

**SOUTH EAST
WALES
REGIONAL
CHAMPIONSHIPS
2009**

Including Multi Disability Events

on

31st JANUARY - 1st FEBRUARY

Licence Number 09WL1-025

&

7th - 8th FEBRUARY

Licence Number 09WL1-026

**SOUTH EAST WALES REGIONAL POOL
NEWPORT INTERNATIONAL
SPORTS VILLAGE**

Velodrome Way

NEWPORT

NP19 4RB

**Closing Date
5th January 2009**

SOUTH EAST WALES
REGIONAL CHAMPIONSHIPS
31st January - 1st February & 7th - 8th February 2009
(under SWIM WALES, FINA & IPC Rules & Laws)

NEWPORT INTERNATIONAL SPORTS VILLAGE

MEET INFORMATION

This is a Closed Meet accepting entries from competitors registered to Clubs within the South East Region only. This does not apply to swimmers with a disability classification, who must be registered to an affiliated Swim Wales Club.

PLEASE NOTE THIS WILL BE A CARD FREE COMPETITION.

ENTRIES

Entries to be submitted, where possible, electronically. TM file available from Swim Wales Web Site.

All entry forms must be completed in full and returned together with the relevant entry fee and summary sheet to Mrs Sheilah Roberts, 4 Wallis Close, Osbaston Park, Monmouth. NP25 3NS

Entries will be rejected for the following reasons:

- They are received without the relevant fee
- Incorrectly completed (Current membership number must be included)
- Received after the closing date of 5th January 2009

INDIVIDUAL EVENTS

Ages are as at 13th April 2009 last day of the Welsh National Age & Youth Championships for individual events

Girls 9/10, 11/12, 13/14yrs, 15/Over

Boys 9/11, 12/13, 14/15yrs, 16/Over

Entry fee is £4.00 per individual event

Please Note: 50m Freestyle events are restricted to (amended)

14yrs and 15/over Girls and

15yrs and 16/over Boys.

Ages are as at midnight of the last day of ASA National Age and Youth Championships 2009 for relay events

Girls 11-13 yrs, Age at 26th July 2009 14 -17 yrs, Age at 2nd August 2009

Boys 11-14 yrs, Age at 26th July 2009 15 -18 yrs, Age at 2nd August 2009

Entry fee for relay events is £7

MEDALS AND AWARDS

Medals will be awarded for 1st – 8th places in all age group categories.

SPECTATORS

Admission charges
£2.50 per session
£5.00 a day
£8.00 per weekend pass.

Please Note: The Spectator Area must be cleared at the end of each session.

CAR PARKING

There is on-site parking available at the Pool.

REFRESHMENTS

There is a cafeteria selling snacks and drinks etc. We have no control over this facility.

CAMERA USE

The use of **all** photographic equipment is controlled at this Meet and everyone is reminded that such equipment should not be used without a pass.

Passes can be obtained (free of charge) from the entry desk upon proof of identity. Acceptable forms of ID are: Photographic driving licence, passport, household bill for proof of address. You will be issued with a tag for your photographic equipment and this must remain attached to the equipment within the Pool building. Equipment being used without a pass will be removed. The records of camera use will be retained by South East Wales Region or Swim Wales main office.

By entering this competition, the swimmer, parent or guardian accepts photographs taken by an accredited professional photographer may be used for promotional purposes by the Region or the Governing Body.

Swimmers are warned that doping controls may take place during these Championships and by submitting entries, swimmers/parents/guardians are thereby giving consent to any random control methods. Further information can be found at www.100percentme.co.uk

MOBILE PHONES

Mobile phones must not be used in the building at all.

MEET OFFICE

A Meet Office will be open for the duration of the Meet and can be contacted on 07732 549628 at other times 01600713505

SESSION TIMES

To be confirmed following receipt of entries. Please enclose SAE for information.

General Conditions

The Meet will be swum under FINA, IPC & Swim Wales Technical Rules and Disciplinary Code.

No alcohol or tobacco advertising is permitted on any clothing.

Entries may only be accepted from competitors registered as members of Affiliated Clubs, holding either primary or multi registration membership, within the South East Wales Region.

Swimmers must only swim for one club during the Competition. However, relay events may be swum by Performance Centre teams, as defined by Swim Wales. Any swimmer who competes in a Performance Centre team will not be eligible to also swim for their Club relay teams.

Competitors must have been registered members of the Club in whose name they are entered at least 30 days prior to the first day of the Meet.

All decisions made by the Meet Director or Promoter will be final and binding. [The Promoter of this event is Swim Wales South East Wales Region](#). The promoter can be contacted by e mail smr4wc@lineone.net or 01600 713505 or 07732549628

EVENTS

Events will take place as shown on the attached programme of events. The Promoter reserves the right to amend the programme of events, to include Friday evening in the programme and to restrict/reject entries if the Meet is oversubscribed. Should these changes be necessary, prior notice will be given and information will be located on the Swim Wales web site.

Time trials will not be permitted.

ENTRIES

All entries shall be returned to Mrs S Roberts, 4 Wallis Close, Osbaston, Monmouth. NP25 3NS by the relevant closing date, accompanied by the appropriate entry fee. Electronic entries are preferable.

Competitors who wish to withdraw from an event must do so by notifying either Mrs S Roberts on the appropriate form by post, fax or e-mail to smr4wc@lineone.net or the Meet Office in writing on the appropriate form, by 5 pm on the evening before the event.

The Organisers may request validation of any stated Entry Time.

Clubs may enter one relay team per Age Group per event.

Relay Forms must be submitted by the end of the first warm-up session on the day of the event. Swimmers names must be submitted in the swimming order. Failure to do so may result in the disqualification of the team.

TROPHIES AND MEDALS

Placing of competitors shall be determined from performances following finals or HDW events.

Failure of a swimmer or deputy to attend the appropriate presentation will result in the swimmer forfeiting his/her award.

PRESENTATIONS

The Meet Director may decide to carry out presentations during the session. Competitors must report to the Presentation Marshall immediately after announcements have been made.

Appropriate clothing, e.g. tracksuit and training shoes must be worn for the presentation. (Awards may not be presented if a swimmer is inappropriately dressed).

OFFICIALS

Each Club will be asked to supply at least one suitably qualified official per session. Clubs will also be asked to supply other helpers such as marshals, door stewards etc.

MEET PROCEDURE

HEATS

Competitors shall be placed in graduated time order, slowest to fastest.

Start sheets will be available on the morning of the event to Coaches and Team Managers on production of their pool side pass.

Coaches should ensure swimmers make themselves available for marshalling at least 2 events prior to the event they are competing in. Please do not rely on the public address system.

STARTS

Over the top starts will, where necessary or appropriate, be used during the Meet.

FINALS

The maximum number of places practicable shall be allocated up to a total of eight competitors. Finalists shall be allocated lanes using the spearhead principle from the heats. The fastest heat of HDW events will be spearheaded.

OTHER CONDITIONS

PASSES

All Coaches and Chaperones must have relevant individual accreditation.

Applications for Coaches/Chaperones Passes must be made on the official form enclosed in this Information Pack, accompanied with a passport size photograph.

Passes will not be interchangeable/transferable.

Passes will need to be visible and worn at all times. Anyone without a pass will be asked to leave poolside/changing village.

The closing date for passes will be the same as the closing date for entries. Applications will not be accepted on the day.

Passes are required for Health & Safety Reasons and Insurance Purposes.

HEALTH AND SAFETY

All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.

It is the responsibility of the swimmer and/or parent/guardian/coach 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 note confirming that their participation presents no health or safety problems.

DATA PROTECTION

Meet Management, with the Governing Body, may use computers to record entry times and results. By submitting entries you are accepting the conditions and consent is hereby given for holding personal information relating to the sport of Swimming as required by the current Data Protection Act.

The organisers retain the right to amend these conditions later if necessary, without notice.

**SOUTH EAST WALES
REGIONAL CHAMPIONSHIPS**

31st January - 1st February & 7th - 8th February 2009

(under SWIM WALES, FINA & IPC Rules & Laws)

Supplementary Disability Swimming Conditions

These supplementary conditions are to be adhered to in conjunction with the general conditions for the Regional Championships.

The Events

Girls 10 – 12yrs, Boys 10 – 13yrs

25m Backstroke, S1 – S15 : 25m Breaststroke, SB1 – SB15 : 25m Freestyle, S1 – S15
50m Backstroke, S1 – S15 : 50m Breaststroke, SB1 – SB15 : 50m Freestyle, S1 – S15
100m Backstroke, S1 – S15 (amended) 100m Freestyle, S1 – S15

Girls 13/ov, Boys 14/ov some of these events will be integrated within the able bodied events

100m Freestyle	S1-S15	100m Butterfly	S1-S15
100m Backstroke	S1-S15	200 IM	SM1-SM15
100m Breaststroke	SB1-SB15	400 Freestyle (including 10/over)	S1-S15

Events will be held under the ASA Technical Rules of Disability Swimming with exceptions as per the IPC Swimming Rules.

Eligibility

- Competitors must hold a current valid Functional Ability Card (FAC) at the time of entry.
- Competitors must present their FAC at the call up area for all events entered.
- Competitors must be registered with a Swim Wales affiliated club.
- Qualifying standards shall apply and all competitors may qualify with either a Long Course (50m) or Short Course (25m) entry time.
- Competitors must be a minimum of 10 years of age on 13th April 2009.

Please note: All entries received will be checked. If you do not have a current IPC Classification, British Classification, INAS-FID/UKSA Registration, BBS Registration or UK Deaf Sport Registration then your entry will be refused. Failure to present your FAC card at the call up area may lead to disqualification. (FAC Application forms can be found on the British Swimming website www.britishswimming.org)

Competition Format

Part of the competition format will be based on multi-disability inclusion within the able bodied programme. Swimmers will be integrated on a time-banded basis in specific events. Positions will be determined based on British Disability Points.

Sessions 2 and 8 will include events specifically for classified swimmers.

Accreditation

Coaches and personal care attendants must have an accreditation. Personal care attendants will only be permitted, in accordance with IPC guidelines, for competitors in the following classes

S1, S2, S3 and S11. Such attendants will be excluded from any restrictions and will be given the same accreditation as the competitor for whom they have personal care responsibilities. A competitor in the above classifications may have both a coach and a personal care attendant in attendance.

All coaches must purchase a pass to obtain access to the pool deck.

Medals

Medals shall be awarded on a multi disability basis to 1st, 2nd and 3rd placed competitors. If less than four swimmers participate in any one event then a minus one ruling shall apply. If only one swimmer participates in any event, then the swimmer will be awarded a medal providing he/she improves upon their entry time.

The organisers retain the right to amend these conditions later if necessary, without notice

**2009 SOUTH EAST WALES
REGIONAL CHAMPIONSHIPS
PROGRAMME OF EVENTS**

		DAY 3 SATURDAY 7TH FEBRUARY		DAY 4 SUNDAY 8TH FEBRUARY	
		Session 7 HEATS		Session 10 HEATS	
		Warm up and Start Time TBA		Warm up and Start Time TBA	
30	M	200m Freestyle 14/15,16/Over	43	F	200m I.M. 9/10,11/12
31	F	200m Freestyle 9/10,11/12	44	M	200m I.M. 14/15,16/Over (MD)
32	M	200m Backstroke 9/11,12/13	45	F	200m Breaststroke 13/14,15/Over
33	F	200m Backstroke 13/14,15/Over	46	M	200m Breaststroke 9/11,12/13
34	M	100m Breaststroke 14/15,16/Over(MD)	47	F	200m Butterfly 9/10,11/12
35	F	100m Breaststroke 9/10,11/12	48	M	200m Butterfly 14/15,16/Over
36	M	100m Butterfly 9/11,12/13	49	F	100m Freestyle 13/14,15/Over (MD)
37	F	100m Butterfly 13/14,15/Over (MD)	50	M	100m Freestyle 9/11/12/13
38	M	50m Freestyle 15yrs,16/Over	51	F	100m Backstroke 9/10,11/12
39	F	4x200m Free Relay 14/17 (HDW)	52	M	100m Backstroke 14/15,16/Over(MD)
40	M	4x200m Free Relay 15/18 (HDW)			
		Session 8 HDW			Session 11 HDW
		Warm up and Start Time TBA			Warm up and Start Time TBA
41	M	150m Freestyle all ages	53	F	400m Freestyle all ages (MD)
42	F	800m Freestyle all ages	54	M	400m I.M. all ages
201	M	S1-S15 50m Backstroke 10/13	55	F	4x100m Free Relay 11/13
202	F	S1-S15 50m Backstroke 10/12	56	M	4x100m Free Relay 11/14
203	M	SB1-SB15 25m Breaststroke 10/13	57	F	4x100m Free Relay 14/17
204	F	SB1-SB15 25m Breaststroke 10/12	58	M	4x100m Free Relay 15/18
205	M	S1-S15 50m Freestyle 10/13			
206	F	S1-S15 50m Freestyle 10/12			
207	M	S1-S15 100m Backstroke 10/13			
208	F	S1-S15 100m Backstroke 10/12			
		Session 9 FINALS			Session 12 FINALS
		Warm up and Start Time TBA			Warm up and Start Time TBA
30	M	200m Freestyle 14/15,16/Over	43	F	200m IM 9/10,11/12
31	F	200m Freestyle 9/10,11/12	44	M	200m IM 14/15,16/Over (MD)
32	M	200m Backstroke 9/11,12/13	45	F	200m Breaststroke 13/14,15/Over
33	F	200m Backstroke 13/14,15/Over	46	M	200m Breaststroke 9/11,12/13
34	M	100m Breaststroke 14/15,16/Over(MD)	47	F	200m Butterfly 9/10,11/12
35	F	100m Breaststroke 9/10,11/12	48	M	200m Butterfly 14/15,16/Over
36	M	100m Butterfly 9/11,12/13	49	F	100m Freestyle 13/14,15/Over (MD)
37	F	100m Butterfly 13/14,15/Over (MD)	50	M	100m Freestyle 9/11/12/13
38	M	50m Freestyle 15yrs, 16/Over	51	F	100m Backstroke 9/10,11/12
			52	M	100m Backstroke 14/15,16/Over(MD)

**SOUTH EAST WALES
REGIONAL CHAMPIONSHIPS**
31st January - 1st February & 7th - 8th February 2009

ENTRY FORM

Last Name:.....First Name:.....Middle Initial.....
(PLEASE PRINT CLEARLY)

Preferred name:.....Age:.....Date of Birth:...../...../.....
(as at 13/04/09)

Male/Female:.....

Address:.....

Post Code:..... Tel No:.....

E Mail:.....

Club Name:.....

Swim Wales Membership Number:.....

EVENT	EVENT NO:	ENTRY TIME*	LC √	SC √	EVENT	EVENT NO:	ENTRY TIME*	LC √	SC √
50 Free					100 Breast				
100 Free					200 Breast				
200 Free									
400 Free					100 Fly				
800 Free					200 Fly				
1500 Free									
					200 IM				
100 Back					400 IM				
200 Back									

* Please indicate Short Course or Long Course times.

Total number of swims@ £4.00 Total Payable £.....

(Payment should be made to your Club If not, Cheques to be made payable to Swim Wales South East Wales Region)

To be completed by the competitor:

I declare that the above information is correct and agree to abide by the Meet conditions.
I accept there will be no refund of entry fees, unless the Meet is oversubscribed.

Signature of Competitor/Parent:..... Date:.....

I declare that the above competitor has reached the standard of the ASA Competitive Start Award and has achieved the entry times as stated.

Signature of Coach:..... Date:.....

Completed forms to be returned to:
Mrs S Roberts, 4 Wallis Close, Osbaston Park, Monmouth, NP25 3NS
by your club if possible.

Closing Date: 5th January 2009

**SOUTH EAST WALES
REGIONAL CHAMPIONSHIPS**
31st January - 1st February & 7th - 8th February 2009

DISABILITY ENTRY FORM

Last Name:.....First Name:.....Middle Initial.....

(PLEASE PRINT CLEARLY)

Preferred name:.....Age:.....Date of Birth:...../...../.....

(as at 13/04/09)

Male/Female:.....

Address:.....

.....

Post Code:..... Tel No:.....

E Mail:.....

Club Name:.....

Swim Wales Membership Number:.....

British Swimming/IPC/UKSAPLD/INAS-FID/UKDS Classification S.....SB.....SM.....

EVENT	EVENT NO:	ENTRY TIME	LC √	SC √	EVENT	EVENT NO:	ENTRY TIME	LC √	SC √
25 Free					25 Breast				
50 Free					50 Breast				
100 Free					100 Breast				
400 Free									
					100 Fly				
25 Back									
50 Back					200IM				
100 Back									

Total number of swims@ £4.00 Total Payable £.....

(Payment should be made to your Club If not Cheques to be made payable to Swim Wales South East Wales Region)

To be completed by the competitor:

I declare that the above information is correct and agree to abide by the Meet conditions.

I accept there will be no refund of entry fees, unless the Meet is oversubscribed.

Signature of Competitor/Parent:..... Date:.....

Signature of Coach:..... Date:.....

Completed forms to be returned to:

Mrs S Roberts, 4 Wallis Close, Osbaston Park, Monmouth, NP25 3NS

by your club if possible.

Closing Date: 5th January 2009

**SOUTH EAST WALES
REGIONAL CHAMPIONSHIPS**
31st January - 1st February & 7th - 8th February 2009

RELAY ENTRY FORM

Club:.....

Age Group	Event	Submitted Time	LC √	SC √
Girls 11-13	4 x 100 Freestyle Relay			
Girls 11-13	4 x 100 Medley Relay			
Boys 11-14	4 x 100 Freestyle Relay			
Boys 11-14	4 x 100 Medley Relay			
Girls 14-17	4 x 100 Freestyle Relay			
Girls 14-17	4 x 100 Medley Relay			
Boys 15-18	4 x 100 Freestyle Relay			
Boys 15-18	4 x 100 Medley Relay			
Girls 11-13	4 x 200 Freestyle Relay			
Boys 11-14	4 x 200 Freestyle Relay			
Girls 14-17	4 x 200 Freestyle Relay			
Boys 15-18	4 x 200 Freestyle Relay			

..... TEAMS @ £7.00 = £.....

TO BE COMPLETED BY THE CLUB COACH.

I declare that all the above competitors have reached the standard of the ASA Competitive Start Award and are permitted to start with a shallow racing dive from the starting blocks into shallow water of between 0.9 metres and 1.5 metres

Signed.....

If you are unable to sign the above declaration in respect of any swimmer, that swimmer must start in the water - see Safety Guidelines for Competitive Swimming issued by Swim Wales.

Completed forms to be returned to

Mrs S Roberts, 4 Wallis Close, Osbaston Park, Monmouth NP25 3NS

(Payment should be made through your Club If not Cheques to be made payable to Swim Wales South East Wales Region)

Closing Date: 5th January 2009

**SOUTH EAST WALES
REGIONAL CHAMPIONSHIPS**
31st January - 1st February & 7th - 8th February 2009

COACH/CHAPERONE PASS

APPLICATION FORM

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

FULL NAME:
NAME OF CLUB:
POSITION e.g Club Coach:.....
ADDRESS:.....
..... POST CODE:
TEL NO: FAX NO:.....
E MAIL:.....
SWIM WALES REGISTRATION NUMBER
CRB NUMBER: DATE ISSUED:.....

PLEASE NOTE ONLY MEMBERS REGISTERED WITH SWIM WALES/SASA/ASA AND HAVING A CURRENT CRB ARE ELIGIBLE FOR COACH/CHAPERONE PASSES.

PLEASE SEND A CHEQUE FOR £10 per pass

(Payment should be made through your Club If not Cheques to be made payable to Swim Wales South East Wales Region)

MADE PAYABLE TO: SWIM WALES SOUTH EAST REGION

PASSES WILL BE AVAILABLE FOR COLLECTION ON THE DAY BUT THEY MUST BE PURCHASED BEFOREHAND.

THERE WILL BE NO ACCESS TO THE POOLSIDE WITHOUT A COACH/CHAPERONE PASS.

All completed forms to be returned to:
Mrs S Roberts, 4 Wallis Close, Osbaston Park, Monmouth NP25 3NS

Closing Date: 5th January 2009

**SOUTH EAST WALES
REGIONAL CHAMPIONSHIPS**
31st January - 1st February & 7th - 8th February 2009

Entry Summary Sheet

Please return this form with:

1. Electronic Summary Sheet/Entry Forms
2. Cheque/s made payable to Swim Wales South East Region
3. Coach/Chaperone Pass applications
4. SAE for confirmation of entries

Club			
Name			
Address			
Post Code		Tel No	
Email			
Position in Club			

Summary

Total Individual Female Swimmers		Total Individual Male Swimmers	
	Number		
Total Individual Entries		@ £4.00	£
Total Relay Entries		@ £7.00	£
Total Coaches Passes		@ £10.00	£
Total Cheque Enclosed payable to: Swim Wales South East Region			£

It is requested that a single cheque for the complete club entry is submitted.

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 SignatureDate:

Please return to: - Mrs S Roberts, 4 Wallis Close, Osbaston Park, Monmouth NP25 3NS
Cheques to be made payable to Swim Wales South East Wales Region)

Closing Date 5th January 2009

**SOUTH EAST WALES
REGIONAL CHAMPIONSHIPS**
31st January - 1st February & 7th - 8th February 2009

WITHDRAWAL FORM

Name:

Club:.....

I wish to withdraw from the following events:

Event number	Stroke	Distance	Reason

Signed:

Date:

Received by:

Date: Time:

This form is to be sent to Mrs S Roberts, 4, Wallis Close, Osbaston Park, Monmouth NP25 3NS or handed into the Meet Office by 5 pm the previous day by athlete or coach.

There will be separate arrangements for withdrawals from finals.

No refunds will be given.

SOUTH EAST WALES CHAMPIONSHIPS 2009- SHORT COURSE TIME STANDARDS

QT/ CT	GIRLS				EVENT	BOYS				QT/ CT
			14yrs	15 & over				15yrs	16 & over	
QT			00.32.00	00.31.30	50m Freestyle			00.29.00	00.28.20	QT
CT			00.38.40	00.37.56					00.34.80	00.33.80
	9/10 yrs	11/12 yrs	13/14 yrs	15 & over		9/11 yrs	12/13 yrs	14/15 yrs	16 & over	
QT	1.26.00	1.13.20	1.08.80	1.07.10	100m Freestyle	1.19.30	1.08.10	1.02.50	1.00.80	QT
CT	1.43.20	1.27.84	1.22.56	1.20.52			1.35.16	1.21.72	1.15.00	1.12.96
QT	3.04.10	2.38.50	2.28.00	2.23.50	200m Freestyle	2.53.20	2.28.40	2.15.80	2.12.60	QT
CT	3.40.92	3.10.20	2.57.60	2.52.20			3.27.84	2.58.08	2.42.96	2.39.12
QT	6.28.50	5.30.40	5.08.00	5.01.00	400m Freestyle	6.01.20	5.12.20	4.47.90	4.39.90	QT
CT	7.46.20	6.36.48	6.09.60	6.01.20			7.13.44	6.14.64	5.45.48	5.35.88
QT	14.35.80	11.22.30	10.33.60	10.20.60	800m Freestyle	14.21.50	11.22.80	10.25.10	10.17.40	QT
CT	17.30.96	13.38.76	12.40.32	12.24.72			17.13.80	13.39.36	12.30.12	12.20.88
QT	28.05.70	23.46.00	21.13.90	21.35.00	1500m Freestyle	24.35.40	20.38.40	18.59.50	18.29.90	QT
CT	33.42.84	28.31.20	25.28.68	25.54.00			29.30.48	24.46.08	22.47.40	22.11.88
QT	1.36.60	1.21.70	1.16.30	1.14.00	100m Backstroke	1.29.50	1.16.70	1.09.30	1.07.40	QT
CT	1.55.92	1.38.04	1.31.56	1.28.80			1.47.40	1.32.04	1.23.16	1.20.88
QT	3.24.20	2.55.60	2.42.80	2.38.30	200m Backstroke	3.12.20	2.44.60	2.29.30	2.25.80	QT
CT	4.05.04	3.30.72	3.15.36	3.09.96			3.50.64	3.17.52	2.59.16	2.54.96
QT	1.49.40	1.32.80	1.25.40	1.24.00	100m Breaststroke	1.41.70	1.26.00	1.18.30	1.16.10	QT
CT	2.11.28	1.51.36	1.42.48	1.40.80			2.02.04	1.43.20	1.33.96	1.31.32
QT	3.54.70	3.19.60	3.04.00	3.01.10	200m Breaststroke	3.40.90	3.06.70	2.50.10	2.45.00	QT
CT	4.41.64	3.59.52	3.40.80	3.37.32			4.25.08	3.44.04	3.24.12	3.18.00
QT	1.36.90	1.21.80	1.15.70	1.13.70	100m Butterfly	1.29.60	1.15.90	1.08.50	1.06.40	QT
CT	1.56.28	1.38.16	1.30.84	1.28.44			1.47.52	1.31.08	1.22.20	1.19.68
QT	3.37.80	3.00.40	2.45.00	2.40.40	200m Butterfly	3.19.70	2.48.90	2.31.50	2.26.40	QT
CT	4.21.36	3.36.48	3.18.00	3.12.48			3.59.64	3.22.68	3.01.80	2.55.68
QT	3.28.20	2.59.50	2.46.90	2.43.00	200m Ind. Medley	3.16.30	2.48.40	2.33.20	2.29.30	QT
CT	4.09.84	3.35.40	3.20.28	3.15.60			3.55.56	3.22.08	3.03.84	2.59.16
QT	7.39.80	6.18.40	5.50.20	5.40.90	400m Ind. Medley	7.00.20	5.57.00	5.24.60	5.16.60	QT
CT	9.11.76	7.34.08	7.00.24	6.49.08			8.24.24	7.08.40	6.29.52	6.19.92

Entry

times faster than the QT will be guaranteed.

Entry times falling between the QT and CT will be included provided the meet is not over subscribed.

Entry times submitted as NT will not be accepted.

Note: 50m Freestyle is only available for Girls 14yrs and 15/Over and Boys 15yrs and 16/Over(amended)