



# 2016 Senior Metropolitan SCY Winter Championships

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.  
Sanction Number **160207** - Time Trials Sanction Number **160254-T**  
Sponsored by Metropolitan Swimming, Inc.

To be held at:  
**NASSAU COUNTY AQUATIC CENTER – EISENHOWER PARK**  
**EAST MEADOW, NEW YORK**

## February 18-21, 2016

### **Important notice!**

**The 2016 Winter Senior Mets must be entered through the USA Swimming  
OME (on-line meet entry) system only.**

**Entries will be accepted online at USA-S OME between January 1 & February 9, 2016**

The MM events file is available on the Metro Web site for swimmers eligibility purposes only.  
Exported Entries from Team Manager - or any other program - will not be accepted.

General Chair:	John McIlhargy
Meet Directors:	Brian Hansbury and Mary Fleckenstein
Meet Referees:	Mark Amodio and Steven Kessler
Administrative Official:	Mary Lange, Kathleen Cullinan (prelims only), Mary Fleckenstein
Meet Jury:	Dave Ferris or John Collins, Metro LSC Senior Chairmen A Metro Athlete A Metro Coach Meet Referee Meet Director/Metro Board member (5 people min. – different each day)

## 2016 SENIOR METROPOLITAN SCY WINTER CHAMPIONSHIPS

Hosted by Metropolitan Swimming, Inc.

At Nassau County Aquatic Center

February 18-21, 2016

**PLEASE READ CAREFULLY AND COMPLETELY!**

<b><u>SANCTION:</u></b>	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # <b>160207</b> Time Trials Sanction # <b>160254-T</b>
<b><u>LOCATION:</u></b>	Nassau County Aquatic Center Eisenhower Park East Meadow, NY 11554
<b><u>FACILITY:</u></b>	2 x 10 Lane by 25 yard competition pool with 2 meter min. depth. 6 Lane by 25 meter warm-up pool with 2 meter min. depth Colorado Timing System, scoreboard readouts, Hy-Tek meet manager The pool has not been certified in accordance with Article 104.2.2c (4)
<b><u>MEET DIRECTOR:</u></b>	Brian Hansbury – <a href="mailto:brian.hansbury@metroswimming.org">brian.hansbury@metroswimming.org</a> Mary Fleckenstein – <a href="mailto:metro.office@metroswimming.org">metro.office@metroswimming.org</a>
<b><u>QUESTIONS:</u></b>	E-mail questions to Monique Grayson – <a href="mailto:monique.grayson@metroswimming.org">monique.grayson@metroswimming.org</a>
<b><u>WEBSITE:</u></b>	Metro Swimming LSC: <a href="http://www.metroswimming.org">http://www.metroswimming.org</a> <b>OME - Online Meet Entry System:</b> <a href="http://www.usaswimming.org">Http://www.usaswimming.org</a>
<b><u>OFFICIALS:</u></b>	<b>Meet Referee Team: Mark Amodio - e-mail: <a href="mailto:amodio@vassar.edu">amodio@vassar.edu</a></b> <b>Meet Evaluation Process: Steven Kessler – e-mail: <a href="mailto:stevenkessler@msn.com">stevenkessler@msn.com</a></b> Officials wishing to volunteer should contact the Meet Referee no later than February 9, 2016. <b>The Senior Metropolitan Championship has been set as a USA Swimming OQM – please contact Mark Amodio and/or Steven Kessler.</b>
<b><u>SENIOR CHAIR:</u></b>	John Collins – <a href="mailto:john.collins@metroswimming.org">john.collins@metroswimming.org</a> Dave Ferris – <a href="mailto:dave.ferris@metroswimming.org">dave.ferris@metroswimming.org</a>
<b><u>SAFETY CHAIR:</u></b>	Edgar Perez - <a href="mailto:edgar.perez@metroswimming.org">edgar.perez@metroswimming.org</a>
<b><u>COACHES' MEETING:</u></b>	A brief coaches' meeting will be held on Friday morning at a time designated by the meet referee and as necessary on Saturday and Sunday. Meeting time will be announced Friday morning.

<p><b><u>SESSIONS:</u></b></p>	<p>Due to facility constraints the finals must end by approximately 9pm each evening</p> <p><b>Thursday:</b> Olympic Distance Events (women’s 800 &amp; men’s 1500) <b>and</b> all 800 freestyle relays LCM Timed Finals: Warm-up 2:00 p.m. Meet Start: 3:00 p.m.</p> <p><b>Friday and Saturday:</b> SCY Prelims: Warm-up 7:30 a.m. Meet Start: 9:00 a.m. LCM Finals: Warm-up 4:30 p.m. Meet Start: 6:00 p.m.</p> <p><b>Sunday:</b> SCY Prelims: Warm-up 7:30 a.m. Meet Start: 9:00 a.m. Non-Olympic Distance Events (women’s 1500 &amp; men’s 800) – in between prelims &amp; finals LCM Finals: Warm-up 4:30 p.m. Meet Start: 6:00 p.m.</p>									
<p><b><u>DISTANCE EVENTS:</u></b></p>	<p>All 800 and 1500 meter events will be strictly limited to a maximum of 40 swimmers (<b>4 heats of 10 swimmers</b>).</p> <p><i>In the event that there are more than 40 entries in the 800 and 1500 meter events, long course meter times will be converted by the conversion factors listed below and the event will be seeded in short course yard times (2016 NCAA Conversion factors)</i></p> <table border="1" data-bbox="321 787 1193 898"> <thead> <tr> <th><u>Women’s Factor</u></th> <th><u>Event</u></th> <th><u>Men’s Factor</u></th> </tr> </thead> <tbody> <tr> <td>1.130</td> <td>800 meter freestyle to 1000 yards</td> <td>1.115</td> </tr> <tr> <td>0.985</td> <td>1500 meter freestyle to 1650 yards</td> <td>0.975</td> </tr> </tbody> </table> <p><b>Positive check-in for Thursday’s distance events will be 12-noon on Wednesday, February 17th; and positive check-in for Sunday’s distance events will be 12-noon on Saturday, February 20th.</b></p> <p>For planning purposes, the final heat sheet for Thursday’s distance events will be posted on the metro website by 3pm on Wednesday, February 17<sup>th</sup>. The final heat sheet for Sunday’s distance events will be posted on the Metro website by 3pm on Saturday, February 20<sup>th</sup></p>	<u>Women’s Factor</u>	<u>Event</u>	<u>Men’s Factor</u>	1.130	800 meter freestyle to 1000 yards	1.115	0.985	1500 meter freestyle to 1650 yards	0.975
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<p><b><u>WARM-UP:</u></b></p>	<p>All clubs must warm-up under the supervision of a coach. Coaches should register at the pool desk when they arrive in order for their clubs to begin warm-up.</p> <p><b>Only swimmers entered in this meet may use the warm-up lanes.</b></p> <p>All athletes must have a coach in attendance. Athletes participating in the meet without a coach must make prior arrangements with a club participating in the meet and ask for coach coverage. Please notify the Meet Director of any different coaching assignments.</p> <p>Lane assignments are open on a first come first served basis. Clubs may share lanes with other clubs. No diving will be permitted, except in sprint lanes. Pace lanes will be reserved for swimmers who are being timed by their coaches. Entry into pool is feet-first from the end of the pool.</p>									
<p><b><u>FORMAT:</u></b></p>	<ol style="list-style-type: none"> <li>Coaches and swimmers shall have the responsibility to familiarize themselves with the 2016 U.S.A. Swimming Rules and Regulations.</li> <li>There will be SCY preliminary heats and LCM finals in all individual events except the 800 and 1500 meter Freestyle. These events and all relays will be run as LCM Timed Finals.</li> <li>The event order for the evening sessions – using lanes 2 to 9 - will be: D Final – 8 swimmers (limited to swimmers 18 &amp; under) C Final – 8 swimmers (limited to swimmers 18 &amp; under) B Final—8 swimmers A Final—8 swimmers</li> </ol>									

