



# Torfaen Dolphins

## Long Course Open Meet

(Under FINA Technical Rules and Swim Wales Laws)

Level 1 and Level 3

License numbers: TBC

Saturday 10<sup>th</sup> to Sunday 11<sup>th</sup> June 2023

At

**Cardiff International Pool – CF11 0JS**

**Entry Closing date: Monday 1st May 2023**

**Entries are accepted on a first come basis.**

50m, 10 lane pool with anti-wave ropes and electronic timing. Large spectator seating area and spacious Cafeteria.

**All events are heat declared winners**

**Club entries of over 5 to be via HY-TEK entry file  
(see website for details)**

**Clubs are kindly requested to provide an official/s to  
assist us in the smooth running of the Meet.**

**Age as of 10th June 2023**

Open meet information/entry pack can be downloaded from the website [www.torfaendolphins.com](http://www.torfaendolphins.com)  
or e-mail us at [competition@torfaendolphins.com](mailto:competition@torfaendolphins.com)

Entries will be on a “first come, first served” basis -Entry Fee - Level 1 races £9.00 per event  
Level 3 races £6.50 per event

It is the responsibility of the entering team to check all entries have been received No later than the closing date, also you will receive confirmation of accepted entries two weeks later, again please check with us if you have heard nothing (these checks are purely a backup for us to ensure entries do not go missing)

## Saturday 10<sup>th</sup> June 2023

### Session One

### Warm up

#### Events

<b>101</b>	400m Free	Level 1	Female
<b>102</b>	400m Free	Level 1	Male
<b>103</b>	400m IM	Level 1	Female
<b>104</b>	400m IM	Level 1	Male

### Session Two

### Warm up

#### Events

<b>201</b>	200m IM	Level 1	Female
<b>202</b>	50m Fly	Level 3	Male
<b>203</b>	50m Breast	Level 3	Female
<b>204</b>	100m Free	Level 1	Male
<b>205</b>	100m Fly	Level 1	Female
<b>206</b>	200m Back	Level 1	Male
<b>207</b>	200m Breast	Level 1	Female
<b>208</b>	50m Fly	Level 1	Male
<b>209</b>	50m Free	Level 1	Female

### Session Three

### Warm up

#### Event

<b>301</b>	50m Back	Level 3	Male
<b>302</b>	50m Free	Level 3	Female
<b>303</b>	100m Back	Level 1	Male
<b>304</b>	100m Breast	Level 1	Female
<b>305</b>	200m Free	Level 1	Male
<b>306</b>	200m Fly	Level 1	Female
<b>307</b>	50m Back	Level 1	Male
<b>308</b>	50m Breast	Level 1	Female
<b>309</b>	200m IM	Level 3	Male

## Sunday 11<sup>th</sup> June 2023

### Session Four

### Warm up

#### Event

<b>401</b>	200m IM	Level 1	Male
<b>402</b>	50m Fly	Level 3	Female
<b>403</b>	50m Breast	Level 3	Male
<b>404</b>	100m Free	Level 1	Female
<b>405</b>	100m Fly	Level 1	Male
<b>406</b>	200m Back	Level 1	Female
<b>407</b>	200m Breast	Level 1	Male
<b>408</b>	50m Fly	Level 1	Female
<b>409</b>	50m Free	Level 1	Male

### Session Five

### Warm up

#### Event

<b>501</b>	50m Back	Level 3	Female
<b>502</b>	50m Free	Level 3	Male
<b>503</b>	100m Back	Level 1	Female
<b>504</b>	100m Breast	Level 1	Male
<b>505</b>	200m Free	Level 1	Female
<b>506</b>	200m Fly	Level 1	Male
<b>507</b>	50m Back	Level 1	Female
<b>508</b>	50m Breast	Level 1	Male
<b>509</b>	200 IM	Level 3	Female

