

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

30 Realty Drive, Cheshire, Connecticut 06410

Telephone (203) 250-1111 / Fax (203) 250-1345

[www.casciac.org](http://www.casciac.org)

**2010 CIAC BOYS SWIMMING AND DIVING CHAMPIONSHIPS**

CIAC Boys Swimming Committee Chair

Thomas Moore, Principal  
Wethersfield High School  
Wethersfield, CT 06109  
School - (860) 571-8200

CIAC Boys Swimming Tournament Director

Bruce Jaffe  
Fairfield Prep. High School  
Fairfield, CT 06824  
School - (203) 254-4200 x 2506  
Home - (203) 335-5860  
Pool - (203) 254-4000 x 3949

Boys Swimming Coaches Chair

Rick Lewis  
Westhill High School  
Stamford, CT 06902

CAAD Consultant - Boys Swimming

Craig Semple, Athletic Director  
Daniel Hand High School  
Madison, CT 06443

**IMPORTANT DATES**

November 30, 2009	First Practice Date
December 16, 2009	Date of First Contest
March 6, 2010	Last Date to Count
March 8, 2010	All entry information due by 4:00 p.m. Diving Proof Sheets faxed to CIAC by 4:00 p.m.

The Boys Swimming and Diving Tournament Information is arranged in twelve (12) sections.

- Alert Page
- National Federation Rule Changes
- 1.0 Divisions
- 2.0 Qualification Standards and Meet Procedures
- 3.0 Awards
- 4.0 Admission Fees and Supervising Personnel
- 5.0 Qualifying Meets – Dates / Times / Locations
- 6.0 Championship Finals – Dates / Times / Locations
- 7.0 Open Championship Meet – Date / Time / Location
  
- Appendix A 2009-10 Tournament Divisions
- Appendix B Entry Procedures
- Appendix C Conversion Factors

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

QUALIFYING OR ENTRY PROCEDURES FOR 2009-10

**SWIMMING ALERT**

1. Coaches should submit four (4) swimmers with times for each event including times that do not make the automatic qualifying times. Swimmers will be added after the automatic qualifiers until the 36<sup>th</sup> time is reached. The top 36 times in each swimming event will qualify to swim at trials including any ties for 36<sup>th</sup> place.  
  
Coaches may submit swimmers in a maximum of two individual events. Any swimmer entered in an individual event that does not make the top 36 seeding will be allowed to swim in up to three relay events. A coach may enter one relay team for each relay event.
2. **THE CIAC REQUIRES ALL COACHES TO USE THE ELECTRONIC ENTRY FORM VIA THE PASSWORD-PROTECTED ONLINE ELIGIBILITY CENTER. YOUR PRINCIPAL HAS THE ENTRY CODE. SWIMMING AND DIVING ENTRIES MUST BE DONE ELECTRONICALLY. SWIMMING AND DIVING ENTRIES, DIVING FORMS AND THE OFFICIAL SWIMMING ENTRY FORM VERIFYING MEDICAL AND ACADEMIC ELIGIBILITY MUST BE DONE ELECTRONICALLY. ALL ENTRY INFORMATION MUST BE RECEIVED BY 4:00 P.M., MONDAY, MARCH 8, 2010.**
3. At the divisional championships, there will be three (3) heats of eight (8) swimmers in the finals. Swimmers will be “locked” in their heats for the divisional finals.
4. The diving forms / score sheet must be completed electronically via the password-protected online eligibility center. The diving forms must be signed by both the diver (full name) and the coach at the time of the meet. In the divisional and Open championships, the six optional dives must have a total DD of 11.0. *The diving proof sheet must be faxed to CIAC by 4:00 p.m. on Monday, March 8, 2010. The CIAC fax number is (203) 250-1345.*
5. A coach or authorized individual must be present for the diving trials or the diver may not participate.
6. **AT ALL DIVISIONAL MEETS AND THE OPEN MEET, SWIMMERS, WHO ARE NOT PARTICIPANTS, ARE EXPECTED TO PAY AN ADMISSION FEE IN ORDER TO BE A SPECTATOR.**
7. The championships are considered one (1) meet from the trials through the Open Meet. A declared false start may be taken at the trials AND THE FINALS.
8. Schools may enter relays with a seed time but without swimmers’ names. Relay cards, listing the full names of the four swimmers designated to swim in the relay must be turned into the meet director, at the designated time, prior to the event.
9. **IN CASE OF INCLEMENT WEATHER – TO FIND OUT WHETHER THE EVENT HAS BEEN POSTPONED – CHECK OUR WEB SITE ADDRESS: [www.casciac.org](http://www.casciac.org)**
10. Participation in “outside” Meets – Swimmers of member schools may participate, as “unattached” individuals (not representing the school or on an outside team), in a maximum of four (4) “outside” meets per season (AAU, U.S., Boys & Girls Clubs, YMCA, etc.), choice of such outside meets to be made by swimmers with the approval of the swimmers school administration. Present weekly swimming limitations will be maintained (two meets per week, one of which may be one of the four allowable “outside” meets).
11. **Selection of Officials: Coaches may recommend officials for both the swimming championships and the diving championships. Coaches may recommend up to ten (10) officials for the swimming championships and five (5) officials for the diving championships, and each coach may list two (2) officials for the swimming championships and two (2) for the diving championships that they do not recommend to work those events. Those names may be filed on the CIAC Eligibility Center from February 12-26, 2010. Those recommendations along with recommendations from the various swimming boards will be utilized in the assignment of officials for the championships.**

