



Oregon Swimming News

*Oregon Swimming is organized for the purpose of fostering swimming competition for the benefit of swimmers of all ages and abilities, in accordance with the standards and rules prescribed by USA Swimming.
Visit our web site: www.oregonswimming.org*

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Oregon Swimming newsletter is an open forum. Oregon Swimming encourages contributions to the newsletter. All content of these letters reflect the views and opinions of the author and may not reflect those of Oregon Swimming

JEFF GUDMAN AT LARGE BOARD MEMBER OREGON SWIMMING

Last month, I had the pleasure of attending the 3rd annual USA Swimming Golden Goggles awards event. It was, needless to say, a wonderful event with recognition to swimmers and coaches for outstanding performance during the last year. Awards were given in each of the following categories – Breakout Performer of the Year, Perseverance Awards, Coach of the Year, Relay Performance of the Year, Female Race of the Year, Male Race of the Year, Female Athlete of the Year and Male Athlete of the Year. Each of the nominees achieved outstanding and great results during the last year. One of the wonderful parts of the event was a theme that regardless of your ability, each person in the sport can achieve greatness. What matters is hard work in a positive supporting environment where athletes, coaches, parents and volunteers come together to help each person achieve all they can.

Swimming is a wonderful sport. Whether you are a novice swimmer, coach or a parent new to the sport of swimming, a swimmer or a coach who has achieved much through the years or somewhere in between there are always ways to improve. After having the pleasure of being a part of swimming for many years as a competitor and a volunteer, there are a few things that have consistently appeared in those athletes, coaches and volunteers who have achieved all they can. It seems to me that all the results point overwhelmingly in favor of deliberate practice as the source of great and

improving performance. What is involved with deliberate practice? Can every swimmer, coach or volunteer apply these ideas? Without question, yes they can.

First, approach each critical task with an explicit goal of getting better at it. Whether it is swimming each lap with less resistance, learning more about the dynamics of swimming or focusing on a particular aspect of volunteering if you approach the task with a conscious effort of getting better at it each time you do it, then you are a long way towards the goal of getting better.

Second, as you do the task. Focus on what's happening and why you are doing it the way you are. We are all familiar with the phrase, perfect practice makes for perfect results. The only way that perfect practice can happen is if you focus each time you do the particular task.

Third, after the task, get feedback on your performance from multiple sources. For a swimmer, the final voice must always be the coach, but each swimmer can also talk to their fellow swimmers as to what they think about how they are doing.

Fourth, each of us can and should continually form mental models of different situations. You do not have to actually be swimming, coaching or volunteering to do this. You can think about what you did at a recent meet or what you are going to do at an upcoming meet.

Fifth, do the above four steps regularly. Doing these steps once and a while will help, but getting in the habit or practice of doing these steps regularly will

surely put you on the path of continuous improvement and possibly even greatness.

A recent issue of a business magazine had a short article about one of the great kickers in the National Football League. Two of the things he talked about leaped off the page. First, was love your coach. No matter how good you are, you still need someone on the outside looking in to see what you may be missing. Second, was how do you respond when you make a mistake. Everyone does, and by staying even keeled, not getting too high on the good times or too low on the bad is what keep you going.

See you at the next meet.

COMMENTS FROM THE CHAIR ***MARK RIENIETS***

As we approach the half way mark of the short course season, (and the end of the calendar year), it is a good time to look back and see what we have learned, before we re-adjust our goals and move forward.

Once again this year we had an incident at a swim meet where a parent noticed a man observing the athletes, and noticed he did not seem to be with any particular athlete. When the parent approached the man she asked him what events his child was swimming. He responded that he did not know as his wife looked after the entries and he was not sure which events she would be in. He was then asked for his daughters name so the parent could find it in the heat sheet. The name he mentioned could not be found in the heat sheet, so the parent asked which club he was with. At this point the man seemed to become agitated and quickly gave a response of he was not sure that his daughter would be at this meet, and disappeared into the crowd on the deck.

The parent thought about the incident later, and subsequently notified OSI a number of weeks after the meet. I have included this incident in my report so we can all take a checkpoint and be reminded that was need to be vigilant and protective of all our young athletes. The parent concerned did everything right about requesting innocent and readily available information if the person was a genuine parent or interested spectator. The one step she omitted was to immediately notify the Meet Referee once her questions were not answered satisfactorily. The man may have genuinely been confused about the pool his daughters meet was being held at, but by involving the Meet Referee the incident and the individual can be investigated on the spot and either found to be innocent or ensure corrective action is taken to prevent any harm to our youth.

When concerned parents have approached me over the years, I have always found the people who the other parents were concerned about to be genuine and innocent of any wrong doing. But more importantly I have also found them thankful that someone in the crowd was concerned enough about the well being of all the children in the facility to actually take some action and involve the meet referee to “just make sure”.

On another topic, I'd like to acknowledge the unsung heroes at our swim meets around the state. By the time you have finished reading that sentence, I'm guessing a name or a word or a position would have popped into your head. You have probably already guessed that I am going to mention the coaches, or the officials or the athletes or the parents. If I have mentioned whom you thought of, you are right, but it is not the one I am talking about here. The unsung hero this month is the Head Timer. This is the person who starts two watches at the start of every race, and then looks across their team of dedicated parents to see who has their hand in the air because their watch did not start correctly. This job is also critical because the Referee is relying on the Head Timer to let them know who needs relief, hustle the other timers along if they need to change ends for a 25 yard (or meter) race, and be a coach and guardian of the timers so that the swimmers times will still be valid if the electronic equipment has any of its “hic-ups”. (Water and electronics are not always the best of friends!).

If you have never been a Head Timer, I would strongly encourage you to give it a try, you may find you enjoy the job more than the other jobs at the swim meet you have already tried (including the ones you always wanted to try and never have). Just so you know the exact duties of the Head Timer, I will include a brief list here so you can take it on the deck with you next time and be an instant expert on this prestigious job:

- Ensure there is a timer in every timer's chair before the start of every heat
- Ensure every timer has a stop watch
- Check every lane has a clipboard and a pen/pencil to write the times
- Watch the strobe at the start and start your watches when the race is started
- Check to see if any timers need a replacement watch once the race has started
- As the swimmers approach the wall (5 – 10 yards away) ensure timers are standing at the edge of the pool so they can look down at the finish and clearly see when the swimmer touches the wall without rushing.

- Ensure the timers have the “Black buttons” (to confirm the pad touch) in their hands and are pressing the button at the end of the race.
- As the timers rotate, brief new timers on being at the edge of the pool and pressing the buttons as well as stopping the watches.
- And one last one which is often overlooked: If the timers notice that the swimmer did not touch the pad when they finished, make a note of it on the timers sheet! This is invaluable information when the electronic timers are looking at the times and cannot work out why the pad was touched 2 – 3 seconds after the watch and button times show the swimmer finished. It makes the method of determining the official time a lot easier knowing the swimmer missed the pad and touched the wall instead.

That is some of what I have learned from this year. The second part of this article was to look at adjusting the goals for next year – but that may have to wait until ..er...next year.

Yours in swimming, Mark

2006 OSI AWARD CEREMONY

All athletes achieving a 2005/2006 short course (25 yards) and long course (50 meter) TOP 5 times from September 2005 thru August 2006 were recognized at the Award Ceremony in Corvallis.

All athletes who achieved Oregon Swimming records, USA Swimming Top 16 consideration times, attending National Championships and Olympic Trial, earned Scholastic All America Team member were recognized.

More slide shows were added this year. Thank you to Jeanine Serrano for putting them together.

The Award Ceremony committee chaired by Cheslah Barkdoll did a great job organizing this event.

This year the Oregon Swimming Female Athlete of the year award recipient was Hannah Points from TTSC, Male athlete of the year was Logan Storie from CAT, Age Group coach of the year was Ben Swinehart from THSC and Senior Coach of the year was Andy Carlisle from TTSC.

A media award for support to Oregon competitive swimming was given to the Hillsboro Argus and the Albany Democrat Herald.

James J Richardson Award: DawnMarie

Woodward, WSC and OSI Meet Director.
Phillips 66 Award: Rick Guenther, OSI General Administrative Chair. Jon Arlin Adapted Swimming Award to Mark Maxwell , Coach.
Dick Parker Officials Award, Michael O’Neil, Area Officials Chair and Referee.

Oregon Swimming Newsletters

Twenty-seven years ago, Oregon Swimming published its first newsletter.

Over the years the publication has gone through a couple of changes, and after this month, it will go through it's third incarnation. Oregon Swimming will only be publishing the newsletter directly to the website and hard copies will no longer be mailed. OSI members will have the ability to add themselves to a mailing list which will be used to notify subscribers that the newsletter is available for download. We will be posting information about how to subscribe in the near future. The list of emails will only be used for sending newsletter subscriptions.

OREGON SWIMMING RECORDS

The record breaking season has begun.

Swimming at the PAC Fall Invitational, the relay team of Daniel Chen, Nick Bode, Luke Marshall and Alex Lyons swam 1:41.50 to better the boys 11-12 200 free record. THSC set the previous record in 2004 at 1:42.11. The team swam 1:52.56 in the 200 Medley relay, bettering the old record by over 3 seconds. The old record was 1:55.61 set in 2002 by THSC . At the Chehalem Harvest Open in October, the boys broke the 11-12 400 Medley Relay with a time of 4:14.95, breaking the 2002 record of 4:15.54 held by THSC. At the PAC Fall Invitational,

Great job swimmers.

Scholastic All American

Congratulations to Oregon Swimming athletes making the list:

Maggie Alexander (TTSC), Kate Alexander (TTSC) Sydney Boyce (CAT), Jodie Ellis (HEAT), Alex Farrar (THSC), Cortnee Hansen (AAA), Victoria Hartman (THSC), Brittney Iverson (CAT), Rachel Lee (CAT), Leslie Mailene (CAT), Jackie Leung (MHST), Judith McCulley (THSC), Devon O’Leary (LOSC), Kelsey Pinson (THSC), Hannah Points (TTSC), Morgan Scroggy (THSC), Chloe Thulstrup (ECSC), Caroline Wells (CAT), Steve Allnut (FGSC), Cody Deacon (THSC), Michael Mpitsos (NST), Daniel Nyaradi (BEND), Gary Roberson (HEAT), Trahern (CAT), Wells Erik Widestrom (MHST).

OCTOBER NOTICES

2007 Swim Guide will be available soon at JD Pence or in the Oregon Swimming Office for \$10.00 each.

The next OSI Board of Directors Meeting will be held Wednesday February 7th, 2007, 7:00PM in the Multnomah Athletic Club. An officials meeting will start at 6:00PM.

Club Leadership and Business Management School. The next CLBMS is scheduled for April 21, 2007 at Willamette University in Salem. Sue Anderson from USA Swimming will be hosting. Mark this date on your calendar. Details will be posted on the website as soon as they are available.

2007 Membership. Membership fees for 2007 will be raised with \$1.00. Athlete fee: \$48.00, Officials \$53.00, Coaches \$73.00. All forms are available on the OSI website.

Athlete Membership Requirements. According to Oregon Swimming Standing Rules the Membership Requirements are: All athletes competing in an OSI sanctioned or approved competition are to be athlete members in good standing of USA Swimming or FINA affiliated organization.

Athletes competing in OSI Championships must be USA Swimming athlete members registered in OSI.

Registration forms and fees must arrive in the OSI office prior to an athlete's participation in an OSI Sanctioned or Approved meet.

Athletes competing in Sectional Championships, Western Zone Championships, or any USA Swimming Championship level competition shall be full year athlete members. (i.e., not Seasonal)

Enforcement - The person signing the entry form will be required to verify that all athletes entered are members (in the appropriate category) of USA Swimming.

Penalties - per Article 302.4, USA Swimming Rules and Regulations, OSI may impose a fine of up to \$100.00 per event against the person signing the entry form.

AGE GROUP REPORT LISSA PARKER

I hope everyone had a good break, and are ready to dive into short course season! I found it exciting and inspiring to watch the Pan Pacific Championships on television this summer, and see how many USA swimmers achieved new world records!

In attending the annual USA Swimming Convention in Detroit last month there were several areas of focus and emphasis. One that we can all relate to was

retention of our older athletes- finding ways to support those swimmers that want to stay in the sport and still find time to balance school and work. The other was to look at the long- term goals for our younger athletes- focus on all strokes and the IMX challenge events, more distance swimming (which can lead to open water events) and more emphasis on Long Course meters leading up to the next Olympics- starting as early as January for LC meters.

For rural teams another avenue for competition is to encourage more postal meets and meets that can be done with another club then compiled on paper. The Virtual Club Championship event tracked by USAS does this and compares your team with others around the country.

