

2016 U.S. Paralympic Team Trials – Swimming

June 30 – July 2, 2016

Mecklenburg County Aquatic Center

Charlotte, NC

Important Facts about the Meet:

- The 2016 U. S. Paralympics Team Trials – Swimming is a long course competition hosted by U.S. Paralympics.
- This meet is open to U.S swimmers with a physical, visual or intellectual impairment who are United States citizens, have met the qualifying standards (which are included in this meet packet) and who have been internationally classified with a ‘C – Confirmed’ sport class status or a ‘R – Review’ sport class status with a review date after 31 December 2016.
- Only athletes who have completed the 2016 Games Registration for the Rio Paralympic Games (or those who do not wish to be considered for team selection) will be accepted into the meet. For more information on the 2016 Games Registration, please contact Jamie Martin at Jamie.Martin@usoc.org.
- Current IPC Swimming technical rules will govern this meet. U.S. Paralympics Swimming shall have jurisdiction over all matters not assigned by the rules to the referee, judges or other officials and shall have power to postpone events and give directions consistent with rules adopted for conducting any event
- Only coaches, swimmers, personal assistants, and meet officials with current credentials are permitted on deck.

Host:

Paralympic Division, USOC/ U.S. Paralympics- www.usparalympics.org

Meet information and results will be posted on this website.

Location:

Mecklenburg County Aquatic Center (MCAC)
800 E. Martin Luther King Jr. Blvd.
Charlotte, NC 28202
704-336-3483

Facility:

The Mecklenburg County Aquatic Center is a world class natatorium. This indoor facility is a state-of-the-art indoor aquatics facility featuring:

- An indoor 8-lane 50-meter competition pool with minimum depth of six feet at the scoreboard end and 15 feet at the opposite end
- Non-turbulent lane lines
- Lane width 9 feet
- Separate 4-lane 25-yard warm-up pool
- Colorado 5000 timing system and two scoreboards
- Spacious locker rooms
- Ample spectator seating
- Astral starting blocks will be used for competition

Accommodation:

All individuals and teams are responsible for their own accommodation. U.S. Paralympics and the local organizing committee will **not** be responsible for travel, meals, or housing arrangements for teams or individuals.

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Classification:

Classification will **not** be offered at this competition. Only athletes who have been internationally classified with a 'C – Confirmed' sport class status or a 'R – Review' sport class status with a review date after 31 December 2016 are eligible to compete.

Officials:

Officials in lead roles will be selected by the U.S. Paralympics Swimming High Performance Team to officiate at this competition based on previous performance at U.S. Paralympics Swimming competitions.

- Officials who wish to volunteer should contact Mark Rieniets at rieniets@gmail.com or visit <http://usparalympics.org/sports/summer-paralympic-sports/swimming/events> for an application.

Format:

- The format of the meet will be preliminaries/finals.
- Only events on the program of the 2016 Rio Paralympic Games will be conducted.
- All preliminary events will be seeded by time and gender (regardless of sport class). Finals will be seeded by sport class. A swimmer must place in the top eight (8) in their sport class during preliminaries to advance to the final.

Entries Process:

Online Entries Only – Beginning in March 2016. Please see: <http://usparalympics.org/sports/summer-paralympic-sports/swimming/events>

- **Entry deadline is April 15, 2016.**
- Late entries may be accepted at the discretion of meet management, but will be assessed a late fee of \$100 in addition to the entry fee. No entries will be accepted after May 6, 2016.

Fees:

- All swimmers will be charged a \$107 USD fee to enter the meet, regardless of the number of events they choose to enter. (The increase of \$7 is a processing fee for on-line entries.)
- All team staff (i.e. coaches, medical, managers, etc.) will be charged a \$20 USD fee per credential. **On site coach registration is \$30.**
- Capacity to submit payment through means of charge card is included in the online entry process. If you wish to pay at the event, please check "pay offline" in the payment section.

Accreditation:

- Coaches and support staff must complete the staff registration found at <http://usparalympics.org/sports/summer-paralympic-sports/swimming/events>. Clubs not registering staff in advance will be subject to a \$10 fine per support staff credential.
- Support staff may include the following: physiologist, chiropractor, doctor, massage therapist, biomechanist, psychologist, physiotherapist, attendant care or team managers/chaperones.
- Swimmers and support staff will be provided with an accreditation card for deck access.
- Accreditation must be displayed at all times. Access to the pool will be through the locker rooms and past the main security checkpoint.
- Lost accreditation will be replaced at a cost of \$40.00 per accreditation.
- A maximum of one coach per swimmer is allowed on the deck.
- Deck access for additional coaches and/or Support Staff is at the discretion of meet management and must be a proven need (e.g. tappers, personal assistants).

