

**Hungary Creek**

**Swim Team**

**Handbook**

**2009**



**[www.gomarlins.org](http://www.gomarlins.org)**

## Record of Swimmer's Progress

Swimmer's name: \_\_\_\_\_

Age Category: \_\_\_\_\_

Stroke	Meet1	Meet 2	Meet 3	Meet 4	Meet 5	Meet 6	Champs
25 Free							
25 Back							
25 Breast							
25 Fly							
50 Free							
50 Back							
50 Breast							
50 Fly							
100 IM							
100Free							
100 Back							
100 Breast							
100 Fly							

## Welcome to the Hungary Creek Swim Team! Home of the Marlins, a West - Division 1 team of the Greater Richmond Aquatic League (GRAL).

Welcome to all new and returning HCRA swimmers and families. We look forward to another exciting and fun swim season! The success of the swim team depends on the commitment that parents and swimmers bring to practices, meets, and special events.

### HCRA Swim Team Coaches

Head Coach: Mollie Pawlowski      Coach: Matt Togna

### Practice Times

The league uses June 1<sup>st</sup> to determine in which age-group a child will be swimming.

#### DURING SCHOOL

Ages 7-10 (with previous swim team experience)	3:30-4:30 PM
Ages 6 & under, 7-10 with no swim team experience	4:30-5:00 PM
Ages 11 & up	5:00-6:00 PM

#### SUMMER

Ages 8 & under	9:00-10:00 AM
Ages 9-10	10:00-11:00 AM
Ages 11 & up	11:00-12:00 noon
All ages each afternoon except meet days and Fridays	5:00-6:00 PM

- It is important to be on the pool deck and ready to swim at the appointed practice time.
- Swimmers should have a small, healthy snack prior to swim practice and bring a water bottle to the practice so that they will have the proper fuel to practice and stay hydrated.
- Some suggested snacks are oranges, grapes, bananas, raisins, apples, bagels, carrots, celery, low fat/low sugar cereal and low fat/low sodium crackers.

Note: Fun Practice is the day after each meet from 10:00-12:00 noon for all age-groups. We will not have a fun day after the first meet.

### NO CHILD UNDER 12 LEFT BEHIND RULE

The by-laws of our pool require that no child under 12 be left unattended at our pool. The exceptions are dive team practice, swim team practice, and parties. If your child under 12 has a practice time from 10-11, they must be picked up at the end of their practice. If you fail to do so then the following will apply:

1<sup>st</sup> occurrence - warning

2<sup>nd</sup> occurrence - you must sit through your child's entire practice

If you have 2 children that practice at different times, a child under 12 must be picked up after their assigned practice time. These rules help us ensure the safety of your children. Practices can be a hectic time, especially when one group is finishing their practice and the next group is starting their practice.

## Swim Team Communication

### Swim Team Bulletin Board

The swim team bulletin board will be used to communicate necessary information. It is each family's responsibility to check it regularly.

### Communicating with Coaches

The coaches are glad to answer parent questions or concerns, but they ask you to please speak with them before or after practice. During practices and swim meets, the coaches are very busy and your swimmer needs their coaches' time and attention. If you have questions or concerns during this time, solicit help from other parents or experienced swimmers if possible. If your child is unable to attend a meet, please notify coaches in writing; this will help them to plan for your swimmer's events and relays.

**For all updates, please check our bulletin board or our website at <http://www.gomarlins.org>**

To leave a message for swim team call 270-4892, Mailbox 3.

On swim meet dates call BEFORE 3pm (especially on days where weather could be an issue). After 3PM there will be an automated message with current swim meet information.

### Team Swimsuits and Caps

HCRA suits may be purchased at Disco Sports on Starling Drive. One team swim cap and t-shirt are given to each swimmer. Team swimsuits are not required but HCRA strongly encourages swimmers to wear them for team spirit and identification purposes.

