

Kanawha Recreation Association Swimming &
Diving
IMPORTANT CONTACTS

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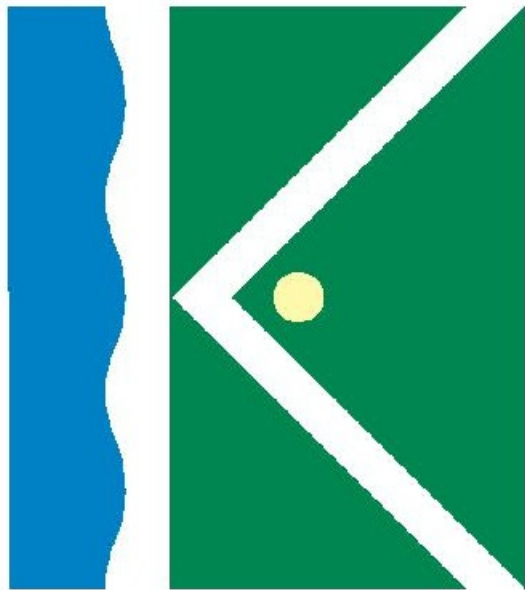
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KANAWHA



AQUATICS

A Handbook for Swim and Dive Team
Members and their parents

2006

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2006 KANAWHA SWIM TEAM

SWIM MEET SCHEDULE

Sunday, June 11	4:00PM	RT @ KRA
Monday, June 19	6:30PM	TC @ KRA
Monday, June 26	6:30PM	KRA @ WP
Monday, July 3	6:30PM	KRA @ GP
Monday, July 10	6:30PM	LSRC @ KRA
Monday, July 17	6:30PM	KRA @ TC

JRAC SWIMMING CHAMPIONSHIPS

****Thursday and Friday, July 27-28 **** at THREE CHOPT

SWIM TEAM PRACTICE SCHEDULE

	May 22 – June 15
4:00-4:45 PM	8 yrs & younger(Mites)
4:30-5:30 PM	9 – 11 yrs. old
5:15-6:30 PM	12 yrs. & up

<p>NO PRACTICES For Any Group May 29, June 16, or July 4</p>

June 19 – July 26 (M, W, Th, F)

8:15-9:15 AM	Midgets (9 – 10 yrs old)
9:00-9:45 AM	Mites (8 yrs. & younger)
9:30-10:45 AM	Juniors (11 -- 12 yrs old)
10:30- 12:00 Noon	Intermed & Seniors-13 yrs & up
12:00-12:30AM	Pre-team (also Tuesday!)
12:30-1:00PM	Pre-team (also Tuesday!)

June 20 – July 26 (T, W, TH) (evenings)

4:45-5:30 PM	Mites (6 – 8 years old)
5:15-6:30 PM	Midgets Jrs, Int., & Seniors (9 yrs & up)

****Aquatics Awards Night Friday July 21st ****
(BEFORE Champs Week)

*****Various social events throughout the season!*****
 See your KRA Newsletter and Bulletin Boards!

2006 KANAWHA DIVE TEAM

DIVE MEET SCHEDULE

Thursday, June 22 1:00PM KRA @ ARA
 Thursday, June 29 1:00PM HC @ KRA
 Thursday, July 6 1:00PM BRA @ KRA
 Thursday, July 13 1:00PM KRA @ RT
TUESDAY, July 18 1:00PM CCV @ KRA

JRAC Synchronized Dive Meet at (TBA)

Date and Time TBA

JRAC DIVING CHAMPIONSHIPS at (TBA)

Monday (girls) & Tuesday (boys), July 24th--25th

JRAC All-Stars at KRA –Wed July 26 1pm

DIVE TEAM PRACTICE SCHEDULE

May 30 – June 15

3:00-4:00 PM Mites & Midgets (11 & younger)
 4:00-5:00 PM Jrs., Int., & Seniors (12 & up)

<p>NO PRACTICES <i>For Any Group</i> <i>May 29, June 16, or July 4</i></p>

June 19 – July 18

11:00AM-11:30 PM Pre-Team and Mites
 11:30AM-12:30 PM “Meet” Mites & Midgets
 4:30PM- 6:30 PM Jrs., Int., & Seniors (12 & up)

****Aquatics Awards Night Friday July 21st ****
(BEFORE Champs Week)

*****Various social events throughout the season!*****

See your KRA Newsletter and Bulletin Boards!

2006 KRA AQUATICS Swim & Dive Teams INTRODUCTION

Kanawha offers a competitive swimming and diving program. Any child under the age of nineteen has the opportunity to participate. To be on the swim team, children should be able to swim the length of the pool freestyle and backstroke unassisted. If not, they should continue in swim lessons or pre-team and join the team at a later date. *Swim team cannot take the place of swimming lessons!* To be on the dive team, the child should be able to jump from the board and “get” to the ladder unassisted.

In order to participate, parents must register their children, pay the associated fee, and commit to working the equivalent of 2 FULL meets (4 halves of a meet) for swimmers, and one meet for divers. Please complete the registration form located in the back of the KRA Newsletter. **REGISTRATION DEADLINE IS SUNDAY, June 4th.**

Every meet relies on dedicated parents to not only cheer on the team but help run the event. Meets are primarily run by volunteer staff!! **WE NEED YOU!!** Every family is required to volunteer in at least four halves over the season (two for diving). There is a special place for everyone!!! The volunteer swim schedule will be posted on the Aquatics Bulletin Board and it is the *responsibility of the parent to be present or find a substitute for the meet.*

Team participation promotes sportsmanship, self-esteem, self-discipline, and social interaction among a wide variety of age groups. We look forward to a successful season and welcome all swimmers and divers!

COMMUNICATION

- A current email address will keep you updated and informed throughout the season in regards to practice times, changes, cancellations, coaches' thoughts, and social events.
- Weather hotline –288-9745
- The Kanawha website, www.krafun.org, has club information, meet highlights, and pictures. The JRAC website, www.jracsummerswim.org, has meet results and league information.
- Bulletin Boards (to the left of the snack bar): Check these daily to stay abreast of new information and pre-meet entries.

SWIMMING AND DIVING SWIMSUITS

The purchase of a KRA team suit is strongly recommended for both boys and girls of the swim and dive teams. Suits vary from season to season but are usually carried by the manufacturer for only two years. Suits are chosen for the greatest comfort, style, and durability. You may purchase it at Disco Sports or at the Virginia Swim Shop located at NOVA.

SWIM TEAM

The Kanawha swim team is a group of 175 to 200 swimmers ages 6 through 18 years of age who practice and compete as a team in the James River Aquatic League (JRAC). The coaches work hard with each particular age group on stroke technique, turns, and competitive dives for each specific event while also nurturing a love and enthusiasm for the sport of swimming.

Swimmers of all levels are welcome as there is a classification category for each stroke; hence, an experienced swimmer rarely competes against a novice swimmer. Classifications are based solely on times swum.

All swimmers are important to the team as points are awarded in each of the four classification categories in each age group, novice swimmers being equally important as Double X swimmers.

JRAC's philosophy : "... to foster swimming in each member club so that each child has the maximum opportunity and incentive to develop his/her aquatic interests and abilities."

As a member of the Kanawha swim team you are sure to learn lifelong swim/fitness skills, share in an enthusiastic, high-energy team, and make strong friendships for years to come. *Welcome to our team!*

PRE-TEAM

This swim group usually consists of 5 – 8 year olds who are new to the team and are not ready to make a full commitment to the swim team. In this program, the children are building confidence through skill development. To join this program, your child must be able to swim 25 meters of freestyle and perform a back float.

There will be a pre-team evaluation on Monday, June 19 from 12:00 p.m. – 1:00 p.m. at Kanawha to determine if your child is eligible. Pre-team practice begins the next day, Tuesday, June 20.

SWIM MEET ABSENCES / ENTRIES

Each swimmer will be entered in at least two events every dual meet. Should a swimmer be sick or away for a meet, he or she must notify the coach either by email or by signing one's name on the designated sheet on the bulletin board. This needs to be done as soon as possible and no later than four days prior to the meet.

NEW THIS YEAR!! NOVICE IM at DUAL MEETS

There will be ONE heat each for Midget Girls, Midget Boys, Junior Girls, Junior Boys, Intermediate Girls, Intermediate

Boys, Senior Girls, and Senior Boys in Novice IM (Individual Medley) at the Dual Meets – another opportunity for Novice Swimmers! However, there will be NO Novice IM at Champs: a swimmer will still need to achieve the *same* Champs qualifying time in IM as last year.

