

CHERRY CREEK VISTA VIKINGS SWIM TEAM 2011 TEAM HANDBOOK

WELCOME !

Welcome to the Cherry Creek Vista Vikings Swim Team! We have a great season ahead of us. We are glad to see all the returning swimmers and we're thrilled to welcome new Vikings swimmers and parents.

Our eight-week season begins with the first day of practice on Monday, May 16th and will conclude on Saturday July 16th, with the Rocky Mountain Swim League Finals (at Stonegate) followed by our end-of-season party and awards ceremony (at the CCV pool).

The Vikings will be competing in five swim meets this year, plus prelims and finals. Time trials will take place on May 24th. This will establish initial times for all swimmers, takes place at CCV, and is for our swim team only (not a competitive meet). As in prior years, the coaches will be conducting pre-season stroke clinics at the CCV Pool, and the coaches will be available for private lessons as well.

We extend a hearty welcome to our head coaches this season.

Erin Spadinger, Head Coach

The swim team committee has been working to ready the team for an eventful season. As always, **THE TEAM CANNOT FUNCTION WITHOUT THE HELP OF ALL OF OUR PARENT VOLUNTEERS!**

Please reference the website for all key dates and information.

The Cherry Creek Vista Vikings Swim Team continues to be a great place for all families to meet and have fun. Thanks for making it so! Let's make this a season to remember!

ABOUT THE CCV VIKINGS SWIM TEAM

Philosophy

The philosophy of the Cherry Creek Vista Vikings Swim Team is that HAVING FUN IS THE MOST IMPORTANT THING WE CAN DO, while also competing to the best of each swimmer's ability. Most of the young swimmers do not care if we're in a top division or bottom division. Although historically we do have one of the top swim teams in the Rocky Mountain Swim League, PERSONAL DEVELOPMENT is what is most important - for a swimmer, this means improving their times. We believe that by establishing a healthy environment that encourages our kids to do their best, by recognizing their contributions, and is fun for the entire family, we will meet our goals. The CCV Vikings parent board and the coaches all endorse this philosophy.

Team Objectives

1. Provide a positive swim-team experience that is fun and rewarding for all swimmers.
2. Build community in and around the CCV pool, in part by attracting the participation of as many eligible swimmers (and their parents) as possible.

Expectations

Expectations are as follows for (a) the parents, (b) the swimmers, and (c) the coaches. Every team is only as good and as enjoyable as the people representing that team.

PARENT EXPECTATIONS

1. **I will positively and enthusiastically work all of the shifts I signed up for. I will treat these volunteer opportunities as a responsible commitment that I made to the team when I registered my child(ren) for the CCV Swim Team.**
2. I will bring and wear a smile because I am committed to having FUN!
3. I will assist our swimmers to eat and sleep right, and be on time to practices, meets and team events.
4. I will inform the coaches, by 12 noon Tuesdays, when my swimmers will not participate in a meet the following Saturday.
5. I will be a parent and cheer for all the swimmers, and leave the coaching to the coaches.
6. I will communicate any concerns to the team Parent Reps and not to the coaches.
7. I will bring the clothes, money and foods needed to survive.
8. I will positively help clean up after all team events.

SWIMMER EXPECTATIONS

1. I will bring and wear a smile because I am committed to having FUN!
2. I will be on time for all practices, swim meets and team events.
3. I will be mentally and physically prepared to give a 110% effort.
4. I will eat and sleep the right way.
5. I will respond positively to my coaches' requests.
6. I will positively support all the members of my team.
7. I will assist and mentor the younger members of my team.
8. I will act like a lady or gentleman.
9. I will positively help clean up after the team events.
10. I will bring the clothes, money and foods I need.

COACH EXPECTATIONS (INCLUDES *SPLASHER* COACHES)

1. I will bring and wear a smile because I am committed to having FUN!
2. I will strive in a positive manner to achieve team objectives.
3. I will serve as positive role models for the swimmers, acting in a manner consistent with professional coaching practices and proper youth leadership.
4. I will attend all scheduled team events (practices, meets, organized social activities), and adhere to agreed upon schedules for pool time.
5. I will provide coaching that is both motivational and technical in nature.
6. I will provide individual coaching to the extent possible, given the size of the team.
7. I will maintain a constructive style of interaction with swimmers, parents, board members, other coaches, and all members and representatives of other teams.
8. I will assist with pre- and post-meet pool setup and tear-down.

