



SOUTH EAST WALES REGIONAL CHAMPIONSHIPS 2018

on

2nd, 3rd, & 4th FEBRUARY

Licence Number WL180047

10th and 11th FEBRUARY

Licence Number WL180048

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

Velodrome Way
NEWPORT
NP19 4RA

**Closing Date
5th January 2018**



SOUTH EAST WALES REGIONAL CHAMPIONSHIPS

2nd, 3rd & 4th and 10th / 11th February 2018

(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 **5th January 2018**
- Current Registration number not included

INDIVIDUAL EVENTS (Heats and Finals)

Ages are as at 31st December 2018

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

Entry fee is £5.00 per individual event if entered electronically, or £6.00 if paper entry.

RELAYS (HDW)

Girls 11/12 : 11/14 : 11 and over 4 x 50m Freestyle and Medley Relays
Boys 11/12 : 11/14 : 11 and over 4 x 50m Freestyle and Medley Relays
Mixed 2 Boys and 2 Girls 11/12 : 11/14 : 11 and over 4x50m Freestyle Relays and Medley Relays

Entry fee for relay events is £7.50

MEDALS AND AWARDS

Medals will be awarded for 1st – 3rd places in all age group categories. (No medals will be awarded to swimmers who do not achieve the event qualifying time).

SPECTATORS

Admission charges

£3.00 per session

£7.00 a day

£12.00 per weekend

Please Note: The Spectator Area must be cleared at the end of each session.

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 07917267302 at other times 01443 205198

SESSION TIMES

To be confirmed by email following receipt of entries.

GENERAL CONDITIONS and 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 e mail sewregion@yahoo.co.uk or 01443 205198
- 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 (including relays).
- 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 in May/June.
 - b. The Sub Regional Championships in November/December.
 - c. The Regional Championships in February the following year i.e. ASA County Championships in 2017
 - d. means they would not be accepted for the Swim Wales Regional Championships in 2018.

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 warm up of the session in which they occur

4. ENTRIES

- a) All entries shall be returned electronically, where possible, to 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.

5. WITHDRAWALS

- a) Competitors who wish to withdraw from an event must do so by notifying either Steve Hathway on the appropriate form by post, or e-mail to sewregion@yahoo.co.uk , or during the meet by phone on 07736020688 or at the Meet Office (in writing on the appropriate form), by 5 pm on the evening before the event.

6. RELAYS

- a) Clubs may enter a maximum of two relay teams per Age Group per event. Each team entered will qualify for medals.
- b) Relay Forms must be submitted by the start of the session in which they occur.
- c) A separate form must be completed for EACH team
- d) Swimmers names must be submitted in the swimming order.
- e) If it can be proved to the Lead Referee that a member of a Relay Team is unavailable through ill health or accident, the Lead Referee may use discretion and allow a substitute to swim
- f) No substitutions will be allowed once the session warm up has finished.
- g) **Only swimmers competing in individual events may be selected for clubs' relay teams.**

7. TROPHIES AND MEDALS

- a) Placing of competitors shall be determined from performances following finals or HDW events.

- b) Failure of a swimmer to attend the appropriate presentation may result in the swimmer forfeiting his/her award.
- c) Medals will be awarded for 1st – 3rd places in all age group categories. (No medals will be awarded to swimmers who do not 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 Meet Programme will be available at the start of the Meet to Coaches and Team Managers on production of their poolside pass.
- c) Coaches should ensure swimmers make themselves available for marshalling at least 2 events prior to the event 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.

12. FINALS

- a) The maximum number of places practicable shall be allocated up to a total of eight competitors.
- b) Finalists shall be allocated lanes using the spearhead principle from the heats.
- c) The fastest heat of HDW events will be spearheaded.

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 sent by e-mail to sewregional@yahoo.co.uk) if not already on file.
- c) Passes must be person specific and **will not be interchangeable/transferable**.
- d) Passes will need to be visible and worn at all times.
- 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 Reasons 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.
- e) The Front 5 rows on the Balcony will be for swimmers – spectators are not allowed in this area.
- f) Swimmers are advised not to use the elevators without an adult.
- g) Stairways on the Balcony are to be kept **CLEAR** at **ALL TIMES** and should not be used to sit on.
- 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 swimmers, officials, volunteers, spectators, and visitors are required, at all times, 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 in order 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, ear-rings (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

