

Tanterra Tarpons Swim and Dive Team Handbook 2009

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Any conflicts in this handbook are superseded by the Official MCDL and MCSL Rules Handbooks

Tanterra Pool, 18605 Tanterra Way, Brookeville, MD 20833
www.tanerratarpons.org

Tanterra Tarpons Swim and Dive Team Handbook 2009

Welcome to Summer 2009 with the Tanterra Tarpons Swim and Dive Team! The team provides our children with an excellent opportunity to participate in competitive sports in an atmosphere of good sportsmanship and community spirit. Our children eagerly look forward to the swim and dive season each year, and with your help, 2009 will be the best season yet!

Coaching Staff:

Head Swim Coach:

Karen Zarchin

Assistant Head Coach:

Stephanie Forlenza

Assistant Coaches:

Michael Knestout

Erin Stout

Pre:Team Coaches:

Hillary Wasik

Head Dive Coach:

Kristin Roth

Dive Assistant Coaches:

Jesse Godbout

Rick Robinson

Team Representatives

A Reps	Glenn Wasik Susan Johnson	301-774-5020 301-924-5979	Kwasik1@verizon.net Susanljo@comcast.net
B Reps	Dawn Bowman Carleen Patterson	301-570-2612	Dawn_B_Bowman@mcpsmd.org Carleen_Patterson@ars.aon.com
Dive Reps	Carol Sprague Roni Septoff	301-774-7787 301-570-5435	Spraguecarol@hotmail.com Rsep01@aol.com
Pre-Team	Gay Braker	301-570-1553	ggbraker@comcast.net
Treasurer	Jim Cagley	301-570-1475	JCBozLaw@aol.com
Registration	Susan Johnson Colleen Swisher	301-924-5979 301-774-0730	susanljo@comcast.net colleenswisher@yahoo.com

A. Team Goals

- To promote competent coaching so that swimmers and divers can improve their skills and sportsmanship.
- To help swimmers and divers develop the self-discipline and pride that is gained by belonging to a team.
- To teach each child the importance of goal setting and goal achievement.
- To encourage family participation and sharing in the fun and excitement of the meets and other activities.

B. Membership & Eligibility

Families **must** be members or associate members in good standing with the Tanterra Homeowners Association.

Pre-Team Eligibility:

Children who are at least 5 years old by September 1st, and who have received previous swimming instruction but cannot yet swim the 25-meter length of the pool independently and consistently, are eligible to be on the Pre-Team. The Pre-Team is not designed to replace swimming lessons. Rather, it is a stepping stone between swimming lessons and age-group swimming on the Swim Team. For those children who are not quite ready to join the Pre-Team, lessons will be available through the Tanterra Swim Team coaches, as well as the lifeguards.

C. Registration

Registration will be held May 4 and May 12, 2009. After that, it will be held on the first two days of practice at the pool. Membership dues for the Tanterra Swim and Dive Team are payable at the time of registration. In 2009, the dues for *all activities*, swim or dive, is \$60 per child. For Swim **and** Dive team participation, the fee is \$85 per child. **There is an additional non refundable fee of \$10 per diver** for mandatory insurance coverage. Dues must be paid to the team representative or their designees before any child can participate in practice. Coaches are not responsible for handling any monies, including dues. Checks should be made payable to Tanterra Swim and Dive Team.

- There is a \$50.00 per family fee which is non refundable if paid by May 12. After that, the family fee is \$75.00.
- The deadline for registration on the Swim Team is June 20, 2009.
- The deadline for registration on the Pre-Team is June 19, 2009. **No refunds after June 19, 2009.**
- No refunds for Dive Team after June 21, 2009.

D. Communication

In order to have a successful swim and dive season, good communication between coaches, swimmers/divers, and parents is essential. The Tanterra Swim & Dive Team has several means of circulating information to team members and their families about coming events and the results of previous meets:

- E-Mail communication - This is the primary means of communicating. You can sign up for the e-mail list on the home page of the team website listed below
- Tanterra Web Site (www.tanterratarpons.org). This is updated regularly.
- Team Bulletin Board and other postings outside the pool office.
- Family File Folders: a folder for each family is in place to check for announcements, newsletters, ribbons, etc. They are located under the team bulletin board.
- *Tarpon Tabloid*, our team newsletter, distributed weekly via e-mail and posted on the website and bulletin board.
- Coaches' folder: for information, notes, etc. from parents and swimmers/divers to the coaches.

Please be sure to check the team's communications sources regularly!

E. 2009 Swim & Dive Meet Schedule

Dive Meets: Sundays, 5:00 pm

June 21	@ Mill Creek Towne
June 28	@ Glennwood
July 5	Seven Locks
July 12	Flower Valley
July 19	@ East Gate

Post Season:

July 24 Robin Hood Invitational Meet* @ Robin Hood
 *For those divers who do not compete in the Divisional Championship

Sunday, July 26	MCDL Divisionals, 8:00 a.m.
Wed., July 29	Diving All Stars 12 & Under, 3:30 p.m.
Thurs., July 30	Diving All Stars 13 & Over, 3:30 p.m.

Swim Meets:

Time Trials

Saturday, June 13 9:00 am @ Tanterra

A Meets

Saturday, June 20	Saturday mornings 9:00 am @ Mohican
Saturday, June 27	@ Rockshire
Saturday, July 4	Garrett Park
Saturday, July 11	Northwest Branch
Sunday , July 12	A Relay Carnival @ Rock Creek
Saturday, July 18	@ Rock Creek

Post Season

Saturday, July 25	Divisionals @ Rockshire
Saturday, August 1	Relay All-star Meet @ Rockville Municipal Swim Center
Sunday, August 2	Individual All-star Meet @ Rockville Municipal Swim Center

B Meets

Wednesday, June 24	Wednesday evenings, 6:15 p.m. Rockville
Wednesday, July 1	@ King Farm
Wednesday, July 8	Manor Woods
Wednesday, July 15	Twinbrook
Sunday , July 19	B Relay Carnival @ Tanterra
Wednesday, July 22	@ Wheaton Woods

Montgomery County Swim League (MCSL) Officials Clinics (held at Olney Swim Center)

Thursday, May 26	Advanced Ref clinic	7:00 p.m. – 9:30 p.m.
Sunday, June 7	Ref., Stroke & Turn, Starter	8:00 a.m. – 11:00 a.m.
Sunday, June 14	Ref., Stroke & Turn, Starter	8:00 a.m. – 11:00 a.m.
Wednesday, June 10 (Georgetown Prep)	Ref., Stroke & Turn, Starter	6:30 p.m. - 9:30 p.m. (Held at Georgetown Prep)

Montgomery County Dive League Officials Clinics – location TBA

Sunday, June 18	Officials Clinic	5:00 p.m.
Saturday, June 20	Officials Clinic	5:00 p.m.
Thursday, June 25	Officials Clinic	6:00 p.m.