	<p>There will be a 10 minute break before the relays in all finals sessions.  All 400 medley relays will run at the end of Saturday Finals  All 400 free relays will run at the end of Sunday Finals</p> <ol style="list-style-type: none"> <li>4. As per the outcome of a vote at the HOD of May 2015 – all four (4) heats will score (D, C, B, and A)</li> <li>5. <b>Distance Events and all relays will swim in heats of 10 swimmers/teams at finals</b></li> <li>6. All participating teams will be expected to time lanes, during the meet.</li> </ol>
<b><u>FINALS:</u></b>	<p><b>Thursday:</b> All heats of women 800 m Free and men 1500 m Free to be swum fastest to slowest alternating women and men</p> <p><b>Friday:</b> Same order as the Prelims</p> <p><b>Saturday:</b> Same order as the Prelims and all heats of the 400 m Medley Relays.</p> <p><b>Sunday:</b> Heats of the 1500m &amp; 800m Freestyle will run to finish approximately 10-15 minutes before the start of warm-up for finals. They will be run alternating men and women, slowest to fastest.  Fastest heat of 1500m &amp; 800m will swim in Finals  Same order as the Prelims and all heats of the 400 m Freestyle Relays.</p>
<b><u>RELAYS:</u></b>	<ol style="list-style-type: none"> <li>1. All relays will be timed finals with all heats swum in the evening session.</li> <li>2. The order shall be: <ol style="list-style-type: none"> <li>a. Women’s 2<sup>nd</sup> Fastest Heat <b>followed</b> by Women’s Fastest Heat</li> <li>b. Men’s 2<sup>nd</sup> Fastest Heat <b>followed</b> by Men’s Fastest Heat</li> <li>c. Women’s 3<sup>rd</sup> Fastest Heat <b>followed</b> by Men’s 3<sup>rd</sup> Fastest Heat</li> <li>d. Women’s 4<sup>th</sup> Fastest Heat <b>followed</b> by Men’s 4<sup>th</sup> Fastest Heat – Etc.</li> </ol> </li> </ol>
<b><u>ELIGIBILITY:</u></b>	<ol style="list-style-type: none"> <li>1. All swimmers must be registered for 2016 with Metropolitan Swimming, Inc. as of the entry deadline. Any swimmer, who is entered and is unregistered, will be scratched from the meet. Registrations will not be processed at the meet.</li> <li>2. In addition, to be eligible to swim in this meet, <b>swimmers must have competed in <u>individual events</u> in a minimum of three (3) Metropolitan Swimming Inc. sanctioned meets (or Regional or Nationals Championships while registered with and representing Metropolitan Swimming, Inc.) <u>since February 23, 2015</u>. Attendance at a meet as a relay only swimmer will not count as one of the 3 Metro Meets requirement.</b></li> <li>3. Entry times must equal or better the qualifying standards. <b>Short course yard (SCY) times will be the conforming standard and will be seeded faster than LCM and SCM times. Entry times may NOT be converted.</b></li> <li>4. <b><u>Times must have been achieved between January 1, 2015 and the meet entry deadline.</u></b></li> <li>5. <b>All times must be provable in the SWIMS Database.</b></li> <li>6. <b>Swimmers entered with un-provable times will not be allowed to swim their events!</b></li> <li>7. <b>Relays may be entered with composite times.</b></li> </ol>
<b><u>ENTRIES:</u></b>	<ol style="list-style-type: none"> <li>1. A swimmer may enter any event for which he/she has met the qualifying standard, but may <b>participate in only six (6) individual events over the course of the weekend.</b></li> <li>2. If a swimmer exceeds his/her maximum daily or meet allowance of events, and is not properly scratched – then the first events listed for that swimmer are the events that he/she will be seeded in and he/she will be scratched from the remainder events.</li> </ol>

