



2024 WESTERN ZONE AGE GROUP CHAMPIONSHIPS

Wednesday, August 7th – Saturday, August 10th

Hosted by:

Idaho Competitive Aquatics
Idaho Central Aquatics Center
3575 S. Findley Ave., Boise, ID 83705



ENTRY DEADLINE: WEDNESDAY * JULY 31, 2024 * 5:00 pm Pacific Time

Held Under the Sanction of Snake River Swimming, Inc. and USA Swimming, Inc.

Sanction #24-19 Officials Qualifying Meet # PENDING

Websites:

www.wagzones2024.com * * * www.westernzoneswimming.org

Sanction:

This meet has been sanctioned by Snake River Swimming and current USA Swimming rules and Snake River Swimming Policies & Procedures will apply. All athletes must be currently registered as premium or outreach members for 2024 with USA Swimming. Snake River Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

Liability:

In granting this sanction and by any person's participation in the meet, 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. It is further understood that Snake River Swimming, Inc., all meet officials, the Idaho Central Aquatics Center, and Idaho Competitive Aquatics, LLC shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet. Damage to the facility, when proven, will cause the offending athlete's team to be held accountable for repairs.

Meet Referee

Judi Creech
360-909-7526 (cell)
jjjcreech@comcast.net

Administrative Referee

Mark Brown
916-201-1254 (cell)
mark.brown.15@gmail.com

Meet Director

Ryan Stratton
208-409-2293 (cell)
ryan@strattoncpa.com

Facility:

Indoor Myrtha competition tank, 50 meters by 25 yards, 8 lanes, 2.5 meters per lane, uniform depth of 2 meters. Electronic timing and LCD scoreboard systems. Indoor 25-yard, 6-lane tank serves as the warmup pool, and has uniform depth of 4 feet. Indoor bleacher-style seating for 1,200 spectators, plus a team seating area for 800+ athletes. Onsite parking for administrative personnel and officials. Bus parking available at adjacent Flying J Travel Center Truck Stop. Parking for spectators, team vehicles, and buses is available at adjacent shopping center parking lots. Free street parking is also available.

Pool Certification:

The competition course has been certified in accordance with 104.2.2 C (4). and is on file with USA Swimming.

MEET SCHEDULE SUMMARY

MEETING SCHEDULE		
General Meeting	Monday, August 5, 2024 @ 1:00 PM Pacific (PT) via ZOOM	
Officials’ Meetings	One hour prior to the start of competition * Details, p.12	
WZ AG Championship Business Mtg	Wednesday, August 14, 2024 @ 11:30 AM Pacific Time via ZOOM	
COMPETITION SCHEDULE	PRELIMINARIES	FINALS
Wednesday - Saturday August 7 – 10, 2024 Projected Timeline TBA at General Mtg	Assigned Warm-Up @ 6:30-8:15 AM Competition @ 8:30 AM Warm-Up Details p. 8 & 9	Warm-Up 1 hr prior to Finals Competition At least 2 hrs after end of Prelims

Supervised Warm-Ups

Competition & warm-up pools will be available Monday & Tuesday, August 5th & 6th * Details: p. 9

MEET FORMAT

- **Meet format** will be LCM Prelims (8 lanes) and LCM Finals (8 lanes). One championship heat and one consolation heat will compete in Finals, except as noted in the Order of Events, p. 3 of this announcement.
- **Order of Seeding** will be Long Course Meters (LCM), Short Course Yards (SCY), Short Course Meters (SCM).
Bonus events will be seeded after the above, in the same order: BLCM-BSCY-BSCM.

INDIVIDUAL EVENTS

- **Preliminary Heats of Individual Events and all Individual Timed Finals Events will be seeded and swum Fastest to Slowest.**
See Order of Events, (A) & (B) on p.3 of this announcement, for additional information on Individual Timed Finals Events.
- **Circle-Seeding** Top 3 heats of **preliminary** individual events 200M or less, and top 2 heats of **preliminary** individual events of 400M will be circle-seeded, with the fastest athlete in **Heat 3 for events 200M or less**, and in **Heat 2 for events of 400M**, respectively.
- **Finals Heats of Individual Events** will be seeded and swum **Slowest to Fastest**: Consolation, Championship, except as noted below (see additional details on p. 3 of this announcement, Order of Events):
 - **The fastest seeded heat of the following Timed Finals events will swim in FINALS, in event order:**
 - 11-12 400 Individual Medley * 11-12 400 Freestyles * 13-14 800 Freestyles * 13-14 1500 Freestyles
- **Chase Starts** will be used for all Individual Preliminary & Individual Timed Final events, **except** for the following:
 - **ALL heats of 50M events** will start at the **EAST/SCOREBOARD** end for **both Prelims and Finals**.
 - **Preliminary heats of the 800M/1500M Freestyles** swum at the conclusion of Prelims will start at the **WEST** end
- **Finals Events** will start from the **WEST** end *except for 50M events*, which start at the *EAST/SCOREBOARD* end
- **There will be NO Finals Ready Room at this event.**
 - Athletes will **NOT** be paraded to the blocks. Athletes are to report directly to their lane.
 - The Consolation heat will be announced in the water; the Championship heat will be announced at the blocks.

RELAYS

- **ALL RELAYS** will be conducted as Timed Finals, swum **Slowest to Fastest** in event order, **ALL heats in FINALS**.
- **ALL Relays** will start from the **WEST** end of the competition pool.
- See Relay Entries, p.9 of this meet announcement for additional important information regarding Relays.