## 2009-10 NATIONAL FEDERATION SWIMMING RULE CHANGES

- 2-7-9 It is no longer required, but is recommended the meet score be posted and/or announced throughout the meet.
- 3-3-1 Requires the wearing of a one piece competitive suit.
- 4-1-5 Allows swimming and diving officials to dress uniformly in attire, other than all white, as approved by the state association.
- 4-3-1b New  
NOTE Prohibits the use of a pistol capable of discharging live ammunition for use as the sounding device.
- 8-1-2 Permits the competitor to place his/her feet on the end wall, out of the water at the backstroke start, as long as the feet, including the toes, are not above or curling over the lip of the gutter or pool edge.
- 8-1-7 Clarifies how a swimmer legally finishes a race when a touch pad has been dislodged and moved out of its proper position on the end wall.
- 8-3-5 New  
NOTE 2 Defines a legal start for the second, third and fourth swimmers of a relay team when an in-water start is used.
- 8-3 New 8 Establishes the requirements for the first leg of a relay to be recorded as an official time for an individual event.

### Swimming & Diving Rule Change – 8/11/09

- 3-3-2 NEW Suits worn by swimmers shall be limited to the following requirements:
- a. Only one swimsuit shall be permitted in competition. (A swimmer with special needs may request customization through his/her school to the state association.)
  - b. The swimsuit shall be:
    - 1) Constructed of a woven/knit textile material;
    - 2) Permeable (100 percent to air and water);
    - 3) Made so as not to aid in buoyancy and shall not be altered to aid in buoyancy;
    - 4) Made with no zippers or other fastening system other than a waist tie for a brief or jammer and elastic material within the casing/ribbing in the terminal ends (straps, leg openings, and waist openings); and
    - 5) Constructed so that the style/shape of the suit for males shall not extend above the waist nor below the top of the kneecap and for females shall not extend beyond the shoulders nor below the top of the kneecap, nor cover the neck.
- Penalty (For ART.2): When an official discovers a competitor wearing an illegal swimsuit by the wearing of two suits or a suit which is of an illegal construction, the official shall:
- 1) When reporting prior to the start of the heat, notify the competitor to make legal the swimsuit before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat, the competitor is disqualified from that event and shall not be eligible for further competition until in a legal swimsuit;
  - 2) When the competitor has stepped up on the starting platform but prior to the starting device being activated, direct the competitor to “Step down,” disqualify the competitor from that event and he/she shall not be eligible for further competition until in a legal swimsuit;
  - 3) When the starting device has been activated, disqualify the competitor at the completion of the heat; nullify the competitor’s performance time and he/she shall not be eligible for further competition until in a legal swimsuit.

