



2016 MR Senior Metropolitan Summer Championships

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.
Sanction Number **160705** - Time Trials Sanction Number **160753-T**
Sponsored by Metropolitan Swimming, Inc.

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

July 14-17, 2016

Important notice!

**The 2016 LC 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 June 1 & July 6, 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:	Mary Lange, Wendy Martinez
Meet Referee:	Phil Paspalas
Admin. Officials:	Mary Lange, Wendy Martinez
Meet Jury:	John Collins or Dave Ferris, Metro LSC Senior Co-Chairmen
	Meet Referee
	A Metro Athlete
	A Metro Coach
	Meet Director or other Metro Board Member (minimum 5 people – different each day)

2016 SENIOR METROPOLITAN LCM SUMMER CHAMPIONSHIPS

Hosted by Metropolitan Swimming, Inc.

July 14-17, 2016

PLEASE READ CAREFULLY AND COMPLETELY!

<u>SANCTION:</u>	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # 160705 Time Trials Sanction # 160753-T
<u>LOCATION:</u>	Nassau County Aquatic Center Eisenhower Park East Meadow, New York, 11554
<u>FACILITY:</u>	10-50 meter lanes – minimum depth 2 meters. Colorado Timing System, with 10 lane scoreboard. The pool has been certified in accordance with Article 104.2.2C (4) <ul style="list-style-type: none">• NO SMOKING ALLOWED IN THE BUILDING. Teams are expected to police and maintain their areas on the pool deck. Athletes, parents and children are restricted to the pool area and spectators stands and are not authorized to be in any other part of the building. Offenders will be ejected from the facility.• No locks may be left on NCAC lockers. Shaving is not permitted on the premises.• No electronic audio or visual recording devices, including cell phones, are permitted in changing areas, rest rooms, or locker rooms. Failure to comply may result in expulsion from the meet. Photography and video recording behind the blocks is NOT permitted• <u>Deck Changes are prohibited.</u>
<u>MEET DIRECTORS:</u>	Co-Meet Directors – Mary Lange – thelangez@hotmail.com Wendy Martinez – bellamiamour@usa.net
<u>QUESTIONS:</u>	E-mail questions about OME to: monique.grayson@metroswimming.org
<u>WEBSITE:</u>	Metro Swimming LSC: http://www.metroswimming.org OME - Online Meet Entry System: http://www.usaswimming.org
<u>OFFICIALS:</u>	Meet Referee: Phil Paspalas – e-mail: Paspalas@optonline.net Officials wishing to volunteer should contact the Meet Referee no later than July 7, 2016. Volunteers are encouraged to contact the Meet Referee regarding what sessions they will be attending. The meet has been approved as an Officials Qualifying Meet for National Certification. Any official wishing to apply for evaluation should contact Steven Kessler at: stevenkessler@msn.com
<u>SENIOR CO-CHAIRS:</u>	John Collins – john.collins@metroswimming.org Dave Ferris – dave.ferris@metroswimming.org
<u>SAFETY CHAIR:</u>	Edgar Perez – edgar.perez@metroswimming.org

<u>SESSIONS:</u>	<p>Thursday: Timed Finals – 800 free: Warm-up 4:00 p.m. Meet Start: 5:30 p.m.</p> <p>Friday, Saturday, and Sunday</p> <p>Prelims: Warm-up 7:30 a.m. Meet Start: 9:00 a.m.</p> <p>Finals: Warm-up 4:00 p.m. Meet Start: 5:30 p.m. Friday and Saturday</p> <p>Finals: Warm-up 4:30 p.m. Meet Start: 5:30 p.m. Sunday</p> <p>Sunday: Timed Finals – 1500 free: Warm-up and start TBA (between prelims & finals)</p>
<u>WARM-UP:</u>	<ol style="list-style-type: none"> 1. 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. 2. Only swimmers entered in this meet may use the warm-up lanes. 3. All athletes 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. Please notify the Meet Director of any different coaching assignments. 4. 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.
<u>COACHES’ MEETING:</u>	<p>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>
<u>DISTANCE EVENTS:</u>	<p>The 800 Meter Freestyle may be limited to 40 Women and 40 Men. The 1500 Meter Freestyle may be limited to 32 Women and 32 Men. Swimmers entered in these events must confirm their intention to swim (POSITIVE CHECK-IN) or they will not be seeded. Positive Check-in for the 1500 meter freestyle will be posted at the start of the meet. It will close and be seeded by the start of Saturday’s Finals (5:30 pm), allowing the coaches to go home Saturday night with info for Sunday’s 1500.</p>
<u>FORMAT:</u>	<ol style="list-style-type: none"> 1. Coaches and swimmers shall have the responsibility to familiarize themselves with the current U.S.A. Swimming Rules and Regulations. 2. 10 lanes will be used at prelims and for timed final events. 8 lanes will be used at finals. 3. The overhead start procedure may be used at the discretion of the meet referee. 4. There will be preliminary heats and finals in all individual events except the 800 Meter and 1500 Meter Freestyle. These events and all relays will be Timed Finals. A “prelims” break before the relays will be held at the discretion of the meet referee. 5. The event order for the evening sessions will be: Bonus Final—8 swimmers (limited to swimmers 18 & under), Consolation Final—8 swimmers, Championship Final—8 swimmers. There will be a 10-minute break before the relays in all finals sessions. 6. Consolation and Championship finals will score. Bonus Final is a non-scoring heat limited to swimmers 18 & under. 7. All Relays are timed finals with the Top 16 relays swimming at Finals. Only 2 relays per team may score. Names and order of relay participants must be declared to the clerk of course one hour prior to the swim, but may be changed up to the time of the swim.

