



Torfaen Dolphins

PROVISIONAL MEET PACK

# Long Course Open Meet

Entries Open **01/04/25**

(Under FINA Technical Rules and Swim Wales Laws)

Level 1 and Level 3

License numbers: TBC

## Saturday 7<sup>th</sup> to Sunday 8<sup>th</sup> June 2025

at

### Cardiff International Pool – CF11 0JS

Entry closing date: Monday 14th May 2025

**Entries are accepted on a first come basis.**

50m, 10 lane pool with anti-wave ropes and electronic timing.  
Large spectator seating area and spacious Cafeteria.

**All events are heat declared winners**

**Club entries with more than 5 swimmers to be entered via  
HY-TEK entry file  
(see website for details)**

**Clubs are kindly requested to provide officials to  
assist us in the smooth running of the Meet.**

**Age as of 31<sup>st</sup> Dec 2025**

Open meet information/entry pack can be downloaded from the website [www.torfaendolphins.com](http://www.torfaendolphins.com)  
or e-mail us at [competition@torfaendolphins.com](mailto:competition@torfaendolphins.com)

Entries will be on a “first come, first served” basis  
Entry Fee - tbc

It is the responsibility of the entering team to check all entries have been received No later than the closing date, also you will receive confirmation of accepted entries two weeks later, again please check with us if you have not heard anything (these checks are purely a backup for us to ensure entries do not go missing)

## Saturday 7th June 2025

<b>Event</b>	<b>Session One</b>		
<b>101</b>	400m Free	Level 1	Women
<b>102</b>	400m IM	Level 1	Men
<b>103</b>	50 Breast	Level 1	Women
<b>104</b>	50 Back	Level 3	Boys
<b>105</b>	100 Back	Level 3	Girls
<b>106</b>	100 Free	Level 3	Boys
<b>107</b>	50 Breast	Level 3	Girls
<b>108</b>	50m Fly	Level 1	Men

<b>Event</b>	<b>Session Two</b>		
<b>201</b>	800 Free	Level 1	Men
<b>202</b>	200m IM	Level 1	Women
<b>203</b>	100 Back	Level 3	Boys
<b>204</b>	100 Free	Level 3	Girls
<b>205</b>	100m Free	Level 1	Men
<b>206</b>	200m Breast	Level 1	Women
<b>207</b>	200m Back	Level 1	Men

<b>Event</b>	<b>Session Three</b>		
<b>301</b>	50m free	Level 3	Boys
<b>302</b>	50m Free	Level 3	Girls
<b>303</b>	100m Breast	Level 1	Men
<b>304</b>	100m Breast	Level 1	Women
<b>305</b>	200m Free	Level 1	Men
<b>306</b>	100 Breast	Level 3	Girls
<b>307</b>	100 Fly	Level 3	Boys
<b>308</b>	100 Fly	Level 1	Women

## Sunday 8<sup>th</sup> June 2025

<b>Event</b>	<b>Session Four</b>		
<b>401</b>	400 IM	Level 1	Women
<b>402</b>	400 Free	Level 1	Men
<b>403</b>	50 Free	Level 1	Women
<b>404</b>	200 IM	Level 1	Men
<b>405</b>	200IM	Level 3	Girls
<b>406</b>	200 IM	Level 3	Boys
<b>407</b>	100 Free	Level 1	Women

<b>Event</b>	<b>Session Five</b>		
<b>501</b>	800m Free	Level 1	Women
<b>502</b>	50m Back	Level 1	Men
<b>503</b>	50m Fly	Level 3	Girls
<b>504</b>	50m Breast	Level 3	Boys
<b>505</b>	50m Fly	Level 1	Women
<b>506</b>	100m Fly	Level 1	Men
<b>507</b>	200m Back	Level 1	Women
<b>508</b>	200m Breast	Level 1	Men
<b>509</b>	100 Fly	Level 3	Girls

