free	27.99 *	29.29 *	30.69	31.99 *	34.69	37.29 *
1:24.09 *	1:18.09 *	1:12.09 *	1:09.09 *	1:06.09 *	1:03.09 *	100 M Free	1:00.99 *	1:03.89 *	1:06.79 *	1:09.69 *	1:15.49 *	1:21.29 *
3:02.29 *	2:49.19 *	2:36.19 *	2:29.69 *	2:23.19 *	2:16.69 *	200 M Free	2:13.19 *	2:19.49 *	2:25.79 *	2:32.19 *	2:44.89 *	2:57.49 *
6:23.89	5:56.49	5:29.09	5:15.39	5:01.69	4:47.99	400 M Free	4:41.59	4:55.09	5:08.49	5:21.89	5:48.69	6:15.49
13:24.09 *	12:26.69 *	11:29.29 *	11:00.59 *	10:31.79 *	10:03.09 *	800 M Free	9:53.79	10:22.09	10:50.39	11:18.59	12:15.19	13:11.69
25:45.79	23:55.39	22:04.99	21:09.79	20:14.59	19:19.39	1500 M Free	18:55.19	19:49.19	20:43.29	21:37.39	23:25.49	25:13.59
43.99 *	40.79 *	37.69 *	36.09 *	34.49 *	32.99 *	50 M Back	31.99 *	33.69 *	35.39 *	36.99 *	40.39 *	43.69 *
1:38.69 *	1:30.99 *	1:23.19 *	1:19.29 *	1:15.39 *	1:11.49 *	100 M Back	1:09.19 *	1:12.99 *	1:16.69 *	1:20.49 *	1:27.99 *	1:35.49 *
3:24.49 *	3:09.89 *	2:55.29 *	2:47.99 *	2:40.69 *	2:33.39 *	200 M Back	2:29.59 *	2:36.69 *	2:43.79 *	2:50.99 *	3:05.19 *	3:19.49 *
48.99	45.49	41.99	40.19	38.49	36.69	50 M Breast	35.49 *	37.49 *	39.39 *	41.29 *	45.19 *	48.99 *
1:48.89 *	1:40.89 *	1:32.79 *	1:28.79 *	1:24.79 *	1:20.79 *	100 M Breast	1:18.09 *	1:22.19	1:26.19 *	1:30.29 *	1:38.39 *	1:46.59 *
3:52.59 *	3:35.99 *	3:19.39 *	3:11.09 *	3:02.79	2:54.49	200 M Breast	2:48.49	2:56.59	3:04.59	3:12.59	3:28.69	3:44.69
41.29	38.29	35.39	33.89	32.39 *	30.99	50 M Fly	30.19 *	31.89 *	33.59 *	35.19 *	38.59 *	41.89 *
1:36.19	1:28.49	1:20.79	1:16.99	1:13.09 *	1:09.29	100 M Fly	1:06.99	1:10.89	1:14.69	1:18.59	1:26.29	1:33.99
3:24.89	3:10.19	2:55.59	2:48.29	2:40.99	2:33.69	200 M Fly	2:30.39 *	2:37.49 *	2:44.69 *	2:51.89 *	3:06.19 *	3:20.49 *
3:26.09 *	3:11.39 *	2:56.59 *	2:49.29 *	2:41.89 *	2:34.59 *	200 M IM	2:30.19 *	2:37.79 *	2:45.49 *	2:53.19 *	3:08.49 *	3:23.79 *
7:19.69	6:48.29	6:16.89	6:01.19	5:45.49	5:29.79	400 M IM	5:22.39 *	5:37.79 *	5:53.09 *	6:08.49 *	6:39.19 *	7:09.89 *