CLASSIFICATION OF SWIMMERS

AGE: Swimmers are classified by their age as of June 1st as indicated below.

Mites	8 & under
Midgets	9 & 10
Juniors	11 & 12
Intermediates	13 & 14
Seniors	15 thru 18

COMPETITIVE CLASSIFICATIONS

NOVICE: A swimmer is a Novice in an event in his or her age group unless he or she has made the novice cut off time in that event. (Note that a Novice swimmer can be entered in a Regular heat at the coach's discretion).

REGULAR: Any swimmer may swim in the Regular heat of an event provided he or she has not made the X time or faster in that event. (Note that a Novice swimmer can be entered in a Regular heat at the coach's discretion).

HEAT X: A swimmer must swim in the X heat of an event if he or she has made the X qualifying time but has not made a XX qualifying time.

HEAT XX: A swimmer must swim in the XX heat of an event if he or she has made the XX qualifying time in that event.

Tables showing the Novice Cut-off times, X and XX times are listed in this booklet. Remember that times are yard and meter times – use the correct column.

Swimmers compete against other swimmers of their same sex, age group, and competitive classification.

SWIM MEETS – WHAT TO EXPECT

What to bring to a meet

- Well-rested swimmers. Swimmers should leave the pool after morning practice the day of the meet and spend a quiet afternoon.
- Dry towels, sweatshirt, cap, and goggles.
- Swimmers should leave all valuables at home.
- Nutritious snacks (eat dinner about 4:00PM), card games or other quiet games.

When to arrive (*ONE HOUR* prior to home meet)

- Warm-up for the home team is 5:45 to 6:00PM
- Warm-up for the visiting team is 6:00 to 6:15PM
- Swimmers should arrive 15 minutes prior to warm-up.

Dual Meets – Two teams

- Usually on Monday nights
- Meets usually begin at 6:30PM and last until 10:30PM

Events

- There are 6 events in which swimmers compete:
 - Individual Medley (Midgets and older)
 - Freestyle
 - Backstroke
 - Breaststroke
 - Butterfly
 - Relays
- In dual meets, each swimmer may swim a maximum of three events, including relays. A swimmer may compete in four events, including relays, in the Championship Meet.

- **Check the Aquatics Bulletin Board to find out what events your child will swim. Events should be posted 3 to 4 days prior to the meet. If your child cannot swim in the posted event, notify the coaches as soon as possible and no later than four days prior to the meet.**

After Warm-ups

- **LISTEN:** When an event is called by the Announcer, the swimmer obtains the entry card from the Card Giver and then gives the card to the Clerk of Course.
- **Swimmers are placed in heats by the Clerk of Course. There may be multiple heats in novice events.**
- **Each lane is manned by three timers who represent both teams. These timers take the official time. Swimmers may ask for their time at the end of the heat ...this is an unofficial time.**

Ribbons

- **Mites receive heat ribbons awarded at the end of a race to the fastest swimmer in each heat.**
- **The top six swimmers, as judged by time, in each event receive ribbons. These are given out at practice the following day.**
- **Results will be posted during the meet for each event at each level (Novice, Regular, X, XX).**

Rain Policy

- **Swimmers should come to the meet venue even if there is rain. The meet referee decides whether to delay or postpone the meet. Rainouts are usually held the following night.**

NEW THIS YEAR!! NOVICE IM at DUAL MEETS

- **There will be ONE heat in each category in Novice IM (Individual Medley) at Dual Meets – another opportunity for Novice Swimmers! There will be NO Novice IM at Champs: *same* Champs qualifying time.**

SWIM MEET EVENTS

Freestyle is a novice event during every meet, which means that each team has no limit on how many swimmers can be entered. One other stroke is also a novice event at each meet. ***NEW-One heat of Novice IM!*** The Event Sheets in this booklet will tell you which strokes are swum at each meet.

Relays consist of four swimmers, no more than two of which may be boys. Novice relays may only be composed of novice swimmers, while other relays can mix regular, X and XX swimmers. Relays rotate between freestyle relays and medley relays, where each swimmer swims a particular stroke in a prescribed order (Backstroke, Breaststroke, Butterfly, Freestyle).

KRA swims four of the teams in our division once, while swimming our closest competition twice. Divisional standings are figured each year after Championships. There are three divisions (blue, red, white). Kanawha is in the middle division, which is red.

The Championship meet allows swimmers from all 17 JRAC teams in the league to swim against each other. Kanawha swimmers who qualify will swim in championships if possible. We feel it is very important for AS MANY AS POSSIBLE to experience this meet. Remember minimum-qualifying times must be achieved and coaches are limited to two entries per speed classification per event in Championships (one relay team per event). The minimum qualifying times are published in this booklet. Keep up with your times so you will know when you qualify. (Your best times are posted each week with your meet assignments.)

IF YOU ARE UNABLE TO COMPETE IN CHAMPS AND YOU HAVE QUALIFIED, YOU MUST LET THE COACHES KNOW NO LATER THAN THE THURSDAY AFTER THE LAST DUAL SWIM MEET.

ATTENTION PARENTS: *Please check the bulletin boards two days after the last dual meet (Wednesday, July 19) to see if your child is scheduled for champs!* Again, this year JRAC Swim Champs are July 27th and 28th.

EVENTS FOR DUAL MEETS EVENTS for DUAL MEET # 1 – Ridge Top (RT) @ KRA

(Novice Events in Freestyle & Backstroke, ONE heat per category Novice IM)

70. Mite Mixed Relay	100 Freestyle	Regular
2. Midget Girls	100 Individual Medley	Novice, Regular, X, XX
3. Midget Boys	100 Individual Medley	Novice, Regular, X, XX
4. Junior Girls	100 Individual Medley	Novice, Regular, X, XX
5. Junior Boys	100 Individual Medley	Novice, Regular, X, XX
6. Intermediate Girls	100 Individual Medley	Novice, Regular, X, XX
7. Intermediate Boys	100 Individual Medley	Novice, Regular, X, XX
8. Senior Girls	100 Individual Medley	Novice, Regular, X, XX
9. Senior Boys	100 Individual Medley	Novice, Regular, X, XX
10. Mite Girls	25 Freestyle	Novice, Regular, X, XX
11. Mite Boys	25 Freestyle	Novice, Regular, X, XX
12. Midget Girls	50 Freestyle	Novice, Regular, X, XX
13. Midget Boys	50 Freestyle	Novice, Regular, X, XX
14. Junior Girls	50 Freestyle	Novice, Regular, X, XX
15. Junior Boys	50 Freestyle	Novice, Regular, X, XX
16. Intermediate Girls	50 Freestyle	Novice
17. Intermediate Boys	50 Freestyle	Novice
18. Intermediate Girls	100 Freestyle	Regular, X, XX
19. Intermediate Boys	100 Freestyle	Regular, X, XX
20. Senior Girls	50 Freestyle	Novice
21. Senior Boys	50 Freestyle	Novice
22. Senior Girls	100 Freestyle	Regular, X, XX
23. Senior Boys	100 Freestyle	Regular, X, XX
30. Mite Girls	25 Backstroke	Novice, Regular, X, XX
31. Mite Boys	25 Backstroke	Novice, Regular, X, XX
32. Midget Girls	50 Backstroke	Novice, Regular, X, XX
33. Midget Boys	50 Backstroke	Novice, Regular, X, XX
34. Junior Girls	50 Backstroke	Novice, Regular, X, XX
35. Junior Boys	50 Backstroke	Novice, Regular, X, XX
36. Intermediate Girls	50 Backstroke	Novice, Regular, X, XX
37. Intermediate Boys	50 Backstroke	Novice, Regular, X, XX
38. Senior Girls	50 Backstroke	Novice, Regular, X, XX
39. Senior Boys	50 Backstroke	Novice, Regular, X, XX
40. Mite Girls	25 Breaststroke	Regular, X, XX
41. Mite Boys	25 Breaststroke	Regular, X, XX
42. Midget Girls	50 Breaststroke	Regular, X, XX
43. Midget Boys	50 Breaststroke	Regular, X, XX
44. Junior Girls	50 Breaststroke	Regular, X, XX
45. Junior Boys	50 Breaststroke	Regular, X, XX
48. Intermediate Girls	100 Breaststroke	Regular, X, XX
49. Intermediate Boys	100 Breaststroke	Regular, X, XX
52. Senior Girls	100 Breaststroke	Regular, X, XX
53. Senior Boys	100 Breaststroke	Regular, X, XX
60. Mite Girls	25 Butterfly	Regular, X, XX
61. Mite Boys	25 Butterfly	Regular, X, XX
62. Midget Girls	50 Butterfly	Regular, X, XX
63. Midget Boys	50 Butterfly	Regular, X, XX
64. Junior Girls	50 Butterfly	Regular, X, XX
65. Junior Boys	50 Butterfly	Regular, X, XX
66. Intermediate Girls	50 Butterfly	Regular, X, XX
67. Intermediate Boys	50 Butterfly	Regular, X, XX
68. Senior Girls	50 Butterfly	Regular, X, XX
69. Senior Boys	50 Butterfly	Regular, X, XX
71. Midget Mixed Relay	200 Freestyle	Regular
72. Junior Mixed Relay	200 Freestyle	Regular
73. Intermediate Mixed Relay	200 Freestyle	Regular
74. Senior Mixed Relay	200 Freestyle	Regular

