

Dear Club Secretary,

Enclosed please find entry details for the Leinster Division One Age-Group LC Championship for 2023. This Championship Gala is open to swimmers who meet the qualification (or consideration) times as noted below, and are registered with clubs in Leinster Region, Swim Ireland. A Swim Ireland Registration Number must be provided for all entrants.

Venue	National Aquatic Centre, Abbottstown, Dublin
Format	LONG COURSE
Meet Director	Mr Shane Coyle
Date / Time	<p>Friday 12th May 2023</p> <p>Session 1: Warm-up 8.00am Start 9.00am Session 2: Warm-up 12.00pm Start 1.00pm Session 3: Warm-up 5.30pm Start 6.30pm</p> <p>Saturday 13th May 2023</p> <p>Session 4: Warm-up 8.00am Start 9.00am Session 5: Warm-up 12.00pm Start 1.00pm Session 6: Warm-up 5.30pm Start 6.30pm</p> <p>Sunday 14th May 2023</p> <p>Session 7: Warm-up 8.00am Start 9.00am Session 8: Warm-up 12.00pm Start 1.00pm Session 9: Warm-up 5.30pm Start 6.30pm</p>
Fees	<p>€9 per Individual Event €20 per Relay Event</p>
Payment	<p>Payment by Bank Transfer Name of Account: "Swim Ireland Leinster Region" IBAN: IE59AIBK93251559772204 BIC: AIBKIE2D</p> <p>If you are remitting the fees by cheque, please note the club and the name of the gala on the back. If transferring directly, please reference the club and gala on the transfer narrative, and email the treasurer on leinstertreasurer@swimireland.ie to confirm transfer.</p> <p><i>As it may not be possible to accept all entries, fees due will be advised to clubs on final acceptance of entries.</i></p>
Entries	Entries, via Hy-Tek files and printed entry sheet , should be emailed to leinstergalasecretary@swimireland.ie .
Entries Closing	<p>Monday 1st May 2023 Late entries will be not accepted. Ages are by YEAR OF BIRTH; the age-up date is Dec 31st 2023</p>

Scratches	Scratches for this gala will close at 5pm on the evening before each Heats Session; Session One scratches will close at 5pm on Thursday May 11th 2023 Scratches to be sent via email to leinstergalasecretary@swimireland.ie
Events	50m, 100m, 200m, 400m, 800m and 1500m Freestyle 50m, 100m and 200m Backcrawl, Breaststroke and Butterfly 200m and 400m Individual Medley In the following age-groups: Girls and Boys – 12 (2011), 13/14 (2009/10), 15/16 (2007/8) and 17+ 50m Form Strokes are restricted to swimmers aged 15 and over 400m IM, 800m and 1500m Freestyle are restricted to swimmers aged 13 and over. Number of heats in the Distance events may be restricted depending on the availability of pool time.
Relay Events	4 X 100m Freestyle Team Relay (Male and Female) Ages 13-14 and 15+ 4 X 100m Medley Team Relay (Male and Female) Ages 13-14 and 15+ 4 X 200m Freestyle Team Relay (Male and Female) Ages 13-14 and 15+ 4 X 100m Medley Team Relay (Mixed) Ages 13-14 and 15+ 4 X 50m Freestyle Team Relay (Mixed) Age 12 4 X 50m Medley Team Relay (Mixed) Age 12 All relay swimmers must also be competing in individual events in this competition. A maximum of two relay teams per club is allowed in each event / age category. All mixed relay events must have teams comprising two male and two female swimmers. All relay events are HDW.
Session Times	The warm-up and start times of session as indicated above are subject to change, depending on the volume of entries. Any changes will be notified to clubs in advance.
Line-Up	There will be NO line-up officials at this gala for the heats and the HDW events, however there will be a supervisor in-situ. It is the responsibility of swimmers, coaches and Team Managers to ensure that swimmers reach the line-up area in good time and find their own heat and lane from the posted documentation. Line-up will be in place for Finals (see below).
Heats	All events will be run as OPEN events with non-seeded Heats. All Events will run in 10 Lane Heats All 400m, 800m and 1500m events and all Relays will be HDW.
Finals	Individual Finals will be run in each 50m, 100m & 200m event in age-groups as follows: 12 years, 13/14 years, 15/16 years and 17+ years There will be 10 places available in each Final. In addition to the age-grouped Finals of the 200m IM, there will be a Skins event (as described below) for the 8 fastest swimmers in the 200m IM following the heats. These swimmers will swim the Skins final, while the 10 fastest swimmers in each age-group (excluding those who are competing in the Skins event) will swim the Age Group 200m IM finals. An extra set of medals will thus be awarded in the 200m IM.

