



2010

Cardiff International Open Meet

Licence Number: 10WL1- 042

(Under FINA Technical Rules & Swim Wales Laws)

Friday 2nd July – Sunday 4th July

(All Session Times to Be Confirmed)

Cardiff International Pool

(Long Course Meet)

Event Information and Entry Forms

Cardiff International Open Meet

(Under FINA Technical Rules and Swim Wales Laws)

Licence Number 10WL1- 042

Friday 2nd July to Sunday 4th July 2010

This is a Level 1 Licensed Meet

Only electronic entries will be accepted for this meet

VENUE	Cardiff International Pool, Olympian Drive, Cardiff, CF11 0JS	
POOL	10 Lane – 50m pool – electronic timing – with anti turbulence lane ropes Separate 25 metre 4 lane warm up / swim down pool	
AGE GROUPS	male 9/10 yrs, 11/12yrs, 13/14yrs, 15/16yrs, 17 & Over female 9 yrs, 10/11yrs, 12/13yrs, 14/15yrs, 16 & Over <u>Minimum age for entry is 9 years</u>	
AGE UP DATE	4 th July 2010 (age as of last day of Meet)	
EVENTS	50m Freestyle, Backstroke, Breaststroke Butterfly (heats / finals)	- male 15yrs & Over - female 14yrs & Over
	100m, 200m freestyle (heats / finals)	- All Age Groups
	400m Freestyle HDW	- All Age Groups
	800m HDW	- 11/12, 13/14, 15/16, 17yrs & Over
		- 11, 12/13, 14/15, 16yrs & Over
	100m, 200m Backstroke (heats / finals)	- All Age Groups
	100m, 200m Butterfly (heats / finals)	- All Age Groups
	100m, 200m Breaststroke (heats / finals)	- All Age Groups
	200m Individual Medley (heats / finals)	- All Age Groups
	400m Individual Medley HDW	- 11/12, 13/14, 15/16, 17yrs & Over
		- 11, 12/13, 14/15, 16yrs & Over

PROMOTER'S CONDITIONS

AWARDS

Awards will be given to the first 3 placings in each age category. Additional Awards will be made to the Best Male, Best Female and Top Visiting Club.

Prize money of £100 will also be awarded for the top Male and top Female individual swim (based on FINA points).

Competitors will only receive an award if they have achieved the qualifying standard.

Swimmers must ensure that they are suitably clothed (tee shirt and shorts) when receiving Awards.

ENTRIES

Qualifying Times and Consideration Times will be applied to all events. All entry times must be faster than the Consideration Time. Entry Times outside these limits, and entries with 'No Time' submitted will be rejected. Entries must have been obtained at a licensed meet, and random checks will be made against the online rankings database. City of Cardiff Swimming Club may request validation of any stated entry time.

Entry times may be submitted as short course or long course times, using the Hy-tek entry file, but will be converted to long course times using Hy-Tek's Meet Manager software. Please do not convert short course times manually. Estimated times are not permitted.

If swimmers are found to have entered either meet with false or made up times, they will be disqualified from all events that they have entered and their entry fees will be forfeit.

There will be no Time Trials or Exhibition Swims permitted at this event.

Clubs are requested to send all entries at the same time with one cheque to cover all swimmers.

Cheques to be made payable to City of Cardiff Swimming Club

To request the electronic Event entry file, and to submit electronic entries/enquires please email:

cardiffinternationalopenmeet@cardiffswimmingclub.co.uk

Electronic entries produced from Hy-Tek's Team Manager or Team Manager Lite software as electronic entries, submitted on a CD or as an e-mail attachment to the above address are required, and should include an entry report, fee entry report, completed Summary Sheet and any poolside passes applications. For all entries, the submitted date will be the date of receipt of all entries, reports and payment.

Electronic entries will be acknowledged with receipt confirmation. No entries will be processed until full and complete payment is received.

CD entries, payments and supporting reports, and poolside pass applications should be sent to

Vanessa Stirrat
Summerford
4 Trem Y Fforest
Llanharry, Pontyclun
CF72 9GW

Entry forms are to be retained by the club

Copies of the Team Manager Lite application can be downloaded free of charge from <http://www.hy-tek ltd.com/downloads.html>.

Please ensure that you put adequate postage on posted entries. Envelopes with insufficient postage will not be collected from the Royal Mail depot

Entries will be rejected for the following reasons:

- Incorrectly completed
- Improved entries
- Received after Midnight on the closing date of **17th May 2010**

NO LATE ENTRIES WILL BE ACCEPTED

The Meet Director reserves the right to limit entries. In the event that entries are rejected the entry fee will be refunded, a single cheque will be made payable to Club in question.

No refunds will be made for withdrawals.

City of Cardiff Swimming Club may reserve the right to return entries if the meet is oversubscribed.

City of Cardiff Swimming Club may reserve the right to cancel the event if the meet is under subscribed.

Please enclose a SAE for return of entry confirmations; alternatively enter an email address on the summary sheet to have confirmation sent via email.

There will be no entry cards for this event.

ENTRY PRICING

All entries must be submitted electronically using Hy-Tek's Team Manager or Team Manager Lite software:

£7.00 per event

CLOSING DATE

Midnight, Monday 17th May 2010 (No late entries will be accepted)

POOLSIDE PASSES

£15 per pool pass (required for coaches/team managers), including results, poolside refreshments– clubs may initially apply for 3 passes per club. Applications for additional passes may be accepted by the Meet Director, subject to team size per session. Passes must be worn at all times whilst on poolside and will be required to gain access. Passes will only be issued on receipt of Swim Wales/ASA/SASA registration number, a CRB number and a passport photo. No passes will be available for purchase on the day. They must be purchased beforehand. Passes are not interchangeable between coaches / team managers

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

OFFICIALS

Visiting clubs are requested to provide at least one qualified official per session, and their details (together with their qualification) be forwarded with entry information. Meals and refreshments will be provided.

SEEDING

Preliminary Heats

The placing of competitors in the heats will be multi age, spearheaded, and swum slowest to fastest.

HDW Heats

All heats will be spearheaded, and swum slow to fast

Finals

Finalists shall be allocated lanes using the spearhead principal from the results of the heats

WITHDRAWALS

No refunds will be made for withdrawals other than in exceptional circumstances

All withdrawals must be notified to the meet office. The meet office must be informed of withdrawals by no later than 5.00pm on the day before competition.

Competitors wishing to withdraw from a final must inform the meet office immediately after the list of finalists has been published, but within 10 minutes of the end of the session.

SESSION TIMES

The following session times are provisional. Session timing will be finalised once all entries have been processed and swimmers/clubs will be notified accordingly.

Please note that it is the swimmers` responsibility to present themselves ready to swim, to the Marshalling Area prior to the start of their event. Please note:

These are only estimated times, finalised warm up and start times will be issued along with swimmers entry lists.

Session 1	Friday am	Warm up	0730	Start	0830
Session 2	Friday pm	Warm up	1145	Start	1245
Session 3	Friday finals	Warm up	1600	Start	1700
Session 4	Saturday am	Warm up	0730	Start	0830
Session 5	Saturday pm	Warm up	1145	Start	1245
Session 6	Saturday finals	Warm up	1600	Start	1700
Session 7	Sunday am	Warm up	0730	Start	0830
Session 8	Sunday pm	Warm up	1130	Start	1215
Session 9	Sunday finals	Warm up	1600	Start	1700

SIGNING IN SHEETS

Sign in sheets will be used for all 400m, 800m and 1500m events. Swimmers must sign in to confirm that they are swimming in these events, **before the start of the session in which the event takes place.** Failure to do so will result in the swimmer being removed from the event.

PROGRAMME OF EVENTS

Session 1 Friday				
(Warm-up 7.30am - Start 8.30am)				
Event				
1	Heat	Male	100m	Freestyle
2	Heat	Female	200m	Freestyle
3	Heat	Male	200m	Breaststroke
4	Heat	Female	200m	Backstroke
5	Heat	Male	200m	Butterfly
6	Heat	Female	100m	Butterfly

Session 2 Friday				
(Warm-up 11.45am - Start 12.45pm)				
Event				
7	HDW	Male	400m	Freestyle
8	HDW	Female	400m	I/M
9	Heat	Male	200m	I/M
10	Heat	Female	50m	Breaststroke
11	Heat	Male	50m	Backstroke

Session 3 Friday				
(Warm-up 4.00pm - Start 5.00pm)				
Event				
1	Final	Male	100m	Freestyle
2	Final	Female	200m	Freestyle
3	Final	Male	200m	Breaststroke
4	Final	Female	200m	Backstroke
5	Final	Male	200m	Butterfly
6	Final	Female	100m	Butterfly
9	Final	Male	200m	I/M
10	Final	Female	50m	Breaststroke
11	Final	Male	50m	Backstroke

Session 4 Saturday				
(Warm-up 7.30am - Start 8.30am)				
Event				
12	Heat	Female	100m	Freestyle
13	Heat	Male	200m	Freestyle
14	Heat	Female	200m	Breaststroke
15	Heat	Male	200m	Backstroke
16	Heat	Female	200m	Butterfly
17	Heat	Male	100m	Butterfly

Session 5 Saturday				
(Warm-up 11.45am - Start 12.45pm)				
Event				
18	HDW	Female	400m	Freestyle
19	HDW	Male	400m	I/M
20	Heat	Female	200m	I/M
21	Heat	Male	50m	Breaststroke
22	Heat	Female	50m	Backstroke

Session 6 Saturday				
(Warm-up 4.00pm - Start 5.00pm)				
Event				
12	Final	Female	100m	Freestyle
13	Final	Male	200m	Freestyle
14	Final	Female	200m	Breaststroke
15	Final	Male	200m	Backstroke
16	Final	Female	200m	Butterfly
17	Final	Male	100m	Butterfly
20	Final	Female	200m	I/M
21	Final	Male	50m	Breaststroke
22	Final	Female	50m	Backstroke

Session 7 Sunday				
(Warm-up 7.30am - Start 8.30am)				
Event				
23	Heat	Male	100m	Breaststroke
24	Heat	Female	100m	Breaststroke
25	Heat	Male	100m	Backstroke
26	Heat	Female	100m	Backstroke
27	Heat	Male	50m	Butterfly
28	Heat	Female	50m	Butterfly
29	Heat	Male	50m	Freestyle
30	Heat	Female	50m	Freestyle

Session 8 Sunday				
(Warm-up 11.45am - Start 12.45pm)				
Event				
31	HDW	Male	800m	Freestyle
32	HDW	Female	800m	Freestyle

Session 9 Sunday				
(Warm-up 4.00pm - Start 5.00pm)				
Event				
23	Final	Male	100m	Breaststroke
24	Final	Female	100m	Breaststroke
25	Final	Male	100m	Backstroke
26	Final	Female	100m	Backstroke
27	Final	Male	50m	Butterfly
28	Final	Female	50m	Butterfly
29	Final	Male	50m	Freestyle
30	Final	Female	50m	Freestyle

STARTS

Over the top starts will be used wherever possible

ELECTRONICS

Omega electronic timing system with electronic display

MEET RESULTS

The Meet results will be posted on the City of Cardiff Swimming Club website within 72 hours of the Meet closing. Results will also be passed to Swim Wales and ASA for their reference and inclusion in rankings. For club's using Hy-Tek, a complete electronic copy of the Meet results can be obtained following the Meet. For all other clubs a PDF 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.

CAR PARKING

Free car parking places are provided at the Cardiff International Pool on a first come first served basis.

ACCOMODATION



A number of rooms have been reserved at the Holiday Inn Express, and Holiday Inn

Cardiff International Airport, (Express by Holiday Inn) - which is located just off Junction 33 of the M4, and is a 9 mile drive from the Pool. The rate for these rooms is £54.95 per room including breakfast and VAT. Also a rate of £61.95 has been negotiated which includes transport via coach to the pool and back at the beginning and end of the day. To book these rooms please ring 01446 711117 and quote "Cardiff Swimming Club".

Newport , Cleppa Park, (Express by Holiday Inn) – Located just off Junction 28 of the M4, and is a 15 mile drive from the pool. The rate for these rooms is £55.00 per room including breakfast & VAT. Please call 0870 990 4083 and quote "City of Cardiff Swimming Club" to book. THIS RATE IS PREPAID.

Holiday Inn, The Coldra, (Holiday Inn) - Located just off Junction 24 of the M4, and is a 23 mile drive from the International pool and 3 miles from Newport city centre. The Holiday Inn are offering a rate of £55.00 including breakfast and VAT. Please call 01633 412777 and quote "City of Cardiff Swimming club" to book. THIS RATE IS PREPAID.

General accommodation A range of online bookable hotels is available in categories from two to five stars, and most hotels and B&B's are only a short walk from the city's visitor attractions, shops and rail station To reserve accommodation online visit <http://www.visitcardiff.com/Accommodation-in-Cardiff.html>

SPECTATORS

Entry £7.00 per day including programme.

REFRESHMENTS

The Café, which provides a catering facility serving refreshments for swimmers, spectators and coaches will operate throughout this Meet. Refreshments may not be taken onto the poolside. There are also local facilities located near Cardiff International Pool.

HEALTH & SAFETY

No outdoors shoes to be worn on the poolside. Suitable footwear must be worn outside the pool area and particularly when moving around and climbing the steps in the competitors' area. **Swimmers are asked not to enter the spectator's area or foyer whilst they are competing.**

If you are unable to execute a competent racing dive do not use the starting blocks at any time during this swim Meet. A competent racing dive is defined as in the ASA Competitive start award; each swimmer is required to hold one of these. It is the Coach and/or Team Managers responsibility to ensure that this is the case for all swimmers intending to execute a racing dive. No swimmer should topple into the water in the event of a false start - a proper shallow dive must be performed. It is the responsibility of the swimmer and/or parent to declare to the referee any disability or medical condition that could present a health or safety risk. If such a disability or medical condition exists swimmers must produce a medical certificate confirming that their participation presents no health or safety problems.

DATA PROTECTION

Entries and results for this Meet will be held on computer. As required by the Data Protection Act 1998, submission of entries implies consent to the holding of personal information on computer. These details may be made public before, during or after the Meet.

SWIM SHOP

A Swim Shop will be in operation throughout the Meet.

CAMERA USE

The use of all photographic equipment is controlled at this Meet and spectators / coaches and swimmers are reminded that such equipment should not be used without a pass. Passes can be obtained (free of charge) from the Meet Office **upon proof of identity (photographic eg driving licence)**, and must remain attached to the equipment whilst within the Spectator Area. Equipment being used without a pass will be removed. The records of camera use will be retained by City of Cardiff Swimming Club.

MOBILE PHONES

Swimmers, parents and coaches are reminded that the use of mobile phones **is not allowed inside the Cardiff International Pool building**. This policy is actively enforced and all visitors are asked to comply.

GENERAL

Any point not covered by these rules will be at the discretion of the organisers. Depending upon the situation, the Meet Director or Referees decision, respectively, will be final.

APPEALS

Any appeals must be submitted in accordance with FINA procedures and will be handled by the Meet Director and Referees.



Cardiff International Open Meet

Cardiff International Pool, Cardiff
2nd July – 4th July 2010
(Under FINA Technical Rules and Swim Wales Laws)

Officials Nomination Form

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

Full Name

Name of Club

Qualification (J1, J2, J2S, Referee)

Address

..... Post Code

Tel. No. Fax No.

Email address

Swim Wales/ Scottish Swimming / ASA affiliation number

CRB Number

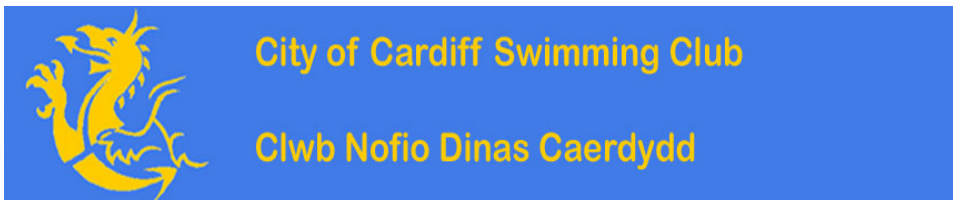
Sessions which you are available for (please tick)
1 2 3 4 5 6 7 8 9

All completed forms to be returned to

Vanessa Stirrat
Summerford
4 Trem Y Fforest
Llanharry, Pontyclun
CF72 9GW

Alternatively forward your availability to Fran Flint by email on

fran310@btinternet.com



Cardiff International Open Meet

Cardiff International Pool, Cardiff
2nd July – 4th July 2010
(Under FINA Technical Rules and Swim Wales Laws)

Coaches / Chaperone Pass Individual Application Form

Full Name _____

Name of Club _____

Position (e.g. Club Coach) _____

Address _____

_____ Post Code _____

Tel. No. _____ Fax No. _____

Email address _____

Swim Wales/ Scottish Swimming / ASA affiliation number _____

CRB Number _____

The above named person is authorized to hold a pass for this club

Signed _____ Club secretary

Please note only members affiliated to Swim Wales/Scottish Swimming/ASA or a member of a FINA affiliated country will be eligible for a coach's pass.

Only applications with a photograph will be accepted. Could applicants please write their names on the rear of the photographs.

Please send a cheque for £15 (made payable to City of Cardiff Swimming Club).

No passes will be available on the day. They must be purchased beforehand.

There will be no access to the poolside without a coach's pass.

Passes will be restricted to a maximum of 3 passes per club.

All completed forms to be returned to

Vanessa Stirrat
Summerford
4 Trem Y Fforest
Llanharry, Pontyclun
CF72 9GW

CLOSING DATE: Monday 17th May 2010.



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd



Cardiff International Open Meet

Cardiff International Pool, Cardiff
2nd July – 4th July 2010

Long Course Qualifying and Consideration Times

	Male									EVENT	Female								
	9	10	11	12	13	14	15	16	17/over		9	10	11	12	13	14	15	16/over	
QT							29.70	28.70	28.40	50m Freestyle							32.90	32.20	31.90
CT							30.70	29.70	29.40								33.90	33.20	32.90
QT	1:38.20	1:24.80	1:18.80	1:13.70	1:09.80	1:06.90	1:04.40	1:02.60	1:01.50	100m Freestyle	1:38.30	1:26.20	1:19.30	1:15.20	1:12.70	1:10.70	1:09.60	1:08.80	
CT	1:40.20	1:26.80	1:20.80	1:15.70	1:11.80	1:08.90	1:06.40	1:04.60	1:03.50		1:40.30	1:28.20	1:21.30	1:17.20	1:14.70	1:12.70	1:11.60	1:10.80	
QT	3:23.40	3:03.60	2:51.30	2:40.80	2:32.60	2:25.60	2:20.70	2:16.30	2:13.70	200m Freestyle	3:29.10	3:04.40	2:51.30	2:42.50	2:36.20	2:32.10	2:29.10	2:27.50	
CT	3:27.40	3:07.60	2:55.30	2:44.80	2:36.60	2:29.60	2:24.70	2:20.30	2:17.70		3:33.10	3:08.40	2:55.30	2:46.50	2:40.20	2:36.10	2:33.10	2:31.50	
QT	7:22.50	6:26.40	5:56.00	5:38.10	5:21.80	5:07.00	4:57.60	4:49.10	4:44.60	400m Freestyle	7:20.70	6:27.40	5:56.40	5:38.80	5:26.30	5:18.00	5:12.80	5:09.20	
CT	7:30.50	6:34.40	6:04.00	5:46.10	5:29.80	5:15.00	5:05.60	4:57.10	4:52.60		7:28.70	6:35.40	6:04.40	5:46.80	5:34.30	5:26.00	5:20.80	5:17.20	
QT			12:44.60	11:47.10	11:12.80	10:42.50	10:21.80	10:05.00	9:55.50	800m Freestyle			12:19.60	11:39.00	11:10.80	10:56.00	10:45.50	10:36.00	
CT			13:00.60	12:03.10	11:28.80	10:58.50	10:37.80	10:21.00	10:11.50				12:35.60	11:55.00	11:26.80	11:12.00	11:01.50	10:52.00	
QT							37.80	36.80	35.80	50m Breaststroke							41.50	40.60	40.10
CT							38.80	37.80	36.80								42.50	41.60	41.10
QT	2:07.70	1:50.70	1:41.50	1:34.70	1:28.80	1:24.60	1:21.40	1:18.90	1:17.00	100m Breaststroke	2:08.70	1:50.30	1:41.60	1:35.20	1:30.80	1:28.50	1:27.50	1:26.10	
CT	2:09.70	1:52.70	1:43.50	1:36.70	1:30.80	1:26.60	1:23.40	1:20.90	1:19.00		2:10.70	1:52.30	1:43.60	1:37.20	1:32.80	1:30.50	1:29.50	1:28.10	
QT	4:20.50	3:57.20	3:39.10	3:25.20	3:12.50	3:02.50	2:55.40	2:51.60	2:47.00	200m Breaststroke	4:27.30	3:55.50	3:36.60	3:24.90	3:15.50	3:09.50	3:06.70	3:05.80	
CT	4:24.50	4:01.20	3:43.10	3:29.20	3:16.50	3:06.50	2:59.40	2:55.60	2:51.00		4:31.30	3:59.50	3:40.60	3:28.90	3:19.50	3:13.50	3:10.70	3:09.80	
QT							32.20	31.40	30.60	50m Butterfly							35.70	34.80	34.20
CT							33.20	32.40	31.60								36.70	35.80	35.20
QT	1:49.40	1:35.80	1:27.70	1:21.50	1:16.80	1:12.80	1:09.80	1:07.80	1:06.50	100m Butterfly	1:47.70	1:37.10	1:27.90	1:22.60	1:19.10	1:17.20	1:15.50	1:14.80	
CT	1:51.40	1:37.80	1:29.70	1:23.50	1:18.80	1:14.80	1:11.80	1:09.80	1:08.50		1:49.70	1:39.10	1:29.90	1:24.60	1:21.10	1:19.20	1:17.50	1:16.80	
QT	4:03.70	3:32.30	3:12.50	2:59.90	2:49.90	2:40.90	2:34.40	2:30.40	2:27.60	200m Butterfly	3:56.60	3:34.60	3:12.60	3:01.70	2:53.50	2:48.00	2:45.70	2:43.30	
CT	4:07.70	3:36.30	3:16.50	3:03.90	2:53.90	2:44.90	2:38.40	2:34.40	2:31.60		4:00.60	3:38.60	3:16.60	3:05.70	2:57.50	2:52.00	2:49.70	2:47.30	
QT							34.50	33.50	32.70	50m Backstroke							38.00	37.00	36.60
CT							35.50	34.50	33.70								39.00	38.00	37.60
QT	1:49.80	1:36.90	1:29.80	1:24.10	1:19.20	1:15.00	1:12.20	1:10.30	1:09.30	100m Backstroke	1:52.00	1:37.50	1:29.90	1:24.50	1:21.70	1:19.60	1:17.90	1:17.10	
CT	1:51.80	1:38.90	1:31.80	1:26.10	1:21.20	1:17.00	1:14.20	1:12.30	1:11.30		1:54.00	1:39.50	1:31.90	1:26.50	1:23.70	1:21.60	1:19.90	1:19.10	
QT	3:46.70	3:25.80	3:12.00	3:00.70	2:50.30	2:42.30	2:36.00	2:31.40	2:28.80	200m Backstroke	3:52.70	3:26.30	3:11.00	3:00.60	2:54.30	2:49.80	2:45.80	2:43.90	
CT	3:50.70	3:29.80	3:16.00	3:04.70	2:54.30	2:46.30	2:40.00	2:35.40	2:32.60		3:56.70	3:30.30	3:15.00	3:04.60	2:58.30	2:53.80	2:49.80	2:47.90	
QT	3:52.00	3:29.60	3:14.30	3:02.80	2:52.70	2:44.80	2:38.40	2:33.90	2:31.00	200m I/M	3:55.20	3:29.60	3:14.30	3:03.30	2:56.80	2:52.30	2:48.90	2:46.90	
CT	3:56.00	3:33.60	3:18.30	3:06.80	2:56.70	2:48.80	2:42.40	2:37.90	2:35.00		3:59.20	3:33.60	3:18.30	3:07.30	3:00.80	2:56.30	2:52.90	2:50.90	
QT			6:50.80	6:26.70	6:06.40	5:49.30	5:36.20	5:27.60	5:22.60	400m I/M			6:25.90	6:00.80	5:46.80	5:40.50	5:36.30	5:35.50	
CT			6:58.80	6:34.70	6:14.40	5:57.30	5:44.20	5:35.60	5:30.60				6:33.90	6:08.80	5:54.80	5:48.50	5:44.30	5:43.50	

QT = Qualifying Time. CT = Consideration Time
The organisers reserve the right to return entries.



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd



Cardiff International Open Meet

Cardiff International Pool, Cardiff
2nd July – 4th July 2010

Short Course Qualifying and Consideration Times

	Male									EVENT	Female								
	9	10	11	12	13	14	15	16	17/over		9	10	11	12	13	14	15	16/over	
QT							28.90	27.90	27.60	50m Freestyle							32.10	31.40	31.10
CT							29.90	28.90	28.60								33.10	32.40	32.10
QT	1:36.60	1:23.20	1:17.20	1:12.10	1:08.20	1:05.30	1:02.80	1:01.00	59.90	100m Freestyle	1:36.70	1:24.60	1:17.70	1:13.60	1:11.10	1:09.10	1:08.00	1:07.20	
CT	1:38.60	1:25.20	1:19.20	1:14.10	1:10.20	1:07.30	1:04.80	1:03.00	1:01.90			1:38.70	1:26.60	1:19.70	1:15.60	1:13.10	1:11.10	1:10.00	1:09.20
QT	3:20.20	3:00.40	2:48.10	2:37.60	2:29.40	2:22.40	2:17.50	2:13.10	2:10.50	200m Freestyle	3:25.90	3:01.20	2:48.10	2:39.30	2:33.00	2:28.90	2:25.90	2:24.30	
CT	3:24.20	3:04.40	2:52.10	2:41.60	2:33.40	2:26.40	2:21.50	2:17.10	2:14.50			3:29.90	3:05.20	2:52.10	2:43.30	2:37.00	2:32.90	2:29.90	2:28.30
QT	7:16.10	6:20.00	5:49.60	5:31.70	5:15.40	5:00.60	4:51.20	4:42.70	4:38.20	400m Freestyle	7:14.30	6:21.00	5:50.00	5:32.40	5:19.90	5:11.60	5:06.40	5:02.80	
CT	7:24.10	6:28.00	5:57.60	5:39.70	5:23.40	5:08.60	4:59.20	4:50.70	4:46.20			7:22.30	6:29.00	5:58.00	5:40.40	5:27.90	5:19.60	5:14.40	5:10.80
QT			12:31.80	11:34.30	11:00.00	10:29.70	10:09.00	9:52.20	9:42.70	800m Freestyle			12:06.80	11:26.20	10:58.00	10:43.20	10:32.70	10:23.20	
CT			12:47.80	11:50.30	11:16.00	10:45.70	10:25.00	10:08.20	9:58.70				12:22.80	11:42.20	11:14.00	10:59.20	10:48.70	10:39.20	
QT							36.80	35.80	34.80	50m Breaststroke							40.50	39.60	39.10
CT							37.80	36.80	35.80								41.50	40.60	40.10
QT	2:05.70	1:48.70	1:39.50	1:32.70	1:26.80	1:22.60	1:19.40	1:16.90	1:15.00	100m Breaststroke	2:06.70	1:48.30	1:39.60	1:33.20	1:28.80	1:26.50	1:25.50	1:24.10	
CT	2:07.70	1:50.70	1:41.50	1:34.70	1:28.80	1:24.60	1:21.40	1:18.90	1:17.00			2:08.70	1:50.30	1:41.60	1:35.20	1:30.80	1:28.50	1:27.50	1:26.10
QT	4:16.50	3:53.20	3:35.10	3:21.20	3:08.50	2:58.50	2:51.40	2:47.60	2:43.00	200m Breaststroke	4:23.30	3:51.50	3:32.60	3:20.90	3:11.50	3:05.50	3:02.70	3:01.80	
CT	4:20.50	3:57.20	3:39.10	3:25.20	3:12.50	3:02.50	2:55.40	2:51.60	2:47.00			4:27.30	3:55.50	3:36.60	3:24.90	3:15.50	3:09.50	3:06.70	3:05.80
QT							31.50	30.70	29.90	50m Butterfly							35.00	34.10	33.50
CT							32.50	31.70	30.90								36.00	35.10	34.50
QT	1:48.00	1:34.40	1:26.30	1:20.10	1:15.40	1:11.40	1:08.40	1:06.40	1:05.10	100m Butterfly	1:46.30	1:35.70	1:26.50	1:21.20	1:17.70	1:15.80	1:14.10	1:13.40	
CT	1:50.00	1:36.40	1:28.30	1:22.10	1:17.40	1:13.40	1:10.40	1:08.40	1:07.10			1:48.30	1:37.70	1:28.50	1:23.20	1:19.70	1:17.80	1:16.10	1:15.40
QT	4:00.90	3:29.50	3:09.70	2:57.10	2:47.10	2:38.10	2:31.60	2:27.60	2:24.80	200m Butterfly	3:53.80	3:31.80	3:09.80	2:58.90	2:50.70	2:45.20	2:42.90	2:40.50	
CT	4:04.90	3:33.50	3:13.70	3:01.10	2:51.10	2:42.10	2:35.60	2:31.60	2:28.80			3:57.80	3:35.80	3:13.80	3:02.90	2:54.70	2:49.20	2:46.90	2:44.50
QT							33.90	32.90	32.10	50m Backstroke							37.40	36.40	36.00
CT							34.90	33.90	33.10								38.40	37.40	37.00
QT	1:48.60	1:35.70	1:28.60	1:22.90	1:18.00	1:13.80	1:11.00	1:09.10	1:08.10	100m Backstroke	1:50.80	1:36.30	1:28.70	1:23.30	1:20.50	1:18.40	1:16.70	1:15.90	
CT	1:50.60	1:37.70	1:30.60	1:24.90	1:20.00	1:15.80	1:13.00	1:11.10	1:10.10			1:52.80	1:38.30	1:30.70	1:25.30	1:22.50	1:20.40	1:18.70	1:17.90
QT	3:44.30	3:23.40	3:09.60	2:58.30	2:47.90	2:39.90	2:33.60	2:29.00	2:26.20	200m Backstroke	3:50.30	3:23.90	3:08.60	2:58.20	2:51.90	2:47.40	2:43.40	2:41.50	
CT	3:48.30	3:27.40	3:13.60	3:02.30	2:51.90	2:43.90	2:37.60	2:33.00	2:30.20			3:54.30	3:27.90	3:12.60	3:02.20	2:55.90	2:51.40	2:47.40	2:45.50
QT	3:48.80	3:26.40	3:11.10	2:59.60	2:49.50	2:41.60	2:35.20	2:30.70	2:27.80	200m I/M	3:52.00	3:26.40	3:11.10	3:00.10	2:53.60	2:49.10	2:45.70	2:43.70	
CT	3:52.80	3:30.40	3:15.10	3:03.60	2:53.50	2:45.60	2:39.20	2:34.70	2:31.80			3:56.00	3:30.40	3:15.10	3:04.10	2:57.60	2:53.10	2:49.70	2:47.70
QT			6:44.40	6:20.30	6:00.00	5:42.90	5:29.80	5:21.20	5:16.20	400m I/M			6:19.50	5:54.40	5:40.40	5:34.10	5:29.90	5:29.10	
CT			6:52.40	6:28.30	6:08.00	5:50.90	5:37.80	5:29.20	5:24.20				6:27.50	6:02.40	5:48.40	5:42.10	5:37.90	5:37.10	

QT = Qualifying Time. CT = Consideration Time
The organisers reserve the right to return entries.