F. Swim & Dive Practices

Swim and Dive practices are held by age group every weekday afternoon when public school is in session. When public school has ended, practices will be held in the morning and some evenings. Swimmers who are eight years old or younger will practice in groups according to ability. However, all swim team members must be able to successfully swim across the width of the shallow end of the pool and all dive team members must be able to swim to the ladder unassisted. A swimming evaluation will be given to determine if the athlete's skill level meets this requirement. Swim lessons may be helpful in order to meet these requirements and may continue to be helpful throughout the season. The goal is to have fun and to learn the basics of each stroke.

Practices begin May 26, 2009. The 2009 practice schedule **through June 16** is as follows:

Swim Practice	4-5 p.m. - 8 & Under
	5-6 p.m. - 9-12 year olds
	6-7 p.m. - 13 & Older

Pre-Team begins on June 17

Evaluations for children who are unsure if they are pre-team or not, will be held on May 27, 28 and 29 at 4:00 p.m. You need to attend only one of these sessions.

Dive Practice

4:00-5:30 p.m. - 13 & Older
5:30- 7:00 p.m. - 12 & under

After the school session has ended, practices are held every weekday morning and several evenings.

Swim Practice

7:30-9:00 a.m. - 13 & Older
9:00-10:15 a.m. - 9-12
10:15-11:00 a.m. - 8 & Under

Afternoon Practice – begins June 22

5:00 - 6:30 p.m. (Mon., Tue. & Thursday) - all ages

Dive Team

8:00 - 9:00 a.m. - 12 & Under (group A)*

9:00 - 10:00 a.m. - 13 & Older

10:00 - 11:00 a.m. - 12 & Under (group B)*

11:00 - 11:30 a.m. - 8 & Under

*12 & under practice groups will sign up for desired practice time.

Afternoon Practice

6:00 - 7:00p.m. (Monday & Thurs.) – all ages

Pre Team

Morning Practices -10:15 - 11:00 a.m.

No afternoon Pre Team Practices

Friday Pep Rallies will be 10:30 am with the following morning practice times on **Friday only**:

Swim Practice

8:00 – 9:15 am 13 and up

9:15 – 10:30 am 12 and under

9:45 – 10:30 am Pre-Team

Dive Practice

8-9:15 am 12 and under

9:15 – 10:30 am 13 and up

Pre-Team Practice

9:45 – 10:30 am Pre-Team

Swimmers and Divers are expected to be on time for practice.

- Practice generally is not canceled because of bad weather.
- Parents should stay off the pool deck during your child's practice. Coaches are available to talk with parents by appointment or occasionally before or after practice. Please avoid talking to the coaches during practice; their priority is to your children.

G. Behavior at Practice

Swimmers and divers should follow the instructions of the coaches. Because of the large size of the team, disruptive behavior cannot and will not be tolerated. Practices are intended to be fun, but also should be taken seriously as real preparation for competition.

The coaches have the right to ask a swimmer or diver to leave practice for disruptive behavior.

Please note the following rules for swimmers and divers during practice as required by the Tanterra Pool Committee.

- The pool area must be cleaned up after practice and meets. There will be no use of the baby pool during morning practice.

- The pool and pool area must be cleared by 12 noon. Friday morning swim social activities will be held under the pavilion. No swimmers/divers are allowed on the pool deck or in the pool.
- During morning practices, swimmers/divers and their siblings should not be in or near the pool unless they are at practice.
- **Children under 10 years of age cannot be dropped off at the pool unless they are under the supervision of a parent or adult.**

Pep Rallies: There will be weekly pep rallies and team breakfasts on Fridays at 10:30 a.m. beginning June 19. Check the calendar, web site or bulletin board for updates on activities.

H. Behavior at Meets

Each swimmer/diver is expected to try to participate at each meet and to be supportive of all team members' performances in each event. When participating in a meet, each team member should know that he or she represents the team and that his/her actions reflect on the entire team. The actions of each team member should reflect the pride that he or she possesses in the team and the wholesome attitude of good sportsmanship that is the mark of a good athlete.

- All questions that swimmers/divers or parents may have regarding meet results, official's decisions, or the conduct of the meet should be referred to the Team Rep or the coaching staff. They, in turn, will pursue the matter through the proper channels.
- Swimmers/divers and parents should stay off the deck unless they are competing or serving in an official capacity.
- Please leave pool areas clean and neat at the conclusion of each meet.
- If a parent of a swimmer/diver, age 12 or younger, is unable to accompany his/her swimmer to a meet, it is his/her responsibility to arrange for supervision of the athlete with a responsible adult in attendance at the meet. The name of the responsible adult should be provided to the Team Rep prior to the meet.

Parent's Code of Ethics

Parents will be required to sign the Parent's Code of Ethics at the beginning of the season. Copies are available on the website.

Swimmer & Diver Code of Ethics

Each swimmer and diver will be required to sign the Swimmer and Diver Code of Ethics at the beginning of the season. These will be given out and collected by the coaches.

I. Dive Team Organization

The Tanterra Dive Team is a member of the Montgomery County Diving League (MCDL) and is in Division I (One). Each competitor's family (head of household and his/her sons, daughters, or dependents, as defined by the IRS) will be a bona fide member of the pool represented by the diver.

For competition, divers are divided into five age-groups for both girls and boys: 8 & Under, 9-10, 11-12, 13-14 and 15-18. Divers are allowed to compete in the next higher age group at the discretion of the coach and within MCDL rules. The eligibility of a competitor for a particular age group will be determined by the diver's age as of June 1.

Dives:

8 & Under Dive List.

A total of 3 dives in the following order:

- 1st 100 Forward Jump or dive
- 2nd 101 Back Jump or Dive
- 3rd 200 Optional

9 - 10 Dive List.

A total of 3 dives (2 required & 1 optional) in the following order:

- 1st 101 Forward Dive
- 2nd 200 or 201 Back Dive
- 3rd Optional

11 - 12 Dive List.

A total of 4 dives (2 required & 2 optional) in the following order:

- 1st 101 Forward Dive
- 2nd 201 Back Dive
- 3rd Optional
- 4th Optional: The optional dives will be selected from the five dive groups, but cannot be 101 or 201 regardless of position.

13 - 14 Dive List.

A total of 5 dives (2 required & 3 optional) in the following order:

- 1st 101 Forward Dive
- 2nd 201 Back Dive
- 3rd Optional
- 4th Optional
- 5th Optional. The optional dives will be selected from the five dive groups, but cannot be 101 or 201 regardless of position.

