



**2022 Arena Western Zone Senior Championships**  
**Tuesday, July 26 – Saturday, July 30, 2022**  
**Hosted by Clovis Swim Club**

**Held under USAS/Central California Swimming Sanction #S15122TL**  
**Time Trial Sanction #TT15222TL**

<b>Meet Directors:</b>	Jennifer Ota	<b>Phone:</b> 559.327.9237	<b>Email:</b> <a href="mailto:Jenniferota@cusd.com">Jenniferota@cusd.com</a>
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<b>Admin Referee:</b>	Mark Brown	<b>Phone:</b> 916.201.1254	<b>Email:</b> <a href="mailto:mark.brown.15@gmail.com">mark.brown.15@gmail.com</a>
<b>Meet Info:</b>	Mark Bennett	<b>Phone:</b> 559.327.9232	<b>Email:</b> <a href="mailto:coachmark76@gmail.com">coachmark76@gmail.com</a>

**All Swimmers must be 19 years of age or younger on July 26, 2022.**

**Prelims will be run at both Clovis North & Clovis East and will be divided near evenly by team size.**

**Each team will swim prelims 2 days at each site. Coaches will be notified of their sites at least 3 days prior to the first day of the meet using the email address associated with the OME entries.**

**All finals will be run at Clovis North. Read the info below regarding timed final events.**

**If there are fewer than 700 swimmers in the meet, in total, all prelims will be run at Clovis North.**

**Directions:**

**CLOVIS NORTH AQUATICS COMPLEX**

2770 E. International Ave., Fresno, CA 93730

CA-41 or CA-99 to Herndon Avenue, east on Herndon to Willow, north on Willow to the corner of Willow & International Continue on Willow to the north end of the campus and turn onto the access road, Bronco Way. Drop off at the pool entrance and park in the spaces near the pool or continue to Chestnut and left into the larger parking lot. Park only in marked spaces.

**CLOVIS EAST AQUATICS COMPLEX**

2940 Leonard Ave., Clovis, CA 93619

Arriving Northbound: CA-99 to CA-180, exit north on Fowler Ave (exit 64), east on E Olive Ave and then north on N DeWolf. The destination will be on the right. Enter the complex through the access road, Donner Ave. Park only in marked spaces.

**Facilities:**

**CLOVIS NORTH AQUATICS COMPLEX -**

Two 50 M x 25 yard outdoor pools. The main competition pool is all deep with a minimum depth of 7 ft. The adjacent pool provides 8x50M lanes for continuous warm up and warm down. The scoreboard is a full color video display LED Scoreboard and a Colorado System Timing will be used. The competition pool has been certified in accordance with 104.2.2(C). The copy of such certification is on file with USA Swimming.

**CLOVIS EAST AQUATICS COMPLEX**

50 M x 25 yard competition pool. The main competition pool is all deep at 7 feet. There is an adjacent, 9 lane 25 yard area separated by a bulkhead that is available for continuous warm up and warm down. The competition course has not been certified according to articles 104.2.2 C (4) of USAS rules and regulations; however, such certification is pending. Colorado System Timing and Scoreboard will be used.

**Hotels and Lodging:**

Book through Fresno/Clovis Visitors Bureau for preferred rooms and rates. Click this link to continue:

[https://playfresno-housing.org/events/event\\_details/361](https://playfresno-housing.org/events/event_details/361)

**Eligibility:**

2022 USA Swimming year round athletes registered in a Western Zone LSC who are 19 years of age or younger on July 26, 2022, and have achieved at least one qualifying time (long course or short course) during the qualifying period may enter the meet. All 18-19 year old athletes must complete USA Swimming Athlete Protection Training before the start of the meet. ***There will be no entries for “relay-only” swimmers.***



### **Qualification Period:**

Times must have been achieved within the last 18 months prior to the meet. Times from January 31, 2021 – July 24, 2022, are valid qualification times.

**Disqualifier by Event:** A swimmer who has achieved a 2022 USA Summer Junior National standard or a faster time in an event prior to the meet entry deadline (July 18, 2022) may not compete in that event nor in that stroke and distance in a relay at this meet.

**Bonus rules:** A swimmer who has achieved one qualifying time for the meet will be eligible to swim Bonus events in which the Bonus standard has been achieved. Bonus events are limited to distances of 200 meters or shorter.

**Exception: 800 and 1500 meter freestyle** - Swimmers who have achieved the meet qualifying standard in the 800 or 1500 meter freestyle may enter the other (1500 or 800) event if they do not have the qualifying standard in that event.

### **Number of Events:**

A swimmer may enter up to nine (9) events (not including Time Trials) but may not compete in more than seven (7) events in the meet (not including Time Trials). Swimmers will be limited to three (3) events per day, including Time Trials. This is a Proof of Time meet; all entry times will be verified through the USA Swimming SWIMS database or must be made available upon request to the Administrative Referee.

### **Divisions:**

Swimmers may enter the meet attached to their club team or to an LSC team. Swimmers may also enter as unattached. These affiliations will determine site assignments for prelims.

### **Entry Submittal Information:**

Entries may be submitted online beginning 12:00 AM, July 1, 2022, through the USA Swimming website: [www.usaswimming.org/ome](http://www.usaswimming.org/ome). Online entries will be accepted until Monday, July 18, 2022, at 11:59 PM. See “New Qualifying Swims” for NEW times achieved July 18-24, 2022. See “Late Entry Errors & Omissions” for procedure. There will be a separate OME entry for entries after July 18, 2022.

You may choose to pay for the online entries with Visa, MasterCard, American Express, or Discover. **Your entry fees must be received by team check-in.** Payment may also be made via check made payable to: Clovis Swim Club. Please mail your check to:

**ATTN: CLOVIS SWIM CLUB**  
1690 David E. Cook Way  
Clovis, CA 93611

Before checking out of OME (i.e., completing your online entry), double-check the meet entry fee data to be sure you have entered the correct number of swimmers and splashes. Once you complete your online entry, you will be sent a confirmation e-mail. Bring copies of ALL correspondence with you to the meet to deal with any issues with entries.

**NOTE: OME will NOT automatically update your entry times as new results are entered into SWIMS.**

Should you wish your entry to reflect any updated times, you must return to your entry after you have checked out to do so. You have until the entry deadline to update times in OME. You can also add events to your entry but you cannot delete events after you have checked out.

**Para-athletes:** Must meet the Can-Am Swimming Championship qualifying time standard for the events entered. A para-athlete may elect to swim a half-distance in a longer event, if he/she so chooses.

**No on-deck entries except Time Trials.**

**No on-deck USA Swimming registrations will be accepted.**

**New Qualifying Swims:** New qualifying times (no updates to previously qualified times) achieved between July 18 and July 24, 2022, may be entered via OME by 12:00 PM (Noon) PDT July 25, 2022. There will be a separate OME entry that opens on July 19 and closes at 12:00 PM (Noon) on July 25, 2022. **If you have difficulties with late OME entry, contact the Administrative Referee.** Meet fees for late qualifying swims will be due at team check-in on arrival in Clovis. All rules regarding event limits and bonus events are applicable.

**Late Entry Errors and Omissions (no updates to previously qualified times):** Entries may be accepted after the stated entry deadline of July 18, for previously achieved times, at double entry fee, plus regular meet fees, and a \$100 fine payable to the host. **DEADLINE: 24 hours after publication of the initial psych sheets.**

### **Entry Fees:**

\$15.00 per individual event (\$5.00 per entry goes to Western Zone Treasury)

\$25.00 per relay (\$5.00 per relay goes to the Western Zone Treasury)

**Please make all checks payable to Clovis Swim Club.**



### Scoring:

Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

**Individual Awards:** Swimmers finishing in the top three for each individual event and relay will receive medals. High Point awards will also be given to the Male and Female who finish with the most individual points.

**Team Awards:** First through third places in each division. Divisions are: Club teams and LSC teams.

### Time Trials Meet:

**Swimmers are limited to 2 time trial swims for the entire meet. No relays will be swum in Time Trials.**

Time Trials will be held between Preliminaries and Finals each day, time permitting. The starting time for Time Trials will be determined by the Meet Referee. Time Trials will be run according to National Championship meet procedures. Time Trials are available only for swimmers entered in the meet. TIME TRIALS ARE PART OF A SWIMMER'S THREE EVENTS PER DAY LIMIT. The days for the Women's and Men's 800/1500 Freestyle Time Trials will be determined by the Meet Referee based on the size of the meet and the available time. The decision will be announced at the General Meeting. Entry fee \$15/event. Time trial entry will be deck entered at the Clerk of Course.

### Rules:

- Current USA Swimming Rules and Regulations including the Minor Athlete Abuse Prevention Policy ("MAAPP 2.0") will govern the conduct of the Western Zone Senior Championship and will serve as the official guide for technical and procedural rules.
- It shall be the swimmers' and coaches' responsibility to be acquainted with all information contained in this meet information.
- No swimmer may check in without a coach member present. If the home club coach is not planning to attend the event, the swimmer (s) must be assigned a supervising coach (per USA Swimming rule 202.3.2). Arriving with a fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, the Meet Director will arrange for a coach to serve this role. Please inform the Meet Director prior to the meet if a coach must be assigned.
- Swimwear: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. Swimmers 12 years old and younger are prohibited from wearing "tech suits" as defined by USA Swimming.
- Deck Changes: Deck changes are prohibited
- Racing Start Certification: 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.
- Media Notice: Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. For athlete protection, Central California Swimming prohibits the use of photography and audiovisual devices including cell phones, behind the blocks during the start sequence throughout the meet.
- 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
- CUSD does not permit overnight RV Parking at either facility

### Non-Athlete Membership Requirement:

All coaches and officials must be current USA Swimming members to receive a meet deck pass. Be prepared to prove current USA Swimming membership at check-in. Meet deck pass should be visible at all times while on deck.

### Warm-Up and Safety:

Athletes must be under the direct supervision of a current USA Swimming member coach.

- Monday, July 26: The Clovis North pool will be available from 9:00 AM to 7:00 PM.
- Tuesday, July 27: The competition pools will be available for warm-up at 10:30 AM for women and men entered in the 1500 Freestyle being swum that day.
- Wednesday, July 28 – Saturday, July 31: The pools will open at 7:30 AM, from 7:30 AM-8:10 AM, all lanes will be open for general warm-up. From 8:10-8:50 AM, lanes 1 and 8 will be open for push-pace work and lanes 2 and 7 will be open for one-way sprints from the blocks—under coaches' supervision. Lanes 3-6 will remain open for general warm-up in the competition pool until 8:50 AM.
- In the best interest of the athletes and the conduct of the meet, the Meet Referee may make changes in warm-up procedures as needed including splitting warm-up and assigning teams.
- Warm-up rules may be adjusted to conform to COVID guidelines in place at the time of the meet.



### **General Meeting:**

There will be a general meeting regarding all meet information to be held via Zoom by the Meet Director and Meet Referee. The time and date for this meeting will be communicated to attending teams no later than Friday, June 22, 2022.

### **Meet Format:**

- The meet will be run under National Championship rules, including relays. All Preliminary events will be swum fastest to slowest.
- Tuesday, July 26: If two pools are used, the Timed Finals distance freestyle events will start at 11:30 AM at the respective pools, swimming slowest to fastest. The fastest 3 heats of Women's and Men's 1500 Freestyle will swim at Clovis North starting at 5:00 PM alternating women and men.
- Wednesday, July 27 -Saturday, July 30: Preliminary and Final format with Preliminaries beginning at 9:00 AM. Finals will begin at 6:00 PM on Wednesday-Friday and at 5:00 PM on Saturday.
- There will be **four** final heats (D, C, B, and A in order) for 200 and 400 meter events. There will be **five** final heats (E, D, C, B and A in order) for 50 and 100 meter events.
- Long course meter (LCM) qualifying times will be seeded first, then short course yard (SCY) qualifying times will be seeded second, and then short course meter (SCM) qualifying times will be seeded third. Bonus entries must be labeled as such and will be seeded after all qualifying entries.

**Check-In and Scratches: Swimmers and Relays will be considered as checked in for all events** There will be no positive check in for distance or relays. National Championship scratch rules will be used. There will be no scratch box; all prelim scratches must be done electronically. Scratches prior to the seeding of Preliminaries, relays and 800/1500 free must be confirmed by email or text prior to the scratch deadline for the event. Scratches should be emailed to Mark Brown – [mark.brown.15@gmail.com](mailto:mark.brown.15@gmail.com) – 916.201.1254. Coaches should keep a record of email or text with time stamp.

### **Timed Finals Individual Events:**

Swimmers must scratch by the stated deadline. *Any swimmer who does not scratch and fails to compete in a timed final event will be barred from all further individual and relay events for that day and must check in with the Administrative Referee prior to the scratch deadline each day for the remainder of the meet.*

### **Preliminary Heats:**

Event scratches for Tuesday's timed final events are due 15 minutes after the conclusion of the General Meeting. Event scratches for Preliminaries and relays on Wednesday are due 30 minutes after the start of the evening session on Tuesday (5:30 PM). Scratches for individual events and relays for Thursday–Saturday are due 30 minutes after the start of Finals on the previous day. *Any swimmer who fails to compete in an individual preliminary heat in which he/she is entered and has not properly scratched will be barred from all further individual and relay events for that day and must check in with the Administrative Referee prior to the scratch deadline each day for the remainder of the meet.*

### **Finals:**

Swimmers have 30 minutes after announcement of combined preliminary results of their event in which to scratch or declare their intention to scratch in person with the Admin Referee at their pool. *Any swimmer seeded in a Final race in an individual event who fails to compete in said Final shall be barred from further competition for the remainder of the meet, unless the swimmer has properly scratched according to the meet rules.*

### **Relays:**

Relays will be entered using USA Swimming OME. There will be no deck entries for relays except for LSC All Star Teams. LSC All Star Teams will be required to enter relays electronically by the ENTRY DEADLINE. Relay declaration of swimmer names are due electronically one hour after start of the session when relay will be swum. Relay events will be swum at the end of Finals in the National Championship format: Fastest two heats of women followed by fastest two heats of men; then alternating women/men fastest to slowest. Teams will be limited to three (3) relays per event (A, B, & C only). **There will be no "C" relays allowed in the 800 Free relay. "C" relays in all other relay events will be swum at the conclusion of preliminaries, prior to the start of Time Trials.** Teams may elect to swim their "A" & "B" relays at the conclusion of preliminaries the day that relay event is to be swum. The election must be declared electronically to the Administrative Referee by the scratch deadline for the day the relay is to be swum.



**Distance Freestyle:**

- The Women’s and the Men’s 1500 Freestyle will be swum as Timed Final events, to be run slowest to fastest, alternating Women and Men on Tuesday, July 26. The three fastest heats of the Women’s and Men’s 1500 Freestyle will be swum starting at 5:00 PM at Clovis North. If both sites are used, all other heats will be swum at the teams’ respective pools starting at 11:30 AM.
- The Women’s and Men’s 800 Freestyle will be swum as Timed Final events on Saturday, July 30, with the fastest heat to be swum in Finals. All other heats of these events will be run fastest to slowest at the end of Preliminaries, alternating Women and Men. **A swimmer in Women’s or Men’s 800 Freestyle not wishing to swim in Finals must declare electronically by the scratch deadline for the event.**
- Swimmers will be responsible for providing lap counters for the distance events. Lap counting devices will be provided.

**Release from Liability:**

In granting this sanction and by any person’s participation in the meet, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. It is further understood that USA Swimming, Central California Swimming, Clovis Swim Club and all meet officials shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet. Damage to the facility, when proved, will cause the offending athlete, if unattached, or the offending athlete’s team, if attached, to be held accountable for repairs.

**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 child(ren)) 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 increasing your risk of contracting or spreading COVID-19.

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, CENTRAL CALIFORNIA SWIMMING, THE CLOVIS SWIM CLUB AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION**



## OFFICIALS' INFORMATION

### 2022 Western Zone Senior Championships

Officials must be USA Swimming members prior to the start of the competition and at least LSC certified in the positions(s) for which they apply. Officials new to and/or unfamiliar with National Certification are welcome to work the meet as well as those with National Certification experience.

**OFFICIALS' REIMBURSEMENT FUND:** The fund provides reimbursement assistance to officials who work at least 80% of the meet sessions and who are not being reimbursed from another source for their expenses to attend the Western Zone Senior Championship Meet. To be eligible, an official must be a USA Swimming member and in good standing with a Western Zone LSC. The funds generated from this meet are shared equally across all applicants who have met the work requirements. For more information please contact: Western Zone Officials Coordinator ~ Mike Davis - [mekidadad1@yahoo.com](mailto:mekidadad1@yahoo.com)

**APPLICATION TO OFFICIATE:** All Officials who wish to work the meet are requested to complete and turn in an application to facilitate planning. Those desiring to work the assigned positions of Chief Judge, Starter and Deck Referee must submit an application received by June 1, 2022. Application deadline for ALL officials to receive custom meet shirts and attire is June 15, 2022. To apply, click on the following link: <https://form.jotform.com/221156292211142>

**NATIONAL CERTIFICATION:** The Western Zone Senior Championship has been approved as an Officials Qualifying Meet for N2/N3 certification/recertification. Officials wishing to obtain or renew their national certification must apply to be considered. Requests for Evaluation/Mentoring applications can be found with the application to officiate. Any questions can be directed to the Meet Referee.

#### **DRESS FOR THIS MEET:**

**Preliminaries and Finals** – White polo shirt (or shirt provided by meet host), Khaki pants (short or long) or skirts/skorts (short or long), white shoes and white socks.



<b>Prelims Event Order</b>		
#	<b>Tuesday, July 26, 2022</b>	#
1	W / M 1500 Freestyle	2
Fastest 3 heats swim @ Clovis North at 5:00 PM		
	<b>Wednesday, July 27, 2022</b>	
3	100 Freestyle	4
5	200 Butterfly	6
7	200 Breaststroke	8
9	200 Backstroke	10
11	800 Free Relay - AM Option	
	<b>Thursday, July 28, 2022</b>	
12	200 Freestyle	
	200 Individual Medley	13
14	400 Individual Medley	
	400 Freestyle	15
	800 Free Relay - AM Option	16
	<b>Friday, July 29, 2022</b>	
17	200 Individual Medley	
	200 Freestyle	18
19	50 Freestyle	20
21	400 Freestyle	
	400 Individual Medley	22
23	400 Medley Relay - AM Option	24
	<b>Saturday, July 30, 2022</b>	
25	100 Backstroke	26
28	100 Breaststroke	29
30	100 Butterfly	31
27	W 800 Freestyle*	
	M 800 Freestyle*	32
33	400 Free Relay - AM Option	34
* All but fastest heat will swim in Prelims fastest to slowest, alternating Women / Men		



<b>Finals Event Order</b>		
<b>#</b>	<b>Tuesday, July 26, 2022</b>	<b>#</b>
1	W / M 1500 Freestyle*	2
*Fastest 3 Heats @ Clovis North		
<b>Wednesday, July 27, 2022</b>		
3	100 Freestyle	4
5	200 Butterfly	6
7	200 Breaststroke	8
9	200 Backstroke	10
11	800 Freestyle Relay	
<b>Thursday, July 28, 2022</b>		
	400 Freestyle	15
12	200 Freestyle	
	200 Individual Medley	13
14	400 Individual Medley	
	800 Freestyle Relay	16
<b>Friday, July 29, 2022</b>		
21	400 Freestyle	
	200 Freestyle	18
19	50 Freestyle	20
17	200 Individual Medley	
	400 Individual Medley	22
23	400 Medley Relay	24
<b>Saturday, July 30, 2022</b>		
25	100 Backstroke	26
27	W 800 Freestyle	
28	100 Breaststroke	29
30	100 Butterfly	31
	M 800 Freestyle	32
33	400 Freestyle Relay	34