## Torfaen Dolphins LC Open Meet Information

<b>VENUE</b>	Cardiff International Pool CF11 0JS
<b>POOL</b>	10 Lanes – 50m pool – electronic timing – with anti-turbulence lane ropes  Free Car parking facilities are available opposite the pool
<b>AGE AS DATE</b>	Saturday 10 <sup>th</sup> June 2023 (age as of first day of Meet)  All entrants must be members of an Affiliated Club and must be amateurs as defined by British Swimming and Swim Wales law

### **LEVEL 1**

<b>EVENTS</b>	The <b><u>level 1</u></b> events will be <b>100m all strokes</b> (Freestyle, backstroke, breaststroke & butterfly) <b>200m all strokes</b> (Freestyle, backstroke, breaststroke, butterfly & Individual medley) <b>400m Freestyle</b> Check the qualification times for these events.
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<b>Age groups</b>	Boys 9/10, 11/12, 13/14 and 15/over Girls 9/10, 11/12, 13/14 and 15/over
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<b>Awards</b>	First three swimmers in each age group per event
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<b>EVENTS</b>	<b>50m all strokes</b> (Freestyle, backstroke, breaststroke & butterfly)
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<b>Age group</b>	Open category
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<b>AWARDS</b>	First three swimmers in each event
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<b>Classifications</b>	<b>There are separate times showing for the qualification and classification for each event.</b> Any swimmer, with a registered disability, who is on a (British) Performance Pathway, but has not been classified, will be considered on an individual basis for entry to Level 1 meets. <b>Awards will be given to the first 3 swimmers in 13/under and 14/over age groups in each event</b>
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### **LEVEL 3 - Pentathlon**

<b>EVENTS</b>	The <b><u>level 3</u></b> is being run as a <b><u>Pentathlon</u></b> competition. The events will be 50m all strokes (Freestyle, backstroke, breaststroke & butterfly) plus a 200m IM.
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There will be an upper cut off time for the level 3. As this will be a level three section, NT times will be accepted.

In order to qualify for overall placing in the Pentathlon, swimmers need to enter the four stroke events and the Individual Medley. Swimmers who enter less than the 5 events will only be swimming for a 'time' and medal in the individual strokes.

In the event of a disqualification, the swimmer will be given the time of the slowest swimmer in that event (including disqualified swimmers) plus 10 seconds.

When all swims have been completed, each swimmer's time for the **5 events** will be totaled up and ranked from fastest to slowest.

<b>Age groups</b>	Boys and Girls age 8, 9, 10, 11, 12 & 13
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## AWARDS

First three swimmers in each age group per event, plus based on accumulative faster time over the five events an award for best boy and girl in each age category based on accumulative time.

For the MC events, awards will be given to the the first 3 swimmers in 13/under age Category, and a trophy for best boy and best girl in the pentathlon.

## ENTRIES

### Electronic Entries and Payment sent to:

Rebecca Southwood  
16 Paddock Rise  
Llanyravon  
NP44 8JB

Email: [Compeition@torfaendolphins.com](mailto:Compeition@torfaendolphins.com)

Electronic Entries should be emailed to the above address and include an entry report, completed Summary Sheet and any poolside passes applications. All electronic entries will be acknowledged with receipt confirmation. Please enter in subject title: "**Torfaen Dolphins LC Open Meet**"

For emailed electronic entries, the sent date and time on the email will be classed as the date submitted; likewise, for postage entry the posted date will be classed as the entry date.

Swimmers entering under the **multi classification** times need to use the **manual application form** and send it to the above address.

## NO LATE ENTRIES WILL BE ACCEPTED

No Entries will be processed without full and complete payment.

The Meet Director reserves the right to limit entries. In the event that entries are rejected the entry fee will be refunded and a single cheque will be made payable to club in question Please enclose a SAE for return of entry confirmations; alternatively enter an email address on the summary sheet and a confirmation will be sent via email. If the meet is full the entries will be limited on first come basis.

## ENTRY PRICING

£9.00 Per Event for level 1  
£6.50 Per Event for level 3

## CLOSING DATE

**Monday 1st May 2023** (No late entries will be accepted). Entry is accepted on a first come first serve basis

## REFUNDS

Refunds for entry fees will only be made on receipt of a valid Doctors Certificate. **Notification needs to be received before the meet commences.**

## POOLSIDE PASSES

£10 pool pass – includes start sheets and refreshments

Each club may apply for an initial 3 passes. Passes will only be issued with a current DBS check, copies must be sent on application, or shown on the day.