15 - 18 Dive List.

A total of 6 dives (3 required & 3 optional) in the following order:

- 1st 101 Forward Dive
- 2nd 201 Back Dive
- 3rd 401 Inward Dive
- 4th Optional
- 5th Optional
- 6th Optional. The optional dives will be selected from the five dive groups, but cannot be 101, 201, or 401 regardless of position.

Dive Groups: 100-Front, 200-Back, 300-Reverse, 400-Inward, 5000-Twist. There are dives to choose from in each group to be worked out between diver and coach for each meet.

J. SWIM TEAM ORGANIZATION

Tanterra belongs to the Montgomery County Swim League (MCSL) which consists of 89 teams arranged into 15 divisions. For A meets, we are competing in the G Division against Mohican, Rockshire, Garrett Park, Northwest Branch and Rock Creek.

Tanterra swims against the following teams in B meets: Rockville, King Farm, Manor Woods, Twinbrook and Wheaton Woods.

For competition, swimmers are divided into five age groups: 8 and Under, 9-10, 11-12, 13-14, and 15-18.

The eligibility of a competitor for a particular age group will be determined by the swimmer's age as of **June 1**, e.g., a swimmer whose birthday is on June 1 and becomes 11 on June 1, must swim in the 11-12 age group.

Time Trials

Time Trials are held at the beginning of the season, prior to the first meet and are conducted like a swim meet. Individual times are recorded for each swimmer. These times are used to qualify swimmers for the first A meet and to serve as a benchmark for swimmers to measure their progress during the season. Those swimmers unable to participate in the Time Trials should make arrangements for a make-up date with the coach.

Eligibility for placement on these teams is as follows:

- Each Team Representative will maintain an up-to-date roster of its swimmers of the team. Swimmers added to the roster after the exchange of meet entry reports and disks the day before a meet (12:00 noon) will not be eligible for competition in that week's dual meet.
- The swimmers who hold the three fastest times in each stroke (freestyle, back, breast and butterfly) and the individual medley (IM) when the meet entry sheets are completed are those swimmers who participate in the A meets. The six fastest freestyle swimmers in the 8 & Under, 9-10, 11-12, 13-14 and 15 – 18 age groups also compete in the A meets. There is one Open-age Medley Relay for boys and one for girls, and two Graduated Freestyle Relays for both boys and girls. No swimmers may be added to the roster and compete in the relay unless they are on the team roster prior to 12:00 noon the day preceding the meet.

A meets are held on Saturday mornings and adhere to the rules established by MCSL and printed in the MCSL Handbook. It is important to note that as swimmers' times change during the summer season, it is possible that many different swimmers may participate in A Meets.

B Meets are held on Wednesday evenings and adhere to agreed upon rules of the B league. These meets will start at 6:15 p.m.

Tanterra Swim Team B Meet Rules

- All swimmers must swim 25 meters in less than a minute to be eligible for a B meet.

- At B meets there will not be deck entries/exhibition swimming unless an open lane is available in a heat. The swimmer must be able to swim his/her stroke legally. The coach will decide if the swimmer is legal or not.

Automation at B Meets

It is up to the home team to decide if the meet will be run with the pink and blue cards or if the meet will be automated from the standpoint of pre-seeding events.

If a meet is to be automated with pre-seeding of events, deck entries will be submitted on the pink and blue cards. A deck entry that creates an additional heat solely for the deck-entered swimmer(s) will not be allowed.

B Meet Swimming Policies

- 'A' meet swimmers cannot re swim their 'A' meet events in a 'B' meet. They can, however, swim their non-'A' meet events in a 'B' meet.
- A swimmer is limited to swimming three individual events and one IM within a one week period (a week is defined as starting with the 'A' Meet on Saturday and ending with the 'B' Meet on the following Wednesday). (See Exhibition Swimming item 2 below for additional information)

Exhibition Swimming in B Meets

Swimmers can swim exhibition under the following conditions:

- If an 'A' Meet swimmer misses the previous 'A' meet, that swimmer can swim his or her 'A' Meet events in the 'B' Meet as exhibition
- If a swimmer swims three individual (non-IM) events, he or she can swim the fourth individual stroke as exhibition

Provided:

- There is an open lane in an existing heat
- We are not creating an additional heat solely for the exhibition swimmer(s)
- The swim is clearly noted as an exhibition swim
- No ribbon is awarded to the exhibition swimmer
- Exhibition swimming is not used as a way to get 'A' meet swimmers to re swim their 'A' meet events

Coaches should enter only those swimmers in the meet that are ready to swim the events they are being entered in.

Miscellaneous B Meet-related Information

- The end freestyle relays (Events 49 and 50), if they are being run, shall be moved to immediately after the break
- The home team rep shall email the visiting team rep to confirm the meet starting time, warm up times, officials, and automation-related issues (including the automation lead's name, email address, and telephone number) even if the meet is to be run with the pink and blue cards
- The home team is encouraged to announce the names of the officials, automation, timers, and snack bar volunteers at the beginning of the meet as a way to say "thank you" for their volunteer efforts

For All Swimmers

A swimmer's eligibility will be based on the last meet in which he or she swam. If you are absent for an A meet, the coach must go back to the last meet which you were present to determine eligibility.

Swim Meets

A swim meet provides the climax to hours of practice and participation in a meet is very important to each swimmer. Swim meets can only be successful when well organized. It takes many adults to run a swim meet, and there are many ways a parent can help. During the season, parents will be asked to give their time and energy to help at meets and other team functions. (Please see section on Parent Participation.)

Meet Selection Criteria

The coaches, with the best interest of the entire team in mind, make all final decisions regarding specific events in which all swimmers compete.

- No swimmer may scratch any event without the approval of the coaches.
- For every meet, it is the responsibility of the coaches to select the swimmers for each event. In general, the coaches will make their selections based on fastest times. In all cases, the final lineup will represent the best interests of the Tanterra Swim Team.
- All-Star Relays: The swimmers who were on the relay team which qualified for the All-Star Relays will be the swimmers to compete in the All-Star Relay meet.
- In all cases, it is the responsibility of the Tanterra swim coaches to notify swimmers as soon as possible of their selection for a particular event.
- B Team criteria may change with the agreement of the participating teams' Reps and coaches.

Meet Line Ups

The A Meet line up is decided by the coaches based on the 3 fastest times and 6 fastest for freestyle in each age group. The A meet line up is posted by Friday morning, after the B Meet results are calculated.

B Meet sign ups will be done by the coaches by Monday evening. Line ups will be posted on both the team bulletin board and the website.

Other Meets

Relay Carnivals

Relay Carnivals include all teams from the division and include a variety of relay events. There is a Relay Carnival for both our "A" and "B" leagues. The coaches determine who will swim in the A Relay Carnival, while swimmers will sign up for the B Relay Carnival as they would for a regular B Meet. All swimmers who were not in the A Relay Carnival will be in the B Relay Carnival for at least one event. Coaches will determine the relay teams for the B Relay Carnival based on who signs up to participate in the meet. Swimmers who swim in at least one event in the A Relay Carnival usually do not swim in the B Relay Carnival so that all our swimmers have a chance to swim. **EXCEPTION TO THIS WILL BE:** 13 & over swimmers who participate in 1 or fewer A Relay Carnival events, may sign up to participate in the B Relay Carnival.

In the B Relay Carnival, a swimmer may “swim up” to the next age level only if the team does not have any eligible swimmers available.

Divisionals

At the end of the swimming season, all teams from the A League compete in the Division Championship Meet or Divisionals. The top two boys and the top two girls from each age group for each event shall be eligible to swim in Divisionals. In order to compete, a swimmer must have swum in at least one MCSL dual "A" meet. The coach will have discretion to select swimmers for events in this meet.

Coaches Invitational Long Course

The Coaches Long Course Meet includes the top 8 swimmers in all of MCSL from each age group for each event. In the 15-18 age group, this includes swimmers from our area who have qualified for Olympic Trials. This meet is swum in a 50-meter pool at Rockville Municipal Swim Center. It is an honor to qualify to participate in this event, so we encourage everyone to come and cheer on our Tanterra swimmers who make it. More information about this meet and individual rankings are posted on the MCSL website.

All Star Meets

The top 16 MCSL boys and girls from each age group for each event will qualify for the Individual All Star Meet. The top 8 relays from the Division A-G Relay Carnivals will qualify for All Star Relays. Rankings for the All-Star meet are updated each week on the MCSL website. The coaches will notify anyone who has qualified for All Stars or All Star Relays once the final rankings have been posted. You can view the rankings on the MCSL website (www.MCSL.org).

K. Vacations

Each family will be given a **Vacation form** at the registration meeting to complete all dates your swimmer(s) will be absent for any A or B meets. Please return the forms into the Coaches' folders. **All** eligible B meet swimmers will be entered for each B meet. The coaches will rely on the Vacation form each swimmer/family is required to give to the coaches stating what meets the swimmer will not be present to participate in. **IT IS VITAL THAT YOU INFORM THE COACHING STAFF BY THURSDAY MORNING IF YOU WILL BE OUT OF TOWN AND UNAVAILABLE FOR THE A MEET.**

In case of illness, notify the coaching staff ASAP if you feel you will be unable to attend. Line ups cannot be changed after being given to the opposing team the morning of the day before an A meet, so please do not let your child be entered into a meet they are not planning to attend. This will cause the team to lose points as we will be unable to substitute a swimmer.

L. Swim Awards

Dual Meet Awards: Dual meet ribbons are awarded from first through sixth place for A meets, and from first through tenth place for B meets. Heat winner ribbons are also awarded at B meets. Dual meet points are awarded to individuals as follows:

First Place - 6 points
Second Place - 4 points
Third Place - 3 points

Fourth Place - 2 points
Fifth Place - 1 point

Medley relays are scored 7-0, with only first place receiving points. Graduated Freestyle relays are scored 5-3-1, with the first three teams scoring. *Swimmers must participate in 3 meets to receive a participation trophy at the Team Banquet.*

Best Time Ribbons

Ribbons will be awarded to each swimmer who achieves his/her best time from the previous week's meet. The goal of all swimmers in every event should be to drop time, regardless of what place they may finish. That is why the team recognizes every top time that a swimmer achieves with a Best Time ribbon. These are presented during the Friday Pep Rally.

Dive Awards:

Ribbons are given at individual meets for 1st through 4th place.

Swimmers and Divers of the Week

One boy and girl from 3 different groups (swim, dive and Pre-team) will be selected as **Swimmer or Diver of the Week** based on attendance, attitude, leadership, sportsmanship, team spirit and effort. The announcement will be made at the Friday Pep Rally each week, so be sure to attend! Pictures of each honoree will be posted on the Team Bulletin Board.

Spirit Award – One person each week will be selected as most spirited. This will be announced at the Friday Pep rally.

End of Season Awards – given out at the Team Banquet

Pre-Team Medals -- Any swimmer registered as Pre-Team will receive a Pre-Team medal, unless they participate in three swim meets (see below)

Team Trophies -- Any swimmer registered as a Swim Team member will receive a Tanterra Team Trophy, if they participate in three swim meets during the season.

Dive Trophies – Any diver who is registered as a Dive Team member will receive Tanterra Team Trophy, if they participate in three dive meets during the season.

M. Meet Volunteers

Parent Participation

Parent involvement is an important part of the Tanterra Swim and Dive Team. Parent participation helps to generate excitement and is essential to the successful operation of the teams. Each family is expected to contribute time and effort. While the Swim & Dive Team is basically a program for our children, parent support is VITAL to the success of the teams. Adults are needed to help at the meets in many different capacities. Except for coaching, all other work is done by parent volunteers. There are more than 600 different jobs that must be filled in order to coordinate our swim meets, picnic, fundraisers, banquet, team breakfasts and other social activities during one summer season. Every family must help a lot!

For the 2009 season, we are assigning “points” to each volunteer position. Each family will be asked to volunteer for positions that total a certain number of points.

The following is a partial list of positions that must be filled each swim season in order to hold the swim meets.

Swim Meet Jobs:

Team Representatives: Organize and direct meets; act as a liaison between Tanterra Swim Team and MCSL; oversee all aspects of the swim team.

Referee:** Oversees all officials during meet, conducts the scratch meeting, observes starts, strokes, turns, finishes, etc.; reviews all disqualifications observed by stroke and turn judges; makes decisions whenever questions or disagreements arise during a meet.

Starter:** Starts each event at each meet.

Stroke and Turn Judges:** Ensure that each swimmer is in compliance to all rules relative to strokes and turns.

**Those holding these positions must be certified by MCSL. Clinics last approximately three hours and are offered several times at the beginning of each season at no charge.

Head Timer and Assistant Head Timer: The Head Timer and Assistant Head Timer will check to make sure each lane has three timers and the stop watches are running. They will help time if a watch malfunctions and collect the recorded times from each lane.

Timers: Three timers are assigned to each lane. One Timer is responsible for recording the times the swimmer receives from each timer which will be given to the Head Timer and turned into the Scorers' table.

Announcer: Announces events throughout the meet.