ORDER OF EVENTS

Wednesday * August 7, 2024			Thursday * August 8, 2024		
Girls Event #		Boys Event #	Girls Event #		Boys Event #
1	11-12 400 Individual Medley (A)	2	26	10&U 100 Freestyle	27
3	10&U 50 Breaststroke	4	28	11-12 200 Freestyle	29
5	11-12 50 Breaststroke	6	30	13-14 200 Freestyle	31
7	13-14 100 Breaststroke	8	32	10&U 50 Butterfly	33
9	10&U 200 Freestyle	10	34	11-12 50 Butterfly	35
11	11-12 100 Freestyle	12	36	13-14 100 Butterfly	37
13	13-14 100 Freestyle	14	38	10&U 200 Individual Medley	39
15	10&U 100 Backstroke	16	40	11-12 200 Individual Medley	41
17	11-12 100 Backstroke	18	42	13-14 400 Individual Medley	43
19	13-14 200 Backstroke	20	44	11-12 200 Backstroke	45
21	13-14 800 Freestyle (B)	22	46	10&U 200 Single Gender	47
23	10&U 200 Mixed Gender	23		Medley Relay	
24	12&U 200 Mixed Gender	24	48	12&U 200 Single Gender	49
	Freestyle Relay			Medley Relay	
25	14&U 200 Mixed Gender	25	50	14&U 200 Single Gender	51
	Freestyle Relay			Medley Relay	
Friday * August 9, 2024			Saturday * August 10, 2024		
Girls Event #		Boys Event #	Girls Event #		Boys Event #
		#			#
52	11-12 200 Butterfly	53	73	13-14 200 Individual Medley	74
54	10&U 100 Breaststroke	55	75	10&U 50 Freestyle	76
56	11-12 100 Breaststroke	57	77	11-12 50 Freestyle	78
58	13-14 200 Breaststroke	59	79	13-14 50 Freestyle	80
60	10&U 50 Backstroke	61	81	10&U 100 Butterfly	82
62	11-12 50 Backstroke	63	83	11-12 100 Butterfly	84
64	13-14 100 Backstroke	65	85	13-14 200 Butterfly	86
66	11-12 400 Freestyle (A)	67	87	11-12 200 Breaststroke	88
68	13-14 400 Freestyle	69	89	13-14 1500 Freestyle (B)	90
70	10&U 200 Mixed Gender	70	91	10&U 200 Single Gender	92
	Medley Relay			Freestyle Relay	
71	12&U 200 Mixed Gender	71	93	12&U 200 Single Gender	94
	Medley Relay			Freestyle Relay	
72	14&U 200 Mixed Gender	72	95	14&U 200 Single Gender	96
	Medley Relay			Freestyle Relay	

(A) These events will be conducted as **Timed Finals**, with the **fastest seeded heat** swimming in **Finals** in event order.

(B) The **800M/1500M Freestyles** will be conducted as **Timed Finals, seeded and swum Fastest to Slowest, alternating heats by gender** (Girls then Boys), unless otherwise combined by the Meet Referee.

The fastest seeded heat of these events will swim in Finals in event order.

All other heats will be swum at the conclusion of their respective Preliminary sessions.

2024 Western Zone Age Group Championship Time Standards

Qualifying Time Period: August 2, 2023 through the entry deadline, July 31, 2024

The Western Zone Age Group Championship Time Standards will be the
2021-24 USA Swimming National Age Group Motivational Time Standards - "AAA" combined Age Group Standards:
10&U * 11-12 * 13-14 for both genders

There are NO De-qualification Rules or Standards for this meet.

Girls			10 & Under	Boys		
LCM	SCM	SCY	Event	LCM	SCM	SCY
32.79	31.89	28.89	50 Free	32.79	31.59	28.59
1:13.09	1:10.89	1:04.19	100 Free	1:12.89	1:10.29	1:03.69
2:39.79	2:35.79	2:20.89	200 Free	2:36.59	2:31.29	2:16.89
38.89	36.79	33.29	50 Back	38.89	37.09	33.49
1:23.89	1:19.29	1:11.79	100 Back	1:22.89	1:19.79	1:11.89
43.09	41.89	37.89	50 Breast	42.69	41.19	37.29
1:34.89	1:31.89	1:23.09	100 Breast	1:33.79	1:30.99	1:22.19
36.59	35.89	32.49	50 Fly	36.29	35.29	31.99
1:24.59	1:21.99	1:14.19	100 Fly	1:23.59	1:21.69	1:13.19
2:59.59	2:53.99	2:37.39	200 IM	2:58.39	2:52.49	2:36.19

11-12

LCM	SCM	SCY	Event	LCM	SCM	SCY
30.39	29.59	26.59	50 Free	29.29	28.29	25.59
1:06.09	1:03.89	57.79	100 Free	1:03.89	1:01.69	55.79
2:23.19	2:19.99	2:05.99	200 Free	2:19.49	2:15.19	2:01.39
5:01.69	4:55.09	5:36.89	400/500 Free	4:55.09	4:46.89	5:27.89
34.49	33.29	29.99	50 Back	33.69	32.49	29.29
1:15.39	1:11.89	1:04.69	100 Back	1:12.99	1:09.39	1:02.79
2:40.69	2:33.39	2:18.79	200 Back	2:36.69	2:29.89	2:15.19
38.49	37.39	33.79	50 Breast	37.49	36.19	32.69
1:24.79	1:21.19	1:13.19	100 Breast	1:22.19	1:18.79	1:10.49
3:02.79	2:56.39	2:37.89	200 Breast	2:56.59	2:49.29	2:32.49
32.39	31.89	28.69	50 Fly	31.89	31.19	28.19
1:13.09	1:11.49	1:04.19	100 Fly	1:10.89	1:09.39	1:02.39
2:40.99	2:36.99	2:21.39	200 Fly	2:37.49	2:33.29	2:16.09
2:41.89	2:36.89	2:21.59	200 IM	2:37.79	2:31.99	2:17.29
5:45.49	5:33.59	5:01.89	400 IM	5:37.79	5:23.89	4:53.19

13-14

LCM	SCM	SCY	Event	LCM	SCM	SCY
29.19	28.39	25.59	50 Free	27.09	26.09	23.49
1:03.29	1:01.49	55.49	100 Free	59.09	56.99	51.59
2:16.89	2:12.99	1:59.49	200 Free	2:08.89	2:04.19	1:52.39
4:48.19	4:41.49	5:20.39	400/500 Free	4:34.29	4:25.89	5:03.79
9:53.99	9:38.99	11:01.59	800/1000 Free	9:30.29	9:10.89	10:29.49
18:56.49	18:16.29	18:22.79	1500/1650 Free	18:09.39	17:25.89	17:31.99
1:10.69	1:06.99	1:00.19	100 Back	1:05.89	1:02.59	56.19
2:31.19	2:25.29	2:11.09	200 Back	2:23.09	2:16.39	2:02.79
1:20.19	1:16.99	1:09.09	100 Breast	1:14.59	1:10.69	1:03.89
2:52.59	2:46.69	2:29.99	200 Breast	2:41.39	2:34.89	2:18.79
1:08.09	1:06.79	59.99	100 Fly	1:03.89	1:01.99	55.89
2:31.69	2:27.69	2:12.79	200 Fly	2:22.19	2:17.49	2:04.29
2:33.89	2:28.89	2:13.39	200 IM	2:25.09	2:18.89	2:05.69
5:26.49	5:17.59	4:45.69	400 IM	5:08.59	4:56.79	4:28.29