**The Greater Richmond Aquatic League** is an organization of approximately 12,000 individuals, composed of swimmers, coaches, and families, whose aim is to promote and participate in the sport of summer swimming. GRAL provides an opportunity for young people to compete against others of their own age at various skill levels, in an atmosphere of fair play and good sportsmanship.

GRAL consists of 28 teams divided into four divisions. Swimmers compete in one of five different age groups based on the event and their age as of June 1 of each year. In addition, four Time Standards are established within each age group (Novice, Advanced, Junior Varsity, and Varsity), helping to reward and motivate swimmers of all abilities throughout the season.

**Check out the GRAL Website: [GRALVA.com](http://GRALVA.com)**

### Parent Rep

Kim Burruss

Home# 270-9618

In Case of Emergency Cell# 347-2907

## Record of Swimmer's Progress

Swimmer's name: \_\_\_\_\_

Age Category: \_\_\_\_\_

Stroke	Meet 1	Meet 2	Meet 3	Meet 4	Meet 5	Meet 6	Champs
25 Free							
25 Back							
25 Breast							
25 Fly							
50 Free							
50 Back							
50 Breast							
50 Fly							
100 IM							
100Free							
100 Back							
100 Breast							
100 Fly							

## Order of Events for 1<sup>st</sup>, 3<sup>rd</sup> 5<sup>th</sup> Meets Girls/Boys

Event #	Age	Event	Event #	Age	Event
1	8 & under	Free Relay	30-31	13-14	100Breast
2-3	9-10	100 Free	32-33	15-18	100Breast
4-5	11-12	100 Free	34-35	8 & under	25 Fly
6-7	8 & under	50 Free	36-37	9-10	50 Fly
8-9	13-14	100 Free	38-39	11-12	50 Fly
10-11	15-18	100 Free	40-41*	13-14	50 Fly
12-13	8 & under	25 Back	42-43	15-18	50 Fly
14-15	9-10	50 Back	44-45	9-10	50 Free
16-17	11-12	50 Back	46-47	11-12	50 Free
18-19	13-14	50 Back	48-49	13-14	50 Free
20-21	15-18	50 Back	50-51	15-18	50 Free
22-23	8 & under	25 Breast	52	9-10	Free Relay
24-25	9-10	50 Breast	53	11-12	Free Relay
26-27	11-12	50 Breast	54	13-14	Free Relay
28-29	8 & under	25 Free	55	15-18	Free Relay

## Order of Events for 2<sup>nd</sup>, 4<sup>th</sup>, 6<sup>th</sup> Meets Girls/Boys

Event #	Age	Event	Event #	Age	Event
1	8 & under	medley relay	30-31	13-14	50 Breast
2-3	9-10	100 IM	32-33	15-18	50 Breast
4-5	11-12	100 IM	34-35	8 & under	25 Fly
6-7	8 & under	100 IM	36-37	9-10	50 Fly
8-9	13-14	100 IM	38-39	11-12	50 Fly
10-11	15-18	100 IM	40-41	13-14	100 Fly
12-13	8 & under	25 Back	42-43	15-18	100 Fly
14-15	9-10	50 Back	44-45	9-10	50 Free
16-17	11-12	50 Back	46-47	11-12	50 Free
18-19	13-14	100 Back	48-49	13-14	50 Free
20-21	15-18	100 Back	50-51	15-18	50 Free
22-23	8 & under	25 Breast	52	9-10	medley relay
24-25	9-10	50 Breast	53	11-12	medley relay
26-27	11-12	50 Breast	54	13-14	medley relay
28-29	8 & under	25 Free	55	15-18	medley relay

## League Weather Policy

**At the first sound of thunder or sighting of lightning, the pool and deck must be cleared of people and secured.**

At the last sighting of lightning or sound of thunder, a 30-minute waiting period is to be enforced before swimmers may re-enter the water.

Cancellations/postponements are to be decided by the Parent Rep from each team, the Pool Management, and the Meet Director after a minimum 30-minute delay.