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- Coaches must send a copy of a recognized swimming coaching certification [i.e. USA Swimming/YMCA/High School/NCAA] to Queenie Nichols at Queenie.Nichols@usoc.org by the published entry deadline.

Note:

The Deck Accreditation Card remains the property of U.S. Paralympics Swimming and can be withdrawn, with immediate effect, at U.S. Paralympics Swimming's sole discretion. Please be advised that deck accreditations should not be provided to children, youth or adults that are not participants in the competition, either as an athlete, coach, support staff or volunteer/official. Insurance and risk management do not extend to non-supervised minors or individuals that are not part of the competition either as a participant, coach, support staff or event volunteer/official.

Entry Information:

- Swimmers must have at least one 2016 Trials Minimum Qualifying Standard (MQS) in one of the IPC Paralympic Games programme events (50 Free [S1-S13]; 100 Free [S1-S13]; 200 Free [S1-5, S14]; 400 Free [S6-13]; 50 Backstroke [S1-5]; 100 Backstroke [S1-S2, S6-14]; 50 Breaststroke [SB1-SB3]; 100 Breaststroke [SB4-SB14]; 50 Butterfly [S1-S7]; 100 Butterfly [S8-S13]; 150 IM [SM1-SM4]; 200 IM [SM5-SM14].
- All times swum from January 1, 2015 through the published entry deadline will be eligible for entry.
- Swimmers may enter a maximum of seven (7) events for the competition, but not exceeding three (3) events per day.
- A swimmer may swim any event they have a qualifying standard in. If a swimmer has met less than five (5) qualifying standards for the competition, he/she may enter bonus events as follows:
 - 1 Qualifying Time 2 Bonus Events
 - 2 Qualifying Times 2 Bonus Events
 - 3 Qualifying Times 2 Bonus Events
 - 4 or more Qualifying Times 1 Bonus Events
- Entry times must be submitted in the course swum (LCM, SCM, SCY) and will be converted by meet management for seeding purposes.
- Proof-of-Time is required with entry submission. Please submit official results or submit the link to the actual event results in the online entry system. It is the responsibility of the club to prove any entry times if requested. Any club not able to prove an entry time when challenged will be fined \$100.00.
- No deck entries will be accepted.

Meet Entry Time Standards:

Time standards are available in all three courses – LCM, SCM, SCY – and are included in this meet information packet.

Entry Chairperson:

Queenie Nichols
One Olympic Plaza
Colorado Springs, CO 80909
719-866-3214
Fax: 719-866-2029
Queenie.Nichols@usoc.org

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Awards:

- Awards will be presented to the first place finisher in each sport class in each event.

Scratches

- Scratches will only be accepted up until the start of the Technical Meeting on June 29 at 4:00pm.
- Only medical withdrawals will be allowed, as per IPC Swimming Rules and Regulations, after the above listed deadline.

Fines and Protests:

- Fines and Protests Fees will be accepted in U.S. Dollars. These fees are as follows:
 - Re-entry back into the meet for a missed event will be \$50.00.
 - Protest of a Technical Disqualification during competition will be \$50.00.

Training Times:

The Mecklenburg County Aquatic Center (MCAC) will be available for training:

- Monday, June 27 12:00pm – 9:00pm
- Tuesday, June 28 12:00pm – 9:00pm
- Wednesday, June 29 12:00pm – 9:00pm

Anyone interested in pre-training before these dates should contact Matthew Jakubowski at:

matthew.jakubowski@mecklenburgcountync.gov.

Meet Registration:

Athletes and coaches are required to register at the pool.

- Tuesday, June 28 1:00pm – 3:30pm
- Wednesday, June 29 1:00pm – 3:30pm

Technical Meeting:

The technical meeting will be held on Wednesday, June 29 at 4:00pm.

Warm-up Information:

Preliminaries will begin at 9:00am with warm-ups starting at 7:30am. Finals will begin at 5:00pm with warm-ups at 3:30pm.

Doping Control (USADA):

Drug Testing will be conducted by and will follow all US Anti-Doping Agency (USADA) policies and procedures.

More information about banned substances and doping control can be found by visiting: www.usada.org.

All athletes who compete in the 2016 U.S. Paralympic Swimming Trials are subject to drug testing. If athletes are notified for drug testing they must bring an ID with them and are allowed and strongly encouraged to have one representative to accompany them through the drug testing process.

