



NCAT May LC AG & Open
Saturday, May 10, 2025
 Held under the sanction of USA Swimming
 Sanction/Approved #LE 25063 SS

Hosted by
The North Coast
Aquatic Team

Location:	Robert F. Busbey Natatorium, Cleveland State University, 2451 Euclid Avenue, Cleveland, OH 44115
Facility:	50 Meters by 9 lanes, Colorado timing system and 10 lane digital readout scoreboard with ample locker room space and balcony seating for spectators; Continuous warm-up and warm-down pool available in the pool. The depth of the pool at both the start end 12 ft. and turn end is 4 feet. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.
Meet Director:	Eric Peterson eric.peterson@ncatswim.com 216-295-4163
Meet Referee:	t.b.a.
Meet Admin:	SAFETY DIRECTOR: Bethany Miller bethanythornton@gmail.com 216-295-4163
Officials Contact for the Meet:	Official's Chair: Jen Butler: jle3@case.edu
Entry Chair:	ENTRY PERSON: Dave Wohlfeil ncatmeetentries@gmail.com 216-337-1117 Mail hard copies and fees to: Dave Wohlfeil, 18312 Potomac Dr. Strongsville, Ohio 44136
Disclaimer:	In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
Meet Type:	The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations and the Lake Erie Swimming Policy & Procedures. Events will be contested in a 50-meter pool. Fly-over starts may be used. All events are timed finals. PRE-SEEDED MEET: Heat and Lane assignments will be posted on deck and in the spectator area. In accordance with 102.1.4, events may be seeded together but scored separately. CLERK OF COURSE: A Clerk of Course will <u>not</u> be provided. Teams may designate a representative to assist their swimmers age 8 & younger. Please contact the meet host for a deck pass.
Entry Deadline	Entries will NOT be accepted prior to Monday, April 7, 2025 at 9:00 p.m. The due date for entries, electronic or otherwise, is Wednesday, April 23, 2025. The meet will be closed before the entry deadline if the sessions are estimated to be at four hours, so submit early. Hard copy, meet summary sheet and check must be received within five days of the receipt of the electronic file or by Wednesday, April 23, 2025, whichever comes first. Failure to submit the hard copy, summary sheet and payment or to make alternate arrangements with the meet director before the deadline will result in said entry being removed from the meet. Please DO NOT SEND MULTIPLE copies of your entry. If multiple entry files are received, they will be considered revised files and

	will be entered by the most recent date and time. Email electronic files to Dave Wohlfeil at ncatmeetentries@gmail.com. Entries will be accepted and entered as they are received. Phone entries will not be accepted. ONLY UNATTACHED SWIMMERS WILL BE ACCEPTED INDIVIDUALLY.
# and Description of Session:	<p>Saturday: <u>Morning session</u> 12 & Under Boys and Girls: warm-up will be 8:30 – 9:15 a.m., with boys and girls combined. Warm-up will be split by gender, age group or team if the average number of swimmers per lane is scheduled to substantially exceed 30 swimmers per lane, into a minimum of two groups, in which case warm-up shall be a minimum of thirty minutes.</p> <p><u>Afternoon warm-up:</u> 13 & Over Boys and Girls: will begin 15 minutes after the conclusion of the morning session. Warm-ups will be 45 minutes with girls and boys combined. Warm-up will be split by gender, age group or team if the average number of swimmers per lane is scheduled to substantially exceed 30 swimmers per lane, into a minimum of two groups, in which case warm-up shall be a minimum of thirty minutes. Estimated afternoon start times will be posted on www.lakeeriewimming.com website by May 7, 2025.</p>
Medical Supervision available to athletes	Lifeguards provided by CSU will be on site throughout the warm-up and competition.

Organization Regulations/Waivers	
USA Swimming Rules	<ul style="list-style-type: none"> • At a sanctioned competitive event, all USA Swimming athletes must be under the supervision of a USA Swimming member coach. Arrangements for coach supervision must be made in advance of the meet. • Any swimmer entered in the meet <u>must</u> be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. • The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. • Use of cameras, cell phones or any other recording device is not permitted immediately behind the starting blocks at either end of the racing course(s) during race starts, competition and warm-ups. Please refer to the Safe Sport section of Lake Erie Swimming, Inc. policies and procedures for further information regarding the use of visual recording devices. • Deck changes are prohibited. • Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. • Flash photography is not permitted at the start of any race. • All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
Technical Suit Ban	<p>Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet. A Technical Suit is one that has the following components:</p> <ul style="list-style-type: none"> • Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or • Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.
Racing Starts	Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Organization Regulations/Waivers

Ohio State Laws that are applicable to Lake Erie Swimming sanctioned events

- Ohio's Return to Play Law (ORC 3313.539 and ORC 3314.03) requires that coaches and referees either (1) complete a free online training once every three (3) years in recognizing the symptoms of concussion or (2) hold a pupil-activity program permit from the Ohio State Board of Education. Free online concussion training is offered through the National Federation of State High School Association and Centers of Disease Control. Training links can be found at [.](#)
- There will be the required number of certified lifeguard(s) on duty at all times at this meet per Ohio Administrative Code 3701-31-04-E-4.

Safe Sport 360

- The U.S. Center for Safe Sport program is a comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.
- The Minor Athlete Abuse Prevention Policy (MAAPP) prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Applicable Adults are required to abide by this policy in full during this meet.
- Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.
- All athletes aged 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after the first day of the start of competition, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after the first day of competition, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.
- All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present
- For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report

Organization Regulations/Waivers

Waiver/Release

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

Code of Conduct

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

Entering the Meet and Competition Information

Eligibility: Applies only to USA meet

- All meet contestants must be a member in good standing per Article 302..
- All contestants must be verified USA Swimming members. Deck Entry at a meet must show electronic athlete membership or a club coach must sign the Deck Entry Form.
- Membership verification deadline is 5 PM EST two (2) business days prior to the first day of the meet. Unverified swimmers will be scratched from the meet after that deadline. There will be no refunds for unverified swimmers scratched from the meet.
- All adult athletes must hold current Athlete Protection Training certification. All 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 MAAPP is a condition of participation in the conduct of this competition.
- Age on the first day of the meet will determine age for the entire meet.

Entering the Meet and Competition Information

Swimmers with a Disability:	<ul style="list-style-type: none">• Entry Procedures:<ol style="list-style-type: none">1. Enter the USA-S swimmers with a disability electronically with your team entries.2. Email the Meet Accommodation / Modification Form included in this meet information to the entry chair.• Preferred seeding is in the swimmer's age group entered event at the same distance with their equivalent non-conforming time to ensure seeding in the initial heats.
Entry Limits Entry Fees:	<ul style="list-style-type: none">• Swimmers may swim a maximum of 3 individual events per day.• \$8 per individual event.• \$3 LE LSC surcharge per swimmer.• There is a \$5.00/swimmer handling fee for entries not furnished in an electronic file.
Entry Procedures:	<ul style="list-style-type: none">• Deadline for receipt of entries is 5/23/25• Entries must be submitted in LCM using an electronic meet entry software (Hy-Tek/Team Unify).• Send entries to Entry Chair. Swimmers may enter up to 3 events/day.• The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors and spectators at each session.
Entry Eligibility	<ul style="list-style-type: none">• Swimmers must be current athlete members of USA Swimming and Lake Erie Swimming and have met the time standard requirements. Coaches must be current coach members of USA Swimming and must check in on each day of the meet. All coaches must display the deck pass (wristband) issued by the meet host.
Qualifying Times	<ul style="list-style-type: none">• Please see event listings. Swimmers must be equal to or faster than or slower than the qualifying time listed as of the entry deadline. Specify the qualifying time period if there is one. <i>The schedule of events template may be modified if you want to include a separate chart of qualifying times for all courses (LCM, SCM, Yards). If you do this, please refer people to the attached chart.</i> Specify whether times must have been achieved in a certain course, whether they may convert times, or whether non-conforming times may be entered. NT will not be accepted; if the swimmer has no time, please provide an estimate

Entering the Meet and Competition Information

Warm-up and Safety Guidelines:

- Lake Erie Swimming safety guidelines and warm-up procedures will be in effect at all times.
- Coaches must maintain contact with their swimmers during warm-up and throughout the meet. Warm ups shall be 30 (40) minutes each session and may be split if the average number of swimmers per lane is scheduled to exceed USA Swimming's recommended number of athletes per lane. There should be only two swimmers behind the blocks during starts.
- There is no diving during warm-up, except in designated sprint lanes. The final 15 minutes of a 30 minute warm-up shall be conducted as follows: *(use the appropriate wording for your venue; adjust if your pool has odd number of lanes)*

For a 9 lane pool:

(a) Lanes 1 & 9 push/pace from the start end of the pool (or general warm-up at the discretion of Meet Referee or his/her designee).

(b) Lanes 2 & 8 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool

(c) Lanes 3-7 general warm-up, no diving or racing starts. Any or all of these lanes may be converted to sprint lanes at the discretion of the Meet Referee or his/her designee.

Swimmers are to sprint one way and climb out at the far end of the pool. Feet first entry only into the continuous warm-up lanes.

Swimmers with a Disability

Qualifying times for 50-yard/meter events will be waived for swimmers with a disability. Swimmers with a disability may enter an event (such as the 100 free) and swim it with a longer yardage event (such as the 200 free) provided his/her time for the lesser yardage event (100 free) is equal to or faster than the listed qualifying time for the longer yardage event (200 free). Entries for swimmers with a disability should be handled in the following manner: (1) enter the swimmer in the Hy-Tek database (or on the regular entry form); (2) list in the email accompanying the Hy-Tek entry file (or on a separate sheet of paper) the name of the swimmer, the stroke(s)/distance(s) s/he wishes to swim, the entry times, the day/session s/he wishes to swim the event(s), and the manner in which s/he prefers to be seeded (with a longer distance or with a different age group); and (3) provide any information about special accommodations needed by the swimmer. The final determination of seeding will be made by the Meet Referee after consultation with the swimmer and his/her coach.

Team Supervision

Teams who are entering swimmers but will not have a coach at the meet should arrange ahead of time for another coach to supervise their athletes. Swimmers without coach supervision must contact the Meet Director or Meet Referee to be assigned to a coach on deck.

Competition Guidelines:

- Meet is Pre-Seeded.
- Events seeded on the deck shall be closed for seeding no earlier than forty-five (45) minutes prior to the start of the session. Hosts may provide alternate methods of check-in (such as email, phone, and fax) for swimmers who do not plan to arrive before the scratch deadline.

Deck Entries

Deck entries will be accepted on a space available basis only and will be seeded **at no time (NT)**. Deck entries will be closed 45 minutes before the start of each session. The deck entry table will be located on the pool deck. The cost of deck

Entering the Meet and Competition Information

entries is \$10.00 per individual. Switching events constitutes a deck entry. Deck entry swimmers new to the meet must pay the \$3.00 surcharge and provide proof of USA Swimming membership. Deck entrants for whom there is no space will receive a refund. **NO on deck athlete or coach or Non-Athlete USA Swimming registration will be available**

Awards: Individual Events:

All awards will be given to a coach or team representative at the conclusion of the afternoon session. All awards must be picked up at the meet.
12 & under Individual Events as follows 10 & U, 11-12 by gender.
Medals for 1st, 2nd and 3rd; ribbons for places 4-10.
No awards will be issued for swimmers aged 13 & Over.

General: **DRONES:** 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.
ADMISSION: \$5.00 per session (Senior 65 & over, and children under the age of 5 are free)
PSYCH SHEETS: Heat and lane assignments will be posted on MeetMobile and on the pool deck.
RESULTS: Will be posted on www.lakeerieswimming.com. Teams may request a backup at the conclusion of the meet.
PARKING: CSU charges for event parking (est. \$10 per day). Parking lots are available at the corner of Chester and E. 22nd Street or on Euclid Ave and E. 24th Street. City of Cleveland Meter parking is free after 6:30 p.m. on Friday and all day Saturday and Sunday on Chester Avenue. Cleveland State University Meter parking is available on a very limited basis.
TIME TRIALS: Will not be offered.

**2025 NCAT TYR AGE GROUP AND OPEN MEET
SCHEDULE OF EVENTS**

Saturday AM - 8:30 Warm-Up, 9:15 meet start (Timed Finals) May 10, 2025

Girls #	Age Group/Stroke	Boys #
	10 & Under	
1	50 free	2
5	50 breast	6
9	50 back	10
13	50 fly	14
17	100 free	18
21	100 breast	22
25	100 back	26
29	100 fly	30
	11-12	
3	50 free	4
7	50 breast	8
11	50 back	12
15	50 fly	16
19	100 free	20
23	100 breast	24
27	100 back	28
31	100 fly	32

Saturday PM – Estimated warm-up times will be posted on lakeerieswimming.com by Wednesday, May 7, 2025

Meet will begin 45 minutes after the start of warm-ups. (Timed Finals) May 10, 2025

Girls #	Age Group/Stroke	Boys #
	13-14	
33	50 free	34
37	50 breast	38
41	50 back	42
45	50 fly	46
49	100 free	50
53	100 breast	54
57	100 back	58
61	100 fly	62
	15 & Over	
35	50 free	36
39	50 breast	40
43	50 back	44
47	50 fly	48
51	100 free	52
55	100 breast	56
59	100 back	60
63	100 fly	64

Short Course Meters

B Min	BB Min	A Min	AAA Min	AA Min	A Min	AAA Min	A Min	BB Min	B	Min		
10 & under Girls						10 & under Boys						
42.99	38.89	34.69	33.	31.89	30.59	50 M Free	30.29	31.59	32.89	34.	38.09	41.99
1:38.99	1:28.39	1:17.89	1:14.	1:10.89	1:07.39	100 M Free	1:06.99	1:10.29	1:13.69	1:16.	1:26.99	1:36.99
3:40.09	3:15.99	2:51.89	2:43.	2:35.79	2:27.79	200 M Free	2:24.39	2:31.29	2:38.19	2:44.	3:05.69	3:26.29
7:22.89	6:38.59	5:54.29	5:39.	5:24.79	5:10.09	400 M Free	5:04.29	5:18.79	5:33.29	5:47.	6:31.19	7:14.69
51.99	46.29	40.59	38.	36.79	34.89	50 M Back	35.09	37.09	38.99	40.	46.79	52.69
1:52.69	1:40.19	1:27.69	1:23.	1:19.29	1:15.19	100 M Back	1:15.89	1:19.79	1:23.59	1:27.	1:39.09	1:50.69
58.89	52.49	46.19	44.	41.89	39.79	50 M Breast	39.19	41.19	43.29	45.	51.39	57.59
2:10.49	1:55.99	1:41.49	1:36.	1:31.89	1:26.99	100 M Breast	1:26.69	1:30.99	1:35.29	1:39.	1:52.59	2:05.59
52.39	46.19	39.99	37.	35.89	33.79	50 M Fly	33.49	35.29	37.19	39.	44.79	50.49
2:05.99	1:49.49	1:32.99	1:27.	1:21.99	1:16.49	100 M Fly	1:16.29	1:21.69	1:26.99	1:32.	1:48.29	2:04.19
1:53.39	1:41.29	1:29.19	1:25.	1:21.19	1:17.19	100 M IM	1:16.89	1:20.49	1:24.19	1:27.	1:38.79	1:49.79
4:01.49	3:36.19	3:10.79	3:02.39	2:53.99	2:45.49	200 M IM	2:44.29	2:52.49	3:00.69	3:08.89	3:33.49	3:58.09
11-12 Girls						11-12 Boys						
37.29	34.69	32.19	30.	29.59	28.29	50 M Free	26.99	28.29	29.59	30.	33.39	35.99
1:21.29	1:15.49	1:09.69	1:06.	1:03.89	1:00.99	100 M Free	58.89	1:01.69	1:04.49	1:07.	1:12.89	1:18.49
2:58.09	2:45.39	2:32.69	2:26.	2:19.99	2:13.59	200 M Free	2:09.09	2:15.19	2:21.29	2:27.	2:39.79	2:52.09
6:15.49	5:48.69	5:21.89	5:08.	4:55.09	4:41.69	400 M Free	4:33.89	4:46.89	4:59.99	5:12.	5:39.09	6:05.19
12:57.19	12:01.69	11:06.19	10:38.49	10:10.69	9:42.89	800 M Free	9:32.69	9:59.99	10:27.29	10:54.59	11:49.09	12:43.59
24:45.29	22:59.19	21:13.09	20:20.09	19:26.99	18:33.99	1500 M Free	18:09.99	19:01.89	19:53.79	20:45.69	22:29.59	24:13.39
42.39	39.29	36.29	34.	33.29	31.79	50 M Back	30.89	32.49	34.09	35.	38.99	42.19
1:34.19	1:26.69	1:19.29	1:15.	1:11.89	1:08.19	100 M Back	1:05.79	1:09.39	1:12.99	1:16.	1:23.69	1:30.89
3:15.19	3:01.29	2:47.29	2:40.	2:33.39	2:26.39	200 M Back	2:23.09	2:29.89	2:36.69	2:43.	2:57.19	3:10.79
47.59	44.19	40.79	39.	37.39	35.69	50 M Breast	34.39	36.19	38.09	39.	43.69	47.39
1:44.29	1:36.59	1:28.89	1:24.	1:21.19	1:17.29	100 M Breast	1:14.89	1:18.79	1:22.69	1:26.	1:34.39	1:42.29
3:44.4	3:28.3	3:12.39		2:56.3	2:48.3	200 M Breast	2:41.5	2:49.2	2:56.99		3:19.9	3:35.3

9	9	39	3:04.	9	9		9	9	3:04.	9	9	
40.59	37.69	34.79	33.	31.89	30.49	50 M Fly	29.59	31.19	32.79	34.	37.79	40.99
1:33.99	1:26.49	1:18.99	1:15.	1:11.49	1:07.69	100 M Fly	1:05.59	1:09.39	1:13.19	1:16.	1:24.49	1:32.09
3:19.79	3:05.59	2:51.29	2:44.	2:36.99	2:29.89	200 M Fly	2:26.39	2:33.29	2:40.29	2:47.	3:01.19	3:15.19
1:33.19	1:26.59	1:19.89	1:16.	1:13.29	1:09.89	100 M IM	1:06.69	1:09.89	1:13.19	1:16.	1:22.89	1:29.39
3:19.69	3:05.39	2:51.19	2:43.	2:36.89	2:29.79	200 M IM	2:24.59	2:31.99	2:39.39	2:46.	3:01.49	3:16.19
7:04.49	6:34.19	6:03.89	5:48.69	5:33.59	5:18.39	400 M IM	5:09.19	5:23.89	5:38.69	5:53.39	6:22.79	6:52.29
13-14 Girls						13-14 Boys						
36.09	33.49	30.89	29.	28.39	27.09	50 M Free	24.89	26.09	27.29	28.	30.79	33.19
1:18.29	1:12.69	1:07.09	1:04.	1:01.49	58.69	100 M Free	54.39	56.99	59.59	1:02.	1:07.29	1:12.49
2:49.29	2:37.19	2:25.09	2:18.	2:12.99	2:06.99	200 M Free	1:58.49	2:04.19	2:09.79	2:15.	2:26.69	2:37.99
5:58.29	5:32.69	5:07.09	4:54.	4:41.49	4:28.69	400 M Free	4:13.79	4:25.89	4:37.89	4:49.	5:14.19	5:38.29
12:16.89	11:24.19	10:31.59	10:05.29	9:38.99	9:12.69	800 M Free	8:45.89	9:10.89	9:35.99	10:00.99	10:51.09	11:41.09
23:15.29	21:35.69	19:55.99	19:06.19	18:16.29	17:26.49	1500 M Free	16:38.29	17:25.89	18:13.39	19:00.89	20:35.99	22:11.09
1:25.29	1:19.19	1:13.09	1:10.	1:06.99	1:03.99	100 M Back	59.69	1:02.59	1:05.39	1:08.	1:13.89	1:19.59
3:04.89	2:51.69	2:38.49	2:31.	2:25.29	2:18.69	200 M Back	2:10.19	2:16.39	2:22.59	2:28.	2:41.19	2:53.59
1:37.99	1:30.99	1:23.99	1:20.	1:16.99	1:13.49	100 M Breast	1:07.49	1:10.69	1:13.89	1:17.	1:23.49	1:29.89
3:32.19	3:16.99	3:01.89	2:54.	2:46.69	2:39.09	200 M Breast	2:27.79	2:34.89	2:41.89	2:48.	3:02.99	3:17.09
1:24.99	1:18.89	1:12.89	1:09.	1:06.79	1:03.79	100 M Fly	59.19	1:01.99	1:04.89	1:07.	1:13.29	1:18.89
3:07.89	2:54.49	2:41.09	2:34.	2:27.69	2:20.99	200 M Fly	2:11.19	2:17.49	2:23.69	2:29.	2:42.49	2:54.99
3:09.49	2:55.89	2:42.39	2:35.	2:28.89	2:22.09	200 M IM	2:12.59	2:18.89	2:25.19	2:31.	2:44.19	2:56.79
6:44.19	6:15.39	5:46.49	5:31.	5:17.59	5:03.19	400 M IM	4:43.29	4:56.79	5:10.29	5:23.	5:50.69	6:17.69

15-16 Girls

15-16 Boys

35.39	32.89	30.39	29.09	27.89	26.59	50 M Free	23.89	25.09	26.19	27.39	29.59	31.89
1:16.89	1:11.39	1:05.89	1:03.19	1:00.39	57.69	100 M Free	52.09	54.59	57.09	59.59	1:04.49	1:09.49
2:45.59	2:33.79	2:21.99	2:16.09	2:10.09	2:04.19	200 M Free	1:53.79	1:59.29	2:04.69	2:10.09	2:20.89	2:31.79
5:50.69	5:25.59	5:00.59	4:48.09	4:35.49	4:22.99	400 M Free	4:04.59	4:16.19	4:27.89	4:39.49	5:02.79	5:26.09
12:05.69	11:13.89	10:22.09	9:56.09	9:30.19	9:04.29	800 M Free	8:27.39	8:51.59	9:15.69	9:39.89	10:28.19	11:16.49
22:57.09	21:18.69	19:40.39	18:51.19	18:01.99	17:12.79	1500 M Free	16:05.89	16:51.89	17:37.89	18:23.89	19:55.89	21:27.89
1:23.39	1:17.39	1:11.49	1:08.49	1:05.49	1:02.49	100 M Back	56.69	59.39	1:02.09	1:04.79	1:10.19	1:15.59
3:01.39	2:48.39	2:35.49	2:28.99	2:22.49	2:15.99	200 M Back	2:04.19	2:10.09	2:15.99	2:21.99	2:33.79	2:45.59
1:36.09	1:29.19	1:22.39	1:18.89	1:15.49	1:12.09	100 M Breast	1:04.29	1:07.39	1:10.49	1:13.49	1:19.59	1:25.79
3:27.89	3:13.09	2:58.19	2:50.79	2:43.39	2:35.99	200 M Breast	2:19.79	2:26.49	2:33.09	2:39.79	2:53.09	3:06.39
1:23.29	1:17.29	1:11.39	1:08.39	1:05.39	1:02.49	100 M Fly	56.59	59.29	1:01.99	1:04.69	1:10.09	1:15.49
3:04.29	2:51.09	2:37.99	2:31.39	2:24.79	2:18.19	200 M Fly	2:05.49	2:11.49	2:17.49	2:23.39	2:35.39	2:47.29
3:05.79	2:52.59	2:39.29	2:32.69	2:25.99	2:19.39	200 M IM	2:06.59	2:12.59	2:18.69	2:24.69	2:36.69	2:48.79
6:35.09	6:06.89	5:38.69	5:24.59	5:10.49	4:56.39	400 M IM	4:32.69	4:45.69	4:58.69	5:11.69	5:37.69	6:03.59

17-18 Girls

17-18 Boys

34.79	32.29	29.79	28.59	27.29	26.09	50 M Free	23.19	24.29	25.39	26.49	28.69	30.89
1:15.29	1:09.99	1:04.59	1:01.89	59.19	56.49	100 M Free	50.89	53.29	55.69	58.19	1:02.99	1:07.79
2:44.19	2:32.49	2:20.79	2:14.89	2:08.99	2:03.19	200 M Free	1:51.59	1:56.89	2:02.19	2:07.59	2:18.19	2:28.79
5:49.29	5:24.39	4:59.39	4:46.89	4:34.49	4:21.99	400 M Free	4:00.09	4:11.49	4:22.89	4:34.29	4:57.19	5:20.09
12:03.09	11:11.39	10:19.79	9:53.89	9:28.09	9:02.29	800 M Free	8:23.79	8:47.79	9:11.69	9:35.69	10:23.69	11:11.69
22:50.29	21:12.39	19:34.59	18:45.59	17:56.69	17:07.69	1500 M Free	15:49.39	16:34.59	17:19.79	18:04.99	19:35.39	21:05.79
1:22.29	1:16.39	1:10.49	1:07.59	1:04.69	1:01.69	100 M Back	54.89	57.49	1:00.09	1:02.79	1:07.99	1:13.19
2:58.19	2:45.39	2:32.69	2:26.39	2:19.99	2:13.59	200 M Back	2:01.19	2:06.89	2:12.69	2:18.49	2:29.99	2:41.49
1:34.89	1:28.09	1:21.29	1:17.99	1:14.59	1:11.19	100 M Breast	1:02.89	1:05.89	1:08.89	1:11.89	1:17.89	1:23.89
3:24.39	3:09.79	2:55.19	2:47.89	2:40.59	2:33.29	200 M Breast	2:17.19	2:23.79	2:30.29	2:36.79	2:49.89	3:02.99
1:21.99	1:16.09	1:10.29	1:07.29	1:04.39	1:01.49	100 M Fly	54.59	57.19	59.79	1:02.39	1:07.59	1:12.79
3:01.59	2:48.69	2:35.69	2:29.19	2:22.69	2:16.19	200 M Fly	2:03.09	2:08.99	2:14.89	2:20.69	2:32.39	2:44.19
3:02.99	2:49.99	2:36.89	2:30.39	2:23.79	2:17.29	200 M IM	2:04.39	2:10.39	2:16.29	2:22.19	2:33.99	2:45.89
6:29.99	6:02.09	5:34.29	5:20.29	5:06.39	4:52.49	400 M IM	4:25.99	4:38.69	4:51.29	5:03.99	5:29.29	5:54.69

Short Course Yards

B Min BB Min A Min AAA Min AA Min A Min A Min A Min A Min BB Min B Min

10 & under Girls

10 & under Boys

38.89	35.19	31.399	30.1	28.89	27.69	50 Y Free	27.39	28.59	29.799	30.9	34.49	38.09
1:29.59	1:19.99	1:10.499	1:07.2	1:04.19	1:00.99	100 Y Free	1:00.59	1:03.69	1:06.699	1:09.6	1:18.79	1:27.79
3:18.99*	2:57.19*	2:35.39*	2:28.19*	2:20.89*	2:13.59*	200 Y Free	2:10.69	2:16.89	2:23.099	2:29.3	2:47.99	3:06.69
8:25.39*	7:34.89*	6:44.29*	6:27.49*	6:10.59*	5:53.79*	500 Y Free	5:47.69	6:04.19	6:20.799	6:37.3	7:26.99	8:16.69
46.99	41.89	36.699	34.9	33.29	31.59	50 Y Back	31.69*	33.49*	35.19*	36.99*	42.29*	47.49*
1:41.99	1:30.69	1:19.299	1:15.5	1:11.79	1:07.99	100 Y Back	1:08.39*	1:11.89*	1:15.39*	1:18.79*	1:29.29*	1:39.79*
53.19*	47.49	41.69*	39.79*	37.89*	35.99	50 Y Breast	35.49	37.29	39.199	40.9	46.59	52.09
1:58.09	1:44.99	1:31.899	1:27.4	1:23.09	1:18.79	100 Y Breast	1:18.29*	1:22.19*	1:26.09*	1:29.99*	1:41.69*	1:53.39*
47.39	41.79	36.199	34.3	32.49	30.59	50 Y Fly	30.29	31.99	33.699	35.3	40.49	45.69
1:53.99	1:39.09	1:24.099	1:19.1	1:14.19	1:09.19	100 Y Fly	1:08.49*	1:13.19*	1:17.99*	1:22.79*	1:37.09*	1:51.39*
1:42.59	1:31.69	1:20.799	1:17.0	1:13.49	1:09.79	100 Y IM	1:09.09*	1:12.39*	1:15.69*	1:18.99*	1:28.89*	1:38.79*
3:38.49	3:15.59	2:52.699	2:45.09	2:37.39	2:29.79	200 Y IM	2:28.69	2:36.19	2:43.599	2:50.99	3:13.19	3:35.49
33.59*	31.29*	28.99*	27.79*	26.59*	25.49*	50 Y Free	24.49	25.59	26.799	27.8	30.29	32.59
1:13.59	1:08.29	1:03.099	1:00.4	57.79	55.19	100 Y Free	53.29	55.79	58.299	1:00.8	1:05.89	1:10.99
2:40.39*	2:28.99*	2:17.49*	2:11.79*	2:05.99*	2:00.29*	200 Y Free	1:55.89*	2:01.39*	2:06.99*	2:12.49*	2:23.49*	2:34.59*
7:08.79*	6:38.19*	6:07.59*	5:52.19*	5:36.89*	5:21.59*	500 Y Free	5:12.99	5:27.89	5:42.799	5:57.6	6:27.49	6:57.29
14:48.09	13:44.69	12:41.199	12:09.49	11:37.79	11:06.09	1000 Y Free	10:54.39	11:25.59	11:56.799	12:27.89	13:30.19	14:32.59
24:53.99	23:07.29	21:20.599	20:27.19	19:33.89	18:40.49	1650 Y Free	18:16.39	19:08.59	20:00.799	20:52.99	22:37.49	24:21.89
38.09*	35.39*	32.69*	31.29*	29.99*	28.59*	50 Y Back	27.79*	29.29*	30.69*	32.09*	34.99*	37.89*
1:24.79*	1:18.09*	1:11.39*	1:08.09*	1:04.69*	1:01.39*	100 Y Back	59.49*	1:02.79	1:05.99*	1:09.19*	1:15.69*	1:22.19
2:56.59	2:43.99	2:31.399	2:25.0	2:18.79	2:12.49	200 Y Back	2:08.99*	2:15.19*	2:21.29*	2:27.39*	2:39.69*	2:51.99*
42.99*	39.99	36.899	35.3	33.79*	32.29	50 Y Breast	31.09	32.69*	34.39*	36.09*	39.49*	42.89
1:34.09*	1:27.19*	1:20.19*	1:16.69*	1:13.19*	1:09.79*	100 Y Breast	1:06.99*	1:10.49*	1:13.99*	1:17.49*	1:24.49*	1:31.39*
3:20.89*	3:06.59*	2:52.19*	2:45.09*	2:37.89*	2:30.69*	200 Y Breast	2:25.59*	2:32.49*	2:39.39*	2:46.39*	3:00.19*	3:14.09*
36.49*	33.89*	31.29*	29.99*	28.69*	27.39*	50 Y Fly	26.79	28.19	29.699	31.1	34.19	37.09

9												
1:24.39*	1:17.59*	1:10.89*	1:07.49*	1:04.19*	1:00.79*	100 Y Fly	58.99*	1:02.39*	1:05.89*	1:09.29*	1:16.09*	1:22.89*
2:59.99*	2:47.19*	2:34.29*	2:27.89*	2:21.39*	2:14.99*	200 Y Fly	2:09.89*	2:16.09*	2:22.19*	2:28.39*	2:40.79*	2:53.19*
1:24.09*	1:18.09*	1:12.09*	1:09.09*	1:06.09*	1:03.09*	100 Y IM	1:00.29	1:03.29	1:06.19	1:09.0	1:14.99	1:20.89
9												
3:00.19*	2:47.29*	2:34.49*	2:27.99*	2:21.59*	2:15.19*	200 Y IM	2:10.69*	2:17.29*	2:23.99*	2:30.69*	2:43.99*	2:57.29*
6:24.19	5:56.79	5:29.29	5:15.59	5:01.89	4:48.19	400 Y IM	4:39.79	4:53.19	5:06.49	5:19.79	5:46.39	6:13.09
13-14 Girls						13-14 Boys						
32.59*	30.19*	27.89*	26.7	25.59*	24.39*	50 Y Free	22.49	23.49*	24.59*	25.6	27.79*	29.89*
9												
1:10.59*	1:05.49*	1:00.49*	57.99*	55.49*	52.89*	100 Y Free	49.19	51.59	53.89	56.2	1:00.89	1:05.59
9												
2:32.09*	2:21.29*	2:10.39*	2:04.99*	1:59.49*	1:54.09*	200 Y Free	1:47.29	1:52.39	1:57.49	2:02.5	2:12.79	2:22.99
9												
6:47.79*	6:18.69*	5:49.59*	5:34.99*	5:20.39*	5:05.89*	500 Y Free	4:49.99	5:03.79	5:17.59	5:31.3	5:58.99	6:26.59
9												
14:01.99	13:01.79	12:01.69	11:31.59	11:01.59	10:31.49	1000 Y Free	10:00.89	10:29.49	10:58.09	11:26.69	12:23.89	13:21.19
23:23.49	21:43.19	20:02.99	19:12.89	18:22.79	17:32.59	1650 Y Free	16:44.19	17:31.99	18:19.79	19:07.59	20:43.19	22:18.89
1:16.69*	1:11.19*	1:05.69*	1:02.99*	1:00.19*	57.49*	100 Y Back	53.59*	56.19*	58.69*	1:01.29*	1:06.39*	1:11.49*
2:46.79*	2:34.89*	2:22.99*	2:17.09*	2:11.09*	2:05.09*	200 Y Back	1:57.19*	2:02.79*	2:08.39*	2:13.99*	2:25.09*	2:36.29*
1:27.99*	1:21.69*	1:15.39*	1:12.29*	1:09.09*	1:05.99*	100 Y Breast	1:00.99*	1:03.89*	1:06.79*	1:09.69*	1:15.49*	1:21.29*
3:10.89*	2:57.29*	2:43.69*	2:36.79*	2:29.99*	2:23.19*	200 Y Breast	2:12.49*	2:18.79*	2:25.09*	2:31.39*	2:43.99*	2:56.59*
1:16.39*	1:10.89*	1:05.49*	1:02.69*	59.99*	57.29*	100 Y Fly	53.39*	55.89*	58.49*	1:00.99*	1:06.09*	1:11.19*
2:48.99*	2:36.89*	2:24.89*	2:18.79*	2:12.79*	2:06.79*	200 Y Fly	1:58.69*	2:04.29*	2:09.99*	2:15.59*	2:26.89*	2:38.19*
2:49.79*	2:37.59*	2:25.49*	2:19.49*	2:13.39*	2:07.29*	200 Y IM	1:59.99	2:05.69	2:11.39	2:17.09*	2:28.49*	2:39.99
6:03.59*	5:37.59*	5:11.69*	4:58.69*	4:45.69*	4:32.69*	400 Y IM	4:16.09*	4:28.29*	4:40.49*	4:52.69*	5:17.09*	5:41.49*

15-16 Girls and Boys

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

17-18 Girls and Boys

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

Long Course Meters

10 & under Girls

10 & under Boys

44.0 9	39. 89	35.59 9	34.1	32.7 9	31.39	50 M Free	31.3 9	32. 79	34.09 9	35.4	39.4 9	43.59
1:41.99 *	1:31.19 *	1:20.29 *	1:16.69 *	1:13.09 *	1:09.39 *	100 M Free	1:09.4 9	1:12.89 *	1:16.39 *	1:19.79 *	1:30.1 9 *	1:40.5 9 *
3:45.7 9	3:20. 99	2:56.29 9	2:48.0	2:39.7 9	2:31.59	200 M Free	2:29.4 9	2:36. 59	2:43.69 9	2:50.7	3:12.0 9	3:33.49
7:36.7 9	6:51. 09	6:05.39 9	5:50.1	5:34.9 9	5:19.79	400 M Free	5:14.59 *	5:29.59 *	5:44.49 *	5:59.49 *	6:44.4 9 *	7:29.3 9 *
54.8 9	48. 89	42.89 9	40.8	38.8 9	36.89	50 M Back	36.8 9	38. 89	40.99 9	42.9	49.1 9	55.29
1:59.1 9	1:45. 99	1:32.69 9	1:28.2	1:23.8 9	1:19.49	100 M Back	1:18.89 *	1:22.89 *	1:26.99 *	1:30.99 *	1:43.0 9 *	1:55.0 9 *
1:00.4 9	53. 99	47.49 9	45.2	43.0 9	40.89	50 M Breast	40.5 9	42. 69	44.89 9	46.9	53.2 9	59.69
2:14.79 *	1:59.79 *	1:44.89 *	1:39.89 *	1:34.89 *	1:29.89 *	100 M Breast	1:29.29 *	1:33.79 *	1:38.19 *	1:42.69 *	1:55.9 9 *	2:09.3 9 *
53.39 *	47.09 *	40.79 *	38.69 *	36.59 *	34.49 *	50 M Fly	34.3 9	36. 29	38.19 9	40.1	45.9 9	51.79
2:09.9 9	1:52. 99	1:35.99 9	1:30.2	1:24.5 9	1:18.89	100 M Fly	1:18.09 *	1:23.59 *	1:28.99 *	1:34.49 *	1:50.7 9 *	2:07.0 9 *
4:09.3 9	3:43. 19	3:17.09 9	3:08.2	2:59.5 9	2:50.89	200 M IM	2:49.8 9	2:58. 39	3:06.89 9	3:15.3	3:40.7 9	4:06.19
11-12 Girls						11-12 Boys						
38.39 *	35.69 *	32.99 *	31.69 *	30.39 *	29.09 *	50 M Free	27.99 *	29.29 *	30.69 9	31.99 *	34.6 9	37.29 *
1:24.09 *	1:18.09 *	1:12.09 *	1:09.09 *	1:06.09 *	1:03.09 *	100 M Free	1:00.99 *	1:03.89 *	1:06.79 *	1:09.69 *	1:15.4 9 *	1:21.2 9 *
3:02.29 *	2:49.19 *	2:36.19 *	2:29.69 *	2:23.19 *	2:16.69 *	200 M Free	2:13.19 *	2:19.49 *	2:25.79 *	2:32.19 *	2:44.8 9 *	2:57.4 9 *
6:23.8 9	5:56. 49	5:29.09 9	5:15.3	5:01.6 9	4:47.99	400 M Free	4:41.5 9	4:55. 09	5:08.49 9	5:21.8	5:48.6 9	6:15.49
13:24.0 9 *	12:26.6 9 *	11:29.29 11:00.59 *		10:31.7 9 *	10:03.09 *	800 M Free	9:53.7 9	10:22. 09	10:50.39 9	11:18.59 9	12:15.1 9	13:11.69
25:45.7 9	23:55. 39	22:04.99 9	21:09.79	20:14.5 9	19:19.39	1500 M Free	18:55.1 9	19:49. 19	20:43.29 9	21:37.39 9	23:25.4 9	25:13.59
43.99 *	40.79 *	37.69 *	36.09 *	34.49 *	32.99 *	50 M Back	31.99 *	33.69 *	35.39 *	36.99 *	40.39 *	43.69 *
1:38.69 *	1:30.99 *	1:23.19 *	1:19.29 *	1:15.39 *	1:11.49 *	100 M Back	1:09.19 *	1:12.99 *	1:16.69 *	1:20.49 *	1:27.9 9 *	1:35.4 9 *
3:24.49 *	3:09.89 *	2:55.29 *	2:47.99 *	2:40.69 *	2:33.39 *	200 M Back	2:29.59 *	2:36.69 *	2:43.79 *	2:50.99 *	3:05.1 9 *	3:19.4 9 *
48.9 9	45. 49	41.99 9	40.1	38.4 9	36.69	50 M Breast	35.49 *	37.49 *	39.39 *	41.29 *	45.19 *	48.99 *
1:48.89 *	1:40.89 *	1:32.79 *	1:28.79 *	1:24.79 *	1:20.79 *	100 M Breast	1:18.09 *	1:22. 19	1:26.19 *	1:30.29 *	1:38.3 9 *	1:46.5 9 *
3:52.59 *	3:35.99 *	3:19.39 *	3:11.09 *	3:02.7 9	2:54.49	200 M Breast	2:48.4 9	2:56. 59	3:04.59 9	3:12.5	3:28.6 9	3:44.69
41.2 9	38. 29	35.39 9	33.8	32.39 *	30.99	50 M Fly	30.19 *	31.89 *	33.59 *	35.19 *	38.59 *	41.89 *
1:36.1 9	1:28. 49	1:20.79 9	1:16.9	1:13.09 *	1:09.29	100 M Fly	1:06.9 9	1:10. 89	1:14.69 9	1:18.5	1:26.2 9	1:33.99
3:24.8 9	3:10. 19	2:55.59 9	2:48.2	2:40.9 9	2:33.69	200 M Fly	2:30.39 *	2:37.49 *	2:44.69 *	2:51.89 *	3:06.1 9 *	3:20.4 9 *

9												
3:26.09*	3:11.39*	2:56.59*	2:49.29*	2:41.89*	2:34.59*	200 M IM	2:30.19*	2:37.79*	2:45.49*	2:53.19*	3:08.49*	3:23.79*
7:19.69	6:48.29	6:16.89	6:01.1	5:45.49	5:29.79	400 M IM	5:22.39*	5:37.79*	5:53.09*	6:08.49*	6:39.19*	7:09.89*
13-14 Girls						13-14 Boys						
37.09*	34.49*	31.79*	30.49*	29.19*	27.89*	50 M Free	25.79	27.09	28.29	29.4	31.9	34.39
1:20.49*	1:14.79*	1:08.99*	1:06.19*	1:03.29*	1:00.39*	100 M Free	56.49*	59.09*	1:01.79*	1:04.49*	1:09.89*	1:15.29*
2:54.29*	2:41.79*	2:29.39*	2:23.19*	2:16.89*	2:10.69*	200 M Free	2:03.09	2:08.89	2:14.79	2:20.5	2:32.29	2:44.09
6:06.79*	5:40.59*	5:14.39*	5:01.29*	4:48.19*	4:35.09*	400 M Free	4:21.79	4:34.29	4:46.69	4:59.1	5:24.09	5:49.09
12:35.99	11:41.99	10:47.99	10:20.99	9:53.99	9:26.99	800 M Free	9:04.39	9:30.29	9:56.29	10:22.19	11:13.99	12:05.89
24:06.39	22:23.09	20:39.79	19:48.09	18:56.49	18:04.79	1500 M Free	17:19.89	18:09.39	18:58.89	19:48.39	21:27.39	23:06.49
1:29.99	1:23.59	1:17.09	1:13.8	1:10.69	1:07.49	100 M Back	1:02.89*	1:05.89*	1:08.89*	1:11.89*	1:17.89*	1:23.89*
3:12.39*	2:58.69*	2:44.89*	2:38.09*	2:31.19*	2:24.29*	200 M Back	2:16.59*	2:23.09*	2:29.59*	2:36.09*	2:49.09*	3:02.09*
1:42.09*	1:34.79*	1:27.49*	1:23.89*	1:20.19*	1:16.59*	100 M Breast	1:11.19	1:14.59	1:17.89	1:21.2	1:28.09	1:34.89
3:39.69*	3:23.99*	3:08.29*	3:00.49*	2:52.59*	2:44.79*	200 M Breast	2:34.09*	2:41.39*	2:48.79*	2:56.09*	3:10.79*	3:25.49*
1:26.59*	1:20.39*	1:14.29*	1:11.19*	1:08.09*	1:04.99*	100 M Fly	1:00.99	1:03.89	1:06.79	1:09.6	1:15.49	1:21.29
3:12.99*	2:59.19*	2:45.49*	2:38.59*	2:31.69*	2:24.79*	200 M Fly	2:15.69*	2:22.19*	2:28.59*	2:35.09*	2:47.99*	3:00.89*
3:15.79*	3:01.79*	2:47.79*	2:40.79*	2:33.89*	2:26.89*	200 M IM	2:18.49*	2:25.09*	2:31.69*	2:38.29*	2:51.39*	3:04.59*
6:55.49*	6:25.89*	5:56.19*	5:41.29*	5:26.49*	5:11.69*	400 M IM	4:54.59	5:08.59	5:22.59	5:36.5	6:04.69	6:32.69

15-16 Girls

15-16 Boys

36.3 9	33.7 9	31.19	29.8 9	28.5 9	27.29	50 M Free	24.3 9	25.5 9	26.7 9	27.8 9	30.1 9	32.59
1:19.19 *	1:13.49 *	1:07.8 9*	1:04.99 *	1:02.19 *	59.39 *	100 M Free	53.99 *	56.59 *	59.19 *	1:01.69 *	1:06.89 *	1:11.99 *
2:50.49 *	2:38.29 *	2:26.1 9*	2:20.09 *	2:13.99 *	2:07.89 *	200 M Free	1:57.9 9	2:03.6 9	2:09.2 9	2:14.8 9	2:26.0 9	2:37.39 *
5:58.4 9	5:32.8 9	5:07.29	4:54.4 9	4:41.6 9	4:28.89	400 M Free	4:10.2 9	4:22.1 9	4:34.1 9	4:46.0 9	5:09.8 9	5:33.69
12:21.2 9	11:28.3 9	10:35. 39	10:08.9 9	9:42.4 9	9:15.99	800 M Free	8:45.09 *	9:10.09 *	9:35.09 *	10:00.0 9*	10:50.0 9*	11:40.09 *
23:43.8 9	22:02.1 9	20:20. 49	19:29.5 9	18:38.7 9	17:47.89	1500 M Free	16:36.6 9	17:24.1 9	18:11.6 9	18:59.0 9	20:33.9 9	22:08.99
1:27.29 *	1:21.09 *	1:14.8 9*	1:11.79 *	1:08.59 *	1:05.49 *	100 M Back	1:00.09 *	1:02.99 *	1:05.89 *	1:08.69 *	1:14.39 *	1:20.19 *
3:08.39 *	2:54.99 *	2:41.4 9*	2:34.79 *	2:28.09 *	2:21.29 *	200 M Back	2:10.2 9	2:16.4 9	2:22.6 9	2:28.8 9	2:41.3 9	2:53.79 *
1:39.49 *	1:32.39 *	1:25.2 9*	1:21.69 *	1:18.1 9	1:14.59 *	100 M Breast	1:07.3 9	1:10.5 9	1:13.7 9	1:16.9 9	1:23.4 9	1:29.89 *
3:35.89 *	3:20.49 *	3:05.0 9*	2:57.39 *	2:49.59 *	2:41.89 *	200 M Breast	2:26.49 *	2:33.49 *	2:40.49 *	2:47.49 *	3:01.39 *	3:15.39 *
1:25.39 *	1:19.29 *	1:13.1 9*	1:10.09 *	1:07.09 *	1:03.99 *	100 M Fly	57.9 9	1:00.7 9	1:03.5 9	1:06.2 9	1:11.7 9	1:17.39 *
3:07.29 *	2:53.99 *	2:40.5 9*	2:33.89 *	2:27.19 *	2:20.49 *	200 M Fly	2:09.19 *	2:15.39 *	2:21.49 *	2:27.69 *	2:39.99 *	2:52.29 *
3:11.89 *	2:58.19 *	2:44.4 9*	2:37.59 *	2:30.79 *	2:23.89 *	200 M IM	2:12.4 9	2:18.7 9	2:25.0 9	2:31.3 9	2:43.9 9	2:56.59 *
6:47.8 9	6:18.7 9	5:49.69	5:35.0 9	5:20.4 9	5:05.99	400 M IM	4:40.5 9	4:53.8 9	5:07.2 9	5:20.5 9	5:47.2 9	6:14.09 *