The League encourages teams to wait out the storm delay and finish the meet. It is easier to wait it out with all officials and workers in place than to schedule another night to come back. Information on storms in the area and the remaining time necessary to complete the meet will be taken into consideration. If a swimmer must leave, notify the coach before doing so.

Meets must be rescheduled at the earliest possible date acceptable to all teams. If there are questions, contact a GRAL officer before leaving the pool.

Meets must be completed in the scheduled sequence to avoid giving an unfair advantage to any team.

In the event of lightning or thunder, as described above, all swimmers and observers will be directed to go to their cars and wait. Notification of delay, rescheduling or resuming of the meet will be made over the PA system as soon as possible.

**IF YOU MUST LEAVE DURING INCLEMENT WEATHER PLEASE NOTIFY ONE OF THE COACHES.**

## Code of Conduct

Good sportsmanship and respectful behavior on the part of swimmers, coaches, and parents is of utmost importance and should be displayed at all times and places. We need to consider the impact of our actions on the welfare of the whole team. Represent HCRA with dignity and pride, in both appearance and action. Swimmers will compete to the best of their ability and express joy and disappointment in a polite manner. HCRA team membership is both an honor and a responsibility.

Coaches are responsible for the behavior of their team.

The Board Rep., or in his/her absence the Parent Rep., is responsible for the behavior of the coaches and team parents.

The Referee has the authority to suspend a swim meet for un-sportsmanlike behavior.

Any individual who cannot uphold the standards of good behavior may be denied further participation in league activities.

Remember, the program is here for the benefit of the children. Please strive as parents, coaches, and swimmers to focus on this fact and encourage an enjoyable experience.

## **2009 Meet Dates**

June 7 at 2 pm	Sunday	Away - <b>Church Run</b>
June 17	Wednesday	Home - <b>Colonies</b>
June 24	Wednesday	Away - <b>Wyndham</b>
July 1	Wednesday	Home - <b>Twin Hickory</b>
July 8	Wednesday	Home - <b>Canterbury</b>
July 14	Tuesday	Away - <b>Tuckahoe Village</b>
July 25 (12 & under)	Saturday	<b>CHAMPS</b> at George Mason University
July 26 (13 & up)	Sunday	<b>CHAMPS</b> at George Mason University

Check-in starts at 4:30; Must be done by 5:30

Home meet warm-ups start at 4:45

Away meet warm-ups start at 5:10 (this is set by the home team)

Meets start at 6PM

Picture day: TBD

Picnic: Wednesday, July 22

## **VOLUNTEERS**

Like many other sports, swimming relies heavily on volunteers. Unfortunately, swim meets need many more volunteers than most other sports. Parents are essential to the running of a meet and the swim team all season. Not all volunteer positions are certified (must take a class), but it is important that ALL parents step up to help. A meet that has all positions filled beforehand usually results in a quicker, hassle-free meet. Trying to find help before or during a meet will cause a delay in the meet, and no one wants that to happen. Each family is required to work 3 halves of a meet, at minimum, during the season. Swimming is for the children and should be fun for all, not work for a few.

### **Positions during swim season/swim meets:**

Announcer: Calls swimmers to report to events and announces results and other important information at home meets.

Bake Sale Manager: Organizes and purchases food/drinks and supervises the bake sale at home meets.

Bake Sale Workers: Helps the Bake Sale Manager with everything sold at the bake sale.

Check-In Worker: Morning of swim meet, puts labels for each swimmer's events on cards and puts them in a file box to take to the swim meet; responsible for arriving early to check in swimmers and parent volunteers and give swimmers the card with their event numbers; collects monies when needed.

Clerk of Course (Head): *Must attend certification clinic*. Coordinates and manages the process that moves swimmers to the proper lane, in the proper heat, for their swimming event.

Clerk of Course Assistant: Helps with clerk of course duties that include moving the swimmers in each event from the clerk of course up to the starting blocks.