15. CAMERA USE

Swim Wales Photography Guidance

- a) Following consultation and to ensure consistency across the ASA and Swim Wales events, Swim Wales have made the decision to adopt the same ‘photography at events’ guidelines as the ASA Wave Power. This guidance applies to all images and videos taken on any type of camera or recording device (including mobile phones). It applies to all training sessions, activities and events run by a Swim Wales affiliated organisation. It should be acknowledged that although the majority of images taken are appropriate and in good faith, images can be misused and children can be put at risk if common sense procedures are not observed.
- b) **Aims**
The Swim Wales Photography Guidance aims to help organisations avoid three potential sources of child abuse:
 - i) The use, adaptation, sharing or copying of images for child abuse purposes, either electronically or in print.
 - ii) The possible identification of a child when an image is accompanied by significant personal information, which can lead to the child being ‘groomed’.
 - iii) The identification and locating of children where there are safeguarding concerns; such cases would include, for example, children who could be compromised by an image because:
 - o They have been removed from their family for their own safety.
 - o There are restrictions on their contact with one parent following a parental separation.
 - o They are a witness in criminal proceedings.
- c) **Recommended best practice**
 - i) The publishing of a photograph of a member under 18, either on a notice board or in a published article or video recording (including video streaming) of a competition (‘Publication’) should only be done with parental consent and in line with Swim Wales guidelines.
 - ii) A parent or guardian has a right to refuse to have their child photographed. The exercise of this right of refusal should not be used as grounds for refusing entry into a competition. Therefore, any photo that may go to press or on a notice board, be it through a member of the organisation or an official photographer, should receive parental consent before being published or displayed, preferably in writing. A suggested template allowing parents to indicate refusal of consent is provided on the ASA Wave power document p. 117.
 - iii) In the case of any event or competition where the host organisation has an official photographer, all parents of members who are attending should be made aware of this in the event details. If photos are to be published anywhere, each individual parent should be given the opportunity to withhold their consent. Their right to do so should be specifically drawn to their attention.
- d) The Swim Wales guidelines state that all photographs for publication must observe generally accepted standards of decency, particularly:
 - i) Action shots should be a celebration of the sporting activity and not a sexualised image in a sporting context.
 - ii) Action shots should not be taken or retained where the photograph reveals a torn or displaced swimming costume.
 - iii) Poolside shots of children should be above the waist only in a swimming costume, though full length tracksuit shots are approved.
 - iv) Photographs should not be taken from behind the starting blocks or that show young participants climbing out of the pool.
- e) Published photographs may identify the individual by name and organisation but should not state the member’s place of residence or school attended.

- i) Swim Wales does not wish to stop parents photographing their child if they wish, but all organisations must ensure they do all they can to safeguard each child's wellbeing.
- f) **The official photographer**
In some cases, the organisation will ask a member or officer to act as an official photographer for an event and in some cases they may employ a specialist photographer. Their role is to take appropriate photos that celebrate and promote aquatics.
 - i) When taking any image, they should be asked to:
 - Focus on the activity rather than the individual child.
 - Include groups of children rather than individuals, if possible.
 - Ensure all those featured are appropriately dressed.
 - Represent the broad range of youngsters participating in swimming – boys and girls, children with disabilities, members of minority ethnic communities, etc.
 - ii) Organisations should screen applicants for their suitability (just as they would check any other member of staff or volunteer working with children) and then provide training and information on the organisation's child safeguarding policies and procedures.
 - iii) The official photographer (whether a professional photographer or a member of staff) should receive clear instructions, preferably in writing, from the organisation at an early stage.
 - The organisation should provide them with a copy of this guidance and a clear brief about what is appropriate in terms of content.
 - iv) Images should not be allowed to be taken outside the activity being covered.
- g) The organisation should determine who will hold the images recorded and what is to be done with them after they have served their purpose.
- h) **Guidance on filming children during training sessions**
 - i) The filming of children during training sessions is not recommended. The requirement for any filming must be justified by the organisation, (e.g. to assist in stroke development). Assuming filming is justified, written consent is required from the parents of each child who should then be invited to attend the filming and to subsequently view the video.
 - ii) The individual who is responsible for filming should exercise caution when recording and ensure the content of the footage is appropriate, following the advice outlined above. Filming should cease and/ or the footage destroyed should any concerns be raised or if consent is withdrawn.
 - iii) Once the footage has served its purpose, it should always be destroyed, unless the need to keep it can be justified.
- i) **Mobile phones**
 - i) Mobile phones that have a camera facility/hardware are recognised as a camera or photographic device. All organisations need to make their members aware that while the Swim Wales does not support the banning of phones, as children need them to keep in touch with parents, particularly in emergencies, we do support the requirement that phones should emit a 'noticeable sound' if the camera facility is used.
 - ii) Organisations should also remind members that any photos taken should fall within our guidelines and that if mobile phones are taken into changing rooms, the facility to take photos must not be used.
 - iii) Please refer to the ASA Wave Power Changing Room Policy (p. 65) in addition to the guidance on child abuse images on p. 67 and on the use of electronic information on p. 70.
- j) **Should photographs or footage of children be posted on an organisation's website?**
 - i) It is recommended that photographs or footage of individual children should not be kept on an organisation's website, and certainly not with the child's name as this could lead to the child being identified, approached and placed in a vulnerable position. The same applies to printed materials such as an organisation's annual report or kit. Many organisations will use a child's first name, surname or nickname only, with parental consent, so as not to identify them fully.
 - ii) Parental consent may be withdrawn at any time and the organisation should take all reasonable steps to respect the wishes of the parent/carer.