Another wonderful tool now available from USA Swimming is the Parenting CD, which also has many sections for parents, clubs and coaches with resource materials that can be printed and used – tailored – to your club needs.

At the OSI Convention hosted in beautiful Bend this month, decisions were made to have the 11 & Over LC State meet managed by a full four- day format. The emphasis here was for an all team experience, and reduce costs by holding one meet instead of splitting it into two (i.e. 11-14 and a senior meet). A task force subcommittee will be looking at the options of rearranging the events and start times to make it as much of a win- win experience for everyone involved. Both Oregon Swimming Allstars meets this year will be held in Canada, so athletes will need to obtain passports if interested in attending. Costs are lower before January 2007 so you are encouraged to start this process ASAP.

Lastly coach Vickie Gordon, Vancouver Swim Club head coach, will be taking over in January 2007 as your next Age Group Chair. Vickie has had many years of experience in Oregon Swimming and we are looking forward to her expertise!

See you on deck, Lissa

OREGON SWIMMING INC Board of Directors Regular Meeting Wednesday, November 1, 2006 Hilton Hotel, Eugene, OR

The meeting of the Board of Directors of Oregon Swimming, Inc. was called to order at 7:00 p.m. by General Chair, Mark Rieniets.

Present were: Jacki Allender, Cheslah Barkdoll, Robin Beechert, Jeff Gudman, Rick Guenther, Terry Johnson, Scott Kerr, Kyle Kimball, Don King, Mailene Leslie, Marilyn Loitz, Bruce Ludwig, Gene Mielke, Walt Pebley, Linda Postma, Coby van Andel, Robbert van Andel, Dawn

Marie Woodward.

Minutes: M/S/P Minutes from September 6, 2006 were approved as presented.

Treasurer (Jacki Allender) Jackie explained that reimbursements were slow because requests exceeded our expectations and monies needed to be transferred. Changes have been made in our cash flow procedures so that this shouldn't happen again.

M/S/P Motion to accept Treasurer's written financial report for January-October 30, 2006 as submitted.

REPORTS - Administrative Chair-Rick Guenther

Rick introduced Mailene Leslie our new Junior Athlete Representative.

Age Group Vice-Chair (Lissa Parker) A written report was submitted.

Lissa has put a great deal of time and effort into compiling OSI related materials and OSCA materials to pass along to Vicki Gordon and Kate Phifer respectively. She is presently working with the 11 & Over Championship Format Committee.

Mark worked very hard with Cindy Simmons of OSAA to try and get high school format changes that OSI would have liked, but none were made. The format will probably be different again next year.

Awards Ceremony (Cheslah Barkdoll) A written report was submitted.

Cheslah reviewed plans for Top 5. The program is being finalized and trophies have been ordered for 317 athletes. The awards and plaques have also been ordered. Mark Bernett will be the MC. Per messages from Bud, the athlete's names (no bios) will be announced by their coach. The raffle of items collected during the year will be done at registration. The Athlete Representatives were asked to act as stage assistants. Expenses will be very close to budget.

A question was asked about the philosophy of the Top 5 program. Is it to promote swimming outside the swim community or to recognize athletes within our own swimming community? Presently it is the latter—an internal recognition of what has been achieved. It was suggested that we need more exposure and that OSI consider taking out a page ad in the Oregonian naming all of the Top 5 athletes, their coaches and their clubs. Jeff Gudman volunteered to contact several newspapers to see what the costs of running an ad in the sports section would be. If the cost is feasible we might want to consider doing both in the future.

Senior Vice-Chair (Kyle Kimball) Despite cancelled flights and having a 4 ½ hour drive from Denver to Colorado Springs, the Altitude Training Camp was successful and educational as well as fun. Speakers covered topics of warm-up and cool down, supplements, and technique. A total of 32 swimmers applied and 20 were selected to attend. Kyle would like to see more teams support this camp.

Kyle has been approached by several OSI senior coaches who are very dissatisfied with the Oregon High School State Championships format. They want to know: Who to talk to? Who did OSAA consult? Who was involved in the decision making process? How many coaches were involved in the process? Is it too late to make any changes? There are three state high school meets this year and there will be a 4A, 5A and 6A champion and a state champion. There was a lengthy discussion covering numerous topics about high school vs age group swimming and the affect it has on our membership. The dissatisfied coaches are entertaining the idea of holding their own championship meet during the same time period.