13-14 Girls

37.09 *	34.49 *	31.79 *	30.49 *	29.19 *	27.89 *	50 M Free	25.79	27.09	28.29	29.49	31.99	34.39
1:20.49 *	1:14.79 *	1:08.99 *	1:06.19 *	1:03.29 *	1:00.39 *	100 M Free	56.49 *	59.09 *	1:01.79 *	1:04.49 *	1:09.89 *	1:15.29 *
2:54.29 *	2:41.79 *	2:29.39 *	2:23.19 *	2:16.89 *	2:10.69 *	200 M Free	2:03.09	2:08.89	2:14.79	2:20.59	2:32.29	2:44.09
6:06.79 *	5:40.59 *	5:14.39 *	5:01.29 *	4:48.19 *	4:35.09 *	400 M Free	4:21.79	4:34.29	4:46.69	4:59.19	5:24.09	5:49.09
12:35.99	11:41.99	10:47.99	10:20.99	9:53.99	9:26.99	800 M Free	9:04.39	9:30.29	9:56.29	10:22.19	11:13.99	12:05.89
24:06.39	22:23.09	20:39.79	19:48.09	18:56.49	18:04.79	1500 M Free	17:19.89	18:09.39	18:58.89	19:48.39	21:27.39	23:06.49
1:29.99	1:23.59	1:17.09	1:13.89	1:10.69	1:07.49	100 M Back	1:02.89 *	1:05.89 *	1:08.89 *	1:11.89 *	1:17.89 *	1:23.89 *
3:12.39 *	2:58.69 *	2:44.89 *	2:38.09 *	2:31.19 *	2:24.29 *	200 M Back	2:16.59 *	2:23.09 *	2:29.59 *	2:36.09 *	2:49.09 *	3:02.09 *
1:42.09 *	1:34.79 *	1:27.49 *	1:23.89 *	1:20.19 *	1:16.59 *	100 M Breast	1:11.19	1:14.59	1:17.89	1:21.29	1:28.09	1:34.89
3:39.69 *	3:23.99 *	3:08.29 *	3:00.49 *	2:52.59 *	2:44.79 *	200 M Breast	2:34.09 *	2:41.39 *	2:48.79 *	2:56.09 *	3:10.79 *	3:25.49 *
1:26.59 *	1:20.39 *	1:14.29 *	1:11.19 *	1:08.09 *	1:04.99 *	100 M Fly	1:00.99	1:03.89	1:06.79	1:09.69	1:15.49	1:21.29
3:12.99 *	2:59.19 *	2:45.49 *	2:38.59 *	2:31.69 *	2:24.79 *	200 M Fly	2:15.69 *	2:22.19 *	2:28.59 *	2:35.09 *	2:47.99 *	3:00.89 *
3:15.79 *	3:01.79 *	2:47.79 *	2:40.79 *	2:33.89 *	2:26.89 *	200 M IM	2:18.49 *	2:25.09 *	2:31.69 *	2:38.29 *	2:51.39 *	3:04.59 *
6:55.49 *	6:25.89 *	5:56.19 *	5:41.29 *	5:26.49 *	5:11.69 *	400 M IM	4:54.59	5:08.59	5:22.59	5:36.59	6:04.69	6:32.69

13-14 Boys

15-16 Girls

36.39	33.79	31.19	29.89	28.59	27.29	50 M Free	24.39	25.59	26.79	27.89	30.19	32.59
1:19.19 *	1:13.49 *	1:07.89 *	1:04.99 *	1:02.19 *	59.39 *	100 M Free	53.99 *	56.59 *	59.19 *	1:01.69 *	1:06.89 *	1:11.99
2:50.49 *	2:38.29 *	2:26.19 *	2:20.09 *	2:13.99 *	2:07.89 *	200 M Free	1:57.99	2:03.69	2:09.29	2:14.89	2:26.09	2:37.39
5:58.49	5:32.89	5:07.29	4:54.49	4:41.69	4:28.89	400 M Free	4:10.29	4:22.19	4:34.19	4:46.09	5:09.89	5:33.69
12:21.29	11:28.39	10:35.39	10:08.99	9:42.49	9:15.99	800 M Free	8:45.09 *	9:10.09 *	9:35.09 *	10:00.09 *	10:50.09 *	11:40.09
23:43.89	22:02.19	20:20.49	19:29.59	18:38.79	17:47.89	1500 M Free	16:36.69	17:24.19	18:11.69	18:59.09	20:33.99	22:08.99
1:27.29 *	1:21.09 *	1:14.89 *	1:11.79 *	1:08.59 *	1:05.49 *	100 M Back	1:00.09 *	1:02.99 *	1:05.89 *	1:08.69 *	1:14.39 *	1:20.19
3:08.39 *	2:54.99 *	2:41.49 *	2:34.79 *	2:28.09 *	2:21.29 *	200 M Back	2:10.29	2:16.49	2:22.69	2:28.89	2:41.39	2:53.79
1:39.49 *	1:32.39 *	1:25.29 *	1:21.69 *	1:18.19	1:14.59 *	100 M Breast	1:07.39	1:10.59	1:13.79	1:16.99	1:23.49	1:29.89
3:35.89 *	3:20.49 *	3:05.09 *	2:57.39 *	2:49.59 *	2:41.89 *	200 M Breast	2:26.49 *	2:33.49 *	2:40.49 *	2:47.49 *	3:01.39 *	3:15.39
1:25.39 *	1:19.29 *	1:13.19 *	1:10.09 *	1:07.09 *	1:03.99 *	100 M Fly	57.99	1:00.79	1:03.59	1:06.29	1:11.79	1:17.39
3:07.29 *	2:53.99 *	2:40.59 *	2:33.89 *	2:27.19 *	2:20.49 *	200 M Fly	2:09.19 *	2:15.39 *	2:21.49 *	2:27.69 *	2:39.99 *	2:52.29
3:11.89 *	2:58.19 *	2:44.49 *	2:37.59 *	2:30.79 *	2:23.89 *	200 M IM	2:12.49	2:18.79	2:25.09	2:31.39	2:43.99	2:56.59
6:47.89	6:18.79	5:49.69	5:35.09	5:20.49	5:05.99	400 M IM	4:40.59	4:53.89	5:07.29	5:20.59	5:47.29	6:14.09

