



# **SOUTH EAST WALES REGIONAL CHAMPIONSHIPS 2019**

on

**1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> FEBRUARY**

Licence Number 2WL190035

**8<sup>th</sup> 9<sup>th</sup> and 10<sup>th</sup> FEBRUARY**

Licence Number 2WL190036

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

Velodrome Way  
NEWPORT  
NP19 4RA

**Closing Date  
Monday 7<sup>th</sup> January 2019**



# **SOUTH EAST WALES REGIONAL CHAMPIONSHIPS**

**1<sup>st</sup> / 2<sup>nd</sup> / 3<sup>rd</sup> and 9<sup>th</sup> / 10<sup>th</sup> February 2019**

(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 **7th January 2019**
- Current Registration number not included

#### **INDIVIDUAL EVENTS (Heats and Finals)**

Ages are as at 31<sup>st</sup> December 2019

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, 800m, 1500m Freestyle : 50m, 100m, 200m Backstroke : 50m, 100m, 200m Breaststroke :  
50m, 100m, 200m Butterfly : 200m, 400m I.M

**NOTE: Swimmers without the QT for the girls 1500m or boys 800m freestyle are qualified for the events if they have a QT for the 800m and 1500m freestyle reverse events respectively.**

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 1<sup>st</sup> – 3<sup>rd</sup> 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 07736 020688 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](mailto: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 COMPEITIONS 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 2018
  - d. means they would not be accepted for the Swim Wales Regional Championships in 2019.

### **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](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.

### **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](mailto: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 1<sup>st</sup> – 3<sup>rd</sup> 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](mailto: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](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

## **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

1<sup>st</sup> / 2<sup>nd</sup> / 3<sup>rd</sup> and 8<sup>th</sup> 9<sup>th</sup> / 10<sup>th</sup> February 2019

## PROGRAMME OF EVENTS

DAY 1 – 1 <sup>st</sup> FEBRUARY - FRIDAY EVENING					DAY 3 - SUNDAY 3 <sup>rd</sup> FEBRUARY				
<b>SESSION 1 - Warm up 5.30pm</b>					<b>SESSION 5 - Warm up 8.30am</b>				
	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
<b>DAY 2 - SATURDAY 2<sup>nd</sup> FEBRUARY</b>					HDW	22	Girls 11:12:13	200m	I.M.
<b>SESSION 2 - Warm up 8.30am</b>					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.	<b>SESSION 6 - Warm up TBA</b>				
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
<b>SESSION 3 - Warm up TBA</b>					<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.	<b>SESSION 7 - Warm up TBA</b>				
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
<b>SESSION 4 - Warm up TBA</b>					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					

# SOUTH EAST WALES REGIONAL CHAMPIONSHIPS

1<sup>st</sup> / 2<sup>nd</sup> / 3<sup>rd</sup> and 8<sup>th</sup> 9<sup>th</sup> / 10<sup>th</sup> February 2019

