



# SWIM WALES SOUTH EAST REGIONAL CHAMPIONSHIPS 2023

on

**10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> FEBRUARY**

Licence Number 2WL230121

**SOUTH EAST WALES REGIONAL POOL  
NEWPORT INTERNATIONAL SPORTS VILLAGE**

Velodrome Way  
NEWPORT  
NP19 4RA

**Closing Date**  
**By 6.00pm on Friday 20<sup>th</sup> January 2023**



# SWIM WALES SOUTH EAST REGIONAL CHAMPIONSHIPS 2023

10<sup>th</sup> /11<sup>th</sup> / 12<sup>th</sup> February 2023

(under FINA Technical Rules and SWIM WALES Laws)

## NEWPORT INTERNATIONAL SPORTS VILLAGE

### MEET INFORMATION

**This is a Closed Meet accepting entries from competitors registered to clubs within the South East Region only.**

#### ENTRIES

Entries to be submitted, where possible, electronically.

All entries must be completed in full and returned together with the relevant entry fee and summary sheet through your club to Mr Steve Hathway, 108, Queens Drive, Llantwit Fardre, CF38 2PA

Entries will be rejected for the following reasons:

- They are received without the relevant fee
- Incorrectly completed
- Received after the closing date of **6.00pm on 20<sup>th</sup> January 2023**
- Current Registration number not included

#### INDIVIDUAL EVENTS (All HDW)

Ages are as at 31<sup>st</sup> December 2023

Girls	11/12, 13/14, 15/16, 17/Over			
	50m, 100m, 200m, 400m, 800m/1500m Freestyle	50m, 100m, 200m Backstroke	50m, 100m, 200m Breaststroke	
	50m, 100m, 200m Butterfly	200m, 400m I.M.		
Boys	11/12, 13/14, 15/16, 17/Over			
	50m, 100m, 200m, 400m, 800/1500m Freestyle	50m, 100m, 200m Backstroke	50m, 100m, 200m Breaststroke	
	50m, 100m, 200m Butterfly	200m, 400m I.M.		

**800m/1500m FREESTYLE** events will now be swum whereby a swimmer may choose to swim EITHER the 800m OR 1500m event. NO SWIMMER MAY ENTER BOTH THE 800M AND 1500M EVENT. It may be necessary to swim these events as mixed events, but medals will be awarded separately to male and female swimmers.

#### NOTE:

Entry fee is £6.00 per individual event if entered electronically, or £7.00 if paper entry.

#### MEDALS AND AWARDS

Medals will be awarded for 1<sup>st</sup> – 3<sup>rd</sup> places in all age group categories, to swimmers who achieve the event qualifying time.

#### SPECTATORS

Tickets for spectators will be sold online by Swim Wales. **Any ticketing queries must be addressed to Swim Wales.**

#### CAR PARKING

There is on-site parking available at the Pool and additional parking on Newport Football Stadium

#### REFRESHMENTS

There is a cafeteria selling snacks and drinks etc. We have no control over this facility. Vending machines are also available. The Newport Cricket Club also offers refreshments

#### MOBILE PHONES

Mobile phones **must not** be used in the building.

#### MEET OFFICE

A Meet Office will be open for the duration of the Meet and can be contacted on 07858064877.

#### SESSION TIMES

To be confirmed by email following receipt of entries.

## **GENERAL CONDITIONS & MEET PROCEDURE**

### **1. THE PROMOTERS** are S.E.W. REGION.

- a) The Promoter of this event is Swim Wales - South East Wales Region.
- b) The promoter can be contacted by email [sewregion@yahoo.co.uk](mailto:sewregion@yahoo.co.uk) or 07858 064877
- c) The Meet will be swum under FINA Technical Rules and Swim Wales Laws and Disciplinary Code
- d) No alcohol or tobacco advertising is permitted on any clothing.
- e) All decisions made by the Lead Referee will be final and binding.