EVENTS for DUAL MEET # 2 – Three Chopt (TC) @ KRA

(Novice Events in Freestyle & Breaststroke, ONE heat per category Novice IM)

80. Mite Mixed Relay	100 Medley	Regular
2. Midget Girls	100 Individual Medley	Novice, Regular, X, XX
3. Midget Boys	100 Individual Medley	Novice, Regular, X, XX
4. Junior Girls	100 Individual Medley	Novice, Regular, X, XX
5. Junior Boys	100 Individual Medley	Novice, Regular, X, XX
6. Intermediate Girls	100 Individual Medley	Novice, Regular, X, XX
7. Intermediate Boys	100 Individual Medley	Novice, Regular, X, XX
8. Senior Girls	100 Individual Medley	Novice, Regular, X, XX
9. Senior Boys	100 Individual Medley	Novice, Regular, X, XX
10. Mite Girls	25 Freestyle	Novice, Regular, X, XX
11. Mite Boys	25 Freestyle	Novice, Regular, X, XX
12. Midget Girls	50 Freestyle	Novice, Regular, X, XX
13. Midget Boys	50 Freestyle	Novice, Regular, X, XX
14. Junior Girls	50 Freestyle	Novice, Regular, X, XX
15. Junior Boys	50 Freestyle	Novice, Regular, X, XX
16. Intermediate Girls	50 Freestyle	Novice
17. Intermediate Boys	50 Freestyle	Novice
18. Intermediate Girls	100 Freestyle	Regular, X, XX
19. Intermediate Boys	100 Freestyle	Regular, X, XX
20. Senior Girls	50 Freestyle	Novice
21. Senior Boys	50 Freestyle	Novice
22. Senior Girls	100 Freestyle	Regular, X, XX
23. Senior Boys	100 Freestyle	Regular, X, XX
30. Mite Girls	25 Backstroke	Regular, X, XX
31. Mite Boys	25 Backstroke	Regular, X, XX
32. Midget Girls	50 Backstroke	Regular, X, XX
33. Midget Boys	50 Backstroke	Regular, X, XX
34. Junior Girls	50 Backstroke	Regular, X, XX
35. Junior Boys	50 Backstroke	Regular, X, XX
36. Intermediate Girls	50 Backstroke	Regular, X, XX
37. Intermediate Boys	50 Backstroke	Regular, X, XX
38. Senior Girls	50 Backstroke	Regular, X, XX
39. Senior Boys	50 Backstroke	Regular, X, XX
40. Mite Girls	25 Breaststroke	Novice, Regular, X, XX
41. Mite Boys	25 Breaststroke	Novice, Regular, X, XX
42. Midget Girls	50 Breaststroke	Novice, Regular, X, XX
43. Midget Boys	50 Breaststroke	Novice, Regular, X, XX
44. Junior Girls	50 Breaststroke	Novice, Regular, X, XX
45. Junior Boys	50 Breaststroke	Novice, Regular, X, XX
46. Intermediate Girls	50 Breaststroke	Novice
47. Intermediate Boys	50 Breaststroke	Novice
48. Intermediate Girls	100 Breaststroke	Regular, X, XX
49. Intermediate Boys	100 Breaststroke	Regular, X, XX
50. Senior Girls	50 Breaststroke	Novice
51. Senior Boys	50 Breaststroke	Novice
52. Senior Girls	100 Breaststroke	Regular, X, XX
53. Senior Boys	100 Breaststroke	Regular, X, XX
60. Mite Girls	25 Butterfly	Regular, X, XX
61. Mite Boys	25 Butterfly	Regular, X, XX
62. Midget Girls	50 Butterfly	Regular, X, XX
63. Midget Boys	50 Butterfly	Regular, X, XX
64. Junior Girls	50 Butterfly	Regular, X, XX
65. Junior Boys	50 Butterfly	Regular, X, XX
66. Intermediate Girls	50 Butterfly	Regular, X, XX
67. Intermediate Boys	50 Butterfly	Regular, X, XX
68. Senior Girls	50 Butterfly	Regular, X, XX
69. Senior Boys	50 Butterfly	Regular, X, XX
81. Midget Mixed Relay	200 Medley	Regular
82. Junior Mixed Relay	200 Medley	Regular
83. Intermediate Mixed Relay	200 Medley	Regular
84. Senior Mixed Relay	200 Medley	Regular

EVENTS for DUAL MEET # 3 – KRA @ Walton Park (WP)

(Novice Events in Freestyle & Butterfly, ONE heat per category Novice IM)

70. Mite Mixed Relay	100 Freestyle	Regular
2. Midget Girls	100 Individual Medley	Novice, Regular, X, XX
3. Midget Boys	100 Individual Medley	Novice, Regular, X, XX
4. Junior Girls	100 Individual Medley	Novice, Regular, X, XX
5. Junior Boys	100 Individual Medley	Novice, Regular, X, XX
6. Intermediate Girls	100 Individual Medley	Novice, Regular, X, XX
7. Intermediate Boys	100 Individual Medley	Novice, Regular, X, XX
8. Senior Girls	100 Individual Medley	Novice, Regular, X, XX
9. Senior Boys	100 Individual Medley	Novice, Regular, X, XX
10. Mite Girls	25 Freestyle	Novice, Regular, X, XX
11. Mite Boys	25 Freestyle	Novice, Regular, X, XX
12. Midget Girls	50 Freestyle	Novice, Regular, X, XX
13. Midget Boys	50 Freestyle	Novice, Regular, X, XX
14. Junior Girls	50 Freestyle	Novice, Regular, X, XX
15. Junior Boys	50 Freestyle	Novice, Regular, X, XX
16. Intermediate Girls	50 Freestyle	Novice
17. Intermediate Boys	50 Freestyle	Novice
18. Intermediate Girls	100 Freestyle	Regular, X, XX
19. Intermediate Boys	100 Freestyle	Regular, X, XX
20. Senior Girls	50 Freestyle	Novice
21. Senior Boys	50 Freestyle	Novice
22. Senior Girls	100 Freestyle	Regular, X, XX
23. Senior Boys	100 Freestyle	Regular, X, XX
30. Mite Girls	25 Backstroke	Regular, X, XX
31. Mite Boys	25 Backstroke	Regular, X, XX
32. Midget Girls	50 Backstroke	Regular, X, XX
33. Midget Boys	50 Backstroke	Regular, X, XX
34. Junior Girls	50 Backstroke	Regular, X, XX
35. Junior Boys	50 Backstroke	Regular, X, XX
36. Intermediate Girls	50 Backstroke	Regular, X, XX
37. Intermediate Boys	50 Backstroke	Regular, X, XX
38. Senior Girls	50 Backstroke	Regular, X, XX
39. Senior Boys	50 Backstroke	Regular, X, XX
40. Mite Girls	25 Breaststroke	Regular, X, XX
41. Mite Boys	25 Breaststroke	Regular, X, XX
42. Midget Girls	50 Breaststroke	Regular, X, XX
43. Midget Boys	50 Breaststroke	Regular, X, XX
44. Junior Girls	50 Breaststroke	Regular, X, XX
45. Junior Boys	50 Breaststroke	Regular, X, XX
48. Intermediate Girls	100 Breaststroke	Regular, X, XX
49. Intermediate Boys	100 Breaststroke	Regular, X, XX
52. Senior Girls	100 Breaststroke	Regular, X, XX
53. Senior Boys	100 Breaststroke	Regular, X, XX
60. Mite Girls	25 Butterfly	Novice, Regular, X, XX
61. Mite Boys	25 Butterfly	Novice, Regular, X, XX
62. Midget Girls	50 Butterfly	Novice, Regular, X, XX
63. Midget Boys	50 Butterfly	Novice, Regular, X, XX
64. Junior Girls	50 Butterfly	Novice, Regular, X, XX
65. Junior Boys	50 Butterfly	Novice, Regular, X, XX
66. Intermediate Girls	50 Butterfly	Novice, Regular, X, XX
67. Intermediate Boys	50 Butterfly	Novice, Regular, X, XX
68. Senior Girls	50 Butterfly	Novice, Regular, X, XX
69. Senior Boys	50 Butterfly	Novice, Regular, X, XX
71. Midget Mixed Relay	200 Freestyle	Regular
72. Junior Mixed Relay	200 Freestyle	Regular
73. Intermediate Mixed Relay	200 Freestyle	Regular
74. Senior Mixed Relay	200 Freestyle	Regular