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

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

SOUTH EAST WALES REGIONAL CHAMPIONSHIPS

2nd / 3rd / 4th and 10th / 11th February 2018

PROGRAMME OF EVENTS

DAY 1 – 2 nd FEBRUARY - FRIDAY EVENING					DAY 3 - SUNDAY 4 th FEBRUARY				
SESSION 1 - Warm up 5.30pm					SESSION 5 - Warm up 8.30am				
	Event					Event			
HDW	1	Boys 11/ov	1500m	Freestyle	Heats	19	Girls 11:12:13	50m	Freestyle
HDW	2	Girls 11/ov	800m	Freestyle	Heats	20	Boys 11:12:13	100m	Breaststroke
					Heats	21	Girls 14:15/16:17/ov	100m	Freestyle
DAY 2 - SATURDAY 3rd FEBRUARY					HDW	22	Girls 11:12:13	200m	I.M.
SESSION 2 - Warm up 8.30am					HDW	23	Boys 14:15/16:17/ov	200m	Backstroke
	Event				<i>BREAK MAY BE REQUIRED</i>				
Heats	3	Girls 14:15/16:17/ov	50m	Backstroke	Finals	19 (3)	Girls 11:12:13	50m	Freestyle
Heats	4	Boys 11:12:13	50m	Butterfly	Finals	20 (3)	Boys 11:12:13	100m	Breaststroke
Heats	5	Boys 14:15/16:17/ov	100m	Backstroke	Finals	21 (3)	Girls 14:15/16:17/ov	100m	Freestyle
HDW	6	Girls 14:15/16:17/ov	400m	I.M.					
HDW	7	Boys 11:12:13	400m	I.M.	SESSION 6 - Warm up TBA				
HDW	8	Girls 11:12:13	200m	Freestyle		Event			
<i>BREAK MAY BE REQUIRED</i>					Heats	24	Boys 11:12:13	50m	Backstroke
Finals	3 (3)	Girls 14:15/16:17/ov	50m	Backstroke	Heats	25	Girls 11:12:13	100m	Butterfly
Finals	4 (3)	Boys 11:12:13	50m	Butterfly	Heats	26	Boys 14:15/16:17/ov	100m	Breaststroke
Finals	5 (3)	Boys 14:15/16:17/ov	100m	Backstroke	HDW	27	Boys 11:12:13	200m	I.M.
					HDW	28	Girls 14:15/16:17/ov	200m	Backstroke
SESSION 3 - Warm up TBA					<i>BREAK MAY BE REQUIRED</i>				
	Event				Finals	24 (3)	Boys 11:12:13	50m	Backstroke
Heats	9	Girls 11:12:13	50m	Butterfly	Finals	25 (3)	Girls 11:12:13	100m	Butterfly
Heats	10	Boys 11:12:13	100m	Freestyle	Finals	26 (3)	Boys 14:15/16:17/ov	100m	Breaststroke
Heats	11	Girls 14:15/16:17/ov	100m	Butterfly					
HDW	12	Girls 11:12:13	400m	I.M.	SESSION 7 - Warm up TBA				
HDW	13	Boys 14:15/16:17/ov	200m	Breaststroke		Event			
<i>BREAK MAY BE REQUIRED</i>					Heats	29	Boys 14:15/16:17/ov	50m	Freestyle
Finals	9 (3)	Girls 11:12:13	50m	Butterfly	Heats	30	Girls 14:15/16:17/ov	50m	Breaststroke
Finals	10 (3)	Boys 11:12:13	100m	Freestyle	HDW	31	Boys 11:12:13	200m	Freestyle
Finals	11 (3)	Girls 14:15/16:17/ov	100m	Butterfly	HDW	32	Boys 14:15/16:17/ov	200m	Butterfly
					HDW	33	Girls 14:15/16:17/ov	200m	Butterfly
SESSION 4 - Warm up TBA					HDW	34	Girls 11:12:13	200m	Backstroke
	Event				<i>BREAK MAY BE REQUIRED</i>				
Heats	14	Boys 14:15/16:17/ov	50m	Butterfly	Finals	29 (3)	Boys 14:15/16:17/ov	50m	Freestyle
Heats	15	Girls 11:12:13	100m	Breaststroke	Finals	30 (3)	Girls 14:15/16:17/ov	50m	Breaststroke
HDW	16	Boys 11:12:13	200m	Backstroke					
HDW	17	Boys 14:15/16:17/ov	400m	Freestyle					
HDW	18	Girls 14:15/16:17/ov	200m	Freestyle					
<i>BREAK MAY BE REQUIRED</i>									
Finals	14 (3)	Boys 14:15/16:17/ov	50m	Butterfly					
Finals	15 (3)	Girls 11:12:13	100m	Breaststroke					

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PROGRAMME OF EVENTS

DAY 4 - SATURDAY 10 th FEBRUARY					DAY 5 - SUNDAY 11 th FEBRUARY				
SESSION 8 - Warm up 8.30am					SESSION 11 - Warm up 8.30am				
	Event					Event			
Heats	35	Girls 11:12:13	50m	Breaststroke	Heats	51	Boys 14:15/16:17/ov	50m	Backstroke
Heats	36	Girls 14:15/16:17/ov	100m	Backstroke	Heats	52	Girls 14:15/16:17/ov	50m	Butterfly
Heats	37	Boys 14:15/16:17/ov	100m	Butterfly	Heats	53	Boys 11:12:13	100m	Butterfly
HDW	38	Girls 11:12:13	400m	Freestyle	HDW	54	Boys 14:15/16:17/ov	400m	I.M.
HDW	39	Boys 11:12:13	200m	Breaststroke	HDW	55	Girls 14:15/16:17/ov	400m	Freestyle
<i>BREAK MAY BE REQUIRED</i>					Heats	56	Girls 11:12:13	100m	Freestyle
Finals	35 (3)	Girls 11:12:13	50m	Breaststroke	<i>BREAK MAY BE REQUIRED</i>				
Finals	36 (3)	Girls 14:15/16:17/ov	100m	Backstroke	Finals	51 (3)	Boys 14:15/16:17/ov	50m	Backstroke
Finals	37 (3)	Boys 14:15/16:17/ov	100m	Butterfly	Finals	52 (3)	Girls 14:15/16:17/ov	50m	Butterfly
					Finals	53 (3)	Boys 11:12:13	100m	Butterfly
SESSION 9 - Warm up TBA					Finals	56 (3)	Girls 11:12:13	100m	Freestyle
	Event				SESSION 12 - Warm up TBA				
Heats	40	Girls 14:15/16:17/ov	50m	Freestyle		Event			
Heats	41	Boys 14:15/16:17/ov	50m	Breaststroke	Heats	57	Boys 11:12:13	50m	Breaststroke
Heats	42	Boys 11:12:13	100m	Backstroke	Heats	58	Girls 11:12:13	50m	Backstroke
HDW	43	Girls 14:15/16:17/ov	200m	I.M.	Heats	59	Boys 14:15/16:17/ov	100m	Freestyle
HDW	44	Boys 14:15/16:17/ov	200m	I.M.	Heats	60	Girls 14:15/16:17/ov	100m	Breaststroke
HDW	45	Girls 11:12:13	200m	Breaststroke	HDW	61	Boys 11:12:13	400m	Freestyle
<i>BREAK MAY BE REQUIRED</i>					HDW	62	Girls 11:12:13	200m	Butterfly
Finals	40 (3)	Girls 14:15/16:17/ov	50m	Freestyle	<i>BREAK MAY BE REQUIRED</i>				
Finals	41 (3)	Boys 14:15/16:17/ov	50m	Breaststroke	Finals	57 (3)	Boys 11:12:13	50m	Breaststroke
Finals	42 (3)	Boys 11:12:13	100m	Backstroke	Finals	58 (3)	Girls 11:12:13	50m	Backstroke
					Finals	59 (3)	Boys 14:15/16:17/ov	100m	Freestyle
SESSION 10 - Warm up TBA					Finals	60 (3)	Girls 14:15/16:17/ov	100m	Breaststroke
	Event				SESSION 13 - Warm up TBA				
Heats	46	Boys 11:12:13	50m	Freestyle		Event			
Heats	47	Girls 11:12:13	100m	Backstroke	HDW	63	Boys 11/12	200m	Freestyle Relay
HDW	48	Boys 14:15/16:17/ov	200m	Freestyle	HDW	64	Girls 11/12	200m	Freestyle Relay
HDW	49	Boys 11:12:13	200m	Butterfly	HDW	65	Boys 11/14	200m	Freestyle Relay
HDW	50	Girls 14:15/16:17/ov	200m	Breaststroke	HDW	66	Girls 11/14	200m	Freestyle Relay
<i>BREAK MAY BE REQUIRED</i>					HDW	67	Boys 11 and over	200m	Freestyle Relay
Finals	46 (3)	Boys 11:12:13	50m	Freestyle	HDW	68	Girls 11 and over	200m	Freestyle Relay
Finals	47 (3)	Girls 11:12:13	100m	Backstroke	HDW	69	Boys 11/12	200m	Medley Relay
					HDW	70	Girls 11/12	200m	Medley Relay
					HDW	71	Boys 11/14	200m	Medley Relay
					HDW	72	Girls 11/14	200m	Medley Relay
					HDW	73	Boys 11 /over	200m	Medley Relay
					HDW	74	Girls 11/ over	200m	Medley Relay
					HDW	75	Mixed 11/12 (2b+2g)	200m	Freestyle Relay
					HDW	76	Mixed 11/14 (2b+2g)	200m	Freestyle Relay
					HDW	77	Mixed 11/over (2b+2g)	200m	Freestyle Relay
					HDW	78	Mixed 11/12 (2b+2g)	200m	Medley Relay
					HDW	79	Mixed 11/14 (2b+2g)	200m	Medley Relay
					HDW	80	Mixed 11/over (2+2g)	200m	Medley Relay