<b>Event</b>	<b>Session Six</b>		
<b>601</b>	100m Breast	Level 3	Boys
<b>602</b>	200 Fly	Level 1	Women
<b>603</b>	50m Free	Level 1	Men
<b>604</b>	50m Back	Level 3	Girls
<b>605</b>	50m Fly	Level 3	Boys

<b>606</b>	100m Back	Level 1	Women
<b>607</b>	100m Back	Level 1	Men
<b>608</b>	200m Free	Level 1	Women
<b>609</b>	200m Fly	Level 1	Men
<b>610</b>	50m Back	Level 1	Women
<b>611</b>	50m Breast	Level 1	Men

## Torfaen Dolphins LC Open Meet Information

<b>VENUE</b>	Cardiff International Pool CF11 0JS
<b>POOL</b>	10 Lanes – 50m pool – electronic timing – with anti-turbulence lane ropes Car parking facilities are available opposite the pool
<b>AGE AS DATE</b>	Sunday 31 <sup>st</sup> Dec 2025 All entrants must be members of an Affiliated Club and must be amateurs as defined by British Swimming and Swim Wales law

### LEVEL 1

<b>EVENTS</b>	The <b>level 1</b> events will be <b>100m all strokes</b> (Freestyle, backstroke, breaststroke & butterfly) <b>200m all strokes</b> (Freestyle, backstroke, breaststroke, butterfly & Individual medley) <b>400m Freestyle and 400 Individual medley</b> <b>800m Freestyle</b> Check the qualification times for these events.
<b>Age groups</b>	Boys 11/12, 13/14 and 15/over Girls 11/12, 13/14 and 15/over
<b>Awards</b>	First three swimmers in each age group per event
<b>EVENTS</b>	<b>50m all strokes</b> (Freestyle, backstroke, breaststroke & butterfly)
<b>Age group</b>	Open category
<b>AWARDS</b>	First three swimmers in each event
<b>Classifications</b>	<b>There are separate times showing for the qualification and classification for each event.</b> Any swimmer, with a registered disability, who is on a (British) Performance Pathway, but has not been classified, will be considered on an individual basis for entry to Level 1 meets. <b>Awards will be given to the first 3 swimmers in 13/under and 14/over age groups in each event</b>

### LEVEL 3

<b>EVENTS</b>	The events will be 50m and 100m all strokes (Freestyle, backstroke, breaststroke & butterfly) and a 200m IM  There will be an upper cut off time for the level 3. As this will be a level three section, NT times will be accepted.
<b>Age groups</b>	Boys and Girls age 9, 10, 11, 12 , 13 , 14
<b>AWARDS</b>	First three swimmers in <u>each age group per event</u> .  For the MC events, awards will be given to the the first 3 swimmers in 14/under age category.

## ENTRIES

### **Electronic Entries and Payment sent to:**

Competition Secretary,  
Rebecca Southwood

Email: Competition@torfaendolphins.com

Electronic Entries should be emailed to the above address and include an entry report, completed Summary Sheet and any poolside passes applications. All electronic entries will be acknowledged with receipt confirmation. Please enter in subject title: "**Torfaen Dolphins LC Open Meet**"

For emailed electronic entries, the sent date and time on the email will be classed as the date submitted; likewise, for postage entry the posted date will be classed as the entry date.

Swimmers entering under the multi classification times need to use the manual application form and send it to the above address.

## **NO LATE ENTRIES WILL BE ACCEPTED**

No Entries will be processed without full and complete payment.

The Meet Director reserves the right to limit entries. If entries are rejected the entry fee will be refunded and a single cheque will be made payable to club in question Please enclose a SAE for return of entry confirmations; alternatively enter an email address on the summary sheet and a confirmation will be sent via email. If the meet is full the entries will be limited on first come basis.

## ENTRY PRICING

TBC

## CLOSING DATE

**Monday 14th May 2025.** Entry is accepted on a first come first serve basis.

## REFUNDS

Refunds for entry fees will only be made on receipt of a valid Doctors Certificate

**Notification needs to be received before the meet commences.**

## POOLSIDE PASSES

£30 pool pass – includes start sheets, refreshments and lunch.

Each club may apply for an initial 3 passes. Passes will only be issued with a current DBS check, photograph and WASA number. Copies must be sent on application or shown on the day.

Additional passes may be purchased based upon the number of swimmers present at the meet. Passes must be worn at all times whilst on poolside and will be required to gain access.

Coaches' passes/packs will be issued from the Meet Office before the start of the meet.

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

## HEALTH & SAFETY

A copy of the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the facility being hired for a meet can be obtained in advance.

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 / or the Normal Operating Procedures & Emergency Action Plan for the facility hired for the meet.

**Unacceptable Behaviour** - Behaviour 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 behaviour, all breaches of safety practices, failure to comply with instructions / directions, actions that bring the sport of swimming into disrepute.

**Competitive Start Award** Swimmers must have attained the standard of the Competitive Start Award to start from the blocks; (this is the responsibility of the club coach).

**Jewellery** “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, wristbands, earrings (except studs), and rings (except wedding bands).

*Torfaen Dolphins ASC will not be responsible for any personal belongings brought to events and will not be liable if such items are lost or damaged.*

**STARTS** Over the top starts will be used in the heats and wherever possible.

**SEEDING** Events will be pre-seeded based on submitted entry and achieved preliminary times on a slowest to fastest basis.

**WITHDRAWALS** Please let the competition secretary know as soon as possible if you plan to withdraw

Where possible the meet organiser(s) will endeavour to fill any withdrawals from any alternative list or deck entries.

**MARSHALLING** As this is a pre-seeded meet no entry cards will be used. Marshalling will be in place at various points of the pool deck. It is the **SWIMMERS** responsibility to report to marshalling for the event. Failure to do so may result in the place being lost and filled by an alternate or a re-organisation of the events. As a rule it is good practice for a swimmer to report to marshalling at least 5 events before their race.

**DRUG TESTING** Testing may take place at this event and the willingness, if selected, to be tested under the current Swim Wales/ASA procedures is implicit by the submission of an entry form.

**MEET RESULTS** For club's using Hy-Tek or other software systems, a complete electronic copy of the meet results can be obtained following the meet. Any clubs wishing this service should provide their e-mail details to the meet office during or prior to the meet.

**SPECTATORS** **£5 per session or £14 for the day. All information will be shown on meet mobile prior to the start of the event.**

Phase 1 will open 17<sup>th</sup> May 2025 at 9am

Phase 2 will open 29<sup>th</sup> May 2025 at 6pm

Phase 1 of ticket sales will begin by offering 1 ticket per family. When phase 1 has ended, if there are any tickets left these will be released on phase 2 of ticket sales, where anyone can buy a second ticket. All spectator tickets will need to be bought in the swimmers just go account. The name will be checked against the entry list. If anyone buys a ticket in an account of a person that is not swimming, the ticket will be cancelled. Please do not contact asking for a refund as this email will not be responded to as we will be busy planning the competition.

Please note, as there is both seating and standing room on the balcony, a spectator ticket does not guarantee you a seat.

We will be using meet mobile. This will be set up on the day of the event. No programs will be sold.

An entry list will be added to the Torfaen Dolphins website 1 week prior to the meet.

**REFRESHMENTS** The cafe, which is a catering facility, serving refreshments for swimmers and spectators, will operate throughout this meet. Food and drink may not be taken onto the poolside.

**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 are asked to comply.

**CAMERAS** Under Child protection laws anyone wishing to film or photograph during the event is required to register their camera for use. This can be done by completing a registration form at the meet office where you will be issued with a tag which will need to be attached to the registered camera.

Please note that each individual camera will need to be registered and no passes will be issued without photo identification.

The promoter reserves the right to make any alterations to these conditions if necessary and all participants will be notified. Any matter not covered by these conditions or by ASA laws or technical rules will be at the promoter's discretion.

**Meet Coordinator** Mark Broom [secretary@torfaendolphins.com](mailto:secretary@torfaendolphins.com)

**Lead Referee** Simon Nash



## LEVEL One – Multi Classified Entry form

Use this application form to enter under the multi classification times provided.

### Manual Entry Form

LAST NAME:..... FIRSTNAME:.....MIDDLE INITIAL:.....

MALE/FEMALE

DATE OF BIRTH: DD/MM/YYYY

ADDRESS:.....

POST CODE:.....

TEL:..... EMAIL:.....

CLUB:.....

REG NUMBER:.....

COST: TBC

PAYMENT TO: Torfaen Dolphins LC Open Meet

### Disability Level

Event		Event #	Entry Time	LC	SC	Achiev
Freestyle	50					
	10					
	20					
	40					
Backstrok	50					
	10					
	20					
Breaststrok	50					
	10					
	20					
Butterfly	50					
	10					
	20					
Individual	20					
Medley	40					

S	SB	SM

# LEVEL 1

***NB: Entry Qualifying Times/Consideration Times apply for these events***

LAST NAME:..... FIRSTNAME:.....MIDDLE INITIAL:.....

MALE/FEMALE

DATE OF BIRTH: DD/MM/YYYY

ADDRESS:..... POST CODE:.....

TEL:..... EMAIL:.....

CLUB:.....REG NUMBER:.....

COST: TBC PER EVENT

Event		Event #	Entrv	L	SC	Achie
Freestyle	50					
	100					
	200					
	400					
Backstroke	50					
	100					
	200					
Breaststroke	50					
	100					
	200					
Butterfly	50					
	100					
	200					
Individual	20					
Medley	40					

PAYMENT TO: Torfaen Dolphins LC Open Meet

--

# LEVEL 3

There are upper cut off times for these races

LAST NAME:.....FIRST NAME:.....

MALE/FEMALE

DATE OF BIRTH: DD/MM/YYYY

ADDRESS:.....  
.....

POST CODE:.....

T E L : .....

EMAIL:.....

CLUB:.....

REG NUMBER:.....

COST: TBC

PAYMENT TO: Torfaen Dolphins LC Open Meet

Eve		Event #	Entry	LC	SC	Achieved times
Butterfly	50					
	100					
Backstroke	50					
	100					
Breaststroke	50					
	100					
Freestyle	50					
	100					
IM	200					

# Coach Pass Application Form

---

(Coaches, Team Managers & Poolside Helpers)

Please note that all applications for poolside passes from Coaches, Team Managers, Poolside Helpers, etc. must be accompanied by the persons:

- i. WASA Number
- ii. CRB Number



# Torfaen Dolphins

This payment summary sheet must be completed and sent with all entries and/or payment of entries.

Contact Name & Tel. No: \_\_\_\_\_

Club: \_\_\_\_\_

Number of Coach Passes	X £30.00	= £
Total Entries – Level 1	X TBC	= £
Total Entries – Level 3	X TBC	= £
Total Amount Enclosed:		£

Payment can be made via a single cheque to cover all the club entries. This should be made payable to **'Torfaen Dolphins Swimming Club'**.

Bank Transfer will also be accepted to:

Name of Bank: HSBC

A/C Name: Torfaen Dolphins

Sort Code: 403410

A/C No. 71270532

Name of Club as Reference: \_\_\_\_\_

Confirmation date of when bank transfer made: \_\_\_\_\_

**All entries should be received **no later** than Monday 14th May 2025. Entries will be accepted on a first come basis.**

**All electronic and paper copies of entry forms need to be submitted to: -**

Rebecca Southwood

email address: [Competition@torfaendolphins.com](mailto:Competition@torfaendolphins.com)

16 Paddock Rise

Llanyravon

Cwmbran

NP44 8JB

Qualification times – Level one



# Torfaen Dolphins

Boys			Event	Girls		
11/12	13/14	15 & over		11/12	13/14	15 & over
01:27.0	01:18.0	01:10.0	100m Free	01:32.0	01:22.0	01:15.0
02:58.0	02:35.0	02:30.0	200m Free	03:05.0	02:48.0	02:40.0
05:55.0	05:30.0	05:20.0	400m Free	06:00.0	05:45.0	05:38.0
12:33.0	11:50.0	10:51.0	800m Free	12:30.0	12:00.0	11:25.0
01:45.0	01:35.0	01:30.0	100m Breast	01:50.0	01:40.0	01:35.0
03:30.0	03:15.0	03:00.0	200m Breast	03:30.0	03:20.0	03:10.0
01:40.0	01:25.0	01:18.0	100m Fly	01:45.0	01:40.0	01:35.0
03:10.0	02:50.0	02:40.0	200m Fly	03:08.0	02:55.0	02:52.0
01:35.0	01:25.0	01:20.0	100m Back	01:35.0	01:30.0	01:25.0
03:15.0	02:55.0	02:45.0	200m Back	03:05.0	02:55.0	02:50.0
03:15.0	02:55.0	02:43.0	200m IM	03:15.0	03:00.0	02:55.0
06:45.0	06:10.0	05:45.0	400m IM	06:45.0	06:10.0	05:55.0
		Open	Event	Open		
		00:39.0	50m Free	00:39.0		
		00:48.0	50m Breast	00:48.0		
		00:42.0	50m Fly	00:42.0		
		00:44.0	50m Back	00:44.0		

**PLEASE NOTE:**

All times given above are given as Long Course Times however conversions from Short Course may be used.  
 All competitors who have achieved these qualification times will guarantee an entry where possible on a first come basis.



# Torfaen Dolphins

Level 3 – You may enter if you are no faster than the below times

Event	Boys					
	9	10	11	12	13	14
50m Free	00:38.0	00:36.0	00:39.0	00:39.0	00:39.0	00:39.0
100m Free	01:34.0	01:20.0	01:27.0	01:27.0	01:18.0	01:18.0
50m Breast	00:56.0	00:50.0	00:48.0	00:48.0	00:48.0	00:48.0
100m Breast	02:00.0	01:46.0	01:45.0	01:45.0	01:35.0	01:35.0
50 Fly	00:51.0	00:43.0	00:42.0	00:42.0	00:42.0	00:42.0
100m Fly	01:55.0	01:43.0	01:40.0	01:40.0	01:25.0	01:25.0
50 Back	00:42.0	00:40.0	00:44.0	00:44.0	00:44.0	00:44.0
100m Back	01:35.0	01:34.0	01:35.0	01:35.0	01:25.0	01:25.0
200m IM	03:40.0	03:30.0	03:04.6	02:55.2	02:47.1	02:44.8

Event	Girls					
	9	10	11	12	13	14
50m Free	00:40.0	00:34.0	00:39.0	00:39.0	00:39.0	00:39.0
100m Free	01:33.0	01:15.0	01:32.0	01:32.0	01:22.0	01:22.0
50m Breast	00:55.0	00:43.0	00:48.0	00:48.0	00:48.0	00:48.0
100m Breast	01:58.0	01:38.0	01:50.0	01:50.0	01:40.0	01:40.0
50 Fly	00:52.0	00:38.0	00:42.0	00:42.0	00:42.0	00:42.0
100m Fly	01:55.0	01:50.0	01:45.0	01:45.0	01:40.0	01:40.0
50 Back	00:47.0	00:41.0	00:44.0	00:44.0	00:44.0	00:44.0
100m Back	01:43.0	01:30.0	01:35.0	01:35.0	01:30.0	01:30.0
200m IM	04:09.0	03:06.0	03:03.2	02:54.2	02:50.0	02:47.1





