

<b>Parent Volunteer Commitment*</b>		
<b>Date</b>	<b>Meet</b>	<b>Job</b>
06/17/08	Evergreen at Granite	1 <sup>st</sup> half:
		2 <sup>nd</sup> half:
06/24/08	Granite at Surreywood	1 <sup>st</sup> half:
		2 <sup>nd</sup> half:
07/01/08	Midlothian at Granite	1 <sup>st</sup> half:
		2 <sup>nd</sup> half:
07/08/08	Granite at Bon Air	1 <sup>st</sup> half:
		2 <sup>nd</sup> half:
07/15/08	Granite at ACAC	1 <sup>st</sup> half:
		2 <sup>nd</sup> half:
07/21/08	Woodlake at Granite	1 <sup>st</sup> half:
		2 <sup>nd</sup> half:

\*Every swim family is required to work at three meets (six halves). You must indicate the dates you are working on your registration sheet at the time of registration.

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Summer 2008

Welcome

# GRANITE MARLINS

The Swim Team Committee and I want to extend a warm welcome both to the returning swimmers and their parents, and to those who are new to the team this year. We are excited to welcome back Head Coach Matt Porter, Coach Becca Guy, and Coach Jim Tracy. Coach Kelly Allen is joining our coaching staff, and Riley Matsen will fill the new position as junior assistant coach to work with mini-mites. We look forward to working with you and your children this summer.

Susan Hayes  
Swim Representative  
(804) 230-6242

**HEAD COACH:** Matt Porter (mattporter@mindspring.com)  
**COACHES:** Becca Guy • Jim Tracy • Kelly Allen • Riley Matsen

## Swim Practice Schedule

*May 19 through May 23 - Monday through Friday*  
4:00 to 5:00 p.m. Juniors, Intermediates, & Seniors  
5:00 to 5:45 p.m. Mites and Midgets  
No Mini-Mite practice until May 29

*May 27 through June 13 - Afternoons & Weekend*  
Monday through Friday Afternoon  
4:00 to 5:00 p.m. Intermediates and Seniors  
5:00 to 5:45 p.m. Midgets and Juniors  
5:45 to 6:15 p.m. Mini-mites  
5:45 to 6:30 p.m. Mites

*Saturday Morning (May 31<sup>st</sup> and June 7<sup>th</sup>)*  
9:00 to 10:00 a.m. Juniors, Intermediates, & Seniors  
10:00 to 10:45 a.m. Mites and Midgets  
10:30 to 11:00 a.m. Mini-Mites

*Sunday Evening*  
6:00 to 6:30 p.m. Mini-Mites  
6:00 to 6:45 p.m. Mites and Midgets  
6:45 to 7:30 p.m. Juniors, Intermediates, & Seniors

*June 16 until the Season Ends - Mornings & Evenings*  
Monday through Friday Morning  
8:30 to 9:45 a.m. Juniors, Intermediates, & Seniors  
9:45 to 10:45 a.m. Mites and Midgets  
10:45 to 11:15 a.m. Mini-Mites

*Sunday through Thursday Evening*  
(No evening practice on Thursday June 19, Thursday July 10,  
and Monday July 14 due to home dive meets.)  
6:00 to 6:30 p.m. Mini-Mites  
6:00 to 6:45 p.m. Mites and Midgets  
6:45 to 7:30 p.m. Juniors, Intermediates, & Seniors

## Swim Meet Schedule

Tue. June 17	Evergreen at Granite (home)
Tue. June 24	Granite at Surreywood (away)
Tue. July 1	Midlothian at Granite (home)
Tue. July 8	Granite at Bon Air (away)
Tue. July 15	Granite at ACAC (away)
Mon. July 21	Woodlake at Granite (home)
Champs:	Mon. July 28 (Mites & Midgets)
	Tue. July 29 (Juniors & above)

## Dive Meet Schedule

Thur. June 19	Smoketree at Granite (home)
Thur. June 26	Granite at Bon Air (away)
Thur. July 3	Granite at Stonehenge (away)
Thur. July 10	Woodlake at Granite (home)
Mon. July 14	Salisbury at Granite (home)
Champs:	Thursday July 17 at Bon Air; and Saturday July 19 at Smoketree
All-Stars:	Wednesday July 23 at Kanawa

## Championships

The qualifying times swimmers must achieve in order to swim an event at Championships are at the back of this handbook. However, if no one on our team qualifies, then the silver swimmer with the fastest time will be able to swim at Champs. Also, some non-qualifying swimmers will be needed to field relay teams. It is a fun and exciting event. Work hard to qualify! A list of qualifiers will be updated on the swim and dive bulletin board each

Wednesday. (Please note, there is a nominal fee that parents are expected to pay for each individual event your child swims at Champs. A Champs T-Shirt is an optional item for your purchase before Champs. If paying for Champs is too burdensome, please talk to Susan Hayes or Mary Ann Markunas.)

