



Sierra Nevada Swimming Senior Short Course Championships

Hosted by Woodland Swim Team
OPEN ONLY to Sierra Nevada Swimmers 13 years of age and older
January 31 – February 2, 2025
Enter online at: <https://ome.swimconnection.com/>



SANCTION:	Swim Meet held under USA Swimming/Sierra Nevada Swimming Sanction SNS25-31. In accordance with USA Swimming Rule (USA-S Rule) 202.4.10, "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."																			
NOTICE:	By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, webcasting, television, psych sheets and live meet results. The results of this meet may be posted in real time on Meet Mobile.																			
LOCATION:	<p>Charles Brooks Community Swim Center, 155 N. West Street, Woodland, CA 95695.</p> <p>From I-5 north or south, take the West Street exit; travel 1½ miles south. The pool is on the right, next to Woodland High School.</p> <p>IMPORTANT PARKING INFORMATION:</p> <table><tr><th>DAY</th><th>FACULTY LOT (next to pool)</th><th>STUDENT LOT (on Beamer with gates open to pool)</th><th>STREET PARKING</th></tr><tr><td>FRIDAY PM</td><td>Limited before 4:00 PM (school released at 3:30 PM)</td><td>CLOSED</td><td>Available</td></tr><tr><td>SATURDAY</td><td>NO ACCESS (there is a school event)</td><td>OPEN (with gate access to the pool)</td><td>Available Woodland Ave gate will be open until 9:00 AM for easy loading and unloading; it will close at 9:00 AM for swimmer safety.</td></tr><tr><td>Sunday</td><td>OPEN</td><td>CLOSED</td><td>Available Woodland Ave gate will be open until 9:00 AM for easy loading and unloading; it will close at 9am for swimmer safety</td></tr></table> <p>Lifeguard Parking spots are clearly marked and are for City of Woodland Staff and reserved Officials ONLY.</p> <p>Do not park in the red zones. White loading zones require a driver to stay in the vehicle and are for active loading and unloading only.</p>				DAY	FACULTY LOT (next to pool)	STUDENT LOT (on Beamer with gates open to pool)	STREET PARKING	FRIDAY PM	Limited before 4:00 PM (school released at 3:30 PM)	CLOSED	Available	SATURDAY	NO ACCESS (there is a school event)	OPEN (with gate access to the pool)	Available Woodland Ave gate will be open until 9:00 AM for easy loading and unloading; it will close at 9:00 AM for swimmer safety.	Sunday	OPEN	CLOSED	Available Woodland Ave gate will be open until 9:00 AM for easy loading and unloading; it will close at 9am for swimmer safety
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FACILITIES:	<p>A surveyed outdoor heated 25-yard by 50-meter pool with locker rooms and rest areas. Up to ten (10) Short Course lanes will be used for competition. Colorado Starting, Timing, and Scoreboard system will be used. Omega automatic starting systems may be used. Timing is provided by Colorado Time Systems. There is an 8 lane Colorado scoreboard that will display all competition lanes' times splits, and running results.</p> <p>Canopies will be provided for Coaches from each Team. They will be unassigned and available on a first come, first served basis each day. All tents and canopies must be secured with water buckets. Please do not leave any valuables at the facility overnight. Please follow the signage on where to set up tents and canopies.</p>																			