# Torfaen Dolphins

## Qualification times – Para-swimmers (Male)

2023 Junior 12-15 (60%)													
Class	50m FREESTYLE	100m FREESTYLE	200m FREESTYLE	400m FREESTYLE	50m BACKSTROKE	100m BACKSTROKE	50m BUTTERFLY	100m BUTTERFLY	Class	50m	100m	200m	400m
S1	02:24.1	05:08.9	08:12.6		01:56.9	04:01.1	00:00.0		SB1				
S2	01:35.5	04:17.8	06:38.2		01:26.7	03:07.1	03:50.7		SB2				
S3	01:09.6	02:47.9	05:38.2		01:17.3		02:14.7		SB3				
S4	01:04.6	02:18.4	04:59.4		01:12.7		01:13.6		SB4				
S5	00:52.5	01:50.9	04:06.7		00:57.9		00:59.7		SB5				
S6	00:48.9	01:45.7		08:20.1		02:07.5	00:52.4		SB6				
S7	00:45.6	01:39.9		07:41.9		01:56.5	00:48.6		SB7				
S8	00:43.6	01:35.7		07:24.2		01:49.9		01:40.2	SB8				
S9	00:41.9	01:30.1		06:53.3		01:43.6		01:37.2	SB9				
S10	00:38.1	01:23.2		06:34.6		01:34.9		01:29.4	SB10				
S11	00:43.2	01:35.7		07:53.3		01:56.7		01:44.7	SB11				
S12	00:38.5	01:27.4		07:11.3		01:38.3		01:32.7	SB12				
S13	00:38.1	01:24.1		06:41.3		01:37.3		01:33.7	SB13				
S14	00:40.6	01:26.5	03:08.6	06:56.9		01:38.8		01:32.6	SB14				

  

2023 Senior 16+ (40%)													
Class	50m FREESTYLE	100m FREESTYLE	200m FREESTYLE	400m FREESTYLE	50m BACKSTROKE	100m BACKSTROKE	50m BUTTERFLY	100m BUTTERFLY	Class	50m	100m	200m	400m
S1	02:06.1	04:30.3	07:11.1		01:42.3	03:31.0	00:00.0		SB1				
S2	01:23.6	03:45.6	05:48.4		01:15.9	02:43.7	03:21.8		SB2				
S3	01:00.9	02:26.9	04:55.9		01:07.6		01:57.9		SB3				
S4	00:56.6	02:01.1	04:22.0		01:03.6		01:04.4		SB4				
S5	00:46.0	01:37.0	03:35.8		00:50.6		00:52.2		SB5				
S6	00:42.8	01:32.5		07:17.6		01:51.5	00:45.9		SB6				
S7	00:39.9	01:27.4		06:44.2		01:41.9	00:42.5		SB7				
S8	00:38.2	01:23.7		06:28.7		01:36.1		01:27.7	SB8				
S9	00:36.6	01:18.8		06:01.6		01:30.6		01:25.1	SB9				
S10	00:33.3	01:12.8		05:45.2		01:23.0		01:18.2	SB10				
S11	00:37.8	01:23.7		06:54.1		01:42.1		01:31.6	SB11				
S12	00:33.7	01:16.5		06:17.4		01:26.0		01:21.2	SB12				
S13	00:33.3	01:13.6		05:51.1		01:25.2		01:22.0	SB13				
S14	00:35.6	01:15.7	02:45.0	06:04.8		01:26.4		01:21.0	SB14				

## Qualification times – Para-swimmers (Female)

2023 Junior 12-15 (60%)														
Class	50m FREESTYLE	100m FREESTYLE	200m FREESTYLE	400m FREESTYLE	50m BACKSTROKE	100m BACKSTROKE	50m BUTTERFLY	100m BUTTERFLY	Class	50m BREASTSTROKE	100m BREASTSTROKE	Class	150m IM	200m IM
S1	02:14.6	06:39.4	10:35.9		03:37.5	07:10.9	00:00.0		SB1	03:37.3		SM1	00:00.0	
S2	02:29.2	05:48.8	10:07.7		02:06.8	04:27.5	03:43.7		SB2	02:10.3		SM2	08:25.3	
S3	01:13.3	02:40.3	07:56.6		01:29.8		01:52.1		SB3	01:32.2		SM3	07:52.4	
S4	01:03.7	02:18.4	05:31.0		01:23.4		01:36.3		SB4		03:00.9	SM4	04:43.6	
S5	01:01.3	02:10.3	04:35.6		01:13.1		01:14.7		SB5		02:42.0	SM5		05:55.6
S6	00:54.5	01:57.6		08:43.2		02:16.5	00:58.8		SB6		02:41.1	SM6		04:53.4
S7	00:55.1	01:56.7		08:33.9		02:15.2	00:58.9		SB7		02:38.3	SM7		04:52.0
S8	00:49.2	01:45.0		07:59.2		02:04.6		02:02.8	SB8		02:15.5	SM8		04:30.4
S9	00:47.3	01:41.5		07:38.9		01:55.2		01:51.0	SB9		02:04.7	SM9		04:14.8
S10	00:44.8	01:37.7		07:39.0		01:51.0		01:48.5	SB10			SM10		03:58.3
S11	00:45.7	01:31.2		08:43.4		02:10.2	02:14.7		SB11		02:13.6	SM11		04:43.7
S12	00:46.5	01:37.5		07:41.9		01:56.3	01:48.7		SB12		02:09.3	SM12		04:30.8
S13	00:44.3	01:37.1		07:31.7		01:50.9		01:45.3	SB13		02:02.8	SM13		03:54.7
S14	00:45.7	01:38.1	03:23.7	07:45.5		01:47.8	01:44.8		SB14		02:02.9	SM14		03:52.0

  

2023 Senior 16+ (40%)														
Class	50m FREESTYLE	100m FREESTYLE	200m FREESTYLE	400m FREESTYLE	50m BACKSTROKE	100m BACKSTROKE	50m BUTTERFLY	100m BUTTERFLY	Class	50m BREASTSTROKE	100m BREASTSTROKE	Class	150m IM	200m IM
S1	01:57.8	05:49.5	09:16.4		03:30.3	06:17.0	00:00.0		SB1	03:10.1		SM1	00:00.0	
S2	02:10.5	04:38.9	09:44.3		01:51.0	03:54.1	03:15.7		SB2	01:56.6		SM2	07:22.1	
S3	01:04.1	02:20.3	06:57.1		01:18.5		01:38.1		SB3	01:20.7		SM3	06:53.4	
S4	00:55.7	02:02.0	04:43.6		01:12.9		01:24.8		SB4		02:38.3	SM4	04:13.4	
S5	00:53.6	01:56.6	04:01.1		01:04.0		01:05.3		SB5		02:21.7	SM5		05:11.1
S6	00:47.7	01:42.9		07:37.8		01:59.4	00:51.5		SB6		02:21.0	SM6		04:16.8
S7	00:48.2	01:42.1		07:29.7		01:58.3	00:51.5		SB7		02:09.8	SM7		04:15.5
S8	00:43.1	01:31.9		06:59.3		01:48.1		01:47.5	SB8		01:58.6	SM8		03:56.6
S9	00:41.4	01:28.8		06:41.6		01:40.8		01:37.1	SB9		01:49.1	SM9		03:43.0
S10	00:39.2	01:25.5		06:24.1		01:37.1		01:35.0	SB10			SM10		03:28.5
S11	00:43.5	01:37.3		07:43.3		01:53.9	01:57.8		SB11		02:02.1	SM11		04:13.5
S12	00:40.7	01:25.3		06:44.2		01:41.7		01:35.1	SB12		01:53.1	SM12		03:39.4
S13	00:38.8	01:24.9		06:35.2		01:37.0		01:32.1	SB13		01:47.4	SM13		03:25.3
S14	00:40.0	01:25.8	02:58.2	06:47.3		01:34.3		01:31.7	SB14		01:47.6	SM14		03:23.0