## PROGRAMME OF EVENTS

DAY 4 – FRIDAY 8 <sup>th</sup> FEBRUARY					DAY 6 - SUNDAY 10 <sup>th</sup> FEBRUARY				
<b>SESSION 8 - Warm up 5.30pm</b>					<b>SESSION 12 - Warm up 8.30am</b>				
	Event					Event			
HDW	35	Girls 11/ov	1500m	Freestyle	Heats	53	Boys 14:15/16:17/ov	50m	Backstroke
HDW	36	Boys 11/ov	800m	Freestyle	Heats	54	Girls 14:15/16:17/ov	50m	Butterfly
<b>DAY 5 - SATURDAY 9<sup>th</sup> FEBRUARY</b>					Heats	55	Boys 11:12:13	100m	Butterfly
<b>SESSION 9 - Warm up 8.30am</b>					HDW	56	Boys 14:15/16:17/ov	400m	I.M.
	Event				HDW	57	Girls 14:15/16:17/ov	400m	Freestyle
Heats	37	Girls 11:12:13	50m	Breaststroke	Heats	58	Girls 11:12:13	100m	Freestyle
Heats	38	Girls 14:15/16:17/ov	100m	Backstroke	<i>BREAK MAY BE REQUIRED</i>				
Heats	39	Boys 14:15/16:17/ov	100m	Butterfly	Finals	53 (3)	Boys 14:15/16:17/ov	50m	Backstroke
HDW	40	Girls 11:12:13	400m	Freestyle	Finals	54 (3)	Girls 14:15/16:17/ov	50m	Butterfly
HDW	41	Boys 11:12:13	200m	Breaststroke	Finals	55 (3)	Boys 11:12:13	100m	Butterfly
<i>BREAK MAY BE REQUIRED</i>					Finals	58 (3)	Girls 11:12:13	100m	Finals
Finals	37 (3)	Girls 11:12:13	50m	Breaststroke	<b>SESSION 13 - Warm up TBA</b>				
Finals	38 (3)	Girls 14:15/16:17/ov	100m	Backstroke		Event			
Finals	39 (3)	Boys 14:15/16:17/ov	100m	Butterfly	Heats	59	Boys 11:12:13	50m	Breaststroke
<b>SESSION 10 - Warm up TBA</b>					Heats	60	Girls 11:12:13	50m	Backstroke
	Event				Heats	61	Boys 14:15/16:17/ov	100m	Freestyle
Heats	42	Girls 14:15/16:17/ov	50m	Freestyle	Heats	62	Girls 14:15/16:17/ov	100m	Breaststroke
Heats	43	Boys 14:15/16:17/ov	50m	Breaststroke	HDW	63	Boys 11:12:13	400m	Freestyle
Heats	44	Boys 11:12:13	100m	Backstroke	HDW	64	Girls 11:12:13	200m	Butterfly
HDW	45	Girls 14:15/16:17/ov	200m	I.M.	<i>BREAK MAY BE REQUIRED</i>				
HDW	46	Boys 14:15/16:17/ov	200m	I.M.	Finals	59 (3)	Boys 11:12:13	50m	Breaststroke
HDW	47	Girls 11:12:13	200m	Breaststroke	Finals	60 (3)	Girls 11:12:13	50m	Backstroke
<i>BREAK MAY BE REQUIRED</i>					Finals	61 (3)	Boys 14:15/16:17/ov	100m	Freestyle
Finals	42 (3)	Girls 14:15/16:17/ov	50m	Freestyle	Finals	62 (3)	Girls 14:15/16:17/ov	100m	Breaststroke
Finals	43 (3)	Boys 14:15/16:17/ov	50m	Breaststroke	<b>SESSION 14 - Warm up TBA</b>				
Finals	44 (3)	Boys 11:12:13	100m	Backstroke		Event			
<b>SESSION 11 - Warm up TBA</b>					HDW	65	Boys 11/12	200m	Freestyle Relay
	Event				HDW	66	Girls 11/12	200m	Freestyle Relay
Heats	48	Boys 11:12:13	50m	Freestyle	HDW	67	Boys 11/14	200m	Freestyle Relay
Heats	49	Girls 11:12:13	100m	Backstroke	HDW	68	Girls 11/14	200m	Freestyle Relay
HDW	50	Boys 14:15/16:17/ov	200m	Freestyle	HDW	69	Boys 11/Over	200m	Freestyle Relay
HDW	51	Boys 11:12:13	200m	Butterfly	HDW	70	Girls 11/Over	200m	Freestyle Relay
HDW	52	Girls 14:15/16:17/ov	200m	Breaststroke	HDW	71	Boys 11/12	200m	Medley Relay
<i>BREAK MAY BE REQUIRED</i>					HDW	72	Girls 11/12	200m	Medley Relay
Finals	48 (3)	Boys 11:12:13	50m	Freestyle	HDW	73	Boys 11/14	200m	Medley Relay
Finals	49 (3)	Girls 11:12:13	100m	Backstroke	HDW	74	Girls 11/14	200m	Medley Relay
					HDW	75	Boys 11/Over	200m	Medley Relay
					HDW	76	Girls 11/Over	200m	Medley Relay
					HDW	77	Mixed 11/12 (2b+2g)	200m	Medley Relay
					HDW	78	Mixed 11/14 (2b+2g)	200m	Medley Relay
					HDW	79	Mixed 11/Over (2b+2g)	200m	Medley Relay
					HDW	80	Mixed 11/12 (2b+2g)	200m	Medley Relay
					HDW	81	Mixed 11/14 (2b+2g)	200m	Medley Relay
					HDW	82	Mixed 11/Over (2b+2g)	200m	Freestyle Relay

