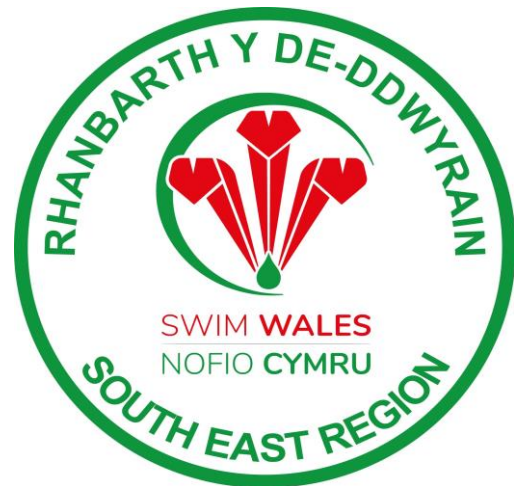# Swim Wales Regional Racing Series (LC) 2024

South East Region Meet Pack

Friday 9th – Sunday 11th February 2024

Cardiff International Pool, CF11 0JS

Licence number 1WL240021

Closing date for entries 12.00pm on 20/01/2024

Meet Summary

The Swim Wales Regional Racing Series (LC) is a closed event and is aimed at developing Welsh swimmers offering an opportunity to compete regionally.

Event webpage:

https://www.swimwales.org/shop/events/swim-wales-regional-racing-series-lc-east/

License number: 1WL2450021

Venue: Cardiff International Pool

Please use the following web link for all information relating to the venue including car parking fees, on site facilities and general venue information: https://www.leisurecentre.com/cardiff-international-pool-and-gym/

1. **Meet conditions**

1.1   This event will be swum under the World Aquatics and will all be Heat Declared Winner (HDW).
1.2   **Age groups** for the **individual and relay events** are 11-12, 13-14, 15-16, 17+ years.
1.3   **Heats** will be swum seeded by time, regardless of age.

N.B. Time trials/exhibition swims will not be permitted at this event. Should a competitor fail to report for their race, the lanes will remain empty as no on-the-day entries can be accepted.

Participation of Russian and Belarussian sportspeople

In circumstances where swimmers have a registered World Aquatics sport nationality as Russia or Belarus, athletes will be permitted to participate provided that that, Swim Wales as the meet organiser, has written confirmation from the athlete that:

a. They are not doing so as a representative of the Russian or Belarussian state; i.e. they are competing as a neutral, or under an alternative passport/dual nationality; and
b. They are not in receipt of funding aligned to the Russian or Belarussian state, including sponsorship from companies operated or controlled by persons with strong links to the Russian state; and
c. They have not, and do not intend to, express support for the invasion of Ukraine, the Russian or Belarussian regimes, or their leadership in any way as part of their participation in the event.

2. **Entry Conditions**

2.1   This is a closed Swim Wales event. Entries will be accepted from active Swim Wales members.

2.2   Competitors can only compete for one club for the duration of the competition.

2.3   Competitors must hold either primary or multi registration Swim Wales membership within the West/South East/North Wales Region.

2.4   Competitors who compete in Swim England County Championships (or another home nation equivalent event) will not be accepted to swim in the following seasonal Swim Wales competitions;

2.4.1   Swim Wales Regional Short Course Championships

2.4.2   Swim Wales Regional Racing Series

2.5   All decisions made by the regional event management will be final and binding.

2.6   Entries will not be taken on a first come first served basis for this event. All entries submitted will be considered and a confirmed entry list will be published after close of entry.

2.7   In the event of over subscription scratches will be made at the discretion of regional event management and will be based on entry times (with the slowest swimmers being scratched first). Refunds for scratched entries and purchased spectator tickets will be processed.

2.8   Entries are not confirmed until published, we therefore advise attendees to book flexible/refundable travel and/or accommodation arrangements. Swim Wales are not responsible for accommodation/travel and other related costs incurred as a result of event cancellation/venue changes.

2.8.1   Refunds will only be given for entry fees, spectator tickets and poolside passes.

2.9   **Both qualifying and consideration standards will be used for this meet. Additionally, there will be qualifying and consideration standards for para competitors/competitors with a registered disability, that will be used for this meet.**

2.9.1   Entry times can be submitted individually or via a bulk club entry. The event management reserve the right to request validation of any submitted entry times

2.9.2   Times will be considered from level 1, 2 and 3 licensed competitions.

2.9.3   Times will be taken at the point of entry and will not be updated, amended or refunded (unless for medical reasons) after entry is submitted.