Clerk of Course: Informs swimmers of their lane assignments and heats as they check in at the Clerk of Course Table.

Runner: Takes the time sheets from the Head Timer and delivers to the Automation person after each event.

Head Scorer: Checks times on cards after each event is completed; arranges cards in order of finish and notes All-Star times.

Computer operator: Types the times into the computer as the assistant computer operator reads them. He or she operates the program during the meet.

Assistant Computer operator: Reads the times from the timer sheets to the computer operator.

Scorer: Checks the results printed from the computer after each event against the timer sheets to be sure the times were entered accurately. He or she also maintains a DQ (Disqualification) log for each team.

Ribbon Writers: Transfer computer stickers to ribbons and organizes ribbons for the distribution.

Concessions: Concessions are the largest fund raisers for the Swim and Dive teams. Parents are needed to set-up, prepare and sell concessions during the meet and clean up.

Dive Meet Jobs:

Dive Representatives: Responsible for managing and coordinating all activities for the dive season. Attends MCDL meetings over the off-season.

Table Workers: There are several jobs at the table. Most jobs include adding and double-checking someone else's adding. Calculators and erasers will be available. We will train you.

Ribbon Writer: Records scores on labels provided and attaches the labels to provided ribbons.

Judge: Judges watch each dive and give a corresponding score. There are 5 judges at each meet. This requires a 2-hour training and certification is valid for three years.

Judge and Referee Training: This requires attending a two hour training session at a neighboring pool. You will learn how to score the divers and the rules. Once completed, the training is good for three years.

Referee: This job requires additional training and should be attempted by someone whom has been a judge for at least a year. Referees insure rules are upheld.

Announcer: Home Meets only. This requires some training. Additionally the announcer should have a good understanding of dive numbers, a quick paced delivery, and unbiased patience.

Dive Sheet Helper – helps the divers get meets sheets completed.

Baker: Brings home-made baked goods or sliced fruit for officials during the meet.

Label Maker: Prepares labels for meet ribbons at home.

T-shirts: Takes orders for league shirts, collects money, gives money to treasurer to turn into a team check, places the order, and arranges for pick-up and distribution of shirts.

Set up: Arrive 1 to 1 1/2 hours early. Set up chairs, tables, canopies, fill coolers with ice and place water bottles in to get cold and assist as needed with other setup per Dive Reps instructions.

Clean-up: Clean-up at the end of the meet.

Social Events

In between the practices and meets, the season is filled with social activities. During the season, the team sponsors raft night, movie night, an ice cream social and other events.

Friday Team Breakfasts & Pep Rally

Each Friday morning following practice, the team sponsors a Breakfast and Pep Rally, where swimmers receive their ribbons from the previous B Meet, the Swimmers and Divers of the Week are announced and the team begins to prepare for the theme for the next Saturday's meet. Costs for the breakfasts are included in the Team dues. All swimmers are encouraged to attend and to be quiet and respectful during the presentation of ribbons!

Pep Rallies and Team Spirit

The team holds a Pep Rally each Friday morning (to coincide with the Team Breakfast) that includes cheers, sign painting, and a craft activity to support the week's theme of the week. The theme for each meet is available on the Team Calendar (in your Team Directory), web site and is announced in the Tarpon Tabloid newsletter. Swimmers and parents are encouraged to "dress" for the meets in creative theme related outfits or team spirit wear.

Team Banquet

The culminating social event of the year is the Swim Team Banquet, held the last weekend of the season. The evening includes food, trophy presentations, a DJ with dancing & games, and the team's slide show. There will be a small additional charge for the banquet. If you are unable to attend the Banquet, please ask a friend or neighbor to pick up your swimmer(s) trophy.

Team Picture

During the season, the team schedules a professional photographer to take an official team picture. You may also choose to have individual or family pictures taken at this time. All photos are purchased individually and are completely optional. We encourage all swimmers to be included in the team picture and to wear your team suit, if possible.

Swim Team Suit and Spirit Wear

Every 2 years, Tanterra selects a new team swimsuit, which is available for purchase by team members. A team suit is highly recommended, but optional. Most swimmers enjoy wearing the team suit at meets and for the team picture.

This year's vendor is: Capital Sport and Swim, 10558 Metropolitan Ave., Kensington, MD 20895, Phone: 301-949-7366

A representative from Capital will attend our Swim Team Registration on May 4 and 12, when your swimmers/divers may try on and purchase team suits, as well as practice suits, swim caps and goggles. If you are unable to purchase a suit at registration, you may order one directly from the store. When purchasing the suit at the store, be sure to mention that you're a member of Tanterra, as you will receive a discounted price.

Other team spirit wear, such as parent shirts, sweatshirts, shorts, and caps, will be available for order at registration and during the first few weeks of practice. A spirit wear order form listing all available items is available on the team website. Sample items will be available for sizing.

N. RECORDS

The team maintains two sets of records – Team Records and Pool Records. Both kinds of records may only be set during an A meet, Divisionals or All-Star meet.

Team Records are set by Tanterra swimmers in any pool during an A meet, Divisional Championship or All-Star meet. We track the three fastest times for each event and post these on our Team Record Board. *Pool Records* may only be set in an event swum in Tanterra pool, but may be set by any swimmer for any team participating in an A meet or Divisional Championship.

Both Tanterra Team and Pool Records are tracked and maintained by our Records Chairperson. Please refer your questions to the Parent Volunteer in this position.

Tanterra team members can also set Records at other pools when participating in an A meet or Division Championship. The Montgomery County Swim League also maintains a set of League records.

Tanterra Dive Team Records

ALL STARS

Boys	Event	Girls
Joseph McHale – 4 th	8 & U	
Shane Corcoran 4 th	9-10	
Michael Sprague 2 nd	11-12	Summer White 9 th
Brian Hack 6 th	15-18	

DIVISIONALS

Boys	Event	Girls
Joseph McHale 1 st	8 & U	Lily Wheatley 4 th
George Siarkas 10 th	8 & U	Shelby Lee 8 th
Shane Corcoran 1 st	9-10	Jasmine Jones – Olszewski 6 th
Louis McHale 2 nd	9-10	Olivia Corcoran 9 th
Robert McHale 3 rd	11-12	Summer White 3 rd
Michael Sprague 6 th	11-12	Julie Santini 9 th
	13-14	Micaela Kowalski 6 th
	13-14	Laura Sprague 7 th
Brian Hack 2 nd	15-18	Jesse Godbout 7 th
	15-18	Megan McNeely 8 th

Tanterra Swim Team Records

Boys	Event	Girls
Charles Hanna 1:17.41 1982	12 & U 100 I.M.	Heather Denman 1:11.81 2003
Nathan Swallow 1:17.72 2001		Dana West 1:14.27 1998
Michael Stephens 1:17.75 2003		Melissa Bartlett 1:15.28 1994
N Swallow/M Benedick/ C Mollenhoff/C Tappis 2:00.26 2002	OPEN 200 M	P Hulsizer/T Parker D West/K Kugler 2:05.10 2002
B Vukmanic/M Barlett/ M Kendrick/C Bartlett 2:00.85 1996	MEDLEY RELAY	J Vukmanic/T Parker D West/K Kugler 2:09.44 2001
M Bartlett/C Bartlett/ M Kendrick/B Vukmanic 2:00.88 1996		S Forlenza/E Stout M Stephens/H Denman 2:07.91 2008
Charles Hanna 17.20 1978	8 & U 25 FREE	Jane Nester 17:77 2003
Andrew Braker 17:44 2003		Nicole Stockinger 17.91 2007
Matthew Abbott 17.58 1995		Tracey Williams 17.97 1990
Charles Hanna 32.45 1980	9 - 10 50 FREE	Dana West 34.77 1996
David Mader 32.64 1996		Robin Sands 34.90 1976
Devin Gallagher 33.69 2005		Jane Nester 34.95 2005
	Event	Girls
Charles Hanna 27.40 1984	13 - 14 50 FREE	Heather Denman 27.93 2005
Brett Vukmanic 27.58 1994		Kassy Kugler 28.15 2001
Steve Goldstein 27.67 1992		Dana West 28.37 2000

Boys		Event	Girls	
Charles Hanna	28.92 1982	11 - 12 50 FREE	Heather Denman	28:83 2003
David Mader	30.48 1998		Dana West	29.78 1998
Brian Hack	31.19 2005		Melissa Bartlett	30.65 1994
Chris Tappis	52.74 2003	15 - 18 100 FREE	Kassy Kugler	58.90 2002
Matt Benedick	56.15 2002		Dana West	59.84 2003
Charles Hanna	56.42 1986		Melissa Bartlett	1:00.06 1999
Matthew Swallow	1:06.94 2003	13 - 14 100 I.M.	Heather Denman	1:08.34 2005
Matt Kendrick	1:08.89 1995		Melissa Bartlett	1:09.69 1996
Chris Tappis	1:09.00 1999		Dana West	1:09.94 2000
Charles Hanna	19.40 1978	8 & U 25 BACK	Dianna Prangley	21.78 1989
Ben McBride	20.95 1980		Tracey Williams	22.02 1989
Andrew Braker	21:31 2003		Alyssa Prorok	22.22 1991
Charles Hanna	16.47 1980	9 - 10 25 BACK	Dianna Prangley	18.94 1989
Matthew Swallow	18:14 2003		Tonya Balderson	19.00 1981
David Mader	18.26 1996		Dana West	19.22 1996
Brett Vukmanic	1:05.83 1996	15 - 18 100 BACK	Heather Denman	1:03.61 2006
Nathan Swallow	1:06.37 2004		Dana West	1:07.93 2001
Matt Bartlett	1:07.10 1996		Stephanie Forlenza	1:09.95 2008
Charles Hanna	34.09 1982	11 - 12 50 BACK	Heather Denman	32:43 2003
Jonathan Bass	35.15 2006		Dana West	33.76 1998
David Mader	36.10 1998		Jill Vukmanic	35.41 1995
Nathan Swallow	31.47 2003	13 - 14 50 BACK	Heather Denman	31.00 2005
Brett Vukmanic	31:74 1994		Dana West	32.05 2000
Jonathan Bass	31.79 2008		Kassy Kugler	32.99 2001
Chris Tappis	1:02.29 2003	15 - 18 100 I.M.	Heather Denman	1:07.24 2006
Chad Bartlett	1:04.07 1996		Erin Stout	1:09.02 2008
Matt Benedick	1:04.39 2002		Dianna Prangley	1:09.60 1996
Matt McMahan	22.30 1996	8 & U 25 BREAST	Erin Stout	23.48 1999
Brian McNeely	23:06 2003		Nicole Stockinger	24.05 2006
Austin Cagley	24.66 1997		Katie Salvail	24.63 2000
Matthew Swallow	19:75 2003	9 - 10 25 BREAST	Erin Stout	20.73 2001
David Mader	20.19 1996		Morgan Stephens	20:97 2003
Matt McMahan	20.35 1998		Lisa Bontz	20.99 1991
Matt McMahan	38.83 2000	11 - 12 50 BREAST	Melissa Bartlett	37.64 1994
Matthew Swallow	40.25 2004		Erin Stout	39.20 2003
Michael Stephens	40:37 2003		Debbie Zarchin	39.24 1991
Matt Kendrick	33.87 1995	13 - 14 50 BREAST	Tami Parker	35.99 1998
Matt McMahan	35.49 2002		Teresa Hudock	36.53 1999
Richie Cole	36.92 1979		Erin Stout	36.84 2005

Boys		Event	Girls	
Chad Bartlett	1:10.08 1996	15 -18 100 BREAST	Melissa Bartlett	1:16.49 1999
Chris Tappis	1:11.69 2003		Erin Stout	1:17.26 2007
Michael Stephens	1:12.01 2008		Tami Parker	1:18.21 2000
Jonathan Bass	20:73 2002	8 & U 25 FLY	Jane Nester	18:97 2003
Jack Nester	20:76 2002		Morgan Vekeman	19.91 1996
Matthew Swallow	21.96 2001		Taylor Stockinger	20.86 2000
Charles Hanna	16.33 1980	9 - 10 25 FLY	Morgan Stephens	16.92 2003
David Mader	16.56 1995		Jane Nester	16.93 2005
Chris Tappis	17.13 1995		Dana West	16.95 1996
Charles Hanna	15.45 1981	11 - 12 25 FLY	Allison Stanford	15.22 1990
Chris Tappis	15.55 1996		Megan Parker	15.40 1992
Steve Goldstein	15.64 1990		Kirsten Rogers	15.53 1981
Nathan Swallow	33.81 2001	11 - 12 50 FLY	Heather Denman	30:77 2003
Chris Tappis	34.93 1997		Dana West	31.56 1998
Michael Stephens	35:56 2003		Kimberly Hudock	33.81 1999
Chris Tappis	29.80 1999	13 - 14 50 FLY	Heather Denman	29.57 2005
Steve Goldstein	30.07 1991		Dana West	30.31 2002
Nathan Swallow	30:35 2003		Morgan Stephens	31.33 2007
Chris Tappis	27:39 2003	15 - 18 50 FLY	Heather Denman	29.35 2006
Charles Hanna	28.11 1986		Dana West	30.31 2002
Koffi Kla	28.68 1994		Jill Vukmanic	30.72 1999
B McBride/C Hanna/ T Cole/R Cole	1:32.91 1980	GRADUATED 150 FREESTYLE RELAY	M Stephens/E Stout Zoltick/K Kugler	1:36.50 2001
M Abbott/D Mader/ R McMahan/M Kendrick	1:34.26 1995		D Cutright/T Parker M Bartlett/D Pranglely	1:36.66 1994
G Guglielmo/A Myers C Hanna/T Cole	1:36.80 1982		K Roberts/M Boyer/ J Beckham/K Rogers	1:37.10 1983
M Swallow / M Stephens N Swallow / A Braker	1:51.25 2003	GRADUATED 175 FREESTYLE RELAY	M Stephens / H Denman Lewis / J Nester	1:55.84 2003
M Swallow / M Stephens N Swallow / D Gallagher	1:53.92 2003		J Nester/M Stephens H Denman/N Stockinger	1:56.70 2005
A Braker/Brian Hack Brandon Hack/T Garrity	1:55.67 2005		J Nester/M McNeely Denman/N Stockinger	1:57.75 2005

Tanterra Pool Records

Boys	Time	Year	Team		Girls	Time	Year	Team
FREESTYLE								
Alexander Middel	17.16	1995	CG	8 & Under 25 Meter	Yaly Levy	16.93	2003	RV
David Mader	32.66	1996	TA	9-10 50 Meter	Cara Chuang	31.47	2002	RV
Eric Conrad	28.62	2004	HA	11-12 50 Meter	Heather Denman	29.15	2003	TA
Chuck Marmor	26.12	1989	BE	13-14 50 Meter	Megan Waters	27.57	2004	MCT
Chris Tappis	55.00	2002	TA	15-18 100 Meter	Kassy Kugler	59.47	2002	TA
BACKSTROKE								
Charles Hanna	19.80	1978	TA	8 & Under 25 Meter	Catherine Mulquin	20.72	2002	MCT
Charles Hanna	16.55	1980	TA	9-10 25 Meter	Cara Chung	16.63	2002	RV
Brady Fox	33.41	2003	HA	11-12 50 Meter	Heather Denman	33.25	2003	TA
Brady Fox	30.42	2004	HA	13-14 50 Meter	Heather Denman	31.30	2005	TA
Drew Fisher	1:03.42	2007	CG	15-18 100 Meter	Heather Denman	1:06.43	2007	TA
BREASTSTROKE								
Jesse Prager	21.74	1995	RF	8 & Under 25 Meter	Yaly Levy	21.81	2003	RV
Mikey Doyle	19.72	1998	CG	9-10 25 Meter	Dorothy Yu	19.53	2002	RV
Ethan Hutton	37.75	1993	D	11-12 50 Meter	Melissa Bartlett	38.80	1994	TA
Matt Kendrick	34.71	1995	TA	13-14 50 Meter	Katie Brown	35.34	1996	FV
Chad Bartlett	1:10.22	1995	TA	15-18 100 Meter	Sarah VanDoren	1:15.93	2007	DA
Boys	Time	Year	Team		Girls	Time	Year	Team
BUTTERFLY								
Jeremy Ebobisse	18.90	2005	BE	8 & Under 25 Meter	Yaly Levy	18.95	2003	RV
Brian McAteer	16.42	1995	OM	9-10 25 Meter	Laura Eull	16.41	1998	CG
Brad Grayson	14.37	1995	OM	11-12 25 Meter	Michelle DeJohg	14.95	1982	WW
Brady Fox	32.43	2003	HA	11-12 50 Meter	Heather Denman	30.77	2003	TA
Chuck Marmor	28.02	1989	BE	13-14 50 Meter	Heather Denman	30.06	2005	TA
Scott Spencer	27.40	2004	MCT	15-18 50 Meter	Heather Denman	30.21	2006	TA
INDIVIDUAL MEDLEY								
Eric Conrad	1:13.07	2004	HA	12 & Under 100 Meter	Blair Webb	1:11.97	2004	HA
Chuck Marmor	1:05.42	1989	BE	13-14 100 Meter	Heather Denman	1:09.87	2005	TA
Jeremy Fain	1:03.58	1994	D	15-18 100 Meter	Heather Denman	1:08.37	2008	TA
Boys	Time	Year	Team		Girls	Time	Year	Team
RELAYS								
L Rohwer/M Polignano				Open 200 Medley Relay	S Forlenza/E Stout			
K Shelhorse/A Jones	1:58.38	1996	DA		M Stephens/H Denman	2:09.00	2008	TA

Boys	Time	Year	Team	Girls	Time	Year	Team
R Bunrsky/B McAteer				150 M Graduated Freestyle	M Stephens,E Stout		
B Grayson/B Ilgen	1:33.38	1995	OM		C Lewis, K Kugler	1:38.12	2001 TA
J Devlin/ E Conrad					I Tjonneland/H Center		
B Fox/ C Carswell	1:49.86	2004	HA	175 M Graduated Free Relay	C Sussman/S Kannan	1:48.68	2005 BE

Tanterra Homeowners Association George (Mack) Hester Memorial Award for leadership, sportsmanship, commitment and attitude:

Recipients:

- 1976 Christi Lowe
- 1977 Lisa Foy
- 1978 Rachel Guglielmo
- 1979 Paulette Caron
- 1980 Dominic Vila
- 1981 Richie Cole
- 1982 Kirsten Rogers
- 1983 Brad Jones
- 1984 Tim Cole
- 1985 Charles Hanna
- 1986 Amy Cole
- 1987 Kristen Ohlhaber
- 1988 Cecily Scarpelli
- 1989 Allison Stanford & Jenny Parker
- 1990 David Howard
- 1991 Brett Vukmanic
- 1992 Steve Goldstein
- 1993 Matt Bartlett
- 1994 Megan Parker
- 1995 Sarah Kerr
- 1996 Danny Zarchin
- 1997 Jill Vukmanic
- 1998 Alyssa Prorok
- 1999 Jonathan Corace
- 2000 Chris Tappis
- 2001 Tami Parker & Teresa Hudock
- 2002 Dawn Cutright
- 2003 Dana West
- 2004 Graham Lederer
- 2005 Heather Denman
- 2006 Michael Knestout
- 2007 Michael Stephens
- 2008 Erin Stout & Brandon Hack