EVENTS for DUAL MEET # 4 – KRA @ Ginter Park (GP)

(Novice Events in Freestyle & Backstroke, ONE heat per category Novice IM)

80. Mite Mixed Relay	100 Medley	Regular
2. Midget Girls	100 Individual Medley	Novice, Regular, X, XX
3. Midget Boys	100 Individual Medley	Novice, Regular, X, XX
4. Junior Girls	100 Individual Medley	Novice, Regular, X, XX
5. Junior Boys	100 Individual Medley	Novice, Regular, X, XX
6. Intermediate Girls	100 Individual Medley	Novice, Regular, X, XX
7. Intermediate Boys	100 Individual Medley	Novice, Regular, X, XX
8. Senior Girls	100 Individual Medley	Novice, Regular, X, XX
9. Senior Boys	100 Individual Medley	Novice, Regular, X, XX
10. Mite Girls	25 Freestyle	Novice, Regular, X, XX
11. Mite Boys	25 Freestyle	Novice, Regular, X, XX
12. Midget Girls	50 Freestyle	Novice, Regular, X, XX
13. Midget Boys	50 Freestyle	Novice, Regular, X, XX
14. Junior Girls	50 Freestyle	Novice, Regular, X, XX
15. Junior Boys	50 Freestyle	Novice, Regular, X, XX
16. Intermediate Girls	50 Freestyle	Novice
17. Intermediate Boys	50 Freestyle	Novice
18. Intermediate Girls	100 Freestyle	Regular, X, XX
19. Intermediate Boys	100 Freestyle	Regular, X, XX
20. Senior Girls	50 Freestyle	Novice
21. Senior Boys	50 Freestyle	Novice
22. Senior Girls	100 Freestyle	Regular, X, XX
23. Senior Boys	100 Freestyle	Regular, X, XX
30. Mite Girls	25 Backstroke	Novice, Regular, X, XX
31. Mite Boys	25 Backstroke	Novice, Regular, X, XX
32. Midget Girls	50 Backstroke	Novice, Regular, X, XX
33. Midget Boys	50 Backstroke	Novice, Regular, X, XX
34. Junior Girls	50 Backstroke	Novice, Regular, X, XX
35. Junior Boys	50 Backstroke	Novice, Regular, X, XX
36. Intermediate Girls	50 Backstroke	Novice, Regular, X, XX
37. Intermediate Boys	50 Backstroke	Novice, Regular, X, XX
38. Senior Girls	50 Backstroke	Novice, Regular, X, XX
39. Senior Boys	50 Backstroke	Novice, Regular, X, XX
40. Mite Girls	25 Breaststroke	Regular, X, XX
41. Mite Boys	25 Breaststroke	Regular, X, XX
42. Midget Girls	50 Breaststroke	Regular, X, XX
43. Midget Boys	50 Breaststroke	Regular, X, XX
44. Junior Girls	50 Breaststroke	Regular, X, XX
45. Junior Boys	50 Breaststroke	Regular, X, XX
48. Intermediate Girls	100 Breaststroke	Regular, X, XX
49. Intermediate Boys	100 Breaststroke	Regular, X, XX
52. Senior Girls	100 Breaststroke	Regular, X, XX
53. Senior Boys	100 Breaststroke	Regular, X, XX
60. Mite Girls	25 Butterfly	Regular, X, XX
61. Mite Boys	25 Butterfly	Regular, X, XX
62. Midget Girls	50 Butterfly	Regular, X, XX
63. Midget Boys	50 Butterfly	Regular, X, XX
64. Junior Girls	50 Butterfly	Regular, X, XX
65. Junior Boys	50 Butterfly	Regular, X, XX
66. Intermediate Girls	50 Butterfly	Regular, X, XX
67. Intermediate Boys	50 Butterfly	Regular, X, XX
68. Senior Girls	50 Butterfly	Regular, X, XX
69. Senior Boys	50 Butterfly	Regular, X, XX
81. Midget Mixed Relay	200 Medley	Regular
82. Junior Mixed Relay	200 Medley	Regular
83. Intermediate Mixed Relay	200 Medley	Regular
84. Senior Mixed Relay	200 Medley	Regular

EVENTS for DUAL MEET # 5 – Lakeside Recreation Club (LSRC) @ KRA

(Novice Events in Freestyle & Breaststroke, ONE heat per category Novice IM)

80. Mite Mixed Relay	100 Medley	Regular
2. Midget Girls	100 Individual Medley	Novice, Regular, X, XX
3. Midget Boys	100 Individual Medley	Novice, Regular, X, XX
4. Junior Girls	100 Individual Medley	Novice, Regular, X, XX
5. Junior Boys	100 Individual Medley	Novice, Regular, X, XX
6. Intermediate Girls	100 Individual Medley	Novice, Regular, X, XX
7. Intermediate Boys	100 Individual Medley	Novice, Regular, X, XX
8. Senior Girls	100 Individual Medley	Novice, Regular, X, XX
9. Senior Boys	100 Individual Medley	Novice, Regular, X, XX
10. Mite Girls	25 Freestyle	Novice, Regular, X, XX
11. Mite Boys	25 Freestyle	Novice, Regular, X, XX
12. Midget Girls	50 Freestyle	Novice, Regular, X, XX
13. Midget Boys	50 Freestyle	Novice, Regular, X, XX
14. Junior Girls	50 Freestyle	Novice, Regular, X, XX
15. Junior Boys	50 Freestyle	Novice, Regular, X, XX
16. Intermediate Girls	50 Freestyle	Novice
17. Intermediate Boys	50 Freestyle	Novice
18. Intermediate Girls	100 Freestyle	Regular, X, XX
19. Intermediate Boys	100 Freestyle	Regular, X, XX
20. Senior Girls	50 Freestyle	Novice
21. Senior Boys	50 Freestyle	Novice
22. Senior Girls	100 Freestyle	Regular, X, XX
23. Senior Boys	100 Freestyle	Regular, X, XX
30. Mite Girls	25 Backstroke	Regular, X, XX
31. Mite Boys	25 Backstroke	Regular, X, XX
32. Midget Girls	50 Backstroke	Regular, X, XX
33. Midget Boys	50 Backstroke	Regular, X, XX
34. Junior Girls	50 Backstroke	Regular, X, XX
35. Junior Boys	50 Backstroke	Regular, X, XX
36. Intermediate Girls	50 Backstroke	Regular, X, XX
37. Intermediate Boys	50 Backstroke	Regular, X, XX
38. Senior Girls	50 Backstroke	Regular, X, XX
39. Senior Boys	50 Backstroke	Regular, X, XX
40. Mite Girls	25 Breaststroke	Novice, Regular, X, XX
41. Mite Boys	25 Breaststroke	Novice, Regular, X, XX
42. Midget Girls	50 Breaststroke	Novice, Regular, X, XX
43. Midget Boys	50 Breaststroke	Novice, Regular, X, XX
44. Junior Girls	50 Breaststroke	Novice, Regular, X, XX
45. Junior Boys	50 Breaststroke	Novice, Regular, X, XX
46. Intermediate Girls	50 Breaststroke	Novice
47. Intermediate Boys	50 Breaststroke	Novice
48. Intermediate Girls	100 Breaststroke	Regular, X, XX
49. Intermediate Boys	100 Breaststroke	Regular, X, XX
50. Senior Girls	50 Breaststroke	Novice
51. Senior Boys	50 Breaststroke	Novice
52. Senior Girls	100 Breaststroke	Regular, X, XX
53. Senior Boys	100 Breaststroke	Regular, X, XX
60. Mite Girls	25 Butterfly	Regular, X, XX
61. Mite Boys	25 Butterfly	Regular, X, XX
62. Midget Girls	50 Butterfly	Regular, X, XX
63. Midget Boys	50 Butterfly	Regular, X, XX
64. Junior Girls	50 Butterfly	Regular, X, XX
65. Junior Boys	50 Butterfly	Regular, X, XX
66. Intermediate Girls	50 Butterfly	Regular, X, XX
67. Intermediate Boys	50 Butterfly	Regular, X, XX
68. Senior Girls	50 Butterfly	Regular, X, XX
69. Senior Boys	50 Butterfly	Regular, X, XX
81. Midget Mixed Relay	200 Medley	Regular
82. Junior Mixed Relay	200 Medley	Regular
83. Intermediate Mixed Relay	200 Medley	Regular
84. Senior Mixed Relay	200 Medley	Regular