2.9.4   We do not accept split, relay times or 'no time' (NT) entries.

2.9.5   50m pool times or conversions to 50m pool times will be accepted for this meet; **the quickest 50m time (be that an actual 50m achieved time or a 25m conversion to a 50m time) will be taken.** The time converter used in the entry process that is publicly available for use can be found here: https://www.swimmingresults.org/downloads/equivalent-time/

2.9.6   All times will be accepted from the **1st January 2023.**

2.10 All competitors must have equaled or bettered the published qualifying standards or consideration standards in a designated or licensed meet (Swim Wales, Swim England, Scottish Swimming and British Swimming).

2.11 It is the competitors' responsibility to check the draft entry list and inform the regional event management (sewregion@yahoo.co.uk) of discrepancies or errors. This must be raised within 48 hours of the confirmed entry list being published.

2.12 Entries are submitted via HyTek entry file. Payment for entries made using BACS: Sort Code 30-92-49, Account No. 02737608, quoting club code, month and year as the eight-digit reference. Eg. CODE1123. Payment by cheque to be made to Swim Wales, S.E. Wales Region.

2.13 **Entries will close on 20/01/2024 at 12.00pm.**

2.14 **Individual electronic event entry cost: £10.00; paper entries £11.50.**

2.15 Age of competitors will be taken as 31st December 2024.

2.16 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.

2.17 By entering this event, you / your child agrees to be bound by the British Swimming Anti-doping Rules for a period of 12 months from the commencement of the event. You also agree to abide by the British Swimming & UKAD Anti-Doping Rules. For further information, See Anti-Doping | British Swimming.

2.18 **Relay Events:**
Clubs may enter 1xA and 1xB teams per event, but competitors are only allowed to compete in team A or team B.

    1.1.1 **Relay event entry cost: £12.50**

    1.1.2 Relays are entered via your club's entry file.

    1.1.3 Relay forms, specifying the competitors information, must be submitted to the timing management team control room by the end of warm up of the session in which the relay takes place. Failure to submit the relay form in time will result in disqualification.

    1.1.4 Relay forms should be submitted with names in the order in which the team will swim; teams who fail to swim in the submitted order face disqualification.

    1.1.5 Relay forms can be accessed on the event page.

    1.1.6 Relay events will be held for both males and females in each age group band 11-12, 13-14, 15-16 and 17+ years.

3. **Medals**

3.1   Medals will be awarded to first, second and third place in individual and relay events (HDW) in the following age groups: 11-12, 13-14, 15-16 and 17+ years.

3.2   Para Swimming medals;

    3.2.1   Para competitors can win medals based on outright performance.

    3.2.2   There will be a para swimming points leader board published throughout the event showing all para competitor results based on British Para Swimming points.

    3.2.3   At the end of the meet, medals will be awarded to the para competitors with the highest British Para Swimming points scored in a single event (British para events only) in each age group band (same age group bands as above) on a multi class, multi event basis.

4. **Withdrawals & Refunds**

4.1   To ensure we fill as many lane spaces as possible and provide the best opportunity to those on reserve entry lists, please inform us of **any withdrawals,** prior to the heats being seeded, by **5.00pm** on **05/02/24.** To do this, please contact sewregion@yahoo.co.uk stating your/the competitor's membership number, club, full name and event(s) to be withdrawn.

4.2   Any competitor who has been withdrawn will not be re-entered into the event(s).

4.3   Refunds will not be processed for withdrawals on non-medical grounds.

4.4   Specifically, for medical withdrawals, refunds for entry fees only will be processed on the receipt of a completed medical withdrawal application accompanied with a valid doctor's note (signed by an appropriate consultant/doctor on headed paper). Additionally, to qualify for a refund, medical withdrawals must be received the day before the event is due to take place.

4.5   Email swimwales-events@swimming.org to receive a medical withdrawal form and apply for a refund.

5. **Marshalling**

5.1   Competitors must report to the lead poolside marshals located on the pool deck at the window end of the pool.

5.2   Competitors should follow the directions given by the marshals. It is the competitors', coaches' and team managers' responsibility to ensure the competitors report in plenty of time.

5.3   Marshalls are in place to guide competitors only, and are not responsible for ensuring competitors swim their race(s).

6.   Coach Poolside Passes

6.1   **Cost £15 per application for a weekend pass and £7.50 for a day pass** (both include the Friday session). **Holders of the Swim Wales Head Coach Pass receive a free pass for this event.**

6.2   Applications will be available to access on the event webpage/events portal in the Swim Wales Just Go membership system from 10.00am on 22/01/2024.