CERTIFICATION:	In accordance with Rule 202.4.11C, the competition course of 10 lanes has a pool depth at both the start end and the turn end ranging from 12' 5" to 5'3" at the 3' 3 1/2" (1 meter) and 13'0" to 5'10" at the 16'5" (5 meter) mark.
SAFE SPORT:	<p>Pursuant to USA-S Rule 202.4.11H Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Sierra Nevada Swimming and the Woodland Swim Team would like to further state that the use of audio or visual recording devices, including a cell phone, is not permitted behind the starting end of the pool at any time. For the safety of the Athletes and according to 202.4.11I, changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited (DECK CHANGES ARE PROHIBITED).</p> <p>According to 202.4.11J the operation of a drone or any other flying apparatus is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time Athletes, Coaches, Officials and/or spectators are present. Exceptions may be granted with prior written approval by the Program & Events Committee Coordinator (or his/her designee).</p> <p>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.</p> <p>According to 202.4.11N, City of Woodland lifeguards will be supervising the competition and warm-up pool at all times. Additionally, they are available for medical aid throughout the entire meet.</p> <p>According to 102.10, there shall now be a minimum of two Marshals present, one female and one male, at all swim meets and time trials.</p> <p>Attention Swimmers: All adult athletes (age 18+) are required to complete and keep current their Athlete Protection Training before they are allowed to enter the meet.</p>
RULES:	<p>Current USA-S and Sierra Nevada Swimming rules will govern the meet.</p> <ul style="list-style-type: none"> • All swimmers are limited to seven (7) TOTAL individual events for the meet, with no more than three (3) individual events per day. • Qualifying and Bonus times are below. • Once a swimmer qualifies and enters (1) Time Standard event, they are eligible to enter a maximum of (2) Bonus events for the entire meet. For example, a swimmer who qualifies in 3 individual events can add a maximum of (2) Bonus events for a total of 5 individual events for the meet. The athletes are still only allowed (3) individual events per day and (7) TOTAL individual events for the Meet. • No converted times will be accepted. • Those entries in excess of the above limitations will not be refunded. • There is no entry cap for this meet – all swimmers with qualifying times will be able to enter this meet, so long as entries are submitted within the entry window. • In accordance with USA-S Rule 202.4.11D, 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. • Also, in accordance with USA-S Rule 202.4.11D 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. <p>WARM-UP RULES: The following rules apply to the warmup period before each session, and to warm-up/down during the meet:</p> <ul style="list-style-type: none"> • Swimmers shall enter the water feet first while maintaining at least one hand on the pool deck until both feet touch the water (3-point entry), except for starts, which are limited to specified lanes. • Lifeguards will be positioned on the pool deck during the entire swim meet. Lifeguards are present to monitor and provide assistance as needed. • Marshals will be in place during warmups and the meet. • Up to 2 lanes can be used for pace 50's (Usually lanes 1 & 10) and up to 2 lanes for one-way sprints (Usually lanes 2 & 9). • Specified center lanes are for circle swimming (2 lengths of the pool beginning at the starting end of the pool) • Coaches shall stand at the starting end of the pool and verbally start swimmers for sprint or pace work. • Swimmers are not allowed on the starting blocks when a backstroke swimmer is executing a start in the same sprint lane. • The use of hand-paddles, kickboards, fins, and other devices are not allowed during general warm-up. The use of hand-paddles at any time during which touch pads are installed is forbidden. <p>All USA Swimming athlete members entered in the meet must be under the supervision of a USA Swimming Member Coach during warm-up, competition, and warm-down. Any swimmer without a Coach in attendance must report to the Meet Director or Meet Referee who may assist the swimmer in making arrangements for such supervision. It is the swimmer's responsibility to make such arrangements prior to the start of the meet. Swimmers that are observed being warmed-up or being started by anyone other than a registered Coach, will be removed from all events for the day. The Meet Referee, Meet Director or a designee may remove a swimmer, Coach, and/or Team from the deck for violations of these rules</p>

ELIGIBILITY:	<p>All swimmers must have a current USA Swimming Membership. The SNS Registrar will verify all swimmers' memberships prior to the meet and, if valid, will be allowed to check-in and compete. Note that SNS does not allow swimmers to register for a USA Swimming Membership at the meet. The Club will be fined \$100 for every entered swimmer that shows unregistered on a Registration Recon five (5) days prior to the meet. Flex members needing to upgrade to Premium will be exempt from the fine, however will need to be upgraded prior to the start of the meet to be eligible to swim. According to 302.3 - If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine of up to \$100.00 per event against the individual, Member Coach or Member Club submitting the entry.</p> <p>Athletes with physical disabilities are not required to meet the qualifying time standards for their age group; however, they must contact the Admin Referee notifying them that they have a physical disability and what events they would like to swim, including any reasonable accommodation needed. The Athlete Shall enter an entry time equal to the qualifying time for each event they are swimming on OME. Classification of disability does not apply for this meet.</p>												
MEET FORMAT:	<p>The course for ALL SESSIONS will be SHORT COURSE YARDS FORMAT.</p> <p>The 1000-yard Freestyle will compete as a Timed Final on Friday PM. The event will be seeded fastest to slowest alternating Girls/Boys. Swimmers will be required to provide their own Timers (2), Lap Counter and lap counting device.</p> <p>Scratch Rules: Scratch Rule 207.11.6 will apply to a swimmer failing to compete in a trial heat for which he/she has not scratched and is seeded to swim. Once seeded and not scratched, the swimmer will be treated as entered as stated in 207.11.6.C, "In all events where preliminary heats are necessary, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which they are entered and have not been scratched in accordance with rule 207.11.6.A and 207.11.6.B of the Rules and Regulations will be barred from all further individual and relay events of that day. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares their intent to swim prior to the close of seeding for the next day's events." Any swimmer qualifying for a final race in an individual event who fails to compete in that event shall be barred from further competition for the remainder of the meet except as noted in the USA Swimming Rules and Regulations (207.11.6.E)</p>												
CHECK-IN/ SCRATCHES:	<p><i>THIS MEET IS SEEDED AFTER THE SCRATCH DEADLINE, ACCORDING TO THE SWIMMERS SUBMITTED OR PRELIMINARY TIMES.</i></p> <p>All swimmers are automatically checked into their events which they are registered for. If a swimmer is registered for more than 3 events in a day, they must scratch any additional events prior to the scratch deadline. If a swimmer fails to scratch out of any additional events, they will be seeded into the first 3 events they are registered for that day and scratched out of any additional events for that day.</p> <p>MANDATORY COACHES TECHNICAL MEETING WILL BE HELD VIA ZOOM ON THURSDAY, JANUARY 30, 2025 AT 6:00 PM.</p> <p>MEETING LINK: https://us06web.zoom.us/j/84524296304?pwd=C4lvd0NlZwPCq845uwVaYQ8kqnufB0.1</p> <table><tr><th>DAY</th><th>SCRATCH DEADLINE</th><th>CONTACT/NOTIFY</th></tr><tr><td>Friday Events</td><td>Thursday January 30th – 30 minutes after Coaches Technical Meeting</td><td>robertasavage2004@gmail.com</td></tr><tr><td>Saturday Events</td><td>30 minutes after competition begins on Friday night</td><td>robertasavage2004@gmail.com or in person at Clerk of Course</td></tr><tr><td>Sunday Events</td><td>30 minutes after finals begins on Saturday night</td><td>robertasavage2004@gmail.com or in person at Clerk of Course</td></tr></table>	DAY	SCRATCH DEADLINE	CONTACT/NOTIFY	Friday Events	Thursday January 30 th – 30 minutes after Coaches Technical Meeting	robertasavage2004@gmail.com	Saturday Events	30 minutes after competition begins on Friday night	robertasavage2004@gmail.com or in person at Clerk of Course	Sunday Events	30 minutes after finals begins on Saturday night	robertasavage2004@gmail.com or in person at Clerk of Course
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PRELIMS:	<p>The meet will be seeded according to submitted times. The fastest or the first three heats of each event will be circle seeded, except for 400y/500y events, where the fastest two heats of an event shall be circle seeded. Preliminary Session will run fastest to slowest in all events, using UP TO 10 lanes of competition if needed based on entries</p>												
ORDER OF SEEDING:	<p>Events will be seeded as follows:</p> <ul style="list-style-type: none">• All times earned previously, whether they are meters, yards or short course meters will be acceptable if they meet the minimum entry times.• In seeding these times, the conforming times yards will be arranged in time order.• In a short course championship meet, the non-conforming short course meter times will be arranged in time order next, followed by non-conforming meters times.• After arranging the times as provided above, the event will be seeded in normal fashion. Technical rule: 207.11.7B												
FINALS CHECK-IN:	<p>If you are one of the announced finalists, you will be seeded in Finals unless you scratch during the appropriate time. Alternates will not be penalized. Swimmers will have 30 minutes, after the results of their completed events are announced, in which to scratch or declare their intention to scratch. Swimmers will be seeded in finals unless they scratch. Refer to the scratch rules for penalties 207.11.6D(1).</p>												
FINALS	<p>We will be using (8) eight lanes. There will be a Bonus Finals, Consolation Final, and Championship Final (swum in that order) in all events 200 and under (top 24 return from Trials). The 400 I.M. and 500 Freestyle will have ONLY a</p>												

	Consolation Final and Championship Final (top 16 return from Trials).																
RELAYS:	<p>Teams will be allowed to enter a maximum of TWO (2) relays per event (A & B relay). A google form will be circulated before the Coaches Technical Meeting for teams to sign-up for Relays.</p> <p>Friday: 200 MEDLEY RELAY and 200 FREESTYLE RELAY (10 Min break before/after 1000 Free) Saturday: 400 MEDLEY RELAY Sunday: 400 FREESTYLE RELAY Saturday/Sunday Relays will be competed at the end of finals after a 5 Min break following events 20 and 32.</p>																
ENTRY FEES:	<p>The meet entry fee is \$8.00 per event, plus \$20.00 per swimmer pool charge (Splash Fee).</p> <p>Relay Team entries will be Free. RELAY ONLY athletes MUST enter online and pay athlete splash fee by meet entry deadline and be listed on the team entry form. Relay only athletes may NOT be deck entered. There are no refunds.</p> <p>Swimmers registered as Outreach Athletes are eligible to have the event fee portion of their meet paid for by SNS. Athletes would still be responsible for applicable splash fees. Please contact our SNS Registrar, Mark Brown (mark.brown.15@gmail.com) for registration.</p>																
ENTRIES:	<p>Enter Online at: http://ome.swimconnection.com/meets to receive immediate confirmation of acceptance. Online entry requires payment by credit card using our secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Fees collected by the use of this system are completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Sierra Nevada Swimming. On-line entries must be received before 6:00 PM on Monday, January 27th 2025.</p> <p>LATE ENTRIES & DECK ENTRIES WILL NOT BE ALLOWED.</p>																
SNACK BAR & HOSPITALITY:	<p>Local food trucks will be stationed in the parking lot adjacent to the swim venue during prelims on Friday, Saturday and Sunday. Light refreshments will be served to all Timers. Coaches and Officials will be served refreshments, breakfast, lunch and dinner.</p>																
COACHES:	<p>All Coaches must have evidence of their USA Swimming Certification and will be required to check in with the Clerk of Course or Check-in table at the meet to show proof. Upon such proof, Coaches will receive any necessary meet paperwork and identifying mark (wrist band, etc.) of clearance that must be displayed while on deck. Coaches unable to present evidence of certification will not be allowed to coach on the Pool Deck and the Coach and Club will be each fined \$100.</p> <p style="text-align: center;">MANDATORY COACHES TECHNICAL MEETING WILL BE HELD VIA ZOOM ON THURSDAY, JANUARY 30, 2025 AT 6:00 P.M.</p> <p style="text-align: center;">MEETING LINK: https://us06web.zoom.us/j/84524296304?pwd=C4lvd0NlZWpCq845uwVaYQ8kqnufB0.1</p>																
OFFICIALS:	<table border="1"> <tr> <td>Meet Referee:</td><td>Jason Shibata</td><td></td></tr> <tr> <td>Admin Referee:</td><td>Roberta Savage</td><td>robertasavage2004@gmail.com</td></tr> <tr> <td>Head Starter:</td><td>Bill Fisher</td><td></td></tr> <tr> <td>Team Lead Chief Judge:</td><td>Blake Cunningham</td><td></td></tr> <tr> <td>Meet Director</td><td>Ann Brunson</td><td>coachann.wst@gmail.com</td></tr> </table> <p>All Certified Officials with current USA Swimming registration are welcome to work this meet. All Deck Officials must be registered with USA Swimming for 2025 and must have passed the Background check, athlete protection training and concussion course mandated by USA Swimming, as well as the California required Mandatory Reporting: Understanding Your Responsibility. Before the beginning of the meet, the Meet Referee will verify that these conditions have been met. Please have the USA Swimming App on your phone so that you can pull up your Membership Card or have a printed copy available.</p> <p>Dress Code for all Officials: For Friday and preliminaries on Saturday & Sunday the official's uniform will be white tennis shoes, white polo shirts and navy-blue pants/shorts/skirts. For Finals on Saturday and Sunday, the official's uniform will be white tennis shoes, white polo shirts and navy-blue pants. For wet/cold conditions boots and parkas will be allowed.</p> <p>Schedule of Official's Briefings: Official's Briefing for Friday will begin at 4:30pm. For Prelims on Saturday and Sunday the Official's Briefing will begin at 7:45 AM and for Finals on Saturday and Sunday will begin at 3:30 PM.</p> <p>All Officials are required to attend briefings.</p>		Meet Referee:	Jason Shibata		Admin Referee:	Roberta Savage	robertasavage2004@gmail.com	Head Starter:	Bill Fisher		Team Lead Chief Judge:	Blake Cunningham		Meet Director	Ann Brunson	coachann.wst@gmail.com