Line-Up for Finals	Swimmers who qualify for Finals <u>must</u> check-in with the line-up official 15mins in advance of their race time. If swimmers do not check-in for Finals in time, their place in the Final will be given to reserve finalists.																																																						
Skins Events	<div>1. The opportunity to compete in the skins event will be offered to 8 male and 8 female swimmers, who have registered the fastest 200m I.M. time in the Heats (irrespective of age group).</div> <div>2. If fewer than 8 swimmers who qualify wish to compete, the swimmers in 9th, 10th, 11th places etc. will be invited into the event.</div> <div>3. The skins competition is based on an individual medley, with all four strokes available to swim in each round. A random draw will take place before each round to decide the stroke to be swum.</div> <div>4. Races will take place 3 minutes apart as demonstrated below:</div> <table><tr><th colspan="3">Boys</th><th colspan="3">Girls</th></tr><tr><th>Race Number</th><th>Number of Swimmers</th><th>Race start time (minutes)</th><th>Race number</th><th>Number of Swimmers</th><th>Race start time (minutes)</th></tr><tr><td>1</td><td>8</td><td>0</td><td>1</td><td>8</td><td>1.5</td></tr><tr><td>2</td><td>7</td><td>3</td><td>2</td><td>7</td><td>4.5</td></tr><tr><td>3</td><td>6</td><td>6</td><td>3</td><td>6</td><td>7.5</td></tr><tr><td>4</td><td>5</td><td>9</td><td>4</td><td>5</td><td>10.5</td></tr><tr><td>5</td><td>4</td><td>12</td><td>5</td><td>4</td><td>13.5</td></tr><tr><td>6</td><td>3</td><td>15</td><td>6</td><td>3</td><td>16.5</td></tr><tr><td>7</td><td>2</td><td>18</td><td>7</td><td>2</td><td>19.5</td></tr></table>	Boys			Girls			Race Number	Number of Swimmers	Race start time (minutes)	Race number	Number of Swimmers	Race start time (minutes)	1	8	0	1	8	1.5	2	7	3	2	7	4.5	3	6	6	3	6	7.5	4	5	9	4	5	10.5	5	4	12	5	4	13.5	6	3	15	6	3	16.5	7	2	18	7	2	19.5
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6	3	15	6	3	16.5																																																		
7	2	18	7	2	19.5																																																		
Skins Rules	<div>1. The SKINS race distance will be 50m.</div> <div>2. Both the male and female events will begin with up to 8 male and 8 female swimmers.</div> <div>3. Male and female heats will be run alternately with 3 minutes between each gender’s races.</div> <div>4. The meet director will select the stroke for each race through a random process such as drawing slips from a hat. Each time, the slip will be returned to the hat prior to the next race selection.</div> <div>5. Each start will be made according to normal FINA starting procedure. The starter will give the command ‘Take your Marks’ and will then give the starting signal on either the 1.5 minute time slot or the 3.0 minute time slot for each race.</div> <div>6. If a swimmer is ‘moving at the start’ the heat will continue and the swimmer ‘moving at the start’ will be eliminated at the end of the race instead of the slowest swimmer in that particular race.</div> <div>7. If a swimmer “False Starts” and enters the water the remaining swimmers will be stood down and the race re-started when it is safe to do so. The swimmer who “false started” will be eliminated instead of the slowest swimmer in that race.</div> <div>9. The referee will determine the slowest swimmer who is to be eliminated in each round using placing judges as required and will inform the slowest</div>																																																						

	<p>or disqualified swimmer of this following every race. If the placing judges determine the slowest swimmer, they will make the referee aware of their decision. If the Placing Judges disagree on the swimmer to be eliminated, the Referee will make the decision. If no clear decision can be reached (e.g. a dead heat) all swimmers will swim in the next heat, where two swimmers will be eliminated.</p> <p>8. If a swimmer is disqualified for a stroke infringement then they will be eliminated and not the slowest swimmer in that race. Strokes will be in accordance with FINA laws and Technical Rules.</p> <p>10. The races proceed according to these rules with the races in each event being 3 minutes apart, until there is an overall male and female winner.</p> <p>11. Swimmers will remain in their original assigned lanes throughout the event other than during the final, where the two middle lanes will be used.</p> <p>12. In all matters pertaining to the Skins event not covered by these rules the Referee's decision is final.</p>
Medals	<p>Leinster Championship Medals will be awarded to the top 3 Leinster swimmers (or relay teams) in each Age Group. An extra set of medals will be awarded to the first three swimmers in the 200m IM Skins finals</p> <p>Relays are HDW in each event.</p>
Overall Awards	<p>Leinster Swimming will give an overall award to the best swimmer (Boy and Girl). The awards will be based on the highest number of points scored across a maximum of 6 events. If two or more swimmers are tied on the same number of points under this system, the swimmer (among those tied) with the highest FINA points ranking for a single event will be selected for the overall award.</p>
Entry Times	<p>Hy-Tek Team Manager software will automatically convert achieved Short Course times to their Long Course equivalent when assessing for which event a swimmer has Qualifying or Consideration Times, and for calculating the actual Entry Times prior to submission.</p>
Qualification Window	<p>Entry times must have been achieved in open competition in the period from June 1st 2022 to the date of entry submission. Times may be those achieved in LC competition, or equivalent times achieved in SC competition. Times should have been achieved in swimming meets designated Level Two or above.</p>
Proof of Entry Times	<p>As this is a Championship Meet, clubs must submit proof of times achieved with their entries. Thus clubs are asked to provide, in addition to the Hy-Tek entry file, a printout of the entries which includes a listing of the swimming meets at which the entry times were achieved. In Team Manager this is generated by ticking the "Include Proof of Time" checkbox which is in the top RH part of the "Meet Entry Report" dialogue box.</p>
Qualifying and Consideration Times.	<p>Both Qualifying and Consideration Entry Times are shown below. Entry Times must have been achieved since June 1st 2022.</p> <p>Swimmers with Qualification Times are guaranteed acceptance of entry to this championship meet (except for distance events, when heats may</p>

	<p>need to be curtailed depending on available pool time). Swimmers with Consideration Times may be accepted into the meet depending on volume of entries and available pool time.</p> <p>All Entries MUST include an ENTRY TIME in line with Qualification / Consideration Times. NTs will be automatically excluded.</p> <p>Times in the meet Hy-Tek file are the LC Consideration Times as below. These times indicate that a swimmer may submit an entry to the Championship Meet in the relevant event, but they do not guarantee that a swimmer will be accepted into that event.</p>
Heat Restrictions	Numbers of heats may be curtailed to allow the gala to be run off in a reasonable time-frame. Any changes to the competition will be notified to all clubs in advance.
Officials / Timekeepers	<p><i>Clubs will be issued with the timekeeping and turn judge roster in advance of the competition, as rostered by the meet director, by Friday 5th May. All participating clubs must provide timekeepers and turn judges in accordance with the roster. Clubs who do not provide their quota of officials may have their swimmers excluded from the gala.</i></p> <p><i>Different arrangements may apply to the rostering of officials for long distance events (800m, 1500m).</i></p>
FINA	This gala will be run under FINA rules. In particular, please note that the regulations relating to FINA-approved swimsuits will be enforced.
Withdrawals	Swimmers must withdraw from finals within 30 minutes of the heat results being announced; failure to scratch from finals will lead to a fine of €50.00
Complaints	Clubs are reminded that the only club representatives who are permitted to enter a complaint or to otherwise approach the Referee, Meet Director or Gala Recorder are Coaches and Team Managers
Code of Conduct	It is a pre-condition to a swimmer being entered for a Leinster Region gala that all parents / guardians who assume officiating duties (timekeeping etc) will voluntarily consent to be subject to the SI Code of Conduct while carrying out their duties.
Fines	Clubs who have outstanding fines or outstanding fees due to Leinster Swimming will not be allowed to swim in this gala.
Data Protection	Leinster Swimming uses a computer database to manage entries and results. By submitting entries to the meet the consent of swimmers and their parents is hereby given, as required by the Data Protection Act, to the holding of appropriate personal information by Leinster Swimming. Personal data such as name, age, club, entered/achieved times etc may be made public prior to, during, or after the meet (e.g. on programs, results sheets, Meet Mobile, etc).