## Important Dates

### Picture Day

*Tuesday July 1* - Individual pictures begin at 3:45 p.m. The group picture will be taken at 4:30 p.m. Picture forms will be provided and payment must be made that afternoon.

### Swim Banquet

*Saturday July 26* - Dinner is at 5:30 and the banquet begins at 6:15 p.m. We meet, rain or shine, in the recreation building. We ask that everyone bring a dish to share. Families whose names begin with the letters A - P, please bring a covered dish or salad; those whose last names begin with the letters Q - Z, please bring a dessert. Drinks will be provided. Trophies will be awarded by the coaches and there will be a swim party afterwards. A swimmer must swim in *three* swim meets in order to receive a trophy. (All mini-mites will receive a trophy.)

### Champs Award Luncheon

*Wednesday July 30* - We will distribute medals and ribbons achieved at Championships and have pizza. This will be held at Granite from 11:00 a.m. until 12:30 p.m.

## Team Parties

**Pizza Nights at Maldini's** - Pizza Nights are held after swim meets that end by 10:00 p.m. If the team is going for

pizza after a home meet, it will be announced over the loudspeaker between the first and second half of the meet. Maldini's has offered to stay open to serve pizza, french fries, et cetera to the swim team after Tuesday night swim meets. The restaurant will close to the public at 10 p.m., but will remain open for us.

**Swim Under the Stars** - *A Swim and Dive Team Event Only!*  
Saturday, June 28<sup>th</sup> between 8:30 - 10:30 p.m. Drinks and snacks provided. Bring floats. Cost per swimmer is \$1.00.

**Spirit Week** - *Stage Hands (Parents/Adults) Required!*  
*July 14 through 21 - Gone Hollywood - Lights, Camera, Action!*

- ★ MONDAY MORNING THE 14<sup>TH</sup> - *Hairspray*  
Hair and Makeup make the Star! Grab your co-star and create wild and fun hair with shaving cream! Who will win the Oscar for Hair and Makeup?
- ★ TUESDAY MORNING THE 15<sup>TH</sup> - *Pancake Mountain*  
Not all filming happens in Hollywood. Who knows what *Pancake Mountain* is? Enjoy a mountain of pancakes while sharing *Pancake Mountain* trivia.
- ★ WEDNESDAY MORNING THE 16<sup>TH</sup> - *Speed Racer*  
We will follow the script for fun with crazy antics and fun relays."
- ★ THURSDAY MORNING THE 17<sup>TH</sup> - *The Diner*  
Order Up! We'll be on location to enjoy lunch with the cast!
- ★ FRIDAY MORNING THE 18<sup>TH</sup> - *American Pie*  
Let them eat pie! (We will!) And...take a break on the set with a Bubble Gum Cream Pie Contest.
- ★ SUNDAY NIGHT THE 20<sup>TH</sup> - *Spaghetti Westerns*

Come carb up Italian style with spaghetti in preparation for going head to head with Woodlake! (*Who knows what a Spaghetti Western is?*)

★ MONDAY MORNING THE 21<sup>ST</sup> - *The Breakfast Club*

You won't stay behind the scenes when you get a close-up on this fabulous food.

## General Information

### Mandatory Parents' Meeting

*May 19* - On Monday, May 19 at 5:30 p.m. there will be a parents' meeting at the pool. All swim parents should attend. *At that time the responsibilities and volunteer obligations expected of each swim team parent will be clarified.*

The Richmond Metropolitan Aquatic League (RMAL) has the following age divisions:

Mini-Mite - Six years old and under  
Mite - Seven to eight years old  
Midget - Nine to 10 years old  
Junior - 11 to 12 years old  
Intermediate - 13 to 14 years old  
Senior - 15 to 18 years old

The cutoff date for ageing up to the next age group is May 31. *Any swimmer with a birthday during the summer after May 31 stays in the younger age group.*

Swimmers in each age division swim in three speed categories: *Silver, Gold, and Blue* (the fastest category). When a swimmer swims a qualifying time, he/she automatically moves to the next division for the next meet.

