

**CHESTNUT OAKS
RECREATION
ASSOCIATION
(CORA)
STINGRAYS**

**SWIM TEAM
HANDBOOK**



Welcome to the Chestnut Oaks Swim Team!

We want to take this opportunity to thank you in advance for your dedication and support of the Chestnut Oaks Swim Team. Last season we had over 140 swimmers on our team and we were very proud of the accomplishments of each and every one. We are lucky to have so many wonderful new and returning families who have cheerfully volunteered their time and efforts. It takes over 50 parents to run a swim meet, not to mention the other activities, so we certainly appreciate everyone's cooperation and time! Once again, we are looking forward to a wonderful 2010 swim season.

Coaches

Claire Verdillo – We are excited to have Claire return this year. Claire has been a member of the Stingrays since she was 8 years old! Claire attends Longwood University and is a Liberal Studies major and Spanish minor. Claire will be an afternoon Mini-Mite/Mite Coach.

Morgan Avery – We welcome Morgan back again this year. Morgan is a graduate of Freeman's Leadership Center and has served as a team captain for organized scholastic sports. Morgan has been a member of the Stingrays since she was 8 years old and is well know as a swim instructor at Chestnut Oaks. Morgan attends James Madison University. Morgan will be our Mini-Mite/Mite/Midget Coach

Kelly Lahvic - We are thrilled to have Kelly join our team this year. Kelly is a graduate of Godwin High School and currently attends Elon University. Kelly has been a Stingray since she was 6 and holds a number of team records. Kelly will be our Junior/Intermediate Coach

Adam Carter – We are extremely happy to have Adam join our team this year. Adam is an IB graduate of Atlee High School and currently attends George Mason University where he swims on the Men's Varsity Swim Team. Adam will be our Intermediate/Senior Coach.

GRAL

The Greater Richmond Aquatic League consists of 28 teams divided into 2 divisions. This year we are in Division II. For more information, visit the GRAL website: www.gralva.com

Swim Suits

This is the second year of our new team suit. It is made by Speedo and is called "Quantum Splice". Suits are available at Disco Sports.

Communication

There are many ways to obtain information about upcoming swim team events and activities. It is up to each family to make sure that these sources are checked on a regular basis.

1. **E-mail** – Communication from Parent Reps, Upcoming meet info & meet results. You can email us at swimteam@chestnutoaks.org.
2. **Family Folder** – Check daily for handouts & newsletters
3. **Breezeway Bulletin Board** – Champs qualifiers, meet results, etc...
4. **Direct contact with Coaches** – Please talk to coaches BEFORE or AFTER Practices... not during.
5. **Coaches Folder** –The coaches will have a folder in the front of the family folder box where you can leave them notes.
6. **GRAL WEBSITE** – GRALVA.com - Meet schedules, Champs Information, etc...

SWIM TEAM COMMITTEE

<u>Position</u>	<u>Name</u>
GRAL Board Rep & Team Coordinator	Annette Capocelli
GRAL Parent Rep	Dagny Collier
Team Moms	Karen Lynn Laura Manning Chris Stallings
Referee/S&T's	Chris Collier
Clerk	Cynthia Lantz & Sarah Belfield
Ribbons	Lori Barnes
Computer Rep	Steve Spainhour
Head Timer	Open
Hospitality/Social	Laura Hennig
Concessions	Peggy Reynolds Heather Levett
Champs	Lea Rizer
Treasurer	Kathie Avery

**We are a parent run organization.
If you would like to be more involved,
please let us know.**

swimteam@chestnutoaks.org

2010 Meet Schedule

Day	Date	Team	H/A	Time	Warm Ups
Thursday	06/17	Raintree	Away	6:00 p.m.	5:00
Wednesday	06/23	Tuckahoe Village	Home	6:00 p.m.	4:30
Wednesday	06/30	Wembly	Away	6:00 p.m.	5:00
Wednesday	07/07	Tuckahoe Village West	Home	6:00 p.m.	4:30
Wednesday	07/14	HCC/DC (Tri-Meet)	Home	6:00 p.m.	4:30
Tuesday	07/20	Atlee	Away	6:00 p.m.	5:00

Please Note:

1. All meets start at 6:00 p.m (warm-up times may vary; please double check times prior to each meet).
2. Confirm warm-up times with coaches.
3. **Each family is to bring a wrapped bake good to each HOME meet**
4. Swimmers should bring team suit, towels, goggles, clothes, money for concession stand, activities for down time, lawn chairs as needed, coolers permitted (no glass).
5. ***No smoking or alcoholic beverages are permitted on the deck during swim meets.***

2010 Event Calendar

Sun. May 16 th	Registration CORA Pavilion
May 20th	Disco Sports Suit & Supply Sale (Note new date)
May 24 th	Practice Begins
May 26 th	<i>Tie-Dye Day!</i>
June 2 nd	<i>Kickball Game, entire team meet at Jackson Davis at 5:00pm</i>
June 4 th	Kickoff Cookout, Meet the Coaches & Parents Meeting – 6:30pm
June 23 rd	<i>Movie Day!</i>
June 26 th	Stroke Clinic*
July 7 th	<i>Brewster's Ice Cream Day!</i>
July 10 th	Stroke Clinic *
July 14 th	<i>Bowling Day!</i>
July 22 nd	Water Country
July 28th	Swim Team Party and Awards
July 31 st & Aug. 1	Champs at Freedom Center, Manassas, Va.

***Stroke Clinics are by coach invitation only. A disqualification is an automatic invite.**

Practice Schedule

Starting May 24th Daily (Monday – Friday):

4:00 pm – 4:30 pm	Mini-mites
4:30 pm – 5:30 pm	Mites and Midgets (ages 10 and under)
5:30 pm – 6:30 pm	Juniors, Intermediates, Seniors (ages 11 – 18)

Starting June 21st Daily (Monday – Friday):

8:30 am – 10:00 am	All ages
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No morning practice the day following a meet.

4:30 pm – 5:00 pm	Mini-Mites and beginners
5:00 pm – 6:00 pm	Mites and Midgets
6:00 pm – 7:00 pm	Juniors, Intermediates, Seniors

PARENT PARTICIPATION

Parental participation is the key to a successful team and is **required!** The schedule of job assignments will be distributed before the first meet. Each parent must sign up to work at least 3 half-meets. **If you are unable to fill your position for any reason, it is your responsibility to find a replacement and let the volunteer coordinator know of the change.**

Each parent will be asked to perform one of the following jobs:

Referee: Certified position /home meets only. The Referee has knowledge of the job responsibilities of each position at the meet, the rules governing the meet, and must be aware of any concerns in any areas, and ready to intervene as needed. The referee has final say in all disputes.

Meet Director: Trained position /home meets only. The Meet Director ensures that the pool is set up for the meet, all workers are in their proper positions, and that the meet runs smoothly.

Starter: Certified position /home meets only. The Starter signals the official start of each event and heat using an electronic starter.

Strokes and Turns Judge: Certified position /home and away meets. This Judge evaluates each swimmer to assure that the designated strokes and turns for the event are being performed in accordance with USS rules. This Judge has the ability to disqualify swimmers.

Timers: These positions are required at home and away meets. Three persons are assigned to each swimming lane during each event (split between the two teams). Each will have a stopwatch and will record the time of the event on a Lane/Timer sheet. The Head Timer will assign one timer to record the times in each lane.

Clerk of the Course: Certified position /home meets only. The Clerk is responsible for seeding all the heats and events according to the official GRAL rules. As events are called, clerk assistants move the swimmers through the area to the starting blocks.