EVENTS for DUAL MEET # 6 – KRA @ Three Chopt (TC)

(Novice Events in Freestyle & Butterfly, ONE heat per category Novice IM)

70. Mite Mixed Relay	100 Freestyle	Regular
2. Midget Girls	100 Individual Medley	Novice, Regular, X, XX
3. Midget Boys	100 Individual Medley	Novice, Regular, X, XX
4. Junior Girls	100 Individual Medley	Novice, Regular, X, XX
5. Junior Boys	100 Individual Medley	Novice, Regular, X, XX
6. Intermediate Girls	100 Individual Medley	Novice, Regular, X, XX
7. Intermediate Boys	100 Individual Medley	Novice, Regular, X, XX
8. Senior Girls	100 Individual Medley	Novice, Regular, X, XX
9. Senior Boys	100 Individual Medley	Novice, Regular, X, XX
10. Mite Girls	25 Freestyle	Novice, Regular, X, XX
11. Mite Boys	25 Freestyle	Novice, Regular, X, XX
12. Midget Girls	50 Freestyle	Novice, Regular, X, XX
13. Midget Boys	50 Freestyle	Novice, Regular, X, XX
14. Junior Girls	50 Freestyle	Novice, Regular, X, XX
15. Junior Boys	50 Freestyle	Novice, Regular, X, XX
16. Intermediate Girls	50 Freestyle	Novice
17. Intermediate Boys	50 Freestyle	Novice
18. Intermediate Girls	100 Freestyle	Regular, X, XX
19. Intermediate Boys	100 Freestyle	Regular, X, XX
20. Senior Girls	50 Freestyle	Novice
21. Senior Boys	50 Freestyle	Novice
22. Senior Girls	100 Freestyle	Regular, X, XX
23. Senior Boys	100 Freestyle	Regular, X, XX
30. Mite Girls	25 Backstroke	Regular, X, XX
31. Mite Boys	25 Backstroke	Regular, X, XX
32. Midget Girls	50 Backstroke	Regular, X, XX
33. Midget Boys	50 Backstroke	Regular, X, XX
34. Junior Girls	50 Backstroke	Regular, X, XX
35. Junior Boys	50 Backstroke	Regular, X, XX
36. Intermediate Girls	50 Backstroke	Regular, X, XX
37. Intermediate Boys	50 Backstroke	Regular, X, XX
38. Senior Girls	50 Backstroke	Regular, X, XX
39. Senior Boys	50 Backstroke	Regular, X, XX
40. Mite Girls	25 Breaststroke	Regular, X, XX
41. Mite Boys	25 Breaststroke	Regular, X, XX
42. Midget Girls	50 Breaststroke	Regular, X, XX
43. Midget Boys	50 Breaststroke	Regular, X, XX
44. Junior Girls	50 Breaststroke	Regular, X, XX
45. Junior Boys	50 Breaststroke	Regular, X, XX
48. Intermediate Girls	100 Breaststroke	Regular, X, XX
49. Intermediate Boys	100 Breaststroke	Regular, X, XX
52. Senior Girls	100 Breaststroke	Regular, X, XX
53. Senior Boys	100 Breaststroke	Regular, X, XX
60. Mite Girls	25 Butterfly	Novice, Regular, X, XX
61. Mite Boys	25 Butterfly	Novice, Regular, X, XX
62. Midget Girls	50 Butterfly	Novice, Regular, X, XX
63. Midget Boys	50 Butterfly	Novice, Regular, X, XX
64. Junior Girls	50 Butterfly	Novice, Regular, X, XX
65. Junior Boys	50 Butterfly	Novice, Regular, X, XX
66. Intermediate Girls	50 Butterfly	Novice, Regular, X, XX
67. Intermediate Boys	50 Butterfly	Novice, Regular, X, XX
68. Senior Girls	50 Butterfly	Novice, Regular, X, XX
69. Senior Boys	50 Butterfly	Novice, Regular, X, XX
71. Midget Mixed Relay	200 Freestyle	Regular
72. Junior Mixed Relay	200 Freestyle	Regular
73. Intermediate Mixed Relay	200 Freestyle	Regular
74. Senior Mixed Relay	200 Freestyle	Regular

CUT-OFF TIMES

NOVICE CUT-OFF TIMES

	GIRLS		BOYS	
	Meters	Yards*	Meters	Yards*
<u>MITES</u>				
25 Free	23.00	20.81	22.40	20.27
25 Back	27.70	25.07	27.21	24.62
25 Breast	29.00	26.24	29.00	26.24
25 Fly	27.80	25.16	27.70	25.07
<u>MIDGETS</u>				
100 I.M.	1:59.00	1:47.69	1:58.00	1:46.79
50 Free	43.50	39.37	43.00	38.91
50 Back	54.00	48.87	53.25	48.19
50 Breast	55.80	50.50	56.00	50.68
50 Fly	54.00	48.87	54.00	48.87
<u>JUNIORS</u>				
100 I.M.	1:49.00	1:38.64	1:47.00	1:36.83
50 Free	39.00	35.29	38.50	34.84
50 Back	47.50	42.99	48.00	43.44
50 Breast	51.00	46.15	51.00	46.15
50 Fly	47.25	42.76	46.50	42.08
<u>INT.</u>				
100 I.M.	1:39.00	1:29.59	1:37.00	1:27.78
50 Free	33.93	30.71	32.80	29.68
100 Free	1:17.99	1:10.58	1:15.00	1:07.87
50 Back	44.00	39.82	43.00	38.91
50 Breast	45.50	41.18	44.50	40.27
100 Breast	1:38.73	1:29.35	1:34.49	1:25.51
50 Fly	41.00	37.10	38.75	35.07
<u>SENIORS</u>				
100 I.M.	1:35.00	1:25.97	1:30.00	1:21.45
50 Free	33.21	30.05	30.50	27.60
100 Free	1:17.26	1:09.92	1:10.59	1:03.88
50 Back	43.50	39.37	39.30	35.57
50 Breast	44.26	40.05	42.16	38.15
100 Breast	1:36.59	1:27.41	1:29.17	1:20.70
50 Fly	40.00	36.20	35.50	32.13

*Conversion: Multiply yard time by 1.105 and round to two decimal places.

How to Read this Table

A child attaining or bettering any of these time standards is no longer Novice in that event, (i.e.: a Mite girl who swims 25 meter free in 23.00 is no longer Novice. A girl who swims the distance in 23.01 remains Novice.)

CHAMPIONSHIP QUALIFYING TIMES

	GIRLS		BOYS	
	Meters	Yards*	Meters	Yards*
<u>MITES</u>				
25 Free	28.00	25.34	27.30	24.71
25 Back	34.00	30.77	33.50	30.32
25 Breast	36.00	32.58	36.00	32.58
25 Fly	34.10	30.86	34.00	30.77
<u>MIDGETS</u>				
100 I.M.	1:59.00	1:47.69	1:58.00	1:46.79
50 Free	50.00	45.25	49.50	44.80
50 Back	1:01.00	55.20	1:00.00	54.30
50 Breast	1:02.00	56.11	1:02.00	56.11
50 Fly	1:03.75	57.69	1:00.00	54.30
<u>JUNIORS</u>				
100 I.M.	1:49.00	1:38.64	1:47.00	1:36.83
50 Free	44.00	39.82	44.00	39.82
50 Back	54.75	49.55	55.50	50.23
50 Breast	55.00	49.77	57.00	51.58
50 Fly	54.00	48.87	55.00	49.77
<u>INT.</u>				
100 I.M.	1:39.00	1:29.59	1:37.00	1:27.78
50 Free	40.00	36.20	40.00	36.20
50 Back	49.00	44.34	49.50	44.80
50 Breast	54.00	48.87	53.00	47.96
50 Fly	46.00	41.63	48.00	43.44
<u>SENIORS</u>				
100 I.M.	1:35.00	1:25.97	1:30.00	1:21.45
50 Free	39.00	35.29	36.00	32.58
50 Back	47.00	42.53	45.00	40.72
50 Breast	53.00	47.96	50.00	45.25
50 Fly	45.00	40.72	43.00	38.91

*Conversion: Multiply yard time by 1.105 and round to two decimal places.

