



PVS 2025 Long Course Age Group Championships

July 17-18 & 20-21, 2025

Sanction # PVS-25-112

Hosted for PVS by:



<p style="text-align: center;">MEET DIRECTOR Henry Tollefson henry@tollefsonswimming.com</p>	<p style="text-align: center;">MEET REFEREE Steve Kaiser Steve.kaiser270@gmail.com Officials Sign Up</p>	<p style="text-align: center;">ADMINISTRATIVE REFEREE John Aveles Javelis3@mac.com</p>												
<p>SANCTION</p>	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVS-25-112. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, University of Maryland Eppley Recreation Center and Tollefson Swim Team 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. 													
<p>FACILITY</p>	<p style="text-align: center;">University of Maryland College Park Campus Eppley Recreation Center College Park, MD 20740 (301) 226-4400</p> <ul style="list-style-type: none"> The competition pool at the University of Maryland is 50m x 25yd with two moveable bulkheads. There is one, eight (8) lane 50m competition course running from wall to bulkhead. The competition pool is 8' deep at the start end and 14' deep at the turn end. Continuous warm-up/cool-down will be available in a separate 25 yard pool. The meet host will ensure the required course dimensions. 													
<p>PARKING</p>	<ul style="list-style-type: none"> Parking information will be posted on the Potomac Valley Swimming website. Cost of parking will be approximately \$15.00 per day. 													
<p>ENTRY DEADLINE</p>	<p style="text-align: center;">Wednesday, July 9th, 8:00pm</p> <ul style="list-style-type: none"> 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. Late entries will be accepted for a fee of \$150 per club plus two times the event entry fee. Deadline for late entries is Monday, July 14, 2025, at NOON. 													
<p>SCHEDULE</p>	<p style="text-align: center;">Thursday July 17, Friday July 18, Sunday July 20 & Monday July 21</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th><th style="text-align: center;">Warm Up</th><th style="text-align: center;">Events</th></tr> </thead> <tbody> <tr> <td style="text-align: center;">13-14 Prelim Session</td><td style="text-align: center;">7:00 – 8:00am</td><td style="text-align: center;">8:10am</td></tr> <tr> <td style="text-align: center;">12 & U Prelim Session</td><td style="text-align: center;">11:20am - 12:20pm</td><td style="text-align: center;">12:30pm</td></tr> <tr> <td style="text-align: center;">FINALS</td><td style="text-align: center;">4:30 - 5:20pm</td><td style="text-align: center;">5:30pm</td></tr> </tbody> </table> <p>The Meet Director, in coordination with the PVS Age Group chair, reserves the right to adjust times/sessions after entries are received.</p>			Warm Up	Events	13-14 Prelim Session	7:00 – 8:00am	8:10am	12 & U Prelim Session	11:20am - 12:20pm	12:30pm	FINALS	4:30 - 5:20pm	5:30pm
	Warm Up	Events												
13-14 Prelim Session	7:00 – 8:00am	8:10am												
12 & U Prelim Session	11:20am - 12:20pm	12:30pm												
FINALS	4:30 - 5:20pm	5:30pm												
<p>ELIGIBILITY</p>	<ul style="list-style-type: none"> Open to all Potomac Valley Swimming registered athletes. 													

	<ul style="list-style-type: none"> No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i> Article 302. Swimmers may only participate in their own age group, based upon their age on the first day of the meet. Swimmers must have equaled or bettered the applicable qualifying time listed.
SWIMMERS WITH A DISABILITY	<ul style="list-style-type: none"> PVS and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the PVS BOD. Athletes with a disability are welcomed and are asked to provide advance written notice of desired accommodations/modifications to the Meet Director and Meet Referee. The athlete (or athlete's coach) is also responsible for notifying the session Referee in writing of any desired accommodation/modifications prior to competition.
INCLEMENT WEATHER	<ul style="list-style-type: none"> In the event of inclement weather, the Meet Director, Meet Referee and Age Group Chair will work with the facility manager to make any necessary changes. Information will be posted on the PVS web site and/or a Flash Mail will be sent out.
TIMING SYSTEM	<ul style="list-style-type: none"> Automatic Timing (touchpads primary) will be used.
RULES	<ul style="list-style-type: none"> Current USA Swimming rules shall govern this meet. All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. No on-deck USA Swimming registration is permitted. 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, restrooms, 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. Deck changes are prohibited. 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 without the use of the backstroke ledge. 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. 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. Dive-over starts will be used during the preliminary sessions and timed finals sessions.
EVENT RULES	<ul style="list-style-type: none"> A swimmer may enter and compete in a maximum of six (6) individual events and no more than three (3) individual events per day. A club may enter up to three (3) relay teams per relay events, but only two (2) relay teams per club per event may score. LCM seed times are conforming for this meet and will be seeded before SCY seed times. Times achieved prior to July 3, 2023 will not be permitted. Qualifying times must have been achieved in USA Swimming sanctioned, observed, or approved meets. Entry times will be verified through SWIMS. Coaches will be asked to provide proof of times when asked by the Meet Director for any time not found in SWIMS. Failure to prove such a time before the event will result in the swimmer being scratched from that event. Distance Entries: Any swimmer who qualifies for the 800M and /or 1500M freestyle events may enter at their fastest time or at the Time Standard, if entered in two or more events on the day of the distance freestyle. If a swimmer qualifies for either the 800M or the 1500M Freestyle, they may also enter the other distance, as long as they do not exceed any entry maximums.

