

**2017 EASTERN ONTARIO LONG COURSE
REGIONAL CHAMPIONSHIP MEET**

June 2 – 4, 2017

**Nepean Sportsplex
Nepean, Ontario**

Revised: May 29, 2017

- DATES:** June 2-4, 2017
Region: Eastern
- HOSTED BY:** Nepean Kanata Barracudas
- LOCATION:** Nepean Sportsplex, 1701 Woodroffe Ave., Nepean, ON, K2G 1W2
- FACILITY:** 8 Lane, 50 meter pool, electronic timing
- PURPOSE:** Eastern Ontario Long Course Regional Championship qualifying meet
- MEET PACKAGE:** The only meet package which will be considered as valid must be the most current version found on www.swimming.ca
- COMPETITION COORDINATOR:** Charles Montpetit, Level V, Email: charles.montpetit64@gmail.com
- OFFICIALS COORDINATOR:** **Doug Nielsen**, Email: officials@swimnkb.com
- MEET MANAGER:** Megan Dodge - Email: megandodge0@gmail.com
- DESCRIPTION:** Invitational (closed)
- COMPETITION RULES:** Sanctioned by Swim Ontario.
All current Swimming/Natation Canada (SNC) rules will be followed.
- Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in effect. Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first **individual** event following the warm-up period in which the violation occurred. The full document can be viewed [HERE](#).
- Only FINA approved swimwear is allowed in competition as per GR 5. The full details can be viewed [HERE](#).
- AGE UP DATE:** Swimmers age will be determined as of the first day of the meet.
- MIXED-GENDER:** The Swim Ontario statement on mixed-gender swimming is set out as follows:
Notwithstanding Rule SW 10.1 adopted by the Technical Swimming Committee of Swimming/Natation Canada, Swim Ontario will consider requests for sanction for meets that provide for mixed gender swimming in the following circumstances:
The host seeks an exemption from the requirement to swim events in gender separated events, on the following basis.
- Due to facility or time limitations, swimming separated by gender would not permit all swims to be completed while offering reasonable opportunities to swim for all participants, and in particular on an equitable basis for swimmers of each gender.

- Mixed gender swims may also be permitted when, due to a missed swim, it is necessary for a referee to seed a swimmer in a heat of the same or shorter distance, for competitors of the opposite gender, on an exception basis.

In spite of this rule, any swimmer who achieves a record time at any level (regional, provincial, national etc, whether age group or open) will not be recognized for that record unless the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken, and the referee ensures that the swimmer competes with competitors of the same gender for his/her heat.

In the event that mixed gender swims are permitted pursuant to this policy, the results must still be posted separately by the gender of swimmers.

ELIGIBILITY:

All athletes must be registered as Competitive swimmers with SNC, and currently registered with a club. A valid SNC registration number is required for all Canadian swimmers, and entries without a SNC registration number will be declined entry. Swimmers who have registered with a club in the Eastern Ontario Region from December 1, 2015 - June 2017 and have met the Eastern Ontario Regional Standards are eligible to enter. Swimmers may qualify for Eastern Ontario Regional Championships by achieving at least three individual event standards. This allows for entry into the meet with a full roster of events.

Foreign competitors are welcome, subject to the provisions below.

FOREIGN COMPETITORS:

All swimmers and coaches must be duly registered and residents of the governing body for which they are competing. All swimmers and coaches must be in good standing with their respective governing swim body.

All swimmers and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the [Proof of Residence and Registration Status form](#) to Swim Ontario no later than 7 days prior to start of competition.

ENTRY FEE:

Individual Events: \$11.87

Relays Events: \$13.56

Payment is due upon arrival. Please make cheques payable to: NKB

ENTRIES:

Entries must be submitted using provable times, recorded during the qualifying period. Swimmers with provable times recorded during the qualifying period must submit those times and not enter swimmers with "NT".

Entries must be in Hy-Tek format and submitted through the SNC online entries system at www.swimming.ca. Meet Management will not accept entries via email. Meet management will use SNC's time validation system to ensure that swimmers have achieved the qualifying requirements. Times not found on the SNC database will be returned to coaches for correction or proof.

Online Entry Deadline: **Midnight - Tuesday, May 23, 2017.**

"As an exception on a one time basis, entries for NEW qualifiers and NEWLY qualified events for previously qualified swimmers ONLY from KBM's Last Chance Meet will be accepted until May 29, 2017 at midnight. They will be accepted without penalty or fees. All other entries will be handled as outlined in the meet package."

Changes to entries will not be accepted after Monday, May 29, 2017. After that time, fees will be calculated for payment.

AGE GROUPS: Swimmers age is as of the first day of the meet.

Age Groups, Male and Female as listed below:

10 & Under
11 Year old
12 Year old
13/14 Year old
15 & Over

ENTRY LIMIT: Maximum of **seven (7)** individual events per swimmer (3 per day) plus relays. Please see qualifying Standards.
In the event that a session appears likely to go over on time, meet management in collaboration with Coaches, reserve the right to limit the session lengths.

PARA-SWIMMERS: Swimmers with a disability (Para-Swimmers) are eligible to compete in this meet provided that they have achieved the minimum entry time as included in this meet package.

Para-Swimmers may choose Bonus Swims outside of the aforementioned events. Para-Swimmers will be entered according to time in the morning session. Please designate classification when entering.
There will not be a designated lane for Para-Swimmers during warm-up

PARA BONUS SWIM:

- Swimmers qualifying in one event may enter three additional events.
- Swimmers qualifying in two events may enter two additional events.
- Swimmers qualifying in three or more events may enter one additional event, to a maximum of six individual events.

DISTANCE EVENTS: Entry times must be submitted for the 800 and the 1500 free events. NT or Coach's time will NOT be accepted. Meet manager reserves the right to limit these events to a total of five heats of 800 and five heats of 1500. Swims will be accepted with priority given to the thirteen fastest entry times in each respective age group.
The meet manager will inform all clubs should any entries not be accepted. Swimmers will then be allowed to enter an alternate event.
The 800/1500 free will be multi-age seeded fastest to slowest.

DECK ENTRIES: No deck entries allowed.

RELAY ENTRIES: Each club may enter any number of relay teams per event; however, only two teams per club will be scored. When a club enters only one team in a relay, at least three members of the team must be properly entered in an individual event, and the fourth may be entered as "Relay Only". When a club enters more than one team in a relay event, every member of every relay team must be properly entered in the meet in at least one individual event. **Each relay team may include up to two (2) swimmers from a younger age category.** No swimmer may compete as a member of more than one relay team in any event.

SCORING: The following will be scored: The top 16 swimmers in individual events and the top 8 relays will score

team points.

Team individual events points: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

Team relay event points: 40, 34, 32, 30, 28, 26, 24, 22

Individual points: 5, 2, 1 (relay points not applicable)

INDIVIDUAL AWARDS: Medals for 1st, 2nd, 3rd, ribbons for 4th - 8th
Relay events ~ ribbons for 1st, 2nd and 3rd
Individual high point plaque to the top swimmer by age group and gender.

TEAM AWARDS: Overall team **award** - the team with the highest number of team points.
Top Small Team Award- the team with the highest number of points, and fewer than 35 registered competitive swimmers as of June 1, 2017.

INDIVIDUAL EVENTS- 13 & OVER:

- All individual events for swimmers 13 & over (except 400 free, 400 IM, 800 free and 1500 free) will be swum as preliminaries and finals.
- For prelims, age groups will be combined and circle seeded.
- Events with 8 or fewer entries will swim **both** prelims and finals.
- "A" and "B" Finals will be held in events only with 18 or more swimmers entered. Events with fewer than 18 swimmers entered will have "A" finals only.
- 400 Free and 400 IM will be swum as timed final, seeded slowest to fastest. The top-seeded 8 swimmers in each age group will swim during finals; all others will swim during prelims with age groups combined.
- 800 Free and 1500 Free will be swum as timed finals.
- For 800 Free, the top-seeded 8 male and 8 female swimmers will swim during finals. All others will swim during prelims, seeded together, mixed gender (fastest to slowest).
- For 1500 Free, the top-seeded 8 swimmers (mixed gender) will swim during finals. All others will swim during prelims, seeded together, mixed gender (fastest to slowest).

