



Ulster Long Course Championships 2019

Event Information

Date	26 th to 28 th April 2019
Venue	Aurora Aquatic & Leisure Complex, 3 Valentine Road, Bangor, BT20 4TH
Age Groups	11/12, 13/14, 15/16, 17&over
Age Up Date	31 st December 2019
Events	50m Freestyle – Heats & Finals 50m Backstroke, 50m Butterfly, 50m Breaststroke – Heats & Finals (15&overs) 100m Freestyle, 100m Backstroke, 100m Butterfly, 100m Breaststroke – Heats & Finals 200m Freestyle, 200m Backstroke, 200m Butterfly, 200m Breaststroke – Heats & Finals 200IM – Heats & Finals 400m Freestyle / 800m Freestyle / 1500m Freestyle – HDW 400IM - HDW Relays – 11-14yrs, 15&over – all relays swum as finals Male & Female 4 x 100m Medley, 4 x 100 Freestyle & 4 x 200m Freestyle Mixed 4 x 100m Medley
Entries	<p>Swimmers entering the Ulster Long Course Championships must be a member of a Swim Ulster affiliated club or a Club registered with their National Federation from outside Ireland. Entries must be submitted electronically to admin@swimulster.net using Hytek Team Manager. The Swim Ireland Registration number or equivalent for each swimmer must be included in the file.</p> <p>Long Course & Short Course Qualifying and Consideration Times have been published for this event and must be achieved in a Level 3 Licensed Meet in the year prior to the closing date. Short course times must be converted to long course – no unconverted short course times will be accepted.</p> <p>Swimmers achieving consideration times will be accepted for entry unless the individual event is over-subscribed. If it is necessary to reject entries, this will be done on the basis of entry time, slowest to fastest, excluding swimmers with an entry time equal to or faster than the Qualifying Times published, who will be guaranteed entry.</p> <p>Entries in the 800m and 1500m events will be limited to the top six per age group based on rankings on the closing date for entries. If all lanes are not filled swimmers will be offered a lane based on rankings irrespective of age.</p> <p>A maximum of 2 swimmers from outside Ireland are permitted to swim in each final.</p> <p>Clubs must enter relay teams when submitting the Hy-tek entries and must generate an entry time on Hy-tek for seeding purposes. Clubs not submitting an entry time will be seeded in the slowest heat. Clubs can use swimmers who have no individual events providing their names are on the team lists submitted with the entries</p>

Multi Class/Disability Athletes

Swimmers with a disability who have achieved the qualifying times for any event will be subject to all the terms of open competition and will not be eligible for a separate Multi Class Award. Other swimmers with a disability must have a National Classification and have a recorded time in the events entered. As far as is practical a separate Multi Class final will be held if there are 4 or more entries in the 100m Backstroke, 100m Butterfly, 100m Breaststroke, and 100m Freestyle. Medals will be awarded to the top three swimmers based on percentage closest to the world record or ranking in their classification.

Seeding: The placing of competitors in the heats will be spearheaded and swum slowest to fastest. Clubs not submitting an entry time for relay teams will be seeded in the slowest heat.

Awards Medals will be awarded to the fastest 3 Ulster swimmers in each age group in each event. Commemorative medals will be awarded to swimmers from outside the Ulster region if they finish 1st, 2nd or 3rd.

Elizabeth Long Trophy - awarded to the top performing girl and boy who are 11 years of age on the last day of the Ulster Long Course Championships 2019 **and are a member of a Swim Ulster Club**. This trophy will be presented at the War Memorial Gala, November 2019. The events counting will be the 100m in the 4 strokes and the 200m IM, scored as points - 11, 9, 8, 7, 6, 5, 4, 3, 2, 1 and for 1st to 10th place in finals or HDW events. The swimmer with the greatest number of points over the 5 events will be the winner – the swimmer must have entered at least 3 of the 5 events. In the event of a tie the award will be shared. Points will only be awarded if swimmers achieve the qualifying time in the relevant event.

Joe Fitzpatrick Trophy - awarded to the top performing girl and boy who are 14 years of age on the last day of the Ulster Long Course Championships 2019 **and are a member of a Swim Ulster Club**. This trophy will be presented at the War Memorial Gala, November 2019. The events counting will be the **200m** in the 4 strokes and the **400m IM**, scored as points - 11, 9, 8, 7, 6, 5, 4, 3, 2, 1 and for 1st to 10th place in finals or HDW events. The swimmer with the greatest number of points over the 5 events will be the winner – the swimmer must have entered at least 3 of the 5 events.. In the event of a tie the award will be shared. Points will only be awarded if swimmers achieve the qualifying time in the relevant event.

Entry Fees Individual £5 / €6*
Team £10 / €12*

Closing Date **5pm on Wednesday 10th April 2019 – No entries will be accepted after this date.**



Ulster Long Course Championships 2019

Order of Events

Day 1 – Friday 26 th April 2019	Day 2 – Saturday 27 th April 2019	Day 3 – Sunday 28 th April 2019
Session 1: Heats 15&over Mixed Warm Up 8-8.45am – Start 9am	Session 4: Heats 15&over Mixed Warm Up 8-8.45am – Start 9am	Session 7: Heats 15&over Mixed Warm Up 8-8.45am – Start 9am
Male 15yrs & Over 200m Breaststroke Female 15yrs & Over 100m Breaststroke Male 15yrs & Over 1500m Freestyle HDW Female 15yrs & Over 100m Backstroke Male 15yrs & Over 100m Backstroke Female 15yrs & Over 50m Freestyle Male 15yrs & Over 50m Butterfly Female 15yrs & Over 200m Butterfly Male 15yrs & Over 200m Freestyle Female 15yrs & Over 400m Freestyle HDW Male 15yrs & Over 200m IM Female 15yrs & Over 400m Medley Relay HDW Male 15yrs & Over 400m Medley Relay HDW	Male 15yrs & Over 400m IM HDW Female 15yrs & Over 800m Freestyle HDW Male 15yrs & Over 50m Backstroke Female 15yrs & Over 50m Backstroke Male 15yrs & Over 100m Breaststroke Female 15yrs & Over 100m Butterfly Male 15yrs & Over 200m Butterfly Female 15yrs & Over 400m IM HDW Male 15yrs & Over 100m Freestyle Female 15yrs & Over 50m Breaststroke Male 15yrs & Over 800m Freestyle HDW Female 15yrs & Over 200m Freestyle Male 15yrs & Over 400m Freestyle Relay HDW Female 15yrs & Over 400m Freestyle Relay HDW	Female 15yrs & Over 800m Freestyle Relay HDW Male 15yrs & Over 800m Freestyle Relay HDW Female 15yrs & Over 200m IM Male 15yrs & Over 50m Breaststroke Female 15yrs & Over 50m Butterfly Male 15yrs & Over 200m Backstroke Female 15yrs & Over 200m Backstroke Male 15yrs & Over 50m Freestyle Female 15yrs & Over 200m Breaststroke Male 15yrs & Over 100m Butterfly Female 15yrs & Over 100m Freestyle Male 15yrs & Over 400m Freestyle HDW Female 15yrs & Over 1500m Freestyle HDW Mixed 15yrs & Over 400m Medley Relay HDW
Session 2: Heats 11-14yrs Mixed Warm Up TBC - Start TBC	Session 5: Heats 11-14yrs Mixed Warm Up TBC - Start TBC	Session 8: Heats 11-14yrs Mixed Warm Up TBC - Start TBC
Male 11-14 yrs 200m Breaststroke Female 11-14 yrs 100m Breaststroke Male 11-14 yrs 1500m Freestyle HDW Female 11-14 yrs 100m Backstroke Male 11-14 yrs 100m Backstroke Female 11-14 yrs 50m Freestyle Male 11-14 yrs 200m Freestyle Female 11-14 yrs 200m Butterfly Male 11-14 yrs 200m IM Female 11-14 yrs 400m Freestyle HDW Male 11-14 yrs 400m Medley Relay HDW Female 11-14 yrs 400m Medley Relay HDW	Male 11-14 yrs 400m IM HDW Female 11-14 yrs 800m Freestyle HDW Male 11-14 yrs 100m Breaststroke Female 11-14 yrs 100m Butterfly Male 11-14 yrs 200m Butterfly Female 11-14 yrs 400m IM HDW Male 11-14 yrs 10m Freestyle Female 11-14 yrs 200m Freestyle Male 11-14 yrs 800m Freestyle HDW Female 11-14 yrs 400m Freestyle Relay HDW Male 11-14 yrs 400m Freestyle Relay HDW	Female 11-14 yrs 800m Freestyle Relay HDW Male 11-14 yrs 800m Freestyle Relay HDW Female 11-14 yrs 200m IM Male 11-14 yrs 200m Backstroke Female 11-14 yrs 200m Backstroke Male 11-14 yrs 50m Freestyle Female 11-14 yrs 200m Breaststroke Male 11-14 yrs 100m Butterfly Female 11-14 yrs 100m Freestyle Male 11-14 yrs 400m Freestyle HDW Female 11-14 yrs 1500m Freestyle HDW Mixed 11-14 yrs 400m Medley Relay HDW
Session 3: Finals & Presentations Mixed Warm Up TBC - Start TBC	Session 6: Finals & Presentations Mixed Warm Up TBC - Start TBC	Session 9: Finals & Presentations Mixed Warm Up TBC - Start TBC
Male 11/12 yrs 200m Breaststroke Male 13/14 yrs 200m Breaststroke Male 15/16 yrs 200m Breaststroke Male 17 yrs & Over 200m Breaststroke Female 11/12 yrs 100m Breaststroke Female 13/14 yrs 100m Breaststroke Female 15/16 yrs 100m Breaststroke Female 17 yrs & Over 100m Breaststroke Male 11/12 yrs 100m Backstroke Male 13/14 yrs 100m Backstroke Male 15/16 yrs 100m Backstroke Male 17 yrs & Over 100m Backstroke Female 11/12 yrs 100m Backstroke Female 13/14 yrs 100m Backstroke Female 15/16 yrs 100m Backstroke Female 17 yrs & Over 100m Backstroke Male 15/16 yrs 50m Butterfly Male 17 yrs & Over 50m Butterfly Female 11/12 yrs 50m Freestyle Female 13/14 yrs 50m Freestyle Female 15/16 yrs 50m Freestyle Female 17 yrs & Over 50m Freestyle Male 11/12 yrs 200m Freestyle Male 13/14 yrs 200m Freestyle Male 15/16 yrs 200m Freestyle Male 17 yrs & Over 200m Freestyle Female 11/12 yrs 200m Butterfly Female 13/14 yrs 200m Butterfly Female 15/16 yrs 200m Butterfly Female 17 yrs & Over 200m Butterfly Male 11/12 yrs 200m IM Male 13/14 yrs 200m IM Male 15/16 yrs 200m IM Male 17 yrs & Over 200m IM	Male 15/16 yrs 50m Backstroke Male 17 yrs & Over 50m Backstroke Female 15/16 yrs 50m Backstroke Female 17 yrs & Over 50m Backstroke Male 11/12 yrs 100m Breaststroke Male 13/14 yrs 100m Breaststroke Male 15/16 yrs 100m Breaststroke Male 17 yrs & Over 100m Breaststroke Female 11/12 yrs 100m Butterfly Female 13/14 yrs 100m Butterfly Female 15/16 yrs 100m Butterfly Female 17 yrs & Over 100m Butterfly Male 11/12 yrs 200m Butterfly Male 13/14 yrs 200m Butterfly Male 15/16 yrs 200m Butterfly Male 17 yrs & Over 200m Butterfly Female 15/16 yrs 50m Breaststroke Female 17 yrs & Over 50m Breaststroke Male 11/12 yrs 100m Freestyle Male 13/14 yrs 100m Freestyle Male 15/16 yrs 100m Freestyle Male 17 yrs & Over 100m Freestyle Female 11/12 yrs 200m Freestyle Female 13/14 yrs 200m Freestyle Female 15/16 yrs 200m Freestyle Female 17 yrs & Over 200m Freestyle	Female 11/12 yrs 200m IM Female 13/14 yrs 200m IM Female 15/16 yrs 200m IM Female 17 yrs & Over 200m IM Male 15/16 yrs 50m Breaststroke Male 17 yrs & Over 50m Breaststroke Female 15/16 yrs 50m Butterfly Female 17 yrs & Over 50m Butterfly Male 11/12 yrs 200m Backstroke Male 13/14 yrs 200m Backstroke Male 15/16 yrs 200m Backstroke Male 17 yrs & Over 200m Backstroke Female 11/12 yrs 200m Backstroke Female 13/14 yrs 200m Backstroke Female 15/16 yrs 200m Backstroke Female 17 yrs & Over 200m Backstroke Male 11/12 yrs 50m Freestyle Male 13/14 yrs 50m Freestyle Male 15/16 yrs 50m Freestyle Male 17 yrs & Over 50m Freestyle Female 11/12 yrs 200m Breaststroke Female 13/14 yrs 200m Breaststroke Female 15/16 yrs 200m Breaststroke Female 17 yrs & Over 200m Breaststroke Male 11/12 yrs 100m Butterfly Male 13/14 yrs 100m Butterfly Male 15/16 yrs 100m Butterfly Male 17 yrs & Over 100m Butterfly Female 11/12 yrs 100m Freestyle Female 13/14 yrs 100m Freestyle Female 15/16 yrs 100m Freestyle Female 17 yrs & Over 100m Freestyle



**Ulster Long Course Championships
Qualifying Times 2018-2019 (Short Course)**

Female								Male						
17&over	16yrs	15yrs	14yrs	13yrs	12yrs	11yrs		11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17&over
00:28.49	00:28.75	00:29.52	00:30.00	00:31.85	00:32.65		50m Free		00:32.83	00:31.36	00:29.89	00:28.42	00:27.24	00:26.31
01:03.01	01:04.53	01:05.13	01:05.73	01:07.03	01:11.00	01:15.78	100m Free	01:17.47	01:10.99	01:06.32	01:02.40	01:00.84	00:58.31	00:56.75
02:17.70	02:21.06	02:23.43	02:24.22	02:27.62	02:35.18	02:46.42	200m Free	02:51.00	02:35.56	02:25.05	02:18.58	02:16.85	02:11.44	02:07.10
04:56.79	05:06.38	05:08.88	05:11.38	05:23.65	05:38.64	05:59.65	400m Free	05:54.31	05:36.02	05:17.84	04:57.47	04:54.48	04:42.88	04:36.26
10:17.04	10:32.76	10:37.76	10:46.70	11:06.64	11:49.92		800m Free							
							1500m Free		22:15.67	21:03.42	19:42.43	19:13.44	18:44.45	18:18.15
00:34.90	00:34.90	00:34.90					50m Back					00:32.77	00:32.77	00:32.77
01:12.52	01:14.75	01:15.93	01:16.79	01:17.63	01:21.38	01:26.23	100m Back	01:28.96	01:24.14	01:19.34	01:14.67	01:13.17	01:11.70	01:08.64
02:38.62	02:43.69	02:44.84	02:46.96	02:48.61	02:55.69	03:06.44	200m Back	03:07.27	03:01.62	02:50.87	02:47.61	02:42.22	02:36.84	02:31.82
00:39.54	00:39.54	00:39.54					50m Breast						00:37.25	00:37.25
01:22.09	01:23.95	01:25.50	01:28.14	01:30.91	01:33.02	01:39.60	100m Breast	01:43.21	01:36.00	01:30.98	01:26.98	01:21.37	01:20.00	01:17.07
03:00.81	03:05.48	03:07.81	03:12.13	03:14.17	03:23.04	03:34.58	200m Breast	03:37.11	03:28.15	03:20.35	03:05.74	02:57.65	02:56.93	02:50.89
00:32.32	00:32.32	00:32.32					50m Butterfly					00:30.05	00:30.05	00:30.05
01:11.35	01:14.30	01:17.79	01:18.78	01:19.76	01:25.47	01:37.24	100m Butterfly	01:40.15	01:19.54	01:18.46	01:17.37	01:12.85	01:09.24	01:05.49
02:49.00	02:55.27	02:58.15	03:01.04	03:04.04	03:07.37		200m Butterfly		03:05.59	02:57.82	02:51.05	02:45.55	02:40.06	02:33.02
							100m IM							
02:37.70	02:42.86	02:44.05	02:46.85	02:49.04	02:55.86	03:06.96	200m IM	03:11.62	02:56.47	02:49.11	02:39.74	02:33.35	02:30.68	02:25.14
05:38.29	05:45.72	05:48.10	05:55.10	06:03.41	06:11.72		400m IM		06:12.93	05:58.22	05:43.19	05:22.70	05:17.35	05:10.28



**Ulster Long Course Championships
Consideration Times 2018-2019 (Short Course)**

Female								Male						
17&over	16yrs	15yrs	14yrs	13yrs	12yrs	11yrs		11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17&over
00:29.06	00:29.33	00:30.11	00:30.60	00:32.49	00:33.30		50m Free		00:33.49	00:31.99	00:30.49	00:28.99	00:27.78	00:26.84
01:04.27	01:05.82	01:06.43	01:07.04	01:08.37	01:12.42	01:17.30	100m Free	01:19.02	01:12.41	01:07.65	01:03.65	01:02.06	00:59.48	00:57.88
02:20.45	02:23.88	02:26.30	02:27.11	02:30.57	02:38.29	02:49.74	200m Free	02:54.42	02:38.67	02:27.95	02:21.35	02:19.59	02:14.07	02:09.64
05:02.73	05:12.51	05:15.06	05:17.61	05:30.13	05:45.41	06:06.84	400m Free	06:01.40	05:42.74	05:24.20	05:03.42	05:00.37	04:48.54	04:41.79
10:29.38	10:45.42	10:50.51	10:59.63	11:19.97	12:04.12		800m Free							
							1500m Free		22:42.38	21:28.69	20:06.08	19:36.51	19:06.94	18:40.11
00:35.60	00:35.60	00:35.60					50m Back					00:33.43	00:33.43	00:33.43
01:13.97	01:16.25	01:17.45	01:18.32	01:19.18	01:23.01	01:27.95	100m Back	01:30.74	01:25.82	01:20.93	01:16.16	01:14.63	01:13.13	01:10.01
02:41.79	02:46.96	02:48.14	02:50.30	02:51.98	02:59.21	03:10.17	200m Back	03:11.01	03:05.25	02:54.29	02:50.96	02:45.47	02:39.98	02:34.85
00:40.33	00:40.33	00:40.33					50m Breast					00:38.00	00:38.00	00:38.00
01:23.74	01:25.63	01:27.22	01:29.90	01:32.73	01:34.88	01:41.59	100m Breast	01:45.27	01:37.92	01:32.80	01:28.72	01:23.00	01:21.60	01:18.61
03:04.43	03:09.19	03:11.56	03:15.97	03:18.06	03:27.10	03:38.88	200m Breast	03:41.46	03:32.32	03:24.36	03:09.45	03:01.21	03:00.47	02:54.31
00:32.97	00:32.97	00:32.97					50m Butterfly					00:30.65	00:30.65	00:30.65
01:12.78	01:15.79	01:19.35	01:20.35	01:21.36	01:27.18	01:39.19	100m Butterfly	01:42.15	01:21.13	01:20.02	01:18.92	01:14.31	01:10.62	01:06.80
02:52.38	02:58.78	03:01.72	03:04.66	03:07.72	03:11.12		200m Butterfly		03:09.30	03:01.38	02:54.47	02:48.87	02:43.26	02:36.08
							100m IM							
02:40.85	02:46.12	02:47.33	02:50.19	02:52.42	02:59.38	03:10.70	200m IM	03:15.46	03:00.00	02:52.49	02:42.93	02:36.42	02:33.69	02:28.04
05:45.05	05:52.63	05:55.06	06:02.20	06:10.68	06:19.15		400m IM		06:20.39	06:05.38	05:50.05	05:29.15	05:23.70	05:16.48



**Ulster Long Course Championships
Qualifying Times 2018-2019 (Long Course)**

Female								Male						
17&over	16yrs	15yrs	14yrs	13yrs	12yrs	11yrs		11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17&over
00:29.06	00:29.33	00:30.11	00:30.60	00:32.49	00:33.30		50m Free		00:33.49	00:31.99	00:30.49	00:28.99	00:27.78	00:26.84
01:04.27	01:05.82	01:06.43	01:07.04	01:08.37	01:12.42	01:17.30	100m Free	01:19.02	01:12.41	01:07.65	01:03.65	01:02.06	00:59.48	00:57.88
02:20.45	02:23.88	02:26.30	02:27.11	02:30.57	02:38.29	02:49.74	200m Free	02:54.42	02:38.67	02:27.95	02:21.35	02:19.59	02:14.07	02:09.64
05:02.73	05:12.51	05:15.06	05:17.61	05:30.13	05:45.41	06:06.84	400m Free	06:01.40	05:42.74	05:24.20	05:03.42	05:00.37	04:48.54	04:41.79
10:29.38	10:45.42	10:50.51	10:59.63	11:19.97	12:04.12		800m Free							
							1500m Free		22:42.38	21:28.69	20:06.08	19:36.51	19:06.94	18:40.11
00:35.60	00:35.60	00:35.60					50m Back					00:33.43	00:33.43	00:33.43
01:13.97	01:16.25	01:17.45	01:18.32	01:19.18	01:23.01	01:27.95	100m Back	01:30.74	01:25.82	01:20.93	01:16.16	01:14.63	01:13.13	01:10.01
02:41.79	02:46.96	02:48.14	02:50.30	02:51.98	02:59.21	03:10.17	200m Back	03:11.01	03:05.25	02:54.29	02:50.96	02:45.47	02:39.98	02:34.85
00:40.33	00:40.33	00:40.33					50m Breast					00:38.00	00:38.00	00:38.00
01:23.74	01:25.63	01:27.22	01:29.90	01:32.73	01:34.88	01:41.59	100m Breast	01:45.27	01:37.92	01:32.80	01:28.72	01:23.00	01:21.60	01:18.61
03:04.43	03:09.19	03:11.56	03:15.97	03:18.06	03:27.10	03:38.88	200m Breast	03:41.46	03:32.32	03:24.36	03:09.45	03:01.21	03:00.47	02:54.31
00:32.97	00:32.97	00:32.97					50m Butterfly					00:30.65	00:30.65	00:30.65
01:12.78	01:15.79	01:19.35	01:20.35	01:21.36	01:27.18	01:39.19	100m Butterfly	01:42.15	01:21.13	01:20.02	01:18.92	01:14.31	01:10.62	01:06.80
02:52.38	02:58.78	03:01.72	03:04.66	03:07.72	03:11.12		200m Butterfly		03:09.30	03:01.38	02:54.47	02:48.87	02:43.26	02:36.08
							100m IM							
02:40.85	02:46.12	02:47.33	02:50.19	02:52.42	02:59.38	03:10.70	200m IM	03:15.46	03:00.00	02:52.49	02:42.93	02:36.42	02:33.69	02:28.04
05:45.05	05:52.63	05:55.06	06:02.20	06:10.68	06:19.15		400m IM		06:20.39	06:05.38	05:50.05	05:29.15	05:23.70	05:16.48



**Ulster Long Course Championships
Consideration Times 2018-2019 (Long Course)**

Female								Male						
17&over	16yrs	15yrs	14yrs	13yrs	12yrs	11yrs		11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17&over
00:29.64	00:29.91	00:30.71	00:31.21	00:33.14	00:33.97		50m Free		00:34.16	00:32.63	00:31.10	00:29.57	00:28.34	00:27.37
01:05.55	01:07.14	01:07.76	01:08.38	01:09.74	01:13.87	01:18.85	100m Free	01:20.60	01:13.86	01:09.00	01:04.92	01:03.30	01:00.67	00:59.04
02:23.26	02:26.76	02:29.22	02:30.05	02:33.58	02:41.45	02:53.14	200m Free	02:57.90	02:41.84	02:30.91	02:24.17	02:22.38	02:16.75	02:12.24
05:08.78	05:18.76	05:21.36	05:23.96	05:36.73	05:52.32	06:14.18	400m Free	06:08.62	05:49.59	05:30.68	05:09.49	05:06.38	04:54.31	04:47.42
10:41.96	10:58.32	11:03.52	11:12.82	11:33.57	12:18.60		800m Free							
							1500m Free		23:09.63	21:54.46	20:30.20	20:00.04	19:29.88	19:02.51
00:36.31	00:36.31	00:36.31					50m Back					00:34.09	00:34.09	00:34.09
01:15.45	01:17.77	01:19.00	01:19.89	01:20.76	01:24.67	01:29.71	100m Back	01:32.55	01:27.54	01:22.55	01:17.69	01:16.12	01:14.60	01:11.41
02:45.02	02:50.30	02:51.50	02:53.70	02:55.42	03:02.79	03:13.97	200m Back	03:14.83	03:08.95	02:57.77	02:54.38	02:48.78	02:43.18	02:37.95
00:41.14	00:41.14	00:41.14					50m Breast					00:38.75	00:38.75	00:38.75
01:25.41	01:27.34	01:28.96	01:31.70	01:34.59	01:36.78	01:43.62	100m Breast	01:47.38	01:39.88	01:34.66	01:30.50	01:24.66	01:23.23	01:20.18
03:08.12	03:12.98	03:15.39	03:19.89	03:22.02	03:31.24	03:43.25	200m Breast	03:45.88	03:36.56	03:28.44	03:13.24	03:04.83	03:04.08	02:57.79
00:33.63	00:33.63	00:33.63					50m Butterfly					00:31.26	00:31.26	00:31.26
01:14.23	01:17.30	01:20.93	01:21.96	01:22.98	01:28.92	01:41.17	100m Butterfly	01:44.19	01:22.75	01:21.62	01:20.50	01:15.80	01:12.04	01:08.14
02:55.83	03:02.35	03:05.35	03:08.35	03:11.48	03:14.94		200m Butterfly		03:13.09	03:05.00	02:57.96	02:52.24	02:46.53	02:39.20
							100m IM							
02:44.07	02:49.44	02:50.68	02:53.59	02:55.87	03:02.96	03:14.51	200m IM	03:19.37	03:03.60	02:55.94	02:46.19	02:39.55	02:36.77	02:31.00
05:51.95	05:59.69	06:02.16	06:09.45	06:18.09	06:26.73		400m IM		06:28.00	06:12.69	05:57.05	05:35.74	05:30.17	05:22.81