Coaches Report (Bud Taylor) No Report

Athlete Representatives (Logan Storie/April Robinson) No Report

Scheduling (Jason Moore) The summer 10 & Under Championship meet will be in Albany instead of Eugene.

Time Standards (Andy Carlisle) No Report

Coby asked if the B+ times are still being used. They will be left in the swim guide.

Technical Planning Chair (Alex Nikitin) No Report

Web Site (Robbert van Andel) Work is currently being done on the newsletter registration process.

Safety Coordinator (Jeanine Serrano) No Report

Camp Coordinator (Scott Kerr) Two elite camps and one developmental camp are being planned for April. It is hoped that the earlier date will draw more swimmers. Two Olympians, Ryan Lochte and Katie Hoff are being brought in for two camps over Memorial Day weekend. They will be held on Saturday and Sunday at different locations TBA. It is hoped to have 175 per camp. Sheldon has been reserved; Willamalane has been approached and Linfield will also be.

Plans are in the works for an Open Water camp in August in the Eugene area and a Speedo camp during Mini Expo in October.

Officials Chair (Bruce Ludwig) The new officials' training program is working reasonably well. Kathy Coddington is head of the new Training Committee with Sue Fuller, Joe Dahl and Mark Rienets as committee members. They will be working on improving the consistency and frequency of delivery of clinics for new and current officials as well as taking a look at recertification standards and additional training for current referees.

N2 and N3 qualifying meets for officials are aggressively being sought. The Senior Open in Corvallis on December 15-17 will be a qualifying meet. Getting these meets should help to improve the overall consistency of our officiating. To qualify, the meet must be a prelims/finals format; the referee must be an N2 or better; the Officials Chair must make application and an evaluator must be assigned.

There are three new Area Officials Chairs: Bill Boyce, Mid Willamette Valley; Jeanne Lansing, Southern; Tom Ishii, Eastern. Someone is needed for Portland/Westside. Some changes are being made in the responsibilities for Area Officials Chairs which will include review of meet evaluations and referee reports from meets in their respective areas.

A Scratch Rule Committee of Bruce Ludwig (Chair), Rick Guenther and Gene Mielke was appointed to work on proposals to update the OSI scratch rule which presently is often in conflict with current practices and meet information. (Include P6 scratch rule legislation held over from HoD.)

Disability Chair (Gene Mielke) Only 10% of the disability questionnaires given to coaches at HoD have been returned. There will be a Special Olympics meet on November 18 from 8 a.m. to 4 p.m. at the Tualatin Hills pool, and key officials are needed.

M/S/P Motion to amend the reimbursement policy (ARTICLE V – OREGON SWIMMING TRAVEL FUND) to read National Disability Championships wherever applicable. This is in order to include the GTAC meet, being held in Toledo this year, which will become the first National Deaf Championship.

Office Manager/Registration (Coby van Andel) The Club Leadership and Business School will be held April 21 in Salem. Sue Anderson from headquarters will conduct it. Information about the school will be sent out.

The 2007 Swim Guide should go to the printer next week. The selling price of \$5.00 set in the early 80's no longer covers the printing cost.

M/S/P Motion to increase the price of the Swim Guide to \$10.00.

Starting with the next newsletter, they will be sent electronically. The deadline is November 15. More and more registration is coming in electronically. New USA-S cards should be received in the office by next week.

Sanctions Chair (Terry Johnson) Nothing new to report. Just busy

NTV (Jacki Allender) No Report

All-Star Team There is a question about when passports for entering Canada will be required. There seems to be one different deadline for flying and one for driving. Everyone is still urged to apply now anyway. Also, chaperones must have a notarized statement from parents for each child being taken into Canada.

Records (Cyndi King) No Report

The procedure for submitting a record is not functioning well. Do we want to initiate a form to be filled out by a referee when a record is set? Several other suggestions were made re submission of records. Robbert van Andel and Bruce Ludwig will review the current policy/procedure and bring a recommendation for improving the procedure to the February meeting.

OLD BUSINESS

M/S/P Motion to table P4; legislation held over from the HoD dealing with required equipment until February meeting.

NEW BUSINESS

Mark wants to have a Board manual in place within the next twelve months. He requested the outgoing Board Members to document their positions before leaving office. He suggested they could start by cutting and pasting those portions of the Bylaws and Policies and Procedures that relate to their position and then fill in the gaps with: This is what I did, these are the problems I encountered, this is what to expect, etc.

M/S/P Motion that the Secretary shall keep a master copy of the *Bylaws* and the *Policies and Procedures* and that two backup copies will be kept, one by the Office Manager and one by the Webmaster. Pertinent portions may be requested from the Secretary for making proposals to change either document. The Secretary, exclusively, will update the master copy. With the approval of the Board, Mark and Marilyn will come up with suitable language for the Policies and Procedures.

M/S/P Motion to contribute \$1000 toward Scott Kerr's medical bills.

An e-mail was received from Susan Sanchez of the Superior Stingray re an episode with a stranger on their deck. We were reminded to be alert and to ask questions of those we do not know.

There is a question of who is the official host for the 2008 Zone Meet and what the role of OSI will be. Mark will discuss this more fully with Brandon.

Travel Policy – We presently have no guidelines or procedures for what to do in cases of needing to deviate from travel plans after a trip has begun. Kyle Kimball, Greg Bostrom and Coby van Andel were appointed to come up with guidelines and a check sheet. There also needs to be something included in what parents sign.

There will be an Executive Committee conference call on December 6 at 7:30 p.m.

M/S/P Motion to adjourn at 9:10 p.m.

Respectfully Submitted, Marilyn Loitz, Secretary

2007 PACIFIC COAST ALL STAR MEET
SWIMMER APPLICATION
Vancouver, BC, Canada

Jan. 19-21, 2007

Swimmer's Name: _____ Male _____ Female _____

Address: _____ City _____ Zip _____

Phone (H) _____ (W) _____ (Cell) _____ (fax) _____

Coach's Name: _____ Club's Name: _____ Club Code: _____

USA Swimming # _____ T-Shirt Size (Adult sizes): _____

Swimmer's Age (on Jan. 19, 2007) _____

PLEASE READ VERY CAREFULLY BEFORE FILLING OUT TIMES

- Enter best short course yards and long course times for all events listed, not only the Q times you have.
- Now, this is extremely important! For Short Course time standards, 11 yr. olds use 12 yr. old Age Group Sectional Times; 13 yr. olds use 14 yr. old Age Group Sectional Times. Times listed on next 3 pages.
- Times you list below must have been achieved since June 1, 2006.
- Circle the events for which you have achieved qualifying times. (You must have a minimum of one Age Group Sectional Time.)
- Preference for swimming event: 1- want to swim, 2- will swim if needed, 3- do not enter

Event	Preference (1, 2, 3)	SCY Time	LCM Time	Date Achieved	Meet at which this time was achieved.
50 Free(relay)					
50 Back(relay)					
50 Brst(relay)					
50 Fly(relay)					
100 Free					
200 Free					
500 Free					
1000/800 Free					
1650/1500 Free					
200 IM					
400IM					
100 Fly					
200 Fly					
100 Breast					
200 Breast					
100 Back					
200 Back					

IMPORTANT FOR COACHES: (This form must be signed by the coach.) Coach's signature verifies that the times are accurate and have been achieved in competition since June 1, 2006 and that swimmer's level of conditioning is appropriate for this competition. Coaches please use the space provided for comments you may wish to make regarding the swimmer's events, conditioning, etc.

Coach's Signature: _____ Date: _____

Coach's Comments: _____

APPLICATION MUST BE RECEIVED BY NOON Dec. 18, 2006. LATE APPLICATIONS WILL NOT BE CONSIDERED.

Fax to Oregon Swimming at 503-297-8498 Phone 503-297-6027 to verify receipt of Fax, or Mail to: Oregon Swimming, Inc. 1750 SW Skyline Blvd. Suite 103 Portland, OR 97221.

The Estimated Cost of the trip to the athlete is \$250.
DO NOT SEND MONEY WITH THIS APPLICATION!

2007 NW SECTION AG CHAMPIONSHIPS
TIME STANDARDS
25 YARD

Girls						
EVENT	10&U	11	12	13	14	15-18
50 Free	30.79	28.99	27.49	26.69	26.49	26.29
100 Free	1:07.79	1:03.89	59.79	58.19	57.19	56.99
200 Free	2:27.79	2:18.59	2:10.89	2:06.49	2:03.69	2:03.99
500 Free	6:14.49	6:14.49	5:52.09	5:36.89	5:31.99	5:29.49
1650 Free		19:11.29	19:11.29	19:11.29	19:10.89	19:11.59
50 Back	35.99	33.89	31.89			
100 Back	1:17.59	1:12.79	1:08.49	1:06.79	1:05.39	1:04.89
200 Back		2:22.69	2:22.69	2:22.69	2:20.39	2:20.59
50 Breast	40.79	38.09	35.79			
100 Breast	1:28.79	1:22.79	1:17.69	1:15.59	1:13.99	1:13.39
200 Breast		2:42.29	2:42.29	2:42.29	2:40.59	2:39.89
50 Fly	34.59	32.39	30.49			
100 Fly	1:19.79	1:14.09	1:08.69	1:05.89	1:04.89	1:03.79
200 Fly		2:28.69	2:28.69	2:28.69	2:25.19	2:23.49
100 IM	1:18.09	1:13.09	1:08.79			
200 IM	2:47.59	2:37.49	2:27.59	2:23.49	2:20.29	2:21.39
400 IM		5:03.59	5:03.59	5:03.59	4:59.49	5:00.49
Boys						
EVENT	10&U	11	12	13	14	15-18
50 Free	30.89	29.49	27.69	25.79	24.89	23.69
100 Free	1:08.39	1:04.39	1:00.09	56.39	53.49	51.89
200 Free	2:31.39	2:22.49	2:12.49	2:04.29	1:57.69	1:53.79
500 Free	6:20.39	6:20.39	5:57.19	5:32.89	5:19.49	5:15.59
1650 Free		19.13.19	19.13.19	19.13.19	18:29.19	18:11.79
50 Back	36.69	34.69	32.59			
100 Back	1:19.59	1:14.59	1:09.69	1:05.29	1:01.89	59.99
200 Back		2:20.29	2:20.29	2:20.29	2:14.39	2:10.89
50 Breast	42.09	39.69	36.69			
100 Breast	1:31.79	1:26.59	1:20.19	1:14.69	1:10.59	1:07.19
200 Breast		2:42.39	2:42.39	2:42.39	2:36.09	2:28.49
50 Fly	35.29	33.49	31.39			
100 Fly	1:22.89	1:15.49	1:09.99	1:04.79	1:00.49	57.59
200 Fly		2:22.49	2:22.49	2:22.49	2:17.49	2:13.89
100 IM	1:18.59	1:14.99	1:10.19			
200 IM	2:51.89	2:41.79	2:30.29	2:21.59	2:13.79	2:10.09
400 IM		5:02.49	5:02.49	5:02.49	4:49.39	4:43.39

2007 NW SECTION AG CHAMPIONSHIPS
TIME STANDARDS
25 Meter

Girls						
EVENT	10&U	11	12	13	14	15-18
50 Free	34.39	32.29	30.69	29.69	29.69	29.39
100 Free	1:15.79	1:11.79	1:06.89	1:04.99	1:03.99	1:03.69
200 Free	2:45.49	2:34.89	2:26.09	2:20.79	2:18.39	2:18.29
400 Free	5:19.79	5:19.79	5:10.29	4:55.99	4:53.19	4:50.39
1500 Free		19:20.09	19:20.09	19:20.09	19:22.59	19:19.29
50 Back	40.89	38.29	35.09			
100 Back	1:28.49	1:22.19	1:18.09	1:15.99	1:14.79	1:13.59
200 Back		2:40.69	2:40.69	2:40.69	2:38.89	2:38.49
50 Breast	46.19	42.69	40.09			
100 Breast	1:40.69	1:33.39	1:27.59	1:24.99	1:24.29	1:21.59
200 Breast		3:02.19	3:02.19	3:02.19	3:01.39	2:57.79
50 Fly	38.39	35.89	33.59			
100 Fly	1:29.69	1:22.39	1:16.39	1:12.79	1:12.09	1:10.89
200 Fly		2:45.29	2:45.29	2:45.29	2:41.89	2:39.49
100 IM	1:26.09	1:21.09	1:16.79			
200 IM	3:08.29	2:56.29	2:46.49	2:40.49	2:37.09	2:38.59
400 IM		5:38.99	5:38.99	5:38.99	5:35.59	5:33.59