	<p>8. As voted on at the May HOD (May 21, 2014), the “Sunday Relay Rule” will be in effect. Any relay that wishes to swim with the preliminaries during the morning session on Sunday may do so. All Sunday relays will be asked to indicate a preference for swimming with preliminaries or with finals, when that relay is positively checked-in at the Clerk of Course during the scratch period which ends at 8:15am. The fastest 16 relays that wish to swim during the evening finals will swim during the evening finals. All other Sunday relays will swim at the end of the Sunday morning preliminaries.</p> <p>9. All participating teams will be expected to provide volunteer timers, runners, admission workers and/or award person.</p>
<p><u>RELAYS:</u></p>	<p>Positive check-in for all relays will be posted at the Clerk of Course each morning and will be due by 8:15am. Reminder: only 2 relays per team may score!</p>
<p><u>FINALS:</u></p>	<p>Thursday: All heats of 800 Meter Freestyle to be swum fastest to slowest alternating women and men.</p> <p>Friday: Same order as the Prelims and the fastest 2 heats of the 800 Meter Freestyle Relay</p> <p>Saturday: Same order as the Prelims and the fastest 2 heats of the 400 Meter Medley Relay.</p> <p>Sunday: Order of Distance Events – the 1500m freestyle events will be swum slowest to fastest, alternating women’s and men’s heats, with the fastest seeded heat of each race swum during the evening session. All other heats will be scheduled so the second-fastest seeded heat of the Men’s event finishes just prior to warm-up for Sunday’s evening session (4:30pm).</p> <p>Warm-up for the 1500 Meter Freestyle will announced after positive check-in. The evening session will begin with the fastest heats of the 1500m Freestyle, Women and Men; then the remaining individual events in the same order as prelims; and the fastest 2 heats of the 400 Meter Freestyle Relay.</p> <p>Note: If an “A finalist” has a medical scratch, and the meet director knows it in enough time before finals, the event or events involved will be re-seeded.</p>
<p><u>ELIGIBILITY:</u></p>	<ol style="list-style-type: none"> 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. 2. In addition, to be eligible to swim in this meet, swimmers must have competed in individual events in a minimum of three (3) Metropolitan Swimming Inc. sanctioned meets (or Regional or Nationals while registered with Metropolitan Swimming, Inc.) since July 20, 2015. Attendance at a meet as a relay only swimmer will not count as one of the 3 Metro Meets requirement. 3. Swimmers who have <i>historically</i> competed in Metro shall have this provision waived only during the years that they are residing at school (as per Policy & Procedures Manual – article 202.2) 4. Entry times must equal or better the qualifying standards. Long course meter (LCM) times will be the conforming standard and will be seeded faster than SCY and SCM times. Entry times may NOT be converted. 5. <u>Times must have been achieved between May 1, 2015 and the meet entry deadline (July 6, 2016).</u> 6. All times must be in the SWIMS Database. 7. Teams may enter any number of <u>relays</u> but only two (2) relays per team may score. Relays may be entered with composite times.

<u>ENTRIES:</u>	<ol style="list-style-type: none"> 1. A swimmer may enter any event for which he/she has met the qualifying standard, but may participate in only six (6) individual events over the course of the weekend. 2. A swimmer may not swim more than three (3) individual events at prelims on any one-day. This rule INCLUDES ANY TIME TRIALS HELD AFTER THE PRELIM SESSION. Once a swimmer is seeded in a prelims event, it counts as an event for that day. 3. A swimmer may swim in any number of relay events during the meet. 4. All entries, individual and relay, <u>must</u> be submitted through the <u>USA-S OME System</u> between June 1st and July 6, 2016. This is the only accepted way to enter this meet. 5. <i>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”. You can return to your entry to modify entry times through the initial July 6, 2016 entry deadline. The OME System does not automatically update swimmers times. Coaches must go in OME and update the times manually prior to the entry deadline. The OME System does not allow for swimmers to change or delete events after closing at 11:59pm on July 6, 2016.</i> 6. Entry times, under OME, are taken from the SWIMS National database. All swims entered as a custom time (if any) must be proven prior to the meet, or the swimmer will not be seeded in those events. Times must be entered in the proper course in which they were achieved; converted times will not be accepted. 7. Times other than long course meters will be treated as “non-conforming” and will be seeded according to USA Swimming procedures. 8. Relay only Swimmers must be entered through OME System to be eligible to swim. 9. Email questions to: Monique G. Grayson - monique.grayson@metroswimming.org 10. An email confirmation of entries, from USA Swimming, will be sent after checkout – please save this email - OME Entries Report should also be printed after checking out as a confirmation of entries.
<u>DEADLINE:</u>	<p>Entries <u>must</u> be submitted through the <u>USA Swimming OME System</u> between June 1st and July 6, 2016. This entry date allows any swims achieved through Sunday, July 6th to be submitted prior to the deadline. The OME System will close at 11:59pm on July 7, 2015. Entries will no longer be accepted on OME after the deadline.</p> <p>For swimmers qualifying for the first time between July 7th and July 10th , coaches must send an email with all information on <u>new entries only no later than 6pm Tuesday, July 12th.</u> <u>After July 6 - email new entries to</u> Monique Grayson at monique.grayson@metroswimming.org Payment for newer qualifiers and/or new entries, made after the OME deadline must be submitted immediately to the Metro Office and must be received prior to the start of the meet.</p>
<u>DISABILITY SWIMMERS:</u>	<p>Swimmers with disabilities that qualify for Disability National Championships are encouraged to enter. Contact the Meet Director or Meet Referee if you need special consideration. The athlete (or the athlete’s coach) is also responsible for notifying the meet referee of any disability prior to the competition.</p>
<u>ENTRY FEE:</u>	<p>\$6.30 per individual entry, \$10.50 per relay entered, \$10.00 per swimmer for Metro surcharge (including relay only swimmers).</p> <p>Entry fees MUST be received no later than July 12, 2016.</p> <p><u>Credit Card payment only at checkout from OME.</u></p>

<u>CORRECTIONS:</u>	<p>The preliminary psych sheets will be posted on the Metro Swimming Web site after the OME entries deadline. Clubs will be given until 6:00pm on Tuesday, July 12, 2016 to email additions or corrections to monique.grayson@metroswimming.org .</p> <p>No exceptions will be made to this deadline. Improvements in seed time will not be accepted, including improvements due to changes in course.</p> <p>Corrections and additions will be accepted by email only.</p> <p>Metro Swimming is not responsible for entry errors based on coaches errors, incorrect meet files, computer/servers' errors, software bugs, etc.</p>
<u>WARM-UP:</u>	<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>
<u>RULES:</u>	<p>The current USA Swimming Rules and Regulations will apply.</p> <p>The USA Swimming Code of Conduct is in effect for the duration of the meet.</p> <p>The overhead start procedure may be used at the discretion of the meet Referee.</p>
<u>DECK CHANGES:</u>	<p>Deck Changes are Prohibited</p>
<u>SCRATCHES:</u>	<p><u>RULES AND PROCEDURES: PLEASE READ VERY CAREFULLY!!</u></p> <ol style="list-style-type: none"> 1. POSITIVE CHECK-IN for the 800 Meter Freestyle MUST be made in person at the pool desk of Nassau County Aquatic Center between 4pm and 4:50pm on Thursday, July 14, 2016. The 800 free will be seeded promptly at 5pm. 2. 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. 3. Positive check-in for Sunday's distance events will be due no later than 12noon on Saturday, July 16th. 4. <u>In all Timed Final Events (all relays, 800 and 1500 free)</u> and in all Prelim-Final events, after the events have been either positively checked or 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. 5. Heat sheets for same day finals will be posted as soon as possible within 30 minutes of the conclusion of each morning session. 6. A swimmer qualifying for any finals swim, based upon the results of the prelims, must notify the Clerk of Course within 30 minutes after announcement of the qualifiers for that event, that he/she may not intend to compete, and further must declare his/her final intention within 30 minutes following his/her last preliminary event. 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 to 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. 7. 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

	<p>ready to swim shall not be penalized.</p> <p>8. 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.</p> <p>9. Reminder – Bonus finals are limited to swimmers 18 and under – swimmers 19 and older will be automatically scratched from the Bonus finals unless they move up to the Consolation final due to scratches.</p>
<u>COACHES:</u>	<ol style="list-style-type: none"> All coaches must present a valid USA Swimming ID card to both the Meet Director and the Meet Referee prior to the commencement of any sanctioned swim meet, and must display this card while on deck. 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. Coaches who do not possess these credentials will be required to leave the deck area. Deck Pass certification is acceptable.
<u>SCORING:</u>	<p>All events will be scored to 16th places. Points for Individual events are:</p> <ul style="list-style-type: none"> Bonus Final – no score Consolation Final – 9, 7, 6, 5, 4, 3, 2, 1. Championship Final – 20, 17, 16, 15, 14, 13, 12, 11 <p>Points will be double for relays. Only two relay teams per club may score.</p>
<u>AWARDS:</u>	<ol style="list-style-type: none"> 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. All awards must be picked up at the end of the meet. No awards will be mailed.
<u>SAFETY:</u>	<p>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.</p> <p>“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”</p>
<u>DISCLAIMER:</u>	<p>Upon acceptance of his/her entries, the participant waives all claims against Nassau County, Nassau County Aquatic Center, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.</p>
<u>WATER DEPTH:</u>	<p>The competitive course is 7-13 feet deep.</p> <p>As of May 2016, the pool has been certified in accordance with Article 104.2.2C (4)</p>
<u>AUDIO/VISUAL STATEMENT:</u>	<p>Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Flash photography of any kind is NOT permitted at the start of any heat. In addition, photography behind the blocks is not permitted.</p>
<u>MEET JURY:</u>	<p>The Meet Jury will be assigned by club prior to the meet.</p>

<u>ADMISSION:</u>	<p><u>Adult Admission:</u> \$7.00 each session, Friday, Saturday, Sunday <u>Child Admission:</u> \$3.00 per person per session – No charge for children under three (3) Only swimmers, coaches with current USA Swimming certification credentials, officials, timers and meet marshals, will be allowed on deck. Admission will not be charged on Thursday (800) or on Sunday afternoon (heats of 1500)</p>
<u>PROGRAMS:</u>	<p>Prelims and Finals Programs: \$3.00 per session</p>
<u>TIMERS:</u>	<p>Timers, Meet Marshals, Award Person and/or Admission Workers will be required from each club and will be assigned based on a percentage of entries at each session. Assignments will be posted on the website with the psych sheets. Meet Marshals <u>MUST</u> be available at least <u>20 minutes before the start of warm-up.</u> Coaches may not act as Meet Marshals <u>PLEASE COOPERATE.</u> Any timer that has not reported, from a club assigned to time, will result in the disqualification of that club’s swimmers until that timer reports. <u>Swimmers entered in the 800/1500 m Freestyle must provide their own timer and counter.</u></p>
<u>TIME TRIALS:</u>	<p>Time trials will be held after prelims, <u>as time permits.</u> They will cost \$10.00 cash per swim. 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. Fee for Relay Time Trials is \$20.00. <u>Time trials are counted toward the three individual events allowed per swimmer per day.</u></p>
<u>MERCHANTS:</u>	<p>A merchant will be in attendance at the meet. Food will be available in designated area only – Food and glass bottles will not be allowed on deck or in the locker rooms.</p>
<u>PARKING:</u>	<p>There is ample parking available in the park. Nassau County Residents are free and must show their driver license. There may be a \$10 parking fee for all others.</p>
<u>DIRECTIONS:</u>	<p>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 Southern State Pkwy East to Meadowbrook Pkwy (northbound) to NY-24 Hempstead Turnpike (exit M4) 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>FROM WHITESTONE AND THROGS NECK BRIDGES Take Cross Island Parkway South to Exit 29, Grand Central Parkway eastbound. Follow Grand Central Pkwy to Meadowbrook Pkwy southbound (Jones Beach). Get off Meadowbrook Pkwy at NY-24 Hempstead Turnpike.(exit M4). 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><u>HOTELS:</u></p>	<p><u>Hotel Information</u></p> <p>Long Island Marriott 101 Doolittle Blvd. Uniondale, NY 1533-3637 (516) 794-3800</p> <p>Hilton Garden Inn 1575 Privado Road Westbury, NY 11590 (516) 683-8200</p> <p>Best Western Hotel and Convention Center 80 Clinton Street Hempstead, NY 11550 (516) 486-4100</p> <p>Coliseum Motor Inn Hempstead Tpke. East Meadow, NY 11554 (516) 794-2100</p> <p>Wingate Inn Stewart Ave. Garden City, NY 11530 (516) 705-9000</p> <p>Howard Johnson – Westbury 120 Jericho Tpke. Westbury, NY 11793 (516)333-9700</p> <p>Econo Lodge 429 Duffy Ave. Hicksville, NY 11801 (516) 433-3900</p>
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2016 Long Course Senior Mets Standards

updated 8/19/2015

Women								Men		
SCM	SCY	LCM						LCM	SCY	SCM
28.49	25.69	29.69	50	Free			26.99	23.09	25.89	
1:01.99	55.59	1:03.59	100	Free			58.19	50.19	55.69	
2:13.09	1:59.99	2:17.99	200	Free			2:07.99	1:49.99	2:01.99	
4:33.99	5:14.99	4:49.99	400	Free			4:31.99	4:56.99	4:18.29	
9:30.79	10:55.99	10:03.99	800	Free			9:39.99	10:19.99	8:57.79	
18:18.79	18:32.99	19:47.99	1500	Free			18:40.99	17:39.99	17:26.39	
1:08.59	1:01.69	1:12.59	100	Back			1:07.99	56.99	1:03.19	
2:28.39	2:13.49	2:35.99	200	Back			2:26.99	2:03.99	2:17.59	
1:19.79	1:11.69	1:23.99	100	Breast			1:16.99	1:04.49	1:11.59	
2:53.29	2:35.99	3:01.99	200	Breast			2:47.99	2:22.99	2:38.79	
1:08.79	1:01.99	1:10.69	100	Fly			1:04.49	55.19	1:01.19	
2:34.29	2:18.99	2:40.99	200	Fly			2:28.99	2:05.99	2:19.79	
2:30.99	2:15.99	2:35.29	200	IM			2:23.99	2:03.99	2:17.59	
5:19.29	4:47.49	5:32.99	400	IM			5:10.99	4:25.99	4:55.29	
NCT	NCT	NCT	400	Free Relay			NCT	NCT	NCT	
NCT	NCT	NCT	800	Free Relay			NCT	NCT	NCT	
NCT	NCT	NCT	400	Medley Relay			NCT	NCT	NCT	

Eligibility Period - from May 1, 2015 to the meet entry deadline

2016 SENIOR METROPOLITAN LCM SUMMER CHAMPIONSHIPS

JULY 14-17, 2016

Thursday, July 14, 2016

Female			Event				Male		
LCM	SCM	SCY	#			#	SCY	SCM	LCM
10:03.99	9:30.79	10:55.99	1	800	Free	2	10:19.99	8:57.79	9:39.99

Friday, July 15, 2016

Female			Event				Male		
LCM	SCM	SCY					SCY	SCM	LCM
1:23.99	1:19.79	1:11.69	3	100	Breast	4	1:04.49	1:11.59	1:16.99
2:17.99	2:13.09	1:59.99	5	200	Free	6	1:49.99	2:01.89	2:07.99
1:10.69	1:08.79	1:01.99	7	100	Fly	8	55.19	1:01.19	1:04.49
5:32.99	5:19.29	4:47.49	9	400	IM	10	4:25.99	4:55.29	5:10.99
NCT	NCT	NCT	11	800	Free Relay	12	NCT	NCT	NCT

Saturday, July 16, 2016

Female			Event				Male		
LCM	SCM	SCY					SCY	SCM	LCM
2:35.29	2:30.99	2:15.99	13	200	IM	14	2:03.99	2:17.59	2:23.99
29.69	28.49	25.69	15	50	Free	16	23.09	25.89	26.99
1:12.59	1:08.59	1:01.69	17	100	Back	18	56.99	1:03.19	1:07.99
4:49.99	4:33.99	5:14.99	19	400	Free	20	4:56.99	4:18.29	4:31.99
NCT	NCT	NCT	21	400	Med Relay	22	NCT	NCT	NCT

Sunday, July 17, 2016

Female			Event				Male		
LCM	SCM	SCY					SCY	SCM	LCM
19:47.99	18:18.79	18:32.99	23	1500	Free	24	17:39.99	17:26.39	18:40.99
2:35.99	2:29.39	2:13.49	25	200	Back	26	2:03.99	2:17.59	2:26.99
3:01.99	2:53.29	2:35.99	27	200	Breast	28	2:22.99	2:38.79	2:47.99
1:03.59	1:01.99	55.59	29	100	Free	30	50.19	55.69	58.19
2:40.99	2:34.29	2:18.99	31	200	Fly	32	2:05.99	2:19.79	2:28.99
NCT	NCT	NCT	33	400	Free Relay	34	NCT	NCT	NCT