These times are posted on the Swim & Dive Bulletin Board.

*It is ultimately the coaches' decision as to when a mini-mite is ready to compete.* To push a child to swim in a meet before he/she has reached an adequate competency level can be counterproductive.

Go to [www.swimrma.org](http://www.swimrma.org) for access to league times, events, and other data.

Go to [www.planetgranite.org/swimteam](http://www.planetgranite.org/swimteam) for up-to-the minute notices about the swim team.

### Team Swim Suits and Attire

Suits can be purchased through Disco Sports ([www.discosports.com](http://www.discosports.com)) located at 1400 Starling Drive, Richmond, VA 23229. The suits are in stock and can be fitted at any time. Generally, the suits will have to be left at the store to be embroidered and picked up later. If you have any questions concerning the suits, please call Susan. *One team cap will be distributed to each swimmer upon registration.* Extra caps and T-shirts may be purchased from Mary Ann Markunas. New T-Shirts are only distributed to the whole team every other year. This year everyone receives a new shirt.

### Practice Info

There will always be at least two coaches at all practices. There is no practice during a storm with thunder and lightening, but practice will be conducted if it is just raining. *No evening practices are held when home dive meets are scheduled.* There are three home dive meets this year: Thursday June 17, Thursday July 10, and Monday July 16. Morning practices are held on the days of swim meets. The baby pool is open during morning swim

practices!

## Meet Day

Swim meets start at 6:00 p.m. The pool closes at 4:00 p.m. on home meet days. Swimmers should arrive at the pool for warm-ups no later than 4:30 p.m. for home meets and 5:00 p.m. for away meets. Home meet warm-ups are:

- 4:45 to 5:00 p.m. - Mini-mites, Mites, & Midgets
- 5:00 to 5:15 p.m. - Juniors, Intermediates, & Seniors

On the day of a meet, swimmers should stay out of the sun; get plenty of rest; and as always, maintain a healthy diet. Foods high in carbohydrates tend to produce lasting energy. Remember to bring nutritious snacks, towels, goggles, caps and a t-shirt to all swim meets. Pay close attention to the coaches so that everyone can swim his/her BEST. Meets are conducted in rain, but lightning and/or thunder will cause delays. Swim meets are only canceled or postponed to another night if thunder and lightning persist.

Granite Marlins are expected to be models of good behavior, both at our pool and away meets. *There is never an excuse for bad behavior and it will not be tolerated at practice or at meets.* Please leave the pool area free of litter at home and away meets. We ask that the swimmers help set up for home meets (moving chairs) and clean up after the home meets (put chairs back).

Swim meets require more participation from parents than most sports. Our goal is to start the season as organized as possible, and have the meets run smoothly and efficiently. Swim team parents are required to work a minimum of *three meets (six halves)* to insure that our swim meets run smoothly, and are finished in a timely manner. *Sign*

*up to help with the various jobs that are needed.* Home meets require more workers than away meets. All the jobs are fun and easy to learn. Most jobs during a meet are divided into two shifts. Thank you for contributing your time and effort in support of a rewarding season for the Marlins.

*If your child is unable to swim the night of a swim meet, please let the coaches know as early as possible.* This is especially important as all events are preseeded. No changes can be made to individual events after 2:00 p.m. on the day of the meet. Furthermore, coaches need to be able to decide on the best strategy for putting together relays and individual medley participants. *If you have to leave a meet before relays, please make sure your child is not in a relay.* If one swimmer on a relay team is missing, the entire relay team has to be scratched.

At each home meet, the Marlins host a Bake Sale. Each swimmer should bring an item to sell. This is a major fundraiser for us and helps to keep our fees down. Some people love healthy food. Some love junk food. Almost everyone loves homemade, and no one loves anything in glass or containing gum.