Boys						
EVENT	10&U	11	12	13	14	15-18
50 Free	34.89	33.09	31.19	29.59	27.99	26.69
100 Free	1:16.37	1:12.59	1:07.69	1:03.49	1:00.69	58.59
200 Free	2:49.29	2:39.49	2:29.09	2:20.99	2:12.69	2:07.89
500 Free	5:34.49	5:34.49	5:16.69	4:57.89	4:45.39	4:33.99
1650 Free		19:28.69	19:28.69	19:28.69	18:44.29	18:18.19
50 Back	41.29	39.19	36.69			
100 Back	1:30.59	1:24.79	1:19.39	1:15.59	1:11.29	1:08.89
200 Back		2:39.89	2:39.89	2:39.89	2:33.99	2:29.09
50 Breast	47.79	44.89	40.99			
100 Breast	1:45.19	1:38.89	1:30.69	1:25.79	1:20.59	1:17.39
200 Breast		3:05.99	3:05.99	3:05.99	2:57.09	2:48.49
50 Fly	39.39	37.39	34.79			
100 Fly	1:30.49	1:24.69	1:18.19	1:12.49	1:07.69	1:03.99
200 Fly		2:40.89	2:40.89	2:40.89	2:34.49	2:29.59
100 IM	1:26.59	1:22.99	1:18.19			
200 IM	3:11.99	3:02.39	2:50.59	2:40.89	2:32.29	2:26.39
400 IM		5:41.29	5:41.29	5:41.29	5:28.39	5:16.39

2007 NW SECTION AG CHAMPIONSHIPS**TIME STANDARDS****50 Meter**

Girls						
EVENT	10&U	11	12	13	14	15-18
50 Free	34.99	32.89	31.39	30.29	30.29	29.99
100 Free	1:17.29	1:13.19	1:08.29	1:06.29	1:05.29	1:04.89
200 Free	2:48.89	2:37.99	2:28.99	2:23.59	2:21.19	2:20.99
500 Free	5:26.19	5:26.19	5:16.49	5:01.29	4:58.99	4:56.19
1650 Free		19:43.29	19:43.29	19:43.29	19:45.79	19:42.49
50 Back	41.79	39.09	36.79			
100 Back	1:30.19	1:23.89	1:19.59	1:17.49	1:16.29	1:15.09
200 Back		2:43.89	2:43.89	2:43.89	2:42.09	2:41.59
50 Breast	47.09	43.59	40.89			
100 Breast	1:42.69	1:35.29	1:29.29	1:26.69	1:25.99	1:23.19
200 Breast		3:05.79	3:05.79	3:05.79	3:04.99	3:01.29
50 Fly	39.19	36.59	34.29			
100 Fly	1:31.49	1:24.09	1:17.89	1:14.29	1:13.59	1:12.29
200 Fly		2:48.59	2:48.59	2:48.59	2:45.19	2:42.69
200 IM	3:11.99	2:59.79	2:49.79	2:43.69	2:40.29	2:41.69
400 IM		5:45.79	5:45.79	5:45.79	5:42.29	5:40.19

Boys						
EVENT	10&U	11	12	13	14	15-18
50 Free	35.59	33.79	31.79	30.19	28.59	27.19
100 Free	1:18.39	1:13.99	1:09.09	1:04.79	1:01.89	59.69
200 Free	2:52.69	2:42.69	2:32.09	2:23.79	2:15.39	2:10.49
500 Free	5:41.19	5:41.19	5:22.99	5:03.89	4:51.09	4:39.39
1650 Free		19:52.09	19:52.09	19:52.09	19:06.79	18:40.09
50 Back	42.09	39.99	37.49			
100 Back	1:32.39	1:26.49	1:20.99	1:17.09	1:12.79	1:10.29
200 Back		2:43.09	2:43.09	2:43.09	2:37.09	2:32.09
50 Breast	48.79	45.79	41.89			
100 Breast	1:47.29	1:40.89	1:32.59	1:27.49	1:22.19	1:18.89
200 Breast		3:09.69	3:09.69	3:06.69	3:00.59	2:51.89
50 Fly	40.19	38.09	35.49			
100 Fly	1:32.29	1:26.39	1:19.79	1:13.89	1:09.09	1:05.29
200 Fly		2:44.39	2:44.39	2:44.39	2:37.59	2:32.49
200 IM	3:15.89	3:05.99	2:53.99	2:44.09	2:35.39	2:29.29
400 IM		5:48.09	5:48.09	5:48.09	5:34.99	5:22.99