X and XX Times by Age Group

	Meters				Yards*			
	GIRLS		BOYS		GIRLS		BOYS	
	X	XX	X	XX	X	XX	X	XX
<u>Mites</u>								
25 Free	19.75	18.40	19.11	17.80	17.87	16.65	17.29	16.11
25 Back	24.25	22.50	24.25	22.00	21.95	20.36	21.95	19.91
25 Breast	25.75	24.75	26.25	24.50	23.30	22.40	23.76	22.17
25 Fly	23.25	21.25	23.25	21.00	21.04	19.23	21.04	19.00
<u>Midgets</u>								
100 IM	1:38.20	1:31.30	1:39.00	1:30.69	1:28.87	1:22.62	1:29.59	1:22.07
50 Free	38.43	35.69	37.90	35.39	34.78	32.30	34.30	32.03
50 Back	46.40	43.10	45.56	42.39	41.99	39.00	41.23	38.36
50 Breast	49.23	47.31	50.14	46.49	44.55	42.81	45.38	42.07
50 Fly	45.00	41.09	45.21	40.79	40.72	37.19	40.91	36.91
<u>Juniors</u>								
100 IM	1:29.21	1:21.83	1:27.69	1:20.89	1:20.73	1:14.05	1:19.36	1:13.20
50 Free	34.67	32.58	33.93	32.19	31.38	29.48	30.71	29.13
50 Back	41.13	38.31	40.80	37.99	37.22	34.67	36.92	34.38
50 Breast	45.25	42.34	45.00	41.69	40.95	38.32	40.72	37.73
50 Fly	39.04	35.78	38.59	35.59	35.33	32.38	34.92	32.21
<u>Int.</u>								
100 IM	1:23.46	1:17.98	1:20.00	1:14.42	1:15.53	1:10.57	1:12.40	1:07.35
100 Free	1:13.12	1:08.01	1:10.00	1:05.10	1:06.17	1:01.55	1:03.35	58.91
50 Back	38.86	36.05	37.23	34.13	35.17	32.62	33.69	30.89
100 Breast	1:33.84	1:27.45	1:29.49	1:22.59	1:24.92	1:19.14	1:20.99	1:14.74
50 Fly	36.93	34.79	35.00	32.98	33.42	31.48	31.67	29.85
<u>Seniors</u>								
100 IM	1:21.96	1:14.45	1:15.62	1:08.83	1:14.17	1:07.38	1:08.43	1:02.29
100 Free	1:11.16	1:06.22	1:05.59	59.87	1:04.40	59.93	59.36	54.18
50 Back	37.60	34.87	34.96	31.18	34.03	31.56	31.64	28.22
100 Breast	1:31.74	1:25.20	1:24.22	1:18.49	1:23.02	1:17.10	1:16.22	1:11.03
50 Fly	36.14	33.22	31.50	29.60	32.71	30.06	28.51	26.79

*Conversion: Multiply yard time by 1.105 and round to two decimal places.

X and XX Times by Stroke

	Meters				Yards*			
	GIRLS		BOYS		GIRLS		BOYS	
	X	XX	X	XX	X	XX	X	XX
100 IM								
Midgets	1:38.20	1:31.30	1:39.00	1:30.69	1:28.87	1:22.62	1:29.59	1:22.07
Juniors	1:29.21	1:21.83	1:27.69	1:20.89	1:20.73	1:14.05	1:19.36	1:13.20
Int	1:23.46	1:17.98	1:20.00	1:14.42	1:15.53	1:10.57	1:12.40	1:07.35
Seniors	1:21.96	1:14.45	1:15.62	1:08.83	1:14.17	1:07.38	1:08.43	1:02.29
Freestyle								
Mites (25)	19.75	18.40	19.11	17.80	17.87	16.65	17.29	16.11
Midgets (50)	38.43	35.69	37.90	35.39	34.78	32.30	34.30	32.03
Juniors (50)	34.67	32.58	33.93	32.19	31.38	29.48	30.71	29.13
Int (100)	1:13.12	1:08.01	1:10.00	1:05.10	1:06.17	1:01.55	1:03.35	58.91
Seniors (100)	1:11.16	1:06.22	1:05.59	59.87	1:04.40	59.93	59.36	54.18
Backstroke								
Mites (25)	24.25	22.50	24.25	22.00	21.95	20.36	21.95	19.91
Midgets (50)	46.40	43.10	45.56	42.39	41.99	39.00	41.23	38.36
Juniors (50)	41.13	38.31	40.80	37.99	37.22	34.67	36.92	34.38
Int (50)	38.86	36.05	37.23	34.13	35.17	32.62	33.69	30.89
Seniors (50)	37.60	34.87	34.96	31.18	34.03	31.56	31.64	28.22
Breaststroke								
Mites (25)	25.75	24.75	26.25	24.50	23.30	22.40	23.76	22.17
Midgets (50)	49.23	47.31	50.14	46.49	44.55	42.81	45.38	42.07
Juniors (50)	45.25	42.34	45.00	41.69	40.95	38.32	40.72	37.73
Int (100)	1:33.84	1:27.45	1:29.49	1:22.59	1:24.92	1:19.14	1:20.99	1:14.74
Seniors (100)	1:31.74	1:25.20	1:24.22	1:18.49	1:23.02	1:17.10	1:16.22	1:11.03
Butterfly								
Mites (25)	23.25	21.25	23.25	21.00	21.04	19.23	21.04	19.00
Midgets (50)	45.00	41.09	45.21	40.79	40.72	37.19	40.91	36.91
Juniors (50)	39.04	35.78	38.59	35.59	35.33	32.38	34.92	32.21
Int (50)	36.93	34.79	35.00	32.98	33.42	31.48	31.67	29.85
Seniors (50)	36.14	33.22	31.50	29.60	32.71	30.06	28.51	26.79

*Conversion: Multiply yard time by 1.105 and round to two decimal places.

EVENTS for JRAC CHAMPIONSHIP Swim Meet

Thursday, July 27, 2006

9:00 AM

2. Midget Girls	100 Individual Medley	Regular, X, XX
3. Midget Boys	100 Individual Medley	Regular, X, XX
4. Junior Girls	100 Individual Medley	Regular, X, XX (NO
5. Junior Boys	100 Individual Medley	Regular, X, XX
6. Intermediate Girls	100 Individual Medley	Regular, X, XX
7. Intermediate Boys	100 Individual Medley	Regular, X, XX NOVICE)
8. Senior Girls	100 Individual Medley	Regular, X, XX
9. Senior Boys	100 Individual Medley	Regular, X, XX
30. Mite Girls	25 Backstroke	Novice, Regular, X, XX
31. Mite Boys	25 Backstroke	Novice, Regular, X, XX
32. Midget Girls	50 Backstroke	Novice, Regular, X, XX
33. Midget Boys	50 Backstroke	Novice, Regular, X, XX
34. Junior Girls	50 Backstroke	Novice, Regular, X, XX
35. Junior Boys	50 Backstroke	Novice, Regular, X, XX
36. Intermediate Girls	50 Backstroke	Novice, Regular, X, XX
37. Intermediate Boys	50 Backstroke	Novice, Regular, X, XX
38. Senior Girls	50 Backstroke	Novice, Regular, X, XX
39. Senior Boys	50 Backstroke	Novice, Regular, X, XX
40. Mite Girls	25 Breaststroke	Novice, Regular, X, XX
41. Mite Boys	25 Breaststroke	Novice, Regular, X, XX
42. Midget Girls	50 Breaststroke	Novice, Regular, X, XX
43. Midget Boys	50 Breaststroke	Novice, Regular, X, XX
44. Junior Girls	50 Breaststroke	Novice, Regular, X, XX
45. Junior Boys	50 Breaststroke	Novice, Regular, X, XX
46. Intermediate Girls	50 Breaststroke	Novice
47. Intermediate Boys	50 Breaststroke	Novice
48. Intermediate Girls	100 Breaststroke	Regular, X, XX
49. Intermediate Boys	100 Breaststroke	Regular, X, XX
50. Senior Girls	50 Breaststroke	Novice
51. Senior Boys	50 Breaststroke	Novice
52. Senior Girls	100 Breaststroke	Regular, X, XX
53. Senior Boys	100 Breaststroke	Regular, X, XX
80. Mite Mixed Relay	100 Medley	Novice
81. Midget Mixed Relay	200 Medley	Novice
82. Junior Mixed Relay	200 Medley	Novice
83. Intermediate Mixed Relay	200 Medley	Novice
84. Senior Mixed Relay	200 Medley	Novice
80. Mite Mixed Relay	100 Medley	Regular
81. Midget Mixed Relay	200 Medley	Regular
82. Junior Mixed Relay	200 Medley	Regular
83. Intermediate Mixed Relay	200 Medley	Regular
84. Senior Mixed Relay	200 Medley	Regular