### **2. SWIM WALES REGIONAL COMPETITIONS ELIGIBILITY**

- a) Entries may only be accepted from competitors registered as members of Clubs, holding either primary or multi-registration Welsh membership, within the South East Wales Region.
- b) Swimmers must only swim for one club during the Competition.
- c) Competitors must have been registered members of the Club in whose name they are entered at least 30 days prior to the closing date for entries for the Championships.
- d) Competitors who compete in ASA County Championships will not be accepted to swim in the following annual cycle of Regional Competitions:
  - a. The Junior Development Meet.
  - b. The Sub Regional Championships.
  - c. The Regional Championships in the following year i.e., ASA County Championships in 2022 means they would not be accepted for the Swim Wales Regional Championships in 2023.

### **3. EVENTS**

- a) Events will take place as shown on the attached programme of events.
- b) The Promoters reserve the right to amend the programme of events, and to restrict/reject entries if the Meet is oversubscribed. Should these changes be necessary, prior notice will be given and information will be sent to the clubs by e-mail and located on the Swim Wales web site.
- c) Time trials will not be permitted.
- d) Competitors in events 400m and longer may have to sign in before the warmup of the session in which they occur.

### **4. ENTRIES**

- a) All entries shall be returned electronically, where possible, to [sewregion@yahoo.co.uk](mailto:sewregion@yahoo.co.uk) or to Mr Steven Hathway, 108 Queens Drive, Llantwit Fardre, CF38 2PA by the relevant closing date, accompanied by the appropriate entry fee.
- b) A TM file will be available on the Swim Wales Web Site on the S.E.W. Region pages or from Steve Hathway
- c) The organisers may request validation of any stated entry time.
- d) Long Course Entry Times will be converted to Short Course by Hy-Tek Meet Manager.

### **5. WITHDRAWALS**

- a) Competitors who wish to withdraw from an event must do so by notifying either Steve Hathway by post, or e-mail to [sewregion@yahoo.co.uk](mailto:sewregion@yahoo.co.uk) , or by phone on 07858 064877 or at the Meet Office by 5 pm on the evening before the event.

### **7. TROPHIES AND MEDALS**

- a) Placing of competitors shall be determined from performances following events.
- b) Failure of a swimmer or deputy to attend the appropriate presentation may result in the swimmer forfeiting his/her award.
- c) Medals will be awarded for 1<sup>st</sup> – 3<sup>rd</sup> places in all age groups, to swimmers who achieve the event qualifying time

### **8. PRESENTATIONS**

- a) The Lead Referee may decide to carry out presentations during the session.
- b) Competitors must report to the Presentation Marshall immediately after announcements have been made.
- c) Appropriate clothing, e.g. tracksuit, T-shirt and suitable footwear must be worn for the presentation.
- d) Awards may not be presented if a swimmer is inappropriately dressed.

### **9. OFFICIALS and VOLUNTEER HELPERS**

- a) Each Club is required to supply **at least two suitably qualified official per session** wherever possible
- b) Officials will be required to follow the protocol which can be downloaded from the Swim Wales web site
- c) Clubs will be designated for each of the Regional Competitions to provide all Volunteers by rota.

## **10. HEATS**

- a) Competitors shall be placed in graduated time order, slowest to fastest.
- b) A single meet programme will be available at the start of the meet to Coaches and Team Managers on production of their poolside pass. The programme will also be supplied electronically for distribution by the clubs.
- c) Coaches should ensure swimmers make themselves available at least 1 heat prior to the heat in which they are competing. Please do not rely on the public address system.

## **11. STARTS**

- a) Over the top starts will, where necessary or appropriate, be used during the Meet.

## **13. PASSES**

- a) All Coaches, Team Managers and Chaperones must have relevant individual accreditation.
- b) Applications for Coaches/Team Manager/Chaperones Passes must be made on the official form enclosed in this Information Pack, accompanied with a passport size photograph (or JPEG sent by e-mail to [sewregional@yahoo.co.uk](mailto:sewregional@yahoo.co.uk)) if not already on file.
- c) Passes must be person specific and **will not be interchangeable/transerable**.
- d) Passes will need to be visible and always worn.
- e) Anyone without a pass will be asked to leave poolside/changing village.
- f) The closing date for passes will be the same as the closing date for entries. Applications will not be accepted on the day.
- g) Passes are required for Health & Safety and Insurance Purposes.
- h) Swim Wales Head Coach Annual Pass will be allowed, provided that the information that one will be used is sent to the promoters

## **14. HEALTH & SAFETY**

- a) All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.
- b) It is the responsibility of the swimmer and/or parent/guardian/coach to declare to the referee any disability or medical condition that could present a health or safety risk.
- c) If such a disability or medical condition exists, swimmers must produce a medical note confirming that their participation presents no health or safety problems.
- d) Footwear **MUST** be worn on poolside, on the Balcony and throughout the building.
- g) Stairways on the Balcony are to be **ALWAYS** kept **CLEAR** and should not be used to sit on or place bags.
- h) An anticlockwise one-way system will be in force on the poolside
- i) The health, safety and wellbeing of all swimmers, officials, volunteers, spectators, and visitors is paramount – all Health and Safety rules / regulations/ requirements must be complied with at all times.
- j) A full risk assessment must be carried out in accordance with the Swim Wales Meet License Report Pack.
- k) A copy of the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the facility being hired for a meet is available from the duty manager throughout the duration of the Meet  
All those attending the meet are required, always, to abide by the rules set out in the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the facility hired for the meet.
- l) Unacceptable Behaviour:  
Behaviour becomes “unacceptable” when it is considered “Offensive” to others; this includes, but is not limited to, the following:  
Theft, willful damage to property and / or equipment, acts of vandalism, abuse of alcohol and / or drugs, bullying, offensive language, aggressive / violent acts, threatening behavior, all breaches of safety practices, failure to comply with instructions / directions, actions that bring the sport of swimming into disrepute.
- m) Competitive Start Award:  
Swimmers must have attained the standard of the Competitive Start Award to start from the blocks; (this is the responsibility of the club coach).  
Swimmers who have not attained the standard of the Competitive Start Award must lower themselves into over the side into the water, on the long whistle of the Referee before starting at an appropriate place.
- n) Jewellery:  
For safety and security reasons, the wearing of jewellery is not permitted while in the water during warm-ups / swim-downs and / or competition. This includes watches, necklaces, chains, bangles, wrist bands, earrings (except studs), and rings (except wedding bands).  
Swim Wales will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.
- o) Sufficient Pool Accreditation will be available for clubs to maintain adequate supervision of their athletes (As a guide, a ratio of 1:10 should be considered as the minimum required where athletes are 9 years and over.

**(Coaches are not eligible to be Chaperones)**

- p) **By entering this competition, the swimmer, parent, or guardian accepts photographs taken by an accredited professional photographer may be used for promotional purposes by the Region or the Governing Body.**
- q) Swimmers are warned that doping controls may take place during these Championships and by submitting entries, swimmers/parents/guardians are thereby giving consent to any random control methods. Further information can be found at [www.100percentme.co.uk](http://www.100percentme.co.uk)

#### **15. CAMERA USE**

##### SWIM WALES PHOTOGRAPHY GUIDANCE POLICY

The Swim Wales Guidance Policy is in operation at all S.E. Wales Regional Competitions. It may be viewed at [www.swimwales.org/key-documents](http://www.swimwales.org/key-documents) or available on request from the organisers

Anyone wishing to use cameras or videoing equipment will be required to provide proof of identity and sign the camera log at the Pool reception desk. This includes, but is not limited to:

Still cameras, cine cameras, video cameras, camera/video enabled mobile phones, camera enabled PDAs.