		BOYS 11 / 13			BOYS 14 / 17 and over		
		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>28.30</b>	<b>27.80</b>
CT		41.29	38.99	36.92	34.96	32.54	31.97
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>1:01.20</b>	<b>1:00.10</b>
CT		1:29.47	1:24.18	1:19.24	1:15.21	1:10.38	1:09.12
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>2:13.20</b>	<b>2:11.10</b>
CT		3:14.12	3:02.97	2:52.62	2:43.87	2:33.18	2:30.76
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>4:42.10</b>	<b>4:36.70</b>
CT		6:46.30	6:24.10	6:03.86	5:46.73	5:24.41	5:18.20
QT	<b>800m Freestyle</b>	<b>12:28.40</b>	<b>11:41.10</b>	<b>11:01.80</b>	<b>10:31.30</b>	<b>9:51.20</b>	<b>9:40.20</b>
CT		14:20.66	13:26.27	12:41.07	12:06.00	11:19.88	11:07.23
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>18:40.60</b>	<b>18:21.90</b>
CT		27:25.07	25:19.95	24:00.72	22:54.82	21:28.69	21:07.18
QT	<b>50m Backstroke</b>	<b>41.20</b>	<b>39.00</b>	<b>36.50</b>	<b>34.80</b>	<b>31.90</b>	<b>31.50</b>
CT		47.38	44:85	41.98	40.02	36.68	36.22
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>1:07.80</b>	<b>1:06.30</b>
CT		1:40.74	1:34.87	1:28.90	1:23.95	1:17.97	1:16.25
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>2:26.50</b>	<b>2:24.00</b>
CT		3:34.93	3:22.97	3:10.78	3:00.55	2:48.47	2:45.60
QT	<b>50m Breaststroke</b>	<b>46.50</b>	<b>43.70</b>	<b>40.70</b>	<b>38.60</b>	<b>35.60</b>	<b>35.00</b>
CT		53.48	50.26	46.81	44:39	40.94	40.25
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>1:16.60</b>	<b>1:15.10</b>
CT		1:55.16	1:47.87	1:40.51	1:35.10	1:28.09	1:26.36
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>2:47.00</b>	<b>2:43.00</b>
CT		4:07.36	3:52.87	3:37.59	3:25.73	3:12.05	3:07.45
QT	<b>50m Butterfly</b>	<b>39:60</b>	<b>37.50</b>	<b>35.30</b>	<b>33.40</b>	<b>30.90</b>	<b>30.10</b>
CT		45:54	43:13	40.60	38.41	35.54	34.62
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>1:07.30</b>	<b>1:05.60</b>
CT		1:40.74	1:34.30	1:28.21	1:23.15	1:17.39	1:15.44
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>2:28.30</b>	<b>2:23.90</b>
CT		3:40.46	3:27.92	3:14.92	3:04.11	2:50.55	2:45.48
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>2:30.30</b>	<b>2:27.30</b>
CT		3:39.65	3:27.57	3:15.96	3:04.80	2:52.84	2:49.39
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>5:18.10</b>	<b>5:12.20</b>
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	<b>50m Freestyle</b>	<b>36.50</b>	<b>34.70</b>	<b>33.30</b>	<b>32.40</b>	<b>31.30</b>	<b>31.30</b>
CT		41.98	39.91	38.30	37.26	36.00	36.00
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>1:07.10</b>	<b>1:06.90</b>
CT		1:30.51	1:25.44	1:22.23	1:19.93	1:17.16	1:16.93
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>2:24.60</b>	<b>2:23.20</b>
CT		3:15.04	3:03.89	2:56.64	2:52.04	<b>2:46.29</b>	2:44.68
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>5:03.10</b>	<b>5:00.50</b>
CT		6:45.84	6:22.95	6:08.58	5:59.37	5:48.57	5:45.58
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>10:23.50</b>	<b>10:20.70</b>
CT		13:58.92	13:12.69	12:37.04	12:16.92	11:57.02	11:53.81
QT	<b>1500m Freestyle</b>	<b>23:27.70</b>	<b>22:10.00</b>	<b>21:10.10</b>	<b>20:51.70</b>	<b>20:03.00</b>	<b>19:57.70</b>
CT		26:58.86	25:29.50	24:20.62	23:59.46	23:03.45	22:57.36
QT	<b>50m Backstroke</b>	<b>41.40</b>	<b>39.30</b>	<b>37.70</b>	<b>36.50</b>	<b>35.30</b>	<b>35.10</b>
CT		47.61	45.20	43.36	41.98	<b>40.59</b>	40.37
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>1:14.40</b>	<b>1:14.00</b>
CT		1:41.32	1:35.10	1:31.08	1:28.55	1:25.56	1:25.10
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>2:38.70</b>	<b>2:37.20</b>
CT		3:34.25	3:22.74	3:15.04	3:09.52	3:02.51	3:00.78
QT	<b>50m Breaststroke</b>	<b>46.70</b>	<b>44.00</b>	<b>42.10</b>	<b>40.80</b>	<b>39.40</b>	<b>39.10</b>
CT		53.71	50.60	48.42	46.92	45.31	44.96
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>1:24.30</b>	<b>1:23.10</b>
CT		1:55.23	1:48.56	1:43.27	1:39.47	1:36.94	1:35.57
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>3:01.60</b>	<b>3:00.20</b>
CT		4:07.14	3:52.76	3:41.72	3:34.70	3:28.84	3:27.23
QT	<b>50m Butterfly</b>	<b>40.10</b>	<b>37.90</b>	<b>36.40</b>	<b>35.20</b>	<b>34.00</b>	<b>33.90</b>
CT		46.12	43.59	41.86	40.48	39.10	38.98
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>1:14.10</b>	<b>1:13.30</b>
CT		1:41.20	1:34.76	1:30.85	1:27.75	1:25.21	1:24.30
QT	<b>200m Butterfly</b>	<b>3:11.90</b>	<b>3:00.70</b>	<b>2:52.60</b>	<b>2:46.70</b>	<b>2:41.20</b>	<b>2:39.30</b>
CT		3:42.99	3:27.80	3:18.49	3:11.70	3:05.38	3:03.19
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>2:43.40</b>	<b>2:42.00</b>
CT		3:40.11	3:27.69	3:19.87	3:14.00	3:07.91	3:06.30
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>5:42.60</b>	<b>5:40.60</b>
CT		7:44.14	7:16.89	6:58.49	6:46.87	6:33.99	6:31.69: