



Torfaen Dolphins Long Course Open Meet

Entries Open **01/04/25**

(Under FINA Technical Rules and Swim Wales Laws)

Level 1 and Level 3

License numbers: WL250561 & 3WL250562

Saturday 7th to Sunday 8th 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 31st Dec 2025

Open meet information/entry pack can be downloaded from the website www.torfaendolphins.com
or e-mail us at competition@torfaendolphins.com

Entries will be on a “first come, first served” basis

It is the responsibility of the entering team to check all entries have been received no later than the closing date. You will receive confirmation of accepted entries two weeks later, 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

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

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

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



Sunday 8th June 2025

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

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

Event	Session Six		
601	100m Breast	Level 3	Boys
602	200 Fly	Level 1	Women
603	50m Free	Level 1	Men
604	50m Back	Level 3	Girls
605	50m Fly	Level 3	Boys
606	100m Back	Level 1	Women
607	100m Back	Level 1	Men
608	200m Free	Level 1	Women
609	200m Fly	Level 1	Men
610	50m Back	Level 1	Women
611	50m Breast	Level 1	Men



Torfaen Dolphins LC Open Meet Information

VENUE	Cardiff International Pool CF11 0JS
POOL	10 Lanes – 50m pool – electronic timing – with anti-turbulence lane ropes Car parking facilities are available opposite the pool
AGE AS DATE	Sunday 31 st 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

EVENTS	The <u>level 1</u> events will be 100m all strokes (Freestyle, backstroke, breaststroke & butterfly) 200m all strokes (Freestyle, backstroke, breaststroke, butterfly & Individual medley) 400m Freestyle and 400 Individual medley 800m Freestyle Check the qualification times for these events.
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Age groups	Boys 11/12, 13/14 and 15/over Girls 11/12, 13/14 and 15/over
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Awards	First three swimmers in each age group per event
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EVENTS	50m all strokes (Freestyle, backstroke, breaststroke & butterfly)
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Age group	Open category
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AWARDS	First three swimmers in each event
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Classifications	There are separate times showing for the qualification and classification for each event. 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. Awards will be given to the first 3 swimmers in 13/under and 14/over age groups in each event
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LEVEL 3

EVENTS	The events will be 50m and 100m all strokes (Freestyle, backstroke, breaststroke & butterfly) and a 200m IM
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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.

Age groups	Boys and Girls age 9, 10, 11, 12 , 13 , 14
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AWARDS	First three swimmers in <u>each age group per event.</u>
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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

Level 1 - £10 per race except for the 800m which is £15
Level 3 - £8 per race

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/Chaperone passes 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 17th May 2025 at 9am

Phase 2 will open 29th 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

Sarah-Louise Spinks membership@torfaendolphins.com

Lead Referee

Simon Nash



LEVEL One – Multi Classified

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

LAST NAME:..... FIRST NAME:..... MIDDLE INITIAL:.....

MALE / FEMALE

DATE OF BIRTH: DD/MM/YYYY

ADDRESS: POST CODE:

TEL: EMAIL:

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

PAYMENT TO: *Torfaen Dolphins LC Open Meet*

Disability Level

S	SB	SM

Event	Event #	Entry	LC	SC	Achieved times
Freestyle	50				
	100				
	200				
	400				
	800				
Backstroke	50				
	100				
	200				
Breaststroke	50				
	100				
	200				
Butterfly	50				
	100				
	200				
Individual Medley	200				
	400				



LEVEL 1

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

LAST NAME:..... FIRST NAME:..... MIDDLE INITIAL:.....

MALE / FEMALE

DATE OF BIRTH: DD/MM/YYYY

ADDRESS: POST CODE:

..... TEL: EMAIL:

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

PAYMENT TO: *Torfaen Dolphins LC Open Meet*

Event	Event #	Entry	LC	SC	Achieved times
Freestyle	50				
	100				
	200				
	400				
	800				
Backstroke	50				
	100				
	200				
Breaststroke	50				
	100				
	200				
Butterfly	50				
	100				
	200				
Individual Medley	200				
	400				



LEVEL 3

There are upper cut off times for these races

LAST NAME:..... FIRST NAME:..... MIDDLE INITIAL:.....

MALE / FEMALE

DATE OF BIRTH: DD/MM/YYYY

ADDRESS: POST CODE:

TEL: EMAIL:

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

COST: £8 PER EVENT

PAYMENT TO: *Torfaen Dolphins LC Open Meet*

Event	Event #	Entry	LC	SC	Achieved times
Freestyle	50				
	100				
Backstroke	50				
	100				
Breaststroke	50				
	100				
Butterfly	50				
	100				
Individual Medley	200				



Coaches, Team Managers & Poolside Helpers

LAST NAME: FIRST NAME: MIDDLE INITIAL:

MALE / FEMALE

DATE OF BIRTH: DD/MM/YYYY

ADDRESS: POST CODE:

TEL: EMAIL:

CLUB:.....

COST: £30 per pass

PAYMENT TO: *Torfaen Dolphins LC Open Meet*

WASA Number:

CRB Number:

Please note that all applications for poolside passes from Coaches, Team Managers and Poolside Helpers/Chaperones, etc. must be accompanied by WASA and CRB numbers otherwise they risk be rejected.