	<ul style="list-style-type: none"> • All events 200M and less will be prelims and finals. 10 & Under individual events will have one heat in Finals. 11-12 and 13-14 individual events will have two heats in Finals, "B", and "A", swum in that order. • 12 & Under 400 IM, 800 Free, 1500 Free will be swum combined age and gender, but scored separately. They will swim slowest to fastest. • Swimmers of the 12&U 400 m Freestyle and 12&U 400 m Individual Medley events are responsible for providing their own timer. • 13-14 800 m and 1500 m Freestyle events will be swum fastest to slowest, alternating women and men. • Swimmers of the 800 m and 1500 m events are responsible for providing their own timer and counter, if desired. • All 200 m and 400 m relays are timed finals and will be swum in the preliminary sessions. All relays will swum slow to fast. • NT entries will not be accepted. • No deck entries will be accepted.
WITHDRAWING FROM FINALS	<ul style="list-style-type: none"> • PVS scratch rules apply for swimmers scratching from finals. • If you do not wish to swim in the Final, you may "scratch" from the event by following this procedure: <ul style="list-style-type: none"> ○ You must complete and initial the Declaration of Scratch From Finals or Intent to Scratch From Finals form for the event within 30 minutes of the announcement of qualifiers for "A", "B" finals, if scheduled. ○ If you declare an "intention to scratch" and do not wish to swim finals, you must confirm your scratch on the Declaration of Scratch From Finals or Intent to Scratch From Finals form for the event within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically seeded into the event. • If a swimmer fails to properly scratch from an event and does not appear for the "Final" event, they "shall be barred from further competition for the remainder of the meet."
POSITIVE CHECK IN	<ul style="list-style-type: none"> • Positive check-in is required for all individual events 400 m and longer. Swimmers who do not check-in will not be seeded into that event. Swimmers 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 before the event starts. • If the size of the PVS LC Age Group Championships warrants, positive check-in for individual events 200M and shorter may be announced.
TIME TRIALS	<ul style="list-style-type: none"> • There are no time trials.
WARM-UP	<ul style="list-style-type: none"> • The prescribed PVS warm-up procedures and safety policies will be followed. • The Meet Director will determine the structure of Warm-up times/lane assignments.
SUPERVISION	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and for cleaning up their team areas. • No chairs will be allowed on deck for athletes. Coaches' chairs will be permitted pending enough safe deck space is available.
SCORING	<ul style="list-style-type: none"> • Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 • Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2 • Team Awards will be for the 1st, 2nd and 3rd Overall Team.
AWARDS	<ul style="list-style-type: none"> • For 13-14 and 11-12s, medals will be awarded 1st through 8th place for individual events and 1st through 3rd place for relay events. • For 10&U, medals will be awarded 1st through 8^h place for individual events and 1st through 3rd for relay events. • High point awards will be presented to the male and female athlete with the highest point total in individual events in the following age groups: 10 & Under, 11-12, 13-14. • Relay events will not be used to determine high point awards.

PROGRAMS	<ul style="list-style-type: none"> Programs will be available on Meet Mobile.
CREDENTIALS	<ul style="list-style-type: none"> 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 the deck. Coaches and Officials should have proof of active USA Swimming membership with them.
MEDICAL ASSISTANCE	<ul style="list-style-type: none"> Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.
OFFICIALS	<ul style="list-style-type: none"> Officials wishing to volunteer should complete the Officials Signup by July 11, 2025. Interested officials may also contact the Meet Referee, Steve Kaiser at steve.kaiser270@gmail.com Walk-on officials are welcome. Officials who have volunteered for this meet should check in at the recording table upon arrival. 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. Each participating club is requested to provide at least one table worker or official (referee, starter or stroke & turn judge) per session if entering 25 or more splashes.
TIMERS & VOLUNTEERS	<ul style="list-style-type: none"> Two timers per lane. Each club will be required to provide timers and volunteers in proportion to the number of entries. The Meet Director will assign timer requirements to each club after entries have been received. The Meet Director will notify clubs of their timer and volunteer requirements by email. Spectator admission will be \$15 per session or \$50 for the entire meet for all adults (under 18 are admitted for free). Volunteers that help with one session of the meet will be provided with one free spectator pass for one session. Volunteers that help with at least three sessions will receive an all-access pass for the entire meet.

ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Meet Director, Henry Tollefson, henry@tollefsonswimming.com. Include in the subject of the email, "2025 PVS LC 12 & U Champs - ***" with the club's initials in place of the asterisks. If your club submits multiple entry files, include the training site in the subject of the email. Include in entry email: entry file, report of entries by name, and report of entries by event. In the body of your email, provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact), and coach's cell phone number that they will answer between prelims and finals, in case a swimmer scratches into finals and needs to be notified. Entries directly from individual team members will not be accepted. Entries by phone or fax will not be accepted. 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. Teams Entering Unattached Athletes: Teams may enter athletes with an unattached status. Individual Unattached Athletes may enter individually. <ul style="list-style-type: none"> Payment for unattached athletes is due in advance of the start of the meet. Contact the Meet Director for payment instructions. 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.
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	<ul style="list-style-type: none"> • All Relay-only swimmers must be included in the meet entry file to participate in the meet. • LATE relay only swimmers must provide proof of USA ID, affiliation to team, must pay swimmer surcharge (if not entered into meet). All of the following must be provided 45 minutes prior to the meet session beginning.
ENTRY FEES	<p>Per Swimmer Surcharge: \$10.00 Relay event fee: \$20.00</p> <p>Individual event fee: \$12.50</p> <ul style="list-style-type: none"> • Clubs will be invoiced by PVS for entry fees after completion of the meet. Payment will be due upon receipt of invoice. The invoice will outline the methods of payments and where to send a check.

PVS 2025 Long Course Age Group Championships

July 17, 18 & 20-21, 2025

Thursday, July 17, 2025

13-14 Year Old Prelim Events

Warm up: 7:00-8:00am, Events: 8:10am

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
1		5:25.99	13-14 400 M Medley Relay	5:15.99		2
7	2:17.99	2:44.59	13-14 200 M Individual Medley	2:35.99	2:10.49	8
13	56.79	1:05.79	13-14 100 M Freestyle	1:02.49	52.99	14
19	1:13.49	1:28.39	13-14 50 M Breaststroke	1:23.39	1:08.79	20
23	2:25.99	2:54.99	13-14 200 M Butterfly	2:47.09	2:15.99	24

Event Notes:

There will be a five minute break between the relays and the individual events.

Swimmers in 13-14 50M BR must have the 100 LCM or 100 SCY Qualifying Time (Entered w/Best 100 Time)

Thursday, July 17, 2025

12 & Under Prelim Events

Warm up: 11:20am-12:20pm, Events: 12:30pm

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
3		2:20.99	11-12 200 M Freestyle Relay	2:20.99		4
5		2:46.99	10&U 200 M Freestyle Relay	2:46.99		6
9	2:25.39	3:10.49	12 & U 200 M Butterfly	3:08.49	2:22.39	10
11	1:27.89	1:51.59	10 & U 100 M Breaststroke	1:53.59	1:26.69	12
15	31.09	39.29	11-12 50 M Backstroke	39.29	30.49	16
17	2:29.29	3:00.99	10 & U 200 M Freestyle	3:00.99	2:24.09	18
21	1:15.09	1:36.49	11-12 100 M Breaststroke	1:36.09	1:13.29	22
25	2:08.19	2:35.79	11-12 200 M Freestyle	2:34.99	2:04.89	26
27		22:22.99	12 & U 1500 M Freestyle	22:09.		28

Event Notes:

There will be a five minute break between the relays and the individual events.