9. I will work proactively and constructively with Parent Reps to resolve any issues or conflicts that may arise.

Our Team:

CCV Vikings is a recreational team within the Rocky Mountain Swim League (RMSL), comprised of families who are members of the CCV pool. The program is managed by a volunteer Board and is designed to appeal to swimmers, to promote accomplishment, and, to the extent practical, to serve as training ground for potential future coaches. The team itself is structured by the age groupings used for competition, with practice times set according to age group. Additional elements add fun, instruction, team spirit and community building. Please see the season calendar on the CCV website for the social programs planned for this summer.

Splashers

The Splashers program is intended for kids who have basic swimming ability, but are not yet able to swim the full 25 meters across the pool without stopping, standing, pulling on the ropes, etc. To be eligible to participate in the Splashers program, your child should be able to: 1. Put his/her head under water; *and*, 2. Swim halfway across the pool on his/her own (any stroke). There is supervision, however **IT IS IMPERATIVE THAT THE KIDS ARE WATER SAFE!!** Splashers is not intended to be a substitute for beginning swim lessons; rather, the primary goal of Splashers is to get the kids to swim freestyle or backstroke across the pool without help so they can join the 8 and under group and participate in the swim meets. Coaches will evaluate kids who sign up to determine which kids may or may not be ready to participate in the Splashers program.

A secondary goal is to build a better swim program with an eye towards the future by giving the older swimmers - the "Splash Masters" - the opportunity and experience of teaching. All Splash Masters are volunteers, and must meet requirements set by the Board and Head Coaches. Splashers will meet Mondays - Thursdays. See the CCV Website for the season calendar.

Team Funding:

The fees you pay for your swimmers (\$100 for first swimmer, \$85 for any additional family swimmers) go primarily towards coaches' pay. There is an additional fee for signing up on or after May 15, 2011. The approximate allocation of all swimmer fees and concessions net income is as follows:

Coaches pay: 74%

RMSL fees (insurance, entries): 9%

Swimmer parties, team events: 9%

All other: 8%

CCV Team Management: Swim Team Parent Board, Team Rep and Coaches

The people you will run into the most during your swim team season will be the CCV Vikings Swim Team Parent Reps, the Board, and the coaches. With the exception of the coaches, who are paid, all others are volunteer CCV Vikings Swim Team parents, just like you.

The CCV Vikings Swim Team Board manages the team and all pre-season preparation. This includes hiring the coaches, recruiting other parent volunteers, running the meets, organizing concession operations, handling the team's finances, registering swimmers, arranging for swim meet set up and tear down, communication to all other parent volunteers, buying equipment and supplies, planning the year-end party and awards ceremony, among *many* other responsibilities. Various committee members handle these jobs (with the help of ALL OF YOU parent volunteers) and also fill numerous officiating jobs at swim meets. If you are interested in volunteering for the Board for next year, please notify any of the current Board members.

The Parent Reps are Board members that represent the CCV Vikings Swim Team on all RMSL issues, and they also coordinate the remainder of the Board. The Parent Reps communicate new issues from the monthly RMSL board meetings to the CCV Vikings Board, as necessary.

OTHER IMPORTANT BASIC INFORMATION

Membership Requirements:

Membership on the CCV Vikings Swim Team is open to all boys and girls from the ages 5 through 18. All Cherry Creek Vista Swim Team families must be paid members of the pool; this is a Cherry Creek Vista Park and Recreation Department requirement. There are no limits on how many swimmers may be on the team. No prior swim team experience is required, but swimmers for the competitive team must be able to swim one length of the Cherry Creek Vista pool without assistance from lane ropes or standing on the bottom.

Note: The age of the swimmer on June 1 will determine the age group in which s/he will practice and compete for the entire season.

Registration:

Primary registration is available online via the Cherry Creek Vista Swim Team website. Registration is open through May 31, 2011.

Swimsuits:

The CCV Vikings Swim Team has a team swimsuit. We select a new design every two years, with new suits every odd-numbered year. Swim 'N Things will take care of your swim suit requirements. They are located at: 5494 East Evans Ave. Denver, CO 80222; Phone: (303)757-2680 or (303)757-2680; Fax (303)756-9188 www.swimnthings.com; Email: sales@swimnthings.com

Communication:

We have a team web site and a bulletin board at the Cherry Creek Vista swimming pool specifically for Vikings Swim Team information. Additionally, frequent newsletters (from the coaches) will be available at the pool during practice. If you have any information that you would like to have posted on the website, bulletin board or in the newsletters, please contact the Parent Representative.