INDIVIDUAL EVENTS- 12 & UNDER:

- All individual events for swimmers 12 & under are timed finals. Fastest 8 swimmers by gender and age group (10 & under, 11 and 12) will swim together in 1 heat.
- In distance events (400 Free, 400 IM or 800 Free), meet management reserves the right to combine heats of different age groups or genders. For example: If there are 3 boys in one age group and 2 in another for the same event, they will swim together in the same heat separated by 1 lane.
- 200 Breast, 200 Fly, 400 IM and 800 Free are offered as events in the 12 & under age category only. Swimmers younger than 12 years old may race in these events but will be scored as 12 years & under (not broken out by age).
- 1500 Free is offered as an event in the 14 & under age category only. Swimmers younger than 14 years old may race in this event but will be scored as 14 years & under (not broken out by age.)
- 100 IM will be offered as an event in the 10 & under age category only.

RELAYS:

All relay events are timed finals.

Age groups for **relay** events only will be:

- 10 and Under
- 11-12
- 13-14
- 15 & Over

All 13 & over relays will be swum at the end of finals on Friday and Saturday.

Fastest 8 relay teams by age and gender (13-14, 15 & Over) will swim in one heat.

The remaining relay teams will swim together separated by gender.

Fastest 8 relay teams by age and gender (10 & Under, 11-12) will swim in one heat.
The remaining relay teams will swim together separated by gender.

~~A swimmer may only swim in one age category of each (Freestyle and Medley) relay.~~

A club may enter unlimited number of relays in each event. Only the top two relays will be scored.

minutes
Coaches must have relay cards filled in and returned to the Meet Manager 30 minutes prior to the start of the session.

COACH'S REGISTRATION: Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliancy lists](#). If a coach is not on this list, meet management is obligated to enforce the SNC policy and not permit that coach to attend meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in noncompliance.

COACH'S MEETING: A coaches meeting will be held on Friday at 8:00 am, during the warm up for Session 1.
A second coaches meeting will be held on Friday at 1:30 pm, during the warm up for Session 2.

SCHEDULE OF SESSIONS: REVISED

<u>Session #</u>	<u>Date</u>	<u>Age Group</u>	<u>Prelim/ Finals</u>	<u>Warm Up</u>	<u>Start</u>
1	Fri. June 2	13 & over	Prelims	8:00 a.m.	9:00 a.m.
2	Fri. June 2	12 & under	Time Finals	12:30 p.m.	1:15 p.m.
3	Fri. June 2	13 & over	Finals	5:30 p.m.	6:30 p.m.
4	Sat. June 3	13 & over	Prelims	7:00 a.m.	8:00 a.m.
5	Sat. June 3	12 & under	Time Finals	12:30 p.m.	1:15 p.m.
6	Sat. June 3	13 & over	Finals	5:30 p.m.	6:30 p.m.
7	Sun. June 4	13 & over	Prelims	7:15 a.m.	8:15 a.m.
8	Sun. June 4	12 & under	Time Finals	12:30 p.m.	1:15 p.m.

9	Sun. June 4	13 & over	Finals	5:30 p.m.	6:30 p.m.
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SCHEDULE OF EVENTS: See event list - Appendix

TIME SPLITS: The procedure for obtaining an 'Official Split' now requires that coaches make the request to the session referee or meet management on the "Official Split Request" form prior to the race. The split for the lead-off leg in relays will still be regarded as an official split and therefore no request by coaches is needed for relays. Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee prior to the commencement of the session (or event) in question.

CHECK IN AND SCRATCHES:

13 & OVER SESSIONS:

PRELIMS: There is no penalty for swimmers who miss a heat swim. Scratches for prelims are required 30 Minutes prior to the start of the session.