#### **16. DATA PROTECTION**

- a) The Region, along with the Governing Body, may use computers to record entry times and results.
- b) By submitting entries, you are accepting the conditions and consent is hereby given for holding personal data

#### **17. THE ORGANISERS**

- a) retain the right to return entries in the event of the competition being oversubscribed
- b) retain the right to remove any person or club found to be in contravention of 13 (l) above.
- c) retain the right to amend these conditions later, if necessary, without notice, if agreed by all three Regions
- d) retain the right to reduce the number of relay events if the meet is oversubscribed
- e) retain the right to exclude anyone from the Meet who contravenes Condition 14l

# SWIM WALES SOUTH EAST REGIONAL CHAMPIONSHIPS 2023

10<sup>th</sup> / 11<sup>th</sup> / 12<sup>th</sup> February 2023

## ENTRY FORM

Last Name.....First Name..... Middle Initial.....  
(PLEASE PRINT CLEARLY)

Preferred name.....Age..... Date of Birth...../...../.....  
(As at 31/12/23)

Male/Female.....

Address.....

.....

Post Code..... Tel No.....

Email.....

Club Name.....

Swim Wales Membership Number.....

EVENT	EVENT NO:	ENTRY TIME*	LC √	SC √	EVENT	EVENT NO:	ENTRY TIME*	LC √	SC √
50 Free					50 Breast				
100 Free					100 Breast				
200 Free					200 Breast				
400 Free					50 Fly				
800 Free					100 Fly				
1500 Free					200 Fly				
50 Back					200 IM				
100 Back					400 IM				
200 Back									

\* Please indicate Short Course or Long Course times.

Total number of swims .....@ £6.00 (**£7.00 for paper entries**) Total Payable £.....

(Payment should be made to your Club).

To be completed by the competitor:

I declare that the above information is correct and agree to abide by the Meet conditions.

I accept there will be no refund of entry fees unless the Meet is oversubscribed.

Signature of Competitor/Parent..... Date.....

I declare that the above competitor has reached the standard of the ASA Competitive Start Award and has achieved the entry times as stated.

Signature of Coach..... Date.....

**If entries are not submitted electronically through your club, they should be sent to:**

Mr Steve Hathway, 108 Queens Drive, Llantwit Fardre, CF38 2PA

**Closing Date: By 6.00pm on 20<sup>th</sup> January 2023**

# SWIM WALES SOUTH EAST REGIONAL CHAMPIONSHIPS 2023

10<sup>th</sup> / 11<sup>th</sup> / 12<sup>th</sup> February 2023

## COACH/TEAM MANAGER/CHAPERONE PASS

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

FULL NAME: .....
NAME OF CLUB: .....
POSITION e.g., Club Coach.....
ADDRESS: .....
..... POST CODE: .....
TEL NO: ..... MOBILE NO.....
EMAIL.....
SWIM WALES REGISTRATION NUMBER .....
CRB/DBS NUMBER..... DATE ISSUED.....
DAY/DAYS REQUIRED.....

PLEASE NOTE ONLY MEMBERS REGISTERED WITH SWIM WALES/SASA/ASA AND HAVING A CURRENT CRB/DBS ARE ELIGIBLE FOR COACH/TEAM MANAGER PASSES

COACHES /TEAM MANAGER PASSES £10.00 per weekend: £5.00 per nominated day

CHAPERONE PASSES £5.00 per nominated day

(Payment should be made through your Club)

PASSES ARE NOT TRANSFERABLE

PASSES WILL BE AVAILABLE FOR COLLECTION ON THE DAY BUT THEY MUST BE PURCHASED BEFOREHAND.

**THERE WILL BE NO ACCESS TO THE POOLSIDE WITHOUT A COACH/TEAM MANAGER PASS.**

All completed forms to be returned to:

Mr Steve Hathway, 108 Queens Drive, Llantwit Fardre, CF38 2PA

PHOTOGRAPH

OR

IF POSSIBLE, SEND A JPEG

BY E-MAIL to

sewregion@yahoo.co.uk

**Closing Date: 6.00pm on 20<sup>th</sup> January 2023**

# SWIM WALES SOUTH EAST REGIONAL CHAMPIONSHIPS 2023

10<sup>th</sup> / 11<sup>th</sup> /12<sup>th</sup> February 2023

## Entry Summary Sheet

Please return this form electronically with:

1. HyTek entry file
2. Coach/Chaperone Pass applications

Club			
Name			
Address			
Post Code		Tel No	
Email			
Position in Club			

### Summary

Total Individual Female Swimmers		Total Individual Male Swimmers	
	Number		
Total Individual Electronic Entries		@ £6.00	£
Total Individual Paper Entries		@ £7.00	£
Swim Wales Head Coach Pass	*	Please signify attendance.	Free
Total Coaches Passes (per weekend)		@ £10.00	£
Total Coaches Passes (per day)		@ £5.00	£
Total Chaperone Passes (per day)		@ £5.00	£
Total Cheque Enclosed made payable to Swim Wales SEW Region			£
BACS payment may be made to Swim Wales, S.E. Wales Region. Sort Code 30-92-49, Account No. 02737608. Send e-mail to swimwales-finance@swimming.org with copy to sewregion@yahoo.co.uk, giving 4-digit team code, stating amount and date of payment transfer to Swim Wales.			£

**It is requested that, if not using BACS, a single cheque for the complete club entry is submitted.**

I confirm all swimmers are current members of Swim Wales and have paid the appropriate membership fee.

I declare that only our team members who have reached the standard of the ASA Competitive Start Award will be permitted to start from the poolside. Those who have not will start in the water.

I confirm all the Meet Conditions have been brought to the attention of swimmers, parents/guardians and coaches including the rules regarding photography.

I agree to abide by the conditions laid down by the Meet Management for this event.

Club Secretary Signature .....Date: .....

**Please return to:** - Mr Steve Hathway, 108 Queens Drive, Llantwit Fardre, CF38 2PA

(Cheques to be made payable to Swim Wales South East Wales Region)

**Closing Date: 6.00pm on 20<sup>th</sup> January 2023**



# SWIM WALES SOUTH EAST REGIONAL CHAMPIONSHIPS 2023

10<sup>th</sup> / 11<sup>th</sup> / 12<sup>th</sup> February 2023

## PROGRAMME OF EVENTS

<b>FRIDAY</b>					
<b>SESSION 1</b>					
Warm up 5.30pm Start time 6.00pm					
<b>Event 101</b>	Girls	800m Freestyle			
<b>Event 102</b>	Boys	1500m Freestyle			
<b>Event 103</b>	Girls	1500m Freestyle			
<b>Event 104</b>	Boys	800m Freestyle			
<b>SATURDAY</b>			<b>SUNDAY</b>		
<b>SESSION 2</b>			<b>SESSION 5</b>		
Warm up 8.30am Start time 9.30am			Warm up 8.30am Start time 9.30am		
<b>Event 201</b>	Girls 11/ov	50m Butterfly	<b>Event 501</b>	Boys 11/ov	50m Butterfly
<b>Event 202</b>	Boys 11/ov	50m Freestyle	<b>Event 502</b>	Girls 11/ov	50m Freestyle
<b>Event 203</b>	Girls 11/ov	200m Backstroke	<b>Event 503</b>	Boys 11/ov	200m Backstroke
<b>Event 204</b>	Boys 11/ov	400m Freestyle	<b>Event 504</b>	Girls 11/ov	400m Freestyle
<b>Event 205</b>	Girls 11/ov	100m Breaststroke	<b>Event 505</b>	Boys 11/ov	100m Breaststroke
<b>SESSION 3</b>			<b>SESSION 6</b>		
Warm up and start time TBC			Warm up and start time TBC		
<b>Event 301</b>	Boys 11/ov	50m Backstroke	<b>Event 601</b>	Girls 11/ov	50m Backstroke
<b>Event 302</b>	Girls 11/ov	200m Backstroke	<b>Event 602</b>	Boys 11/ov	200m Backstroke
<b>Event 303</b>	Boys 11/ov	200m I. Medley	<b>Event 603</b>	Girls 11/ov	200m I. Medley
<b>Event 304</b>	Girls 11/ov	100m Freestyle	<b>Event 604</b>	Boys 11/ov	100m Freestyle
<b>Event 305</b>	Boys 11/ov	200m Butterfly	<b>Event 605</b>	Girls 11/ov	200m Butterfly
<b>SESSION 4</b>			<b>SESSION 7</b>		
Warm up and start time TBC			Warm up and start time TBC		
<b>Event 401</b>	Girls 11/ov	100m Butterfly	<b>Event 701</b>	Boys 11/ov	100m Butterfly
<b>Event 402</b>	Boys 11/ov	200m Breaststroke	<b>Event 702</b>	Girls 11/ov	200m Breaststroke
<b>Event 403</b>	Girls 11/ov	100m Backstroke	<b>Event 703</b>	Boys 11/ov	100m Backstroke
<b>Event 404</b>	Boys 11/ov	200m Freestyle	<b>Event 704</b>	Girls 11/ov	200m Freestyle
<b>Event 405</b>	Girls 11/ov	50m Breaststroke	<b>Event 705</b>	Boys 11/ov	50m Breaststroke