6.3   Applications must be submitted and paid in full.

6.4   Applicants must have a **valid DBS** on to their Just Go account, and an **active membership**.

6.5   Late submissions (applications submitted after midnight on 05/02/2024 will result in an additional £5 administration charge.

6.6   Passes include full event access, car parking, event accreditation, catering between each session, and seeded finals sheets.

6.7   **As part of Swim Wales' efforts to contribute to sustainability and a greener environment, seeded heat programmes will be available to download from the event webpage/events portal in the new Swim Wales Just Go membership system. One hard copy will be available to collect with your poolside passes.**

6.8   Poolside passes are for use by the named individual only and are **not transferable**; misuse may result in removal of your pass.

6.   Spectator Admission Tickets

7.1   Access to purchase spectator tickets will be available from 10.00am on 22/01/2024 via the event webpage.

7.2   Ticket costs:

7.2.1   Adults (aged 18+ years): £4.00 per session

7.2.2   Children (aged 5-17 years) & Concessions (60 years and over): £3.00 per session

7.2.3   Adults (aged 18+ years): £7.50 per day

7.2.4   Children (aged 5-17 years) & Concessions (60 years and over): £5.00 per day

7.2.5   Family package for 4 people (must be at least 2 adults with any combination of other adults/children/concessions for the other 2 tickets): £22.50 per day

7.2.6   Adults (aged 18+): £12.00 weekend

7.2.7   Children (aged 5-17 years): £8.00 weekend

7.2.8   Family package for 4 people (must be at least 2 adults with any combination of other adults/children/concessions for the other 2 tickets): £35.00 weekend

7.2.9   Children (under 5 years): FREE

7.3   Spectators may be restricted due to site capacity and safety mitigations.

7.4   Full information and access to seeded heat sheets will be available for FREE and accessed via the dedicated/relevant event webpage.

Swim Wales Film and Photography Policy

Please be advised that photographs may be taken at this event by a professional photographer. Additionally, the event will be live streamed via our filming partner and will be accessed through our Swim Wales Facebook page and YouTube channel.

Swim Wales are aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. Used responsibly, such devices are perfectly safe, but sharing images widely may betray a confidence or identity of an individual which may present a risk of harm to the individual concerned. The use of such equipment is difficult to control but we can all be vigilant. Swim Wales may use photographs taken at this event as promotional material and used across public forums including their website and social media accounts, and possibly the local press and television.

If you have any concerns or safeguarding queries, please bring them to the immediate attention of the event management team situated at the front of house desk on the day of the event. Should you wish to refuse photographic permission please contact the event management team on site. Post event, if at any time an individual wishes an image of themselves to be removed from the public platform, 7 days' notice must be given to Swim Wales after which the data will be removed. The full Swim Wales film and photography guidance can be found at the front of house desk or accessed by emailing swimwales-events@swimming.org.

General Information

Officials and Volunteers:

We will continue to adopt the new method of submitting applications and registering your availability via our Swim Meet system. The link will soon be available prior to commencement of the competition, therefore, please keep check of the event webpage and your emails for future information.

Clubs who have entered more than 10 competitors into the event are expected to provide a minimum of 2 officials.

All of our volunteers and officials are provided with event kit, refreshments, meals and expenses claims. The Swim Wales volunteer expenses policy will be available on the event webpage (see link above on page 2).

FACILITIES AT THE VENUE:

Car Park:
The car park has approximately 250 spaces, with additional spaces in an overflow car park. However please be aware, despite our best efforts the car park is busy and fills quickly. To avoid disappointment, please arrive early.

Café:
The café will be open each day with a selection of hot and cold food. There is seating available in the reception area.

Seating:
The pool has 870 seats for spectators, coaches, team managers and competitors. A limited number of seats are available on the balcony for access users (disabled, wheelchairs etc.). Please refrain from using these seats unless required, you may be asked to move.
We ask competitors to remain in their team-allocated rows of chairs. We ask parents remain on the higher seating on the balcony side of the pool, behind the swimmers.

Changing village:
The changing village is for competitors only, parents are not permitted in the changing area and will be asked to leave. Competitors are politely asked not to change poolside, but use the facilities available. Cameras and phones are strictly prohibited in the changing area.