The best source of up-to-date information is the league website: www.RMSL.org. The RMSL site has an area dedicated to CCV (<http://www.ccvswim.com>) where you can check:

- Changes to the schedule
- Practice or Meet cancellations due to inclement weather - check before leaving your house
- Directions to away meets
- Meet entries before each meet, usually posted at least 24 hours before the meet
- Results after each meet, usually posted within 24 hours after the meet
- Anything else of interest or importance

Our website manager makes every effort to keep the site up-to-date with timely (day-of) information. Please check the website for notices before calling Board members or coaches.

Team Photos:

The calendar on the website for photo dates will be posted upon selection of a photographer. Please wear your team swim suits for the team photo. You are not obligated to purchase photos.

Concessions:

After registration fees, the Vikings' primary source of revenue is the concession stand we operate at home meets and the Preliminary Meet that we host. Please support our concession stand!

REGISTERED? NOW IT'S TIME TO SWIM!

Time Trials

We request that every swimmer - whether new or returning - attend the Time Trials. The purpose is to obtain a current time for each swimmer in each event. See the website calendar for exact days and times. We conduct Time Trials to establish a base time for each swimmer in each stroke. Each swimmer should try to swim every stroke (freestyle, backstroke, breaststroke, and butterfly) during Time Trials. The coaches will use the Time Trial times to seed swimmers for the first regular swim meet, in addition to allowing the coaches to group similar-ability swimmers in practice. Time Trials gives swimmers a low stress introduction to a swim meet. Place finishes, ribbons, and pool records are not awarded at Time Trials.

Dual Meets and Post-Season Meets:

This season, we will have five dual meets against other RMSL teams. The meets are on Saturdays; they begin at 8:00 am and run until about 1:00 pm. Swimmers must arrive by 6:30 am for home meets and 7:00 am for away meets. There is no meet on the July 4th holiday weekend.

The RMSL will conduct PRELIMINARIES the week of July 11th, in which swimmers qualify for one of the top 16 entries in each event in the FINALS or championships. Each of the age groups will have a separate meet with all 18 RMSL teams present at each preliminary site. Again, see the website calendar for the day and location of your swimmers' preliminary meets. All swimmers are eligible to participate AS LONG AS YOU HAVE COMPETED IN AT LEAST 2 REGULAR SEASON MEETS AND HAVE ATTENDED 10 PRACTICES. IT IS VERY IMPORTANT TO UNDERSTAND THAT IF YOU DO NOT SWIM AT YOUR PRELIM MEET, YOU CANNOT SWIM AT FINALS. THIS INCLUDES RELAYS. If you know in advance that you will not be swimming at Prelims, please notify the Head Coach ASAP.

Prior to Finals, all of the meets are "non-qualifier" meets; that is, each and every swimmer is encouraged to swim in all of the meets, and there is no requirement to qualify with a cut-off ('faster than') time for the meet in advance. These are the opportunities to see your times drop over the course of the swim season.

Finals:

The Finals are conducted according to USA Swimming and Olympic rules. The top 8 swimmers by age groups from all RMSL teams qualify for the Championship heat, and will be awarded the top 8 places (excluding DQs). The second 8 swimmers (again, by age group from the participating RMSL teams) qualify for the Consolation heat, and will be awarded places 9-16 (excluding DQs). Note that a swimmer in the Consolation heat cannot place higher than 9th in the finals, even with a time that is faster than a swimmer in the Championship heat.

Meet and Practice Attendance:

Attendance by every swimmer at every possible practice is encouraged. We realize, however, that there are numerous end-of-school-year activities, spring sports are still ongoing, and summer jobs, camps and vacations happen, so we do not penalize swimmers who can't make all the practices. Nevertheless, it is important for swimmers to attend every practice possible. Practice sessions focus on improving swimming skills, building up endurance, and developing confidence in the water, so that consistent attendance at practice will result in improved performance at meets. Besides, it is lots of FUN!

For the swim meets, the coaches will evaluate all swimmers for entry on the roster. The following criteria will be used in this evaluation:

- fastest times for each swimmer from the current season
- attitude, commitment and participation in the practice sessions
- coaches' discretion and need to have entries in every event
- in some cases, entries may be based on the best use of swimmers' abilities in order to achieve the best scoring results for the entire team.