DISTANCE: **Positive check-in** is required for all 13 & Over distance events (400 Free, 400 IM, 800m Free and 1500m Free). The scratch deadline for these time final events shall be 30 minutes prior to the start of the preliminary session on the day the event is scheduled to begin. This procedure is to ensure the fastest seeded heats in the evening final sessions shall have the full complement of swimmers, with no empty lanes.

FINALS: The scratch deadline for final events shall be 30 minutes following the posting of results after each preliminary event. A swimmer may make a declaration of "INTENT TO SCRATCH" within 30 minutes after the posting of each preliminary event results. The final decision to scratch or not to scratch must be reported back to the clerk of course within 30 minutes of the swimmer's last individual preliminary event of that session. A swimmer who fails to return to the clerk of course to make a final decision on the intent to scratch from that event in finals will be seeded into the final for that event. Failure to participate in an individual final, leg of a relay final or in a distance (400 Free or IM, 800 and 1500 free) time final event run during finals without meet management's knowledge or consent will result in a \$50.00 fine for each offence. Payment is due to NKB. Failure to pay before the swimmer's next event will exclude the swimmer from any further participation in the meet. A swimmer who fails to scratch from an event finals but will not swim the rest of the meet will not be penalized.

12 & UNDER TIME FINAL SESSIONS:

required 30 minutes **Positive check-in** for the top 8 swimmers in each age category and gender is prior to the start of the 12 & Under time final session to ensure the fastest heat of

each group **Session 2 Friday** 12 & Under **Warm up: 12:30PM** **Start: 1:15PM** **Timed Finals** age is full.

MEET

Girls	Event	Boys
13	200 IM	14
15	200 IM	16
17	50 Breast	18
19	50 Breast	20
21	100 Back	22
23	100 Back	24
25	50 Fly	26
27	50 Fly	28
29	400 Free	30
31	400 Free	32

Session 5 Saturday

Girls	Event	Boys
47, 48	200 Free	
	100 Fly	49, 50
51, 52	50 Back	
	100 Breast	53, 54
55	200 Breast	
	200 Back	56, 57
58, 59	50 Free	
	100 Free	60, 61
62	200 Fly	
	400 IM	63
64	800 Free	
65, 66	200 Medley Relay	67, 68

Session 8 Sunday

Girls	Event	Boys
	200 Free	82, 83
84, 85	100 Fly	
	50 Back	86, 87
88, 89	100 Breast	
	200 Breast	90
91, 92	200 Back	
	50 Free	93, 94
95, 96	100 Free	
	200 Fly	97
98	400 IM	
	800 Free	99
100, 101	200 Free Relay	102, 103

RESULTS: Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca

- The meet program will be run on Hy-Tek Meet Manager.
- Results will be posted as quickly as possible at the meet.
- Live Results / Meet Mobile are available.

**RECORDING
OF EVENT:**

Cameras and recording devices will not be permitted on deck at any time during the meet without prior approval from the meet manager. Team photographers must check in with the meet manager prior to the start of the session.

**SAFETY &
LIABILITY:**

Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.

OFFICIALS:

Each participating club is asked to provide officials to ensure the success of the meet. All officials must register at officials@swimnkb.com

**Appendix ~ Event List
Event Schedule – 12 & under**

Event Schedule – 13 & over

Session 1 Friday

Warm up: 8:00am
Start: 9:00am

Prelims		Event	Boys
Girls	Event	Boys	Event
1			
3			
5			
	7	200 IM	
	50 Breast		
	100 Back		
		50 Fly	2
			4
			6
			8
	9	400 Free	
Top 8 in each age group		swim during finals	10

Session 3 Friday

Warm up: 5:30pm
Start: 6:30pm

Finals		Event	Boys
Girls	Event	Boys	Event
			1
			3
			5
	7	200 IM	
	50 Breast		
	100 Back		
		50 Fly	2
			4
			6
			8
	9	400 Free	10
	11, 104	200 Medley Relay	
			12, 105