## **CHAMPS 2009**

At the end of the regular swim season, GRAL sponsors a championship swim meet. To qualify, a swimmer must have a JV or Varsity time in an event. Each swimmer may not enter more than a total of four individual events plus 2 relays.

Champs will be held July 25th and July 26th in The Freedom Center at George Mason University in Manassas, VA. Champs will continue in a two-day format. All 12-years old and under events will be on Saturday, July 25th and all 13-years old and over events will be held on Sunday, July 26th.

## **Sportsmanship Award**

The Len Everett Sportsmanship Award was established by GRAL to honor the memory of a man who was instrumental in the founding of this league. Leonard Everett, from Hungary Creek Recreation Association, stood for the highest ideals of fair competition and good sportsmanship. A plaque is awarded at the end of each season to a team, in each division, whose swimmers, coaches, and parents have exhibited these qualities.

## Glossary

**Age up:** Change age group according to June 1<sup>st</sup> birthday.

**Cut:** Swimmer lingo for “qualifying time”.

**DQ:** Disqualify. The swimmer did something wrong during his swim that is illegal according to the rules that govern GRAL. Most swimmers (even the older ones) get DQ’d at times. It is discouraging but it also means you are learning and don’t quit.

**Drill:** An exercise involving a portion or part of a stroke, used to improve technique.

**Event:** A particular age, boy/girl, distance, and stroke. There is no maximum number of swimmers for a given event (see Heat below).

**False Start:** The swimmer leaves the start block before the start signal.

**Heat:** Those swimmers who are actually in the water at the same time.

There may be several heats of the same event number.

**Qualifying Time:** The time needed to swim a particular event in a meet. Used for Champs.

**Ribbons:** Awards given to the top 6 swimmers in an event according to the four GRAL time standards for each age group. Participation ribbons are given out to younger swimmers that did not place 1<sup>st</sup>-6<sup>th</sup> in an event.

**Scratch:** To withdraw from an event in a competition.

**Seeding:** Determining the order (heat and lane) in which the swimmers will swim in a particular event. Swimmers are seeded by entry time with the fastest swimmers in the last heat, and the fastest swimmers in each heat will be in the center lanes.

**Split:** A time recorded from the official start to the completion of an initial distance within a longer event. Also, the time for on of the four individual distances in a relay.

**Sprint:** In training, to swim as fast as possible for a short distance.

**Streamline:** The position used by swimmers when starting or pushing off the walls; designed to reduce water resistance.

**Taper:** The final preparation phase sometimes referred to as “rest.”

**Warm (or Cool) Down:** Low intensity swimming used by swimmers after a race or main practice to rid the body of excess lactic acid and to gradually reduce heart rate and respiration.

**Warm Up:** Low intensity swimming used by swimmers prior to a practice or race to get muscles loose and warm. Warm up gradually increases heart rate, respiration and helps prevent injury.

**Computer Manager:** *Must attend certification clinic.* Inputs the individual entries into the computer, operates the computer at the home meets, and maintains swimmer and meet records.

**Fun Practice Parent:** Organizes and purchases treats for the fun days (morning after the swim meets).

**GRAL Rep:** Attends GRAL meetings (year long) and relays information from the meetings to the Parent Rep.

**HCRA Swim Team Board Rep:** Attends HCRA Board meetings to represent swim team (year round).

**Hospitality Worker:** Hands out water to all workers; makes sure that coaches and referee receive something to eat (collects their meal ticket).

**Lollipop Person:** Hands out a lollipop to each heat winner.

**Meet Director:** *Must attend certification clinic.* Organizes the home meets and communicates with the visiting team; supervises all parent volunteers; acts on behalf of the team at all swim meets.

**Mite Parents:** Responsible for getting the Mites to the Clerk of Course and assisting them to the correct lane.

**Parent Rep:** Works closely with Meet Director, Volunteer Coordinator, GRAL Rep and HCRA Swim Team Board Rep.

**Picnic Organizer:** Coordinates the swim team picnic.

**Referee:** *Must attend certification clinic each year.* The final arbiter of any dispute at a meet; has full authority and responsibility for the conduct of the competition; a thorough knowledge of strokes and turns and all other aspects of competitive swimming is necessary.