Health and Safety:
We hope you enjoy the competition, here are some tips to ensure you have a fun and safe experience.
- Event days are long and can be tiring, please drink plenty of water, eat sensibly and rest when possible, to ensure you are fit and ready for the sessions.
- If you feel unwell at any stage, please seek medical support from the WNPS lifeguards
- When using the pool stairs please ensure you hold the rail, the steps can become wet and slippery during the competition.
- If you see something that could cause an accident, please alert the WNPS staff/lifeguards or an event team member immediately so that it can be dealt with.
- The lift is for individuals who have difficulties using stairs; please ensure the lift is used appropriately and safely. Children are not permitted to use the lift unaccompanied.

Social Media:
Swim Wales would like to share your experience with us on social media, tweet and tag us in your photos and results using #SWRR24 @SwimWales
Photos may be used in Swim Wales communications including newsletters, website and social media.
By attending Swim Wales Meets, individuals are agreeing to adhere to the Swim Wales Media policy. This ensures that the use of social media whilst attending the meet is appropriate and safe. Clubs are responsible for the behaviour of their member, competitors and supporters. Inappropriate behaviour will be dealt with accordingly.

Behaviour and Attitude:
Swim Wales has a zero-tolerance policy on negative behaviour at meets. Disrespectful and poor attitude resulting in unacceptable behaviour will not be tolerated. All those on site including competitors, parents, coaches and clubs are expected to behaviour in an appropriate manner, respectful of officials, volunteers, staff and others. Swim Wales holds the right to ask those behaving inappropriately to leave the event and/or meet if deemed necessary. Refund will not be issued for dismissal from an event. The right to remove competitors and/or clubs from the meet is held by the meet manager and senior team of officials. We ask that you remind your competitors of the above policy and remain vigilant throughout the meet. Please report any inappropriate behaviour to a member of staff on site.

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.

Equality:
Swim Wales promotes inclusion and diversity, and welcomes participation from everyone. If you have any particular requirements in respect of participating, officiating or volunteering then please mention this, in confidence if required, to our Events and Volunteers Manager. Swim Wales is an equal opportunities employer and aims to provide a discrimination-free working environment. We are committed to an action plan and policy in line with the Equality Act 2010, which ensures that no job applicant or employee receives less favourable treatment because of a protected characteristic. The full equality policy can be viewed by emailing swimwales-events@swimming.org.

Entry Summary Sheet

Please return this form electronically with:

1. HyTek entry file

Club	
Name	
Email	
Position in Club	

Summary

Total Individual Female Swimmers		Total Individual Male Swimmers		
Total Individual Electronic Entries		@ £10.00	£	
Total Individual Paper Entries		@ £11.50	£	
Total Relay Entries		@ £12.50	£	
Swim Wales Head Coach Pass	Free	*Please signify attendance.	Free	
Total Coaches Passes (including H/Coach)		Numbers needed for calculating catering		
Total Chaperone Passes				
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 8-digit reference including 4-digit team code, month and year (eg.CODE1123) 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, made payable to Swim Wales – South East Region.

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: ....

#SWRR24

<u>ENTRY FORM FOR PAPER ENTRIES</u>

Last Name…………………………First Name……………….. Middle Initial……   Club………………..

Preferred name……………………Age (as at 31/12/2024)……………. Date of Birth…..../…..../…….

Male/Female…………….

Address…………………………………………………………………………….

……………………………………………………………………………………

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

Email……………………………………………… 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.

<u>Total number of PAPER ENTRY swims ………@ £11.50. Total Payable £…………</u>

Swim Wales Regional Race Series (LC) 2024: Event Schedule

Friday evening.	Saturday.	Sunday.
Session 1 Warm up: 5.30pm	**Session 2 Warm up 8.30am**	**Session 5 Warm up 8.30am**
111 M 50m Butterfly 112 F 1500m Freestyle 113 M 50m Backstroke 114 F 50m Butterfly 115 M 1500m Freestyle 116 F 50m Backstroke	211 M 200m IM 212 F 400m IM 213 M 100m Breaststroke 214 F 200m Backstroke 215 M 50m Freestyle 216 F 4 x 200m Freestyle Relay	311 F 200m IM 312 M 400m IM 313 F 100m Breaststroke 314 M 200m Backstroke 315 F 50m Freestyle 316 M 4 x 200m Freestyle Relay
	Session 3 Warm up TBC	**Session 6 Warm up TBC**
	221 M 100m Backstroke 222 F 800m Free 223 M 100m Freestyle 224 F 200m Breaststroke 225 M 4 x 100m Freestyle Relay	321 F 100m Backstroke 322 M 800m Free 323 F 100m Freestyle 324 M 200m Breaststroke 325 F 4 x 100m Freestyle Relay
	Session 4 Warm up TBC	**Session 7 Warm up TBC**
	231 F 50m Breaststroke 232 M 200m Butterfly 233 F 100m Butterfly 234 M 400m Freestyle 235 F 200m Freestyle 236 M 4 x 100m Medley Relay	331 M 50m Breaststroke 332 F 200m Butterfly 333 M 100m Butterfly 334 F 400m Freestyle 335 M 200m Freestyle 336 F 4 x 100m Medley Relay