All swimmer participation decisions for the swim meets are the responsibility of the coaches. Parents are not to attempt to influence or argue the decision of the coaches regarding placement in swim meets, heats or relays. If necessary, parents can address issues with the Parent Rep.

Helpful Hints for Swim Meets (prepared by "veteran swim parents"):

Day Prior to the Meet:

1. Check on your swimmer's events. The "lineups" (list of entries) are posted each Friday on the team bulletin board in the pool and on the web site. Please remember that although not all swimmer's requests may be granted, the coaches do an incredible job in accommodating each swimmer while fulfilling all the swim meet requirements. If there is a significant concern, contact a coach or Board representative before the day of the meet, remembering that the coaches are trying to balance many factors (swimmer ability and preferences, swimmer development, team needs, etc.) when creating entries and seeding the meet.
2. Know the location, directions, and time for warm-up of the swim meet - all posted on the web site.
3. Plan on dual meets lasting 5 to 7 hours, including warm-up.
4. Pack items for swim meet (some suggestions are listed below):
 - Team Suit (wear)
 - Sweat pants/shirt (wear)
 - Goggles (good idea to bring an extra pair)
 - Swim cap (especially for girls with long hair)
 - Sunscreen and hat
 - Towel(s) (2+ towels are nice if the swimmer is in multiple events)
 - Blanket/sleeping bag (for leisurely comfort in the tents)
 - Games and books (to keep busy between swim events)
 - Healthy snack and water/sports drink (concessions will also be available for a variety of food, snacks, and drinks)
 - Money for concessions (optional)
 - Lawn chairs (for seating during meet; pool chairs also will be available)
 - A fine-point permanent marker (for writing event numbers on swimmer's hand)

LABEL EVERYTHING ... and check the lost & found regularly!

Day of the Meet:

1. Arrive at the meet in time to get settled and organized prior to warm-up.
2. Check/confirm the list of events for your swimmer. Swim events will be posted in a general area at the pool. Coaches often need to make "last-minute" changes due to a variety of reasons.
3. Write each of the swimmer's event number with corresponding heat and lane number on the hand/leg. This is optional, but very helpful to keep track of their events.
4. Large tents will be available for swimmers to relax and socialize between their events. If swimmers are not swimming their event, they should remain in the tent area to facilitate distribution of event cards.

Swimmers should pick up their event card prior to proceeding to Heating (where swimmers report to get organized before each event) during the "first call" for the event.

5. Have FUN swimming, do your best, and cheer for your teammates!
6. If you are disqualified, ask the stroke judge why, so that you can improve next time. The coaches also will receive a record of every disqualification after the meet, for their follow-up during the following week.
7. Prior to departing the meet, please thank the coaches. They will want to congratulate you as well as to make sure you are not needed for a relay or another event.

Directions to Away Meets:

Check the RMSL website at www.RMSL.org for maps and directions to all RMSL pools.

Schedule:

See the CCV Website calendar for our summer swim season events.

COMPETITION

Rocky Mountain Swim League:

The Rocky Mountain Swim League (RMSL) is an eighteen-team organization comprised of Southeast metro Denver homeowners' associations' teams. Teams are grouped in three divisions according to size and ability.

The RMSL objectives are to (a) provide an opportunity for young people to develop swimming skills and gain a positive recreational swimming experience through competition, and (b) provide an organized framework within which coaches, competitors, parents and league officials can operate with courtesy, good will and sportsmanship. RMSL by-laws and policies and procedures are available via www.RMSL.org.

Rules for Swimming Competition:

U.S.A. Swimming ("USS") is the governing body for swimming in the United States that establishes rules for the four competitive strokes and the conduct of competition. The RMSL bases its operating rules on USS guidelines, modified somewhat to accommodate the facilities and skill levels of our recreational league. The Vikings team adheres to all USS, RMSL and pool regulations and practices, and all rules apply equally to all age groups. During practices, our coaches educate the swimmers on the meet and stroke rules, and provide advice on how best to conform to them. The full list of stroke rules is available via www.RMSL.org.

During competitive meets, the stroke judges and starter/referee enforce the rules to ensure fair competition. When a swimmer violates a rule in a meet, s/he will be disqualified ("DQ"), meaning that s/he is not eligible to score points for the team or use that time as an official result. However, we view a disqualification as a coaching and learning opportunity. League guidelines encourage stroke judges to explain the violation to the swimmer as soon as possible (while they're still wet), and to do so in a constructive and encouraging way. After the meet, the coaches use the stroke judge's notes about the DQ to follow up in practice, so the swimmer learns as quickly as possible.

