



Canyons Aquatic Club  
**17th ANNUAL CANYONS CRANBERRY CLASSIC**  
Friday, November 22-Sunday, November 24, 2024

Sanctioned by: USA-S & Southern California Swimming  
Sponsored By: Canyons Aquatic Club.  
Date of Meet: Friday, November 22-Sunday, November 24, 2024  
Warm Up Times: Friday - 2:30pm, Sat/Sun - 7:30 am

Sanction No. #S24-203  
Received by Entry deadline: **5:00 pm, Nov. 13th, 2024**  
Meet Start: Friday - 4:00pm, Sat/Sun - 9:00 am

**POOL:** The Santa Clarita Aquatic Center competition pool is an outdoor 25 yard (20 lane) x 50 meter (8 lane) pool. Competition courses have been certified in accordance with 104.22.2 C. Pool depth at start and turn end is 7'6".

**DIRECTIONS:** Santa Clarita Aquatic Center 20850 Centre Pointe Parkway, Santa Clarita, CA 91350. 14 FWY North: Take Golden Valley exit. Left on Golden Valley. Right on Centre Pointe Parkway. Right into second driveway. From 14 FWY South: Take Golden Valley exit. Right on Golden Valley. Right on Centre Pointe Parkway. Right into second driveway.

**COURSE:** The Santa Clarita Aquatic Center competition pool is an outdoor 25 yard x 50 meter, 20 lane pool. A separate warm-up/warm-down 10-lane, 25-yard course pool will be open during the meet. Competition courses have been certified in accordance with 104.22.2(C) on file with USA Swimming. Pool depth at start and turn end is 7'6". Saturday and Sunday a.m. sessions will be run on two courses – girls on the North Course, odd events, boys on the South Course, even events. If the entries in an a.m. session do not warrant running two courses, the morning session will be collapsed, running the events in sequential order. The warm-up pool will be moved to 8 lanes in the competition pool if the meet is collapsed. Friday, Saturday and Sunday afternoon sessions will be run on one course unless the number of entries warrant running two courses – in that case, the girls will be run on the North Course, odd events, and the boys will be run on the South Course, even events. All events will be swum fast to slow.

**WARM UP:** All lanes will open for USA Swimming Member Coach supervised warm up Friday 2:30-3:45 pm and Sat/Sun 7:30-8:45 am. Diving will be allowed in designated practice start lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. Dive lanes will be open 45 min before the start of the meet or at the discretion of the meet referee. The competition pool will be closed 15 min before the start of each session.

**MEET REFEREE:** Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee. Scot Ranslem, scotranslem@discover.com

**RULES:** Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy 2.0 (MAAPP 2.0), govern this meet. Current SCS meet procedures will be used and take precedence over any errors or omissions in this form. Meet will limit entries to meet the "4 hour" rule. This meet will be pre-seeded. Coaches need to turn in scratches to Admin, the day before. Heat sheets will be available on Meet Mobile, coaches will have a paper copy. Swimmers must swim their actual age group as determined by their age on the first day of the meet. Swimmers must be at least 5 years old on November, 22, 2024 to enter this meet. A swimmer may swim a maximum of four (4) events per day.. All coaches and officials on deck must have completed the CDC or NFHS Concussion Course, Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy 2.0 (MAAPP 2.0), will govern this meet. This meet will follow all State, Local and Facility guidelines as it pertains to Covid-19. Meet check-in may or may not be available depending on the site's guidelines. All coaches and officials must have completed the CANRA Mandatory Reporting course.

**SCRATCHES:** Coaches will receive a packet with print-outs of entered athletes by day. Coaches will use the list to indicate scratches on a daily basis. Scratches must be turned in to admin by the following deadlines: Friday scratch deadline=3 PM Friday (one hour before meet start); Saturday scratch deadline=Friday 5 PM;; Sunday scratch deadline=Saturday 5 PM.

**DISTANCE FREESTYLE:** 1000/1650 will be swum FAST to SLOW – Alternating Girls and Boys. There is a POSITIVE CHECK-IN for distance events. Swimmers must check in for the 1000 at least 1 hour before the event is to be swum on Friday. Swimmers must check in for the 1650 FR must check-in by at least 1 hour before the event is to be swum on Saturday and Sunday. Coaches may check-in a swimmer.

**LOCKER ROOMS:** Locker rooms available for athletes only on the competition deck and water slide pool deck. All non-athletes can use the bathrooms between the the competition pool and warm-down pool.