		BOYS 11 / 13			BOYS 14 / 17 and over		
		11	12	13	14	15/16	17/ov
QT	50m Freestyle	35.90	33.90	32.10	30.40	28.30	27.80
CT		41.29	38.99	36.92	34.96	32.54	31.97
QT	100m Freestyle	1:17.80	1:13.20	1:08.90	1:05.40	1:01.20	1:00.10
CT		1:29.47	1:24.18	1:19.24	1:15.21	1:10.38	1:09.12
QT	200m Freestyle	2:48.80	2:39.10	2:30.10	2:22.50	2:13.20	2:11.10
CT		3:14.12	3:02.97	2:52.62	2:43.87	2:33.18	2:30.76
QT	400m Freestyle	5:53.30	5:34.00	5:16.40	5:01.50	4:42.10	4:36.70
CT		6:46.30	6:24.10	6:03.86	5:46.73	5:24.41	5:18.20
QT	800m Freestyle						
CT							
QT	1500m Freestyle	23:50.50	22:01.70	20:52.80	19:55.50	18:40.60	18:21.90
CT		27:25.07	25:19.95	24:00.72	22:54.82	21:28.69	21:07.18
QT	50m Backstroke	41.20	39.00	36.50	34.80	31.90	31.50
CT		47.38	44:85	41.98	40.02	36.68	36.22
QT	100m Backstroke	1:27.60	1:22.50	1:17.30	1:13.00	1:07.80	1:06.30
CT		1:40.74	1:34.87	1:28.90	1:23.95	1:17.97	1:16.25
QT	200m Backstroke	3:06.90	2:56.50	2:45.90	2:37.00	2:26.50	2:24.00
CT		3:34.93	3:22.97	3:10.78	3:00.55	2:48.47	2:45.60
QT	50m Breaststroke	46.50	43.70	40.70	38.60	35.60	35.00
CT		53.48	50.26	46.81	44:39	40.94	40.25
QT	100m Breaststroke	1:40.10	1:33.80	1:27.40	1:22.70	1:16.60	1:15.10
CT		1:55.16	1:47.87	1:40.51	1:35.10	1:28.09	1:26.36
QT	200m Breaststroke	3:35.10	3:22.50	3:09.50	2:58.90	2:47.00	2:43.00
CT		4:07.36	3:52.87	3:37.59	3:25.73	3:12.05	3:07.45
QT	50m Butterfly	39:60	37.50	35.30	33.40	30.90	30.10
CT		45:54	43:13	40.60	38.41	35.54	34.62
QT	100m Butterfly	1:27.60	1:22.00	1:16.70	1:12.30	1:07.30	1:05.60
CT		1:40.74	1:34.30	1:28.21	1:23.15	1:17.39	1:15.44
QT	200m Butterfly	3:11.70	3:00.80	2:49.50	2:40.10	2:28.30	2:23.90
CT		3:40.46	3:27.92	3:14.92	3:04.11	2:50.55	2:45.48
QT	200m I. M.	3:11.00	3:00.50	2:50.40	2:40.70	2:30.30	2:27.30
CT		3:39.65	3:27.57	3:15.96	3:04.80	2:52.84	2:49.39
QT	400m I. M.	6:45.50	6:20.90	6:00.40	5:40.60	5:18.10	5:12.20
CT		7:46.32	7:18.03	6:54.46	6:31.69	6:05.81	5:59.03