Session 4 Saturday

Warm up: 7:00am
Start: 8:00am

Prelims		Event	Boys
Girls	Event	Boys	Event
33	400 IM		
Top 8 in each age group		swim during finals	
	200 Free		34
	35	100 Fly	
	50 Back		36
37	100 Breast		
	200 Breast		38
39	200 Back		
	50 Free		40
41	100 Free		
	200 Fly		42
43	800 Free		
Top 8 male, top 8 female		swim during finals	44

Session 6 Saturday

Warm up: 5:30pm
Start: 6:30pm

Finals		Event	Boys
Girls	Event	Boys	Event
33	400 IM		
	200 Free		34
35	100 Fly		
	50 Back		36
37	100 Breast		
	200 Breast		38
39	200 Back		
	50 Free		40
41	100 Free		
	200 Fly		42
43	800 Free		43
45, 106, 107	200 Free Relay		46,

Session 7 Sunday

Warm up: 7:15am
Start: 8:15am

Prelims		Event	Boys
Girls	Event	Boys	Event
	400 IM		
Top 8 in each age group		swim during finals	70
71	200 Free		
		100 Fly	72
		73	50 Back
		100 Breast	74

Session 9 Sunday

Warm up: 5:30pm
Start: 6:30pm

Finals		Event	Boys
Girls	Event	Boys	Event
	400IM		70
71	200 Free		
	100 Fly		72
73	50 Back		
	100 Breast		74
75	200 Breast		

2016-2017 Eastern Ontario Regional Time Standards

Swimmers qualify for Eastern Ontario Regional Championships by achieving at least 10/100 individual event standards. This allows for entry into the meet with a full roster of events, per the meet package.

FEMALE												
	SHORT COURSE						LONG COURSE					
	10 & Under	11	12	13	14	15 & Over	10 & Under	11	12	13	14	15 & Over
50 Free	24.91	27.07	29.31	33.06	37.77	40.11	26.71	27.78	29.02	33.73	37.09	37.73
100 Free	1:18.94	1:21.83	1:18.68	1:11.64	1:07.88	1:06.78	1:50.55	1:27.65	1:17.59	1:15.58	1:09.24	1:08.11
200 Free	3:12.17	2:57.12	2:45.70	2:36.00	2:27.36	2:25.30	3:16.01	3:00.65	2:50.03	2:39.12	2:30.31	2:28.20
400 Free	6:16.61	6:13.87	6:00.76	5:50.75	5:31.96	5:30.86	6:26.91	6:22.57	6:07.78	6:07.37	5:51.20	5:49.85
800 Free			12:01.52	11:21.55	10:42.41	10:35.12			12:17.99	11:37.22	10:55.25	10:47.32
1500 Free					20:31.33	20:17.31					20:55.85	20:41.56
100 Back	2:31.29	1:55.29	1:27.60	1:22.14	1:16.87	1:14.86	3:04.52	2:58.05	1:29.15	1:25.78	1:21.78	1:19.26
200 Back	1:38.79	1:19.11	1:07.54	1:07.50	1:04.57	1:02.02	1:41.17	1:23.09	1:11.29	1:01.05	1:01.05	1:01.05
100 Breast	1:54.60	1:47.66	1:41.29	1:33.71	1:28.62	1:27.40	1:56.80	1:40.81	1:43.32	1:35.59	1:30.39	1:29.24
200 Breast			3:54.68	3:27.88	3:10.81	3:10.74			3:40.81	3:28.97	3:14.63	3:14.63
100 Fly	1:47.08	1:35.66	1:29.72	1:23.24	1:16.87	1:15.30	1:48.22	1:38.59	1:31.51	1:24.90	1:18.40	1:16.81
200 Fly			3:25.74	3:09.65	2:54.21	2:51.98			3:17.81	3:13.61	2:57.69	2:55.72
100 IM	1:29.52											
200 IM	3:38.70	3:20.27	3:03.69	2:56.40	2:47.57	2:45.40	3:43.17	3:24.23	3:12.47	2:59.93	2:47.07	2:48.70
400 IM			6:57.07	6:15.95	5:58.69	5:48.77			6:45.01	6:25.47	5:58.49	5:55.90