15-16 Boys

17-18 Girls

36.19	33.59	30.99	29.69	28.39	27.09	50 M Free	24.29 *	25.49	26.59 *	27.79	30.09	32.39
1:18.59	1:12.99	1:07.39	1:04.59	1:01.79	58.99	100 M Free	52.69 *	55.19 *	57.69 *	1:00.19 *	1:05.29 *	1:10.29
2:49.59	2:37.49	2:25.39	2:19.29	2:13.19	2:07.19	200 M Free	1:55.99 *	2:01.49 *	2:06.99 *	2:12.49 *	2:23.59 *	2:34.59
5:57.09 *	5:31.59 *	5:06.09 *	4:53.39 *	4:40.59 *	4:27.89 *	400 M Free	4:06.89 *	4:18.69 *	4:30.39 *	4:42.19 *	5:05.69 *	5:29.19
12:16.89 *	11:24.29 *	10:31.59 *	10:05.29 *	9:38.99 *	9:12.69 *	800 M Free	8:34.59	8:59.09	9:23.59	9:48.09	10:37.09	11:26.09
23:30.39 *	21:49.59 *	20:08.89 *	19:18.49 *	18:28.19 *	17:37.79 *	1500 M Free	16:25.99 *	17:12.99 *	17:59.89 *	18:46.89 *	20:20.79 *	21:54.69
1:26.59 *	1:20.39 *	1:14.19 *	1:11.09 *	1:08.09 *	1:04.99 *	100 M Back	58.99 *	1:01.79 *	1:04.59 *	1:07.39 *	1:12.99 *	1:18.59
3:06.89 *	2:53.59 *	2:40.19 *	2:33.49 *	2:26.89 *	2:20.19 *	200 M Back	2:07.89 *	2:13.99 *	2:20.09 *	2:26.19 *	2:38.39 *	2:50.59
1:38.69 *	1:31.69 *	1:24.59 *	1:21.09 *	1:17.59 *	1:14.09 *	100 M Breast	1:05.99 *	1:09.09 *	1:12.29 *	1:15.39 *	1:21.69 *	1:27.99
3:33.09	3:17.89	3:02.69	2:55.09	2:47.49	2:39.89	200 M Breast	2:23.69 *	2:30.59 *	2:37.39 *	2:44.19 *	2:57.89 *	3:11.59
1:24.29 *	1:18.29 *	1:12.19 *	1:09.19 *	1:06.19 *	1:03.19 *	100 M Fly	56.59 *	59.29 *	1:01.99 *	1:04.69 *	1:10.09 *	1:15.49
3:06.79 *	2:53.39 *	2:40.09 *	2:33.39 *	2:26.69 *	2:20.09 *	200 M Fly	2:06.29 *	2:12.39 *	2:18.39 *	2:24.39 *	2:36.39 *	2:48.39
3:10.69	2:56.99	2:43.39	2:36.59	2:29.79	2:22.99	200 M IM	2:10.29 *	2:16.49 *	2:22.69 *	2:28.89 *	2:41.29 *	2:53.69
6:45.19	6:16.29	5:47.29	5:32.89	5:18.39	5:03.89	400 M IM	4:37.09 *	4:50.19 *	5:03.39 *	5:16.59 *	5:42.99 *	6:09.39

