

# Isle of Man Swimming Association

## 2012

### Isle of Man Swimming Championships



	FRIDAY	SATURDAY	SUNDAY	Licence Number
<b>Weekend 1</b>	24 February 2012	25 February 2012		2NW1209
<b>Weekend 2</b>	16 March 2012	17 March 2012	18 March 2012	2NW1210
<b>Weekend 3</b>		24 March 2012	25 March 2012	2NW1211

# Isle of Man Swimming Association

## 2012

### Isle of Man Swimming Championships

This Level 2 competition is licensed by the ASA for entry into National competitions and Championships and District championships. The meet will run in accordance with the ASA Law, ASA Technical Rules and these competition rules. The competition is promoted by the Isle of Man Swimming Association - Affiliated to ASA North West Region and Lancashire Counties Swimming and Water Polo Association -

**Venue:** The National Sports Centre, Douglas, Isle of Man (25m Pool)

#### Dates and Times

	Check-in open	Check-in close	Warm-up start	Competition start	Notes
<b>Weekend 1</b>					
Friday 24 <sup>th</sup> February PM	19:00	19:30	19:30	20:00	
Saturday 25 <sup>th</sup> February PM	16:30	17:00	17:00	17:40	
<b>Weekend 2</b>					
Fri 16 <sup>th</sup> March	19.00	19.30	19.30	20.00	
Saturday 17 <sup>th</sup> March AM	10:00	10:30	10:30	11:30	
Saturday 17 <sup>th</sup> March PM	17:00	17:30	17:30	18:10	
Sunday 18 <sup>th</sup> March AM	10:00	10:30	10:30	11:30	
Sunday 18 <sup>th</sup> March PM	17:00	17:30	17:30	18:10	
<b>Weekend 3</b>					
Saturday 24 <sup>th</sup> March AM	10:00	10:30	10:30	11:30	
Saturday 24 <sup>th</sup> March PM	17:30	18:00	18:00	18:40	
Sunday 25 <sup>th</sup> March AM	10:00	10:30	10:30	11:30	
Sunday 25 <sup>th</sup> March PM	17:00	17:30	17:30	18:10	

Note: School's Relay heats will start ten minutes before Championship heats competition start time

#### Entry Criteria

- Under ASA laws competitors must have achieved entry times published at the end of this entry form.
- In the case of an entry to an event for which a swimmer has no prior time or a time outside the qualification time, the promoter, at its discretion, notwithstanding the entry time fails to meet the entry criteria, reserves the right to accept the entry and allocate a time to the swimmer.
- Schoolboy and Schoolgirl events may be entered by those in full time education at schools on the Island
- Entry times to have been achieved since 1<sup>st</sup> January 2011

#### Age Groups

- Age groups are based on the swimmers age on **25th March 2012**.
- The minimum age to enter individually is 9 years. (Primary School relay teams are age exempt but must be accompanied by a teacher)
- Swimmers may only enter events in their age group and open events

#### Submission of Entries

- Entries may be limited to ensure the championships run to time.
- All entries to be submitted **by post** to Isle of Man Swimming at the address below. No entries will be permitted after the closing time / date.
- **Entry Fees:** £4.00p for each individual event entered.  
£8.00p for each relay team entered.

**Please check your entry fees payment. Sending the incorrect amount or failing to send payment will result in your entry being returned**

# Isle of Man Swimming Association

## 2012

### Isle of Man Swimming Championships

**Payment to:** "The Isle of Man Swimming Association" (IOMSA) covering all events entered must be submitted with entry form and posted to

**Isle of Man Swimming, Burleigh Manor, Peel Road, Douglas, Isle of Man IM1 5EP**

**(If confirmation of receipt of entries is required a stamped addressed envelope must be enclosed)**

- **Entries close:** 5pm on Sunday 19<sup>th</sup> February 2012.

No late entries will be accepted under any circumstance.

- One entry form per individual competitor. Do not duplicate entries on one form.
- Non Isle of Man swimmers please submit current time alongside events you are entering

### Events

- Heats are held in the morning.
- Finals are held in the evening except for those events which are Heat Declared Winners (HDW).
- Where there are 8 or less entries to a Relay Team event, there will be **no requirement** to swim heats for that event. Instead, the event will be run as a straight final (in the evening). In such circumstances School & Club officials will be notified in good time.
- All other competitors must swim heats to progress to finals.
- All heats for 50m, 100m & 200m events to be swum as one seeded event.
- Overhead starts to be operated during competition (This may also apply to backstroke events when previous heat swimmers stay in water at the side/corner of the lane until the next heat has started.)
- Swimmers will be separated into age groups for the 50m & 100m event finals. 9 -11, 12 -13, 14 -15, 16+
- The eight fastest swimmers from all age groups will contest the Open Final.
- 200m events are open events (i.e.: any age group may enter). The fastest 8 will progress to one final.
- All events of 400m and over are Heat Declared Winners
- Points will be awarded to all individual finalists and to the top eight places in HDW championship events. Gift tokens will be awarded to the top three male and female swimmers, in each age group, over the three weekends of the Championships. 1st £30, 2nd £25 & 3rd £20.
- An Island Champion can be an Isle of Man swimmer from any age group.
- Withdrawal from a final must be notified to the Results / Timing Desk (using a withdrawal form) within 30 minutes of the end of the heats for that event. A failure to formally withdraw may result in disqualification from further participation in the Championships

### Check In

- **Individual competitors** and School/Club Relay team Representatives must register/check-in at the designated desk situated within the NSC by the above closing time. Competitors or Relay Teams not registered by closing registration time will be assumed absent and their entries withdrawn from that days events.

### Awards

- **Championship Trophies and Medals:** Can only be awarded to local competitors in individual and club relay events and trophies must remain on the Isle of Man.
- **Championship Commemorative Medals:** Are awarded to non-local competitors in the top three places, and all teams in the top three places in schools relays

### Confirmation of Entry acceptance

- School Team entries and all off-island entries will be notified by email or post of their entry acceptance as soon as possible after closing of entries.
- All accepted entries will be notified to Isle of Man Clubs as soon as possible after closing date and clubs will be asked to post details on club notice boards. Please check your entries.

### General

- No valuables should be left in the changing room during the warm up or events
- The promoter reserves the right at its discretion to alter amend delete or add to the programme of events, awards or the conditions of entry, acceptance or competition, subject to the laws and rules above mentioned.
- Contact email for organiser is [swimchamps@manx.net](mailto:swimchamps@manx.net)

# Isle of Man Swimming Association

## 2012

### Isle of Man Swimming Championships

### For Weekend 1- Mixed Women's and Men 800m and 1500m Championship

(Page 1 of 2 pages)

#### Part (A)

Surname \_\_\_\_\_ First name \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Club \_\_\_\_\_

Have you entered the IOM Championships before? Yes  No

Have any of your personal details in Part "A" changed? Yes  No

Address \_\_\_\_\_ Mobile for text messaging \_\_\_\_\_

\_\_\_\_\_ Tel No \_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

E-mail Add: \_\_\_\_\_

**AN EMAIL ADDRESS AND A MOBILE NUMBER FOR TEXT MESSAGING SHOULD BE PROVIDED IF AVAILABLE**

#### Part (B)

I enclose £ \_\_\_\_\_ for \_\_\_\_\_ events

#### Part (C)

#### Declaration

1. Under the Data Protection Acts and Regulations consent is required for the Isle of Man Swimming Association and/or Isle of Man Swimming Club and/or Island Swimming Clubs affiliated to Isle of Man Swimming Association to disclose identities and information on entrants to the organiser, public, press, local radio & other media. Please complete the details below to authorise those organisations to disclose information to the organiser and for the disclosure of any such information in the programme, results and elsewhere for whatever purpose.

2. I understand that my / my child's photograph may be taken during events or presentations by photographers registered with the organiser and those photographs may be made available for sale or distribution by the organiser to competitors, supporters or press.

3. I understand that I / [my child] compete/[s] in the events at my / [their] own risk. *[delete as applicable]*

#### Parental Permission (for entrant under 18):

I give my consent to the above and agree to my above-named child taking part in the event/s

#### Permission (for entrant over 18):

I consent to the above and apply to take part in the event/s

Signed.....Date: .....  
(To be signed by the parent or guardian of a swimmer under 18)

Signed.....Date: .....  
(Entrants over 18 at date of signing)

**IMPORTANT**  
**ISLE OF MAN CLUBS WILL BE PROVIDED WITH A LIST OF ACCEPTED ENTRIES AS SOON AS POSSIBLE AFTER THE CLOSING DATE.**  
**OVERSEAS COMPETITORS AND SCHOOL TEAM ENTRIES ARE NOTIFIED BY EMAIL/POST**  
**PLEASE CHECK YOUR ENTRIES ARE CORRECT**  
**NO LATE ENTRIES WILL BE ACCEPTED**

# Isle of Man Swimming Association

## 2012

### Isle of Man Swimming Championships

**For Weekend 1- Mixed Women's and Men 800m and 1500m Championship Entries Only**

(Page 2 of 2)

Name: .....

#### Events Entered (Part D)

##### Weekend 1 Long Distance Championship

**Friday 24<sup>th</sup> February 2012**

1 Mixed 10 and over 800m Freestyle (HDW)

**Saturday 25<sup>th</sup> February 2012**

2 Mixed 10 and over 1500m Freestyle (HDW)

Please staple the two pages of your entry form and your cheque together. Remember to write your name on the reverse side of your cheque

Number of Entries ..... X £4.00 = £..... (Payment attached)

**RE-PRINT PAGES TO MAKE A COPY OF YOUR ENTRIES**

# Isle of Man Swimming Association

## 2012

### Isle of Man Swimming Championships Individual Competitor Entry Form

#### Weekend 2 & 3

*(First of three pages)*

#### Part (A)

Surname \_\_\_\_\_ First name \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Club \_\_\_\_\_

Have you entered the IOM Championships before? Yes  No

Have any of your personal details in Part "A" changed? Yes  No

Address \_\_\_\_\_ Mobile for text messaging \_\_\_\_\_

\_\_\_\_\_ Tel No \_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

E-mail Add: \_\_\_\_\_

**AN EMAIL ADDRESS AND A MOBILE NUMBER FOR TEXT MESSAGING SHOULD BE PROVIDED IF AVAILABLE**

#### Part (B)

I enclose £ \_\_\_\_\_ for \_\_\_\_\_ events

#### Part (C)

#### Declaration

1. Under the Data Protection Acts and Regulations consent is required for the Isle of Man Swimming Association and/or Isle of Man Swimming Club and/or Island Swimming Clubs affiliated to Isle of Man Swimming Association to disclose identities and information on entrants to the organiser, public, press, local radio & other media. Please complete the details below to authorise those organisations to disclose information to the organiser and for the disclosure of any such information in the programme, results and elsewhere for whatever purpose.

2. I understand that my / my child's photograph may be taken during events or presentations by photographers registered with the organiser and those photographs may be made available for sale or distribution by the organiser to competitors, supporters or press.

3. I understand that I / [my child] compete/[s] in the events at my / [ their] own risk. *[delete as applicable]*

#### Parental Permission (for entrant under 18):

I give my consent to the above and agree to my above-named child taking part in the event/s

#### Permission (for entrant over 18):

I consent to the above and apply to take part in the event/s

Signed.....Date: .....  
(To be signed by the parent or guardian of a swimmer under 18)

Signed.....Date: .....  
(Entrants over 18 at date of signing)

**IMPORTANT**  
**ISLE OF MAN CLUBS WILL BE PROVIDED WITH A LIST OF ACCEPTED ENTRIES AS SOON AS POSSIBLE AFTER THE CLOSING DATE.**  
**OVERSEAS COMPETITORS AND SCHOOL TEAM ENTRIES ARE NOTIFIED BY EMAIL/POST**  
**PLEASE CHECK YOUR ENTRIES ARE CORRECT**  
**NO LATE ENTRIES WILL BE ACCEPTED**

# Isle of Man Swimming Association

## 2012

Isle of Man Swimming Championships

### Individual Competitor Entry Form

(Second of three) Name: .....

#### Weekend 2

##### Friday 16<sup>th</sup> March 2012

- |   |  |  |
|---|--|--|
| 3 | <b>Women 11 and over 400m IM (HDW)</b> |  |
| 4 | Men 11 and over 400m IM (HDW)          |  |

##### Saturday 17<sup>th</sup> March 2012

- |    |  |  |
|----|--|--|
| 5  | <i>Relay Event (Clubs or Schools only)</i> |  |
| 6  | Men 200 IM                                 |  |
| 7  | <b>Women 200 Butterfly</b>                 |  |
| 8  | Men 50 Breaststroke                        |  |
| 9  | <i>Relay Event (Club only)</i>             |  |
| 10 | <b>Women 100 Freestyle</b>                 |  |
| 11 | Men 200 Breaststroke                       |  |
| 12 | <b>Women 100 Backstroke</b>                |  |
| 13 | Men 50 Butterfly                           |  |
| 14 | <i>Relay Event (Clubs or Schools only)</i> |  |
| 15 | <i>Relay Event (Clubs or Schools only)</i> |  |

##### Sunday 18<sup>th</sup> March 2012

- |    |  |  |
|----|--|--|
| 16 | <i>Relay Event (Clubs or Schools only)</i> |  |
| 17 | <b>Women 200 IM</b>                        |  |
| 18 | Men 200 Butterfly                          |  |
| 19 | <b>Women 50 Breaststroke</b>               |  |
| 20 | <i>Relay Event (Club only)</i>             |  |
| 21 | Men 100 Freestyle                          |  |
| 22 | <b>Women 200 Breaststroke</b>              |  |
| 23 | Men 100 Backstroke                         |  |
| 24 | <b>Women 50 Butterfly</b>                  |  |
| 25 | <i>Relay Event (Clubs or Schools only)</i> |  |
| 26 | <i>Relay Event (Clubs or Schools only)</i> |  |

# Isle of Man Swimming Association

## 2012

Isle of Man Swimming Championships

### Individual Competitor Entry Form

(Third of three pages)

Name: .....

Events Entered (Part D) continued

#### Weekend 3

#### Saturday 24<sup>th</sup> March 2012

27	Relay Event (Clubs or Schools only)	<input type="checkbox"/>
28	Men 400 Freestyle HDW	<input type="checkbox"/>
<b>29</b>	<b>Women 200 Freestyle</b>	<input type="checkbox"/>
30	Men 50 Freestyle	<input type="checkbox"/>
<b>31</b>	<b>Women 50 Backstroke</b>	<input type="checkbox"/>
32	Men 100 Butterfly	<input type="checkbox"/>
<b>33</b>	<b>Women 100 Breaststroke</b>	<input type="checkbox"/>
34	Men 200 Backstroke	<input type="checkbox"/>
<b>35</b>	<b>Women 100m IM</b>	<input type="checkbox"/>
36	Relay Event (Clubs or Schools only)	<input type="checkbox"/>
37	Relay Event (Clubs or Schools only)	<input type="checkbox"/>

#### Sunday 25<sup>th</sup> March 2012

38	Relay Event (Clubs or Schools only)	<input type="checkbox"/>
<b>39</b>	<b>Women 400 Freestyle HDW</b>	<input type="checkbox"/>
40	Men 200 Freestyle	<input type="checkbox"/>
<b>41</b>	<b>Women 50 Freestyle</b>	<input type="checkbox"/>
42	Men 50 Backstroke	<input type="checkbox"/>
<b>43</b>	<b>Women 100 Butterfly</b>	<input type="checkbox"/>
44	Men 100 Breaststroke	<input type="checkbox"/>
<b>45</b>	<b>Women 200 Backstroke</b>	<input type="checkbox"/>
46	Men 100m IM	<input type="checkbox"/>
47	Relay Event (Clubs or Schools only)	<input type="checkbox"/>
48	Relay Event (Clubs or Schools only)	<input type="checkbox"/>
49	Relay Event (Clubs only- Cannon)	<input type="checkbox"/>

Please staple the three pages of your entry form and your cheque together. Remember to write your name on the reverse side of your cheque

Number of Entries ..... X £4.00 = £..... (Payment attached)

RE-PRINT PAGES 3, 4 & 5 TO MAKE A COPY OF YOUR ENTRIES

# Isle of Man Swimming Association

## 2012

### Isle of Man Swimming Championships

#### For Clubs & Schools Only

#### (Part 1)

Primary School events are scheduled for the first events of the day.

Name of the Club or School : .....

Name of Official/Teacher entering Team : .....

**ALL SCHOOL TEAMS MUST BE ACCOMPANIED ON POOLSIDE AT ALL TIMES BY A TEACHER OR AN ADULT  
SELECTED BY THE SCHOOL AND APPROVED BY THE ISLE OF MAN SWIMMING CLUB**

NAME AND STATUS OF ACCOMPANYING ADULT .....

Contact Address

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Post Code \_\_\_\_\_

Contact Tel No \_\_\_\_\_

Mobile for text messages:

.....

E-mail Address \_\_\_\_\_

Entry fee is £8.00p for each team.

I enclose £\_\_\_\_\_ payable 'IOMSC', entry fees  
for \_\_\_\_\_ number of events.

I understand that our swimmers compete at their  
own risk and confirm in the case of a school entry/ies  
we have arranged our own insurance cover.

Signed \_\_\_\_\_

Date \_\_\_\_\_

**AN EMAIL ADDRESS AND A MOBILE NUMBER FOR TEXT MESSAGING MUST BE PROVIDED**

**RE-PRINT PAGES TO MAKE A COPY OF YOUR CLUB OR SCHOOL ENTRIES**

# Isle of Man Swimming Association

## 2012

Isle of Man Swimming Championships

### For Clubs & Schools Only

**(Part 2)**

**Name of Club or School :** .....

How many teams do you want to enter into the following events:

Saturday 17 <sup>th</sup> March 2012		<u>Number of Teams</u>	Sunday 18 <sup>th</sup> March 2012		<u>Number of Teams</u>
<b>PS</b>	<b>Event 5 (Primary Schools only)</b>		<b>PS</b>	<b>Event 16 (Primary Schools only)</b>	
	Girls 11 & Under 100m Freestyle Schools Relay			Boys 11 & Under 100m Freestyle Schools Relay	
<b>C</b>	<b>Event 9 (Clubs only)</b>		<b>C</b>	<b>Event 20 Clubs Only</b>	
	Boys 13 & Under 200m Freestyle Relay			Girls 13 & Under 200m Freestyle Relay	
<b>SS</b>	<b>Event 14 (Secondary Schools only)</b>		<b>SS</b>	<b>Event 25 (Secondary Schools only)</b>	
	Girls 11-18 200m Freestyle Schools Relay			Boys 11-18 200m Freestyle Schools Relay	
<b>C</b>	<b>Event 15 (Clubs only)</b>		<b>C</b>	<b>Event 26 (Clubs only)</b>	
	Men 200m Medley Club team Relay			Women 200m Medley Club team Relay	
Saturday 24 <sup>th</sup> March 2012		<u>Number of Teams</u>	Sunday 25 <sup>th</sup> March 2012		<u>Number of Teams</u>
<b>PS</b>	<b>Event 27 (Primary Schools only)</b>		<b>PS</b>	<b>Event 38 (Primary School only)</b>	
	Boys 11 & Under 100m Medley Schools Relay			Girls 11 & Under 100 Medley Schools Relay	
<b>SS</b>	<b>Event 36 (Secondary Schools only)</b>		<b>C</b>	<b>Event 47 (Clubs only)</b>	
	Boys 11-18 200m Medley School Relay			Men 200m Freestyle Club Team Relay	
<b>C</b>	<b>Event 37 (Clubs only)</b>		<b>SS</b>	<b>Event 48 (Secondary Schools only)</b>	
	Women 200m Freestyle Club Relay			Girls 11-18 200 Medley Schools Relay	
			<b>C</b>	<b>Event 49 Cannon Relay</b>	
				400m Mixed Freestyle	

**Number of Entries** ..... X £8.00 = £..... **(Payment attached)**

Please staple the two pages of your entry form and your cheque together. Remember to write your club/school name on the reverse side of your cheque

Where there are 8 or less entries to a Relay event, there will be no requirement to swim heats for that event. Instead, the event will be run as a straight final (in the evening). In such circumstances School and Club Officials will be notified. In the event of a late withdrawal we may need to text you notifying a change of programme. Please ensure we have a mobile number we can text.

If you decide you will not be swimming an event after entries close, please notify the organisers as soon as possible so they can re-seed heats.

# Isle of Man Swimming Association

## 2012

### Isle of Man Swimming Championships

#### QUALIFYING TIMES For Level 2

BOYS											
EVENT		9	10	11	12	13	14	15	16	17	OPEN
50m	Freestyle	42.1	39.3	37.2	35.1	33.1	31.3	29.9	29	28.4	27.4
100m	Freestyle			01:20.6	01:15.7	01:11.1	01:07.3	01:04.6	01:02.6	01:01.4	01:00.2
200m	Freestyle	03:22.8	03:06.0	02:54.8	02:44.7	02:35.0	02:26.6	02:20.8	02:16.3	02:13.8	02:12.9
400m	Freestyle	07:20.6	06:31.8	06:06.0	05:46.0	05:26.8	05:10.4	04:57.5	04:48.7	04:42.5	04:42.5
800m	Freestyle	15:23.9	13:54.6	12:55.2	12:06.4	11:23.5	10:49.4	10:23.8	10:05.0	09:52.4	09:52.4
1500m	Freestyle	29:13.5	26:50.1	24:40.7	22:48.6	21:33.8	20:30.4	19:43.1	19:06.6	18:45.1	18:44.3
50m	Breaststroke	55.1	51.3	48	45.1	41.9	39.6	37.7	36.4	35.7	34.4
100m	Breaststroke			01:43.4	01:36.9	01:30.1	01:25.1	01:21.0	01:18.4	01:16.7	01:15.0
200m	Breaststroke	04:17.8	03:59.0	03:42.4	03:29.2	03:15.3	03:03.9	02:55.8	02:50.7	02:46.3	02:42.3
50m	Butterfly	47.4	43.8	41	38.8	36.4	34.3	32.5	31.5	30.7	29.6
100m	Butterfly			01:30.4	01:24.6	01:19.1	01:14.4	01:10.7	01:08.8	01:07.0	01:05.1
200m	Butterfly	04:08.3	03:37.3	03:18.2	03:06.6	02:54.7	02:44.7	02:35.5	02:31.7	02:26.9	02:24.4
50m	Backstroke	48.6	45.1	42.5	40.3	37.6	35.8	33.9	32.6	32.1	30.4
100m	Backstroke			01:30.5	01:25.2	01:19.7	01:15.0	01:11.5	01:09.3	01:07.6	01:05.4
200m	Backstroke	03:43.8	03:26.7	03:13.3	03:02.6	02:51.1	02:41.4	02:34.3	02:29.8	02:27.0	02:22.9
200m	Individual Medley	03:49.7	03:32.2	03:17.6	03:06.8	02:55.8	02:45.3	02:38.2	02:33.7	02:30.5	02:27.6
400m	Individual Medley	08:15.6	07:35.6	06:59.7	06:34.3	06:12.0	05:50.3	05:34.6	05:25.4	05:18.7	05:14.9
100m	Individual Medley	01:47.4	01:39.6	01:33.9	01:28.7	01:23.1	01:18.1	01:14.7	01:11.8	01:10.3	01:07.7
GIRLS											
EVENT		9	10	11	12	13	14	15	16	17	OPEN
50m	Freestyle	42.6	39.9	37.7	35.7	34.3	33.3	32.5	32	31.9	30.5
100m	Freestyle		0.001014	01:21.3	01:16.6	01:13.5	01:11.3	01:09.9	01:08.7	01:08.4	01:07.1
200m	Freestyle	03:24.5	03:06.8	02:55.4	02:44.9	02:38.0	02:33.5	02:30.2	02:28.0	02:26.4	02:26.1
400m	Freestyle	07:25.4	06:35.7	06:04.9	05:43.7	05:29.8	05:20.8	05:13.8	05:10.2	05:07.2	05:07.2
800m	Freestyle	15:17.5	14:05.0	12:34.3	11:50.8	11:17.3	10:57.8	10:46.5	10:37.8	10:34.5	10:29.5
1500m	Freestyle	29:30.3	27:10.4	24:15.5	22:51.6	21:46.8	21:23.8	20:52.5	20:30.7	20:24.2	20:14.7
50m	Breaststroke	55.9	51.7	48.3	45.4	43.2	41.8	40.8	40.3	40	38.5
100m	Breaststroke		0.001302	01:43.5	01:37.3	01:32.3	01:28.7	01:27.1	01:26.2	01:24.9	01:23.2
200m	Breaststroke	04:20.0	03:59.5	03:42.1	03:28.8	03:18.2	03:11.5	03:07.9	03:05.8	03:04.1	02:58.7
50m	Butterfly	47.9	43.9	41.3	39.1	37.3	36.1	35.2	34.7	34.6	32.7
100m	Butterfly		0.001149	01:30.9	01:24.9	01:21.2	01:18.3	01:16.9	01:15.8	01:14.9	01:12.2
200m	Butterfly	04:11.0	03:40.0	03:20.2	03:06.4	02:57.3	02:51.0	02:46.9	02:44.8	02:42.8	02:39.0
50m	Backstroke	48.9	45.3	42.7	40.5	38.7	37.5	36.8	36.1	35.8	34.4
100m	Backstroke		0.00114	01:31.0	01:25.3	01:21.4	01:19.0	01:17.1	01:16.1	01:15.6	01:13.6
200m	Backstroke	03:46.2	03:28.7	03:12.5	03:01.7	02:54.3	02:49.2	02:44.8	02:42.4	02:40.6	02:38.3
200m	Individual Medley	03:51.6	03:32.7	03:17.9	03:06.3	02:58.8	02:53.1	02:49.5	02:47.2	02:45.7	02:44.2
400m	Individual Medley	08:12.3	07:35.3	06:57.3	06:32.0	06:14.4	06:03.1	05:55.8	05:50.5	05:48.2	05:44.5
100m	Individual Medley	01:48.8	01:38.5	01:34.2	01:29.1	01:24.9	01:22.6	01:20.9	01:19.4	01:18.9	01:16.5