MALE												
	SHORT COURSE						LONG COURSE					
	10 & Under	11	12	13	14	15 & Over	10 & Under	11	12	13	14	15 & Over
50 Free	21.52	27.55	27.50	31.42	29.78	28.30	23.55	24.06	25.19	32.05	30.07	29.57
100 Free	1:50.79	1:27.19	1:15.87	1:08.91	1:04.00	1:02.80	1:57.10	1:25.83	1:17.52	1:10.28	1:05.28	1:05.65
200 Free	3:17.95	3:00.50	2:45.54	2:31.50	2:20.44	2:15.82	3:21.91	3:04.20	2:48.85	2:34.63	2:23.25	2:18.53
400 Free	6:29.06	6:22.02	6:01.91	5:25.20	4:58.78	4:51.84	7:00.11	6:48.65	6:28.96	6:01.74	5:50.75	4:57.88
800 Free			12:32.78	11:15.80	10:24.37	10:06.00			12:27.42	11:29.35	10:36.96	10:18.12
1500 Free					20:57.02	20:21.79					20:20.96	20:45.08
100 Back	1:22.19	1:12.55	1:08.56	1:04.58	1:01.76	1:01.48	1:28.77	1:28.73	1:10.55	1:00.97	1:01.23	1:01.90
200 Back	1:48.21	1:23.74	1:08.11	1:03.09	1:00.80	1:00.31	1:51.79	1:27.82	1:11.88	1:00.55	1:01.99	1:01.42
100 Breast	2:04.21	1:49.97	1:40.71	1:32.06	1:25.89	1:24.25	2:02.62	1:52.17	1:42.78	1:38.90	1:25.57	1:24.38
200 Breast			3:54.68	3:18.45	3:07.92	2:59.41			3:40.81	3:27.47	3:08.57	3:05.00
100 Fly	1:52.29	1:39.56	1:29.14	1:19.53	1:12.65	1:10.04	1:54.54	1:41.55	1:30.92	1:21.53	1:14.11	1:11.44
200 Fly			3:27.21	3:07.72	2:57.86	2:52.90			3:18.56	3:11.17	2:51.01	2:49.55
100 IM	1:47.65											
200 IM	3:42.26	3:22.58	3:03.69	2:51.44	2:38.00	2:35.30	3:46.71	3:26.63	3:12.47	2:54.87	2:42.17	2:38.40
400 IM			6:45.17	6:08.24	5:59.77	5:54.04			6:35.77	6:15.80	5:48.18	5:48.77

Long Course Regional Para- Standards 2013-2016

Female

	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 FR	4:23.7 8	2:51.8 2	2:26.4 1	1:46.4 8	1:33.1 7	1:23.2 1	1:02.9 2	54.57	47.92	46.59	59.90	51.91	47.92	47.92
100 FR	7:59.1 6	5:44.9 6	4:52.8 2	3:46.2 7	3:19.6 5	3:11.5 1	2:26.4 5	1:59.7 9	1:46.48	1:39.8 3	2:13.1 0	1:59.7 9	1:43.7 4	1:46.4 8
200 FR	15:34. 12	10:23. 15	9:16.6 0	8:02.7 9	6:39.3 0									
400 FR						10:36. 46	9:58.9 5	9:45.6 4	8:39.09	8:12.4 7	9:58.9 5	9:19.0 2	8:52.4 0	8:49.9 8
50 BK	3:59.5 8	2:53.0 3	2:39.7 2	1:59.7 9	1:46.4 8	1:20.8 5	1:12.6 0	1:08.3 7	1:00.50	53.85	1:13.8 1	1:08.3 7	1:00.5 0	1:00.5 0
100 BK	7:16.2 6	5:58.1 6	5:31.5 4	4:11.6 8	3:45.0 6	2:53.0 3	2:39.5 0	2:26.4 1	2:13.10	1:59.7 9	2:39.5 0	2:26.4 1	2:13.1 0	2:13.1 0
50 BR	4:39.5 1	3:32.9 6	2:39.7 2	1:43.7 4	1:47.0 9	1:40.4 3	1:27.1 2	1:13.8 1	1:07.16		1:27.1 2	1:13.8 1	1:07.1 6	1:07.1 6
100 BR	9:31.1 2	7:18.0 2	5:31.4 0	4:10.5 8	3:46.2 7	3:32.9 6	3:06.3 4	2:39.7 2	2:26.41		3:06.3 4	2:39.7 2	2:26.4 1	2:26.4 1
50 FL	3:19.6 5	3:06.3 4	2:39.7 2	2:26.4 1	2:13.1 0	1:39.8 3	1:19.8 6	1:13.8 1	1:07.16	1:00.5 0	1:13.8 1	1:07.1 6	1:00.5 0	1:07.1 6
100 FL	6:51.5 1	6:18.7 3	5:25.4 9	4:57.6 6	4:32.2 5	3:31.7 5	2:45.7 7	2:39.7 2	2:26.41	2:13.1 0	2:39.7 2	2:26.4 1	2:13.1 0	2:26.4 1
150 IM	8:39.0 9	8:18.7 4	7:59.1 6	6:39.3 0										
200 IM					7:59.1 6	6:39.3 0	5:46.0 6	5:19.4 4	4:26.20	4:12.8 9	5:19.4 4	5:06.1 3	4:50.5 1	4:26.2 0