Friday, July 28, 2006

9:00 AM

10. Mite Girls	25 Freestyle	Novice, Regular, X, XX
11. Mite Boys	25 Freestyle	Novice, Regular, X, XX
12. Midget Girls	50 Freestyle	Novice, Regular, X, XX
13. Midget Boys	50 Freestyle	Novice, Regular, X, XX
14. Junior Girls	50 Freestyle	Novice, Regular, X, XX
15. Junior Boys	50 Freestyle	Novice, Regular, X, XX
16. Intermediate Girls	50 Freestyle	Novice
17. Intermediate Boys	50 Freestyle	Novice
18. Intermediate Girls	100 Freestyle	Regular, X, XX
19. Intermediate Boys	100 Freestyle	Regular, X, XX

(Cont'd.)

EVENTS FOR JRAC CHAMPIONSHIP SWIM MEET

Friday, July 28, 2006 cont'd.

20. Senior Girls	50 Freestyle	Novice
21. Senior Boys	50 Freestyle	Novice
22. Senior Girls	100 Freestyle	Regular, X, XX
23. Senior Boys	100 Freestyle	Regular, X, XX
60. Mite Girls	25 Butterfly	Novice, Regular, X, XX
61. Mite Boys	25 Butterfly	Novice, Regular, X, XX
62. Midget Girls	50 Butterfly	Novice, Regular, X, XX
63. Midget Boys	50 Butterfly	Novice, Regular, X, XX
64. Junior Girls	50 Butterfly	Novice, Regular, X, XX
65. Junior Boys	50 Butterfly	Novice, Regular, X, XX
66. Intermediate Girls	50 Butterfly	Novice, Regular, X, XX
67. Intermediate Boys	50 Butterfly	Novice, Regular, X, XX
68. Senior Girls	50 Butterfly	Novice, Regular, X, XX
69. Senior Boys	50 Butterfly	Novice, Regular, X, XX
70. Mite Mixed Relay	100 Freestyle	Novice, Regular
71. Midget Mixed Relay	200 Freestyle	Novice, Regular
72. Junior Mixed Relay	200 Freestyle	Novice, Regular
73. Intermediate Mixed Relay	200 Freestyle	Novice, Regular
74. Senior Mixed Relay	200 Freestyle	Novice, Regular

CHAMPIONSHIP MEET

Ten days after the last dual meet of the season, the James River Aquatic Club holds a two-day Championship Swimming Meet. Each of the JRAC's teams competes to determine a winner. Each team is allowed two entrants per competitive category: Novice, Regular, X, and XX.

Participation in the meet is based on times and performance during the season. The coaches try to send as many swimmers as possible. **If your swimmer will not be able to swim in Champs, please let the coaches know as soon as possible. New Parents: Check the bulletin boards to see if your child will be going to champs!**

Entries are decided well in advance and all events are pre-seeded by JRAC. This makes for a very smoothly run meet.

Each day's events are concluded with relays-medley relays on Thursday and freestyle and a coach's relay on Friday. Trophies are awarded to the top six teams.

Concessions, suits, caps, goggles, Championship Meet T-shirts, and heat sheets are available for purchase at the meet.

FROM THE DIVING COACH...

I am looking forward to this year's diving season with high hopes for a continued rise in team membership and enthusiasm. Diving is perhaps the most enjoyable summer league sport in which your child could be involved. We encourage team spirit and instill sportsmanship in the children, as well as build friendships that last all year. The children have fun and gain self-confidence.

I have been fortunate to coach at Kanawha for the past 25 seasons. During this time, many questions have been asked. The following should answer most of these questions, but please feel free to contact me if you have any others.

What are the qualifications?

The only qualification for KRA diving is that your child be able to jump from the board and "get" to the ladder unassisted. There is no age requirement except that beyond 18 years, a child may no longer participate in JRAC league competition.

When does the team practice?

Practice will begin on Tuesday, May 30. We will practice from 3:00-5:00pm each weekday. We will begin our regular practice schedule on Monday, June 19. The time will be 11:00am-12:30 pm and 4:30-6:30pm on weekdays. All practices will be broken into groups. I will post the exact times once we begin practice. On meet days, practice times will be announced.

How can I get team information?

All information, schedules, meet sheets, etc. can be found on the diving bulletin board located next to the ladies restroom. **I recommend you check this daily!** If you have further questions, feel free to call me or our team representative Laurie Ross (740-3564).

What is a cupcake diver and what dives will they be required to do?

Kanawha is proud to have a large and successful diving team. The key to this is a large base of divers ages 4 to 8 who are not ready for "real" meets, but work hard all season. These are our Cupcake Divers. A special meet is held each summer so that these divers can showcase their skills. Each "cupcaker" will do 3 dives or skills that they have learned. Some do only jumps while others may get as far as a back dive. Awards and cupcakes are given to ALL divers and this meet usually marks the end of the season for this group.

When and where are meets?

The team participates in 5 diving meets, one championship meet (JRAC), local AAU meets, and All-Stars. JRAC will also hold a synchronized dive meet. Again this year the JRAC decided to begin our season after school lets out, and we are hosting 3 home meets. The other meets are held at another JRAC pool. All JRAC meets begin at 1:00 PM (warm-ups at 12:00 noon). SENIORS will dive FIRST!!!

What are Championships and who gets to dive?

The JRAC Championship is held at the end of the season. It is a large two-day meet and every diving club is involved. Since this meet is so large, rules allow us to enter only 25 divers. These 25 divers must meet the qualifications set by JRAC. KRA always qualifies 40 to 50 divers, so KRA must seed its qualifiers. **THIS YEAR ALL GIRLS WILL DIVE ON MONDAY AND ALL BOYS ON TUESDAY.**

Seeding is done for the entire league. Our 25 divers are the qualifiers who seed highest in the league regardless of age or classification.

What is All-Stars?

All-Stars is a one-day meet in conjunction with RMAL (the other local diving league), to showcase our best divers. At our championships, the top 3 scorers in each age

group (boys and girls) are invited to participate. Kanawha is proud to be hosting this meet on Wednesday, July 26 from 1 pm until 6pm.

What is AAU?

AAU is one organization that oversees and provides insurance for local, regional, and national sporting events. Diving is one of the sports that they include. Locally, there are usually 2 - 3 diving meets every summer that our divers can participate in. These meets follow US Diving rules and provide additional practice for our athletes in a meet situation. Information on these meets will be available in early June.

Who do the children dive against and what dives will they be required to do?

The JRAC has set up age groups in which each child dives. They are as follows:

- Mite – through age 9
- Midget – ages 10 & 11
- Junior – ages 12 & 13
- Intermediate – ages 14 & 15
- Senior – ages 16 through 18

The **age groups** are determined by age on **JUNE 1** of the competition year. Divers who turn 19 during the season will be allowed to dive through championship of that season. All age levels dive in each meet and boys do not dive against girls. The JRAC has also set up a list of required dives. See me, and I can explain this. At no time will a child be asked to do a dive that he or she has not practiced.

What happens at a JRAC meet?

At a meet, the children dive in the same order as the age groups listed previously, except seniors who will dive first. Girls dive first, but not against boys. The children are assigned a diving order. Each child does one dive and then waits for his turn to come around again. This goes on for each age group. Meets generally last 3 to 4 hours.

After each dive, a panel of judges awards the diver a score from 0 to 10. The scores are calculated to determine the age group winner and individual places through sixth. From these, team points are awarded.

By rule, only 35 divers can be entered in each meet. We try hard to allow all divers to participate safely. Meet participation is based on the diver's ability to compete, his or her "list" of dives, and a rotation of divers due to the size of our team.

Do the children have to stay for an entire meet?

Although team scores are announced at the end of the meet, the children are not required to stay the entire time. I have found that most want to stay and watch their friends.