Additional passes may be purchased based upon the number of swimmers present at the meet. Passes must be worn at all times whilst on poolside and will be required to gain access.

Swim Wales passes may be used for identification. However, a poolside pass must still be purchased.

Coaches' passes/packs will be issued from the Meet Office before the start of the meet.

THERE WILL BE NO ACCESS TO POOLSIDE FOR ANYONE WITHOUT A POOL PASS

**HEALTH & SAFETY** A copy of the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the facility being hired for a meet can be obtained in advance.

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.

**Unacceptable Behavior** - Behavior 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.

**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).

**Jewellery** - "For safety and security reasons, the wearing of jewelry is not permitted while in the water during warm-ups / swim-downs and / or competition. This includes watches, necklaces, chains, bangles, wristbands, ear-rings (except studs), and rings (except wedding bands).

*Torfaen Dolphins ASC will not be responsible for any personal belongings brought to events and will not be liable if such items are lost or damaged*

<b>STARTS</b>	Over the top starts will be used in the heats and wherever possible
<b>SEEDING</b>	Events will be pre-seeded based on submitted entry and achieved preliminary times on a slowest to fastest basis.
<b>WITHDRAWALS</b>	<p>The Swimmer, and/or Coach will not need to complete a withdrawal form, as the meet will be pre-seeded and the lane will remain empty.</p> <p>Where possible the meet organiser(s) will endeavour to fill any withdrawals from any alternative list or deck entries.</p>
<b>MARSHALLING</b>	As this is a pre-seeded meet no entry cards will be used. Marshalling will be in place at various points of the pool deck. It is the <b>SWIMMERS</b> responsibility to report to marshalling for the event. Failure to do so may result in the place being lost and filled by an alternate or a re-organisation of the events. As a general rule it is good practice for a swimmer to report to marshalling at least 5 events before their race.
<b>DRUG TESTING</b>	Testing may take place at this event and the willingness, if selected, to be tested under the current Swim Wales/ASA procedures is implicit by the submission of an entry form
<b>MEET RESULTS</b>	For club's using Hy-Tek or other software systems, a complete electronic copy of the meet results can be obtained following the meet. Any clubs wishing this service should provide their e-mail details to the meet office during or prior to the meet.

<b>SPECTATORS</b>	<b>£4 per session or £7 for the day. Programmes will be sold on the day at £1 per session.</b>
<b>REFRESHMENTS</b>	The cafe, which a catering facility, serving refreshments for swimmers and spectators, will operate throughout this meet. Food and drink may not be taken onto the poolside
<b>MOBILE PHONES</b>	Swimmers, parents and coaches are reminded that the use of mobile phones <b>is not allowed inside the Cardiff international pool building</b> . This policy is actively enforced and all visitors are asked to comply.
<b>CAMERAS</b>	<p>Under Child protection laws anyone wishing to film or photograph during the event is required to register their camera for use. This can be done by completing a registration form at the meet office where you will be issued with a tag which will need to be attached to the registered camera.</p> <p>Please note that each individual camera will need to be registered and no passes will be issued without photo identification.</p> <p>The promoter reserves the right to make any alterations to these conditions if necessary and all participants will be notified. Any matter not covered by these conditions or by ASA laws or technical rules will be at the promoter's discretion.</p>

# LEVEL One – Multi Classified Entry form

Use this application form to enter under the multi classification times provided.

## Manual Entry Form

LAST NAME:..... FIRSTNAME:.....MIDDLE INITIAL:.....

MALE/FEMALE

DATE OF BIRTH: DD/MM/YYYY

ADDRESS:.....

POST CODE:.....

TEL:..... EMAIL:.....

CLUB:.....

REG NUMBER:.....