Male

	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 FR	3:32.9 6	2:13.1 1	1:46.4 8	1:33.1 7	1:23.2 1	59.90	50.22	46.59	42.59	41.26	53.24	46.59	42.57	42.59
100 FR	6:39.3 0	4:39.1 0	3:59.5 8	3:19.6 5	2:39.7 2	2:06.4 5	1:53.1 4	1:46.4 8	1:33.17	1:27.8 5	1:46.4 8	1:39.8 3	1:33.7 8	1:33.1 7
200 FR	13:18. 60	9:16.6 0	8:14.3 4	6:39.3 0	6:12.6 8									
400 FR						9:19.0 2	8:52.4 0	8:39.0 9	7:59.16	7:45.8 5	8:57.0 2	8:25.7 8	8:02.7 9	7:59.1 6
50 BK	3:32.9 6	2:39.7 2	2:13.1 0	1:46.4 8	1:19.8 6	1:07.1 6	1:00.5 0	57.16	47.19	45.86	1:07.1 6	1:00.5 0	53.85	47.19

100 BK	7:11.9 7	5:24.3 9	4:32.2 5	3:39.0 1	2:45.7 7	2:26.4 1	2:13.1 1	2:05.8 4	1:46.48	1:42.8 5	2:24.4 1	2:13.1 0	1:59.7 9	1:46.4 8
50 BR	4:23.7 8	2:39.7 2	2:13.1 0	1:27.1 2	1:23.8 0	1:20.4 7	1:13.8 1	1:01.5 0	51.18		1:13.8 1	1:00.5 0	53.85	51.81
100 BR	8:59.6 6	5:31.5 4	4:13.0 0	3:06.3 4	2:58.6 9	3:53.0 3	2:39.7 2	2:13.1 0	1:54.47		2:39.7 2	2:13.1 0	1:59.7 9	1:54.4 7
50 FL	2:39.7 2	2:26.4 1	1:59.7 9	1:46.4 8	1:33.1 7	1:23.2 1	59.90	57.18	47.19	43.56	1:00.5 0	50.52	47.19	47.19
100 FL	5:31.5 4	5:04.9 2	4:11.6 8	3:45.0 6	3:18.4 4	2:38.5 1	2:22.8 9	2:06.4 5	1:46.48	1:39.2 2	2:13.1 0	153.14	1:46.4 8	1:46.4 8
150 IM	7:59.1 6	7:19.2 3	6:39.3 0	5:19.4 4										
200 IM					6:39.3 0	5:19.4 4	4:39.5 1	4:26.2 0	3:58.90	3:46.2 7	4:50.6 2	4:26.2 0	3:58.9 0	3:58.9 0