Payment summary sheet

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:	@ £30.00 per pass	=	£
Total Entries – Level 1:	@ £10.00 per entry	=	£
Total Entries – Level 3:	@ £8.00 per entry	=	£
Total Entries – 800m:.....	@ £15.00 per entry	=	£.....
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

16 Paddock Rise

Llanyravon

Cwmbran

NP44 8JB

email address: Competition@torfaendolphins.com



Qualification times – Level one

You may enter if you are faster than the below times

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.



Qualification times - 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

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.



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 BREASTSTROKE	100m BREASTSTROKE	Class	150m IM	200m IM
S1	02:24.1	05:08.9	08:12.6		01:56.9	04:01.1	00:00.0		SB1	02:55.4		SM 1	00:00.0	
S2	01:35.5	04:17.8	06:38.2		01:26.7	03:07.1	03:50.7		SB2	01:33.2		SM 2	07:57.5	
S3	01:09.6	02:47.9	05:38.2		01:17.3		02:14.7		SB3	01:20.0		SM 3	04:59.8	
S4	01:04.6	02:18.4	04:59.4		01:12.7		01:13.6		SB4		02:48.2	SM 4	04:15.9	
S5	00:52.5	01:50.9	04:06.7		00:57.9		00:59.7		SB5		02:37.6	SM 5		05:27.0
S6	00:48.9	01:45.7		08:20.1		02:07.5	00:52.4		SB6		02:15.2	SM 6		04:28.8
S7	00:45.6	01:39.9		07:41.9		01:56.5	00:48.6		SB7		02:09.1	SM 7		04:10.3
S8	00:43.6	01:35.7		07:24.2		01:49.9		01:40.2	SB8		01:55.1	SM 8		03:52.7
S9	00:41.9	01:30.1		06:53.3		01:43.6		01:37.2	SB9		01:47.0	SM 9		03:42.2
S10	00:38.1	01:23.2		06:34.6		01:34.9		01:29.4	SB10			SM 10		03:32.2
S11	00:43.2	01:35.7		07:53.3		01:56.7		01:44.7	SB11		02:03.4	SM 11		04:03.3
S12	00:38.5	01:27.4		07:11.3		01:38.3		01:32.7	SB12		01:52.4	SM 12		03:40.7
S13	00:38.1	01:24.1		06:41.3		01:37.3		01:33.7	SB13		01:48.3	SM 13		03:36.0
S14	00:40.6	01:26.5	03:08.6	06:56.9		01:38.8		01:32.6	SB14		01:48.0	SM 14		03:32.4
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	02:06.1	04:30.3	07:11.1		01:42.3	03:31.0	00:00.0		SB1	02:33.4		SM 1	00:00.0	
S2	01:23.6	03:45.6	05:48.4		01:15.9	02:43.7	03:21.8		SB2	01:21.5		SM 2	06:57.8	
S3	01:00.9	02:26.9	04:55.9		01:07.6		01:57.9		SB3	01:10.0		SM 3	04:22.3	
S4	00:56.6	02:01.1	04:22.0		01:03.6		01:04.4		SB4		02:27.2	SM 4	03:43.9	
S5	00:46.0	01:37.0	03:35.8		00:50.6		00:52.2		SB5		02:17.9	SM 5		04:46.1
S6	00:42.8	01:32.5		07:17.6		01:51.5	00:45.9		SB6		01:58.3	SM 6		03:55.2
S7	00:39.9	01:27.4		06:44.2		01:41.9	00:42.5		SB7		01:52.9	SM 7		03:39.0
S8	00:38.2	01:23.7		06:28.7		01:36.1		01:27.7	SB8		01:40.7	SM 8		03:23.6
S9	00:36.6	01:18.8		06:01.6		01:30.6		01:25.1	SB9		01:33.7	SM 9		03:14.5
S10	00:33.3	01:12.8		05:45.2		01:23.0		01:18.2	SB10			SM 10		03:05.7
S11	00:37.8	01:23.7		06:54.1		01:42.1		01:31.6	SB11		01:48.0	SM 11		03:32.9
S12	00:33.7	01:15.5		06:17.4		01:26.0		01:21.2	SB12		01:38.4	SM 12		03:13.1
S13	00:33.3	01:13.6		05:51.1		01:25.2		01:22.0	SB13		01:34.8	SM 13		03:09.0
S14	00:35.6	01:15.7	02:45.0	06:04.8		01:26.4		01:21.0	SB14		01:34.5	SM 14		03:05.8



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	11:07.7		02:06.8	04:27.5	03:43.7		SB2	02:13.3		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	02:19.4	05:31.0		01:23.4		01:36.9		SB4		03:00.9	SM4	04:49.6	
S5	01:01.3	02:13.3	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		02:28.3	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		07:19.0		01:51.0		01:48.5	SB10			SM10		03:58.3
S11	00:49.7	01:51.2		08:49.4		02:10.2		02:14.7	SB11		02:19.6	SM11		04:49.7
S12	00:46.5	01:37.5		07:41.9		01:56.3		01:48.7	SB12		02:09.3	SM12		04:10.8
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		03:10.3	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	04:49.6		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		01:49.1		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