Rationale: Technical swimsuits were introduced to the world of swimming approximately two years ago. The advanced technology fundamentally altered the sport, and swim wear became more of a piece of equipment as opposed to a uniform. The rules of swimming have always prohibited the wearing or use of an item that would aid in the swimmer's speed or buoyancy. The technical suit have evolved with little or no regard for these basic rules. In order to preserve the integrity, tradition and heritage of the sport, as well as protect and enhance the interscholastic swimming program, the new requirements and restrictions on swim wear are necessary to promote the educational values of high school athletics by promoting fair play. The immediate implementation date will guarantee fairness in competition throughout the high school swimming seasons and allow the meet officials to fairly and consistently enforce the rule.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

2009-10 BOYS SWIMMING AND DIVING CHAMPIONSHIPS

1.0 **DIVISIONS**

The 2010 Boys Swimming and Diving Championships will be operated in four divisions. Placement of schools has been based on the boy enrollment in grades 9, 10, 11 and 12 as shown in 2008-2009 membership. Only institutional members of the Conference may enter these championships.

LL Division - 851 and Over	M Division - 481 - 685
L Division - 686 - 850	S Division - Up to 480

2.0 **QUALIFICATION STANDARDS**

A. In order to qualify individuals must be members of a team which has had a minimum of four (4) dual meets with CIAC member schools and in addition must meet the minimum standards. Individuals may compete in two (2) individual events and two (2) relays or in one (1) individual event and three (3) relays.

Qualifying standards for swimming and diving must be met in a CIAC or National Federation sanctioned meet.

B. Coaches may submit four (4) swimmers with times for each event including times that do not make the automatic qualifying times. Swimmers will be added after the automatic qualifiers until the 36<sup>th</sup> time is reached. The top 36 times in each swimming event will qualify to swim at trials including any ties for 36<sup>th</sup> place.

Coaches may submit swimmers in a maximum of two individual events. Any swimmer entered in an individual event that does not make the top 36 seeding will be allowed to swim in up to three relay events. A coach may enter one relay team for each relay event.

2010 Championships – Automatic Qualification Times – All Divisions \*

	S	M	L	LL
200 Yd. Medley Relay	**	**	**	**
200 Yd. Freestyle	2:00.67	1:55.59	1:59.82	1:56.20
200 Yd. Ind. Medley	2:17.88	2:13.65	2:13.21	2:11.38
50 Yd. Freestyle	24.99	23.60	23.95	24.43
Diving (dual meets)	8.8 DD & 150 points or 240 points on 11.0 DD			
100 Yd. Butterfly	1:03.79	58.71	58.43	1:02.84
100 Yd. Freestyle	55.62	52.54	52.47	53.08
500 Yd. Freestyle	5:38.46	5:18.10	5:15.51	5:19.74
200 Yd. Freestyle Relay	**	**	**	**
100 Yd. Backstroke	1:06.32	59.87	1:00.94	1:02.03
100 Yd. Breaststroke	1:14.37	1:07.91	1:08.97	1:08.53
400 Yd. Freestyle Relay	**	**	**	**

\* Automatic qualification times were derived by taking the average of the 20<sup>th</sup> place time in each divisional trial, returning swimmers after divisions are adjusted.

\*\* Indicates that each team is allowed one entry in the 200 Medley Relay, 200 Freestyle Relay and 400 Freestyle Relay without regard to a qualifying time.

\*\*\* The DD (degree of difficulty) stated above in the qualifying standards must be the total degree of difficulty for the five (5) optional dives done in a dual meet, that is in a six (6) dive program. The degree of difficulty of the voluntary dive is not to be counted. The required point total and the required DD must be done in the same meet.

## 2010 Boys Swimming and Diving Championships - 2

Divers MUST prove that they have performed the combined DD and required points before they will be allowed to enter the championship trials.

*Proof of having met the requirements for entry into divisional competition must be submitted via fax by 4:00 p.m., Monday, March 8, 2010. The CIAC fax number is (203) 250-1345.*

- C. An individual or team may not compete in the championships unless accompanied by the coach or an authorized adult as noted on the principal's written authorization. (**This must be presented to the meet director upon arrival.**) If someone other than the coach accompanies the individual or team, he/she must indicate this to the meet director upon arrival at the site. This rule applies to the diving trials as well as the swimming trials.
- D. For both Class and Open meets, the total degree of difficulty for the six (6) optional dives on the 11 dive championship diving score sheet MUST meet the following requirements: LL -11.0; L - 11.0; M - 11.0; S - 11.0.
- E. The best twenty-four (24) performances in each event, at the trials, will qualify for Divisional Championships. Only the top four places in the first (slowest) heat will score. In divisional championship all heats are locked.
- F. The best twenty-four (24) swimming performances in each event from all the Divisional Championships combined will qualify for the Open Championship Meet. Any of the twenty-four (24) finalists can advance either by "scratches" or "better time" in the finals. The top twenty performances will score.
- G. FOR DIVING (STATE OPEN) THE TWENTY-FOUR (24) TOP SCORERS PLUS ANY DIVERS IN THE TOP THREE (3) OF EACH DIVISIONAL CHAMPIONSHIP MEET, NOT ALREADY INCLUDED IN THE TOP TWENTY-FOUR (24), WILL BE INVITED.
- H. A 25-minute break is scheduled between events #4 and #6 at the qualifying meets. A ten-minute break will occur between events #8 and #9.
- I. All meets shall be governed by the 2009-10 National Federation Swimming and Diving Rules.
- J. CIAC Interpretation of National Federation Rule on Championship and Consolation Heats: Open Meet -- "A finalist may advance."  
  
Declared false start: the championships are one (1) meet from the trials through the Open meet. A declared false start may be taken during the trials and finals. A competitor does not gain further eligibility once he has participated at any level of competition, cf rule 3-2-1. A competitor who declares a false start is considered to have participated in the event.
- K. Swimming warm-up will consist of both circle swimming and one-way sprints. There will be absolutely no diving into lanes designated for circle swimming.
- L. The decision of the Boys Swimming Committee relative to the operation of the Championships shall be final.

### 3.0 AWARDS

- A. Divisional Championship Meets -- Medals awarded for first SIX (6) places.
- B. Open Meet -- Medals awarded for first SIX (6) places.
- D. Team Award -- CIAC plaques will be given to each divisional and open team champion and runner-up.

#### 4.0 ADMISSION FEES FOR QUALIFYING, CLASS AND OPEN CHAMPIONSHIP MEETS

Children five (5) and under – Free; Senior Citizens (age 65 and older) – \$5.00;  
Students (grades 1-12) – \$5.00; Adults (All others not in the above categories) – \$8.00

Pre-sale tickets will be available for events which require advanced sales for proper management of the event. All pre-sale tickets will be sold at the above prices. There will be no discounting of pre-sale tickets.

**Supervision:** Team coaches (limit of two), athletic director, administrative personnel assigned to supervisory responsibilities and CIAC swimming officials with current membership card will be allowed free admission.

#### 5.0 QUALIFYING MEETS

**ALL FOUR DIVISIONS WILL HOLD THEIR DIVING TRIALS AND FINALS ON WEDNESDAY, MARCH 10, 2010 OR THURSDAY, MARCH 11, 2010. CLASS S AND CLASS M WILL HOLD THEIR COMPETITION ON MARCH 10. CLASS L AND CLASS LL WILL HOLD THEIR COMPETITION ON MARCH 11. CLASS LL AND S WILL BE HELD AT THE LOCATION OF THE DIVISIONAL SWIMMING TRIALS, CLASS L WILL BE AT BULKELEY HIGH SCHOOL AND CLASS M WILL BE HELD AT EAST LYME HIGH SCHOOL. THE WARM-UP WILL COMMENCE AT 3:30 P.M. AND THE COMPETITION WILL BEGIN AT 5:30 P.M. IF THERE IS A CANCELLATION OF THE DIVING BECAUSE OF INCLEMENT WEATHER ON EITHER MARCH 10 OR MARCH 11, 2010, DEPENDING ON THE DIVISION, THE COMPETITION WILL BE MOVED TO THE NEXT DAY.**

**IF THE SWIMMING TRIALS ARE CANCELLED BECAUSE OF INCLEMENT WEATHER ON SATURDAY, MARCH 13, THE SWIMMING TRIALS WILL BE HELD ON SUNDAY, MARCH 14, 2010.**

LL -- March 13 -- Hamden High School, Hamden -- Swimming 3:30 p.m.  
Meet Director - Nate Hill, Hamden High School, Hamden 06514  
School: (203) 407-2040, Home: (203) 248-3232 Pool: (203) 407-2040 X 3005  
E-mail address is: [nhille210@sbcglobal.net](mailto:nhille210@sbcglobal.net)

L -- March 13 -- Yale University, New Haven -- Swimming 3:30 p.m.  
Meet Director - John Smachetti, Conard High School, W. Hartford  
Home: (860) 582-7272 Cell: (860) 712-8824  
E-mail address is: [smachetti@sbcglobal.net](mailto:smachetti@sbcglobal.net)

M -- March 13 -- East Hartford High School, East Hartford -- Swimming 3:30 p.m.  
Meet Director - Jack Stabach, East Lyme High School 06333  
School: (860) 691-4681 Home (860) 443-8368  
E-mail address is: [jack.stabach@eastlymeschools.org](mailto:jack.stabach@eastlymeschools.org)

S -- March 13 -- Plainville High School, Plainville -- Swimming 3:30 p.m.  
Meet Director - Randy Doucette, Plainville High School  
School: (860) 793-3220, Home: (860) 675-3554 Pool: (860) 793-3220 X 523  
E-mail address is: [prdoucette@snet.net](mailto:prdoucette@snet.net)

All Divisions -- The warm-up for Swimming Trials will begin at 1:30 p.m.. THE DOORS TO THE POOLS WILL NOT OPEN BEFORE THAT TIME.

## 2010 Boys Swimming and Diving Championships - 4

### 6.0 CHAMPIONSHIP FINALS

- M - March 16 -- Wesleyan University - Freeman Center , Middletown  
Meet Director - Jack Stabach  
Warm-up 2:15 p.m. / Finals - 3:00 p.m.
- S - March 16 -- Wesleyan University - Freeman Center, Middletown  
Meet Director - Randy Doucette  
Warm-up 6:15 p.m. / Finals - 7:00 p.m.
- LL - March 17 -- Wesleyan University - Freeman Center, Middletown  
Meet Director - Nate Hill  
Warm-up 2:15 p.m. / Finals - 3:00 p.m.
- L- March 17 -- Wesleyan University - Freeman Center, Middletown  
Meet Director -  
Warm-up 6:15 p.m. / Finals - 7:00 p.m.

### 7.0 OPEN CHAMPIONSHIP MEET

March 20 -- Yale University - Kiputh Pool  
Meet Director - Bruce Jaffe, Fairfield Prep, Fairfield 06824  
School (203) 254-4200 ext. 2506 -- Home (203) 335-5860 --  
Pool: (203) 254-4000 ext. 3949

Swimming Warm-up 12:30 p.m. / Finals - 2:30 p.m.  
E-mail address is: [bjaffe@mail.fairfield.edu](mailto:bjaffe@mail.fairfield.edu)

**DIVING COMPETITION FOR THE OPEN WILL BE HELD AT YALE ON THURSDAY, MARCH 18, 2010. THE WARM-UP WILL BE HELD AT 4:00 p.m. AND COMPETITION WILL BEGIN AT 6:00 p.m. AT THE OPEN MEET ON SATURDAY, MARCH 20, 2010, THE TOP 6 DIVERS WILL DO THREE EXHIBITION DIVES.**

**THE DIVING WARM-UP FOR THE EXHIBITION DIVING AT THE OPEN WILL BEGIN AFTER THE COMPLETION OF THE 50 FREESTYLE.**

NOTE: Questions on swimming or diving rules should be referred to the CIAC Rules Interpreter -- Mr. George Ford (203) 374-1593.

APPENDIX A

2009-10 BOYS SWIMMING TOURNAMENT DIVISIONS

LL -- 851 and Over (20)

Bristol Eastern / Bristol Central **	1042
Danbury	1363
East Hartford	982
Fairfield Prep.	917
Fairfield Ludlowe / Warde **	896
Glastonbury	1049
Greenwich	1422
Hamden	1094
Manchester	1008
Meriden - Platt/Maloney **	899
Middletown - Xavier	890
North Haven / North Branford **	893
Norwalk / Brien McMahon **	1582
Norwich Free Academy	1203
Ridgefield	903
Southington	1042
Stamford - Westhill / Stamford**	1355
Trumbull	988
Westport - Staples	896
Windham / RHAM **	1000

L Division-- 686 - 850 (21)

Cheshire	850
Fermi/Enfield/Somers **	803
Farmington	686
Hartford - Bulkeley	751
Hartford Public	775
Ledyard / Stonington **	686
Monroe - Masuk	701
Naugatuck	714
New Milford	775
Newington	770
Newtown	847
Shelton	848
Simsbury	832
Southbury - Pomperaug	718
Storrs - E.O. Smith/Tolland **	718
Stratford - Bunnell/Stratford **	753
West Hartford - Conard	707
West Hartford - Wm. Hall	794
West Haven	821
Windsor	742
Woodbridge - Amity Reg.	841

Teams Less Than Four Members \*

Canton	281
Cromwell	281
East Granby	121
Guilford	541
Madison - Daniel Hand	630
Manchester - East Catholic	374
South Windsor	847
Waterbury - Crosby	682
Windsor Locks	308

M Division --- 481 - 685 (21)

Avon	543
Berlin	518
Bethel	487
Branford	571
Brookfield	517
Darien	622
East Lyme	611
Groton - Fitch	676
Middletown	669
New Canaan	617
New Fairfield	513
New London	481
Joel Barlow/Immaculate **	505
Torrington	636
Wallingford - Lyman Hall	559
Wallingford - Sheehan	493
Waterbury - Kennedy	623
Watertown	494
West Haven - Notre Dame	679
Wethersfield	633
Wilton	659

S -- Up to 480 (23)

Beacon Falls - Woodland Reg.	414
Burlington - Lewis Mills	425
Falls Village - Housatonic Valley	276
Granby Memorial	396
Hartford - Classical/University **	213
Higganum - Haddam-Killingworth	373
Litchfield	201
Litchfield - Wamogo Reg.	179
Milford - Foran	473
Plainville	448
Rocky Hill	392
Seymour	385
Suffield	402
Uncasville - St. Bernard	185
Washington- Shepaug Valley	175
Waterbury - Sacred Heart	230
Waterbury - Holy Cross	406
Waterford	474
West Hartford - N.W. Cath.	301
Weston	379
Winsted - Gilbert	196
Winsted - N.W. Reg.	367
Woodbury - Nonnewaug	390

\*\* Cooperative Teams

\* Will compete in their respective division

Divisions are divided equally. Co-op teams are calculated according to CIAC formula.

## APPENDIX B

### CIAC BOYS SWIMMING CHAMPIONSHIPS

#### **Entry Procedure**

- A. **Entry Fee:** \$75.00 PER TEAM, PLUS \$7.00 per individual per event with a maximum of \$250.  
If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the “Generate Tournament Invoice” link under the boys swimming options in the password-protected online eligibility center.
- B. Entry forms and diving score sheets must be submitted via the password-protected online eligibility center NOT LATER THAN MONDAY, MARCH 8, 2010, 4:00 P.M.
- C. **LATE ENTRIES WILL NOT BE ACCEPTED.**

#### **Entry Form Instructions**

All names on the entry form must comply with the rules and regulations of the CIAC.

ALL DIVING ENTRIES WILL BE DONE ELECTRONICALLY via the password-protected online eligibility center. The diving information must be put on the diving score sheet. The diving form must be at CIAC headquarters by 4:00 p.m. on Monday, March 8, 2010. Confer with Rule 9-4-1 for order of dives and DD requirement. Entry forms for diving must be faxed to the CIAC (203) 250-1345) by Monday, March 8, 2010.

APPENDIX C

**25 YARD-METER AND 25 METER-YARD CONVERSION FACTORS**

MEN

	<u>Yard-Meter</u>	<u>Meter-Yard</u>
200 Medley Relay	1.115	0.8969
200 Freestyle	1.108	0.9025
200 Ind. Medley	1.111	0.9001
50 Freestyle	1.119	0.8937
100 Butterfly	1.114	0.8977
100 Freestyle	1.111	0.9001
500 Yd/400 M Freestyle	0.8780	1.1391
500 Yd/500M Freestyle	1.100	0.9091
200 Free Relay	1.116	0.8961
100 Backstroke	1.111	0.9001
100 Breaststroke	1.110	0.9009
400 Freestyle Relay	1.114	0.8977

WOMEN

200 Medley Relay	1.116	0.8961
200 Freestyle	1.108	0.9025
200 Ind. Medley	1.110	0.9009
50 Freestyle	1.115	0.8969
100 Butterfly	1.111	0.9001
100 Freestyle	1.112	0.8993
500 Yd/400 M Freestyle	0.877	1.1406
500 Yd/500 M Freestyle	1.100	0.9091
200 Free Relay	1.117	0.8953
100 Backstroke	1.111	0.9001
100 Breaststroke	1.112	0.8993
400 Freestyle Relay	1.114	0.8977