17-18 Boys

SCRATCH RULE

- 1) Each swimmer/relay team shall be aware of the meet starting time and shall report to the proper meet authorities promptly upon call.
- 2) Pre-Seeded Event: Each swimmer/relay team shall report promptly to the Clerk of Course or starting blocks prior to the race in which the swimmer/relay team is entered. Any swimmer/relay team not reporting for or competing shall not be penalized. Teams that enter multiple swimmers and subsequently fail to notify the meet host prior to the seeding that multiple swimmers they entered do not intend to compete may be fined \$25 per swimmer per day, at the discretion of the Meet Referee.
- 3) Events Seeded on the Deck
 - a) Any swimmer who has checked in for an individual event 400 yards/meters or longer must swim in the event unless the swimmer notifies the Administrative Official before the seeding of the event has begun that the swimmer wishes to scratch; failure to scratch prior to seeding and not swimming the event will result in a fine of \$25.00 to the swimmer's club or to the unattached swimmer, except as noted in "Exceptions for Failure to Compete" (below). A declared false start or deliberate delay of the meet in events 400 yards/meters or longer is not permitted and will be regarded as a failure to compete.
 - b) Any agent of a team (coach, parent, swimmer, etc) who check in swimmers for events when those swimmers are not present at the meet may cause a fine of \$25.00 per swimmer per day to be levied against the team, as the discretion of the Meet Referee.
 - c) Events seeded on the deck and swum as a timed final with one or more heats swimming with finals shall provide the swimmers the opportunity to indicate their desire to swim only during the preliminary session by indicating this desire by placing a "P" next to their name on the check-in sheet. Any swimmer failing to indicate this desire who does not compete during the finals session shall be subject to a fine of \$25.00, except as noted in "Exceptions for Failure to Compete" (below).
- 4) Scratching from Finals
 - a) Any swimmer qualifying for a bonus, consolation, or championship final race in an individual event who fails to compete in said final race shall be barred from further competition for the remainder of the meet, except as noted below in "Exceptions for Failure to Compete ". If such failure to compete occurs on the swimmer's last day of the meet, the swimmer's club shall be fined \$25.00 by LESI. If the swimmer is not a member of a USA Swimming member club, the swimmer shall be fined \$25.00. A declared false start or deliberate delay of the meet is not permitted and will be regarded as a failure to compete.
 - b) In the event of withdrawal or barring a swimmer from competition, the Referee shall fill the bonus, consolation, or championship final, when possible, with the next qualified swimmer(s). First and second alternates shall be announced along with final qualifiers. These alternates shall not be penalized if unavailable to compete at finals.
 - c) When consolation finals have not yet been swum and a barring or withdrawal is known to the Referee, the Referee shall re-seed the consolation final and the final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.
 - d) If a consolation final has already been contested, the final shall be swum without reseeding for the empty lane(s).
- 5) Exceptions for Failure to Compete: No penalty shall apply for failure to withdraw or compete in an individual event if a) The Referee is notified in the event of illness or injury and accepts the proof thereof.
 - b) A swimmer qualifying for a bonus or consolation final or final race following preliminaries notifies the Referee or designee within 30 minutes after the announcement of the qualifiers for that race that the swimmer may not intend to compete. The swimmer must declare within 30 minutes following the swimmer's last individual preliminary event a final intention to scratch or swim.
 - c) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

YYN PRESIDENTIAL INVITATIONAL

HOSTED BY Youngstown YMCA Neptunes

February 16, 2025

Meet Entry Summary Page

Team Name: _____ Team Code: _____ LSC Code: _____

Contact Person: _____ Phone: _____ Email: _____

Address: _____ City: _____ State: _____ Zip: _____

_____ (Total # of swimmers) X \$3.00 (surcharge) = \$ _____

_____ (Total # of individual events) X \$6.00/event = \$ _____

_____ (Total # of relay events) X \$16.00/relay entry = \$ _____

TOTAL AMOUNT REMITTED: \$ _____

☐ Swimmers will be without a coach on deck: ____ Yes ____ No

☐ I have arranged for my swimmer/s to be supervised by _____.

SIGNED: _____ (coach/member team representative). DATE: _____

Make checks payable to: **Y Neptunes**.

Please bring check to the meet with you.

This sheet must accompany all entries including HY-TEK Meet Manager electronic entries, hard copy & check.

E-Mail to: ymcaneptunes@gmail.com

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach, or team representative, verify that all the swimmers listed on the enclosed entry and coaches attending the meet are current USA Swimming members **IN GOOD STANDING**. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Ohio Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. [Host Team], [Facility], Ohio Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

Signature (Coach or Club Representative)

Club Title (Coach etc)

Name of Club

Date

Lake Erie Swimming Meet Accommodation Form for Swimmer with a Disability

Meet Name:	
Date of Meet:	
Team:	
Swimmer's Name:	
Swimmer's Ability Grouping (P1, P2, P3)	
Coach's Name:	
Coach Cell:	

What, if any, accommodations are needed for the swimmer (include access to facility) up to the time they arrive at the starting block?

--

What modification of the technical rules per Article 105 (in accordance with 105.1.2) are needed for the swimmer with a disability for this event?

Event #	Description	Modification(s) Per Article 105

Please send a copy of this for to both the meet entry chair and Referee for the Meet.