**Runners:** Retrieves time sheets from the timers to take them to the table workers for processing; retrieves DQ cards from the strokes and turns judges, take them to the Referee for verification then take them to the table workers for processing.

**Scorer:** *Must attend training.* Tabulates final score of the swim meet; audits relay cards from their own team before the meet begins or after any last minute changes in relays.

**Starter:** *Must attend certification clinic.* Operates the starting equipment for each race with the strobe light/buzzer system that signals the timers and swimmers before each heat/event.

**Strokes and Turns Judges:** *Must attend certification clinic.* Determines that each stroke is properly executed and has the authority to disqualify (DQ) a swimmer.

**Swim Team Apparel Person:** Organizes and distribute shirts, caps and any apparel that swim team purchases to sell as fund raisers, and collects money.

**Timer (Head):** Assigns timers their lanes and instructs them in their responsibilities; operates backup stopwatches.

**Timers:** There are 3 timers assigned to each lane; time the swimmers in their lane with a stop watch; one timer for each lane will record the 3 times on the time sheet.

**Table Worker (Head):** *Must attend training.* Assumes responsibility for ribbon

inventory and table supplies; coordinates table workers and instructs them on what their duties will be.

**Table Workers:** Works with the Head Timer; circles times on the Lane/Timer Sheets, verifies times before going to the computer person, verifies computer results, or places computer generated labels on ribbons.

**Volunteer Coordinator:** Organizes parent participation; works closely with the Meet Director and Parent Rep; maintains communication and relays information.

## **Swim Meet**

### **Swimmers**

- Attend practice the morning of the meet
- Avoid physical activity for the rest of the day; stay out of the sun.
- Avoid junk food and carbonated beverages; drink plenty of water to stay hydrated.
- Pack your bag: extra swimsuit and goggles (just in case), cap, at least 2 towels, sunscreen, water bottle, and dry clothes, and be responsible for your belongings during the meet.
- Arrive at the meet on time.
- Check in. If you do not check in and get your card with your events, you will not be seeded in the meet.
- Warm up, following coaches' instructions.
- Know your event numbers, listen to the announcer, and report to the Clerk of Course on time.
- Obey the code of conduct.

### **Parents**

- Bring snacks and drinks; please NO glass. Coolers are okay, or you can plan to purchase something at the pool. Your swimmer will get hungry and will need to stay hydrated.
- Bring your own chairs.
- If your child is unable to swim that night, please let the coaches or the swim team parent know as early as possible.
- Don't forget a bake sale item for all home swim meets. Please have all items, homemade or store-bought, bagged and ready for sale. Proceeds will benefit the swim team. The money raised goes a long way in helping fund the costs associated in running the swim team.
- Arrive to the meet on time for check-in and warm-ups. If you are scheduled to volunteer that evening, make sure you get a name tag. If you are going to be late, let someone know so that your child is not scratched from the meet.

- At home meets, please be helpful and make the visiting team feel welcome; at away meets, be polite guests.
- Make sure your child knows his/her event numbers; you may want to write the numbers on their hand. This is especially helpful for young or new swimmers. (You can always tell a swimmer or parent of a swimmer when you are out in public because they always have writing on their hands!)
- Note the location of the Clerk of Course at away meets. At home meets it is behind the pump house (the white building between the 2 pools).
- Listen to the announcer. The announcer will call event numbers to the Clerk of Course, and announce scores and other pertinent information.
- Results will be posted as the meet progresses. Ribbons are given out at Fun Day.
- Before leaving any meet, check with Coach Matt to make sure your swimmer is not in a relay.
- Leave the pool area litter-free, and don't forget your belongings.

## **Events**

**Freestyle:** There are few rules governing this event. Basically, any stroke is acceptable as long as the swimmer is not walking, or pushing off the bottom, sides, or lane lines. If more than a 25Yard/Meter, the swimmer must touch the ends of the pool with any part of his/her body.