## **“What Do I Do at a Swim Meet?”**

Compiled by Tommy Jackson and Ian Perry with editing by Catherine Perrin

For a lot of new swimmers and some experienced swimmers, going to a swim meet can be a nerve racking event. First of all...Relax. Swim meets are a fun, learning experience. Being nervous at a meet is absolutely normal. Being in a new environment with new people can be a bit intimidating, but don't let it ruin your meet. It is very important that you are fully prepared for a swim meet. Having the essential tools

will give you a peace of mind and allow you to concentrate more on your races. Below is a list of suggested items that will have you ready for your meet.

## **SWIMMERS**

**If you are a swimmer you should pack:**

- Team suit
- Team cap
- Goggles (preferable 2 pairs)
- Two to three towels
- Blanket or sleeping bag to sit on
- Healthy snacks
- Clothes to wear over your wet suit (sweat suit along with T-shirt and shorts).
- Highlighter pen, waterproof pen and fine line marker
- Something to do (book, deck of cards, headphones, etc.)
- Slip on shoes
- Sunscreen & hat

***Some Swim Meet Do's and Don'ts:***

- Do report to the coach before and after every race.
- Do warm down after every race (depending on the period between events, it is a good habit to warm up before competition).
- Do be on time (or early) for everything including: stretching, meet warm-ups, and team meetings.
- Do conserve your energy. Stay off your legs (save them for the pool); wear shoes for warmth and protection; wear shirt and hat to reduce exposure; stay out of the sun.
- Do eat healthy food and snacks. Fruit, bagels and sports drinks make good “between race” snacks. In general, avoid items with a lot of fat, fiber and refined sugar.

- Do get enough sleep the night before.
- Do cheer for your teammates.
- Do swim fast!
- Do have fun!
- Do congratulate fellow competitors.
- Do be a positive role model.
- Don't miss the team warm up.
- Don't become dehydrated. Drink plenty of water or other liquids (NO sodas).
- Don't wander off between races.

## PARENTS

If you are a parent you should bring:

- Folding chair where allowed (depends on local fire codes)
- Something to do (book, magazine, etc)
- Cash
- Layered clothing (Temperatures vary, and weather changes)
- Food: Bring a light dinner and light snacks, **but no alcohol**. Alcohol is not allowed at sporting events involving children.

*Some Swim Meet Do's and Don'ts:*

- Do share in duties or jobs required or asked of parents to run a meet.
- Do display good sportsmanship at all times.
- Don't go and wait with your child when he/she is called to report for his/her event.
- Don't leave a swim meet early without informing the coach. He/she may be counting on your child to swim in a relay.
- Don't bring or consume alcohol at any swim meet. **At the first offense you will be asked to leave. If a second offense occurs, you and your children will be**

banned from the rest of the meet and all future meets.

## Fun Day

Fun Day happens the morning after most swim meet between 10:00 and 11:00 a.m. There are refreshments, water polo, and games for all ages. Bring your floats! Doughnuts and ribbons are distributed the last 15 minutes of Fun Day. There is no practice in the morning, but the evening practice schedule is followed. Evening practice also receives doughnuts and ribbons. There is a Fun Day after the last meet.

## Meet Workers

There are many ways you can help to make our swim season a success. Listed are some of the jobs and what they require. It's a fun and necessary part of our season, and a way to be a part of your children's activities. There is always someone to show you the task.

**Announcer** - Announce the meet. An attractive gig for DJ wannabes!

**Bake Sale** - Sell baked goods and cookout items. You have first crack at the eats!

**Clerk of Course** - Organize and stage swimmers for each heat. A good job for those with patience.

**Colorado Timing System (CTS) Operator\*** - A job with a view of the finish.

**Computer Operator\*** - Input times on computer.

**Computer Operator Assistant\*** - Works with computer operator to sort timer sheets, DQ slips, ribbon labels, and result sheets.

**Cooks** - Cook hot dogs and hamburgers. You get to sample your work!

**Head Timer** - In charge of all timers. The top watch!

**Mite Moms** - Moms or dads who organize swimmers. You get to be near your little ones!

**Referee\*** - The top meet official. *THE* job for those who don't get enough respect at home!

**Runners** - Collect time cards and DQ slips for table workers (but you don't really run!).

**Starter** - Starts each heat. Look out for false starts!

**Strokes & Turns Judges\*** - Disqualify swimmers, but you rule with a great view!

**Table Workers** - Put name tags on ribbons. Sort ribbons by team. You get to sit for this one, too!

**Time Recorders** - Record the stopwatch times for the timers. A good view and the chance to get splashed on a hot day!

**Timers** - Operate the stop watches and the CTS buttons. Another job with a good view and the chance to get splashed on a hot day!

*\*These jobs require league certification received by attending a once yearly training set up by RMAL.*

## Directions to Away Meets

**ACAC** - Take Huguenot Road to Robious Road. Go west on Robious Road. (If you are coming from the direction of the Huguenot Bridge, make a right onto Robious Road.) Make a left turn at the first light into ACAC.

**Bon Air** - Take Forest Hill Avenue to Buford Road. Turn left onto Buford. Turn right onto Rockaway Road. Old Bon Air Hotel will be on your right. The pool entrance is straight ahead. However, traffic on Forest Hill Avenue is congested at that hour. An alternate route would be to get on the Chippenham Parkway. Take the Jahnke Road exit and go south. Continue until it ends at Buford. Take a right onto Buford Road, and then a left onto Rockaway Road.

**Surreywood** - Take route 60 or 360 to Ruthers Road. Ruthers to Elkhart. Go west on Elkhart to Elmart (approximately 0.2 of a mile). Turn left onto Elmart which turns into Williamstown Drive. Continue straight to the pool.

# Coaches Gift

It has been our practice to present each of the coaches with a team gift at the banquet as a token of our appreciation for their dedication and hard work. Please consider making a contribution toward these gifts. From past experience, we know that the coaches are especially grateful for this recognition of their efforts. If you wish to contribute, please try to get your donation to **Susan Hayes** no later than **July 25**. For your convenience, a pre-addressed envelope can be obtained from Susan.

RMAL TIME STANDARDS Yards			RMAL TIME STANDARDS Meters	
Mini-Mite Girls	Mini-Mite Boys		Mini-Mite Girls	Mini-Mite Boys
25 yards Freestyle			25 meters Freestyle	
17.29	17.29	BLUE	19.10	19.10
18.99	18.49	GOLD	20.98	20.43
20.89	20.89	QUALIFY	23.08	23.08
25 yards Backstroke			25 meters Backstroke	
20.49	20.49	BLUE	22.64	22.64
23.39	23.39	GOLD	25.85	25.85
24.79	24.79	QUALIFY	27.39	27.39
Mite Girls			Mite Girls	
Mite Boys			Mite Boys	
25 yards Freestyle			25 meters Freestyle	
17.29	17.29	BLUE	19.10	19.10
18.99	18.49	GOLD	20.98	20.43
20.89	20.89	QUALIFY	23.08	23.08
25 yards Backstroke			25 meters Backstroke	
20.49	20.49	BLUE	22.64	22.64
23.39	23.39	GOLD	25.85	25.85
24.79	24.79	QUALIFY	27.39	27.39
25 yards Breaststroke			25 meters Breaststroke	
22.29	22.29	BLUE	24.63	24.63
25.69	25.69	GOLD	28.39	28.39
27.89	28.09	QUALIFY	30.82	31.04
25 yards Butterfly			25 meters Butterfly	
19.69	19.69	BLUE	21.76	21.76
22.49	22.49	GOLD	24.85	24.85
24.59	24.59	QUALIFY	27.17	27.17
Midget Girls			Midget Girls	
Midget Boys			Midget Boys	
50 yards Freestyle			50 meters Freestyle	
32.39	31.89	BLUE	35.79	35.24
36.19	35.59	GOLD	39.99	39.33
39.09	38.19	QUALIFY	43.19	42.20
50 yards Backstroke			50 meters Backstroke	
38.19	38.39	BLUE	42.20	42.42
43.49	43.89	GOLD	48.06	48.50
47.89	48.29	QUALIFY	52.92	53.36
50 yards Breaststroke			50 meters Breaststroke	
41.99	42.49	BLUE	46.40	46.95
47.79	48.19	GOLD	52.81	53.25
52.59	52.89	QUALIFY	58.11	58.44