<b>"A" Time Standards</b>						
<b>Women</b>			<b>Men</b>			
<b>SCY</b>	<b>SCM</b>	<b>LCM</b>	<b>Event</b>	<b>LCM</b>	<b>SCM</b>	<b>SCY</b>
<b>26.09</b>	<b>29.09</b>	<b>29.89</b>	<b>50 Free</b>	<b>26.79</b>	<b>26.19</b>	<b>23.29</b>
<b>56.59</b>	<b>1:03.19</b>	<b>1:04.99</b>	<b>100 Free</b>	<b>59.19</b>	<b>57.09</b>	<b>51.19</b>
<b>2:02.69</b>	<b>2:16.09</b>	<b>2:20.09</b>	<b>200 Free</b>	<b>2:09.29</b>	<b>2:04.69</b>	<b>1:52.09</b>
<b>5:29.09</b>	<b>4:48.09</b>	<b>4:54.49</b>	<b>400/500 Free</b>	<b>4:34.19</b>	<b>4:27.89</b>	<b>5:04.39</b>
<b>11:21.19</b>	<b>9:56.09</b>	<b>10:08.99</b>	<b>800/1000 Free</b>	<b>9:35.09</b>	<b>9:15.69</b>	<b>10:34.99</b>
<b>18:57.79</b>	<b>18:51.19</b>	<b>19:29.59</b>	<b>1500/1650 Free</b>	<b>18:11.69</b>	<b>17:37.89</b>	<b>17:44.09</b>
<b>1:01.39</b>	<b>1:08.49</b>	<b>1:11.79</b>	<b>100 Back</b>	<b>1:05.89</b>	<b>1:02.09</b>	<b>55.99</b>
<b>2:13.89</b>	<b>2:28.99</b>	<b>2:34.79</b>	<b>200 Back</b>	<b>2:22.69</b>	<b>2:15.99</b>	<b>2:01.59</b>
<b>1:10.49</b>	<b>1:18.89</b>	<b>1:21.69</b>	<b>100 Breast</b>	<b>1:13.79</b>	<b>1:10.49</b>	<b>1:02.89</b>
<b>2:32.79</b>	<b>2:50.79</b>	<b>2:57.39</b>	<b>200 Breast</b>	<b>2:40.49</b>	<b>2:33.09</b>	<b>2:18.19</b>
<b>1:01.39</b>	<b>1:08.39</b>	<b>1:10.09</b>	<b>100 Fly</b>	<b>1:03.59</b>	<b>1:01.99</b>	<b>55.49</b>
<b>2:15.79</b>	<b>2:32.69</b>	<b>2:33.89</b>	<b>200 Fly</b>	<b>2:21.49</b>	<b>2:17.49</b>	<b>2:04.29</b>
<b>2:16.99</b>	<b>2:32.69</b>	<b>2:37.59</b>	<b>200 IM</b>	<b>2:25.09</b>	<b>2:18.69</b>	<b>2:04.69</b>
<b>4:52.29</b>	<b>5:24.59</b>	<b>5:35.09</b>	<b>400 IM</b>	<b>5:07.29</b>	<b>4:58.69</b>	<b>4:28.59</b>
<b>No Standard</b>	<b>No Standard</b>	<b>No Standard</b>	<b>400 Free Relay</b>	<b>No Standard</b>	<b>No Standard</b>	<b>No Standard</b>
<b>No Standard</b>	<b>No Standard</b>	<b>No Standard</b>	<b>800 Free Relay</b>	<b>No Standard</b>	<b>No Standard</b>	<b>No Standard</b>
<b>No Standard</b>	<b>No Standard</b>	<b>No Standard</b>	<b>400 Medley Relay</b>	<b>No Standard</b>	<b>No Standard</b>	<b>No Standard</b>



<b>Bonus Time Standards</b>						
<b>Women</b>			<b>Men</b>			
<b>SCY</b>	<b>SCM</b>	<b>LCM</b>	<b>Event</b>	<b>LCM</b>	<b>SCM</b>	<b>SCY</b>
<b>26.59</b>	<b>29.59</b>	<b>30.39</b>	<b>50 Free</b>	<b>27.29</b>	<b>26.69</b>	<b>23.79</b>
<b>57.59</b>	<b>1:04.19</b>	<b>1:05.99</b>	<b>100 Free</b>	<b>1:00.19</b>	<b>58.09</b>	<b>52.19</b>
<b>2:04.69</b>	<b>2:18.09</b>	<b>2:22.09</b>	<b>200 Free</b>	<b>2:11.29</b>	<b>2:06.69</b>	<b>1:54.09</b>
<b>NA</b>	<b>NA</b>	<b>NA</b>	<b>400/500 Free</b>	<b>NA</b>	<b>NA</b>	<b>NA</b>
<b>NA</b>	<b>NA</b>	<b>NA</b>	<b>800/1000 Free</b>	<b>NA</b>	<b>NA</b>	<b>NA</b>
<b>NA</b>	<b>NA</b>	<b>NA</b>	<b>1500/1650 Free</b>	<b>NA</b>	<b>NA</b>	<b>NA</b>
<b>1:02.39</b>	<b>1:09.49</b>	<b>1:12.79</b>	<b>100 Back</b>	<b>1:06.89</b>	<b>1:03.09</b>	<b>56.99</b>
<b>2:15.89</b>	<b>2:30.99</b>	<b>2:36.79</b>	<b>200 Back</b>	<b>2:24.69</b>	<b>2:17.99</b>	<b>2:03.59</b>
<b>1:11.49</b>	<b>1:19.89</b>	<b>1:22.69</b>	<b>100 Breast</b>	<b>1:14.79</b>	<b>1:11.49</b>	<b>1:03.89</b>
<b>2:34.79</b>	<b>2:52.79</b>	<b>2:59.39</b>	<b>200 Breast</b>	<b>2:42.49</b>	<b>2:35.09</b>	<b>2:20.19</b>
<b>1:02.39</b>	<b>1:09.39</b>	<b>1:11.09</b>	<b>100 Fly</b>	<b>1:04.59</b>	<b>1:02.99</b>	<b>56.49</b>
<b>2:17.79</b>	<b>2:33.39</b>	<b>2:35.89</b>	<b>200 Fly</b>	<b>2:23.49</b>	<b>2:19.49</b>	<b>2:06.29</b>
<b>2:18.99</b>	<b>2:34.69</b>	<b>2:39.59</b>	<b>200 IM</b>	<b>2:27.09</b>	<b>2:20.69</b>	<b>2:06.69</b>
<b>NA</b>	<b>NA</b>	<b>NA</b>	<b>400 IM</b>	<b>NA</b>	<b>NA</b>	<b>NA</b>



## Maximum Time Standards (2022 LC Junior Nationals)

**Girls**

**Boys**

Girls			Boys	
SCY	LCM		LCM	SCY
22.79	26.59	50 Freestyle	23.99	20.49
49.69	57.59	100 Freestyle	51.99	44.39
1:47.39	2:04.29	200 Freestyle	1:54.29	1:38.39
4:48.09	4:21.39	400/500 Freestyle	4:02.79	4:28.29
9:56.79	8:58.69	800/1000 Freestyle	8:23.09	9:13.19
16:32.59	17:11.29	1650/1500 Freestyle	16:05.09	15:34.19
54.49	1:04.39	100 Backstroke	58.79	49.39
1:57.69	2:18.29	200 Backstroke	2:06.99	1:47.99
1:02.79	1:13.29	100 Breaststroke	1:05.89	55.79
2:15.49	2:38.29	200 Breaststroke	2:23.29	2:01.19
53.99	1:02.39	100 Butterfly	56.49	48.99
1:59.39	2:16.99	200 Butterfly	2:05.09	1:47.89
2:00.59	2:20.99	200 Individual Medley	2:08.29	1:48.89
4:15.19	4:57.29	400 Individual Medley	4:33.09	3:52.69
x	3:55.69	4x100 Free Relay	3:33.59	x
x	8:29.99	4x200 Free Relay	7:47.69	x
x	4:21.49	4x100 Medley Relay	3:56.29	x