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REQUIRED NUMBER OF OFFICIALS:	<p>Each Team shall, by the entry deadline, provide to the Meet Referee a list of Officials who have agreed to represent the Team during the conduct of the meet. One half hour before the scheduled start of the meet, the Meet Referee shall conduct an inventory of Officials comparing the number of entries against the number of Officials present representing each Team. Those Teams who have not provided a sufficient number of Officials, per session, as indicated in Timer & Officials Requirement Report (based on following table) shall have all of their swimmers treated as "time only" in all respects for the session, which means the athletes are not eligible to swim in the Finals of that session. Neither the athletes nor the Team shall be eligible for awards.</p> <table><tr><td>Number of a Team's swimmers entered in meet</td><td>Number of trained and carded Officials required</td></tr><tr><td>0-10</td><td>0</td></tr><tr><td>11-25</td><td>1</td></tr><tr><td>26-50</td><td>2</td></tr><tr><td>51-75</td><td>3</td></tr><tr><td>76-100</td><td>4</td></tr><tr><td>>100</td><td>5</td></tr></table>				Number of a Team's swimmers entered in meet	Number of trained and carded Officials required	0-10	0	11-25	1	26-50	2	51-75	3	76-100	4	>100	5																																								
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TIMERS:	<p>Timing lanes will be assigned based on the SN Timing Policy. Number of timing chairs per Team is based on the formula – (number of swimmers on a Team in the session [divided by] total number of swimmers in the session) which is then [multiplied by] total number of timing chairs. This number will be rounded to the nearest whole number. Host Team supplies Timers in the same ratio as the visiting Teams and is responsible for filling unassigned chairs. Assignments will be posted on the Woodland Swim Team page.</p>																																																									
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AWARDS:	<p>High Point Awards will be given to the Top Three (3) Women and Men. Team Awards will be given to the Top Three Scoring Teams COMBINED.</p> <p><u>Individual Point Distribution</u></p> <table><tr><td></td><td>1st</td><td>2nd</td><td>3rd</td><td>4th</td><td>5th</td><td>6th</td><td>7th</td><td>8th</td></tr><tr><td>Championship A Final</td><td>20</td><td>17</td><td>16</td><td>15</td><td>14</td><td>13</td><td>12</td><td>11</td></tr><tr><td>Championship B Final</td><td>9</td><td>7</td><td>6</td><td>5</td><td>4</td><td>3</td><td>2</td><td>1</td></tr></table> <p><u>Relay Point Distribution</u></p> <table><tr><td></td><td>1st</td><td>2nd</td><td>3rd</td><td>4th</td><td>5th</td><td>6th</td><td>7th</td><td>8th</td></tr><tr><td>Top 8 Relay Finishers</td><td>40</td><td>34</td><td>32</td><td>30</td><td>28</td><td>26</td><td>24</td><td>22</td></tr><tr><td>9-16 Relay Finishers</td><td>18</td><td>14</td><td>12</td><td>10</td><td>8</td><td>6</td><td>4</td><td>2</td></tr></table>					1st	2nd	3rd	4th	5th	6th	7th	8th	Championship A Final	20	17	16	15	14	13	12	11	Championship B Final	9	7	6	5	4	3	2	1		1st	2nd	3rd	4th	5th	6th	7th	8th	Top 8 Relay Finishers	40	34	32	30	28	26	24	22	9-16 Relay Finishers	18	14	12	10	8	6	4	2
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RESTRICTIONS	<p>Smoking and the use of other tobacco products are prohibited at the Charles Brooks Community Swim Center. Anyone desiring to smoke or use other tobacco products must leave the facility to do so. The sale and use of alcoholic beverages are prohibited in all areas of meet venue. Glass containers as well as pets are not allowed in the pool area. Personal propane heaters will not be allowed inside the facility.</p> <p>In cooperation with the City of Woodland, the Woodland Swim Teams' representatives or an Official from Sierra Nevada Swimming has the right to refuse entry or remove individuals from the facility if displaying inappropriate or suspicious behavior.</p>																																																									

EVENT ORDER:

Friday January 31st		
Girls Event #	EVENT	Boys Event #
1	200 Medley Relay	2
3	1000 FR	4
5	200 FR Relay	6
Saturday February 1st		
Girls Event #	EVENT	Boys Event #
7	500 FR	8
9	200 BK	10
11	50 FR	12
13	200 IM	14
15	100 FL	16
17	200 FR	18
19	200 BR	20
21	400 Medley Relay*	22
Sunday February 2nd		
Girls Event #	EVENT	Boys Event #
23	100 BK	24
25	200 FL	26
27	100 BR	28
29	100 FR	30
31	400 IM	32
33	400 FR Relay*	34

*Relays will be swum in the order above during Finals

2024-2025 SNS SENIOR CHAMPIONSHIP TIME STANDARDS:

Time Standards					Bonus Standards*				
Girls		EVENT	Boys		Girls		EVENT	Boys	
SCY	LCM		LCM	SCY	SCY	LCM		LCM	SCY
29.49	33.49	50 FR	30.59	26.29	30.19	34.59	50 FR	31.79	27.69
1:03.79	1:12.79	100 FR	1:06.69	57.59	1:05.89	1:15.39	100 FR	1:09.79	1:00.29
2:18.39	2:37.09	200 FR	2:25.39	2:06.29	2:22.69	2:42.79	200 FR	2:32.29	2:12.29
6:12.39	5:29.89	400M/500 FR	5:10.19	5:42.09	6:22.79	5:41.79	400M/500 FR	5:23.49	5:58.19
11:53.99	10:32.39	800M/1000 FR	9:54.79	11:01.59	12:09.49	10:56.09	800M/1000 FR	10:17.69	11:23.99
1:09.39	1:20.69	100 BK	1:13.69	1:02.69	1:11.39	1:23.29	100 BK	1:17.69	1:06.19
2:30.59	2:53.39	200 BK	2:39.99	2:17.09	2:34.49	2:59.49	200 BK	2:48.79	2:23.69
1:19.79	1:31.59	100 BR	1:23.09	1:11.39	1:22.29	1:34.99	100 BR	1:27.09	1:14.79
2:52.69	3:17.29	200 BR	3:00.59	2:35.19	2:57.39	3:24.59	200 BR	3:08.29	2:42.39
1:09.09	1:18.29	100 FL	1:11.29	1:02.39	1:11.29	1:20.99	100 FL	1:14.59	1:05.49
2:33.99	2:54.39	200 FL	2:39.49	2:19.49	2:38.99	3:01.69	200 FL	2:46.79	2:25.59
2:34.29	2:57.49	200 IM	2:43.59	2:20.19	2:39.49	3:03.09	200 IM	2:49.79	2:26.69
5:29.69	6:15.79	400 IM	5:47.99	4:59.19	5:39.69	6:28.19	400 IM	6:02.79	5:13.59

*Once a swimmer qualifies and enters (1) Time Standard, they are eligible to enter a maximum of (2) Bonus swims for the entire meet.