#SWRR24

Swim Wales Regional Race Series (LC)
Long Course Qualification Standards
Age as of 31st December in year of competition

MALE							EVENT	FEMALE						
11	12	13	14	15	16	17+		11	12	13	14	15	16	17+
00:38.8	00:37.0	00:35.1	00:32.7	00:31.1	00:30.1	00:29.4	50m Free	00:39.7	00:37.8	00:36.7	00:34.3	00:33.1	00:32.1	00:31.5
01:24.0	01:20.0	01:14.8	01:10.2	01:06.1	01:05.0	01:02.6	100m Free	01:25.6	01:21.5	01:18.9	01:13.9	01:11.2	01:09.3	01:08.1
03:03.5	02:54.8	02:45.5	02:35.4	02:26.7	02:23.0	02:19.3	200m Free	03:05.3	02:56.4	02:50.8	02:40.3	02:34.7	02:29.5	02:26.9
06:25.1	06:06.7	05:48.8	05:26.9	05:09.4	05:00.6	04:52.3	400m Free	06:29.4	06:10.8	05:59.0	05:37.2	05:26.8	05:15.9	05:10.4
13:17.8	12:39.8	11:59.8	11:12.7	10:34.8	10:17.9	10:00.5	800m Free	13:35.2	12:56.4	12:30.5	11:48.1	11:25.0	11:05.5	10:53.7
23:15.7	23:15.7	23:15.7	21:51.6	20:37.8	20:05.6	19:32.4	1500m Free	23:20.2	23:20.2	23:20.2	22:18.8	21:28.0	20:50.9	20:27.5
00:50.5	00:48.1	00:45.4	00:41.9	00:39.3	00:38.3	00:37.2	50m Breast	00:51.5	00:49.1	00:47.6	00:44.6	00:43.0	00:41.7	00:41.0
01:49.6	01:44.4	01:38.8	01:30.9	01:25.7	01:23.4	01:21.0	100m Breast	01:53.3	01:47.9	01:43.2	01:36.5	01:33.4	01:29.9	01:28.8
03:56.5	03:45.3	03:32.2	03:18.7	03:08.2	03:02.1	02:57.2	200m Breast	04:01.3	03:49.8	03:41.8	03:29.4	03:23.0	03:16.4	03:12.9
00:43.7	00:41.6	00:39.3	00:35.7	00:33.9	00:32.9	00:31.9	50m Fly	00:44.5	00:42.4	00:40.9	00:37.6	00:36.3	00:35.4	00:34.8
01:36.0	01:31.4	01:24.8	01:18.8	01:14.7	01:12.1	01:10.1	100m Fly	01:39.4	01:34.7	01:30.9	01:24.5	01:21.8	01:18.8	01:17.3
03:30.9	03:20.9	03:09.2	02:54.4	02:45.9	02:39.3	02:35.1	200m Fly	03:37.3	03:26.9	03:17.2	03:04.7	02:58.7	02:52.5	02:49.3
00:45.0	00:42.9	00:40.9	00:37.4	00:35.0	00:34.3	00:33.4	50m Back	00:46.8	00:44.6	00:42.7	00:39.8	00:38.3	00:37.1	00:36.2
01:36.8	01:32.2	01:26.9	01:19.7	01:15.5	01:13.0	01:11.1	100m Back	01:38.4	01:33.7	01:30.5	01:24.7	01:22.1	01:19.4	01:18.1
03:26.6	03:16.8	03:05.7	02:53.5	02:44.1	02:40.2	02:35.7	200m Back	03:33.2	03:23.1	03:15.9	03:02.8	02:56.2	02:50.4	02:47.4
03:32.3	03:22.2	03:10.3	02:58.2	02:49.0	02:44.1	02:39.8	200m IM	03:36.0	03:25.7	03:18.2	03:08.2	03:01.9	02:56.0	02:52.9
07:28.0	07:06.7	06:42.5	06:18.6	05:57.2	05:47.1	05:38.7	400m IM	07:30.7	07:09.2	06:54.4	06:34.7	06:23.1	06:09.7	06:03.0