SWIM LIKE A BUTTERFLY?

A QUICK PRIMER ON THE FOUR STROKES

If you're not a former swimmer, the strokes and their rules can be a bit overwhelming. While the stroke rules are simple enough for a six year old to understand, most people do not have a copy of the USS rules, so briefly described below are the general guidelines on the strokes below. *Note:* At all swim meets, there will be

qualified stroke judges walking the sides of the pool watching for stroke infractions. If a swimmer does have an infraction, they will be disqualified from the race. The word "Disqualified" (or "DQ" for short), may seem harsh; but even the best swimmers sometimes may have an infraction that disqualifies them from a race. The RMSL and CCV have taken the stance that these are learning experiences, in addition to not giving swimmers an unfair advantage. If your child is disqualified in a race, the stroke judge and our coaches will explain to the swimmer what was done wrong... again, a constructive, learning experience. It happens often in a recreational swim league, so do not be alarmed if it occurs to your child.

FREESTYLE:

The freestyle is defined as any means of swimming across the pool. Any stroke and kick are acceptable. There are, however, a few don'ts associated with this stroke; specifically, (1) you cannot walk on or push off the bottom of the pool, or pull yourself along using the lane lines, and (2) in a freestyle event of 50 meters/yards or longer, you must touch the wall at the 25 meter/yard end before touching the touching the 50 meter/yard end. (This may seem obvious, but sometimes swimmers miss the wall at the "turning" end of the pool.)

BACKSTROKE:

Like the freestyle, almost anything goes in the backstroke as long as you stay on your back. Eventually, they will learn to guide off the lane lines, to use the overhead backstroke flags and lane-line markings to know where they are in the pool, and to count strokes from the flags to the wall. Backstroke starts are different from the other strokes because the swimmer is in the water, with feet planted against the wall, and grasping the starting block from within the pool. If your swimmer is a backstroker and is old enough to swim the 50-meter/yard event, he or she will eventually learn the backstroke flip turn. This is the only time a backstroker may not be on their back and is only to be used on turns (not the finish). The coaches will work on this turn for those applicable swimmers.

BREASTSTROKE:

The breaststroke has two components, the kick and the arm pull. The pull and its recovery must both be under the breast and cannot extend further back than the waist area. The kick is a "frog" kick, with toes pointed outward during the propulsive part of the kick. The arm pull and the kick must be in alternating sequence, and the elbows must stay below the water except for touching the wall at the finish. Breaststroke turns and finishes require a simultaneous two-hand touch.

BUTTERFLY:

A well-executed butterfly (or "fly") is the most beautiful exhibition of power you'll ever see in a swimming pool. Quite frankly, the fly is the hardest stroke for most swimmers to perfect and while they are learning it many look like they are drowning. There are two components to the fly, the kick and the arm pull. The arm pull must be an over-the-water recovery (elbows breaking the surface of the water) with arms moving simultaneously. The kick is a "dolphin" style kick with both legs moving simultaneously. Unlike the breaststroke, there is no requirement to alternate the kick and pull. Like the breaststroke, fly turns and finishes require simultaneous two-handed touches at the walls.

INDIVIDUAL MEDLEY:

The individual medley (or "IM") requires the swimmer to swim each of the four strokes highlighted above in the following sequence: butterfly, backstroke, breaststroke, freestyle. Coaches will describe the IM turns for those applicable swimmers.

RELAYS:

One of the most exciting parts of a swim meet for the kids is swimming relays. There are two kinds of relays, the freestyle and the medley. Both involve four swimmers swimming equal distances, one-quarter of the total race distance. In the freestyle relay, all four swimmers swim the freestyle. In the medley relay, the four swimmers swim in the following sequence: backstroke (in-water start), breaststroke, butterfly and freestyle. In all relays, each swimmer must wait until the preceding swimmer has touched the wall prior to leaving the starting block or deck.

Note: A new league rule adopted in 2004 requires a water depth of four feet to use a dive, either from blocks or the pool deck, to start a swim. The rule is driven by insurance requirements. CCV pool conforms with this rule at both ends of the pool, and all RMSL pools conform where starting blocks are located. However, some of the pools that we will use for away meets, and possibly the finals at Stonegate, do not have adequate depth for diving starts at the opposite end. This situation affects the relay events for 8-under swimmers: each leg is 25 yards, requiring swimmers 2 and 4 to start from the opposite end of the pool. At pools where the water depth is less than 4 feet, the second and fourth relay swimmers (8-under) will use in-water starts. Coaches will work with all relay swimmers to ensure they are comfortable with this technique.