How do the children get to away meets and are they supervised?

On the days of away meets, while it is each parent's responsibility to drive his or her child to the meet, many families are going, as well as the assistant coaches and I. We will always meet at KRA and drive to our away meet as a group. The team representatives, the assistant coaches, each parent, and I have the responsibility for supervision at the meet.

As a parent, what would my commitment be?

Parents provide enthusiasm, support, and help build confidence. **EACH PARENT IS REQUIRED TO WORK ONE MEET AND HELP WITH TEAM TREATS AS NEEDED.**

I hope the preceding question and answer section has helped you decide in favor of diving. I am very dedicated to **KANAWHA** diving and my enthusiasm can be quite contagious!!!

See you on the boards!
Dougie
673-4203

**MAPS TO OTHER VENUES
AVALON (ARA)**

Ginter Park (GP)

Ridge Top (RT)

Three Chopt (TC)

Walton Park (WP)

KRA SWIM TEAM RECORDS for 1975-2005

#	Stroke	Dist	Time	Record Holder	Date
Mite Boys					
11	Free	25	16.48	Richard Bagby	7/25/1992
31	Back	25	20.99	Stephen Oswald	6/28/1999
41	Breast	25	23.43	Randy Hopper	7/25/1993
61	Fly	25	20.14	Christopher Kitchen	7/24/1998
Mite Girls					
10	Free	25	16.62	Lindsay Dettbarn	7/25/1987
30	Back	25	20.99	Meredith Bearden	6/25/2001
40	Breast	25	22.75	Kelsey Burke	6/15/1998
60	Fly	25	18.66	Lindsay Dettbarn	7/25/1987
Midget Boys					
03	I.M.	100	1:22.40	Mark Wayne Sisk	7/25/1995
13	Free	50	33.05	Mark Wayne Sisk	7/25/1995
33	Back	50	38.43	Mark Wayne Sisk	7/25/1995
43	Breast	50	43.09	Jonathan Alford	7/25/1982
63	Fly	50	38.47	Mark Wayne Sisk	7/25/1995
Midget Girls					
02	I.M.	100	1:19.19	Lindsay Snidow	7/22/2004
12	Free	50	31.02	Lindsay Snidow	7/23/2004
32	Back	50	36.86	Lindsay Snidow	7/22/2004
42	Breast	50	41.65	Nicole Harmon	7/25/1984
62	Fly	50	34.79	Lindsay Snidow	7/23/2004
Junior Boys					
05	I.M.	100	1:08.32	Mac Anthony	7/22/2004
15	Free	50	28.81	Jonathan Alford	7/25/1984
		*	27.77	Mac Anthony	6/21/2004
35	Back	50	32.37	Mac Anthony	7/22/2004
45	Breast	50	34.87	Jonathan Alford	7/25/1984
65	Fly	50	30.79	Mac Anthony	7/12/2004
Junior Girls					
04	I.M.	100	1:14.70	Meg McCubbins	7/25/1991
14	Free	50	28.60	Meg McCubbins	7/25/1991
34	Back	50	33.89	Meredith Bearden	7/28/2005
44	Breast	50	37.64	Suzanne Rawlings	7/25/1980
64	Fly	50	33.29	Janet Jarman	7/25/1979

* Converted record from yard course

KRA Swim Team Records for 1975-2005

#	Stroke	Dist	Time	Record Holder	Date
Intermediate Boys					
07	I.M.	100	1:06.34	Mac Anthony	6/12/2005
19	Free	100	59.28	Mac Anthony	6/12/2005
37	Back	50	30.71	Mac Anthony	7/28/2005
49	Breast	100	1:14.26	Jonathan Alford	7/25/1986
67	Fly	50	29.99	Mac Anthony	6/27/2005
		*	28.88	John Walk	7/25/2002
Intermediate Girls					
06	I.M.	100	1:10.32	Meg McCubbins	7/25/1993
18	Free	100	1:01.49	Meg McCubbins	7/25/1993
36	Back	50	32.64	Katy Shirey	7/25/1995
48	Breast	100	1:20.74	Suzanne Rawlings	7/25/1981
66	Fly	50	30.91	Meg McCubbins	7/25/1993
Senior Boys					
09	I.M.	100	1:02.40	Jack Carrig	7/29/1999
23	Free	100	54.39	Jack Carrig	7/29/1999
39	Back	50	29.71	Judd Glasco	6/28/1999
53	Breast	100	1:10.83	Judd Glasco	6/28/1999
69	Fly	50	26.68	Jack Carrig	7/29/1999
Senior Girls					
08	I.M.	100	1:07.52	Meg McCubbins	7/25/1996
22	Free	100	57.99	Meg McCubbins	7/25/1996
38	Back	50	31.54	Meg McCubbins	7/25/1996
52	Breast	100	1:18.35	Emily Carrig	7/25/1996
68	Fly	50	29.37	Meg McCubbins	7/25/1997

* Converted record from yard course

KRA Swim Team Records for 1975-2005

#	Stroke	Dist	Time	Record Holder	Date
Mite Relays					
70	Freestyle	100	1:13.89	Meredith Bearden Carter Reifsnider Morgan Prior Hunter Spangler	7/27/2001
80	Medley	100	1:25.65	Ross Tudor Kelsey Burke Christopher Kitchen Carrie Arnold	7/23/1998
Midget Relays					
71	Freestyle	200	2:38.49	Corey Prior Sarah Russell Steve Cox Mitchell Carr	7/25/1997
		*	2:23.22	Meredith Bearden Carter Reifsnider Hunter Spangler Lindsay Snidow	7/25/2003
81	Medley	200	2:44.37	Sarah Powell Kelsey Burke Christopher Kitchen Hugh Zeigler	7/27/2000
Junior Relays					
72	Freestyle	200	2:07.06	Meredith Bearden Ryan Hodges Carter Reifsnider Hunter Spangler	7/29/2005
82	Medley	200	2:21.53	Meredith Bearden Ann Gordon Mickel Mac Anthony Ann Greer Hooe	6/28/2004

* Converted record from yard course

KRA Swim Team Records for 1975-2005

#	Stroke	Dist	Time	Record Holder	Date
Intermediate Relays					
73	Freestyle	200	2:02.76	Richard Bagby Malcolm Little Elizabeth Wilson Anna Zimmerman	7/24/1998
83	Medley	200	2:13.62	Casey Terrell John Walk Ben Giglio Rachel Smith	7/26/2001
Senior Relays					
74	Freestyle	200	1:51.34	Rachel Smith Annie Smith Hatcher Crenshaw John Walk	7/29/2005
84	Medley	200	2:06.34	Annie Smith Kelsey Burke John Walk Hatcher Crenshaw	7/28/2005

* Converted record from yard course

RECORDING YOUR SWIMMER'S PROGRESS

Swimmer							Age Group			
Date	IM		Free		Back		Breast		Fly	
	M	Yd	M	Yd	M	Yd	M	Yd	M	Yd
Last Year										
Meet 1 11 June										
Meet 2 19 June										
Meet 3 26 June										
Meet 4 3 July										
Meet 5 10 July										
Meet 6 17 July										
Champs										
Reg										
X										
XX										
Swimmer							Age Group			
Last Year										
Meet 1 11 June										
Meet 2 19 June										
Meet 3 26 June										
Meet 4 3 July										
Meet 5 10 July										
Meet 6 17 July										
Champs										
Reg										
X										
XX										

RECORDING YOUR SWIMMER'S PROGRESS

Swimmer						Age Group				
Date	IM		Free		Back		Breast		Fly	
	M	Yd	M	Yd	M	Yd	M	Yd	M	Yd
Last Year										
Meet 1 11 June										
Meet 2 19 June										
Meet 3 26 June										
Meet 4 3 July										
Meet 5 10 July										
Meet 6 17 July										
Champs										
Reg										
X										
XX										
Swimmer						Age Group				
Last Year										
Meet 1 11 June										
Meet 2 19 June										
Meet 3 26 June										
Meet 4 3 July										
Meet 5 10 July										
Meet 6 17 July										
Champs										
Reg										
X										
XX										

Practice Information

Weather Hotline

288-9745

If practice is cancelled, signs will be posted on the front gate. Or, you may call the pool at 288-9745.

For swimming, cancellation decision will be made by 3:45PM through June 15 and by 8:00AM beginning June 19.

For diving, cancellation decision will be made 30 minutes prior to scheduled practice.

KRA Website: www.krafun.org

**James River Aquatic Club (JRAC)
League Website www.jracsummerswim.org**