Swim Wales Regional Race Series (LC)
Long Course Consideration Standards
Age as of 31st December in year of competition

MALE							EVENT	FEMALE						
11	**12**	**13**	**14**	**15**	**16**	**17+**		**11**	**12**	**13**	**14**	**15**	**16**	**17+**
00:42.68	00:40.70	00:38.61	00:35.97	00:34.21	00:33.11	00:32.34	**50m Free**	00:43.67	00:41.58	00:40.37	00:37.73	00:36.41	00:35.31	00:34.65
01:32.40	01:28.00	01:22.28	01:17.22	01:12.71	01:11.06	01:08.86	**100m Free**	01:34.16	01:29.65	01:26.79	01:21.29	01:18.32	01:16.23	01:14.91
03:21.85	03:12.28	03:02.05	02:50.94	02:41.37	02:37.30	02:33.23	**200m Free**	03:23.83	03:14.04	03:07.88	02:56.33	02:50.17	02:44.45	02:41.59
07:03.61	06:43.37	06:23.68	05:59.59	05:40.34	05:30.66	05:21.20	**400m Free**	07:08.34	06:47.88	06:34.90	06:10.92	05:59.48	05:47.49	05:41.44
14:37.58	13:55.78	13:11.78	12:19.97	11:38.28	11:19.69	11:00.55	**800m Free**	14:56.72	14:14.04	13:45.55	12:58.91	12:33.50	12:12.05	11:59.07
25:35.27	25:35.27	25:35.27	24:02.76	22:41.58	22:06.16	21:29.64	**1500m Free**	25:40.22	25:40.22	25:40.22	24:32.68	23:36.80	22:55.99	22:30.25
00:55.55	00:52.91	00:49.94	00:46.09	00:43.23	00:42.13	00:40.92	**50m Breast**	00:56.65	00:54.01	00:52.36	00:49.06	00:47.30	00:45.87	00:45.10
02:00.56	01:54.84	01:48.68	01:39.99	01:34.27	01:31.74	01:29.10	**100m Breast**	02:04.63	01:58.69	01:53.52	01:46.15	01:42.74	01:38.89	01:37.68
04:20.15	04:07.83	03:53.42	03:38.57	03:27.02	03:20.31	03:14.92	**200m Breast**	04:25.43	04:12.78	04:03.98	03:50.34	03:43.30	03:36.04	03:32.19
00:48.07	00:45.76	00:43.23	00:39.27	00:37.29	00:36.19	00:35.09	**50m Fly**	00:48.95	00:46.64	00:44.99	00:41.25	00:39.93	00:38.94	00:38.17
01:45.60	01:40.54	01:33.28	01:26.68	01:22.17	01:19.31	01:17.11	**100m Fly**	01:49.34	01:44.17	01:39.99	01:32.95	01:29.98	01:26.68	01:25.03
03:51.99	03:40.99	03:28.12	03:11.84	03:02.49	02:54.90	02:50.61	**200m Fly**	03:59.03	03:47.59	03:36.92	03:23.17	03:16.57	03:09.75	03:06.23
00:49.50	00:47.19	00:44.99	00:41.14	00:38.50	00:37.73	00:36.74	**50m Back**	00:51.48	00:49.06	00:46.97	00:43.78	00:42.13	00:40.81	00:39.82
01:46.48	01:41.42	01:35.59	01:27.67	01:23.05	01:20.30	01:18.21	**100m Back**	01:48.24	01:43.07	01:39.55	01:33.17	01:30.31	01:27.34	01:25.91
03:47.26	03:36.48	03:24.27	03:10.85	03:00.51	02:56.22	02:51.27	**200m Back**	03:54.52	03:43.41	03:35.49	03:21.08	03:13.82	03:07.44	03:04.14
03:53.53	03:42.42	03:29.33	03:16.02	03:05.90	03:00.51	02:55.78	**200m IM**	03:57.60	03:46.27	03:38.02	03:27.02	03:20.09	03:13.60	03:10.19
08:12.80	07:49.37	07:22.75	06:56.46	06:32.92	06:21.81	06:12.57	**400m IM**	08:15.77	07:52.12	07:35.84	07:14.17	07:01.41	06:46.67	06:39.63

#SWRR24