	<ol style="list-style-type: none"> <li>3. A swimmer may not swim more than three (3) individual events at prelims on any one-day. This rule <b>INCLUDES ANY TIME TRIALS HELD AFTER THE PRELIM SESSION.</b> <b>Once a swimmer is seeded in a prelims event, it counts as an event for that day.</b></li> <li>4. A swimmer may swim in any number of relay events during the meet.</li> <li>5. All entries, individual and relay, <u>must</u> be submitted through the <b>USA Swimming OME System</b> (no exceptions) <b>between January 1<sup>st</sup> and February 9, 2016.</b> This is the only accepted way to enter this meet.</li> <li>6. Relay only Swimmers must be entered through the OME System to be eligible to swim.</li> <li>7. <b>Reminder – please wait until your athletes have exhausted all of their chances to qualify or improve seed times before finalizing your entry and “check-out”. The OME System does not allow for swimmers to change or delete after closing on February 9, 2016</b></li> <li>8. <b>Entries’ Report must be printed directly from OME after check out as a confirmation of entries. Screen shots or emails will not be accepted as proof of entries!</b></li> <li>9. Email questions to: Monique G. Grayson - <a href="mailto:monique.grayson@metroswimming.org">monique.grayson@metroswimming.org</a></li> </ol>
<b><u>DISABILITY SWIMMERS:</u></b>	<p>Swimmers with disabilities that qualify for Disability National Championships are encouraged to enter. Contact the meet director if you need special consideration.</p> <p>The athlete (or the athlete’s coach) is also responsible for notifying the meet referee of any disability prior to the competition.</p>
<b><u>DEADLINE:</u></b>	<p><b>Entries <u>must</u> be submitted through the USA Swimming OME System between January 1<sup>st</sup> and February 9, 2016.</b> This entry date allows any swims achieved through Sunday, February 7th to be submitted prior to the deadline. <b>The OME System will close at 11:59pm on February 9, 2016.</b> Entries will no longer be accepted on OME after the deadline.</p> <p>For swimmers qualifying for the first time between February 9 and February 15 , coaches must send an email with information on <b>new entries only</b> no later than Monday, February 15th to <a href="mailto:Monique.grayson@metroswimming.org">Monique.grayson@metroswimming.org</a></p>
<b><u>ENTRY FEE:</u></b>	<p><b>\$5.00</b> per individual entry, <b>\$10.00</b> per relay entered, <b>\$10.00</b> per swimmer for Metro Surcharge (including relay only swimmers). Credit Card only at OME checkout.</p> <p><b>“NEW QUALIFIERS or ADDITIONAL ENTRIES” – all fees for entries achieved after the published deadline MUST have payment received by the start of Prelims on Friday, February 19<sup>th</sup>, or swimmers will be scratched</b> (cash, check or credit card)</p>
<b><u>CORRECTIONS:</u></b>	<p>The psych sheets will be posted on the <a href="http://metroswimming.org">metroswimming.org</a> web site.</p> <p>Clubs will be given until 12noon on Tuesday, February 16, 2016 to email corrections to <a href="mailto:monique.grayson@metroswimming.org">monique.grayson@metroswimming.org</a> . No exceptions will be made to this deadline. No improvements in seed time will be accepted, including improvements due to changes in course (lcm or scm to scy). Corrections will be accepted by email only. \$5 may be assessed for each correction. Metro Swimming is not responsible for entry errors based on incorrect meet files, computer/servers’ errors, software bugs, etc.</p>
<b><u>WARM-UP:</u></b>	<p>First 60 minutes will be general warm-up. Last 30 minutes: 2 or more lanes will be open for one-way sprint. All other lanes will remain open for general warm-up.</p>

<p><b><u>SCRATCHES:</u></b></p>	<p><b><u>RULES AND PROCEDURES: PLEASE READ VERY CAREFULLY!!</u></b></p> <ol style="list-style-type: none"> <li>1. <b>Positive check-in for Thursday’s distance events will be due no later than 12noon on Wednesday, February 17th</b></li> <li>2. <b>Scratches for Friday, Saturday and Sunday will be due no later than 8:15am each day. Scratch forms will be provided at the meet desk.</b></li> <li>3. <b>Positive check-in for Sunday’s distance events will be due no later than 12noon on Saturday, February 20th.</b></li> <li>4. <b>In all Timed Final Events (all relays, 800 and 1500 free) and in all Prelim-Final events, after the events have been seeded, any swimmer who fails to compete in an individual event heat in which he/she is entered and from which he/she has not been scratched will be barred from all further individual and relay events of that day. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares his/her intent to swim prior to the close of scratches for that day’s events.</b></li> <li>5. <b>Heat sheets for same day finals will be posted within 30 minutes of the conclusion of each morning session.</b></li> <li>6. <b>A swimmer qualifying for any finals swim, based upon the results of the prelims, must notify the Clerk of Course <b>within 30 minutes after announcement of the qualifiers</b> for that event, that he/she <b>may not intend to compete, and further must declare his/her final intention within 30 minutes following his/her last preliminary event.</b> If a swimmer fails to follow this procedure, he/she will be barred from further competition for the remainder of the meet, except as noted in Rules 207.11.6.A-F. In addition, if a swimmer fails to follow this procedure for the last session of the meet, his/her club will be fined \$50.00 for each instance.</b></li> <li>7. <b>The relay scratch rules will be as follows: Any relay team entered in a relay event and not properly scratched must swim the event. Failure to do so will result in each member of the relay team being barred from the next relay event in which they may otherwise be eligible to compete. A relay team member failing to appear ready to swim for a relay event will be barred from his/her next individual event. Relay members who do appear ready to swim shall not be penalized.</b></li> <li>8. <b>It is the responsibility of the Swimmers and the Coaches to make sure that swimmers have not moved up into the top 30 by the close of the prelims session.</b></li> </ol>
<p><b><u>COACHES:</u></b></p>	<p><b>All coaches must present a valid USA Swimming coach card to the Meet Director prior to the commencement of any sanctioned swim meet, and must display this card while on deck.</b> Coaches will be required to check-in at the pool deck in order to be on deck. In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Deck Pass certification is acceptable.</p> <p><b>Coaches who do not possess these credentials will be required to leave the deck area.</b></p>
<p><b><u>AWARDS:</u></b></p>	<p>Medals for the first 8 places in individual events and first 3 places in relays.  Top Women, Men, and Combined Teams Awards will be presented.  Female and Male Individual High Point Awards will be presented.</p>

<b><u>SCORING:</u></b>	<p>All events will be scored to 32 places. Points for Individual events are:</p> <ul style="list-style-type: none"> <li>• Bonus “D” Final – 9, 7, 6, 5, 4, 3, 2, 1</li> <li>• Bonus “C” Final – 19, 17, 16, 15, 14, 13, 12, 11</li> <li>• Consolation “B” Final – 29, 27, 26, 25, 24, 23, 22, 21</li> <li>• Championship Final – 40, 37, 36, 35, 34, 33, 32, 31</li> </ul> <p>Points will be doubled for relays. Only two relay teams per club may score.</p>
<b><u>OFFICIALS:</u></b>	<p><b>Meet Referee: Mark Amodio - e-mail: <a href="mailto:amodio@vassar.edu">amodio@vassar.edu</a></b>  <b>Meet Evaluation Process: Steven Kessler – e-mail: <a href="mailto:stevenkessler@msn.com">stevenkessler@msn.com</a></b>          Officials wishing to volunteer should contact the Meet Referee by February 9, 2016.</p> <ul style="list-style-type: none"> <li>• The Meet is open to all Officials within the Region who wish to, and are eligible to be evaluated for advancement and re-certification. Officials from other LSC’s are encouraged to apply.</li> <li>• It is our intent to have this meet approved as an Officials’ Qualifying Meet for National certification evaluation.</li> <li>• Officials must apply to be evaluated. <b>Send applications directly to Steve Kessler at <a href="mailto:stevenkessler@msn.com">stevenkessler@msn.com</a>.</b></li> <li>• To request an evaluation for National certification, please complete the Request for National Evaluation application posted on the Officials site of USA Swimming, and forward as directed and email it to <a href="mailto:stevenkessler@msn.com">stevenkessler@msn.com</a>.</li> </ul>
<b><u>RULES:</u></b>	<p>The 2016 USA Swimming Rules and Regulations will apply.  <b>The USA Swimming Code of Conduct is in effect for the duration of the meet.</b>          The overhead start procedure may be used at the discretion of the meet Referee.</p>
<b><u>SAFETY:</u></b>	<p><b>All swimmers must wear footwear upon leaving the pool area.</b>          Metropolitan Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules.  <b>“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. 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”</b></p>
<b><u>DISCLAIMER:</u></b>	<p>Upon acceptance of his/her entries, the participant waives all claims against Nassau County Aquatic Center, Nassau County, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.          “It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.”</p>
<b><u>AUDIO/VISUAL STATEMENT:</u></b>	<p><b>Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the starting blocks.</b></p>
<b><u>DECK CHANGING:</u></b>	<p><b>DECK CHANGES ARE PROHIBITED</b></p>

<b><u>ADMISSION:</u></b>	<p><b>Thursday: <u>Adult Admission:</u> \$5.00 per person</b>  <b>Friday, Saturday and Sunday: fee per session</b>  <u>Adult Admission:</u> \$7.00 per person    <u>Child Admission:</u> \$3.00 per person  Only swimmers, coaches with current USA Swimming certification credentials, and officials will be allowed on deck.</p>
<b><u>PROGRAMS:</u></b>	Psych Sheets and Finals Programs: \$3.00 per session
<b><u>MERCHANTS:</u></b>	<p>A CONCESSION STAND IS OPERATED BY THE Nassau County Aquatic Center. No glass will be permitted on the deck.  Hobieswim will be available with swimming merchandise throughout the meet.</p>
<b><u>PARKING:</u></b>	<b>There is ample free parking available in the park</b>
<b><u>TIME TRIALS:</u></b>	<p><b>Time trials will be held after prelims, <u>as time permits.</u> They will cost <b>\$10.00 per swim.</b></b>  Time trials will be open only to swimmers who are entered in individual events in the meet. Swimmers are allowed a maximum of two (2) time trials over the course of the weekend.  <b>Fee for Relay Time Trials will be \$20</b>  <u><b>Time trials are counted toward the three individual events allowed per swimmer per day.</b></u></p>
<b><u>DIRECTIONS:</u></b>	<p><b>FROM VERRAZANO NARROWS BRIDGE AND KENNEDY AIRPORT:</b>  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. State Pkwy East to Meadowbrook Parkway (northbound) to NY-24 Hempstead Turnpike (exit M\$) East. On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) – At first traffic light make a right. This is the entrance to the pool.</p> <p><b>FROM WHITESTONE AND THROGS NECK BRIDGES:</b>  Take Cross Island Parkway South to Exit 29, Grand Central Parkway Eastbound. Follow Grand Central Parkway to Meadowbrook Parkway southbound (Jones Beach). Get off Meadowbrook Parkway at NY-24 Hempstead Tpk. (exit M4). On Hempstead Turnpike g to the left lane and make a left at the first light (Merrick Ave.) – At first traffic light make a right. This is the entrance to the pool.</p>



**2016 SENIOR METROPOLITAN SCY/LCM WINTER CHAMPIONSHIPS  
FEBRUARY 18-21, 2016**

**Thursday, February 18, 2016**

Female			Event				Male		
LCM	SCM	SCY	#			#	SCY	SCM	LCM
9:45.79	9:30.79	10:55.99	1	800 m	Free		-----	-----	-----
-----	-----	-----		1500 m	Free	2	17:39.99	17:26.39	18:07.19
9:47.59	9:37.19	8:39.99	11	800 m	Free Relay	12	7:59.99	8:52.49	9:07.49

**Friday, February 19, 2016**

Female			Event				Male		
LCM	SCM	SCY	#			#	SCY	SCM	LCM
1:21.49	1:19.79	1:11.69	3	100	Breast	4	1:04.49	1:11.59	1:15.39
2:17.29	2:13.09	1:59.99	5	200	Free	6	1:49.99	2:01.99	2:07.19
<b>1:10.29</b>	<b>1:08.69</b>	<b>1:01.59</b>	7	100	Fly	8	55.19	1:01.19	1:03.59
<b>5:26.59</b>	<b>5:18.09</b>	<b>4:46.99</b>	9	400	IM	10	4:25.99	4:55.29	5:07.49

**Saturday, February 20, 2016**

Female			Event				Male		
LCM	SCM	SCY	#			#	SCY	SCM	LCM
2:36.89	2:30.99	2:15.99	13	200	IM	14	2:03.99	2:17.59	2:24.69
<b>29.29</b>	<b>28.29</b>	<b>25.59</b>	15	50	Free	16	23.09	25.89	26.59
1:10.69	1:08.59	1:01.69	17	100	Back	18	56.99	1:03.19	1:08.29
4:43.29	4:33.99	5:14.99	19	500	Free	20	4:56.99	4:18.29	4:28.79
5:07.59	5:00.89	4:30.99	21	400 m	Med Relay	22	3:59.99	4:26.29	4:34.79

**Sunday, February 21, 2016**

Female			Event				Male		
LCM	SCM	SCY	#			#	SCY	SCM	LCM
18:49.99	18:18.79	18:32.99	23	1500 m	Free		-----	-----	-----
-----	-----	-----		800 m	Free	24	10:19.99	8:57.79	9:16.09
2:32.29	2:28.39	2:13.49	25	200	Back	26	2:03.99	2:17.59	2:26.09
2:57.69	2:53.29	2:35.99	27	200	Breast	28	2:22.99	2:38.79	2:46.69
<b>1:03.59</b>	<b>1:01.59</b>	<b>55.69</b>	29	100	Free	30	50.19	55.69	58.19
2:37.79	2:34.29	2:18.99	31	200	Fly	32	2:05.99	2:19.79	2:25.49
4:32.69	4:26.29	3:59.99	33	400 m	Free Relay	34	3:35.99	3:59.49	4:08.19