RMSL SCHEDULE OF EVENTS

1	Boys 6 & Under 100 Freestyle Relay	31	Boys 9-10 50 Butterfly	61	Boys 8 & Under 50 Freestyle
2	Girls 6 & Under 100 Freestyle Relay	32	Girls 9-10 50 Butterfly	62	Girls 8 & Under 50 Freestyle
3	Boys 15-18 200 Medley Relay	33	Boys 11-12 50 Butterfly	63	Boys 9-10 50 Freestyle
4	Girls 15-18 200 Medley Relay	34	Girls 11-12 50 Butterfly	64	Girls 9-10 50 Freestyle
5	Boys 13-14 200 Medley Relay	35	Boys 13-14 100 Butterfly	65	Boys 11-12 50 Freestyle
6	Girls 13-14 200 Medley Relay	36	Girls 13-14 100 Butterfly	66	Girls 11-12 50 Freestyle
7	Boys 11-12 200 Medley Relay	37	Boys 15-18 100 Butterfly	67	Boys 13-14 100 Freestyle
8	Girls 11-12 200 Medley Relay	38	Girls 15-18 100 Butterfly	68	Girls 13-14 100 Freestyle
9	Boys 9-10 200 Medley Relay	39	Boys 6 & Under 25 Backstroke	69	Boys 15-18 100 Freestyle
10	Girls 9-10 200 Medley Relay	40	Girls 6 & Under 25 Backstroke	70	Girls 15-18 100 Freestyle
11	Boys 8 & Under 100 Medley Relay	41	Boys 7-8 25 Backstroke	71	Boys 8 & Under 100 IM
12	Girls 8 & Under 100 Medley Relay	42	Girls 7-8 25 Backstroke	72	Girls 8 & Under 100 IM
13	Boys 13-14 200 Freestyle	43	Boys 9-10 50 Backstroke	73	Boys 9-10 100 IM
14	Girls 13-14 200 Freestyle	44	Girls 9-10 50 Backstroke	74	Girls 9-10 100 IM
15	Boys 15-18 200 Freestyle	45	Boys 11-12 100 Backstroke	75	Boys 11-12 100 IM
16	Girls 15-18 200 Freestyle	46	Girls 11-12 100 Backstroke	76	Girls 11-12 100 IM
17	Boys 6 & Under 25 Freestyle	47	Boys 13-14 100 Backstroke	77	Boys 13-14 200 IM
18	Girls 6 & Under 25 Freestyle	48	Girls 13-14 100 Backstroke	78	Girls 13-14 200 IM
19	Boys 7-8 25 Freestyle	49	Boys 15-18 100 Backstroke	79	Boys 15-18 200 IM
20	Girls 7-8 25 Freestyle	50	Girls 15-18 100 Backstroke	80	Girls 15-18 200 IM
21	Boys 9-10 100 Freestyle	51	Boys 8 & Under 25 Breaststroke	81	Boys 7-8 100 Freestyle Relay
22	Girls 9-10 100 Freestyle	52	Girls 8 & Under 25 Breaststroke	82	Girls 7-8 100 Freestyle Relay
23	Boys 11-12 100 Freestyle	53	Boys 9-10 50 Breaststroke	83	Boys 9-10 200 Freestyle Relay
24	Girls 11-12 100 Freestyle	54	Girls 9-10 50 Breaststroke	84	Girls 9-10 200 Freestyle Relay
25	Boys 13-14 50 Freestyle	55	Boys 11-12 100 Breaststroke	85	Boys 11-12 200 Freestyle Relay
26	Girls 13-14 50 Freestyle	56	Girls 11-12 100 Breaststroke	86	Girls 11-12 200 Freestyle Relay
27	Boys 15-18 50 Freestyle	57	Boys 13-14 100 Breaststroke	87	Boys 13-14 200 Freestyle Relay
28	Girls 15-18 50 Freestyle	58	Girls 13-14 100 Breaststroke	88	Girls 13-14 200 Freestyle Relay
29	Boys 8 & Under 25 Butterfly	59	Boys 15-18 100 Breaststroke	89	Boys 15-18 200 Freestyle Relay
30	Girls 8 & Under 25 Butterfly	60	Girls 15-18 100 Breaststroke	90	Girls 15-18 200 Freestyle Relay