**RECORDING DEVICES & MEDIA NOTICE:** The use of any audio-visual recording devices, including cell phones, is not permitted in locker rooms, changing areas or restrooms. Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

**DRONES:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present

**SWIMWEAR:** Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. Tech suits are NOT permitted for 5-12 swimmers. Tech suits are permitted for 13-Up. Please see the Tech Suit Policy on the SCS website: [www.socalswim.org](http://www.socalswim.org)

**DECK CHANGES:** Deck Changes are prohibited.

**RACING START CERTIFICATION:** Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.



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**ELIGIBILITY:** Open to USA SWIMMING athletes who hold 2023 or 2024 USA Swimming Registration. Registration application must be received by Wednesday, Nov. 8th at 5:00 PM. by the meet processor, administrative referee, or SCS Office. Late application will be considered "on-deck" subject to penalties in SCS Swim Guide, Part One, III, B. Registration application may be submitted with entry form. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. All athletes 18 years or must complete the free online Athlete Protection Training (APT) to compete in the meet.

**DISABILITY:** Coaches entering swimmers with disabilities that require any reasonable accommodations or modifications, including the need for personal assistants, and/or registered service animals, must provide advance notice in writing (email), accompanying their meet entry file, to the meet referee by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

**CHANGE OF AFFILIATION:** Before the meet, a swimmer may change affiliation by submitting a Club Transfer Form and appropriate fee to the Swim Office. At the meet, a swimmer may only UNATTACH (not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

**SUBMITTED TIMES:** Times submitted must be best-recorded short course or long course times from this or preceding swim season (no workout times). After entries close, for seeding purposes only, meet administration will convert non-conforming times. Coaches and swimmers should be prepared to verify all submitted times. Swimmers must have achieved the time standard listed for an event. Discrepancy in the submitted times can lead to disciplinary action.

**AWARDS:** INDIVIDUAL EVENTS: RIBBONS: 1st through 8th. Ribbons will be awarded to the following age groups: 5-8, 9/10, and 11/12. Open events and 13 and over events will not be awarded.

**ENTRY FEE:** \$6.00 for each INDIVIDUAL EVENT, along with a \$15.50 SURCHARGE per swimmer must accompany each individual entry card. NO REFUNDS. Returned checks may incur a service fee. E-mail entry (entry .zip file) will be accepted only when received with an attached .pdf file including the electronic signature of the coach and will be dated as "official" at that time. Full payment (single team check made payable to Southern California Swimming) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (this includes e-mail) ONLY. New swimmers accepted SPACE AVAILABLE. DO NOT RESEND AN ENTRY FILE: A replacement file for the team will NOT be processed. Deletions will NOT be refunded. Outreach athletes are \$15.00 flat fee for the meet. Teams must provide proof of outreach athlete status by including a copy of their team roster when submitting entries.

**ENTRY DEADLINE:** Entries must be received by the processor no later than **5 pm, Wednesday, November 13, 2024**. If meet fills before deadline, entries will be rejected – last received, first rejected. You should enclose a self-addressed stamped envelope or postcard if you wish to confirm receipt of your entry. Receipt of entries will not be verified by phone or email. Late/deck entries will not be accepted.

**ENTRIES:** Make Checks payable to Canyons Aquatic Club; Email for team electronic entries only: [ericajohnson.swim@gmail.com](mailto:ericajohnson.swim@gmail.com)

**USA SWIMMING DISCLAIMER:** It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.



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**USA SWIMMING MEET 360:** Permanently suspended or ineligible individuals cannot be present on deck, coach, or perform any function at a meet requiring USA Swimming membership

During registration, ensure all coaches, officials, trainers, massage therapists, LSC or host club staff, and medical professionals show proof of current USA Swimming membership (e.g., require them to show their Membership Card via the USA Swimming app) at registration. If such an individual cannot demonstrate proof of membership in good standing, deck access will not be granted.

Individuals permanently suspended or ineligible can be spectators at a meet and may be in the stands.

Violators shall be reported to the Meet Director or Meet Referee, who can then direct that individual to the spectator area. A subsequent report should also be made to USA Swimming.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-US-SAFE (833-587-7233) or online at [www.uscenterforsafesport.org/report-a-concern](http://www.uscenterforsafesport.org/report-a-concern). Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention policy, please visit [www.usaswimming.org/report](http://www.usaswimming.org/report).

**MAAPP: CANYON AQUATIC CLUB CRANBERRY CLASSIC MEET**

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP 2.0"), and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition.

**OFFICIALS BRIEFING (NO TIMERS):**

- This meet is conducted according to current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy.
- Make sure all interactions with athletes are observable and interruptible.
- Deck changing is prohibited. Report instances of deck changing to the meet referee/meet director.
- There is a separate restroom for athletes and all other adults. Make sure that you are only using the facility marked for you. The restrooms adjacent to the pool are for athletes only. The water slide bathrooms are open for adults.

**COACHES BRIEFING:**

- This meet is conducted according to current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy.
- Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions.
- Deck changing is prohibited. Make sure you tell all your athletes this. If they are seen deck changing you can expect that someone will come and remind them or you as their coach of this expectation.
- Remind your athletes of appropriate behavior in the restrooms. Be sure to include that the use of any devices that record or take photos are prohibited in the rest rooms. There are no changing facilities due to COVID-19.
- There is a separate restroom for athletes and all other adults. Make sure that you are only using the facility marked for you. The restrooms adjacent to the pool are for athletes only. The water slide bathrooms are open for adults.
- As a reminder, coaches are not allowed to massage any athlete, even if you are a licensed massage therapist. This includes all massages, rubdowns, stretching, physical manipulation, injury rehabilitation, and the use of electronic or instrument assisted modalities such as stim treatment, dry needling, and cupping.



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**EMERGENCY ACTION PLAN : CANYON AQUATIC CLUB CRANBERRY CLASSIC MEET**

Event: Canyons Cranberry Classic  
Location: Santa Clarita Aquatic Center, 20850 Centre Pointe Parkway, Santa Clarita, CA 91350  
Host: Canyons Aquatic Club  
Date: 11/22-11/24  
Time: Friday - 4:00-8:00pm, Sat/Sun - 9:00am-7:00pm  
Host Team Contact: Sean Kakumu – (661) 877-3776  
Meet Referee: Scot Ranslem – (661) 510-5133 – scotranslem@discover.com  
Meet Admin: Erica Johnson - (805) 504-5093 - ericajohnson.swim@gmail.com

**MEDICAL RESPONSE AND LAW ENFORCEMENT**

Emergency: Dial 911  
Medical Assistance or First Aid: Call 911 / Control crowds around victim / await assistance from first responders  
Medical Emergency: Call 911  
Fire Department: Los Angeles County Fire Department – 27223 Henry Mayo Drive, Valencia, CA 91355 – Call 911 / (661) 257-4144  
Closest Hospital: Henry Mayo Hospital – 23845 McBean Parkway, Valencia, CA 91355 – Call 911 / (661) 200-2000  
Closest Urgent Care: Facey Immediate Care – 26357 McBean Parkway #120, Valencia, CA 91355 (661) 222-2643  
Law Enforcement: Santa Clarita Sheriff's Department – 23740 Magic Mountain Parkway, Santa Clarita, CA 91355 – (661) 255-1121

For Civil Disturbance, dial 911, notify meet manager, separate uninvolved parties to a safe area.  
For Suspicious Persons, dial 911, notify meet manager, maintain a safe distance until law enforcement responds.  
For Missing Person/ Child, notify meet manager, obtain description of missing person, announce as appropriate for help in locating missing person, contact law enforcement if needed to report missing person.

**LIFE SAFETY**

Earthquake: Adhere to facility emergency procedures. Notify all occupants to clear pool immediately. Call 911 if needed. Evacuate all persons in attendance to parking lot or front lawn away from all buildings. Contact all teams and request an accountability check.  
Weather Emergencies: Notify all occupants to clear the pool immediately. If lightning in the area, all occupants must leave the pool and the deck for at least 30 minutes after the last lightning strike in the area.  
Fires: Call 911. Clear the pool immediately. Evacuate all persons in attendance to parking lot or safe area outside of structure. Contact all teams and request an accountability check. Await emergency response outside structure and report to responding personnel if all persons are accounted for.  
Hazardous Materials: Call 911. Evacuate all persons in attendance to a safe area away from and upwind of any hazardous material.  
Electrical Emergency: Call 911. Notify all occupants to clear the pool immediately. Isolate the area of hazard and deny entry. Move all attendees to a safe area away from the hazard.

**EMERGENCY CONTACTS**

For life and Safety: Dial 911 and state nature of emergency  
CANY Board President: Scott Bleitz – (323) 206-0126  
SCS Coastal Committee: Alina de Armas – (805) 444-0317  
SCS Coastal Officials Chair: Omar de Armas – (805) 522-4134  
SCS Chair: Stacy Smith: – (714) 742-3764  
SCS Safe Sport Chair: Chantal Woodard: – (704) 941-7374

Document any incident as soon as possible. Include witness name and contact information, statements, timeline, and facts as happened.

**LOCATION DYNAMICS**

Outdoor Facility  
One 50Mx25 Yard Pool w/ two SCY courses, One 10Mx25Y Pool w/ 10 SCY warm-down lanes  
2 Exits East Side, 1 Exit North Side, 2 Exits West side– Direct to outside  
1 additional exit (WestSide) through the restroom/locker room that lead outside  
AED Located in lifeguard office



9-10 500 free enter 200 free time meeting time standard. • All events will be seeded fast to slow • Open events: Swimmers must be at least 11 years old and meet minimum time standard • The 400 IM, 500, & 1000 Freestyle will be swum alternating girls and boys • 400 IM, 500, 1000 & 1650 Freestyle swimmers are requested to provide lap counters and their own timers for three heats • 1650 for girls and boys will swim on both courses • There will be a total of only four heats for the 1650 for both courses for girls and boys, first come first entered. • Girls will swim the 1650 on Saturday evening only. Boys will swim the 1650 on Sunday evening only. • 11-12 Swimmers can swim only one session on Saturday and Sunday. Hotel and restaurant information available on the Canyons website: [www.canyons.org](http://www.canyons.org)

| GIRLS |          | NOV 22 - FRIDAY EVENING<br>EVENING SESSION - 4:00 PM START |       |                            | BOYS     |          |    |
|-------|----------|--|-------|----------------------------|----------|----------|----|
|       | SC MIN   | LC MIN   | AGE   | EVENT                      | SC MIN   | LC MIN   |    |
| 1     | 1:31.69  | ABC  | 9-10  | 100 Yard Individual Medley | 1:28.89  | ABC      | 2  |
| 3     | ABC      | ABC  | 11-12 | 100 Yard Individual Medley | ABC      | ABC      | 4  |
| 5     | 5:37.59  | 6:25.89  | Open  | 400 Yard Individual Medley | 5:17.09  | 6:04.69  | 6  |
| 7     | 2:40.39* | 3:02.29*   | 9-10  | 500 Yard Freestyle         | 2:34.59* | 2:57.49* | 8  |
| 9     | 7:08.79  | 6:23.89  | 11-12 | 500 Yard Freestyle         | 6:57.29  | 6:15.49  | 10 |
| 11    | 12:41.19 | 11:29.29   | Open  | 1000 Yard Freestyle        | 12:23.89 | 11:13.99 | 12 |

| GIRLS - NORTH   |          | NOV 23 - SATURDAY<br>MORNING SESSION - 9:00 AM START |           |                       | BOYS - SOUTH |         |    |
|---|----------|--|-----------|-----------------------|--------------|---------|----|
|   | SC MIN   | LC MIN   | AGE       | EVENT                 | SC MIN       | LC MIN  |    |
| 13  | ABC      | ABC  | 11-12     | 200 Yard Freestyle    | ABC          | ABC     | 14 |
| 15  | 2:57.19  | 3:20.99  | 9-10      | 200 Yard Freestyle    | 2:47.99      | 3:06.69 | 16 |
| 17  | ABC      | ABC  | 11-12     | 50 Yard Breaststroke  | ABC          | ABC     | 18 |
| 19  | ABC      | ABC  | 9-10      | 50 Yard Breaststroke  | ABC          | ABC     | 20 |
| 21  | ABC      | ABC  | 5-8       | 50 Yard Breaststroke  | ABC          | ABC     | 22 |
| 23  | ABC      | ABC  | 11-12     | 100 Yard Backstroke   | ABC          | ABC     | 24 |
| 25  | ABC      | ABC  | 9-10      | 100 Yard Backstroke   | ABC          | ABC     | 26 |
| 27  | ABC      | ABC  | 5-8       | 25 Yard Backstroke    | ABC          | ABC     | 28 |
| 29  | ABC      | ABC  | 11-12     | 100 Yard Butterfly    | ABC          | ABC     | 30 |
| 31  | ABC      | ABC  | 9-10      | 100 Yard Butterfly    | ABC          | ABC     | 32 |
| 33  | ABC      | ABC  | 5-8       | 50 Yard Butterfly     | ABC          | ABC     | 34 |
| 35  | ABC      | ABC  | 11-12     | 50 Yard Freestyle     | ABC          | ABC     | 36 |
| 37  | ABC      | ABC  | 9-10      | 50 Yard Freestyle     | ABC          | ABC     | 38 |
| 39  | ABC      | ABC  | 5-8       | 25 Yard Freestyle     | ABC          | ABC     | 40 |
| AFTERNOON SESSION WILL BEGIN NO SOONER THAN 12:00 PM OR 45 MINUTES AFTER THE COMPLETION OF THE MORNING SESSION. |          |  |           |                       |              |         |    |
| 41  | ABC      | ABC  | 13 & Over | 200 Yard Freestyle    | ABC          | ABC     | 42 |
| 43  | ABC      | ABC  | 13 & Over | 100 Yard Breaststroke | ABC          | ABC     | 44 |
| 45  | 2:34.89  | 2:58.69  | Open      | 200 Yard Backstroke   | 2:25.09      | 2:49.09 | 46 |
| 47  | ABC      | ABC  | 13 & Over | 100 Yard Butterfly    | ABC          | ABC     | 48 |
| 49  | ABC      | ABC  | 13 & Over | 50 Yard Freestyle     | ABC          | ABC     | 50 |
| 51  | 6:18.69  | 5:40.59  | Open      | 500 Yard Freestyle    | 5:58.99      | 5:24.09 | 52 |
| 1650 FREESTYLE WILL BEGIN 15 MINUTES AFTER THE COMPLETION OF THE AFTERNOON SESSION.                             |          |  |           |                       |              |         |    |
| 91  | 21:02.90 | 21:17.20   | Open      | 1650 Yard Freestyle   |              |         |    |

| GIRLS - NORTH   |         | NOV 24 - SUNDAY<br>MORNING SESSION - 9:00 AM START |           |                            | BOYS - SOUTH |          |    |
|---|---------|--|-----------|----------------------------|--------------|----------|----|
|   | SC MIN  | LC MIN   | AGE       | EVENT                      | SC MIN       | LC MIN   |    |
| 53  | ABC     | ABC  | 11-12     | 200 Yard Individual Medley | ABC          | ABC      | 54 |
| 55  | 3:15.59 | 3:43.19  | 9-10      | 200 Yard Individual Medley | 3:13.19      | 3:40.79  | 56 |
| 57  | ABC     | ABC  | 11-12     | 50 Yard Backstroke         | ABC          | ABC      | 58 |
| 59  | ABC     | ABC  | 9-10      | 50 Yard Backstroke         | ABC          | ABC      | 60 |
| 61  | ABC     | ABC  | 5-8       | 50 Yard Backstroke         | ABC          | ABC      | 62 |
| 63  | ABC     | ABC  | 11-12     | 100 Yard Freestyle         | ABC          | ABC      | 64 |
| 65  | ABC     | ABC  | 9-10      | 100 Yard Freestyle         | ABC          | ABC      | 66 |
| 67  | ABC     | ABC  | 5-8       | 50 Yard Freestyle          | ABC          | ABC      | 68 |
| 69  | ABC     | ABC  | 11-12     | 50 Yard Butterfly          | ABC          | ABC      | 70 |
| 71  | ABC     | ABC  | 9-10      | 50 Yard Butterfly          | ABC          | ABC      | 72 |
| 73  | ABC     | ABC  | 5-8       | 25 Yard Butterfly          | ABC          | ABC      | 74 |
| 75  | ABC     | ABC  | 11-12     | 100 Yard Breaststroke      | ABC          | ABC      | 76 |
| 77  | ABC     | ABC  | 9-10      | 100 Yard Breaststroke      | ABC          | ABC      | 78 |
| 79  | ABC     | ABC  | 5-8       | 25 Yard Breaststroke       | ABC          | ABC      | 80 |
| AFTERNOON SESSION WILL BEGIN NO SOONER THAN 12:00 PM OR 45 MINUTES AFTER THE COMPLETION OF THE MORNING SESSION. |         |  |           |                            |              |          |    |
| 81  | ABC     | ABC  | 13 & Over | 200 Yard Individual Medley | ABC          | ABC      | 82 |
| 83  | ABC     | ABC  | 13 & Over | 100 Yard Freestyle         | ABC          | ABC      | 84 |
| 85  | 2:57.29 | 3:23.99  | Open      | 200 Yard Breaststroke      | 2:43.99      | 3:10.79  | 86 |
| 87  | ABC     | ABC  | 13 & Over | 100 Yard Backstroke        | ABC          | ABC      | 88 |
| 89  | 2:36.89 | 2:59.19  | Open      | 200 Yard Butterfly         | 2:26.89      | 2:47.99  | 90 |
| 1650 FREESTYLE WILL BEGIN 15 MINUTES AFTER THE COMPLETION OF THE AFTERNOON SESSION.                             |         |  |           |                            |              |          |    |
|   |         |  | Open      | 1650 Yard Freestyle        | 20:43.19     | 21:27.39 | 92 |

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