



# 2022 NCAP Elite Qualifier

May 27-29, 2022

Sanction # PVI-22- 97  
and VSI #22-39DS

Sanctioned by USA Swimming  
through Potomac Valley Swimming and Virginia Swimming



MEET DIRECTORS	MEET REFEREE	ENTRY COORDINATOR
Karyn McCannon <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a> Tom Ugast <a href="mailto:tugast@nationscapitalswimming.com">tugast@nationscapitalswimming.com</a>	Tim Husson <a href="mailto:tim.husson@gmail.com">tim.husson@gmail.com</a>	Karyn McCannon <a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a> <a href="#">Officials Signup</a>

<b>SANCTION</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Potomac Valley Swimming: <b>PVI-22-97 and Virginia Swimming, Inc.: VSI22-39DS.</b></li> <li>In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Virginia Swimming, Nation's Capital Swimming, and the Jeff Rouse Recreation Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</li> </ul>												
<b>FACILITY</b>	<p style="text-align: center;"><b>Jeff Rouse Swim and Sport Center</b> 1600 Mine Road Stafford, VA 22554 (540) 318-6332</p> <ul style="list-style-type: none"> <li>The competition pool at Jeff Rouse Swim and Sport Center is 50m x 25yd with a movable bulkhead. Competition will be held in 8 lanes, 50 meters.</li> <li>Water depth range of 12'6" at the starting end and 6'7" at the turning end.</li> <li>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). The copy of such certification is on file with USA Swimming.</li> <li>A separate 25 yd pool with limited space will be available throughout the meet for continuous warm-up.</li> <li>No food of any kind is allowed on the pool deck. Only water and/or Gatorade are permitted on the pool deck.</li> <li>Due to limited pool deck space, Officials, USA Swimming Registered Coaches and Swimmers and meet volunteers only will be permitted on the pool deck.</li> <li>No Deck chairs allowed for Athletes.</li> </ul>												
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>May 17, 2022 at 5:00pm</b></p> <p>IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p>												
<b>SCHEDULE</b>	<table style="width: 100%; border-collapse: collapse;"> <tbody> <tr> <td style="width: 50%;"><b>Fri &amp; Sat May 27-28 - Open Prelims</b></td> <td style="width: 25%;">Warmups: 6:30-7:50 am</td> <td style="width: 25%;">Events at 8:00 am</td> </tr> <tr> <td><b>Fri/Sat 12&amp;U, 13&amp;O- Timed Finals</b></td> <td>Warmups: 12:30-1:30 pm</td> <td>Events at 1:40 pm</td> </tr> <tr> <td><b>Fri/Sat- OPEN FINALS**</b></td> <td>Warmups: 4:50-5:50 pm</td> <td>Events at 6:00 pm</td> </tr> <tr> <td><b>Sun May 29- OPEN Distance</b></td> <td>Warmups: 6:30-7:30 am</td> <td>Events at 7:40 am</td> </tr> </tbody> </table> <p>**Anticipate Finals warmups starting 30 mins after Afternoon Session, Final information will be sent out after entry deadline**</p> <ul style="list-style-type: none"> <li>Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>	<b>Fri &amp; Sat May 27-28 - Open Prelims</b>	Warmups: 6:30-7:50 am	Events at 8:00 am	<b>Fri/Sat 12&amp;U, 13&amp;O- Timed Finals</b>	Warmups: 12:30-1:30 pm	Events at 1:40 pm	<b>Fri/Sat- OPEN FINALS**</b>	Warmups: 4:50-5:50 pm	Events at 6:00 pm	<b>Sun May 29- OPEN Distance</b>	Warmups: 6:30-7:30 am	Events at 7:40 am
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<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>• Open to all USA Swimming athletes from invited teams who meet the established NST Qualifying Times. Email the ENTRY COORDINATOR Karyn McCannon (<a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>) for an Invitation.</li> <li>• The Qualifying Time Period is September 1, 2019 thru the entry deadline.</li> <li>• No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of <i>USA Swimming as provided in USA Swimming Rules and Regulations Article 302.</i></li> <li>• Swimmers may only participate in their own age group, based upon their age on the first day of the meet.</li> </ul>
<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>• PVS and host clubs along with their meet directors are committed to the <a href="#">Inclusion Policy</a> as adopted by the PVS BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to competition.</li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>• Automatic timing (touchpads primary) will be used.</li> </ul>
<b>COVID-19 CONSIDERATIONS</b>	<ul style="list-style-type: none"> <li>• An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</li> <li>• USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</li> <li>• BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, POTOMAC VALLEY SWIMMING, VIRGINIA SWIMMING, NATION'S CAPITAL SWIM CLUB, AND JEFF ROUSE CENTER AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.</li> <li>• We have taken enhanced health and safety measures for all attending this meet, however we cannot guarantee that you will not become infected with COVID-19. All attending this meet must follow all posted instructions while in attendance. An inherent risk of exposure to COVID-19 exists in any public place where people are present. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.</li> <li>• By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the Commonwealth of Virginia, and Stafford County.</li> </ul>
<b>COVID-19 PROTOCOLS</b>	<ul style="list-style-type: none"> <li>• No one with symptoms of COVID-19 will be permitted in the facility.</li> <li>• Athletes should arrive and depart in their suits. Locker room use should be minimized. Specific bathrooms will be available for coach/official/volunteer/spectator use.</li> <li>• All attendees (swimmers, coaches, officials and volunteers) must bring their own water bottle and snacks. Limited hospitality may be provided.</li> <li>• A Clerk of Course <b>may</b> be utilized for some sessions and/or specific events.</li> </ul>

	<ul style="list-style-type: none"> <li>• Attendees will enter the facility through the side doors. Swimmers, coaches, officials, and volunteers will exit the facility through the side door by the splash pool. <b>Spectators will enter and exit the facility using the main doors.</b></li> <li>• <b>All attendees (athletes, coaches, officials, volunteers, and spectators) are encouraged to wear masks</b> to enter the facility and at all times when inside the facility, with the exception of athletes when competing or warming up.</li> <li>• The meet will be limited to a maximum of 600 swimmers per session.</li> <li>• <b>Spectators will be permitted.</b> <ul style="list-style-type: none"> <li>○ <b>No personal chairs are allowed in the spectator area or in the lobby.</b></li> <li>○ <b>No one is permitted to stand in the aisle. Spectators must be seated.</b></li> <li>○ <b>Seating may be limited.</b></li> <li>○ <b>Please be considerate of others wishing to view their swimmer's races. Please exit the spectator area to allow for others to be seated.</b></li> </ul> </li> <li>• We request that all attendees notify the meet director as quickly as possible should they test positive for COVID-19, show symptoms or have been in contact with anyone exposed or tested positive for COVID-19 after attending the meet.</li> <li>• Any attendee failing or refusing to comply with any of these protocols will be prohibited from entering the facility and/or asked to leave the facility.</li> </ul>
<p><b>RULES</b></p>	<ul style="list-style-type: none"> <li>• Current USA Swimming rules shall govern this meet.</li> <li>• All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>• No on-deck USA Swimming registration is permitted.</li> <li>• In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms or locker rooms. Per PVS policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</li> <li>• Deck changes are prohibited.</li> <li>• 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.</li> <li>• Operation of a drone or any other flying devices is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.</li> <li>• Dive-over starts will be used for all preliminary and timed final events.</li> <li>• The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 &amp;U events per Rule 205.3.1F.</li> </ul>
<p><b>EVENT RULES</b></p>	<ul style="list-style-type: none"> <li>• Contestants may enter a maximum of seven (7) individual events with no more than three (3) Individual events per day. Swimmers shall compete at the age attained on the first day of the meet.</li> <li>• Meet staff reserves the option to utilize <b>CHASE STARTS</b> during prelims or timed finals session, depending upon officials staffing.</li> <li>• The host team may enter additional swimmers who do not meet the qualifying times to help with meet volunteer work force.</li> </ul>

	<ul style="list-style-type: none"> <li>The Meet Director reserves the right to adjust warm-up times and start times for all sessions after entries are received.</li> <li>The Open 400 Free, 400 IM, 800 Free, and 1500 Free are Timed Finals and will swim fastest to slowest. <b>Sunday Distance events may be limited to 5 heats each, women and men, for both the 400 Free and 400 IM. If entries are limited, athletes will be notified to select an alternate event.</b></li> <li>Swimmers must provide their own timer for the 400 Free, 400 IM, 800 Free, and 1500 Free. Swimmers must provide their own counter (if desired) for the 800 Free and 1500 Free.</li> <li>All Open individual events on Friday and Saturday are Prelims and Finals, with a "C" final, "B" final and "A" final heat.</li> <li>All 12&amp;Under, 11&amp;Over, and 13&amp;Over afternoon events are timed finals.</li> <li>LCM times will be the conforming times for this meet. SCY times will be seeded after LCM times.</li> <li>12&amp; Under swimmers may only enter one (1) session per day.</li> </ul>
<b>BONUS EVENTS</b>	<ul style="list-style-type: none"> <li>Swimmers qualifying for 2 or more events at the OPEN QUALIFYING TIME may enter further events to reach the maximum 7 events for the meet. These should be marked Bonus. Bonus entries will be seeded last.</li> <li>Swimmers qualifying for 2 or more events at the 12&amp;under, 11&amp;Over, or 13&amp; Over (Timed Final) standards may enter further events to reach the maximum 7 events for the meet. These should be marked Bonus. Bonus entries will be seeded last.</li> <li>NO BONUS ENTRIES ARE PERMITTED IN THE 400 IM, 400 FREE, 800 FREE or 1500 FREE.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>All 200 meter and longer events <u>may be positive check in</u>. The Meet Manager reserves the right to Positive Check-in the 100 meter events in the interest of manageable timelines.</li> <li>For those events requiring positive check-in, athletes shall designate their intention to swim the event on the forms provided at the scratch table. Athletes who have not checked-in prior to the specified time will be not be seeded into the event. Athletes who have checked-in, have been seeded, and fail to swim the event will be barred from their next scheduled individual event, unless excused by the Meet Referee.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>Coaches are responsible for ensuring that their team areas are clean of any debris at the conclusion of each meet session.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>The Open 400 Free, 400 IM, 800 FREE and 1500 FREE are Timed Finals and will swim fastest to slowest. All other prelim/final events as well as the Timed Final afternoon events will be swum slowest to fastest.</li> </ul>
<b>WITHDRAWING FROM FINALS</b>	<ul style="list-style-type: none"> <li>If you do not wish to swim in the Final, you may "Scratch" from the event by following the proper procedure: You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for "A", "B", and "C" finals.</li> <li>You may declare an "Intent to Scratch". You must fill out and sign a Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for "intent." You must "confirm" this intent on the Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event.</li> <li>If an athlete fails to properly scratch from an event and does not appear for the Final event, he/she shall be barred from further competition for the remainder of the meet.</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Hard Copy Programs for parents and spectators will NOT be available for sale. Programs for the entire meet will be available on MEET MOBILE for \$10 for the weekend. For positive check-in events, seeded heats will be sent to Meet Mobile as soon as possible after the check in deadline.</li> </ul>

<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on deck. Coaches and Officials should have proof of active USA Swimming memberships with them at all times.</li> </ul>
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>There is no Spectator entry fee.</li> <li>The Jeff Rouse Swim and Sport Center Concessions Stand will be open during the meet.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>All certified officials wishing to volunteer for this meet should fill out the <a href="#">Officials Sign Up</a> prior to May 20<sup>th</sup>, 2022. If there are any questions, issues accessing the application, or officials wishing to volunteer after May 16<sup>th</sup> should contact the Meet Referee, Tim Husson (<a href="mailto:tim.husson@gmail.com">tim.husson@gmail.com</a>)</li> <li>Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-ups.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>Clubs and sites will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>Timer assignments will be determined before the meet and will be posted online at <a href="http://nationscapitalswimming.com">nationscapitalswimming.com</a> and emailed to all participating clubs.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>Entries should be submitted by email to the ENTRY COORDINATOR Karyn McCannon (<a href="mailto:kmccannon@nationscapitalswimming.com">kmccannon@nationscapitalswimming.com</a>).</li> <li>Long Course entry times are considered conforming times for this meet and will be seeded ahead of SC entry times. Entry Times must be achieved no earlier than September 1, 2019.</li> <li>Include in the subject of the email, "2022 NCAP Elite Qualifier - ****" with the club's initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email.</li> <li>Include in entry email: entry file, report of entries by name, report of entries by event.</li> <li>In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>Entries directly from individual team members will not be accepted.</li> <li>Entries by phone or fax will not be accepted.</li> <li>The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director.</li> <li><b>No late/deck entries are permitted for this meet. Absolutely NO "NT" entries will be accepted, including bonus entries.</b></li> <li><b>TEAMS SENDING ENTRIES FROM TEAM UNIFY are requested to include a PDF copy of entries to confirm bonus events, as TU removes that designation before importing into Hy-Tek. (Please send report by Athlete Name).</b></li> <li>Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them will be fined the sum of \$100 by PVS and no further entries will be accepted from that club until the said fine is paid.</li> </ul>
<b>ENTRY FEES</b>	<p>Per Swimmer Surcharge:      \$10.00                      VSI Surcharge:      \$2.50  Individual event fee:              \$10.00</p> <ul style="list-style-type: none"> <li>Make checks payable to Nation's Capital Swimming (NCAP). Checks may be mailed to:  Nation's Capital Swimming  Attn: Karyn McCannon  8101 Wolftrap Rd  Vienna VA 22182</li> </ul>

# 2022 NCAP Elite Qualifier

May 27-29, 2022

## OPEN EVENTS for FRIDAY and SATURDAY

### FRIDAY May 27 @ Jeff Rouse

Warm-up 6:30-7:50 a.m. Events at 8:00 a.m.

**Positive Check In closes 30 minutes after the start of warm-ups**

GIRLS EVENT #	NST SCY	NST LCM	EVENT	NST SCY	NST LCM	BOYS EVENT #
1	59.39	1:06.69	Open 100 Fly	54.69	1:00.89	2
3	1:56.39	2:11.09	Open 200 Free	1:48.89	2:01.49	4
5	1:09.19	1:18.29	Open 100 Breast	1:02.89	1:10.39	6
7	2:11.49	2:26.99	Open 200 Back	2:00.99	2:15.39	8
9	25.09	28.49	Open 50 Free	22.79	25.59	10

### SATURDAY MAY 28 @ Jeff Rouse

Warm-up 6:30-7:50 a.m. Events at 8:00 a.m.

**Positive Check In closes 30 minutes after the start of warm-ups**

GIRLS EVENT #	NST SCY	NST LCM	EVENT	NST SCY	NST LCM	BOYS EVENT #
11	2:31.79	2:49.39	Open 200 Breast	2:17.79	2:32.99	12
13	59.89	1:07.89	Open 100 Back	55.69	1:01.99	14
15	2:13.69	2:28.99	Open 200 IM	2:02.19	2:16.59	16
17	53.69	1:00.69	Open 100 Free	49.89	55.69	18
19	2:14.49	2:29.49	Open 200 Fly	2:03.59	2:16.29	20

# 2022 NCAP Elite Qualifier

May 27-29, 2022

## TIMED FINAL EVENTS for FRIDAY and SATURDAY

FRIDAY May 27 @ Jeff Rouse

Warm-up 12:30-1:30 p.m. Events at 1:40 p.m.

All events are MIXED Timed Finals

Positive Check In closes 30 minutes after the start of warm-ups

EVENT #	GIRLS NST SCY	GIRLS NST LCM	EVENT	BOYS NST SCY	BOYS NST LCM
21	34.09	38.29	12&Under 50 Fly	34.19	38.69
22	1:11.39	1:21.09	13&Over 100 Fly	1:06.39	1:15.49
23	2:29.69	2:50.39	12&Under 200 Free	2:24.59	2:45.19
24	2:22.19	2:42.59	13&Over 200 Free	2:12.79	2:32.29
25	39.99	45.49	12&Under 50 Breast	39.59	45.39
26	1:22.39	1:34.99	13&Over 100 Breast	1:15.59	1:28.09
27	1:18.49	1:31.09	12&Under 100 Back	1:15.79	1:29.09
28	2:35.39	2:59.39	11&Over 200 Back	2:25.89	2:49.69
29	1:08.29	1:18.49	12&Under 100 Free	1:05.89	1:15.69
30	30.29	34.59	13&Over 50 Free	27.89	31.99

For Timed Final Events ONLY: In 11&Over events, events will be swum combined age groups, but will be separated 11-12 and 13&Over for scoring purposes.



# 2022 NCAP Elite Qualifier

May 27-29, 2022

## TIMED FINAL EVENTS for FRIDAY and SATURDAY

SATURDAY MAY 28 @ Jeff Rouse

Warm-up 12:30-1:30 p.m. Events at 1:40 p.m.

All events are MIXED Timed Finals

Positive Check In closes 30 minutes after the start of warm-ups

EVENT #	GIRLS NST SCY	GIRLS NST LCM	EVENT	BOYS NST SCY	BOYS NST LCM
31	1:27.39	1:41.39	12&Under 100 Breast	1:24.59	1:38.49
32	2:58.29	3:25.59	11&Over 200 Breast	2:45.59	3:11.59
33	35.59	41.19	12&Under 50 Back	35.29	40.89
34	1:11.69	1:23.59	13&Over 100 Back	1:06.89	1:18.29
35	2:47.79	3:11.49	12&Under 200 IM	2:44.19	3:09.29
36	2:39.19	3:03.39	13&Over 200 IM	2:28.59	2:51.99
37	31.49	35.79	12&Under 50 Free	30.29	34.69
38	1:05.79	1:15.39	13&Over 100 Free	1:00.89	1:09.99
39	1:18.29	1:28.49	12&Under 100 Fly	1:16.49	1:26.29
40	2:37.89	2:59.49	11&Over 200 Fly	2:26.99	2:49.19

For Timed Final Events ONLY: In 11&Over events, events will be swum combined age groups, but will be separated 11-12 and 13&Over for scoring purposes.

## TIMED FINAL DISTANCE EVENTS for SUNDAY

SUNDAY MAY 29 @ Jeff Rouse

Warm-up 6:30-7:30 a.m. Events at 7:40 a.m.

All Events Timed Finals - NO BONUS ENTRIES ON SUNDAY

Positive Check In closes 30 minutes after the start of warm-ups

EVENTS MAY BE COMBINED ONCE ENTRIES ARE CLOSED

GIRLS EVENT #	NST SCY	NST LCM	EVENT	NST SCY	NST LCM	BOYS EVENT #
41	5:11.19	4:37.69	Open 400 Free	4:49.79	4:20.99	42
43	4:40.79	5:20.49	Open 400 IM	4:17.49	4:49.89	44
45	10:38.99	9:29.99	Open 800 Free	9:59.49	8:58.39	46
47	20:25.09	18:16.79	Open 1500 Free	16:43.99	17:18.99	48