12 & Under 1500 Free will be swum combined age and gender, but scored separately. They will swim slowest to fastest.

Thursday, July 17, 2025

FINALS

Warm up: 4:30-5:20pm, Events: 5:30pm

Women's Event #	Event	Men's Event #
7	13-14 200 M Individual Medley	8
9	12&U 200 M 200 Butterfly	10
11	10&U 100 M Breaststroke	12
13	13-14 100 M Freestyle	14
15	11-12 50 M Backstroke	16
17	10&U 200 M Freestyle	18
19	13-14 50 M Breaststroke	20
21	11-12 100 M Breaststroke	22
23	13-14 200 M Butterfly	24
25	11-12 200 M Freestyle	26

Friday, July 18, 2025

PVS 2025 Long Course Age Group Championships

July 17, 18 & 20-21, 2025

13-14 Year Old Prelim Events

Warm up: 7:00-8:00am, Events: 8:10am

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
29		5:25.99	13-14 200 M Medley Relay	5:15.99		30
41	1:03.99	1:16.69	13-14 100 M Backstroke	1:13.79	1:01.19	42
47	4:55.99	5:48.49	13-14 400 M Individual Medley	5:8.79	4:39.99	48
51	1:03.59	1:14.39	13-14 50 M Butterfly	1:110.49	59.99	52
55	2:37.99	3:08.69	13-14 200M Breaststroke	2:59.09	2:29.39	56
35	11:29.99	10:29.99	13-14 800 M Freestyle	9:59.99	10:50.99	36

Event Notes:

There will be a five minute break between the relays and the individual events.

Swimmers in 13-14 50M FL must have the 100 LCM or 100 SCY Qualifying Time (Entered w/Best 100 Time)

13-14 800 FR will need their own timers and counters. The fastest heat (8) of the 13-14 800 FR will swim at finals.

Friday, July 18, 2025

12 & Under Prelim Events

Warm up: 11:20am-12:20pm, Events: 12:30pm

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
31		2:49.99	11-12 200 M Medley Relay	2:49.99		32
33		3:10.99	10&U 200 M Medley Relay	3:14.99		34
37	34.59	44.99	11-12 50 M Breaststroke	44.69	33.79	38
39	40.09	52.99	10&U 50 M Breaststroke	53.59	39.39	40
43	1:07.29	1:22.89	11-12 100 M Backstroke	1:23.39	1:05.59	44
45	1:15.59	1:37.69	10&U 100 M Backstroke	1:36.99	1:16.09	44
49	2:24.39	2:57.49	11-12 200 M Individual Medley	2:56.49	2:21.79	50
53	2:46.09	3:31.09	10&U 200 M Individual Medley	3:31.09	2:44.59	54
57	5:15.59	6:23.09	12&U 400 M Individual Medley	6:18.09	5:06.49	58

Event Notes:

There will be a five minute break between the relays and the individual events.

12 & Under 400 IM will be swum combined age and gender, but scored separately. They will swim slowest to fastest.

Friday, July 18, 2025

FINALS

Warm up: 4:30-5:20pm, Events: 5:30pm

Women's Event #	Event	Men's Event #
35	13-14 800 M Freestyle	36
37	11-12 50 M Breaststroke	38
39	10&U 50 M Breaststroke	40
41	13-14 100 M Backstroke	42
43	11-12 100 M Backstroke	44
45	10&U 100 M Backstroke	46
47	13-14 400 M Individual Medley	48
49	11-12 200 M Individual Medley	50
51	13-14 50 M Butterfly	52
53	10&U 200 M Individual Medley	54
55	13-14 200 M Breaststroke	56

PVS 2025 Long Course Age Group Championships

July 17, 18 & 20-21, 2025

Sunday, July 20, 2025

13-14 Year Old Prelim Events

Warm up: 7:00-8:00am, Events: 8:10am

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
59		2:10.99	13-14 200 M Freestyle Relay	2:04.29		60
65	5:24.79	5:01.69	13-14 400 M Freestyle	4:49.99	5:09.69	66
71	1:13.49	1:28.39	13-14 100 M Breaststroke	1:23.39	1:08.79	72
77	2:15.99	2:44.09	13-14 200 M Backstroke	2:35.99	2:09.99	78
61		10:00.99	13-14 800 M Freestyle Relay	9:45.99		62

Event Notes:

There will be a five minute break between the relays and the individual events.

Sunday, July 20, 2025

12 & Under Prelim Events

Warm up: 11:20am-12:20pm, Events: 12:30pm

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
63		4:56.99	11-12 400 M Freestyle Relay	4:54.99		64
67	27.09	32.79	11-12 50 M Freestyle	32.49	26.19	68
69	30.39	37.99	10&U 50 M Freestyle	37.59	29.99	70
73	1:06.29	1:24.19	11-12 100 M Butterfly	1:24.19	1:04.59	74
75	1:19.59	1:51.99	10&U 100 M Butterfly	1:51.59	1:19.09	76
79	2:22.99	2:57.99	12&U 200 M Backstroke	2:57.99	2:20.19	80
81	35.39	45.39	10&U 50 M Backstroke	45.29	35.69	82
83	5:38.49	5:30.99	11-12 400 M Freestyle	5:30.99	5:34.29	84

Event Notes:

There will be a five minute break between the relays and the individual events.

11-12 400 FR will need their own timers. The fastest heat (8) of the 11-12 400 FR will swim at finals.

Sunday, July 20, 2025

FINALS

Warm up: 4:30-5:20pm, Events: 5:30pm

Women's Event #	Event	Men's Event #
65	13-14 400 M Freestyle	66
67	11-12 50 M Freestyle	68
69	10&U 50 M Freestyle	70
71	13-14 100 M Breaststroke	72
73	11-12 100 M Butterfly	74
75	10&U 100 M Butterfly	76
77	13-14 200 M Backstroke	78
79	12&U 200 M Backstroke	80
81	10&U 50 M Backstroke	82
83	11-12 400 M Freestyle	84

Monday, July 21, 2025

PVS 2025 Long Course Age Group Championships

July 17, 18 & 20-21, 2025

13-14 Year Old Prelim Events

Warm up: 7:00-8:00am, Events: 8:10am

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
85		4:40.99	13-14 400 M Freestyle Relay	4:28.69		86
95	1:03.99	1:16.69	13-14 50 M Backstroke	1:13.79	1:01.19	96
101	2:02.09	2:22.39	13-14 200 M Freestyle	2:14.99	1:54.99	102
105	1:03.59	1:14.39	13-14 100 M Butterfly	1:10.49	59.99	106
109	25.89	30.49	13-14 50 M Freestyle	28.69	24.59	110
89	19:19.99	20:39.99	13-14 1500 M Freestyle	19:39.99	18:19.99	90

Event Notes:

There will be a five minute break between the relays and the individual events.

Swimmers in 13-14 50M BK must have the 100 LCM or 100 SCY Qualifying Time (Entered w/Best 100 Time)

13-14 1500 FR will need their own timers and counters. The fastest heat (8) of the 13-14 1500 FR will swim at finals.

Monday, July 21, 2025

12 & Under Prelim Events

Warm up: 11:20am-12:20pm, Events: 12:30pm

Women's Event #	SCY	LCM	Event	LCM	SCY	Men's Event #
87		5:30.99	11-12 400 M Medley Relay	5:30.99		88
91	29.69	36.49	11-12 50 M Butterfly	36.99	29.09	92
93	34.59	45.29	10&U 50 M Butterfly	46.19	33.89	94
97	57.79	1:11.79	11-12 100 M Freestyle	1:11.09	57.39	98
99	1:07.69	1:24.99	10&U 100 M Freestyle	1:23.99	1:07.09	100
103	2:42.19	3:22.39	12&U 200 M Breaststroke	3:26.39	2:38.49	104
107	6:29.99	6:36.09	10&U 400 M Freestyle	6:36.09	6:22.79	108
111		11:14.99	12&U 800 M Freestyle	11:25.99		112

Event Notes:

There will be a five minute break between the relays and the individual events.

The fastest heat (8) of the 10&U 400 FR will swim at finals.

Monday, July 21, 2025

FINALS

Warm up: 4:30-5:20pm, Events: 5:30pm

Women's Event #	Event	Men's Event #
89	13-14 1500 M Freestyle	90
91	11-12 50 M Butterfly	92
93	10&U 50 M Butterfly	94
95	13-14 50 M Backstroke	96
97	11-12 100 M Freestyle	98
99	10&U 100 M Freestyle	100
101	13-14 200 M Freestyle	102
103	12&U 200 M Breaststroke	104
105	13-14 100 M Butterfly	106
107	10&U 400 M Freestyle	108
109	13-14 50 M Freestyle	110