RULES

- Conduct of the sanctioned event shall conform in every respect to current rules of USA Swimming including technical and administrative rules and the Minor Athlete Abuse Prevention Policy (“MAAPP 2.0”) which is summarized on p. 13 of this meet announcement. Current Snake River Swimming Policies & Procedures will also apply.
- **The age of the athlete will be his/her age as of August 7, 2024, the first day of competition.**
- All athletes entered in the meet must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down.
- Any athlete entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start, including both a Forward Start and a Backstroke Start, or must start each race from within the water without the use of the backstroke ledge.
- It shall be the athletes’ and coaches’ responsibility to acquaint themselves with all the information in this Meet Announcement and any information and changes announced at the General Meeting.
- Athletes and coaches are responsible for being familiar with this meet’s scratch rules and procedures.
- Deck changes are prohibited.
- The use of audio or visual recording devices, including a cell phone, is not allowed in changing areas, restrooms, or locker rooms.
- Photography, including visual recordings, is not allowed behind the starting blocks at any time.
- 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.
- Medical supervision will be available to all athletes participating in the meet. Personnel with current Red Cross lifeguarding, first aid, and CPR/AED certification will be available throughout warm-ups and competition. The facility’s AEDs are located in the Northeast corner under the scoreboard and in the Southwest corner adjacent to the lobby doors.
- **All athletes entered in the competition must comply with current USA Swimming rules regarding swimwear.**

Important Information on USA Swimming’s Rules for Tech Suit Use for 12U Athletes can be found [HERE](#) on the USA Swimming website. Compliance with these rules is the responsibility of athletes, coaches, and parents.

RESTRICTIONS

- **This is a CLOSED-DECK meet.**
 - **Only athletes, coaches, officials, team chaperones, and assigned meet volunteers will be permitted on the competition deck.**
 - **Only athletes, coaches, officials, team chaperones, and others with appropriate credentials will be permitted in the Team Areas.**
- Tobacco products of any kind, vaping, alcoholic beverages, and glass containers are not allowed in the swimming venue.
- Shaving is not permitted anywhere in the facility.
- Service animals only are allowed in the facility.

Athlete Supervision and Safety

Per Western Zone policy, each LSC is required to have at least one adult chaperone in the Team Area supervising their LSC athletes whenever their athletes are in the Team Area. Teams are encouraged to monitor the location of their athletes in the venue when they are not actively competing.

Meet Marshals will be present to assist in the monitoring of athletes in the warm-up area, and on the competition deck. Additionally, occasional sweeps of the locker rooms will be performed (women checking girls locker rooms & men checking boys locker rooms).

Broadcast Statement

Photographs, videotape, audio, and/or other visual recordings of the event created by a spectator may be used solely for such spectator’s personal non-commercial use and may not be broadcast, published, disseminated, or used for any commercial purpose without the prior consent of USA Swimming.

Image Authorization

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of the 2024 Western Zone Age Group Championship under the conditions authored by USA Swimming. Event organizers are additionally granted the right to use the pictures, likeness, and biographical information before, during, or after the period of participation in USA Swimming competitions to promote such competition.

ELIGIBILITY

This meet is open to athletes who:

1. Are currently registered Premium or Outreach members of USA Swimming. **There will be no on-deck USA Swimming registration.**
2. Are currently registered with a USA Swimming LSC of the Western Zone as of the day meet entries close, July 31, 2024.
3. Are no older than 14 years of age as of the first day of the meet, August 7, 2024.
4. Have been selected by their LSC to participate in this meet as a member of their designated LSC team.
5. Have met the appropriate 2024 qualifying times in competition between August 2, 2023, and the entry deadline, July 31, 2024.
6. Have qualifying entry times achieved at USA Swimming sanctioned, approved, or observed competitions. Entry times not in the SWIMS database must be proven to the Administrative Referee or designated representative by the LSC upon request. Failure to provide such proof of time will result in a \$250.00 fine to the athlete's LSC. The athlete will not be allowed to compete in an event that does not have a proven time. It is the responsibility of the entering LSC to verify that entry times are in SWIMS or to provide proof of times. Proof of relay entry times is not required.
7. **Athletes with disabilities:** LSCs may enter any number of athletes with disabilities who have met the PARA Zone Standards (see Page 14). Entry times must have been achieved during the qualification period and must meet all other stated requirements referenced herein. **Please identify athletes with disabilities when submitting entries, as well as accommodation requests. Thank you!**

ENTRIES

***** Entry Qualifying Time Period: August 2, 2023 to July 31, 2024 *****

All entries must be submitted via email by the competing LSC using a USA Swimming approved Standard Database Interchangeable Format (SDIF) electronic entry file.

Entry Deadline: Wednesday * July 31, 2024 * 5:00 pm Pacific Time

- All entries shall be submitted ONLY by the LSC Team Entry Representative, on behalf of the LSC.
- With the submission of entries, the Team Entry Representative attests that all athletes entered are registered with USA Swimming.
- Submitted entries must include an athlete's full legal name, age, birthdate, USA Swimming ID number, and LSC team code.
- **Altitude Adjustment of Entry Times:** Meet qualifying times are stated at sea level; however, times achieved at an altitude of 3,000 feet or above may be adjusted in accordance with current USA Swimming policies.
- **Designation of Non-Conforming & Bonus Times:**
 - Qualifying **short course times** shall be designated in the entry file with a **"Y" for short course yards and a "S" for short course meters.**
 - **Entries not meeting the qualifying time standard shall be designated with a "B" for bonus swim**, in addition to the course designation: "L" – LCM, "Y" – SCY, or "S" – SCM. Eg: 1:01.55BL * 55.55BY * 59.59BS
 - Converted times are not allowed.