COST: £9.00 PER EVENT

PAYMENT TO: Torfaen Dolphins LC Open Meet

## Disability Level

S	SB	SM

Eve		Event #	Entry	LC	SC	Achiev
Freestyle	50					
	10					
	20					
	40					
Backstrok	50					
	10					
Breaststrok	50					
	10					
Butterfly	50					
	10					
Individual	20					



## Pentathlon ENTRY FORM – LEVEL THREE

There are upper qualifying times for the Pentathlon - level three.

LAST NAME:..... FIRSTNAME:.....MIDDLE INITIAL:.....

MALE/FEMALE

DATE OF BIRTH: DD/MM/YYYY

ADDRESS:.....

POST CODE:.....

TEL:..... EMAIL:.....

CLUB:.....

REG NUMBER:.....

COST: £6.50 PER EVENT

PAYMENT TO: Torfaen Dolphins LC Open Meet

Eve		Event #	Entry	LC	SC	Achiev
Freestyle	50					
Backstrok	50					
Breaststrok	<b>50</b>					
Butterflv	50					
IM	20					

# ENTRY FORM – Level One

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***NB: Entry Qualifying Times/Consideration Times apply for these events***

LAST NAME:..... FIRSTNAME:.....MIDDLE INITIAL:.....

MALE/FEMALE

DATE OF BIRTH: DD/MM/YYYY

ADDRESS:..... POST CODE:.....

TEL:..... EMAIL:.....

CLUB:.....REG NUMBER:.....

COST: £9.00 PER EVENT

Even		Event	Entrv	L	SC	Achie
Freestyle	50					
	100					
	200					
	400					
Backstroke	50					
	100					
	200					
Breaststroke	50					
	100					
	200					
Butterfly	50					
	100					
	200					
Individual	200					

PAYMENT TO: Torfaen Dolphins LC Open Meet

# Coach Pass Application Form

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(Coaches, Team Managers & Poolside Helpers)

Please note that all applications for poolside passes from Coaches, Team Managers, Poolside Helpers, etc. must be accompanied by the persons:

- i. WASA Number
- ii. CRB Number

The only exception to the above requirements will be if **BOTH ITEMS** are already lodged with the WASA office. If these are already with WASA, the name of the applicant will be sufficient and the remaining items will be obtained from WASA.

**Please complete the following:**

**1) Full Name:**

**2) WASA No., CRB No. already with WASA?**

YES:

NO:

If the answer to Question 2 is **NO** then please complete the following:

WASA Number:

CRB Number:



# Torfaen Dolphins

This payment summary sheet must be completed and sent with all entries and/or payment of entries.

**Contact Name & Tel. No:** \_\_\_\_\_

**Club:** \_\_\_\_\_

Number of Coach Passes X £10.00 = £

Total Entries – Level 1 X £9.00 = £

Total Entries – Level 3 X £6.50 = £

Total Amount Enclosed: £

Payment can be made via a single cheque to cover all the club entries. This should be made payable to '**Torfaen Dolphins Swimming Club**'.

Bank Transfer will also be accepted to:

Name of Bank: HSBC

A/C Name: Torfaen Dolphins

Sort Code: 403410

A/C No. 71270532

Name of Club as Reference: \_\_\_\_\_

Confirmation date of when bank transfer made: \_\_\_\_\_

**All entries should be received **no later** than Monday 1st May 2023.  
Entries will be accepted on a first come basis.**

**All electronic and paper copies of entry forms need to be submitted to: -**

Rebecca Southwood

email address: [Competition@torfaendolphins.com](mailto:Competition@torfaendolphins.com)