Head Timer: This position is required at home meets. The head timer will make sure that there are three adult timers for each lanes (split between the two teams) The head timer will be a back-up timer or have a back-up timer assigned at all times. The head timer will assign one timer per lane to record times on the swimmer's Lane/Timer sheet. He/She will also ensure that the timers have the proper Lane/Timer sheet before an event is started. At away meets, the head timer will be a back-up timer or will assign a back-up timer for the entire meet.

Computer Coordinator: This is a trained position and is required at home and away meets. The Computer Coordinator maintains the roster of swimmers, prepares reports needed by the team coaches to plan for each meet, enters all data for each swim meet, prints deck cards, enters heat/event times during meet, prepares and prints all post-swim meet reports required by GRAL.

Computer Assistant: This position is required at home and away meets. The position assists the computer coordinator with duties during and after each meet.

Announcer: Home meets only. Calls swimmers to Clerk of Course, makes all other pertinent announcements.

Runners: Home Meets only. Picks up Lane/Timer sheets from timers, picks up DQ cards from Referee and strokes and turns judges for processing.

Head Table Workers: Trained position for both home and away meets. Responsible for ribbon inventory at the beginning and end of the season. Responsible for seeing that team ribbon boxes are transported to and brought safely home from away meets. Maintains and oversees proper operations of table workers at home meets.

Table Workers: Home and Away meets. All Lane/Timer sheets are directed to the Table after each heat. Completed Lane/Timer sheets are checked sorted according to time and sent to the computer coordinator for entry into the system. Printouts of the results of each event are returned to the Table for award verification and ribbon distribution.

Concession Coordinator: Home meets only. For the three home meets, coordinates availability of food and utensils, grill set up, coins & bills for change, signage for items sold, etc.

Concession Workers: Home meets only. Prepares and sells food and refreshments during the home meets.

Hostess: Home meets only. Prepares and serves drinks to all meet workers throughout the entire meet. Oversees the contribution to the coaches' coolers.

Support your child(ren) and the team!

GREATER RICHMOND AQUATIC LEAGUE

The Greater Richmond Aquatic League (GRAL) is an organization of athletes, coaches, and parents whose aim is to promote and participate in the organized competitive sport of swimming. GRAL affords the opportunity for swimmers to compete against others of their own ability at various skill levels in an atmosphere of fair play and good sportsmanship. As a part of GRAL, we have agreed to the following rules.

General Rules and Information

1. All swim meets begin at 6:00 p.m. Warm-ups, last minute instructions, etc., take place 30 minutes or more prior to the start of the meet.
2. No smoking is permitted on the deck or in common-use areas during swim meet.
3. No alcohol or illegal drugs are permitted by officials, workers, or spectators during a swim meet.
4. Rainouts/cancellations are decided at the pool by the Meet Director, Pool Management, and Parent Representative from each team after a 30 minute delay.
5. Lane Assignments are determined by a swimmer's time in that event.
6. All events are seeded fastest to slowest time.
7. Relays can be single sex, except for Senior Varsity relays. Novice relays are limited to novice swimmers. Senior Varsity relays can have a combination of swimmers.
8. Team trophies will be awarded to the highest point team and runner-up in each division by ability classification (Novice, Advanced, JV & V); however, if there is a tie for first place with identical scores, no attempt will be made to dissolve the tie and no runner-up award will be given. If two or more teams tie for runner-up, duplicate trophies will be awarded.
9. Meets will be run in accordance with the most recent United States Swimming Code (except as noted below.)
10. False starts – The "One False Start Rule" as used by USS will not be used by GRAL. A swimmer will not be disqualified until the second false start in the same event. Referee confirmation of a Starter's call will not be required.
11. Awards
 - A. Individual Event: Ribbons will be awarded to the first six places for Novice, Advanced, Junior Varsity (JV), Varsity and Senior Varsity.
 - B. Relays: Ribbons will be awarded to the top six places for Advanced and Varsity. (Novice and Advanced will make up the Advanced relay. JV and V will make up the Varsity relay.)

GRAL Age Groups (As of June 1st)

Mini-Mites	6 and under
Mites	7 and 8
Midgets	9 and 10
Juniors	11 and 12
Intermediates	13 and 14
Seniors	15 through 18

LEN EVERETT SPORTSMANSHIP AWARD

The Len Everett Sportsmanship Award was established by GRAL to honor the memory of a man who was instrumental in the founding and structuring of the League. Leonard Everett, from Hungary Creek Recreation Association, stood for the highest ideals of fair competition and good sportsmanship. A plaque is awarded every year to one team in each division whose swimmers, coaches, and parents have best exhibited these qualities. The Board Representative from each team submits a first and second choice for this award (voting only for teams within their own division, excluding themselves), to the League President on the morning of Champs registration. The votes are tallied, and awards are announced on the final day of competition at Champs.

Year	Division 1	Division 2	Division 3	Division 4	Division 5
2009	Colonies (West 1)	Pebble Creek (East 1)	Tuckahoe Village West (West 2)	Old Church (East 2)	n/a
2008	Ashland	Pebble Creek	Antioch	n/a	n/a
2007	Colonies	Ashland	Battlefield Green	n/a	n/a
2006	Church Run	Chestnut Oaks	Rockville	Antioch	n/a
2005	Ashcreek and Wellesley	Chestnut Oaks	Tuckahoe Village	Hanover Country Club	n/a
2004	Church Run	Fox Hall	Chestnut Oaks	Rockville	OldChurch
2003	Fox Hall	Ashland	Rockville	Old Church	n/a
2002	Fox Hall	Ashland	Tuckahoe Village West	Dolphin Club	n/a
2001	Colonies	Chestnut Oaks	Tuckahoe Village West & Hermitage	Mechanicsville	n/a
2000	Hungary Creek	Wembly and Wyndham	Chestnut Oaks	Hermitage	Pebble Creek
1999	Raintree and Kings Charter	Ridgetop	Chestnut Oaks	Milestone	n/a
1998	Ridgetop	Ashland	Rockville	Old Church and Chestnut Oaks	n/a
1997	Wembly	Mechanicsville	Ashland and Chestnut Oaks	Old Church	n/a
1996	Wembly and Colonies	n/a	Chestnut Oaks	Short Pump	n/a
1995	Colonies	Chestnut Oaks	Antioch	Ashland	n/a
1994	Antioch	Wembly	Fox Hall	n/a	n/a
1993	Wembly	Rockville	Old Church	n/a	n/a
1992	Ridgetop	Rockville	Church Run	n/a	n/a
1991	Tuckahoe Village	Hanover Country Club	Wellesley	n/a	n/a

1990	Chestnut Oaks	Old Church	Wellesley	n/a	n/a
1989	Chestnut Oaks	Ridgetop	Rockville	n/a	n/a
1988	Ridgetop	Hanover CC	Dolphin Club		n/a
1987	Chestnut Oaks	Rockville	Hermitage	n/a	n/a
1986	Canterbury	Rockville	Old Church	n/a	n/a
1985	Wembly	n/a	n/a	n/a	n/a
1984	Hungary Creek	n/a	n/a	n/a	n/a

2010 Division Line-ups

West 1

Team	Mascot	Club Website	Length, Lanes	# of Swimmers
<u>Canterbury (CRA)</u>	Crocodiles		Meters, 6	
<u>Church Run (CRR)</u>	Rockets		Yards, 6	
<u>Colonies (CSC)</u>			Meters, 6	
<u>Dominion Club (DOM)</u>	Breakers		Yards, 6	
<u>Fox Hall (FH)</u>	Fins		Meters, 6	
<u>Hungary Creek (HCRA)</u>	Marlins		Meters, 6	
<u>Twin Hickory (TH)</u>	Torpedoes		Meters, 6	
<u>Wyndham (WSRC)</u>	Tidal Waves		Meters, 6	

East 1

Team	Mascot	Club Website	Length, Lanes	# of Swimmers
<u>Ash Creek (AC)</u>	Crocs		Meters, 6	
<u>Ashland (ASH)</u>	Barracudas		Meters, 6	
<u>Kings Charter (KC)</u>	Tidal Waves		Meters, 6	
<u>Mechanicsville (MRA)</u>	Marlins		Meters, 5	
<u>Milestone (MS)</u>	Makos		Meters, 5	
<u>Pebble Creek (PC)</u>	Piranhas		Meters, 8	

Division 2

Team	Mascot	Club Website	Length, Lanes	# of Swimmers
<u>Antioch (ANT)</u>	Aces		Meters, 6	
<u>Atlee (ARA)</u>	Alligators		Yards, 6	
<u>Battlefield Green (BG)</u>	Ferocious Frog		Yards, 5	
<u>Chestnut Oaks (CORA)</u>	Stingrays		Meters, 6	
<u>Dolphin Club (DC)</u>	Dolphins		Yards, 6	
<u>Hanover Country Club (HCC)</u>	Sharks		Yards, 6	
<u>Old Church (OC)</u>	Otters		Yards, 5	
<u>Raintree (RSRC)</u>	Rapids		Yards*, 6	
<u>Rockville (RKVL)</u>	Racers		Yards, 6	
<u>Tuckahoe Village (TV)</u>	Typhoons		Yards, 6	
<u>Tuckahoe Village West (TVW)</u>	Tiger Sharks		Meters, 6	
<u>Wellesley (WELL)</u>	Whitecaps		Yards, 6 **	
<u>Wembly (WEM)</u>	Waves		Meters, 6	

* Raintree's pool is a "Yeters" pool. The length of the pool is longer than 25 Yards, but shorter than 25 meters.

** Wellesley's pool does not meet minimum depth requirements. Accordingly, swimmers start each event/leg of a relay in the water.

Weather Policy

All teams are required to follow the GRAL Weather Policy in bad weather situations. The GRAL policy is as follows:

1. At the first sound of thunder or sighting of lightning, the Pool and Deck must be cleared of people and secured. At Chestnut Oaks, everyone must leave the pool area and return to their cars. It is the responsibility of the Meet Director and Pool Management to see that this is accomplished. The Meet Director shall issue instructions for that pool's weather safety procedure. In order to compete in the current season, each club shall file with the Executive Committee by the GRAL May meeting a weather safety procedure for their club.
2. Cancellations /postponements are to be decided the Parent Rep from each team, the Pool Management, and the Meet Director after a minimum 30 minute delay. At the last sighting of lightning or thunder, a 30 minute waiting period is to be enforced before swimmers may re-enter the water.
3. The League encourages teams to wait out the storm and finish the meet. It is easier to wait it out with all officials and workers in place than to schedule another night to come back. Information on storms in the area and the remaining time necessary to complete the meet will be taken into consideration. If a swimmer must leave, notify the coach before doing so.
4. Meets must be rescheduled at the earliest possible date acceptable to all teams. If there are questions, contact a GRAL officer before leaving the pool.
5. In the case of a meet being postponed, it is each team's responsibility to return all meet programs distributed at the beginning of the meet to the Home Clerk of the Course before leaving the meet.
6. Meets must be completed in the scheduled sequence to avoid giving an unfair advantage to any team.

CANCELLATIONS

In the event of practice or other event cancellation due to weather, please call the Chestnut Oaks Pool telephone number: 346-8611. The manager on duty will have the latest information. Do not rely on the website for current information. Meets will never be cancelled prior to their start. Always report to the meet on time and wait for instructions.

GRAL CHAMPIONSHIPS

GRAL Championships are held every year following the end of the swimming season. All 28 teams in our league participate in Championships. It is an exciting and fun event that both you and your child will enjoy. It is especially fun now that we have Champs at the George Mason Aquatic Center where it is comfortable, air conditioned, and is equipped with professional scoreboards.

Once your child has attained a minimum of a JV time in any stroke, he or she has qualified for Champs in that event. You will be notified toward the middle of the season if your child has qualified for Champs which will be held July 31st –August 1st at George Mason University Freedom Aquatic and Fitness Center in Manassas, Virginia. Unlike regular swim season relays, we are allowed only one relay entry per event and at Champs, relays must be mixed sex. In order to fill all the spaces in the relays, some children who may have not qualified during the regular season will be invited to participate.

To help cover entry fees, (which are minimal), each swimmer is asked to sell ads for the Champs Program or Heat Sheet. Chestnut Oaks receives 50% of all proceeds from this fund raiser. Swimmers and their families can design their own, very reasonably priced, quarter-page, half-page or full-page ad in support of an individual swimmer or the team.

Medals will be given to the top **10** places in each event.

Detailed information regarding Champs will be posted in the breezeway prior to the meet. In addition, a meeting for all qualified Champs swimmers will be held sometime after the last regularly scheduled swim meet. Hotel and Motel information will be given out during the season. The prices range from around \$60 to \$120 per night.

For information regarding the George Mason University Freedom Aquatic Center, visit their web site at www.freedom-center.com.

DIRECTIONS TO AWAY MEETS
SUMMER 2010

Week 1: Raintree -Head Southwest on N. Parham Rd. Turn right at Quioccasin Rd. Continue onto Gayton Rd. Turn right at Raintree Drive. Turn right at Raintree Commons Drive.

Week 3: Wembly - Head Southwest on N. Parham Rd. Turn right at Quioccasin Rd. Turn left onto Gaskins Rd. The pool parking lot is on your left.

Week 6: Atlee – Take I-64E to I-95N towards Washington DC. Take exit for Chamberlayne Rd. /US301. Turn left at light (301 North). Turn left at Atlee Station Rd./Va-637N. Turn left at Staple Lane.

Order of Events - Weeks 1, 3, and 5

Event #	Event Name	Event #	Event Name
1	Mixed 8 & Under 100 Freestyle Relay	28	Girls 8 & Under 25 Freestyle
2	Girls 9-10 100 Freestyle	29	Boys 8 & Under 25 Freestyle
3	Boys 9-10 100 Freestyle	30	Girls 13-14 100 Breaststroke
4	Girls 11-12 100 Freestyle	31	Boys 13-14 100 Breaststroke
5	Boys 11-12 100 Freestyle	32	Girls 15-18 100 Breaststroke
6	Girls 8 & Under 50 Freestyle	33	Boys 15-18 100 Breaststroke
7	Boys 8 & Under 50 Freestyle	34	Girls 8 & Under 25 Butterfly
8	Girls 13-14 100 Freestyle	35	Boys 8 & Under 25 Butterfly
9	Boys 13-14 100 Freestyle	36	Girls 9-10 50 Butterfly
10	Girls 15-18 100 Freestyle	37	Boys 9-10 50 Butterfly
11	Boys 15-18 100 Freestyle	38	Girls 11-12 50 Butterfly
12	Girls 8 & Under 25 Backstroke	39	Boys 11-12 50 Butterfly
13	Boys 8 & Under 25 Backstroke	40	Girls 13-14 50 Butterfly
14	Girls 9-10 50 Backstroke	41	Boys 13-14 50 Butterfly
15	Boys 9-10 50 Backstroke	42	Girls 15-18 50 Butterfly
16	Girls 11-12 50 Backstroke	43	Boys 15-18 50 Butterfly
17	Boys 11-12 50 Backstroke	44	Girls 9-10 50 Freestyle
18	Girls 13-14 50 Backstroke	45	Boys 9-10 50 Freestyle
19	Boys 13-14 50 Backstroke	46	Girls 11-12 50 Freestyle
20	Girls 15-18 50 Backstroke	47	Boys 11-12 50 Freestyle
21	Boys 15-18 50 Backstroke	48	Girls 13-14 50 Freestyle
22	Girls 8 & Under 25 Breaststroke	49	Boys 13-14 50 Freestyle
23	Boys 8 & Under 25 Breaststroke	50	Girls 15-18 50 Freestyle
24	Girls 9-10 50 Breaststroke	51	Boys 15-18 50 Freestyle
25	Boys 9-10 50 Breaststroke	52	Mixed 9-10 200 Freestyle Relay
26	Girls 11-12 50 Breaststroke	53	Mixed 11-12 200 Freestyle Relay
27	Boys 11-12 50 Breaststroke	54	Mixed 13-14 200 Freestyle Relay
		55	Mixed 15-18 200 Freestyle Relay

Order of Events Weeks 2, 4, and 6

Event #	Event Name	Event #	Event Name
1	Mixed 8 & Under 100 Medley Relay	28	Girls 8 & Under 25 Freestyle
2	Girls 9-10 100 IM	29	Boys 8 & Under 25 Freestyle
3	Boys 9-10 100 IM	30	Girls 13-14 50 Breaststroke
4	Girls 11-12 100 IM	31	Boys 13-14 50 Breaststroke
5	Boys 11-12 100 IM	32	Girls 15-18 50 Breaststroke
6	Girls 8 & Under 100 IM	33	Boys 15-18 50 Breaststroke
7	Boys 8 & Under 100 IM	34	Girls 8 & Under 25 Butterfly
8	Girls 13-14 100 IM	35	Boys 8 & Under 25 Butterfly
9	Boys 13-14 100 IM	36	Girls 9-10 50 Butterfly
10	Girls 15-18 100 IM	37	Boys 9-10 50 Butterfly
11	Boys 15-18 100 IM	38	Girls 11-12 50 Butterfly
12	Girls 8 & Under 25 Backstroke	39	Boys 11-12 50 Butterfly
13	Boys 8 & Under 25 Backstroke	40	Girls 13-14 100 Butterfly
14	Girls 9-10 50 Backstroke	41	Boys 13-14 100 Butterfly
15	Boys 9-10 50 Backstroke	42	Girls 15-18 100 Butterfly
16	Girls 11-12 50 Backstroke	43	Boys 15-18 100 Butterfly
17	Boys 11-12 50 Backstroke	44	Girls 9-10 50 Freestyle
18	Girls 13-14 100 Backstroke	45	Boys 9-10 50 Freestyle
19	Boys 13-14 100 Backstroke	46	Girls 11-12 50 Freestyle
20	Girls 15-18 100 Backstroke	47	Boys 11-12 50 Freestyle
21	Boys 15-18 100 Backstroke	48	Girls 13-14 50 Freestyle
22	Girls 8 & Under 25 Breaststroke	49	Boys 13-14 50 Freestyle
23	Boys 8 & Under 25 Breaststroke	50	Girls 15-18 50 Freestyle
24	Girls 9-10 50 Breaststroke	51	Boys 15-18 50 Freestyle
25	Boys 9-10 50 Breaststroke	52	Mixed 9-10 200 Medley Relay
26	Girls 11-12 50 Breaststroke	53	Mixed 11-12 200 Medley Relay
27	Boys 11-12 50 Breaststroke	54	Mixed 13-14 200 Medley Relay
		55	Mixed 15-18 200 Medley Relay

TOP TIMES

Name:

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
25 Free						
50 Free						
100 Free						
25 Fly						
50 Fly						
100 Fly						
25 Back						
50 Back						
100 Back						
25 Breast						
50 Breast						
100 Breast						
100 IM						

Name:

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
25 Free						
50 Free						
100 Free						
25 Fly						
50 Fly						
100 Fly						
25 Back						
50 Back						
100 Back						
25 Breast						
50 Breast						
100 Breast						
100 IM						