**ALL EVENTS ARE HEAT DECLARED WINNERS**

BOYS								
		11	12	13	14	15	16	17/ov
QT	<b>50m Freestyle</b>	<b>35.90</b>	<b>33.90</b>	<b>32.10</b>	<b>30.40</b>	<b>29.10</b>	<b>28.30</b>	<b>27.80</b>
CT		39.49	37.29	35.31	33.44	32.01	31.13	30.58
QT	<b>100m Freestyle</b>	<b>1:17.80</b>	<b>1:13.20</b>	<b>1:08.90</b>	<b>1:05.40</b>	<b>1:03.10</b>	<b>1:01.20</b>	<b>1:00.10</b>
CT		1:25.58	1:20.52	1:15.79	1:11.94	1:09.41	1:07.32	1:06.11
QT	<b>200m Freestyle</b>	<b>2:48.80</b>	<b>2:39.10</b>	<b>2:30.10</b>	<b>2:22.50</b>	<b>2:17.20</b>	<b>2:13.20</b>	<b>2:11.10</b>
CT		3:05.68	2:55.01	2:45.11	2:36.75	2:30.92	2:26.52	2:24.21
QT	<b>400m Freestyle</b>	<b>5:53.30</b>	<b>5:34.00</b>	<b>5:16.40</b>	<b>5:01.50</b>	<b>4:50.10</b>	<b>4:42.10</b>	<b>4:36.70</b>
CT		6:28.63	6:07.40	5:48.04	5:31.65	5:19.11	5:10.31	5:04.37
QT	<b>1500m Freestyle</b>	<b>23:50.50</b>	<b>22:01.70</b>	<b>20:52.80</b>	<b>19:55.50</b>	<b>19:13.80</b>	<b>18:40.60</b>	<b>18:21.90</b>
CT		26:13.55	24:13.86	22:58.08	21:55.05	2:09.18	20:32.66	20:12.09
QT	<b>50m Backstroke</b>	<b>41.20</b>	<b>39.00</b>	<b>36.50</b>	<b>34.80</b>	<b>33.10</b>	<b>31.90</b>	<b>31.50</b>
CT		45.32	42.90	40.15	38.28	36.41	35.09	34.65
QT	<b>100m Backstroke</b>	<b>1:27.60</b>	<b>1:22.50</b>	<b>1:17.30</b>	<b>1:13.00</b>	<b>1:09.80</b>	<b>1:07.80</b>	<b>1:06.30</b>
CT		1:36.36	1:30.75	1:25.03	1:20.30	1:16.78	1:14.58	1:12.93
QT	<b>200m Backstroke</b>	<b>3:06.90</b>	<b>2:56.50</b>	<b>2:45.90</b>	<b>2:37.00</b>	<b>2:30.40</b>	<b>2:26.50</b>	<b>2:24.00</b>
CT		3:25.59	3:14.15	3:02.49	2:52.70	2:45.44	2:41.15	2:38.40
QT	<b>50m Breaststroke</b>	<b>46.50</b>	<b>43.70</b>	<b>40.70</b>	<b>38.60</b>	<b>36.80</b>	<b>35.60</b>	<b>35.00</b>
CT		51.15	48.07	44.77	42.46	40.48	39.16	38.50
QT	<b>100m Breaststroke</b>	<b>1:40.10</b>	<b>1:33.80</b>	<b>1:27.40</b>	<b>1:22.70</b>	<b>1:19.10</b>	<b>1:16.60</b>	<b>1:15.10</b>
CT		1:50.11	1:43.18	1:36.14	1:30.97	1:27.01	1:24.26	1:22.61
QT	<b>200m Breaststroke</b>	<b>3:35.10</b>	<b>3:22.50</b>	<b>3:09.50</b>	<b>2:58.90</b>	<b>2:51.50</b>	<b>2:47.00</b>	<b>2:43.00</b>
CT		3:56.61	3:42.75	3:28.45	3:16.79	3:08.65	3:03.70	2:59.30
QT	<b>50m Butterfly</b>	<b>39:60</b>	<b>37.50</b>	<b>35.30</b>	<b>33.40</b>	<b>31.70</b>	<b>30.90</b>	<b>30.10</b>
CT		43.56	41.25	38.83	36.74	34.87	33.99	33.11
QT	<b>100m Butterfly</b>	<b>1:27.60</b>	<b>1:22.00</b>	<b>1:16.70</b>	<b>1:12.30</b>	<b>1:09.00</b>	<b>1:07.30</b>	<b>1:05.60</b>
CT		1:36.36	1:30.20	1:24.37	1:19.53	1:15.90	1:14.03	1:12.16
QT	<b>200m Butterfly</b>	<b>3:11.70</b>	<b>3:00.80</b>	<b>2:49.50</b>	<b>2:40.10</b>	<b>2:31.80</b>	<b>2:28.30</b>	<b>2:23.90</b>
CT		3:30.87	3:18.88	3:06.45	2:56.11	2:46.98	2:43.13	2:38.29
QT	<b>200m I. M.</b>	<b>3:11.00</b>	<b>3:00.50</b>	<b>2:50.40</b>	<b>2:40.70</b>	<b>2:34.30</b>	<b>2:30.30</b>	<b>2:27.30</b>
CT		3:30.10	3:18.55	3:07.44	2:56.77	2:49.73	2:45.33	2:42.03
QT	<b>400m I. M.</b>	<b>6:45.50</b>	<b>6:20.90</b>	<b>6:00.40</b>	<b>5:40.60</b>	<b>5:26.40</b>	<b>5:18.10</b>	<b>5:12.20</b>
CT		7:26.05	6:58.99	6:36.44	6:14.66	5:59.04	5:49.91	5:43.42

GIRLS								
		11	12	13	14	15	16	17/ov
QT	<b>50m Freestyle</b>	<b>36.50</b>	<b>34.70</b>	<b>33.30</b>	<b>32.40</b>	<b>31.70</b>	<b>31.30</b>	<b>31.30</b>
CT		40.15	38.17	36.63	35.64	34.87	34.43	34.43
QT	<b>100m Freestyle</b>	<b>1:18.70</b>	<b>1:14.30</b>	<b>1:11.50</b>	<b>1:09.50</b>	<b>1:08.30</b>	<b>1:07.10</b>	<b>1:06.90</b>
CT		1:26.57	1:21.73	1:18.65	1:16.45	1:15.13	1:13.81	1:13.59
QT	<b>200m Freestyle</b>	<b>2:49.60</b>	<b>2:39.90</b>	<b>2:33.60</b>	<b>2:29.60</b>	<b>2:26.60</b>	<b>2:24.60</b>	<b>2:23.20</b>
CT		3:06.56	2:55.89	2:48.96	2:44.56	2:41.26	2:39.06	2:37.52
QT	<b>400m Freestyle</b>	<b>5:52.90</b>	<b>5:33.00</b>	<b>5:20.50</b>	<b>5:12.50</b>	<b>5:06.20</b>	<b>5:03.10</b>	<b>5:00.50</b>
CT		6:28.19	6:06.30	5:52.55	5:43.75	5:36.82	5:33.41	5:30.55
QT	<b>800m Freestyle</b>	<b>12:09.50</b>	<b>11:29.30</b>	<b>10:58.30</b>	<b>10:40.80</b>	<b>10:30.70</b>	<b>10:23.50</b>	<b>10:20.70</b>
CT		13:22.45	12:38.23	12:04.13	11:44.88	11:33.77	11:25.85	11:22.77
QT	<b>50m Backstroke</b>	<b>41.40</b>	<b>39.30</b>	<b>37.70</b>	<b>36.50</b>	<b>35.90</b>	<b>35.30</b>	<b>35.10</b>
CT		45.54	43.23	41.03	40.15	39.49	38.83	38.61
QT	<b>100m Backstroke</b>	<b>1:28.10</b>	<b>1:22.70</b>	<b>1:19.20</b>	<b>1:17.00</b>	<b>1:15.30</b>	<b>1:14.40</b>	<b>1:14.00</b>
CT		1:36.91	1:30.97	1:27.12	1:24.70	1:22.83	1:21.84	1:21.40
QT	<b>200m Backstroke</b>	<b>3:06.30</b>	<b>2:56.30</b>	<b>2:49.60</b>	<b>2:44.80</b>	<b>2:41.10</b>	<b>2:38.70</b>	<b>2:37.20</b>
CT		3:24.93	3:13.93	3:06.56	3:01.28	2:57.21	2:54.57	2:52.92
QT	<b>50m Breaststroke</b>	<b>46.70</b>	<b>44.00</b>	<b>42.10</b>	<b>40.80</b>	<b>39.80</b>	<b>39.40</b>	<b>39.10</b>
CT		51.37	48.40	46.31	44.88	43.78	43.34	43.01
QT	<b>100m Breaststroke</b>	<b>1:40.20</b>	<b>1:34.40</b>	<b>1:29.80</b>	<b>1:26.50</b>	<b>1:25.10</b>	<b>1:24.30</b>	<b>1:23.10</b>
CT		1:50.22	1:43.84	1:38.78	1:35.15	1:33.61	1:32.73	1:31.41
QT	<b>200m Breaststroke</b>	<b>3:34.90</b>	<b>3:22.40</b>	<b>3:12.80</b>	<b>3:06.70</b>	<b>3:03.50</b>	<b>3:01.60</b>	<b>3:00.20</b>
CT		3:56.39	3:42.64	3:32.08	3:25.37	3:21.85	3:19.76	3:18.22
QT	<b>50m Butterfly</b>	<b>40.10</b>	<b>37.90</b>	<b>36.40</b>	<b>35.20</b>	<b>34.40</b>	<b>34.00</b>	<b>33.90</b>
CT		44.11	41.69	40.04	38.72	37.84	37.40	37.29
QT	<b>100m Butterfly</b>	<b>1:28.00</b>	<b>1:22.40</b>	<b>1:19.00</b>	<b>1:16.30</b>	<b>1:15.10</b>	<b>1:14.10</b>	<b>1:13.30</b>
CT		1:36.80	1:30.64	1:26.90	1:23.93	1:22.61	1:21.51	1:20.63
QT	<b>200m Butterfly</b>	<b>3:13.90</b>	<b>3:00.70</b>	<b>2:52.60</b>	<b>2:46.70</b>	<b>2:43.00</b>	<b>2:41.20</b>	<b>2:39.30</b>
CT		3:33.29	3:18.77	3:09.86	3:03.37	2:59.30	2:57.32	2:55.23
QT	<b>200m I. M.</b>	<b>3:11.40</b>	<b>3:00.60</b>	<b>2:53.80</b>	<b>2:48.70</b>	<b>2:45.50</b>	<b>2:43.40</b>	<b>2:42.00</b>
CT		3:30.54	3:18.66	3:11.18	3:05.57	3:02.05	2:58.74	2:58.20
QT	<b>400m I. M.</b>	<b>6:43.60</b>	<b>6:19.90</b>	<b>6:03.90</b>	<b>5:53.80</b>	<b>5:47.30</b>	<b>5:42.60</b>	<b>5:40.60</b>
CT		7:23.96	6:57.89	6:40.29	6:29.18	6:22.03	6:16.86	6:14.66