Key Dates:

Monday May 1st

Friday May 5th

Thursday May 11th (5pm)

Friday May 12th (8am)

Friday May 12th (5pm)

Saturday May 13th (8am)

Saturday May 13th (5pm)

Sunday May 14th (8am)

Entries Close

Officials Roster issued

Scratches for Day One

Warm-up, Day One

Scratches for Day Two

Warm-Up, Day Two

Scratches for Day Three

Warm-Up, Day Three

Leinster Div. One Age-Group Championship

2022 / 2023 Season

Licence No: 4L – 22/23 – LXXX



LEINSTER AGE-GROUP LC CHAMPIONSHIPS 2022 DIVISION ONE - ORDER of EVENTS HEATS

Friday May 12 th	Saturday May 13 th	Sunday May 14 th
Session One Warm-Up 08:00	Session Four Warm-Up 08:00	Session Seven Warm-Up 08:00
Age Groups 15/16 and 17+	Age Groups 15/16 and 17+	Age Groups 15/16 and 17+
Ev 1. 200 Breast - Male 2. 100 Breast - Female 3. 1500 Freestyle – Male (HDW) 4. 100 Back - Female 5. 100 Back - Male 6. 50 Freestyle - Female 7. 50 Butterfly - Male 8. 200 Butterfly - Female 9. 200 Freestyle - Male 10. 400 Freestyle – Female (HDW) 11. 400 I.M. – Male (HDW)	Ev 26. 200 I.M. – Female 27. 200 I.M. – Male 28. 800 Freestyle – Female (HDW) 29. 50 Back – Male 30. 50 Back – Female 31. 100 Breast – Male 32. 100 Butterfly – Female 33. 200 Butterfly – Male 34. 400 I.M. – Female (HDW) 35. 100 Freestyle – Male 36. 50 Breast – Female 37. 800 Freestyle – Male (HDW) 38. 200 Freestyle – Female	Ev 54. 50 Breast – Male 55. 50 Butterfly – Female 56. 200 Back – Male 57. 200 Back – Female 58. 50 Freestyle – Male 59. 200 Breast – Female 60. 100 Butterfly – Male 61. 100 Freestyle – Female 62. 400 Freestyle – Male (HDW) 63. 1500 Freestyle – Female (HDW)

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2022 / 2023 Season

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LEINSTER AGE-GROUP LC CHAMPIONSHIPS 2022 DIVISION ONE - ORDER of EVENTS HEATS

Friday May 12th	Saturday May 13th	Sunday May 14th
Session Two Warm-Up 12.00	Session Five Warm-Up 12.00	Session Eight Warm-Up 12.00
Age Groups 12 and 13/14	Age Groups 12 and 13/14	Age Groups 12 and 13/14
Ev 12. 200 Breast – Male 13. 100 Breast – Female 14. 1500 Freestyle – Male (HDW) 15. 100 Back – Female 16. 100 Back – Male 17. 50 Freestyle - Female 18. 200 Freestyle – Male 19. 200 Butterfly – Female 20. 400 I.M. – Male (HDW) 21. 400 Freestyle – Female (HDW)	Ev 39. 200 I.M. – Female 40. 200 I.M. – Male 41. 800 Free – Female (HDW) 42. 100 Breast – Male 43. 100 Butterfly – Female 44. 200 Butterfly – Male 45. 400 I.M. – Female (HDW) 46. 100 Freestyle – Male 47. 200 Freestyle – Female 48. 800 Freestyle – Male (HDW) 49. 4 x 50 Freestyle Relay – Mixed 12yrs only (HDW)	Ev 64. 200 Back – Male 65. 200 Back – Female 66. 50 Freestyle – Male 67. 200 Breast– Female 68. 100 Butterfly – Male 69. 100 Freestyle – Female 70. 400 Freestyle – Male (HDW) 71. 1500 Freestyle – Female (HDW) 72. 4 x 50 Medley Relay – Mixed 12yrs only (HDW)

Leinster Div. One Age-Group Championship

2022 / 2023 Season

Licence No: 4L – 22/23 – LXXX



LEINSTER AGE-GROUP LC CHAMPIONSHIPS 2022 DIVISION ONE - ORDER of EVENTS FINALS

Friday May 12 th	Saturday May 13 th	Sunday May 14 th
Session Three	Session Six	Session Nine
Warm-Up 16:30	Warm-Up 16:30	Warm-Up 16:30
<p>Individual Finals (30 races) Finals in age 12, 13/14, 15/16, 17+</p> <p>200 Breast – Male 100 Breast – Female 100 Back – Male 100 Back – Female 50 Butterfly – Male 50 Freestyle – Female 200 Freestyle – Male 200 Butterfly – Female</p> <p>RELAYS – HDW 22. 4 x 100 Medley Relay – Female 13-14 Age Group (HDW) 23. 4 x 100 Medley Relay – Female 15+ Age Group (HDW) 24. 4 x 100 Medley Relay – Male 13-14 Age Group (HDW) 25. 4 x 100 Medley Relay – Male 15+ Age Group (HDW)</p>	<p>Individual Finals (26 races plus Skins) Finals in age 12, 13/14, 15/16, 17+</p> <p>200 I.M. – Female (Age-group plus SKINS) 200 I.M. – Male (Age-group plus SKINS) 50 Back – Male (15/16 , 17+ only) 50 Back – Female(15/16 , 17+ only) 100 Breast – Male 100 Butterfly – Female 200 Butterfly – Male 50 Breast – Female (15/16 , 17+ only) 100 freestyle - Male 200 Freestyle – Female</p> <p>RELAYS – HDW 50. 4 x 100 Freestyle Relay – Male 13-14 Age Group (HDW) 51. 4 x 100 Freestyle Relay – Male 15+ Age Group (HDW) 52. 4 x 100 Freestyle Relay – Female 13-14 Age Group (HDW) 53. 4 x 100 Freestyle Relay – Female 15+ Age Group (HDW)</p>	<p>Individual Finals Finals in age 12, 13/14, 15/16, 17+</p> <p>50 Breast – Male 50 Butterfly – Female 200 Back – Male 200 Back – Female 50 Freestyle – Male 200 Breast – Female 100 Butterfly – Male 100 Freestyle – Female</p> <p>RELAYS – HDW 73. 4 x 200 Freestyle Relay – Female 13-14 Age Group (HDW) 74. 4 x 200 Freestyle Relay – Female 15+ Age Group (HDW) 75. 4 x 200 Freestyle Relay – Male 13-14 Age Group (HDW) 76. 4 x 200 Freestyle Relay – Male 15+ Age Group (HDW)</p> <p>Individual Finals (28 races) 77. 4 x 100 Medley Relay – Mixed 13-14 Age Group (HDW) 78. 4 x 100 Medley Relay – Mixed 15+ Age Group (HDW)</p>

Leinster Age-Group Division One Qualifying Standards

"Qualifying" and "Consideration" times for the Leinster Div One Gala, May 2023

Long Course Times

	Qualifying Times				Consideration Times			
	Age-Groups				Age-Groups			
	12	13/14	15/16	17+	12	13/14	15/16	17+
Male								
50FC	00:36.00	00:32.00	00:29.50	00:27.00	00:42.00	00:37.00	00:31.00	00:30.00
100FC	01:15.00	01:08.00	01:02.00	01:00.00	01:27.00	01:17.00	01:05.00	01:04.00
200FC	02:41.00	02:30.00	02:21.00	02:14.00	03:12.00	02:55.00	02:26.00	02:21.00
400FC	05:48.00	05:25.00	05:00.00	04:56.00	06:45.00	06:14.00	05:20.00	05:15.00
800FC		10:55.00	10:15.00	09:58.00		13:12.00	11:20.00	11:00.00
1500FC		21:15.00	20:00.00	19:39.00		24:30.00	21:00.00	20:30.00
50BC			00:32.00	00:32.00			00:37.00	00:36.00
100BC	01:28.00	01:22.00	01:15.00	01:12.00	01:41.00	01:37.00	01:23.00	01:20.00
200BC	03:08.00	02:52.00	02:43.00	02:35.00	03:38.00	03:22.00	02:56.00	02:50.00
50BS			00:35.00	00:35.00			00:41.00	00:39.00
100BS	01:42.00	01:32.00	01:27.00	01:21.00	01:59.00	01:48.00	01:33.00	01:30.00
200BS	03:36.00	03:20.00	03:08.00	02:58.00	04:20.00	03:48.00	03:19.00	03:12.00
50BF			00:30.00	00:30.00			00:37.00	00:36.00
100BF	01:30.00	01:21.00	01:13.00	01:09.00	01:46.00	01:36.00	01:21.00	01:17.00
200BF	03:20.00	02:58.00	02:41.00	02:36.00	03:56.00	03:30.00	03:00.00	02:50.00
200IM	03:10.00	02:53.00	02:43.00	02:36.00	03:38.00	03:15.00	02:48.00	02:44.00
400IM		06:15.00	05:39.00	05:35.00		07:10.00	05:55.00	05:50.00
YOB	2011	2009/10	2007/08	2006-	2011	2009/10	2007/08	2006-
Female	12	13/14	15/16	17+	12	13/14	15/16	17+
50FC	00:36.00	00:32.50	00:31.50	00:31.00	00:42.00	00:38.30	00:33.00	00:32.50
100FC	01:17.00	01:10.00	01:09.00	01:07.00	01:30.00	01:26.00	01:14.50	01:12.00
200FC	02:48.00	02:33.00	02:29.00	02:26.00	03:14.00	03:00.00	02:38.00	02:36.00
400FC	06:00.00	05:35.00	05:20.00	05:12.00	06:50.00	06:25.00	05:34.00	05:30.00
800FC		11:15.00	10:54.00	10:40.00		12:55.00	11:25.00	11:10.00
1500FC		21:20.00	20:39.00	20:12.00		25:20.00	21:40.00	21:10.00
50BC			00:36.00	00:36.00			00:40.00	00:39.00
100BC	01:29.00	01:22.00	01:20.00	01:17.00	01:46.00	01:36.00	01:24.00	01:22.00
200BC	03:12.00	02:58.00	02:50.00	02:47.00	03:43.00	03:30.00	03:00.00	02:56.00
50BS			00:40.00	00:40.00			00:45.00	00:44.00
100BS	01:43.00	01:36.00	01:32.00	01:28.00	02:01.00	01:52.00	01:37.50	01:34.00
200BS	03:46.00	03:29.00	03:17.00	03:11.00	04:16.00	03:56.00	03:26.00	03:23.00
50BF			00:33.00	00:33.00			00:39.00	00:38.00
100BF	01:33.00	01:23.00	01:18.00	01:15.00	01:47.00	01:37.00	01:23.00	01:20.00
200BF	03:20.00	03:08.00	02:58.00	02:52.00	04:04.00	03:47.00	03:15.00	03:10.00
200IM	03:10.00	02:58.00	02:49.00	02:48.00	03:44.00	03:27.00	03:00.00	02:56.00
400IM		06:24.00	06:09.00	06:03.00		07:20.00	06:25.00	06:20.00

Leinster Age-Group Division One Qualifying Standards

"Qualifying" and "Consideration" times for the Leinster Div One Gala, May 2023

Short Course Equivalent Times

	Qualifying Times				Consideration Times			
	Age-Groups				Age-Groups			
Male	12	13/14	15/16	17+	12	13/14	15/16	17+
50FC	00:35.20	00:31.20	00:28.70	00:26.20	00:41.20	00:36.20	00:30.20	00:29.20
100FC	01:13.40	01:06.40	01:00.40	00:58.40	01:25.40	01:15.40	01:03.40	01:02.40
200FC	02:37.80	02:26.80	02:17.80	02:10.80	03:08.80	02:51.80	02:22.80	02:17.80
400FC	05:41.60	05:18.60	04:53.60	04:49.60	06:38.60	06:07.60	05:13.60	05:08.60
800FC		10:42.20	10:02.20	09:45.20		12:59.20	11:07.20	10:47.20
1500FC		20:51.00	19:36.00	19:15.00		24:06.00	20:36.00	20:06.00
50BC			00:31.40	00:31.40			00:36.40	00:35.40
100BC	01:26.80	01:20.80	01:13.80	01:10.80	01:39.80	01:35.80	01:21.80	01:18.80
200BC	03:05.60	02:49.60	02:40.60	02:32.60	03:35.60	03:19.60	02:53.60	02:47.60
50BS			00:34.00	00:34.00			00:40.00	00:38.00
100BS	01:40.00	01:30.00	01:25.00	01:19.00	01:57.00	01:46.00	01:31.00	01:28.00
200BS	03:32.00	03:16.00	03:04.00	02:54.00	04:16.00	03:44.00	03:15.00	03:08.00
50BF			00:29.30	00:29.30			00:36.30	00:35.30
100BF	01:28.60	01:19.60	01:11.60	01:07.60	01:44.60	01:34.60	01:19.60	01:15.60
200BF	03:17.20	02:55.20	02:38.20	02:33.20	03:53.20	03:27.20	02:57.20	02:47.20
200IM	03:06.80	02:49.80	02:39.80	02:32.80	03:34.80	03:11.80	02:44.80	02:40.80
400IM		06:08.60	05:32.60	05:28.60		07:03.60	05:48.60	05:43.60
YOB	2011	2009/10	2007/08	2006-	2011	2009/10	2007/08	2006-
Female	12	13/14	15/16	17+	12	13/14	15/16	17+
50FC	00:35.20	00:31.70	00:30.70	00:30.20	00:41.20	00:37.50	00:32.20	00:31.70
100FC	01:15.40	01:08.40	01:07.40	01:05.40	01:28.40	01:24.60	01:12.90	01:10.40
200FC	02:44.80	02:29.80	02:25.80	02:22.80	03:10.80	02:56.80	02:34.80	02:32.80
400FC	05:53.60	05:28.60	05:13.60	05:05.60	06:43.60	06:18.60	05:27.60	05:23.60
800FC		11:02.20	10:41.20	10:27.20		12:42.20	11:12.20	10:57.20
1500FC		20:56.00	20:15.00	19:48.00		24:56.00	21:16.00	20:46.00
50BC			00:35.40	00:35.40			00:39.40	00:38.40
100BC	01:27.80	01:20.80	01:18.80	01:15.80	01:44.80	01:34.80	01:22.80	01:20.80
200BC	03:09.60	02:55.60	02:47.60	02:44.60	03:40.60	03:27.60	02:57.60	02:53.60
50BS			00:39.00	00:39.00			00:44.00	00:43.00
100BS	01:41.00	01:34.00	01:30.00	01:26.00	01:59.00	01:50.00	01:35.50	01:32.00
200BS	03:42.00	03:25.00	03:13.00	03:07.00	04:12.00	03:51.00	03:22.00	03:19.00
50BF			00:32.30	00:32.30			00:38.30	00:37.30
100BF	01:31.60	01:21.60	01:16.60	01:03.60	01:45.60	01:35.60	01:21.60	01:18.60
200BF	03:17.20	03:05.20	02:55.20	02:49.20	04:01.20	03:44.20	03:12.20	03:07.20
200IM	03:06.80	02:54.80	02:45.80	02:44.80	03:40.80	03:23.80	02:56.80	02:52.80
400IM		06:17.60	06:02.60	05:56.60		07:13.60	06:18.60	06:13.60