16 Paddock Rise

Llanyravon

Cwmbran

NP44 8JB



# Torfaen Dolphins

## Qualification Times Level One

Boys				Event	Girls			
9/10	11/12	13/14	15 & Over		9/10	11/12	13/14	15 & Over
01:24.80	01:13.70	01:06.90	01:04.40	100m Free	01:26.20	01:15.20	01:10.70	01:09.60
03:03.60	02:40.80	02:25.60	02:20.70	200m Free	03:04.40	02:42.50	02:32.10	02:29.10
06:26.40	05:38.10	05:07.00	04:57.60	400m Free	06:27.40	05:38.80	05:18.00	05:12.80
01:50.70	01:34.70	01:24.60	01:21.40	100m Breast	01:50.30	01:35.20	01:28.50	01:27.50
03:57.20	03:25.20	03:02.50	02:55.40	200m Breast	03:55.50	03:24.90	03:09.50	03:06.70
01:35.80	01:21.50	01:12.80	01:09.80	100m Fly	01:37.10	01:22.60	01:17.20	01:15.50
03:32.30	02:59.90	02:40.90	02:34.40	200m Fly	03:34.60	03:01.70	02:48.00	02:45.70
01:36.90	01:24.10	01:15.00	01:12.20	100m Back	01:37.50	01:24.50	01:19.60	01:17.90
03:25.80	03:00.70	02:42.30	02:36.00	200m Back	03:26.30	03:00.60	02:49.80	02:45.80
03:29.60	03:02.80	02:44.80	02:38.40	200m IM	03:29.60	03:03.30	02:52.30	02:48.90
06:41.50	06:31.50	05:52.60	05:24.80	400 IM	06:40.50	06:29.10	05:54.60	05:41.90
				Open				
				00:29.70				
				00:38.00				
				00:32.20				
				00:34.50				

### PLEASE NOTE:

All times given above are given as Long Course Times however conversions from Short Course may be used.  
All competitors who have achieved these qualification times will guarantee an entry where possible on a first come basis.

## Consideration Times Level One

Boys				Event	Girls			
9/10	11/12	13/14	15&Over		9/10	11/12	13/14	15 & Over
01:38.00	01:27.00	01:18.00	01:10.00	100m Free	01:38.00	01:32.00	01:22.00	01:15.00
03:28.00	02:58.00	02:35.00	02:30.00	200m Free	03:28.00	03:05.00	02:48.00	02:40.00
06:45.00	05:55.00	05:30.00	05:20.00	400m Free	06:45.00	06:00.00	05:45.00	05:38.00
02:00.00	01:45.00	01:35.00	01:30.00	100m Breast	02:00.00	01:50.00	01:40.00	01:35.00
04:05.00	03:30.00	03:15.00	03:00.00	200m Breast	04:05.00	03:30.00	03:20.00	03:10.00
01:55.00	01:40.00	01:25.00	01:18.00	100m Fly	01:55.00	01:45.00	01:40.00	01:35.00
03:45.00	03:10.00	02:50.00	02:40.00	200m Fly	03:50.00	03:08.00	02:55.00	02:52.00
01:49.00	01:35.00	01:25.00	01:20.00	100m Back	01:49.00	01:35.00	01:30.00	01:25.00
03:30.00	03:15.00	02:55.00	02:45.00	200m Back	03:30.00	03:05.00	02:55.00	02:50.00
03:40.00	03:15.00	02:55.00	02:43.00	200m IM	03:40.00	03:15.00	03:00.00	02:55.00
06:55.00	06:45.00	06:10.00	05:45.00	400 IM	06:55.00	06:45.00	06:10.00	05:55.00
				Open				
				00:39.00				
				00:48.00				
				00:42.00				
				00:44.00				

### PLEASE NOTE:

All times given above are given as Long Course Times however conversions from Short Course may be used.  
Where possible, the faster times within the consideration times above may also be accepted. Swimmers who have achieved the Consideration time and not the qualification time are still encouraged to enter. All entries within the consideration time that are not accepted for entry will have their entry fee refunded.

## Upper Cut Off Times – Long Course Level Three

Boys						Event	Girls					
8	9	10	11	12	13		8	9	10	11	12	13
34.51	34.51	34.51	34.51	32.71	31.31	50m Freestyle	34.51	34.51	34.51	34.51	33.11	32.21
45.61	45.61	45.61	45.61	43.01	40.51	50m Breaststroke	45.21	45.21	45.21	45.21	43.01	41.51
40.21	40.21	40.21	40.21	38.41	36.31	50m Backstroke	40.21	40.21	40.21	40.21	38.71	37.61
38.71	38.71	38.71	38.71	36.91	35.01	50m Butterfly	38.71	38.71	38.71	38.71	36.71	35.81
3:04.61	3:04.61	3:04.61	3:04.61	2:55.21	2:47.11	200m IM	3:03.21	3:03.21	3:03.21	3:03.21	2:54.21	2:50.01

### PLEASE NOTE:

All times given above are given as Long Course Times however conversions from Short Course may be used.  
All competitors who are slower than the upper cut off times will be able entry the level three events on a first come basis.

