

# Isle of Man Swimming Association

**SWAGELOK**

**2009 Isle of Man Swimming Championships**



**Weekend 1 – Friday 27<sup>th</sup> Saturday 28<sup>th</sup> February 2009**

(Licence No 2NW9129)

**Weekend 2 - Friday 27<sup>th</sup> Sunday 29<sup>th</sup> March 2009**

(Licence No 2NW9130)

**Weekend 3 – Saturday 4<sup>th</sup> Sunday 5<sup>th</sup> April 2009**

(Licence No 2NW9131)

## 2009 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 27 <sup>th</sup> February PM   | 18:15         | 18:45          | 19:00         | 19:30             |       |
| Saturday 28 <sup>th</sup> February PM | 16:30         | 17:00          | 17:00         | 17:40             |       |
| <b>Weekend 2</b>                      |               |                |               |                   |       |
| Fri 27 <sup>th</sup> March            | 18.15         | 18.45          | 19.00         | 19.40             |       |
| Saturday 28 <sup>th</sup> March AM    | 10:00         | 10:30          | 10:30         | 11:30             |       |
| Saturday 28 <sup>th</sup> March PM    | 17:00         | 17:30          | 17:30         | 18:10             |       |
| Sunday 29 <sup>th</sup> March AM      | 10:00         | 10:30          | 10:30         | 11:30             |       |
| Sunday 29 <sup>th</sup> March PM      | 17:00         | 17:30          | 17:30         | 18:10             |       |
| <b>Weekend 3</b>                      |               |                |               |                   |       |
| Saturday 4 <sup>th</sup> April AM     | 08:00         | 08:30          | 08:30         | 09:30             |       |
| Saturday 4 <sup>th</sup> April PM     | 17:30         | 18:00          | 18:00         | 18:40             |       |
| Sunday 5 <sup>th</sup> April AM       | 10:00         | 10:30          | 10:30         | 11:30             |       |
| Sunday 5 <sup>th</sup> April PM       | 17:00         | 17:30          | 17:30         | 18:10             |       |

Note: School & 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 2008

### Age Groups

- Age groups are based on the swimmers age on **5<sup>th</sup> April 2009**.
- The minimum age to enter individually is 9 years. (Primary School relay teams are age exempt but must be accompanied by teacher)
- Swimmers may only enter events in their age group and open events

# Isle of Man Swimming Association

SWAGELOK

2009 Isle of Man Swimming Championships

## 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 hand delivered entries will be accepted in any circumstances.**
  - 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**
- **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, c/o IOMSA Secretary, 1 Maple Close, Birch Hill, Onchan, IM3 3JS. (If confirmation of receipt of entries is required a stamped addressed envelope must be enclosed)**
  - **Entries close: 5pm on Friday 8th February 2009.** 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+ 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.

# Isle of Man Swimming Association

**SWAGELOK**

**2009 Isle of Man Swimming Championships**

- Contact email for organiser is [swimchamps@manx.net](mailto:swimchamps@manx.net)

# Isle of Man Swimming Association

**SWAGELOK**  
2009 Isle of Man Swimming Championships

## For Individual Entries only

*(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

**SWAGELOK**  
2009 Isle of Man Swimming Championships

## Individual Competitor Entry Form (Second of three pages)

Name: .....

### Events Entered (Part D)

#### Weekend 1

##### Friday 27<sup>th</sup> February 2009

- 1 Mixed 10 and over 1500m Freestyle

##### Saturday 28<sup>th</sup> February 2009

##### Evening Session

- 2 Girls Open 100m IM heats  
 3 Boys Open 100m IM heats  
 4 Girls 11 and over 400m IM  
 5 Boys 11 and over 400m IM  
 6 Girls Open 100m IM Finals  
 7 Boys Open 100m IM Finals

#### Weekend 2

##### Friday 27<sup>th</sup> March 2009

- 8 Mixed 10 and over 800m Freestyle

##### Saturday 28<sup>th</sup> March 2009

- 9 *Relay Event (Clubs or Schools only)*  
 10 Men 200 IM  
 11 Women 200 Butterfly  
 12 Men 50 Breaststroke  
 13 *Relay Event (Club only)*  
 14 Women 100 Freestyle  
 15 Men 200 Breaststroke  
 16 Women 100 Backstroke  
 17 Men 50 Butterfly  
 18 *Relay Event (Clubs or Schools only)*  
 19 *Relay Event (Clubs or Schools only)*

##### Sunday 29<sup>th</sup> March 2009

- 20 *Relay Event (Clubs or Schools only)*  
 21 Women 200 IM  
 22 Men 200 Butterfly  
 23 Women 50 Breaststroke  
 24 *Relay Event (Clubs only)*  
 25 Men 100 Freestyle  
 26 Women 200 Breaststroke  
 27 Men 100 Backstroke  
 28 Women 50 Butterfly  
 29 *Relay Event (Clubs or Schools only)*  
 30 *Relay Event (Clubs or Schools only)*

# Isle of Man Swimming Association

**SWAGELOK**

**2009 Isle of Man Swimming Championships**

## Individual Competitor Entry Form

*(Third of three pages)*

Name: .....

### Events Entered (Part D) continued

#### Weekend 3

##### **Saturday 4<sup>th</sup> April 2009**

- 29 *Relay Event (Clubs or Schools only)*
- 30 Men 400 Freestyle HDW
- 31 Women 200 Freestyle
- 32 Men 50 Freestyle
- 33 Women 50 Backstroke
- 34 Men 100 Butterfly
- 35 Women 100 Breaststroke
- 36 Men 200 Backstroke
- 37 *Relay Event (Clubs or Schools only)*
- 38 *Relay Event (Clubs or Schools only)*

##### **Sunday 5<sup>th</sup> April 2009**

- 39 *Relay Event (Clubs or Schools only)*
- 40 Women 400 Freestyle (HDW)
- 41 Men 200 Freestyle
- 42 Women 50 Freestyle
- 43 Men 50 Backstroke
- 44 Women 100 Butterfly
- 45 Men 100 Breaststroke
- 46 Women 200 Backstroke
- 47 *Relay Event (Clubs or Schools only)*
- 48 *Relay Event (Clubs or Schools only)*
- 49 *Relay Event (Club only) - Cannon*

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

**SWAGELOK**  
**2009 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 : 0 ..

Name of Official/Teacher entering Team : 0 .

**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:  
entry/ies

0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 ..

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

Entry fee is £8.00p for each team.

I enclose £\_\_\_\_\_ payable to OMSC entry fees  
for \_\_\_\_\_ number of events.

I understand that our swimmers compete at their  
own risk and confirm in the case of a school

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 6 & 7 TO MAKE A COPY OF YOUR CLUB OR SCHOOL ENTRIES**

# Isle of Man Swimming Association

**SWAGELOK**

**2009 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:

| <b>Saturday 28<sup>th</sup> March 2009</b> |   | <b>Number of Teams</b> | <b>Sunday 29<sup>th</sup> March 2009</b> |  | <b>Number of Teams</b> |
|--|---|------------------------|--|--|------------------------|
| <b>PS</b>                                  | Event 9 (Primary Schools only)                |                        | <b>PS</b>                                | Event 19 (Primary Schools only)              |                        |
|  | Girls 11 & Under 100m Freestyle Schools Relay |                        |  | Boys 11 & Under 100m Freestyle Schools Relay |                        |
| <b>C</b>                                   | Event 13 (Clubs only)                         |                        |  | Event 24 Clubs Only                          |                        |
|  | Boys 13 & Under 200m Freestyle Relay          |                        |  | Girls 13 & Under 200m Freestyle Relay        |                        |
| <b>SS</b>                                  | Event 17 (Secondary Schools only)             |                        | <b>C</b>                                 | Event 27 (Clubs only)                        |                        |
|  | Girls 11-18 200m Freestyle Schools Relay      |                        |  | Women 200m Medley Club team Relay            |                        |
| <b>C</b>                                   | Event 18 (Clubs only)                         |                        | <b>SS</b>                                | Event 28 (Secondary Schools only)            |                        |
|  | Men 200m Medley Club team Relay               |                        |  | Boys 11-18 200m Freestyle Schools Relay      |                        |
| <b>Saturday 4<sup>th</sup> April 2009</b>  |   | <b>Number of Teams</b> | <b>Sunday 5<sup>th</sup> April 2009</b>  |  | <b>Number of Teams</b> |
| <b>PS</b>                                  | Event 29 (Primary Schools only)               |                        | <b>PS</b>                                | Event 39 (Primary School only)               |                        |
|  | Boys 11 & Under 100m Medley Schools Relay     |                        |  | Girls 11 & Under 100 Medley Schools Relay    |                        |
| <b>SS</b>                                  | Event 37 (Secondary Schools only)             |                        | <b>C</b>                                 | Event 47 (Clubs only)                        |                        |
|  | Boys 11-18 200m Medley School Relay           |                        |  | Men 200m Freestyle Club Team Relay           |                        |
| <b>C</b>                                   | Event 38 (Clubs only)                         |                        | <b>SS</b>                                | Event 48 (Secondary Schools only)            |                        |
|  | Women 200m Freestyle Club Relay               |                        |  | Girls 11-18 200 Medley Schools Relay         |                        |
|  |   |                        | <b>C</b>                                 | Event 49 Cannon Relay 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

## SWAGELOK

### 2009 Isle of Man Swimming Championships

#### QUALIFYING TIMES

| Men                    | Lower Qualifying Times |         |         |         |
|------------------------|------------------------|---------|---------|---------|
|                        | 11and Under            | 12/13   | 14/15   | 16+     |
| 50m Freestyle          | 42.11                  | 35.06   | 31.29   | 28.96   |
| 100m Freestyle         | 1:34.80                | 1:15.66 | 1:07.29 | 1:02.60 |
| 200m Freestyle         | 3:22.77                | 2:44.70 | 2:26.60 | 2:16.26 |
| 400m Freestyle         | 7:20.55                | 5:46.03 | 5:10.40 | 4:48.68 |
| 800m Freestyle         | 15:23.9                | 12:06.4 | 10:49.4 | 10:05.0 |
| 1500m Freestyle        | 29:13.5                | 22:48.6 | 20:30.4 | 19:06.6 |
| 50m Breaststroke       | 55.13                  | 45.07   | 39.63   | 36.4    |
| 100m Breaststroke      | 2:03.54                | 1:36.89 | 1:25.06 | 1:18.38 |
| 200m Breaststroke      | 4:17.83                | 3:29.17 | 3:03.92 | 2:50.74 |
| 50m Butterfly          | 47.42                  | 38.82   | 34.29   | 31.54   |
| 100m Butterfly         | 1:53.83                | 1:24.64 | 1:14.37 | 1:08.75 |
| 200m Butterfly         | 4:08.28                | 3:06.64 | 2:44.72 | 2:31.65 |
| 50m Backstroke         | 48.58                  | 40.27   | 35.76   | 32.62   |
| 100m Backstroke        | 1:46.67                | 1:25.21 | 1:15.04 | 1:09.33 |
| 200m Backstroke        | 3:43.83                | 3:02.63 | 2:41.38 | 2:29.79 |
| 100m Individual Medley | 1:47.40                | 1:28.70 | 1:18.10 | 1:11.80 |
| 200m Individual Medley | 3:49.74                | 3:06.75 | 2:45.35 | 2:33.68 |
| 400m Individual Medley | 8:15.65                | 6:34.25 | 5:50.31 | 5:25.44 |

| Upper Qualifying Times |         |         |         |
|------------------------|---------|---------|---------|
| 11and Under            | 12/13   | 14/15   | 16+     |
| 30.83                  | 27.71   | 25.75   | 23.98   |
| 1:06.56                | 59.18   | 55.58   | 52.79   |
| 2:24.03                | 2:08.67 | 2:00.83 | 1:56.48 |
| 5:00.38                | 4:30.87 | 4:15.18 | 4:07.63 |
| 10:37.7                | 09:26.3 | 08:54.8 | 08:39.3 |
| 20:18.8                | 17:51.6 | 16:54.5 | 16:25.6 |
| 40.03                  | 35.12   | 32.57   | 30.19   |
| 1:26.04                | 1:15.28 | 1:09.78 | 1:05.72 |
| 3:04.72                | 2:43.23 | 2:31.46 | 2:22.23 |
| 34.1                   | 30.52   | 28.06   | 25.9    |
| 1:15.38                | 1:06.20 | 1:00.94 | 57.06   |
| 2:44.72                | 2:26.28 | 2:13.81 | 2:06.60 |
| 35.46                  | 31.6    | 29.37   | 26.67   |
| 1:15.31                | 1:06.74 | 1:01.70 | 57.37   |
| 2:40.14                | 2:22.87 | 2:12.82 | 2:05.24 |
| 1:18.22                | 1:09.75 | 1:04.55 | 59.37   |
| 2:43.43                | 2:26.58 | 2:16.08 | 2:09.42 |
| 5:46.58                | 5:09.61 | 4:47.48 | 4:36.04 |

| Women                  | Lower Qualifying Times |         |         |         |
|------------------------|------------------------|---------|---------|---------|
|                        | 11and Under            | 12/13   | 14/15   | 16+     |
| 50m Freestyle          | 42.57                  | 35.72   | 33.26   | 32.04   |
| 100m Freestyle         | 1:35.91                | 1:16.58 | 1:11.32 | 1:08.71 |
| 200m Freestyle         | 3:24.51                | 2:44.93 | 2:33.49 | 2:27.99 |
| 400m Freestyle         | 7:25.44                | 5:43.73 | 5:20.76 | 5:10.22 |
| 800m Freestyle         | 15:17.5                | 11:50.8 | 10:57.8 | 10:37.8 |
| 1500m Freestyle        | 29:30.3                | 22:51.6 | 21:23.9 | 20:30.7 |
| 50m Breaststroke       | 55.93                  | 45.36   | 41.81   | 40.27   |
| 100m Breaststroke      | 2:04.02                | 1:37.33 | 1:28.66 | 1:26.16 |
| 200m Breaststroke      | 4:19.96                | 3:28.75 | 3:11.51 | 3:05.79 |
| 50m Butterfly          | 47.94                  | 39.06   | 36.11   | 34.74   |
| 100m Butterfly         | 1:54.86                | 1:24.94 | 1:18.25 | 1:15.81 |
| 200m Butterfly         | 4:11.03                | 3:06.40 | 2:51.02 | 2:44.83 |
| 50m Backstroke         | 48.92                  | 40.46   | 37.46   | 36.15   |
| 100m Backstroke        | 1:48.64                | 1:25.34 | 1:18.99 | 1:16.14 |
| 200m Backstroke        | 3:46.19                | 3:01.70 | 2:49.18 | 2:42.36 |
| 100m Individual Medley | 1:48.81                | 1:29.08 | 1:22.63 | 1:19.40 |
| 200m Individual Medley | 3:51.62                | 3:06.32 | 2:53.14 | 2:47.23 |
| 400m Individual Medley | 8:12.25                | 6:32.02 | 6:03.11 | 5:50.48 |

| Upper Qualifying Times |         |         |         |
|------------------------|---------|---------|---------|
| 11and Under            | 12/13   | 14/15   | 16+     |
| 31.27                  | 29.04   | 28.08   | 26.49   |
| 1:07.18                | 1:02.05 | 1:00.22 | 58.31   |
| 2:24.48                | 2:12.93 | 2:09.03 | 2:06.87 |
| 5:00.09                | 4:37.18 | 4:29.28 | 4:26.83 |
| 10:21.1                | 9:29.53 | 9:15.25 | 9:06.79 |
| 19:58.5                | 18:18.9 | 17:57.0 | 17:35.1 |
| 40.13                  | 36.65   | 35.2    | 33.45   |
| 1:25.92                | 1:18.09 | 1:15.07 | 1:12.23 |
| 3:04.37                | 2:47.52 | 2:42.09 | 2:35.20 |
| 34.46                  | 31.73   | 30.45   | 28.42   |
| 1:15.65                | 1:08.84 | 1:06.40 | 1:02.75 |
| 2:46.46                | 2:30.16 | 2:23.90 | 2:18.08 |
| 35.47                  | 32.83   | 31.78   | 29.83   |
| 1:15.42                | 1:08.84 | 1:06.44 | 1:03.96 |
| 2:39.14                | 2:27.25 | 2:22.01 | 2:17.51 |
| 1:18.05                | 1:11.74 | 1:09.83 | 1:06.46 |
| 2:43.22                | 2:30.65 | 2:25.79 | 2:22.60 |
| 5:44.32                | 5:15.30 | 5:05.96 | 4:59.26 |