O. 2009 MCSL All Star Nominating Times

Boys	Event	Age	Stroke	Event	Girls
1:20.00	1	12 & U100M	Individual Medley	2	1:21.00
18.85	5	8 & U 25M	Freestyle	6	19.20
35.80	7	9-10 50M	Freestyle	8	36.35
28.40	9	13-14 50M	Freestyle	10	31.00
31.40	11	11-12 50M	Freestyle	12	32.70
58.00	13	15-18 100M	Freestyle	14	1:04.60
1:12.60	15	13-14 100M	Individual Medley	16	1:17.60
24.00	17	8 & U 25M	Backstroke	18	24.45
20.10	19	9 -10 25M	Backstroke	20	20.40
1:08.00	21	15-18 100M	Backstroke	22	1:15.00
38.10	23	11-12 50M	Backstroke	24	39.00
34.30	25	13-14 50M	Backstroke	26	36.30
1:07.00	27	15-18 100M	Individual Medley	28	1:14.00
26.00	29	8 & U 25M	Breaststroke	30	26.60
22.25	31	9-10 25M	Breaststroke	32	22.25
43.30	33	11-12 50M	Breaststroke	34	43.40
38.20	35	13-14 50M	Breaststroke	36	41.20
1:16.25	37	15-18 100M	Breaststroke	38	1:25.00
23.20	39	8 & U 25M	Butterfly	40	23.40
18.70	41	9-10 25M	Butterfly	42	18.60
36.30	43	11-12 50M	Butterfly	44	37.20
32.00	45	13-14 50M	Butterfly	46	34.10
29.20	47	15-18 50M	Butterfly	48	33.00

The above times are only nominating times for the All-Star Meet. The actual times needed for a swimmer to be invited to participate in the All-Star Meet will be determined by the number of swimmers who make or better these times. You can check on the times during the season at <http://www.mcsl.org/allstar/2008/allstar.html> . The above times as submitted from the first three dual meets are also used to select swimmers for the Coaches Long Course Meet.

Division assignments are determined by a computerized swim-off taken from the median of all times from dual meets. Each team is then swum against all other teams. Placement for the subsequent year is based on the total number of wins, with ties being broken by total points scored. No allowance is made for aging up or other potential changes. Divisions A-H make up section I; Divisions I-O make up section II for the All-Star Relay meet. Division H will alternate yearly between section I and II as long as there are an uneven number of divisions.

P. Summer Competitive Meets Defined

Regular Team Meets (A & B)

Swim Meets for regular team members occur on Wednesday evenings and Saturday mornings. The Wednesday evening meets are a great opportunity for our swimmers to experience friendly, informal competition in a more relaxed setting. The Saturday morning meets (Dual Meets) are more competitive and participation is determined based on a swimmer's official time and other factors, within the rules adopted by the MCSL.

Divisional Relay Carnival*

The Relay Carnival is held once on a Sunday around the midpoint of the season. This meet includes swimmers from all of the teams in our division. The coach selects the fastest combination of swimmers to compete against the other teams in a series of relays. These swimmers swim in the A relay carnival and everyone else will swim in the B relay carnival. First place teams in the A relay carnival compete at the end of the season in the Countywide Relay All Stars meet.

Divisionals*

This meet is held the Saturday after our last "A" dual meet and is a division-wide meet in which the two swimmers from each of the six teams compete. Our best two swimmers and an alternate are selected by the coaches for each event.

Coaches Invitational Long Course Meet*

The MCSL sponsors this meet which will be held in mid-July. This meet involves the top eight swimmers in each event, from the entire MCSL.

County All Star Relay Meet*

The MCSL sponsors this meet which is held the week after Divisionals. This meet involves the first place finishers from each event in the Division Relay Carnival.

County Individual All Star Meet*

The MCSL sponsors this meet which is held the week after Divisionals.

This meet involves the top 16 swimmers who meet benchmark times in each event, from the entire MCSL.

* The Coaches or team representatives will notify the swimmers who qualify for these events.

Q. Dual Meet Event Order

Note: In dual meets, odd number events are boys; even number events are girls

Because Individual Medley (IM) events are included in the first half of the meet, the events in the first half do not necessarily go in age order. This allows for each age group to get a proper amount of rest before the next events.

- 1 – Boys 12 & Under 100m Individual Medley
- 2 – Girls 12 & Under 100m Individual Medley
- 3 – Boys Open 200m Medley Relay
- 4 -- Girls Open 200m Medley Relay
- 5 – Boys 8 & Under 25m Freestyle
- 6 – Girls 8 & Under 25m Freestyle
- 7 – Boys 9-10 50m Freestyle
- 8 – Girls 9-10 50m Freestyle
- 9 – Boys 13-14 50m Freestyle
- 10 – Girls 13-14 50m Freestyle
- 11 – Boys 11-12 50m Freestyle
- 12 – Girls 11-12 50m Freestyle
- 13 – Boys 15-18 100m Freestyle
- 14 – Girls 15-18 100m Freestyle
- 15 – Boys 13-14 100m Individual Medley
- 16 – Girls 13-14 100m Individual Medley
- 17 – Boys 8 & Under 25m Backstroke
- 18 – Girls 8 & Under 25m Backstroke
- 19 – Boys 9-10 25m Backstroke
- 20 – Girls 9-10 25m Backstroke
- 21 – Boys 11-12 50m Backstroke
- 22 – Girls 11-12 50m Backstroke
- 23 -- Boys 15-18 100m Backstroke
- 24 – Girls 15-18 100m Backstroke
- 25 – Boys 13-14 50m Backstroke
- 26 – Girls 13-14 50m Backstroke
- BREAK
- 27 – Boys 15-18 100m Individual Medley
- 28 – Girls 15-18 100m Individual Medley
- 29 – Boys 8 & Under 25m Breaststroke
- 30 – Girls 8 & Under 25m Breaststroke
- 31 – Boys 9-10 25m Breaststroke
- 32 – Girls 9-10 25m Breaststroke
- 33 – Boys 11-12 50m Breaststroke
- 34 – Girls 11-12 50m Breaststroke
- 35 – Boys 13-14 50m Breaststroke
- 36 – Girls 13-14 50m Breaststroke
- 37 – Boys 15-18 100m Breaststroke
- 38 – Girls 15-18 100m Breaststroke
- 39 – Boys 8 & Under 25m Butterfly
- 40 – Girls 8 & Under 25m Butterfly
- 41 – Boys 9-10 25m Butterfly
- 42 – Girls 9-10 25m Butterfly
- 43 – Boys 11-12 50m Butterfly
- 44 – Girls 11-12 50m Butterfly
- 45 – Boys 13-14 50m Butterfly
- 46 – Girls 13-14 50m Butterfly
- 47 – Boys 15-18 50m Butterfly
- 48 – Girls 15-18 50m Butterfly
- 49 – Boys 14 & Under 175m Freestyle Relay
- 50 – Girls 14 & Under 175m Freestyle Relay