17-18 Girls

17-18 Boys

36.1 9	33.59	30.99	29.6 9	28.3 9	27.09	50 M Free	24.29 *	25.4 9	26.59 *	27.79	30.0 9	32.39 *
1:18.5 9	1:12.99	1:07.39	1:04.5 9	1:01.7 9	58.99	100 M Free	52.69 *	55.19 *	57.69 *	1:00.1 9*	1:05.29 *	1:10.29 *
2:49.5 9	2:37.49	2:25.39	2:19.2 9	2:13.1 9	2:07.19	200 M Free	1:55.99 *	2:01.49 *	2:06.99 *	2:12.4 9*	2:23.59 *	2:34.59 *
5:57.09 *	5:31.5 9*	5:06.0 9*	4:53.39 *	4:40.59 *	4:27.89 *	400 M Free	4:06.89 *	4:18.69 *	4:30.39 *	4:42.1 9*	5:05.69 *	5:29.19 *
12:16.8 9*	11:24.2 9*	10:31.5 9*	10:05.2 9*	9:38.99 *	9:12.69 *	800 M Free	8:34.5 9	8:59.0 9	9:23.5 9	9:48.09	10:37.0 9	11:26.09 *
23:30.3 9*	21:49.5 9*	20:08.8 9*	19:18.4 9*	18:28.1 9*	17:37.7 9*	1500 M Free	16:25.99 *	17:12.9 9*	17:59.8 9*	18:46.8 9*	20:20.7 9*	21:54.69 *
1:26.59 *	1:20.3 9*	1:14.1 9*	1:11.09 *	1:08.09 *	1:04.99 *	100 M Back	58.99 *	1:01.79 *	1:04.59 *	1:07.3 9*	1:12.99 *	1:18.59 *
3:06.89 *	2:53.5 9*	2:40.1 9*	2:33.49 *	2:26.89 *	2:20.19 *	200 M Back	2:07.89 *	2:13.99 *	2:20.09 *	2:26.1 9*	2:38.39 *	2:50.59 *
1:38.69 *	1:31.6 9*	1:24.5 9*	1:21.09 *	1:17.59 *	1:14.09 *	100 M Breast	1:05.99 *	1:09.09 *	1:12.29 *	1:15.3 9*	1:21.69 *	1:27.99 *
3:33.0 9	3:17.89	3:02.69	2:55.0 9	2:47.4 9	2:39.89	200 M Breast	2:23.69 *	2:30.59 *	2:37.39 *	2:44.1 9*	2:57.89 *	3:11.59 *
1:24.29 *	1:18.2 9*	1:12.1 9*	1:09.19 *	1:06.19 *	1:03.19 *	100 M Fly	56.59 *	59.29 *	1:01.99 *	1:04.6 9*	1:10.09 *	1:15.49 *
3:06.79 *	2:53.3 9*	2:40.0 9*	2:33.39 *	2:26.69 *	2:20.09 *	200 M Fly	2:06.29 *	2:12.39 *	2:18.39 *	2:24.3 9*	2:36.39 *	2:48.39 *
3:10.6 9	2:56.99	2:43.39	2:36.5 9	2:29.7 9	2:22.99	200 M IM	2:10.29 *	2:16.49 *	2:22.69 *	2:28.8 9*	2:41.29 *	2:53.69 *
6:45.1 9	6:16.29	5:47.29	5:32.8 9	5:18.3 9	5:03.89	400 M IM	4:37.09 *	4:50.19 *	5:03.39 *	5:16.5 9*	5:42.99 *	6:09.39 *

SCRATCH RULE

- 1) Each swimmer/relay team shall be aware of the meet starting time and shall report to the proper meet authorities promptly upon call.**
- 2) Pre-Seeded Event: Each swimmer/relay team shall report promptly to the Clerk of Course or starting blocks prior to the race in which the swimmer/relay team is entered. Any swimmer/relay team not reporting for or competing shall not be penalized. Teams that enter multiple swimmers and subsequently fail to notify the meet host prior to the seeding that multiple swimmers they entered do not intend to compete may be fined \$25 per swimmer per day, at the discretion of the Meet Referee.**

2025 NCAT TYR AGE GROUP AND OPEN LC MEET

SPONSORED BY THE NORTH COAST AQUATIC TEAM

May 10, 2025

Meet Entry Summary Page

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

Contact Person: _____ Email: _____

Daytime Phone: _____ Evening Phone: _____

Address: _____ City: _____ State: _____ Zip _____

_____ (total # of swimmers) X \$3.00 (LESI Surcharge) = \$ _____

_____ (total # of individual events) X \$8.00/event = \$ _____

_____ (total # of swimmers) X \$5.00 (handling fee for paper entry) \$ _____

TOTAL AMOUNT REMITTED

\$ _____

- Swimmers will be without a coach on deck:
 - Sat. am, • Sat. pm
- I have arranged for my swimmer/s to be supervised by _____.
- A coach will be present during the meet

Please indicate how many coaches will be attending on Saturday _____

I VERIFY THAT EVERY SWIMMER LISTED ON THE ENCLOSED ENTRY FORM IS A REGISTERED ATHLETE MEMBER OF USA SWIMMING AND THAT EVERY COACH REPRESENTING OUR TEAM AT THIS MEET WILL BE A CURRENT COACH MEMBER OF USA SWIMMING.

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

Make checks payable NORTH COAST AQUATIC TEAM and mail to: NCAT LC MEET, c/o Dave Wohlfeil 18312 Potomac Dr, Strongsville, OH 44136, . **Please note:** All entries submitted with this sheet should be covered by a single check. Do not send multiple checks with a single entry form. **Entries will not be accepted prior to Monday, April 7, 2025 at 9:00pm. Email electronic files to Dave Wohlfeil ncatmeetentries@gmail.com. DEADLINE FOR RECEIPT of the entries is April 23, 2025.** This sheet must accompany all entries, including HY-TEK Meet Manager electronic entries. Hard copy and check must be received within 5 days of receipt of the electronic file. If hard copy and check are not received within 5 days, entries will be removed from the meet until the hard copy and check are received. Remember that this meet will most likely close before the meet entry deadline.