## Para Long Course Qualification Times – Level 1

For all entries, please see the attached entry form with the meet pack.

Events	Male													
	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50m Freestyle	02.10.58	01.24.24	00.59.05	00.55.40	00.47.91	00.41.52	00.39.93	00.37.34	00.36.40	00.32.98	00.37.13	00.33.80	00.33.89	00.35.56
100m Freestyle	03.46.74	03.27.68	02.33.22	02.00.47	01.46.30	01.32.69	01.26.70	01.21.38	01.19.79	01.12.07	01.23.27	01.15.10	01.14.97	01.16.71
200m Freestyle	07.11.06	05.13.17	04.44.34	04.17.33	03.44.91									02.43.21
400m Freestyle						07.12.47	06.49.53	06.21.89	06.05.93	05.42.48	06.33.47	05.54.38	05.50.70	06.03.50
50m Backstroke	01.42.47	01.10.32	01.01.55	01.02.19	00.54.49									
100m Backstroke	03.26.43	02.33.66				01.44.69	01.40.03	01.30.55	1.30.24	01.23.12	01.35.59	01.25.27	01.23.37	01.27.07
50 Breaststroke	04.54.34	01.16.01	01.09.19											
100 Breaststroke				02.14.92	02.10.77	01.55.82	01.52.29	01.42.98	01.32.13		01.42.03	01.35.63	01.33.39	01.34.68
50 Butterfly	00.00.00	03.21.85	01.58.87	01.06.39	00.49.87	00.43.25	00.42.10							
100 Butterfly								01.25.43	01.23.79	01.19.10	01.28.73	01.21.27	01.20.16	01.24.24
200 IM					5.00.36	03.45.95	0.39.34	03.17.67	03.12.81	03.02.67	03.26.95	03.09.15	03.10.81	03.06.03

Events	Female													
	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50m Freestyle	1.57.75	1.39.99	1.05.30	00.56.71	00.52.07	00.48.17	00.46.56	00.42.74	00.40.45	00.38.81	00.43.16	00.39.73	00.39.20	00.39.96
100m Freestyle	05.49.48	04.47.15	02.12.80	02.18.00	01.54.76	01.44.20	01.41.93	01.31.22	01.27.93	01.25.30	01.35.63	01.25.53	01.24.57	01.25.53
200m Freestyle	09.16.40	09.44.28	04.56.77	04.44.28	03.59.92									02.55.88
400m Freestyle						07.29.92	07.32.44	06.45.09	06.37.12	06.23.99	07.33.26	07.10.70	06.34.66	07.01.93
50m Backstroke	03.10.27	1.33.45	1.11.99	1.12.27	1.03.45									
100m Backstroke	06.17.03	03.14.11				02.00.50	01.57.07	01.49.37	01.38.94	01.36.50	01.52.41	01.40.76	01.35.90	01.32.86
50 Breaststroke	03.10.15	02.00.25	01.24.87											
100 Breaststroke				02.40.30	02.27.29	02.15.97	02.10.51	01.52.84	01.47.62		01.59.66	01.53.75	01.46.72	01.48.29
50 Butterfly	00.00.00	03.15.71	02.08.37	02.05.57	01.04.04	00.51.53	00.49.64							
100 Butterfly								01.38.74	01.36.89	01.34.47	01.55.91	01.37.94	01.30.89	01.38.14
200 IM					05.04.67	04.17.22	04.17.84	03.49.98	03.38.76	03.31.32	04.00.77	03.51.20	03.25.23	03.25.09

NOTE: There are no Para Swimming Consideration Standards in 200m Breaststroke, 200m Butterfly, 200m Backstroke and 400IM