Entry Limits

- **Individual**
Athletes may enter up to six (6) individual events total but may not compete in more than three (3) individual events per day.
- **Team**
 - Each LSC athlete roster is limited to no more than **80 athletes total, not including athletes with disabilities.**
 - **Each LSC may enter up to 400 individual events; however no more than 160 may be slower than the qualifying time standards. Entry times slower than the qualifying time standard are to be designated as "Bonus" (see Entries, above).**
 - LSCs with entries exceeding 400 individual events and/or 160 "bonus" events, shall scratch down to the stated limits prior to Wednesday's Scratch Deadline of 6:00 pm on Tuesday, August 6th – see Scratch Procedures, p.9. Failure to comply shall be deemed to **have given the Meet Referee the authority to eliminate entries to comply with the stated limits. "Bonus" swims will be scratched first.** Entries for athletes with disabilities are not included in the stated LSC limits.
 - Each LSC is limited to **one (1) "bonus" swim per gender, per age group, for individual events 400M or longer.** Entries exceeding this limit must be scratched prior to the close of the scratch deadline for the event. If the LSC fails to scratch excessive entries, the Administrative Referee shall have the authority to eliminate entries to comply with the stated limits. "Bonus" swims will be scratched first. Entries for athletes with disabilities are not included in the stated LSC limits.

Entry Limits, con't

▪ Relay Entries

- Each LSC is limited to two (2) relays per relay event for **single** gender relays.
- Each LSC is limited to three (3) relays per relay event for **mixed** gender relays.
 - Mixed gender relays must be comprised of two female athletes and two male athletes.
 - *If an LSC enters three mixed gender relays, only the top two (2) finishing relays are eligible to score.*
- Entry times for relays are required when meet entries are submitted. Proof of relay entry times is not required.
- Relays must be made up of athletes entered in the meet whose age and gender meet the event description. Athletes are limited to one age group relay per session.
- Relays will be scored, awards presented, and records kept for the following age groups: 10&U, 12&U, 14&U.

NO REFUNDS will be given for submitted entries that are subsequently scratched by an LSC's coach, the Meet Referee, or the Administrative Referee.

Entry Fees

- **\$20.00 per athlete surcharge**
- **\$20.00 per individual event entry** (\$5.00 paid by meet host to Zone Treasury)
- **\$30.00 per relay entry** (\$5.00 paid by meet host to Zone Treasury)
- **Payment of Entries:** Payment for entries will be collected on-site at the REGISTRATION DESK and must be paid in full to receive the team's packet containing meet credentials and team information.
 - Teams will have the option of paying by either check or credit/debit card at the Registration Desk.
 - *Make checks payable to IDAHO COMPETITIVE AQUATICS*
 - *If paying by credit card, a 2.75% convenience fee will be added to your invoice.*
- **NO REFUNDS** will be given for submitted entries that are subsequently scratched by an LSC's coach, the Meet Referee, or the Administrative Referee.

Entry Deadline **SDIF Entry File must be received via email by 5:00 PM Pacific Time, July 31, 2024**
Submit entries via email to the Entry Chair, Patty Stratton patty@gbacswim.com

Submitting Entries

- **EMAIL SDIF Meet Entry File** to Entry Chair Patty Stratton patty@gbacswim.com
- **Include the following as PDF attachments** * Team Staffing may be listed in the body of the email:
 - **Individual and Relay Entries**
 - **Team Entry Fees Summary**
 - **LSC Team Staffing:** Number of Coaches, Managers, and Chaperones attending meet
🏊 **Coaches Heat Sheet Fee:** 0 – 6 Coaches * No Charge / **7+ Coaches * \$5.00 per coach over 6**
- **Receipt of entries is not considered confirmed until the LSC Team Entry Representative receives a confirmation email from Entry Chair Patty Stratton.** If an entry confirmation email is not received within 24 hours of the meet entry deadline, contact Patty Stratton immediately.
- **PRINT hard copies of Individual and Relay entries submitted** and bring to meet as reference documents.

Administrative Entry Errors

Entries for an athlete that are incorrect due to administrative error may be corrected if the following requirements are met:

1. The LSC entering the athlete can prove, with documentary evidence, to the satisfaction of both the Meet Referee and the Administrative Referee that the administrative error is exclusively the fault of the LSC and not in any way the fault of the athlete.
2. Such documentary evidence must be submitted to the Meet Referee or the Administrative Referee prior to **6:00 pm, Tuesday, August 6th** (NO exceptions) where it will be subject to approval. If approved, the athlete shall be seeded correctly.

Late Entries

Late entries will only be accepted in accordance with the Western Zone Swimming Championship Regulations, Section VII.9.5.10.

In summary:

An LSC whose entire entry is received no more than 24 hours late, may enter its athletes into the Western Zone Age Group Swimming Championship subject to the following:

- The late LSC shall pay to the meet host an administrative penalty equal to that LSC's total entry fees.
- The late LSC shall not score points for its individual swims but shall receive points from all its swum relays.
- The late LSC's swimmers shall be seeded correctly, shall earn individual awards and times of record.

Meet Entry Questions

Questions concerning meet entries should be directed to Entry Chair Patty Stratton patty@gbacswim.com.

Email is requested and preferred.

GENERAL MEETING

A General Meeting will be held on Monday, August 5, 2024 via ZOOM 1:00PM Pacific (PT). Additional details will be distributed following the close of entries on July 31, 2024. **Each LSC must have at least one coach and one team representative in attendance.**

REGISTRATION DESK * Clerk of Course

All athletes, coaches, officials, and team managers participating in this competition must be currently registered for 2024 with USA Swimming.

- All athletes, coaches, officials and team managers should be prepared to present their USA Swimming ID Card or Deck Pass as proof of their registration to the Meet Referee, the Meet Director, or their designee at any time. Photo ID may also be requested.
- All athletes, coaches, officials and team managers (including designated team chaperones) will receive a meet-specific credential, which will serve as a deck pass, and is to be displayed in order to access the competition deck and team areas.

Tuesday, August 6th: The Registration Desk will be located on deck and will open at 12:00 PM (Noon) Local Time (MDT).

Registration will remain open through the end of Supervised Warm-Ups, at 7:00 pm Local Time (MDT).

- All coaches and officials will be required to sign in and present their current USA Swimming credentials to obtain a meet credential from the Registration Desk on Tuesday.
- Team managers will be required to sign in and present their current USA Swimming credentials to obtain a meet credential from the Registration Desk on Tuesday.
- Upon signing in and receiving their meet credential, Team Managers will also receive the meet credentials for their athletes and team chaperones.

Wednesday – Saturday, August 7th – 10th: Clerk of Course will be open at 7:00 AM – 7:00 PM Local Time (MDT) and will be located on deck with the Clerk of Course. **Officials arriving after Tuesday** should obtain their deck pass at the Registration Desk prior to working their first session. Refer to **Important Information for Officials**, p. 12 of this meet announcement.

WARMUPS

Snake River Swimming Safety Guidelines and Warm-Up Procedures will be in effect for this meet.

A copy of these guidelines and procedures will be emailed to the Team Entry Contact and will be posted at the facility. The Meet Referee reserves the right to modify warm-ups as determined to be in the best interest of the safety of the athletes and the conduct of the meet.

▪ Pre-Meet Supervised Warm-Ups

- Idaho Central Aquatic Center will be available for pre-meet supervised warm-ups on Monday, August 5th, 3:00 – 6:00 PM Local Time (MDT), and Tuesday, August 6th, 12:00 PM – 7:00 PM Local Time (MDT). Both the 50M competition pool and the 25Y warm-up pool will be available. However, **lane space and practice times must be scheduled in advance.**
- **To schedule lane space and practice times, contact the Meet Director.**
- LSC team athletes must be supervised by one of their LSC team coaches for the entire length of the practice. The LSC team coach supervising the practice must have a current USA Swimming Coach membership.

▪ Meet Warm-Ups: Prelims

- **ASSIGNED** warm-ups will be available in both the 50M competition pool and the 25Y warm-up pool Wednesday – Saturday mornings, 6:30 – 8:15 AM Local Time (MDT). Assignments will be made by LSC for a specific lane and warm up time and will be distributed no later than the General Meeting.
- **25Y Warm-Up Pool** will be available for general warm-up/warm-down from 8:15 AM Local Time (MDT) until 30 minutes after the completion of the preliminary session. The facility will be closed between Preliminary and Finals sessions.

WARMUPS, cont'd

▪ Meet Warm-Ups: Finals

- **OPEN** warm-ups will be available in both the 50M competition pool and the 25Y warm-up pool Wednesday – Saturday at the start of the published Finals warm-up start time.
- **25Y Warm-Up Pool** will be available for general warm-up/warm-down from the start of the published Finals warm-up time until 30 minutes after the completion of the nightly Finals session. The 50M competition pool will close 10 minutes after the completion of the Finals session each night.

SCRATCH PROCEDURES

The USA Swimming National Championship scratch procedure and no-show rules will be used at this meet. These rules are described in the current USA Swimming Rules & Regulations 207.11.6

In summary:

- Any athlete who fails to compete in an individual preliminary event in which the athlete is entered *and has not properly scratched* will be barred from all further individual and relay events for that day and must check in with the Administrative Referee prior to the scratch deadline each day for the remainder of the meet.
- **Athletes will have 30 minutes** after the announcement of finals event qualifiers **to declare their intention to scratch** from final events and must declare their final intention to scratch or swim within 30 minutes of their last individual preliminary event of that session.
- *Any athlete seeded in an individual finals event who does not properly declare their intention to scratch and fails to compete in that finals event will be barred from competition for the remainder of the meet.*

**ALL SCRATCHES FOR THIS MEET MAY BE SUBMITTED ELECTRONICALLY TO THE ADMINISTRATIVE REFEREE
TBD VIA EMAIL mark.brown.15@gmail.com OR TEXT (916) 201-1254**

Scratches may also be submitted in person during the meet

All scratches must be submitted by the stated deadlines – See details, below

Scratch Procedures for Individual Events

- Scratches prior to the seeding of individual events shall be confirmed with Administrative Referee TBD prior to the daily scratch deadline by: (1) email, mark.brown.15@gmail.com; (2) via text: (916) 201-1254; OR (3) by properly filling out and depositing a scratch card in the scratch box. Scratch cards will be available at the Admin Desk.
- The Scratch Box will be located at the Registration Desk on Tuesday, August 6th, and at the Administration Desk for the duration of the meet.

Scratch Deadline for Wednesday's Individual Events - Tuesday, August 6th at 6:00 PM Local Time (MDT)

- Athletes are considered checked in for ALL individual events on Wednesday including the 800M Freestyle events *unless scratched*.

Scratch Deadline for Thursday – Saturday's Individual Events

- **Athletes are considered checked in for ALL other individual events for the rest of the meet including the 1500M Freestyle events *unless scratched*.**
- Scratch Deadline will be 30 minutes after the start of Finals for the following day's individual events.

ALL RELAYS require submission of completed relay form by 12:00 PM (MDT) on the day of the relay event *in order to be seeded*.

- Relay entry forms will be distributed each morning with the Preliminary session heat sheets.
- Up to eight athletes may be listed on the relay form, and the order made be changed up to the time the lead athlete is called to the blocks.
- The Meet Referee, in concurrence with the Administrative Referee, may re-seed a relay with an unrealistic time to the first heat with a NT (no time) entry.

SCORING

Scoring will be on a sixteen (16) place basis. **Individual events:** 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. **Relays** will score double.

AWARDS

- **Individual Events:** medals for first (1st) through eighth (8th) place; ribbons for ninth (9th) through sixteenth (16th) place
- **Relay Events:** medals for first (1st) through third (3rd) place; ribbons for fourth (4th) through eighth (8th) place
- **Team Awards:** Trophies for first (1st) through eighth (8th) place ***First Place Trophy: Scottie Aschermann Team Championship Award**
- **Adam Szmidt Team Sportsmanship Award:** Trophy awarded to the team demonstrating superior sportsmanship, total team support, consistent positive attitude throughout the entire meet and unified team appearance (uniform, shirts, suits, etc).
 - Award Selection Committee: Western Zone Director(s), Meet Director(s), One Coach and one Athlete from each LSC
 - Ballots will be distributed to each LSC team at check-in. Ballots are to be cast daily by members of the Selection Committee prior to the start of the Relays in the Finals session.
- **Presentation:** Trophies will be presented on Saturday at the conclusion of Finals. Medal and ribbons may be picked up by a team representative at the Clerk of Course the day after the awards are earned. All awards are to be collected by teams prior to leaving the venue after Saturday Finals. Awards will not be mailed.

RESULTS

Live results will be available via Meet Mobile but are NOT considered official results. Official results for each session will be emailed to each LSC team contact and will be posted to the meet websites listed on p.1 of this meet announcement.

TIME TRIALS

Time Trials will not be offered at this meet.

TIMERS

- **Western Zone Policy states that each LSC is to provide two timers for one lane for the duration of the meet.**

Each LSC entered in the meet will be assigned lanes for timing coverage in both Preliminary and Finals Sessions, on a rotating basis. These lane assignments will be managed through an on-line registration process. Implementation of this meet policy will be provided to each LSC no later than July 15, 2024.

HOSPITALITY

A Hospitality Room will be provided by for coaches and officials only, location TBA. Athletes are not permitted in the Hospitality room.

IMPORTANT INFORMATION FOR LSC TEAM MANAGERS

Team Areas

Per Western Zone policy, each LSC is required to have at least one adult chaperone in the assigned Team Areas supervising their LSC athletes whenever their athletes are in the Team Area. Teams are encouraged to monitor the location of their athletes in the venue when they are not actively competing.

Preliminary & Finals Sessions

Each LSC Team will receive an assigned Team Area for all Preliminary and Finals Sessions. Assignments will be determined by team size.

Each team area will be designated by an LSC Team Banner. Coaches' tables / areas on deck are TBD.

On-Site Food Options for Athletes

The level of need for on-site food options for athletes is in the process of being determined, along with appropriate resources. Complete information will be distributed to LSC Contacts as soon as it is available.

Opening Ceremonies & Other WZAG Social Events

- In an effort to return the focus of this meet to competition, we will not be offering additional events, such as opening ceremonies and end-of-meet social opportunities. We will take appropriate time to welcome all athletes to the facility upon their arrival for warm-ups and at the beginning of competition.
- Gear Trading: We encourage all teams and athletes to participate in the traditional trading "market" of team gear and to do so respectfully and thoughtfully. Trading should not take place until the conclusion of the preliminary session on Saturday.
- Saturday Evening or Sunday Activities: Boise offers a wide variety of opportunities to celebrate the close of the meet, including white-water rafting, river floats, water parks, hikes and others. If your team is interesting in pursuing a celebratory activity, please contact the Meet Director for suggestions and connections.

Western Zone Age Group Championship Business Meeting

The Western Zone Age Group Championship Business Meeting will be held on Wednesday, August 14, 2024 @ 11:30 am Pacific Time, via ZOOM.

- The purpose of the Western Zone Age Group Championship Business Meeting is to specifically discuss items concerning the Western Zone Age Group Championship Championships.
- The meeting will be chaired by the Western Zone Championship Coordinator or the Western Zone Director in attendance.
- A meeting agenda will be prepared by the Western Zone Championship Coordinator and distributed PRIOR to the start of competition on Wednesday, August 7, 2024. The
- VOICE: Only Coaches, Team Managers, and Officials who were present at the Western Zone Age Group Championship Meet immediately prior to the Business Meeting will have a VOICE. Western Zone Board members will also have a VOICE.
- VOTE: One person, appointed by the LSC General Chair (or their designee) PRIOR to the Western Zone Age Group Championship Meet. The LSC appointee **must** be present at the WZAG Championship Meet to have a VOTE at the Business Meeting following the meet. Each Zone Director, the Western Zone Athlete Director, and the Western Zone Junior Athlete Representative shall also have a VOTE.

Parking at the Facility

- Free public parking is available adjacent to the Aquatic Center.
- BUSES will be able to drop off in front of the Aquatic Center, and park nearby at Flying J Travel Center Truck Stop
- NO Overnight RV Parking is allowed.

Hotels

The meet host has partnered with the Boise Convention & Visitors Bureau to secure blocks of rooms around the valley. A link to this site can be found on the meet website: wagzones2024.com. If you need any assistance with location, proximity to the pool or dining, please contact the meet director.

Meet Souvenir Apparel

Fine Designs Ink (finedesigns.com) will be on site to provide the official souvenir t-shirts and apparel for this meet. An advance store will be made available prior to the meet. A direct link to the store will be posted at wagzones2024.com.

Meet Photographer

Meet Photography will be provided by Zoom Photography. Additional Information will be distributed no later than July 15, 2024.

IMPORTANT INFORMATION FOR OFFICIALS

General Information

Each LSC is asked to provide at least one (1) LSC Certified Official. Officials must be a currently registered member of USA Swimming prior to the start of the competition and at least LSC certified in the position(s) for which they apply.

Officials Briefings

Mandatory Officials Briefings will be held during warm-ups beginning one hour prior to the start of each competition session.

Officials Dress

- **Preliminaries:** White polo shirt, khaki pants/skirts/short, white deck-friendly shoes, and white socks.
- **Finals:** White polo shirt, khaki long pants/skirts, white deck-friendly shoes, and white socks.

Application to Officiate

- All Officials intending to work this meet must complete the Application to Officiate [HERE](#). This link is also available on the Western Zone Age Group Championship event page, [HERE](#).
- Those Officials desiring to work the **assigned positions** of Chief Judge, Starter, and Deck Referee must **submit an application** no later than **June 28, 2024**. Preference will be given to those who agree to work all sessions.
- All others planning to attend the meet are encouraged to return their application by **July 5, 2024**.
- **Meet Shirt Deadline: July 5, 2024**
Every effort will be made to provide a meet shirt in the requested size to those Officials who **apply by the July 5th** deadline. Meet shirts may not be available to Officials who apply after the deadline.

Application for National Certification / Evaluation

- **National Evaluator: Anne Lawley**

The Western Zone Age Group Championship has been approved as an Officials Qualifying Meet for N2/N3 certification/recertification. Please review the USA Swimming requirements for National Certification and advancement [HERE](#).

All officials are welcome to participate. Even if you do not yet qualify you are encouraged to take advantage of this mentoring opportunity. Complete the Application to Officiate [HERE](#). This link is also available on the Western Zone Age Group Championship event page, [HERE](#). Questions may be directed to the Meet Referee Mike Davis (mekidadad1@yahoo.com).

Officials Reimbursement Fund

This fund provides reimbursement assistance to Officials who work at least 80% of the meet sessions and who are not being reimbursed from another source for their expenses to attend the Western Zone Age Group Championships. The proceeds of this fund are shared equally across all applicants who have met the work requirements. To be eligible, Officials must be registered with USA Swimming and in good standing from any LSC in the Western Zone.

Credentials & Deck Access

- **Officials arriving on Tuesday, August 6th** may obtain their deck pass at the Registration Desk.
- **Officials arriving after Tuesday, August 6th** should obtain their deck pass at the Registration Desk prior to working their first session.

Officials Social

- To be announced at the Official's meetings.

Parking at the Facility

- See Page 11 for parking information.

Hotels

The meet host has partnered with the Boise Convention & Visitors Bureau to provide a special block of rooms for Officials who have confirmed their attendance at this meet. This hotel block will not be shared publicly; information on booking a room will be distributed to Officials by the Meet Referee following confirmation of receipt of the Officials Application [HERE](#)

IMPORTANT INFORMATION FOR SPECTATORS

Spectator Admission & Seating

Admission & Ticket Sales

Admission for Spectators will be charged for this event. Tickets will be sold daily on-site prior to each session. Final details on ticket sales will be distributed to each LSC no later than July 15, 2024.

Spectator Seating

- Spectator Seating is available throughout the facility and available on a first come, first serve basis. Bleachers will be cleared each night—anything left behind will be placed in Lost & Found.
- **This is a CLOSED-DECK meet.** Only CREDENTIALLED athletes, coaches, officials, and assigned meet volunteers will be permitted on the competition pool deck. **There will be NO admission of spectators to the competition deck.**

Lost & Found

Lost & Found items will be taken to the Registration Desk located in the main lobby of the Aquatic Center.

Livestreaming

Livestreaming will be available via LiveBarn. Additional information will be shared as soon as available.

SAFE SPORT/MAAPP 2.0

The Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. Adult Participants are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report

Parallel Time Standards for Swimmers With A Disability - ZONE																	
Para 1	Girls									Boys							
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	10 & U P1		11-12 P1		13-14 P1		15 & O P1		P1	10 & U P1		11-12 P1		13-14 P1		15 & O P1	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	1:37.89	1:37.89	1:29.39	1:29.39	1:22.89	1:22.89	1:21.59	1:21.59	50 FR	1:33.29	1:33.29	1:24.29	1:24.29	1:18.29	1:18.29	1:15.29	1:15.29
	3:25.49	3:25.49	3:07.69	3:07.69	2:53.99	2:53.99	2:51.19	2:51.19	100 FR	3:30.59	3:30.59	3:10.29	3:10.29	2:56.69	2:56.69	2:49.89	2:49.89
	8:12.49	8:12.49	7:29.39	7:49.39	6:56.59	6:56.59	6:50.09	6:50.09	200 FR	5:46.79	5:46.79	5:13.19	5:13.19	4:50.89	4:50.89	4:39.69	4:39.69
	1:55.89	1:55.89	1:45.79	1:45.79	1:38.09	1:38.09	1:36.59	1:36.59	50 BK	1:17.89	1:17.89	1:10.39	1:10.39	1:05.39	1:05.39	1:02.79	1:02.79
	3:32.99	3:32.99	3:14.59	3:14.59	3:00.39	3:00.39	2:57.49	2:57.49	100 BK	2:50.19	2:50.19	2:33.69	2:33.69	2:22.69	2:22.69	2:17.29	2:17.29
	1:47.29	1:47.29	1:30.99	1:37.99	1:30.79	1:30.79	1:29.39	1:29.39	50 BR	1:24.19	1:24.19	1:16.09	1:16.09	1:10.59	1:10.59	1:07.89	1:07.89
	5:05.89	5:05.89	4:39.39	4:39.39	4:18.99	4:18.99	4:14.99	4:14.99	100 BR	4:04.19	4:04.19	3:40.59	3:40.59	3:24.89	3:24.89	3:16.99	3:16.99
	2:52.49	2:52.49	2:37.49	2:37.49	2:25.99	2:25.99	2:23.69	2:23.69	50 FL	2:37.89	2:37.89	2:22.59	2:22.59	2:12.39	2:12.39	2:07.29	2:07.29
	7:07.49	7:07.49	6:30.39	6:30.39	6:01.89	6:01.89	5:56.19	5:56.19	150 IM	7:02.79	7:02.79	6:21.89	6:21.89	5:54.59	5:54.59	5:40.99	5:40.99
Parallel Time Standards for Swimmers With A Disability - ZONE																	
Para 2	Girls									Boys							
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	10 & U P2		11-12 P2		13-14 P2		15 & O P2		P2	10 & U P2		11-12 P2		13-14 P2		15 & O P2	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	53.29	56.09	48.79	51.29	45.19	47.49	44.49	46.79	50 FR	50.69	53.39	45.79	48.19	42.59	44.75	40.89	43.09
	1:58.69	204.89	1:48.39	1:54.09	1:40.49	1:45.69	1:38.89	1:44.09	100 FR	1:51.89	1:57.69	1:40.99	1:46.39	1:33.99	1:38.79	1:30.19	1:34.99
	4:04.29	4:17.09	3:43.09	3:54.79	3:26.59	3:37.69	3:23.59	3:34.29	200 FR	3:56.59	4:09.09	3:33.69	3:44.99	3:18.59	3:28.89	3:10.79	3:20.89
			9:17.49	7:35.09	8:25.49	6:52.59	8:17.49	6:46.09	400/ 500 FR			8:59.39	7:20.29	8:20.79	6:48.79	8:01.59	6:33.09
	1:04.79	1:08.19	59.19	1:02.29	54.89	57.69	53.99	56.79	50 BK	57.39	1:00.39	51.79	54.49	48.19	50.69	46.29	48.69
	2:29.89	2:37.69	2:16.89	2:24.09	2:06.89	2:13.49	2:04.89	2:11.39	100 BK	2:32.89	2:40.89	2:09.69	2:16.49	2:00.59	2:06.79	1:55.79	2:01.89
			4:42.39	4:57.19	4:21.79	4:35.49	4:17.69	4:31.19	200 Bk			4:03.49	4:16.29	3:46.09	3:57.99	3:37.39	3:48.79
	1:07.69	1:11.19	1:01.79	1:04.99	57.29	1:00.29	56.39	59.29	50 BR	1:04.99	1:08.39	59.19	1:01.79	54.59	57.39	52.39	55.19
	2:29.99	2:37.89	2:16.99	2:24.19	2:05.19	2:13.69	2:05.09	2:11.59	100 BR	2:24.09	2:31.69	2:10.19	2:16.99	2:00.99	2:07.19	1:56.19	2:02.39
			5:00.09	5:15.79	4:38.19	4:52.79	4:33.79	4:48.19	200 BR			4:40.89	4:55.69	4:20.99	4:34.59	4:10.79	4:23.99
	1:05.29	1:08.69	59.59	1:02.69	55.19	58.09	54.39	57.19	50 FL	52.49	55.29	47.39	49.89	44.09	46.39	42.39	44.59
	2:47.69	2:56.49	2:33.19	2:41.19	2:22.09	2:29.49	2:19.79	2:27.09	100 FL	2:44.69	2:53.29	2:28.69	2:36.59	2:18.29	2:25.39	2:12.79	2:19.79
	5:11.09	5:27.39	4:44.09	4:58.99	4:23.39	4:37.19	4:19.19	4:32.79	200 IM	4:53.49	5:09.89	4:25.09	4:38.99	4:06.29	4:19.09	3:56.69	4:09.19
Parallel Time Standards for Swimmers With A Disability - ZONE																	
Para 3	Girls									Boys							
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	10 U P3		11-12 P3		13-14 P3		15 & O P3		P3	10 U P3		11-12 P3		13-14 P3		15 & O P3	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	41.39	45.89	37.79	41.89	34.99	38.79	34.39	38.19	50 FR	37.39	41.49	33.79	37.49	31.39	34.79	30.09	33.49
	1:28.09	1:37.79	1:20.39	1:29.29	1:14.59	1:22.79	1:13.39	1:21.49	100 FR	1:21.19	1:30.19	1:13.39	1:21.49	1:08.29	1:15.79	1:05.49	1:12.79
	3:37.09	4:01.19	3:18.29	3:40.29	3:03.79	3:24.19	3:00.89	3:20.99	200 FR	3:05.69	3:26.29	2:47.69	3:06.39	2:35.79	2:53.09	2:29.79	2:46.39
	8:14.09	7:14.29	7:31.29	6:36.69	6:58.29	6:07.69	6:51.69	6:01.89	400/ 500 FR	8:01.09	7:02.89	7:14.39	6:21.89	6:43.49	5:54.69	6:27.89	5:40.99
			17:06.19	14:33.39	15:58.09	13:35.39	15:44.49	13:23.79	800/ 1000 FR			17:08.19	14:34.99	15:54.69	13:32.49	15:17.89	13:01.19
			30:59.39	29:02.59	29:03.69	27:13.89	28:40.09	26:52.09	1500/ 1650 FR			31:47.89	29:48.09	29:31.59	27:40.29	28:23.49	26:36.49
	52.19	57.89	46.89	52.09	42.99	47.69	42.19	46.79	50 BK	42.79	47.59	38.69	42.99	35.99	39.89	34.59	38.39
	1:45.49	1:57.19	1:36.38	1:47.09	1:29.39	1:39.29	1:27.99	1:37.69	100 BK	1:30.29	1:40.29	1:21.59	1:30.59	1:15.69	1:24.09	1:12.79	1:20.89
			3:57.09	4:23.39	3:36.89	4:00.89	3:32.79	3:56.39	200 BK			3:15.59	3:37.29	3:01.69	3:21.79	2:54.59	3:13.99
	52.69	58.49	47.49	52.69	43.39	48.19	42.59	47.29	50 BR	46.79	51.99	42.29	46.99	39.29	43.59	37.79	41.89
	1:52.29	2:04.69	1:42.59	1:53.89	1:35.09	1:45.59	1:33.49	1:43.89	100 BR	1:43.89	1:55.39	1:33.79	1:44.29	1:27.19	1:36.79	1:23.79	1:33.09
			3:49.99	4:15.49	3:30.39	3:53.69	3:26.39	3:49.29	200 BR			3:25.39	3:48.19	3:10.79	3:31.89	3:03.39	3:23.79
	47.39	52.59	42.59	47.29	38.99	43.29	38.29	42.49	50 FL	40.59	45.09	36.69	40.79	34.19	37.89	32.79	36.39
	1:35.39	1:45.89	1:27.09	1:36.69	1:20.69	1:29.59	1:19.39	1:28.19	100 FL	1:25.39	1:34.89	1:17.19	1:25.69	1:11.69	1:19.59	1:08.89	1:16.49
			3:45.69	4:10.69	3:26.39	3:49.29	3:22.49	344.99	200 FL			3:15.19	3:36.89	3:01.29	3:21.39	2:44.29	3:13.69
	3:43.19	4:07.89	3:23.79	3:46.39	3:08.99	3:29.89	3:05.99	3:26.59	200 IM	3:16.99	3:38.89	2:57.99	3:17.69	2:45.29	3:03.59	2:38.89	2:56.49
			8:12.89	9:07.59	7:30.79	8:20.79	7:22.29	8:11.39	400 IM			7:13.39	7:46.79	6:30.49	7:13.79	6:56.79	6:56.79