RMAL TIME STANDARDS Yards			RMAL TIME STANDARDS Meters	
Midget Girls	Midget Boys		Midget Girls	Midget Boys
50 yards Butterfly			50 meters Butterfly	
37.29	36.69	BLUE	41.20	40.54
42.99	41.99	GOLD	47.50	46.40
47.79	46.29	QUALIFY	52.81	51.15
100 yards Individual Medley			100 meters Individual Medley	
1:23.19	1:21.29	BLUE	1:31.92	1:29.82
1:34.39	1:31.39	GOLD	1:44.30	1:40.98
1:43.69	1:39.59	QUALIFY	1:54.57	1:50.04
Junior Girls	Junior Boys		Junior Girls	Junior Boys
50 yards Freestyle			50 meters Freestyle	
29.79	28.59	BLUE	32.92	31.59
32.19	30.99	GOLD	35.57	34.24
33.59	32.39	QUALIFY	37.12	35.79
50 yards Backstroke			50 meters Backstroke	
34.29	33.69	BLUE	37.89	37.23
37.09	36.79	GOLD	40.98	40.65
38.99	38.79	QUALIFY	43.08	42.86
50 yards Breaststroke			50 meters Breaststroke	
37.99	37.59	BLUE	41.98	41.54
41.09	41.09	GOLD	45.40	45.40
43.29	43.59	QUALIFY	47.83	48.17
50 yards Butterfly			50 meters Butterfly	
32.69	32.39	BLUE	36.12	35.79
35.39	35.49	GOLD	39.10	39.22
37.19	37.59	QUALIFY	41.09	41.54
100 yards Individual Medley			100 meters Individual Medley	
1:14.09	1:12.19	BLUE	1:21.87	1:19.77
1:20.29	1:18.29	GOLD	1:28.72	1:26.51
1:24.49	1:22.39	QUALIFY	1:33.36	1:31.04
Intermediate Girls	Intermediate Boys		Intermediate Girls	Intermediate Boys
100 yards Freestyle			100 meters Freestyle	
1:02.19	57.99	BLUE	1:08.72	1:04.08
1:07.39	1:02.89	GOLD	1:14.46	1:09.49
1:10.59	1:05.69	QUALIFY	1:18.00	1:12.59

RMAL TIME STANDARDS Yards			RMAL TIME STANDARDS Meters	
Intermediate Girls	Intermediate Boys		Intermediate Girls	Intermediate Boys
50 yards Backstroke			50 meters Backstroke	
31.59	29.89	BLUE	34.91	33.03
34.19	32.29	GOLD	37.78	35.68
35.89	33.79	QUALIFY	39.66	37.34
50 yards Breaststroke			50 meters Breaststroke	
35.89	33.29	BLUE	39.66	36.78
38.89	36.09	GOLD	42.97	39.88
40.89	37.79	QUALIFY	45.18	41.76
50 yards Butterfly			50 meters Butterfly	
31.29	29.19	BLUE	34.57	32.25
33.89	31.59	GOLD	37.45	34.91
35.49	32.99	QUALIFY	39.22	36.45
100 yards Individual Medley			100 meters Individual Medley	
1:09.59	1:05.29	BLUE	1:16.90	1:12.14
1:15.39	1:10.69	GOLD	1:23.30	1:18.11
1:19.19	1:14.09	QUALIFY	1:27.50	1:21.87
Senior Girls	Senior Boys		Senior Girls	Senior Boys
100 yards Freestyle			100 meters Freestyle	
1:01.09	55.39	BLUE	1:07.50	1:01.20
1:06.19	59.99	GOLD	1:13.14	1:06.29
1:09.29	1:02.59	QUALIFY	1:16.56	1:09.16
50 yards Backstroke			50 meters Backstroke	
31.09	28.19	BLUE	34.35	31.15
33.69	30.49	GOLD	37.23	33.69
35.29	31.89	QUALIFY	38.99	35.24
50 yards Breaststroke			50 meters Breaststroke	
35.09	31.79	BLUE	38.77	35.13
37.99	34.49	GOLD	41.98	38.11
39.99	36.09	QUALIFY	44.19	39.88
50 yards Butterfly			50 meters Butterfly	
30.79	27.79	BLUE	34.02	30.71
33.29	30.19	GOLD	36.78	33.36
34.89	31.49	QUALIFY	38.55	34.80
100 yards Individual Medley			100 meters Individual Medley	
1:08.29	1:02.39	BLUE	1:15.45	1:08.94
1:13.89	1:07.59	GOLD	1:21.65	1:14.69
1:17.59	1:10.79	QUALIFY	1:25.73	1:18.22



