



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd



WELSH CAPITAL OPEN MEET 2015

-SHORT COURSE-



Licence Number: 2WL2151588

(Under FINA Technical Rules & Swim Wales Laws)

Friday 6th – Saturday 7th - Sunday 8th November 2015

(All Session Times to be confirmed)

Cardiff International Pool

(Short Course Level 2 Meet)

Event Information and Entry Forms





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CITY OF CARDIFF SWIMMING CLUB

WELSH CAPITAL OPEN MEET 2015

LICENCE NUMBER 2WL2151588
(Under FINA Technical Rules and Swim Wales Laws)

Friday 6th - Saturday 7th - Sunday 8th November 2015

This is a Level 2 Licensed SHORT COURSE Meet enabling qualification to Swim Wales SC Championships 2015

Only electronic entries will be accepted for this meet

VENUE	Cardiff International Pool, Olympian Drive, Cardiff, CF11 0JS		
POOL	10 Lane – 25m pool – electronic timing – with anti turbulence lane ropes		
AGE GROUPS	Male	9/10 yrs,	11/12yrs, 13/14yrs, 15/16yrs, 17 & Over
	Female	9/10/11yrs,	12/13yrs, 14/15yrs, 16 & Over
	<u>Minimum age for entry is 9 years</u>		
AGE AT DATE	08 NOVEMBER 2015		

EVENTS - all HDW

50m	Backstroke Breaststroke Butterfly Freestyle	- All Age Groups
100m	Backstroke Breaststroke Butterfly Freestyle	- All Age Groups
200m	Backstroke Breaststroke Butterfly Freestyle	- All Age Groups
400m	Freestyle	- All Age Groups
200m	Individual Medley	- All Age Groups
400m	Individual Medley	- male - 11/12, 13/14, 15/16, 17yrs & Over - female- 11, 12/13, 14/15, 16yrs & Over
800m	Freestyle	- female- 11, 12/13, 14/15, 16yrs & Over
1500m	Freestyle	- male - 11/12, 13/14, 15/16, 17yrs & Over

SWIM WALES "MISSION STATEMENT"

"Every Swimmer must have the opportunity to swim in appropriate, quality competition to enable them to meet their true potential in line with Long Term Athlete Development."



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PROMOTER'S CONDITIONS

AWARDS

Awards will be given to the first 3 places in each age category.

Additional awards will be made to the Best Male, Best Female and Visiting Club.

Prize money, (which will be sent to respective clubs after the Meet via BACS payment) will be awarded to the top three Male & top three Female individual swim (based on FINA points). 1st £75, 2nd £50 3rd £25.

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 and Consideration times will be applied to all events. All entry times must be faster than the CT. Entry Times outside these limits, and entries with 'No Time' submitted will be rejected.

Entry Times must have been obtained at a licensed meet, and random checks will be made against the ASA Online Rankings Data Base. City of Cardiff Swimming Club may request validation of any stated entry time.

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

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

Clubs are requested to send all entries at the same time with one payment to cover all swimmers and coach passes.

Only Clubs may pay by BACS transfer, which is our preferred method of receiving payment. Payment from individual entries to be via cheques, made payable to City of Cardiff Swimming Club

The electronic event entry file can be obtained from the CCSC Home Meets page on our website:

www.cardiffswimming.co.uk

Electronic entries/enquires should be e-mailed to

home.meets@cardiffswimming.co.uk

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



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There will be no Time Trials or Exhibition Swims permitted at this event and there will be no entries on the day.

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

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-tekltd.com/downloads.html>.

Instructions for Team Manager Lite can be downloaded from the Welsh Capital Open Meet page of the City of Cardiff Swimming Club Website.

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
- Received without the relevant fee
- Outside the consideration entry times
- Improved entries
- Received after the closing date of **9th OCTOBER 2015 at 20:00**

**NO LATE ENTRIES WILL BE ACCEPTED
AND THERE WILL BE NO ENTRIES ON THE DAY**

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 after the closing date of 9th October 2015 other than on medical grounds. A medical note must be provided on or before 30 November 2015.

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

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

City of Cardiff Swimming Club reserve the right to move events (as a last resort) if the meet is oversubscribed in order to comply with timing requirements set out by Meet Licencing.

There will be no entry cards for this event.

ENTRY PRICING

£7.00 per event

CLOSING DATE

Friday 9th October 2015 at 20:00 (No late entries will be accepted)

POOLSIDE PASSES

£15 per pool pass (required per individual coaches/team manager)

No passes will be available for purchase on the day. They must be purchased beforehand and are non transferable



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Clubs may initially apply for 4 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.

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

OFFICIALS

Visiting clubs bringing a team of 10 or more swimmers are requested to provide at least one qualified official per session, and their details (together with their qualification) should be forwarded with entry information. Meals and refreshments will be provided.

SEEDING

All heats will be spearheaded, and swum slow to fast, with the three fastest heats being cyclically seeded.

WITHDRAWALS

No refunds will be made for withdrawals after the closing date for entries other than in writing via email and on receipt of a medical certificate which must be supplied by 30/11/15.

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

SPECTATORS

Entry	WEEKEND PASS	£10.00
	DAY PASS	£6.00
	SESSION PASS	£3.50

Full Meet Programme £5.00

SESSION TIMES

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.

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 entire warm up for each session in which the event takes place (not when either Male or Female sections of the w/u commences).

Failure to do so will result in the swimmer being removed from the event, and the entry fee being forfeit.

WARM DOWN POOL

There will be a warm down pool available throughout the meet which will be also used in the warm ups and available for swimmers to use after their events.

STARTS

Over the top starts will be used wherever possible.

ELECTRONICS

Omega electronic timing system with electronic display.



PROGRAMME OF EVENTS

SESSION 1 FRIDAY WARM UP & SESSION START TBC

101 HDW	Female	800m Freestyle
102 HDW	Male	1500m Freestyle

SESSION 2 SATURDAY WARM UP & SESSION START TBC

201 HDW	Male	400m IM
202 HDW	Female	50m Breaststroke
203 HDW	Male	50m Freestyle
204 HDW	Female	200m Butterfly
205 HDW	Male	200m Backstroke
206 HDW	Female	100m Freestyle

SESSION 5 SUNDAY WARM UP & SESSION START

501 HDW	Female	400m IM
502 HDW	Male	50m Breaststroke
503 HDW	Female	50m Freestyle
504 HDW	Male	200m Butterfly
505 HDW	Female	200m Backstroke
506 HDW	Male	100m Freestyle

SESSION 3 SATURDAY WARM UP & SESSION START TBC

301 HDW	Male	50m Butterfly
302 HDW	Female	50m Backstroke
303 HDW	Male	200m Breaststroke
304 HDW	Female	400m Freestyle
305 HDW	Male	100m Butterfly

SESSION 6 SUNDAY WARM UP & SESSION START TB

601 HDW	Female	50m Butterfly
602 HDW	Male	50m Backstroke
603 HDW	Female	200m Breaststroke
604 HDW	Male	400m Freestyle
605 HDW	Female	100m Butterfly

SESSION 4 SATURDAY WARM UP & SESSION START TBC

401 HDW	Female	200m IM
402 HDW	Male	100m Backstroke
403 HDW	Female	100m Breaststroke
404 HDW	Male	200m Freestyle

SESSION 7 SUNDAY WARM UP & SESSION START TBC

701 HDW	Male	200m IM
702 HDW	Female	100m Backstroke
703 HDW	Male	100m Breaststroke
704 HDW	Female	200m Freestyle

MEET RESULTS

City of Cardiff Swimming Club will be running a live results service throughout the meet, and live results will also be available on Hy-Tek's 'Meet Mobile' app, for iPhone and iPad. Please note that Hytek are now charging for 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 to use this service should provide their e-mail details to the Meet Office during or prior to the Meet.

CAR PARKING

Car parking places are provided close to the Cardiff International Pool and details will be confirmed in due course.

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>.



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REFRESHMENTS

The Café, which provides a catering facility serving refreshments for swimmers, spectators and coaches, will operate throughout this Meet. The Café only accepts cash, no cheques or cards. Refreshments may not be taken onto the poolside. There are also local facilities located near Cardiff International Pool.

HEALTH & SAFETY

All swimmers, officials, volunteers, spectators, and visitors are required, at all times, to abide by the rules set out in the Pool Operating Procedures and Normal Operating Procedures & Emergency Action Plan for Cardiff International Pool.

No outdoors shoes to be worn on the poolside. Suitable footwear must be worn outside the pool area (including the balcony area) and particularly when moving around and climbing the steps in the competitors' area.

For safety and security reasons, the wearing of jewellery is not permitted while in the water during warm-ups / swim-downs and / or competition. This includes watches, necklaces, chains, bangles, wrist bands, earrings (except studs), and rings (except wedding bands).

City of Cardiff Swimming Club will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

The front four rows of the spectator area are reserved for swimmers and coaches only seated in their Clubs. **Swimmers are asked not to enter the spectator's area or balcony/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 or faulty 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.

CONDUCT

Behavior becomes "unacceptable" when it is considered "Offensive" to others; this includes, but is not limited to, the following:

Theft, wilful damage to property and or equipment, acts of vandalism, abuse of alcohol and or drugs, bullying, offensive language, aggressive/violent acts, threatening behavior, all breaches of safety practices, failure to comply with instructions/directions, actions that bring the sport of swimming into disrepute

Unacceptable behavior will not be tolerated in any circumstances, and all such occurrences will be referred to the Meet Director and Referee and could result in removal from the competition.

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.



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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. It is a mandatory meet license requirement that all persons (including competitors/officials/volunteers/spectators), wishing to engage in any kind of photographic activity including video, zoom, close range photography, irrespective of the nature of the device / equipment used for taking / recording such images must register their details with the event management in advance of taking any images.

Such equipment should not be used without a pass. This includes, but is not limited to:

Still/Cine/Video cameras	Camera enabled PDA's
Camera / video enabled mobile phones	iPads/tablets

Passes can be obtained (free of charge) from the Meet Office **upon proof of identity (photographic e.g. 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 and swimmers 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 Referees decision will be final.

APPEALS

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



City of Cardiff Swimming Club

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Welsh Capital Open Meet - Short Course

Cardiff International Pool, Cardiff

6 7 8 November 2015

LICENCE NUMBER 2WL2151588

(Under FINA Technical Rules and Swim Wales Laws)

Coaches / Chaperone Pass - Individual Application Form

Name of Club		Club Code
Full Name		
Position In Club		
ADDRESS		
TEL No./Mobile		
E Mail		
Swim Wales ASA/Scottish Swimming Affiliation No.		CRB Number:

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

CLUB SECRETARY..... **SIGNED**.....

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 full name on the rear of the photographs.

Please send a BACS transfer in the sum of £15.00 (or cheque made payable to City of Cardiff Swimming Club) per pass requested.

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 4 passes per club and are non transferable.

All completed forms to be returned to

Stephen Jones
18 Nasturtium Way
CARDIFF CF23 8SF

EMAIL: home.meets@cardiffswimming.co.uk

CLOSING DATE: Friday 9th OCTOBER 2015.



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Welsh Capital Open Meet - Short Course

Cardiff International Pool, Cardiff

6 7 8 November 2015

LICENCE NUMBER 2WL2151588

(Under FINA Technical Rules and Swim Wales Laws)

Officials Nomination Form

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

Name of Club		Club Code
Full Name		
Qualification (J1 J2 J2S Referee)		
ADDRESS		
TEL No./Mobile		
E Mail		
Swim Wales ASA/Scottish Swimming Affiliation No.		CRB Number:

Available
Sessions

1	<input type="text"/>	<input type="text"/>	<input type="text"/>
2	<input type="text"/>	3	<input type="text"/>
		4	<input type="text"/>
5	<input type="text"/>	6	<input type="text"/>
		7	<input type="text"/>

All completed forms to be e-mailed to Jim McCulloch: officials@cardiffswimming.co.uk



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Welsh Capital Open Meet - Short Course

Cardiff International Pool, Cardiff

6 7 8 November 2015

LICENCE NUMBER 2WL2151588

(Under FINA Technical Rules and Swim Wales Laws)

MEET Entry Summary Sheet

This Form must be completed and returned with the Hy-Tek Meet Entry Fee Report and Entry File, unless already emailed to home.meets@cardiffswimming.co.uk

Name of Club		Club Code
Contact Name		CLUB BANK DETAILS
Address		Bank Sort Code Account No.
TEL No./Mobile		
E Mail		
TEAM SIZE		
No. Of Individual Entries		@ £7.00 per event £
No. Of Coaches Passes		@ £15.00 each £
Total payment made payable to City of Cardiff Swimming Club		£.....

It is requested that a single payment via BACS is made for the complete club entry is submitted. Details of your Club's Bank is to be provided in the box above so we can issue a refund if required.

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:

Entries, payments and supporting reports, and poolside pass applications should be sent to:

Stephen Jones
18 Nasturtium Way
CARDIFF CF23 8SF

CLOSING DATE: Friday 9th October 2015



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Welsh Capital Open Meet - Short Course

Cardiff International Pool, Cardiff

6 7 8 November 2015

LICENCE NUMBER 2WL2151588

(Under FINA Technical Rules and Swim Wales Laws)

SHORT COURSE QUALIFYING TIMES & CONSIDERATION TIMES

MALE										
AGE		9	10	11	12	13	14	15	16	17/over
50m Freestyle	QT	40.70	38.00	35.90	33.90	32.10	30.40	29.10	28.30	27.80
	CT	42.70	40.00	37.90	35.90	34.10	32.40	31.10	30.30	29.80
100m Freestyle	QT	1:31.50	1:22.90	1:17.80	1:13.20	1:08.90	1:05.40	1:03.10	1:01.20	1:00.10
	CT	1:35.50	1:26.90	1:21.80	1:17.20	1:12.90	1:09.40	1:07.10	1:05.20	1:04.10
200m Freestyle	QT	3:15.70	2:59.30	2:48.80	2:39.10	2:30.10	2:22.50	2:17.20	2:13.20	2:11.10
	CT	3:21.70	3:05.30	2:54.80	2:45.10	2:36.10	2:28.50	2:23.20	2:19.20	2:17.10
400m Freestyle	QT	7:05.00	6:18.00	5:53.30	5:34.00	5:16.40	5:01.50	4:50.10	4:42.10	4:36.70
	CT	7:11.00	6:24.00	5:59.30	5:40.00	5:20.40	5:07.50	4:56.10	4:48.10	4:42.70
1500m Freestyle	QT			23:50.50	22:01.70	20:52.80	19:55.50	19:13.80	18:40.60	18:21.90
	CT			24:20.50	22:31.70	21:22.80	20:25.50	19:33.80	19:10.60	18:51.90
50m Breaststroke	QT	53.20	49.60	46.50	43.70	40.70	38.60	36.80	35.60	35.00
	CT	55.20	51.60	48.50	45.70	42.70	40.60	38.80	37.60	37.00
100m Breaststroke	QT	1:59.70	1:48.10	1:40.10	1:33.80	1:27.40	1:22.70	1:19.10	1:16.60	1:15.10
	CT	2:03.70	1:52.10	1:44.10	1:37.80	1:31.40	1:26.70	1:23.10	1:20.60	1:19.10
200m Breaststroke	QT	4:09.20	3:51.20	3:35.10	3:22.50	3:09.50	2:58.90	2:51.50	2:47.00	2:43.00
	CT	4:15.20	3:57.20	3:41.10	3:28.50	3:15.50	3:04.90	2:57.50	2:53.00	2:49.00
50m Butterfly	QT	45.90	42.40	39.60	37.50	35.30	33.40	31.70	30.90	30.10
	CT	47.90	44.40	41.60	39.50	37.30	35.40	33.70	32.90	32.10
100m Butterfly	QT	1:50.10	1:35.90	1:27.60	1:22.00	1:16.70	1:12.30	1:09.00	1:07.30	1:05.60
	CT	1:54.10	1:39.90	1:31.60	1:26.00	1:20.70	1:16.30	1:13.00	1:11.30	1:09.60
200m Butterfly	QT	4:00.00	3:30.40	3:11.70	3:00.80	2:49.50	2:40.10	2:31.80	2:28.30	2:23.90
	CT	4:06.00	3:36.40	3:17.70	3:06.80	2:55.50	2:46.10	2:37.80	2:34.30	2:29.90
50m Backstroke	QT	46.90	43.60	41.20	39.00	36.50	34.80	33.10	31.90	31.50
	CT	48.90	45.60	43.20	41.00	38.50	36.80	35.10	33.90	33.50
100m Backstroke	QT	1:43.30	1:34.70	1:27.60	1:22.50	1:17.30	1:13.00	1:09.80	1:07.80	1:06.30
	CT	1:47.30	1:38.70	1:31.60	1:26.50	1:21.30	1:17.00	1:13.80	1:11.80	1:10.30
200m Backstroke	QT	3:36.70	3:19.70	3:06.90	2:56.50	2:45.90	2:37.00	2:30.40	2:26.50	2:24.00
	CT	3:42.70	3:25.70	3:12.90	3:02.50	2:51.90	2:43.00	2:36.40	2:32.50	2:30.00
200m I/M	QT	3:41.70	3:25.10	3:11.00	3:00.50	2:50.40	2:40.70	2:34.30	2:30.30	2:27.30
	CT	3:47.70	3:31.10	3:17.00	3:06.50	2:56.40	2:46.70	2:40.30	2:36.30	2:33.30
400m I/M	QT			6:45.50	6:20.90	6:00.40	5:40.60	5:26.40	5:18.10	5:12.20
	CT			6:53.50	6:28.90	6:08.40	5:48.60	5:34.40	5:26.10	5:20.20

QT = Qualification Time

CT = Consideration Time

Long Course Times will be converted to Short Course by Hy-Tek Meet Manager Software.
The organisers reserve the right to return Entries.



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LICENCE NUMBER 2WL2151588

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SHORT COURSE QUALIFYING TIMES & CONSIDERATION TIMES

FEMALE									
AGE		9	10	11	12	13	14	15	16/over
50m Freestyle	QT	41.10	38.50	36.50	34.70	33.30	32.40	31.70	31.30
	CT	43.10	40.50	38.50	36.70	35.30	34.40	33.70	33.30
100m Freestyle	QT	1:32.90	1:24.60	1:18.70	1:14.30	1:11.50	1:09.50	1:08.30	1:07.10
	CT	1:34.90	1:26.60	1:20.70	1:16.30	1:13.50	1:11.50	1:10.30	1:09.10
200m Freestyle	QT	3:17.60	3:00.40	2:49.60	2:39.90	2:33.60	2:29.60	2:26.60	2:24.60
	CT	3:19.60	3:02.40	2:51.60	2:41.90	2:35.60	2:31.60	2:28.60	2:26.60
400m Freestyle	QT	7:11.40	6:22.20	5:52.90	5:33.00	5:20.50	5:12.50	5:06.20	5:03.10
	CT	7:17.40	6:28.20	5:58.90	5:39.00	5:26.50	5:18.50	5:10.20	5:09.10
800m Freestyle	QT			12:09.50	11:29.30	10:58.30	10:40.80	10:30.70	10:23.50
	CT			12:24.50	11:44.30	11:13.30	10:55.80	10:45.70	10:38.50
50m Breaststroke	QT	54.20	50.00	46.70	44.00	42.10	40.80	39.80	39.40
	CT	56.2	52.00	48.70	46.00	44.10	42.80	41.80	41.40
100m Breaststroke	QT	2:00.20	1:48.80	1:40.20	1:34.40	1:29.80	1:26.50	1:25.10	1:24.30
	CT	2:04.20	1:52.80	1:44.20	1:38.40	1:33.80	1:30.50	1:29.10	1:28.30
200m Breaststroke	QT	4:11.70	3:51.50	3:34.90	3:22.40	3:12.80	3:06.70	3:03.50	3:01.60
	CT	4:17.70	3:57.50	3:40.90	3:28.40	3:18.80	3:12.70	3:09.50	3:07.60
50m Butterfly	QT	46.50	42.40	40.10	37.90	36.40	35.20	34.40	34.00
	CT	48.50	44.40	42.10	39.90	38.40	37.20	36.40	36.00
100m Butterfly	QT	1:51.40	1:36.00	1:28.00	1:22.40	1:19.00	1:16.30	1:15.10	1:14.10
	CT	1:55.40	1:40.00	1:32.00	1:26.40	1:23.00	1:20.30	1:19.10	1:18.10
200m Butterfly	QT	4:03.60	3:32.80	3:13.90	3:00.70	2:52.60	2:46.70	2:43.00	2:41.20
	CT	4:09.60	3:38.80	3:19.90	3:06.70	2:58.60	2:52.70	2:49.00	2:47.20
50m Backstroke	QT	47.30	43.80	41.40	39.30	37.70	36.50	35.90	35.30
	CT	49.30	45.80	43.40	41.30	39.70	38.50	37.90	37.30
100m Backstroke	QT	1:45.20	1:35.20	1:28.10	1:22.70	1:19.20	1:17.00	1:15.30	1:14.40
	CT	1:49.20	1:39.20	1:32.10	1:26.70	1:23.20	1:21.00	1:19.30	1:18.40
200m Backstroke	QT	3:38.80	3:21.80	3:06.30	2:56.30	2:49.60	2:44.80	2:41.10	2:38.70
	CT	3:44.80	3:27.80	3:12.30	3:02.30	2:55.60	2:50.80	2:47.10	2:44.70
200m I/M	QT	3:44.00	3:25.60	3:11.40	3:00.60	2:53.80	2:48.70	2:45.50	2:43.40
	CT	3:50.00	3:31.60	3:17.40	3:06.60	2:59.80	2:54.70	2:51.50	2:49.40
400m I/M	QT			6:43.60	6:19.90	6:03.90	5:53.80	5:47.30	5:42.60
	CT			6:51.60	6:27.90	6:11.90	6:01.80	5:55.30	5:50.60

QT = Qualification Time

CT = Consideration Time

Long Course Times will be converted to Short Course by Hy-Tek Meet Manager Software.
The organisers reserve the right to return Entries.