		GIRLS 11 / 13			GIRLS 14 / 17 and over		
		11	12	13	14	15/16	17/ov
QT	50m Freestyle	36.50	34.70	33.30	32.40	31.30	31.30
CT		41.98	39.91	38.30	37.26	36.00	36.00
QT	100m Freestyle	1:18.70	1:14.30	1:11.50	1:09.50	1:07.10	1:06.90
CT		1:30.51	1:25.44	1:22.23	1:19.93	1:17.16	1:16.93
QT	200m Freestyle	2:49.60	2:39.90	2:33.60	2:29.60	2:24.60	2:23.20
CT		3:15.04	3:03.89	2:56.64	2:52.04	2:46.29	2:44.68
QT	400m Freestyle	5:52.90	5:33.00	5:20.50	5:12.50	5:03.10	5:00.50
CT		6:45.84	6:22.95	6:08.58	5:59.37	5:48.57	5:45.58
QT	800m Freestyle	12:09.50	11:29.30	10:58.30	10:40.80	10:23.50	10:20.70
CT		13:58.92	13:12.69	12:37.04	12:16.92	11:57.02	11:53.81
QT	1500m Freestyle						
CT							
QT	50m Backstroke	41.40	39.30	37.70	36.50	35.30	35.10
CT		47.61	45.20	43.36	41.98	40.59	40.37
QT	100m Backstroke	1:28.10	1:22.70	1:19.20	1:17.00	1:14.40	1:14.00
CT		1:41.32	1:35.10	1:31.08	1:28.55	1:25.56	1:25.10
QT	200m Backstroke	3:06.30	2:56.30	2:49.60	2:44.80	2:38.70	2:37.20
CT		3:34.25	3:22.74	3:15.04	3:09.52	3:02.51	3:00.78
QT	50m Breaststroke	46.70	44.00	42.10	40.80	39.40	39.10
CT		53.71	50.60	48.42	46.92	45.31	44.96
QT	100m Breaststroke	1:40.20	1:34.40	1:29.80	1:26.50	1:24.30	1:23.10
CT		1:55.23	1:48.56	1:43.27	1:39.47	1:36.94	1:35.57
QT	200m Breaststroke	3:34.90	3:22.40	3:12.80	3:06.70	3:01.60	3:00.20
CT		4:07.14	3:52.76	3:41.72	3:34.70	3:28.84	3:27.23
QT	50m Butterfly	40.10	37.90	36.40	35.20	34.00	33.90
CT		46.12	43.59	41.86	40.48	39.10	38.98
QT	100m Butterfly	1:28.00	1:22.40	1:19.00	1:16.30	1:14.10	1:13.30
CT		1:41.20	1:34.76	1:30.85	1:27.75	1:25.21	1:24.30
QT	200m Butterfly	3:11.90	3:00.70	2:52.60	2:46.70	2:41.20	2:39.30
CT		3:42.99	3:27.80	3:18.49	3:11.70	3:05.38	3:03.19
QT	200m I. M.	3:11.40	3:00.60	2:53.80	2:48.70	2:43.40	2:42.00
CT		3:40.11	3:27.69	3:19.87	3:14.00	3:07.91	3:06.30
QT	400m I. M.	6:43.60	6:19.90	6:03.90	5:53.80	5:42.60	5:40.60
CT		7:44.14	7:16.89	6:58.49	6:46.87	6:33.99	6:31.69: