

2012 Utah Swimming Long Course Championships

Held under the sanction of USA Swimming

Hosted by Utah Swimming

August 1-4, 2012

Sanction #:

UT12-??

"In granting this sanction, it is understood and agreed that Utah Swimming and USA Swimming 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 event."

Whether entries are submitted electronically or on paper, by the action of entering the swimmer in the meet the submitter whether the swimmer, coach, parent or team representative, certifies that the swimmer is a registered member of USA Swimming and that all times stated in/on the entry are true and correct. The submitter further assumes responsibility for any false or incorrect times, and understands that all listed entry times are subject to Utah Swimming Time Verification Procedures, and that a fine of \$20.00 shall be paid to Utah Swimming, Inc. for each incorrect time, unless corrected before the entry deadline. It is understood that an automatic call before the review section shall be the result for a third entry time that cannot be verified. The submitter further agrees that a penalty of \$100.00 shall be assessed to anyone entering a swimmer in a meet sanctioned by Utah Swimming, Inc. who is not registered with USA Swimming at the time of entry, upon it being proven that the swimmer was not so registered.

Venue:

Kearns Oquirrh Park Fitness Center (801-966-5555)
5624 Cougar Lane
Kearns, UT 84118

Date/Time:

Wednesday, August 1st

Prelims: Thursday - Saturday, August 2nd - 4th

Finals: Thursday - Friday, August 2nd - 3rd

Finals: Saturday, August 4th

Warm-up @ 4:00 PM

Warm-up @ 7 AM

Warm-up @ 4:30 PM

Warm-up @ 4:00 PM

Meet @ 5:00 PM

Meet @ 8:30 AM

Meet @ 5:30 PM

Meet @ 5:00 PM

Course & Pool Spec:

- 50 meter pool with EIGHT (8) lanes, Colorado Timing System, Pads and Scoreboard
- The competition course has not been certified in accordance with 104.2.2C(4).
- Start End Water Depth: 5.5 feet @ 1 meter from wall; 6.5 feet @ 5meters from wall
- Turn End Water Depth: 5.5 feet @ 1 meter from wall; 6.5 feet @ 5meters from wall

Meet Director:

Michelle Anderson (801) 360-6650 anderson.michelle@gmail.com

Assistant Meet Director

Dale Pantalakis (435) 862-6159 Dale.Pantalakis@gmail.com

Meet Referee:

Carrie Oviatt (801)-785-5505 carriov1@gmail.com

Meet Starter:

Todd Roberts toddroberts@q.com

Eligibility:

This meet is open to all Utah Swimming 2012 registered USA Swimming athletes who have achieved the qualifying time standards attached with this information. The swimmers age as of Wednesday, August 1st, 2012 shall determine the age for the entire meet. No deck registration will be accepted as swimmers must be registered at the time of entry.

Entries Information and Deadline:

- Individual swimmers may enter up to Seven (7) individual events, swimming no more than THREE (3) individual events per day. Swimmers must meet the minimum qualifying time (see attached Time Standards). Entries times must meet the minimum time standards listed in this meet information in one of the 3 courses listed. Converted times will not be accepted.
- Relay entries are limited to no more than 2 entries per event per team. Teams entering swimmers who are not in the meet but who will swim on a relay are *requested* to submit names of such swimmers at the time of team entry to assist meet administration personnel in the meet setup. Teams will not be limited to swimmers listed on this entry and may change if they so desire. Each coach shall pick up relay entry forms from the Clerk of Course on which he or she shall list the competing relay swimmers, their first and last names, ages, and order of swimming for each entered relay. Upon reporting to the blocks, immediately prior to the start of the relay heat in which the team is entered, the FINAL relay entry form shall be handed to the head lane timer. No change will be permitted

thereafter and failure to present the head lane timer with a written list of relay swimmers shall prevent such teams from competing.

- Teams wishing to enter only one relay per event must make sure that two swimmers on that relay are swimming individual events in this meet. Teams using the “2 swimmers in the meet” method will be allowed to enter the relay with an NT (No Time) entry time if they so choose.
 - If a team enters 2 relays in an event, BOTH teams must meet the qualifying time standard (qualifying times may be met by aggregate times or by an actual time swum). Time verification will be enforced on all relays not meeting the qualifying times.
- Surcharge per participating swimmer*: \$8.00
(*Relay only swimmers will be assessed the surcharge)
Individual Event Entry: \$3.00
Relay Event Entry \$6.00

All fees must accompany entries and are nonrefundable. One team check is recommended. Please make checks payable to Utah Swimming. Teams that have not paid their entry fees by Thursday, August 23rd will be assessed a \$50 late fee.

- All entries must be received (in the hands of the below designated person) by 7:00 PM, Tuesday, July 24th. **Late entries will be accepted until 12 PM on Sunday, July 29th. Late entry fees are as follows: Surcharge \$10 each, Individual Events \$8 each, Relays \$15 each. If you are entering late entries, please create a new meet in your database called 2012 UT LC Champs-2 so that when entries are imported, there will be no changes to your original entries.**
- Mail or deliver entries to: Benjamin Rae
1000 East Bluffview Drive # 112
St. George UT 84790
E-mail entries to: Benjamin Rae: brae@washingtontcity.org

Please submit all entries by e-mail using Hy-tek software, or by using the USI generic meet entry form that is available from the Utah Swimming website, www.swimutah.com. Teams entering via e-mail must submit a signed hard copy with verification of times. Teams using the official entry form must make sure that each form is signed and time verification is included on each entry. Teams must designate ONE (1) Team Entry Representative on the Team Information Sheet. This person will be the only one to submit entries and/or make changes to entries and will be responsible for all fines and penalties resulting from inaccurate times and unregistered swimmers. Entries will not be accepted without time verification and one uniform entry sheet signed by the person responsible for entry submission. Also, team entries will not be accepted without the Team Contact Information Sheet filled out in its entirety. If you do not receive email confirmation that your entries have been received within 24 hours of the entry deadline, please contact Ben Rae immediately. You must receive confirmation to verify that your entries have been received, or your entries will not be considered received.

Meet Format, Check-in and Scratch Procedure:

- The preliminary portion of this meet will be run as a double-ended meet. The Meet Referee will have the final decision on the format (either odd/even heats or boys/girls end).
- The Finals Sessions will consist of a Consolation heat and Championship heat.
- All Wednesday events will run as Timed Finals and are positive check-in. Check-in for Wednesday's events will close at 4:30 PM. The 1500 Freestyle will be seeded fastest to slowest and swum fastest to slowest, alternating between girls and boys.
- Thursday, Friday and Saturday will run as Prelims and Finals. The 10-Under 400m Freestyle, 11-12 200 Backstroke, Butterfly, Breaststroke and 800m Freestyles will be swum as timed final events during morning preliminaries. The 800 Freestyle will be seeded fastest to slowest and swum fastest to slowest, alternating between girls and boys.
- **Swimmers competing in the 400, 800 and 1500 Freestyles and the 11-12 200 Backstroke, 200 Breaststroke, 200 Butterfly and 400 IM are responsible to provide their own timers and counters.**
- Check-in for the 800 Freestyle on Saturday will close at 6 PM on Friday night. Swimmers that do not check in will not be allowed to swim in that event and will be automatically scratched from that event. All other events are a “negative check-in.”
- Relay events are Positive Check-In and Timed Finals. Relay events will be swum as the first event of the evening Finals Sessions. **Initial relay(s) declarations must be returned to the clerk of course by 11:00 AM on the day the event will be swum.** Relays that do not turn in their relay declaration form by 11 AM will not be allowed to swim in that event and will be automatically scratched from that event.
- Swimmers 14-under who choose to compete in Senior Events, including relays, must only swim in the Senior age group.
- Scratches for the Thursday morning Preliminary session must be turned into the Clerk of Course by 6 PM on Wednesday. Teams not participating Wednesday must contact Bob LeMon at boblemon@sisna.com to declare

scratches for Thursday. Scratches for the Friday and Saturday Preliminary sessions must be turned into the Clerk of Course by 6 PM on the evening prior to Preliminary session.

- All swimmers, should they intend on not returning for finals for any reason, should properly scratch from all events with no regard for placement.

Utah Swimming Championship Meet Scratch Procedure

- .1 For Championship Meets and Prelims/Finals Meets
 - A. The scratch box will be located at the Clerk of the Course. The scratch box shall close for the following day's events 30 minutes after the beginning of the final session each day. In a meet that begins with a timed final session on the first day, the scratch box for the next day's events will close 30 minutes after the start of that timed final session.
- .3 Penalties for preliminary swims in a Championship, prelims/finals meet
 - A. If a swimmer fails to scratch properly and doesn't report to the block to swim, that swimmer will be disqualified from that event and scratched from the next individual event for which he/she is entered. If a swimmer misses a second event, he/she will be barred from further individual competition for the remainder of the meet. They shall still be eligible to compete and score points for the team in relay events. Upon request and approval of the Meet Referee, any barred swimmer can be re-entered into the meet and reseeded with a NT into the first heat of his/her remaining events. Said swimmer will be allowed to swim for time only and will not be eligible to advance to finals/consolations or score points in individual events for themselves or for the club.
- .4 Penalties for Final or Consolation Heats
 - A. A swimmer qualifying for either Consolation Finals or Championship Finals has 30 minutes after the time of the announcement of the qualifiers of each individual event to scratch. The Clerk of the Course will then seed the Consolation or the championship heats by inserting alternates, thus filling all the lanes. Any swimmer qualifying for a Consolation or Championship final heat who fails to compete in that event shall be barred from further competition for the remainder of the meet. Declared false starts are not allowed for Consolation or Championship finals. Upon request and approval of the Meet Referee, any barred swimmer can be re-entered into the meet and re-seeded with a NT in the first heat of his/her remaining events. Said swimmer will be allowed to swim for time only and will not be eligible to advance to finals/consolations or score points in individual events for themselves or for the club. They shall still be eligible to compete and score points for the team in relay events.
 - B. Any swimmer missing a final or consolation heat on the final session of the meet will be subject to a \$50.00 fine that must be paid before said swimmer will be allowed to compete in any future Utah Swimming sanctioned events.
- .5 Results
 - A. Results from a preliminary competition are not the same as a finals seeding posting. Any swimmer that may move into a finals seeding position as a result of scratches within the 30 minute time period is subject to all penalties outlined in .4. Alternates as posted in the finals seeding are not subject to any penalty. It is the swimmers responsibility to know their final placement in their event before leaving the venue.

Rules, Unaccompanied Athletes & Warm-up Procedures:

- 2012 USA Swimming Rules will apply.
- **All coaches will need their credentials to pick up their team packets/heat sheets from the clerk of course.**
- Unaccompanied athletes: As per USA Swimming rule 202.3.2, all USA Swimming athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. If you do not have a coach with you, please check with the meet director or referee before entering the pool. A coach will be assigned.
- Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Warm-up: All warm-ups must be done under the supervision of a USA-S official. Coaches have the responsibility of insuring that all their swimmers are instructed in warm-up procedures and that the swimmers follow all Utah Swimming safety procedures. All swimmers will enter the pool from a 3 point sitting position. No pushing, splashing, running or any other general horseplay. Swimmers engaging in such activities will be asked to leave the pool.
- **Warm-up procedures will be e-mailed out to all teams and posted on the USI website after the entries are due.**

Results:

Results will be posted on the USI webpage, www.swimutah.com.

Scoring:

Individual events Championship Final: 20-17-16-15-14-13-12-11

Individual events Consolation Final: 9-7-6-5-4-3-2-1

Relay events: Double the points shown for individual events.

Awards*:

Individual awards: Custom medals 1st – 8th place events, Ribbons 9 – 16th place

High Point Trophy: Custom trophies for high point boy/girl, 1st – 3rd in each age group.

Relay awards: Custom medals for 1 – 3rd place relay teams, Ribbons for 4th – 8th place.

Team awards: Custom trophies for 1st – 3rd place in 15 & Over, Age Group and Combined Teams.

* Awards will not be mailed out. Teams are responsible for having a representative pick up their awards at the conclusion of the meet.

An IMX award will be given to the top boy/girl swimmer of the long course season for 9-under, 10, 11, 12, 13, 14, 15, 16, 17, & 18 year-old athletes.

Volunteer Sign-up Information:

Information on how clubs sign up their volunteers will be sent out through the USI Club Liaison and posted on the USI Website.

Miscellaneous Information:

- Volunteer sign-up procedures will be e-mailed out to all teams by Utah Swimming Club Liaison.
- Parking: Parking will be available at the Kearns HS parking area, east of the pool.
- No shaving of any kind is allowed at the meet in any area.

Adaptive Swimming: In accordance with USA Swimming rules Articles 105.1 & 202.2.13, The Meet Referee has the authority to accommodate swimmers with disabilities. Entries for swimmers with a disability may be deck seeded at the meet in an age group with comparable times. The person in charge of team entries should notify the meet entry contact and state what the intended entries will be at the time entries are due.

Athlete protection: Use of audio or visual recording devices, including a cell phone, is not permitted in changing area, rest rooms or locker rooms.

2012 Utah Long Course Championships Event Schedule

Wednesday, August 1		
<i>Girls</i>	<i>Events</i>	<i>Boys</i>
<u>Event #s</u>		<u>Event #s</u>

1	11-12 400 IM	2
3	13-Over 1500 Freestyle	4

The 1500 Freestyle and 11-12 400 IM will be swum as Timed Finals. The 1500 will be seeded fastest to slowest and swum fastest to slowest, alternating between girls heats and boys heats.

Friday, August 3 (Continued)		
<i>Girls</i>	<i>Events</i>	<i>Boys</i>
<u>Event #s</u>		<u>Event #s</u>

67	13-14 200 Breaststroke	68
69	Senior 200 Breaststroke	70
71	10 & Under 50 Backstroke	72
73	11-12 50 Backstroke	74
75	13-14 100 Backstroke	76
77	Senior 100 Backstroke	78
79	11-12 200 Butterfly	80

Thursday, August 2		
<i>Girls</i>	<i>Events</i>	<i>Boys</i>
<u>Event #s</u>		<u>Event #s</u>

5	10 & Under 400 Free Relay	6
7	11-12 200 Freestyle Relay	8
9	13-14 200 Freestyle Relay	10
11	Senior 200 Freestyle Relay	12
13	10 & Under 200 Freestyle	14
15	11-12 200 Freestyle	16
17	13-14 200 Freestyle	18
19	Senior 200 Freestyle	20
21	10 & Under 50 Butterfly	22
23	11-12 50 Butterfly	24
25	13-14 100 Butterfly	26
27	Senior 100 Butterfly	28
29	10 & Under 50 Breaststroke	30
31	11-12 50 Breaststroke	32
33	13-14 100 Breaststroke	34
35	Senior 100 Breaststroke	36
37	10 & Under 200 IM	38
39	11-12 200 IM	40
41	13-14 400 IM	42
43	Senior 400 IM	44
45	11-12 200 Backstroke	46

Relays will be swum as the first events of the Finals session. The 11-12 200 Backstroke will be swum as Timed finals in Prelims.

<i>Girls</i>	<i>Events</i>	<i>Boys</i>
<u>Event #s</u>		<u>Event #s</u>

81	10 & Under 400 Freestyle	82
83	11-12 400 Freestyle	84
85	13-14 400 Freestyle	86
87	Senior 400 Freestyle	88

Relays will be swum as the first event of the Finals session. The 11-12 200 Butterfly and 10 & Under 400 Freestyle will be swum as Timed Finals in Prelims.

Saturday, August 4		
<i>Girls</i>	<i>Events</i>	<i>Boys</i>
<u>Event #s</u>		<u>Event #s</u>

89	13-14 400 Freestyle Relay	90
91	Senior 400 Freestyle Relay	92
93	10 & Under 200 Freestyle Relay	94
95	11-12 400 Freestyle Relay	96
97	13-14 200 IM	98
99	Senior 200 IM	100
101	10 & Under 50 Freestyle	102
103	11-12 50 Freestyle	104
105	13-14 50 Freestyle	106
107	Senior 50 Freestyle	108
109	10 & Under 100 Butterfly	110
111	11-12 100 Butterfly	112
113	13-14 200 Butterfly	114
115	Senior 200 Butterfly	116
117	10 & Under 100 Backstroke	118
119	11-12 100 Backstroke	120
121	13-14 200 Backstroke	122
123	Senior 200 Backstroke	124
125	11-12 200 Breaststroke	126
127	13-Over 800 Freestyle	128

Relays will be swum as the first event of the Finals session. The 11-12 200 Breaststroke and the 13-Over 800 Freestyle will be swum as Timed Finals in Prelims. The 800 will be seeded fastest to slowest and swum fastest to slowest, alternating between girls heats and boys heats.

Friday, August 3		
<i>Girls</i>	<i>Events</i>	<i>Boys</i>
<u>Event #s</u>		<u>Event #s</u>

47	10 & Under 200 Medley Relay	48
49	11-12 200 Medley Relay	50
51	13-14 400 Medley Relay	52
53	Senior 400 Medley Relay	54
55	10 & Under 100 Freestyle	56
57	11-12 100 Freestyle	58
59	13-14 100 Freestyle	60
61	Senior 100 Freestyle	62
63	10 & Under 100	64

Utah Swimming Relay Entry Form

Meet: 2012 Utah LC Championships

Use one sheet per event – make additional copies for each relay event.

Team Name: _____

Event #: _____

Age Group: please circle 10-Under 11-12 13-14 Senior

Relay: please circle 200 F.R. 400 F.R. 200 M.R. 400 M.R.

“A” Relay Entry Time: _____

“B” Relay Entry Time: _____

2012 Utah Age Group State Championship Time Standards

Girls				Boys		
SCY	SCM	LCM	10-Under Events	LCM	SCM	SCY
35.19	38.99	39.89	50 Free	39.89	38.99	35.19
1:20.39	1:28.59	1:30.79	100 Free	1:31.09	1:28.29	1:20.69
2:58.29	3:16.99	3:25.09	200 Free	3:16.99	3:11.89	2:53.89
7:13.99	6:19.39	6:32.79	400/500 Free	6:29.79	6:16.19	7:09.99
41.59	44.89	46.69	50 Back	48.19	46.19	42.99
1:31.79	1:37.99	1:43.09	100 Back	1:46.09	1:42.39	1:34.59
47.49	50.99	53.69	50 Breast	54.99	53.09	48.69
1:44.99	1:53.19	1:58.59	100 Breast	1:59.79	1:56.19	1:46.49
43.19	47.49	48.59	50 Fly	48.59	47.49	43.19
1:43.59	1:54.29	1:57.69	100 Fly	1:55.49	1:52.59	1:42.09
1:32.09	1:41.99	N/A	100 IM	N/A	1:40.59	1:30.99
3:19.39	3:40.29	3:47.29	200 IM	3:47.29	3:40.29	3:19.39
2:24.79	2:40.79	2:43.59	200 F.R.	2:41.59	2:38.09	2:22.39
5:28.79	6:04.99	6:11.99	400 F.R.	6:04.39	5:58.39	5:22.79
2:50.69	3:09.49	3:14.29	200 M.R.	3:14.69	3:10.39	2:51.49
SCY	SCM	LCM	11-12 Events	LCM	SCM	SCY
30.39	33.49	34.59	50 Free	34.79	33.69	30.59
1:07.99	1:14.69	1:17.09	100 Free	1:16.49	1:13.99	1:07.49
2:30.79	2:46.79	2:51.99	200 Free	2:50.69	2:45.29	2:29.79
6:40.09	5:50.09	6:00.09	400/500 Free	5:58.49	5:46.99	6:36.49
36.19	39.39	40.79	50 Back	41.59	40.29	36.89
1:18.69	1:25.69	1:28.59	100 Back	1:29.09	1:26.29	1:19.19
2:52.69	3:10.79	3:17.49	200 Back	3:13.39	3:03.99	2:46.49
40.99	45.09	46.49	50 Breast	46.49	45.09	40.99
1:28.89	1:37.49	1:40.69	100 Breast	1:40.69	1:37.49	1:28.89
3:13.99	3:34.39	3:40.59	200 Breast	3:35.09	3:26.69	3:07.09
35.29	39.09	39.89	50 Fly	40.19	39.29	35.59
1:21.09	1:29.69	1:31.99	100 Fly	1:31.09	1:27.99	1:19.69
2:51.59	3:09.49	3:15.69	200 Fly	3:12.79	3:05.79	2:48.29
1:19.39	1:26.89	N/A	100 IM	N/A	1:26.59	1:18.29
2:50.69	3:08.69	3:12.39	200 IM	3:12.99	3:07.49	2:51.19
6:09.39	6:43.19	6:59.19	400 IM	6:50.29	6:35.29	6:00.69
2:09.19	2:23.49	2:25.59	200 F.R.	2:23.19	2:18.99	2:05.19
4:42.39	5:13.49	5:21.59	400 F.R.	5:10.39	5:04.19	4:33.99
2:25.99	2:42.09	2:45.59	200 M.R.	2:45.59	2:41.09	2:25.09
SCY	SCM	LCM	13-14 Events	LCM	SCM	SCY
28.59	31.49	32.59	50 Free	31.39	30.09	27.59
1:02.99	1:09.19	1:11.49	100 Free	1:08.09	1:05.39	59.99
2:19.09	2:32.99	2:37.59	200 Free	2:32.29	2:26.59	2:14.39
6:15.49	5:26.69	5:35.09	400/500 Free	5:23.99	5:15.49	6:02.99
13:08.29	11:29.89	11:42.79	800/1000 Free	11:23.99	11:07.29	12:43.59
21:53.19	21:45.59	22:23.09	1500/1650 Free	21:55.59	21:10.29	21:17.79
1:11.29	1:16.79	1:20.49	100 Back	1:18.69	1:14.39	1:09.79
2:38.19	2:50.29	2:58.09	200 Back	2:52.99	2:45.09	2:33.79
1:22.39	1:30.29	1:33.49	100 Breast	1:30.49	1:26.59	1:19.89
2:58.09	3:15.39	3:21.69	200 Breast	3:16.09	3:05.59	2:53.19
1:14.49	1:21.89	1:24.09	100 Fly	1:19.39	1:17.39	1:10.09
2:40.99	2:57.89	3:03.69	200 Fly	2:54.99	2:50.79	2:34.59
2:37.39	2:53.79	2:57.79	200 IM	2:51.79	2:44.09	2:31.99
5:44.49	6:20.99	6:30.09	400 IM	6:15.59	6:03.89	5:29.29
2:01.39	2:14.79	2:19.79	200 F.R.	2:12.79	2:07.89	1:55.19
4:25.19	4:54.39	5:03.19	400 F.R.	4:48.79	4:39.29	4:11.59
2:17.29			200 M. R.			2:07.79
5:01.99	5:35.29	5:41.69	400 M.R.	5:18.39	5:11.99	4:40.99
SCY	SCM	LCM	Senior Events	LCM	SCM	SCY
27.29	30.39	31.19	50 Free	27.59	26.79	24.09
59.39	1:06.59	1:08.19	100 Free	1:00.29	58.69	52.79
2:09.09	2:23.69	2:26.89	200 Free	2:13.79	2:10.59	1:57.29
5:48.99	5:01.89	5:08.29	400/500 Free	4:45.09	4:38.79	5:22.49
12:21.39	10:45.29	10:58.09	800/1000 Free	10:15.99	10:03.19	11:34.19
20:03.89	20:11.69	20:25.89	1500/1650 Free	19:35.59	19:11.09	19:07.59
1:08.19	1:16.09	1:17.29	100 Back	1:10.69	1:09.49	1:02.19
2:27.29	2:44.89	2:47.29	200 Back	2:33.09	2:30.69	2:14.89
1:17.19	1:25.99	1:27.89	100 Breast	1:19.09	1:17.09	1:09.09
2:46.89	3:06.19	3:10.19	200 Breast	2:59.59	2:55.59	2:37.69
1:07.89	1:15.79	1:17.29	100 Fly	1:08.39	1:06.99	59.99
2:34.69	2:51.89	2:54.69	200 Fly	2:41.19	2:37.39	2:21.29
2:26.89	2:43.59	2:46.79	200 IM	2:32.09	2:28.89	2:13.29
5:18.29	5:56.09	6:02.49	400 IM	5:32.39	5:25.99	4:51.09
1:55.59	2:08.39	2:12.19	200 F.R.	1:57.99	1:54.09	1:42.59
4:10.19	4:38.19	4:45.99	400 F.R.	4:17.79	4:08.89	3:43.79

4:45.89	5:17.79	5:24.19	400 M.R.	4:53.29	4:46.89	4:17.99
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