Team Selection Information:

- Selection Procedures for the 2016 Rio Paralympic Games Team are posted at <http://www.teamusa.org/US-Paralympics/Sports/Swimming/Selection-Procedures>.

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- The U.S. Paralympics Swimming Rio Paralympic Games Team nominations will be announced on Sunday, July 3, 2016. More information about the team announcement will be provided at a later date.

Meet Management & Contacts:

Co-Meet Director

Queenie Nichols
One Olympic Plaza
Colorado Springs, CO 80909
queenie.nichols@usoc.org
719-243-8523

Facility Contact

Matthew Jakubowski
matthew.jakubowski@mecklenburgcountync.gov

Co-Meet Director

Jamie Martin
One Olympic Plaza
Colorado Springs, CO 80909
Jamie.Martin@usoc.org
719-866-2024

Meet Referee

Mark Rieniets
Rieniets@gmail.com

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ORDER OF EVENTS

Preliminaries Warm-Up: 7:30am
Preliminaries Start Time: 9:00am

Finals Warm-Up: 3:30pm
Finals Start Time: 5:00pm

Thursday, June 30, 2016

<i>WOMEN</i>	<i>EVENT</i>	<i>MEN</i>
1	200m Freestyle (Classes S1-S5, S14)	2
3	400m Freestyle (Classes S6-S13)	4
5	50m Breaststroke (Classes SB1-SB3)	6
7	100m Breaststroke (Classes SB4-SB14)	8

Friday, July 1, 2016

<i>WOMEN</i>	<i>EVENT</i>	<i>MEN</i>
9	50m Backstroke (Classes S1-S5)	10
11	100m Butterfly (Classes S8-S13)	12
13	50m Butterfly (Classes S1-S7)	14
15	50m Freestyle (Classes S1-S13)	16

Saturday, July 2, 2016

<i>WOMEN</i>	<i>EVENT</i>	<i>MEN</i>
17	150m Individual Medley (Classes SM1-SM4)	18
19	200m Individual Medley (Classes SM5-SM14)	20
21	100m Freestyle (Classes S1-S13)	22
23	100m Backstroke (Classes S1-S2,S6-S14)	24

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Apparel and Equipment Guidelines for the 2016 U.S. Paralympic Team Trials

Dear Athlete,

With the 2016 U.S. Paralympic Team Trials quickly approaching, we are providing an update to athletes, agents, officials, coaches and staff regarding apparel and equipment identification during the event.

With the exception of standard manufacturers' equipment identification permitted by the *IPC Manufacturer Identification Guidelines for the Rio 2016 Paralympic Games* ([available here](#)), the equipment, uniforms and the bibs/numbers of the competitors and officials at the Trials may not bear any identification or promotional material of any kind (whether commercial or noncommercial).

U.S. Paralympics will be responsible for enforcement of this USOC policy at the Trials which includes the competition venues as well as the Games Team Announcement. Competitor uniforms may bear the name/logo of individual club teams provided the mark is appropriate in size. Size restrictions shall not apply to uniforms of colleges, universities, or military units or branches whose names do not include any sponsor identification. If you have questions about whether or not your apparel is compliant, please submit a photo to Nora Reilly, at Nora.Reilly@usoc.org.

For U.S. Paralympics Swimming, equipment and uniforms will be inspected in the call room prior to the start of each event to ensure compliance. For U.S. Paralympics Track and Field, equipment and uniforms will be inspected during the final clerking process before competition to ensure compliance. Any violation of the rules may result in consequences up to and including disqualification. We appreciate your attention and understanding to these rules that will be enforced throughout the 2016 U.S. Paralympic Team Trials.

Sincerely,

Julie O'Neill
Managing Director
U.S. Paralympics

2016 U.S. Paralympic Team Trials - Swimming Standards / WOMEN Short Course Yards

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	3:20.41	2:10.48	1:51.18	1:20.86	1:09.36	54.50	43.70	39.81	34.96	33.99	43.70	42.82	34.96	
100 Free	6:03.89	4:22.81	3:42.37	2:51.83	2:28.64	1:49.00	1:32.26	1:27.40	1:17.69	1:12.83	1:37.11	1:35.17	1:22.54	
200 Free	11:49.40	7:53.24	7:02.70	6:06.64	4:57.29									2:44.22
500 Free						10:01.14	9:14.40	8:38.67	8:00.48	7:35.84	9:14.40	9:03.31	8:12.80	
50 Back	3:01.94	2:11.40	2:01.29	1:30.97	1:19.27									
100 Back	6:13.08	4:32.00				2:08.82	1:56.54	1:46.82	1:37.11	1:27.40	1:56.54	1:54.20	1:37.11	1:37.12
50 Breast	3:32.27	2:41.72	2:01.29											
100 Breast				3:01.94	2:48.46	2:38.55	2:15.96	1:56.54	1:46.82		2:15.96	2:13.24	1:46.82	1:46.83
50 Fly	2:31.62	2:21.51	2:01.29	1:51.18	1:39.09	1:14.32	58.27							
100 Fly								1:56.54	1:46.82	1:37.11	1:56.54	1:54.20	1:37.11	
150 IM	6:34.21	6:19.05	6:03.89	5:03.24										
200 IM					5:56.75	4:57.29	4:12.50	3:53.08	3:14.23	3:04.52	3:53.08	3:48.42	3:23.94	3:14.23

2016 U.S. Paralympic Team Trials - Swimming Standards / WOMEN Short Course Meters

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	3:42.36	2:24.84	2:03.42	1:29.76	1:17.00	1:00.50	48.51	44.20	38.81	37.73	48.51	47.54	38.81	
100 Free	6:43.92	4:51.72	4:06.84	3:10.74	2:45.00	2:01.00	1:42.41	1:37.02	1:26.24	1:20.85	1:47.80	1:45.64	1:31.63	
200 Free	13:07.44	8:45.30	7:49.20	6:46.98	5:30.00									3:02.28
400 Free						8:46.00	8:05.10	7:54.32	7:00.42	6:38.86	8:05.10	7:55.40	7:11.20	
50 Back	3:21.96	2:25.86	2:14.64	1:40.98	1:28.00									
100 Back	6:54.12	5:01.92				2:23.00	2:09.36	1:58.58	1:47.80	1:37.02	2:09.36	2:06.77	1:47.80	1:47.80
50 Breast	3:55.62	2:59.52	2:14.64											
100 Breast				3:21.96	3:07.00	2:56.00	2:30.92	2:09.36	1:58.58		2:30.92	2:27.90	1:58.58	1:58.58
50 Fly	2:48.30	2:37.08	2:14.64	2:03.42	1:50.00	1:22.50	1:04.68							
100 Fly								2:09.36	1:58.58	1:47.80	2:09.36	2:06.77	1:47.80	
150 IM	7:17.58	7:00.75	6:43.92	5:36.60										
200 IM					6:36.00	5:30.00	4:40.28	4:18.72	3:35.60	3:24.82	4:18.72	4:13.55	3:46.38	3:35.60

2016 U.S. Paralympic Team Trials - Swimming Standards / WOMEN Long Course Meters

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	3:38.00	2:22.00	2:01.00	1:28.00	1:17.00	1:00.50	49.50	45.10	39.60	38.50	49.50	42.90	39.60	
100 Free	6:36.00	4:46.00	4:02.00	3:07.00	2:45.00	2:01.00	1:44.50	1:39.00	1:28.00	1:22.50	1:50.00	1:39.00	1:33.50	
200 Free	12:52.00	8:35.00	7:40.00	6:39.00	5:30.00									3:06.00
400 Free						8:46.00	8:15.00	8:04.00	7:09.00	6:47.00	8:15.00	7:42.00	7:20.00	
50 Back	3:18.00	2:23.00	2:12.00	1:39.00	1:28.00									
100 Back	6:46.00	4:56.00				2:23.00	2:12.00	2:01.00	1:50.00	1:39.00	2:12.00	2:01.00	1:50.00	1:50.00
50 Breast	3:51.00	2:56.00	2:12.00											
100 Breast				3:18.00	3:07.00	2:56.00	2:34.00	2:12.00	2:01.00		2:34.00	2:12.00	2:01.00	2:01.00
50 Fly	2:45.00	2:34.00	2:12.00	2:01.00	1:50.00	1:22.50	1:06.00							
100 Fly								2:12.00	2:01.00	1:50.00	2:12.00	2:01.00	1:50.00	
150 IM	7:09.00	6:52.50	6:36.00	5:30.00										
200 IM					6:36.00	5:30.00	4:46.00	4:24.00	3:40.00	3:29.00	4:24.00	4:13.00	3:51.00	3:40.00

2016 U.S. Paralympic Team Trials - Swimming Standards / MEN Short Course Yards

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	2:41.72	1:41.08	1:20.86	1:10.75	54.50	44.59	34.96	33.99	31.08	30.10	38.84	33.99	31.08	
100 Free	4:57.29	3:32.27	3:01.94	2:31.62	1:58.91	1:34.14	1:25.91	1:20.86	1:10.75	1:06.71	1:17.69	1:12.83	1:07.98	
200 Free	9:54.59	7:02.70	5:25.29	5:03.24	4:37.47									2:24.79
500 Free						8:48.00	8:32.91	8:20.09	7:41.62	7:28.80	8:37.44	7:48.16	7:26.88	
50 Back	2:38.55	2:01.29	1:41.08	1:20.86	59.45									
100 Back	5:21.62	4:11.78				1:49.00	1:41.08	1:46.02	1:20.86	1:18.10	1:46.82	1:37.11	1:27.40	1:17.69
50 Breast	3:16.39	2:01.29	1:41.08											
100 Breast				2:21.51	2:13.78	2:08.82	2:01.29	1:41.08	1:26.92		1:56.54	1:37.11	1:27.40	1:23.52
50 Fly	1:58.91	1:51.18	1:30.95	1:20.86	1:09.36	54.50	45.48							
100 Fly								1:36.02	1:20.86	1:15.35	1:37.11	1:22.54	1:17.69	
150 IM	5:56.75	5:33.56	5:03.24	4:02.52										
200 IM					2:27.74	3:57.83	3:32.27	3:22.16	3:01.94	2:51.83	3:33.65	3:14.23	2:54.81	2:54.81

2016 U.S. Paralympic Team Trials - Swimming Standards / MEN Short Course Meters

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	2:59.52	1:52.20	01:29.76	01:18.54	1:00.50	49.50	38.81	37.73	34.50	33.42	43.12	37.73	34.50	
100 Free	5:30.00	3:55.62	03:21.96	02:48.30	2:12.00	1:44.50	1:35.37	1:29.76	1:18.54	1:14.05	1:26.24	1:20.85	1:15.46	
200 Free	11:00.00	7:49.20	06:01.08	05:36.60	5:08.00									2:40.72
400 Free							7:28.80	7:17.58	6:43.92	6:32.70	7:32.76	6:49.64	6:31.02	
50 Back	2:56.00	2:14.64	01:52.20	01:29.76	1:06.00									
100 Back	5:57.00	4:34.38				2:01.00	1:52.20	1:46.59	1:29.76	1:26.70	1:58.58	1:47.80	1:37.02	1:26.24
50 Breast	3:38.00	2:14.64	01:52.20											
100 Breast				02:37.08	2:28.50	2:23.00	2:14.64	1:52.20	1:36.49		2:09.36	1:47.80	1:37.02	1:32.71
50 Fly	2:12.00	2:03.42	01:40.98	01:29.76	1:17.00	1:00.50	50.49							
100 Fly								1:46.59	1:29.76	1:23.64	1:47.80	1:31.63	1:26.24	
150 IM	6:36.00	6:10.26	05:36.60	04:29.28										
200 IM					5:30.00	4:24.00	3:55.62	3:44.40	3:21.96	3:10.74	3:57.16	3:35.60	3:14.04	3:14.04

2016 U.S. Paralympic Team Trials - Swimming Standards / MEN Long Course Meters

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	2:56.00	1:50.00	1:28.00	1:17.00	1:00.50	49.50	39.60	38.50	35.20	34.10	44.00	38.50	35.20	
100 Free	5:30.00	3:51.00	3:18.00	2:45.00	2:12.00	1:44.50	1:33.50	1:28.00	1:17.00	1:12.60	1:28.00	1:22.50	1:17.00	
200 Free	11:00.00	7:40.00	5:54.00	5:30.00	5:08.00									2:44.00
400 Free						7:42.00	7:20.00	7:09.00	6:36.00	6:25.00	7:42.00	6:58.00	6:39.00	
50 Back	2:56.00	2:12.00	1:50.00	1:28.00	1:06.00									
100 Back	5:57.00	4:29.00				2:01.00	1:50.00	1:44.50	1:28.00	1:25.00	2:01.00	1:50.00	1:39.00	1:28.00
50 Breast	3:38.00	2:12.00	1:50.00											
100 Breast				2:34.00	2:28.50	2:23.00	2:12.00	1:50.00	1:34.60		2:12.00	1:50.00	1:39.00	1:34.60
50 Fly	2:12.00	2:01.00	1:39.00	1:28.00	1:17.00	1:00.50	49.50							
100 Fly								1:44.50	1:28.00	1:22.00	1:50.00	1:33.50	1:28.00	1:28.00
150 IM	6:36.00	6:03.00	5:30.00	4:24.00										
200 IM					5:30.00	4:24.00	3:51.00	3:40.00	3:18.00	3:07.00	4:02.00	3:40.00	3:18.00	3:18.00