**Backstroke:** The swimmer must complete the event on his/her back, but may use any style to get to the end.

**Breaststroke:** This event requires the swimmer to complete the event on their breast in this manner: feet dorsi-flexed, feet must move at the same time, arms move at the same time, head may be submerged but must break the surface at least once every arm cycle, hands and feet must stay underwater during the power phase of each stroke, hands may not go past the swimmer's waist

**Butterfly:** Legs and arms must stay together at all times, arms must come out of the water during each arm cycle, always touch the wall with two hands

**Individual Medley (IM):** Equal distances of all four events in the following order: fly, back, breast, free (free must be anything other than fly, back or breast)\*. Swimmers must follow the rules for all four strokes.

**Medley Relay:** Four swimmers must follow all the rules for all four strokes in this order: back, breast, fly, free (see above\*); useful aid to memory: in a medley relay, the strokes are in alphabetical order.

**Free Relay:** Four swimmers, anything goes as long as swimmers touch the wall.

# 2009 GRAL Time Standards

Mite Girls 8 & Under							Mite Boys 8 & Under										
	Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		
M	2:27.78	<b>2:14.44</b>	2:02.79	100 IM	2:13.14	<b>2:01.12</b>	1:50.62	Y	M	2:50.00	<b>2:30.46</b>	2:10.77	100 IM	2:33.15	<b>2:15.55</b>	1:57.81	Y
E	0:27.92	<b>0:26.72</b>	0:25.47	25 Back	0:25.15	<b>0:24.07</b>	0:22.95	A	E	0:29.10	<b>0:27.43</b>	0:25.54	25 Back	0:26.22	<b>0:24.71</b>	0:23.01	A
T	0:31.70	<b>0:30.00</b>	0:28.05	25 Breast	0:28.56	<b>0:27.03</b>	0:25.27	R	T	0:34.20	<b>0:32.09</b>	0:29.65	25 Breast	0:30.81	<b>0:28.91</b>	0:26.71	R
E	0:31.72	<b>0:28.72</b>	0:25.87	25 Fly	0:28.58	<b>0:25.87</b>	0:23.31	D	E	0:33.33	<b>0:30.37</b>	0:26.93	25 Fly	0:30.03	<b>0:27.36</b>	0:24.26	D
R	0:23.32	<b>0:22.24</b>	0:20.87	25 Free	0:21.01	<b>0:20.04</b>	0:18.80	S	R	0:23.53	<b>0:21.92</b>	0:20.43	25 Free	0:21.20	<b>0:19.75</b>	0:18.41	S
S	0:55.50	<b>0:52.03</b>	0:48.15	50 Free	0:50.00	<b>0:46.87</b>	0:43.38		S	0:56.76	<b>0:52.80</b>	0:47.37	50 Free	0:51.14	<b>0:47.57</b>	0:42.68	
Midget Girls, 9-10							Midget Boys, 9-10										
	Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		
M	1:55.20	<b>1:50.17</b>	1:41.70	100 IM	1:43.78	<b>1:39.25</b>	1:31.62	Y	M	2:00.00	<b>1:52.13</b>	1:44.91	100 IM	1:48.11	<b>1:41.02</b>	1:34.51	Y
E	0:52.47	<b>0:49.95</b>	0:46.84	50 Back	0:47.27	<b>0:45.00</b>	0:42.20	A	E	0:53.77	<b>0:51.14</b>	0:46.88	50 Back	0:48.44	<b>0:46.07</b>	0:42.23	A
T	0:57.20	<b>0:54.60</b>	0:52.50	50 Breast	0:51.53	<b>0:49.19</b>	0:47.30	R	T	0:59.06	<b>0:56.43</b>	0:53.59	50 Breast	0:53.21	<b>0:50.84</b>	0:48.28	R
E	0:55.84	<b>0:52.89</b>	0:48.11	50 Fly	0:50.31	<b>0:47.65</b>	0:43.34	D	E	0:58.75	<b>0:54.50</b>	0:48.70	50 Fly	0:52.93	<b>0:49.10</b>	0:43.87	D
R	0:44.50	<b>0:42.46</b>	0:39.91	50 Free	0:40.09	<b>0:38.25</b>	0:35.95	S	R	0:43.85	<b>0:41.72</b>	0:39.40	50 Free	0:39.50	<b>0:37.59</b>	0:35.50	S
S	1:42.19	<b>1:37.72</b>	1:29.87	100 Free	1:32.06	<b>1:28.04</b>	1:20.96		S	1:43.53	<b>1:38.07</b>	1:30.86	100 Free	1:33.27	<b>1:28.35</b>	1:21.86	
Junior Girls, 11-12							Junior Boys, 11-12										
	Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		
M	1:37.53	<b>1:33.59</b>	1:26.51	100 IM	1:27.86	<b>1:24.32</b>	1:17.94	Y	M	1:44.37	<b>1:37.77</b>	1:29.32	100 IM	1:34.03	<b>1:28.08</b>	1:20.47	Y
E	0:45.03	<b>0:42.72</b>	0:40.16	50 Back	0:40.57	<b>0:38.49</b>	0:36.18	A	E	0:48.28	<b>0:45.41</b>	0:41.65	50 Back	0:43.50	<b>0:40.91</b>	0:37.52	A
T	0:49.51	<b>0:47.47</b>	0:44.81	50 Breast	0:44.60	<b>0:42.77</b>	0:40.37	R	T	0:53.09	<b>0:49.94</b>	0:47.60	50 Breast	0:47.83	<b>0:44.99</b>	0:42.88	R
E	0:45.00	<b>0:41.84</b>	0:39.43	50 Fly	0:40.54	<b>0:37.69</b>	0:35.52	D	E	0:50.16	<b>0:45.63</b>	0:41.84	50 Fly	0:45.19	<b>0:41.11</b>	0:37.69	D
R	0:37.44	<b>0:36.16</b>	0:34.47	50 Free	0:33.73	<b>0:32.58</b>	0:31.05	S	R	0:38.93	<b>0:37.15</b>	0:34.72	50 Free	0:35.07	<b>0:33.47</b>	0:31.28	S
S	1:27.17	<b>1:22.31</b>	1:15.69	100 Free	1:18.53	<b>1:14.15</b>	1:08.19		S	1:30.65	<b>1:26.06</b>	1:18.53	100 Free	1:21.67	<b>1:17.53</b>	1:10.75	
Intermediate Girls, 13-14							Intermediate Boys, 13-14										
	Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		
M	1:34.04	<b>1:30.35</b>	1:24.22	100 IM	1:24.72	<b>1:21.40</b>	1:15.87	Y	M	1:35.75	<b>1:28.72</b>	1:22.06	100 IM	1:26.26	<b>1:19.93</b>	1:13.93	Y
E	0:44.74	<b>0:41.60</b>	0:39.68	50 Back	0:40.31	<b>0:37.48</b>	0:35.75	A	E	0:46.69	<b>0:41.97</b>	0:38.59	50 Back	0:42.06	<b>0:37.81</b>	0:34.77	A
T	1:41.90	<b>1:34.06</b>	1:25.85	100 Back	1:31.80	<b>1:24.74</b>	1:17.34	R	T	1:47.40	<b>1:36.85</b>	1:27.56	100 Back	1:36.76	<b>1:27.25</b>	1:18.88	R
E	0:49.18	<b>0:46.52</b>	0:44.00	50 Breast	0:44.31	<b>0:41.91</b>	0:39.64	D	E	0:48.88	<b>0:45.79</b>	0:42.72	50 Breast	0:44.04	<b>0:41.25</b>	0:38.49	D
R	1:48.88	<b>1:43.37</b>	1:36.54	100 Breast	1:38.09	<b>1:33.13</b>	1:26.97	S	R	1:52.84	<b>1:42.22</b>	1:33.85	100 Breast	1:41.66	<b>1:32.09</b>	1:24.55	S
S	0:45.40	<b>0:41.43</b>	0:37.91	50 Fly	0:40.90	<b>0:37.32</b>	0:34.15		S	0:49.54	<b>0:42.95</b>	0:37.93	50 Fly	0:44.63	<b>0:38.69</b>	0:34.17	
	1:50.31	<b>1:38.79</b>	1:30.91	100 Fly	1:39.38	<b>1:29.00</b>	1:21.90			2:00.00	<b>1:49.38</b>	1:28.94	100 Fly	1:48.11	<b>1:38.54</b>	1:20.13	
	0:36.03	<b>0:34.69</b>	0:33.31	50 Free	0:32.46	<b>0:31.25</b>	0:30.01			0:35.09	<b>0:33.19</b>	0:31.28	50 Free	0:31.61	<b>0:29.90</b>	0:28.18	
	1:23.56	<b>1:19.37</b>	1:14.45	100 Free	1:15.28	<b>1:11.50</b>	1:07.07			1:25.00	<b>1:17.63</b>	1:12.15	100 Free	1:16.58	<b>1:09.94</b>	1:05.00	
Senior Girls, 15-18							Senior Boys 15-18										
	Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		Adv.	J.V.	Varsity		
M	1:29.68	<b>1:26.13</b>	1:20.93	100 IM	1:20.79	<b>1:17.59</b>	1:12.91	Y	M	1:22.54	<b>1:17.15</b>	1:12.59	100 IM	1:14.36	<b>1:09.50</b>	1:05.40	Y
E	0:42.14	<b>0:40.24</b>	0:37.81	50 Back	0:37.96	<b>0:36.25</b>	0:34.06	A	E	0:39.79	<b>0:37.36</b>	0:34.39	50 Back	0:35.85	<b>0:33.66</b>	0:30.98	A
T	1:33.42	<b>1:28.69</b>	1:22.15	100 Back	1:24.16	<b>1:19.90</b>	1:14.01	R	T	1:30.65	<b>1:23.22</b>	1:15.79	100 Back	1:21.67	<b>1:14.97</b>	1:08.28	R
E	0:46.75	<b>0:44.53</b>	0:42.20	50 Breast	0:42.12	<b>0:40.12</b>	0:38.02	D	E	0:41.87	<b>0:39.65</b>	0:37.77	50 Breast	0:37.72	<b>0:35.72</b>	0:34.03	D
R	1:44.56	<b>1:39.49</b>	1:31.52	100 Breast	1:34.20	<b>1:29.63</b>	1:22.45	S	R	1:36.25	<b>1:30.50</b>	1:24.31	100 Breast	1:26.71	<b>1:21.53</b>	1:15.95	S
S	0:40.59	<b>0:38.33</b>	0:36.21	50 Fly	0:36.57	<b>0:34.53</b>	0:32.62		S	0:35.98	<b>0:34.10</b>	0:31.69	50 Fly	0:32.41	<b>0:30.72</b>	0:28.55	
	1:39.54	<b>1:32.34</b>	1:22.55	100 Fly	1:29.68	<b>1:23.19</b>	1:14.37			1:31.61	<b>1:21.97</b>	1:13.81	100 Fly	1:22.53	<b>1:13.85</b>	1:06.50	
	0:34.44	<b>0:33.42</b>	0:31.96	50 Free	0:31.03	<b>0:30.11</b>	0:28.79			0:30.18	<b>0:29.38</b>	0:27.96	50 Free	0:27.19	<b>0:26.47</b>	0:25.19	
	1:19.50	<b>1:16.28</b>	1:11.07	100 Free	1:11.62	<b>1:08.72</b>	1:04.03			1:11.82	<b>1:07.85</b>	1:03.34	100 Free	1:04.70	<b>1:01.13</b>	0:57.06	