

**LONG ISLAND AQUATIC CLUB**  
**Along with the Nassau County Parks and Recreation**  
**PROUDLY PRESENT**  
**THE 2008 SPEEDO CHAMPIONS SERIES**

March 6-9, 2008

Open USA Swimming Registered Swimmers in the Eastern Zone  
 Sanctioned by Metropolitan Swimming #080307

<b>Preliminaries - 9:00 am</b> <b>Women's Events</b>	<b>Order of Events</b> <b>Long Course Meters</b>	<b>Finals - 5:00 pm</b> <b>Men's Events</b>
	<b>Day 1 - Thursday, March 6</b> Timed Finals 4:00 p.m.	
1	1500 meter Freestyle 800 meter Freestyle	2
	<b>Day 2 - Friday, March 7</b>	
3	200 meter Freestyle	4
5	100 meter Breaststroke	6
7	100 meter Butterfly	8
9	400 meter Individual Medley	10
11	800 meter Freestyle Relay	12
	<b>Day 3 - Saturday, March 8</b>	
13	4X50 Medley Relay	14
15	200 meter Butterfly	16
17	50 meter Freestyle	18
19	200 meter Breaststroke	20
21	100 meter Backstroke	22
23	400 meter Freestyle	24
25	400 meter Freestyle Relay	26
	<b>Day 4 - Sunday, March 9</b>	
27	4X50 meter Freestyle Relay	28
29	800 meter Freestyle	
	1500 meter Freestyle	30
31	200 meter Backstroke	32
33	100 meter Freestyle	34
35	200 meter Individual Medley	36
37	400 meter Medley Relay	38

**Notes:**

1. **Fastest two heats of each relay will be swum in the final session in the order indicated. Remaining heats will be swum in prelims – with 200's at the beginning of the session and The 400/800's at the end.**
2. **Thursday events (W-1500 & M-800) shall be swum slowest to fastest with all heats of the Women's 1500 prior to the Men's 800.**
3. **Sunday events (M1500 & W-800) only the fastest (single) heat swum in the final session. All other heats are to swim in the afternoon so that the second fastest men's heat is timed to end 60 minutes prior to finals.**
  - a) **Second fastest men's heat is last.**
  - b) **Second fastest women's heat is next to last.**
  - c) **Third fastest men's heat is third from last.**
  - d) **Third fastest women's heat is fourth from last. Etc.**
4. **In Sunday's Finals, the events will swim in numerical order.**
5. **Daylight Savings Time begins at 2:00am on Sunday, March 9, 2008. Clocks will be turned AHEAD one hour at t**

## Administrative Information

### Meet Referee

Fred Killian  
302.994.3389

### Meet Director

Ginny Nussbaum  
42 Merrick Ave.  
Merrick, NY 11566  
516.378.8467  
ginnynussbaum@hotmail.com

## Ticket Information

All Sessions: \$40.00  
Daily:  
    Prelims \$ 5.00  
    Finals \$10.00

Tickets will be available at the site.  
Heat sheets and programs will be for sale at the meet.  
Checks not accepted.

### Facility

Nassau County Aquatic Center  
Host of: 2007 USA Spring Nationals  
2004 Men's NCAA  
Division I Championships  
2001 Women's NCAA  
Division I Championships  
2001 US Open  
2001-2004 World Cup  
1998-2003 Long Island Open  
1999 Phillips 66 Nationals  
1998 Goodwill Games  
1998 Speedo NE Juniors

10 lanes by 50 meter competition pool  
2 meter min depth  
6 lanes by 25 meter warm up pool

**QUALIFYING PERIOD**-January 1, 2007 –  
February 26, 2008

### Entry Information

\*Entry to this meet is limited to swimmers registered with an LSC in the Eastern Zone.  
\* We prefer that you send a HYTEK commlink file, either on a 3.5 diskette labeled with the team name to the meet director or email to Bob Matlack, [bmatlack@verizon.net](mailto:bmatlack@verizon.net)

As an alternative you can send an entry file in SDIF format (please also include a hard copy) or just a hard copy of your entry. **Entries must be received no later than 11:59 PM Tuesday February 26, 2008.**

\*An entry summary must accompany each entry, regardless whether entries are submitted on diskette or in writing.

\*Paper entries must be made on the meet entry form.

\*Entries not date marked or not received by the dates specified will not be accepted.

\***FAX ENTRY\*** deadline is 1:00 PM Monday March 3, 2008. Only swims occurring from Monday February 25, 2008 to Sunday March 2, 2008 which achieve a first time qualifying standard are eligible for fax entry. FAX entries must be made on the enclosed FAX entry form and may not be used to improve the seed time of a previously submitted entry.

\*\*The seeding order is: LCM, SCM, SCY

**Times will be verified through the USA Swimming SWIMS data base. Coaches entering with times not in the database should be prepared to prove the time with a copy of official meet results. High school, college and YMCA Swims must be from a meet that was approved as an Observed Meet under USA Swimming rules and must also show that the meet was granted such status.**

**\*ANY TIME NOT PROVEN IS SUBJECT TO A \$100.00 FINE**

**Please make checks payable to :  
Long Island Swimming**

Entry Fees:

**\$10.00 per individual event**

**\$25.00 per relay team**

**Fees are due with entries. Please do not send cash. Please make sure the club name is clearly indicated on the check submitted.**

### WHERE TO SEND:

#### REGULAR MAIL

**Ginny Nussbaum**  
42 Merrick Ave.  
Merrick, NY 11566  
516.378.8467  
[ginnynussbaum@hotmail.com](mailto:ginnynussbaum@hotmail.com)

### **Final Results**

Teams have the following options for receiving results:

- 1/ Picking up a disk at the end of the meet
  - 2/ Having a file in the format that you specify emailed to you
  - 3/ A hard copy of results mailed after the meet
- Please specify at the meet registration desk how you would like to receive your results. Additional copies of results may be purchased for \$10.00.

### **Event Rules**

All swimmers are limited to a maximum of seven (7) individual events plus relays. Swimmers are also limited to a maximum of 3 Individual Events per day (including Time Trials).

**No more than Two(2) Relays per team may score**

### **BONUS EVENTS:**

- 1 time made 1 bonus event**
- 2 times made 2 bonus events**
- 3 times made 1 bonus events**
- 4 or more times made no bonus events**

### **Time Trials**

**Time trials open to athletes in individual events only. NO TIME TRIALS FOR RELAY ONLY.** Each swimmer will be limited to a maximum of 2 time trials and must adhere to the daily limit of events.

Time Trials shall be swum in the order listed under the meet program as follows:

1. First Day: that day's events only.
2. Second and all subsequent days: that day's events, followed by the events of the remaining day(s) of the meet, followed by the events of the previous days.
3. Final Day: the day's events; that day's Distance freestyle events may be swum, followed by events of the previous days if time permits. If time is not available on the final day for the distance freestyle time trials, the Meet Referee, at their discretion, may offer it on an alternate day.

### **Time Trial Sanction #080352-T**

#### **Entry Fee for Time Trials**

\$10.00/individual \$25.00/relay  
payable in cash or check made payable to:  
Long Island Swimming

### **Scratch Procedures**

\*The scratch box will be located at the

Registration Desk until the start of the General Meeting, and will be the General Meeting. After the meeting, the scratch box will be located with the Clerk of Course for the remainder of the meet.

\*This meet will follow the National Championship Scratch Rules as Specified in rule 207.12.10. Specific procedures will be reviewed at the General Meeting.

\*Any team having a 'no show' swimmer at Finals on Sunday evening will be fined \$50.00 per no-show; this fine must be paid before the team will be permitted to participate in any future Speedo Champions Series Meet held in the Eastern Zone.

### **Scratch Deadlines:**

Thursday's Event

\* 15 minutes following the adjournment of the general meeting.

Friday – **4:30 pm on Thursday afternoon**

Saturday and Sunday Events -

**\*5:30 pm the previous evening**

### **Relays and Relay Check-In Procedures**

A. Relays - All relays are conducted on a timed final basis with only the two fastest heats to be swum in the final session. Teams are limited to two scoring relays in each relay event.

B. Each relay team must have at least one swimmer on it who entered (and competed) in an individual (non-bonus) event.

C Relay Check-In- Entries for all relays must be checked in prior to the scratch deadline in order to be seeded. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names, ages and order of swimming, for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation approximately one (1) hour prior to the start of relays. However, they may be changed up to the time of the swim.

D. The "Sunday Relay Rule" will be in effect. Any Sunday relay that wishes to swim at Prelims (during the morning session) may do so. All Sunday relays should indicate a preference for Prelims or Finals when checking-in with the Clerk of Course (i.e., by the 6:00pm Saturday deadline.) The fastest sixteen relays that wish to swim in the evening will swim at Finals; the other relays will swim during the morning Prelims.

E. Entries to the 200 yd Medley Relay are provable based on a 400 Medley Relay time.

## **Distance Freestyle**

A. Distance Entry - Any swimmer who qualifies for the 800 and/or 1500 freestyle events may enter at their fastest time or at the time standard, if entered in two or more events on the day of the distance freestyle

B. Distance Check-In and Seeding - Entrants in the 800 and/or 1500 freestyle must check in and confirm their intention to compete before the scratch deadline in order to be seeded. Seeded heat sheets will be published at the end of finals the evening before, except for the women's 800 freestyle and men's 1500 freestyle, which will be published two hours before the scheduled starting time for that event. The swimmers will be listed in the psych sheet in the order of submitted times, beginning with the fastest

C. Order of Distance Events

The W1500/M800 freestyle events are conducted on a timed final basis. All timed final heats shall be swum as follows:

- a) Women's heats - slowest to fastest
- b) Men's heats - slowest to fastest

The W800 & M1500 freestyle events are conducted on a timed final basis and shall have only the fastest (single) heat swum in the final session. All other heats are to swim in the afternoon so that the second fastest men's heat is timed to end at 4PM. Both events will swim slowest to fastest. The heats swum in the afternoon will alternate between the M-1500 and the W-800 in the following pattern:

- a) Second fastest men's heat last
- b) Second fastest women's heat next to last
- c) Third fastest men's heat third from last
- d) Third fastest women's heat fourth from last and continuing until all heats are swum

## **Finals Event Order**

There will be a bonus final in each event (except the 800m and 1500m freestyle). The order of the final events shall be C, B, and A (bonus, consolation and championship).

### **\*Top 16 Relays at night**

#### **Meet Scoring**

Scoring will be on a sixteen (16) place basis. Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay events receive double these point values.

#### **Awards**

Individual awards 1 - 8 places  
Relay awards 1- 3 places  
Team awards 1 - 3 places  
High point 1 - 3 places both sexes.

## **Ready Room**

A ready room will be used at this Championship prior to each 'A' final event. Each swimmer participating in the 'A' finals must report to the ready room 10 minutes preceding the event.

### **Membership Requirement**

**All persons expecting to receive a deck pass must bring their 2008 USA Swimming membership cards** in order to verify their membership. Deck passes for coaches, managers and officials will be issued only to members in good standing of USA Swimming. There will be no USA Swimming registration available on site.

### **Officials**

\*All certified officials are welcome to officiate at this meet. An application is available at the Eastern Zone website –

<http://www.pvswim.org/eastzone/index.html>

Officials that have not submitted an application are welcome to attend the Official's Briefing held one hour before the start of each session.

\* This meet has been designated as an Officials Qualifying Meet (OQM) for officials wanting to renew or advance their N@ or N# certifications. A Request for Evaluation form is available at the Eastern Zone website and should be submitted prior to the meet. Contact the Meet Referee for additional information.

### **Registration**

Credentials for coaches, managers and chaperones to serve as admittance passes shall be issued to those persons listed on the submitted team entry forms and according to the following formula, based upon the total size of the team, whether comprised of one or both sexes. Athletes entered in the meet will receive a deck pass as part of their entry fee.

\* 1-7 swimmers in individual events, or 1-only relay team with any number of alternates: 1 Deck Pass

\*8-14 swimmers in individual events: 2 Deck Passes

\*15-25 swimmers in individual events: 4 Deck Passes

\*26-36 swimmers in individual events: 5 Deck Passes

\*Unattached swimmers with a team are to be included in above schedule even if listed on separate entry blank.

\* Unattached swimmers not with a team: 1 Deck Pass

### Check-In

Plan to arrive in time for the General Meeting. **You are responsible for all business conducted at this meeting.** If, for any reason, you cannot attend the meeting, be sure to find out what occurred.

### Meeting Schedule

<b>Thursday, March 6</b>	<b>2:00pm</b>
<b>General Meeting</b>	<b>room at pool</b>
<b>Thursday, March 6</b>	<b>2:30pm</b>
<b>Officials' Briefing</b>	<b>room at pool</b>

### Coaches' Packet

For coaches who plan to attend this meet without swimmers, there will be a special packet available for \$60.00, that will contain a general admission pass, heat sheets, a psych sheet, team roster and inclusion on the mailing list for final results. The packet is available during regular registration hours.

### Site Information

#### \*Information / Lost & Found

Information will be available at the Registration table. The lost and found is located in the lifeguard office.

#### \*Lockers

There is ample locker space for athletes. There is no towel service available. The facility and Long Island Aquatic Club are not responsible for lost or stolen items.

#### \*Medical Assistance

Lifeguards are trained for emergency situations. A first aid room is located on deck.

#### \*Parking

There is ample free parking at the facility.

#### \*Concessions

A concession stand will be available during the meet.

### \*Hospitality

A hospitality room for coaches and officials is located in a room at the Aquatic Center.

### Aquatic Center Complex Hours

Wednesday, March 5	5:00 pm - 9:00 pm
Thursday, March 6	9:00 am - 9:00 pm*
Friday, March 7	6:00 am - 9:00 pm <b>12:00pm</b> <b>VIP Room</b>
Saturday, March 8	6:00 am - 9:00 pm* <b>2:30 pm</b> <b>VIP Room</b>
Sunday, March 9	6:00 am - 9:00 pm

\*The competition pool will be available for practice except during the meet. The warm-up pool will be available at all times.

### Credentials pickup for Swimmers, Coaches & Officials

Thursday, March 6	1:30 pm - 7:00 pm
Friday, March 7	6:30 am - 9:00 am
Saturday, March 8	As needed - contact Meet director

**Credentials must be worn at all times. \$10.00 will be charged for replacement of badges.**

## HOTELS AND MOTELS

Long Island Marriott Hotel and Conference Center  
101 James Doolittle Boulevard  
Uniondale, NY 11533-3637  
(516)794-3800 (516)794-5936

Best Western Mill River Manor  
173 Sunrise Hwy  
Rockville Centre, NY 11570  
(516)678.1300  
\$129.00 + tax 20 Rms  
Cut off date – Feb. 6, 2008

Residence Inn  
9 Gerhard Rd.  
Plainview, NY  
(516)433.6200  
\$129.00 +tax 30 Rms  
Ref: Long Island Aquatic Club  
Cut off date – Feb. 5, 2008

Red Roof Inn  
699 Dibble Dr..  
Westbury, NY 11793  
(516)794.2555  
\$121.99 +tax Thurs.  
\$133.99 +tax Fri./Sat./Sun.  
Cut off date – Feb 6, 2008

Holiday Inn –  
215 Sunnyside Blvd  
Plainview, NY 11803  
516.349.7400  
\$115.00 + tax 50 Rms  
Ref: LIA  
Cut off date – Feb 6, 2008

LaQuinta Inn  
Stewart Ave.  
Garden City, NY 11530  
516.705.9000  
\$149.00 + tax 30 double/double  
Ref: Speedo Series Champions /Sectionals

Hampton Inn & Suites  
125 Merrick Rd  
Rockville Centre, NY  
(516)599.1700

Econo Lodge  
429 Duffy Ave.  
Hickville, NY 11801  
(516)433-3900 ext. 141  
\$99.00 + tax 18 Rms  
Cut off date Feb. 15, 2008

Coliseum Motor Inn  
Hempstead Tpke  
E. Meadow, NY 11554  
516.794.2100

Garden City Hotel  
45 7<sup>th</sup> St  
Garden City, NY 11530  
(516)747.3000  
\$170.00 +tax 30 Rms  
Cut off Date – Feb. 18, 2008

## **DIRECTIONS to NASSAU COUNTY'S AQUATIC CENTER:**

### **FROM VERRAZANO NARROWS BRIDGE AND KENNEDY AIRPORT:**

Follow signs to Belt Parkway/Long Island East. Take Belt Parkway eastbound past Kennedy Airport, after Kennedy Airport stay in the left lane and look for signs to Southern State Parkway East. Take So.St. Pkwy East to Meadowbrook Parkway North (exit 22N). Follow directions to the pool.

### **FROM WHITESTONE AND THROGS NECK BRIDGES:**

Take Cross Island Parkway South to Exit 29, Grand Central Parkway eastbound. Follow Grand Central Pkwy (changes name to Northern State Pkwy.) to Meadowbrook Parkway southbound (Jones Beach). Follow directions to the pool.

### **FROM LA GUARDIA AIRPORT:**

Take Grand Central Parkway (to eastern Long Island) to Meadowbrook Parkway southbound (Jones Beach). Follow directions to the pool.

### **TO THE POOL:**

Heading North take Meadowbrook Pkwy to NY-24 Hempstead Turnpike (exit M4)( this exit is M5 when heading South) East. On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Avenue). At the first traffic light make a right into the pool parking lot.

**LONG ISLAND AQUATIC CLUB**  
**Along with the Nassau County Parks and Recreation**  
**PROUDLY PRESENT**  
**THE 2008 SPEEDO CHAMPIONS SERIES**

March 6-9, 2008

Open USA Swimming Registered Swimmers in the Eastern Zone  
Sanctioned by Metropolitan Swimming #080307

\*\*\*\*\*

**ENTRY SUMMARY**  
**DUE no later than 11:59 PM Tuesday February 26, 2008**

Team \_\_\_\_\_ Club Code \_\_\_\_\_ Association \_\_\_\_\_  
Address \_\_\_\_\_ Town \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_ E-Mail \_\_\_\_\_  
Contact \_\_\_\_\_ Phone \_\_\_\_\_

We have entered the following events:

WOMEN INDIVIDUAL EVENTS \_\_\_\_\_ X \$10.00 = \_\_\_\_\_

MEN INDIVIDUAL EVENTS \_\_\_\_\_ X \$10.00 = \_\_\_\_\_

WOMEN RELAY EVENTS \_\_\_\_\_ X \$25.00 = \_\_\_\_\_

MEN RELAY EVENTS \_\_\_\_\_ X \$25.00 = \_\_\_\_\_

TOTAL =

Waiver of all claims for injury and acceptance of all meet rules are conditions for acceptance of entries.

\_\_\_\_\_  
Coach

THE SPEEDO CHAMPIONS SERIES

March 6 - 9, 2008

\*\*\*\*\*

FAX ENTRY SUMMARY

Team \_\_\_\_\_ Club Code \_\_\_\_\_ LSC \_\_\_\_\_

Coach \_\_\_\_\_ E-Mail \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

FAX QUALIFICATION PERIOD – February 25, 2008 - March 2, 2008: Only swimmers achieving the qualifying time standards for the first time from Monday 2/25/08 - Sunday 3/2/08(11:59pm) may be sent by FAX transmission- 516.771.9128. FAX DEADLINE: 1:00PM Monday, March 3, 2008.

Athlete's Signature: \_\_\_\_\_

Coaches' Signature: \_\_\_\_\_

We have entered the following events on this FAX entry form:

Women Individual Events \_\_\_\_\_ X \$10.00 = \_\_\_\_\_ Relay Events \_\_\_\_\_ X \$25.00 =

Men Individual Events \_\_\_\_\_ X \$10.00 = \_\_\_\_\_ Relay Events \_\_\_\_\_ X \$25.00 =

USE THIS SECTION FOR INDIVIDUAL EVENTS

USE THIS SECTION FOR RELAY TEAM EVENTS

Print Name \_\_\_\_\_ Age \_\_\_\_\_

Team Name \_\_\_\_\_ A B

Team Name \_\_\_\_\_

Has your team previously sent entries to this meet? Yes \_\_\_\_\_ No \_\_\_\_\_

USA Registration # \_\_\_\_\_

Event# \_\_\_\_\_ 400Fr

Has your team previously sent entries to this meet? Yes \_\_\_\_\_ No \_\_\_\_\_

Event# \_\_\_\_\_ 400 Medley

Female \_\_\_\_\_ Male \_\_\_\_\_

Event# \_\_\_\_\_ 800 Fr

Event# \_\_\_\_\_ 200 Fr

Swimmer previously entered in meet? Yes No

Event# \_\_\_\_\_ 200 Medley

Qualifying time \_\_\_\_\_

Event# \_\_\_\_\_ Event \_\_\_\_\_ Time \_\_\_\_\_  
Date Achieved \_\_\_\_\_

Date Achieved \_\_\_\_\_

Event# \_\_\_\_\_ Event \_\_\_\_\_ Time \_\_\_\_\_  
Date Achieved \_\_\_\_\_

Name & USA Registration #

1. \_\_\_\_\_

Events# \_\_\_\_\_ Event \_\_\_\_\_ Time \_\_\_\_\_  
Date Achieved \_\_\_\_\_

2. \_\_\_\_\_

FAX entry procedure can be used only for times achieved between the initial entry deadline and the FAX entry deadline.

3. \_\_\_\_\_

4. \_\_\_\_\_

## MEN'S ENTRY FORM

<b>Athlete Name</b>							
<b>Registration #</b>							
<b>Coaches Signature</b>							
<b>Swimmers Signature</b>							
<b>Entry Time</b> (Please note SY, SM, LCM) <b>If Bonus Event – Mark *BONUS*</b>	<b>Event</b>	<b>Event Number</b>	<b>Time Standard</b>			<b>Entry Time</b> (Please note SY, SM, LCM) <b>If Bonus Event – Mark *BONUS*</b>	
			<b>SY</b>	<b>SM</b>	<b>LCM</b>		
	<b>Thursday, March 6</b>						
	800 Freestyle	2	10:01.99	8:52.99	9:08.79		
	<b>Friday, March 7</b>						
	200 Freestyle	4	1:46.49	1:58.09	2:01.49		
	100 Breaststroke	6	1:02.19	1:09.09	1:10.39		
	100 Butterfly	8	53.89	59.89	1:00.89		
	400 Individual Medley	10	4:15.09	4:43.19	4:49.89		
	800 Freestyle Relay	12	7:22.39	8:06.69	8:14.79		
	<b>Saturday, March 8</b>						
	4X50 Medley Relay	14	3:46.99	4:15.59	4:15.59		
	200 Butterfly	16	2:00.89	2:14.19	2:16.29		
	50 Freestyle	18	22.49	24.99	25.59		
	200 Breaststroke	20	2:15.39	2:30.29	2:32.99		
	100 Backstroke	22	55.09	1:01.19	1:02.89		
	400 Freestyle	24	4:48.39	4:10.89	4:18.59		
	400 Freestyle Relay	26	3:21.89	3:44.09	3:48.69		
	<b>Sunday, March 9</b>						
	4X50 Free Relay	28	1:32.69	1:42.19	1:45.49		
	1500 Freestyle	30	16:43.99	16:35.19	17:21.99		
	200 Backstroke	32	1:59.39	2:12.59	2:15.39		
	100 Freestyle	34	48.79	54.19	55.69		
	200 Individual Medley	36	1:59.79	2:12.99	2:16.59		
	400 Medley Relay	38	3:46.99	4:15.59	4:19.69		

## WOMEN'S ENTRY FORM

<b>Athlete Name</b>							
<b>Registration #</b>							
<b>Coaches Signature</b>							
<b>Swimmers Signature</b>							
<b>Entry Time</b> (Please note SY, SM, LCM) If Bonus Event – Mark *BONUS*	<b>Event</b>	<b>Event Number</b>	<b>Time Standard</b>			<b>Entry Time</b> (Please note SY, SM, LCM) If Bonus Event – Mark *BONUS*	
			<b>SY</b>	<b>SM</b>	<b>LCM</b>		
	<b>Thursday, March 6</b>						
	1500 Freestyle	1	17:54.39	17:43.19	18:16.79		
	<b>Friday, March 7</b>						
	200 Freestyle	3	1:55.99	2:08.19	2:11.49		
	100 Breaststroke	5	1:08.29	1:15.89	1:18.29		
	100 Butterfly	7	59.19	1:05.79	1:06.99		
	400 Individual Medley	9	4:36.79	5:07.29	5:18.79		
	800 Freestyle Relay	11	8:05.39	8:58.89	9:06.69		
	<b>Saturday, March 8</b>						
	4X50 Medley Relay	13	4:12.29	4:40.29	4:44.29		
	200 Butterfly	15	2:11.49	2:25.99	2:29.49		
	50 Freestyle	17	24.99	27.79	28.59		
	200 Breaststroke	19	2:28.39	2:44.79	2:49.39		
	100 Backstroke	21	1:00.29	1:06.99	1:08.99		
	400 Freestyle	23	5:05.99	4:29.89	4:37.19		
	400 Freestyle Relay	25	3:45.79	4:10.89	4:14.99		
	<b>Sunday, March 9</b>						
	4X50 Free Relay	27	1:44.59	1:56.19	1:57.79		
	800 Freestyle	29	10:39.19	9:19.99	9:34.99		
	200 Backstroke	31	2:10.39	2:24.79	2:28.99		
	100 Freestyle	33	53.99	59.99	1:01.89		
	200 Individual Medley	35	2:10.89	2:25.09	2:29.69		
	400 Medley Relay	37	4:12.29	4:40.29	4:44.09		