



**PHILSWIM LONG COURSE SWIM SERIES  
Technical Manual and Information Kit**

Held under the Sanction of  
Philippine Swimming, Inc

*Under this sanction it is understood and agreed that PSI shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.*

**PHILSWIM LONG COURSE SWIM SERIES - LEG 2  
AREA ( NCR )**

<b>PHILSWIM SANCTION NO.</b>	<b>PS – LC – 2017 – 0306 – A1</b>
<b>PURPOSE OF MEET</b>	<ol style="list-style-type: none"> <li>1. The PHILSWIM Long Course series of meets seeks to provide opportunities to participate in appropriate, quality swimming competitions in order for them to reach their true potential. It's a competition for all swimmers, using a format that is simple to organize and designed for Junior and Youth (11-19yrs.) and grassroots Age Group development implementation.</li> <li>2. The competition also provides coaches with opportunities to interact, exchange ideas and learn along with their swimmers.</li> <li>3. For parents so inclined, these meets also provide opportunities for them to learn the rules of swimming, and volunteer as meet deck officials working side by side with PHILSWIM technical officials.</li> <li>4. Host clubs shall have all times achieved during Philswim LC meets submitted to PHILSWIM for integration into the Database. <u>Coaches should use the PHILSWIM Series as opportunities for their swimmers to achieve qualifying times for the 2017 LC National Swimming Championships.</u></li> </ol>
<b>ELIGIBILITY</b>	<p>The PHILSWIM Series is open to all competitors in good standing and duly registered with Philippine Swimming Inc. (PHILSWIM). Swimmers will compete in PHILSWIM club-hosted competitions in the following geographic divisions:</p> <ul style="list-style-type: none"> <li>Area 1 - National Capital Region</li> <li>Area 2 -Central &amp; Northern Luzon-CAR</li> <li>Area 3 - Bicol and Southern Tagalog</li> <li>Area 4 - Visayas</li> <li>Area 5 - Mindanao</li> </ul> <p>Except for swimmers enrolled and studying elsewhere, all registered competitors shall participate in the PHILSWIM Series competition representing their clubs, and hosted in their area based on registration data in the PHILSWIM Database. Clubs, Coaches and Swimmers not currently registered with PHILSWIM in accordance with FINA Rule GR 1, may contact <a href="mailto:philswim2014@gmail.com">philswim2014@gmail.com</a> to receive registration application material.</p>
<b>RULES</b>	<b>Current PHILSWIM and FINA Rules will govern this meet.</b>
<b>DATE</b>	<b>MARCH 25 – 26, 2017</b>
<b>WARM -UP TIMES</b>	Morning Session 6:30 AM Afternoon Session: During lunch break
<b>START OF MEET</b>	Morning Session 8:30 AM Afternoon Session: After lunch break
<b>COACHES MEETING</b>	Morning Session 8:15 AM



<b>MEET HOST</b>	<b>DE LA SALLE ZOBEL JUNIOR TANKERS SWIM CLUB</b>
<b>MEET VENUE</b>	<b>DE LA SALLE SANTIAGO ZOBEL, UNIVERSITY AVE, AAVA, MUNTINLUPA CITY</b>
<b>COACHES AND ATHLETES</b>	Must possess and visibly wear a current PHILSWIM Swimming Coaches ID Card. Only PHILSWIM registered coaches will be permitted on the pool deck in designated areas. By their submission of entries, all coaches verify that all their certifications are current and on file with the PHILSWIM office. Athletes shall have their 2017 Long Course Philswim IDs with the corresponding sticker for specific Leg on it for identification purposes at the ready bench area.
<b>ENTRY REGULATIONS</b>	<ol style="list-style-type: none"> <li>1. All clubs, swimmers and coaches must be registered with PHILSWIM for the 2017 swimming season.</li> <li>2. Age of reckoning shall be <b>AGE AS OF 31 DECEMBER 2017</b></li> <li>3. Long Course entry times must have been achieved in a Long Course (50m) pool, and verifiable by the PHILSWIM DATABASE. Entry times achieved from January 2016 will be recognized. All events will be pre-seeded.</li> <li>4. Changes to entries on the day of competition will not be accepted.</li> <li>5. For PHILSWIM meets, PHILSWIM will not be issuing one (1) day passes.</li> </ol>
<b>ENTRY FEES</b>	<ol style="list-style-type: none"> <li>1. Meet entry fee is Php <b>600.00</b></li> <li>2. Entry fees must be in CASH or check payable to <b>DUNN LAWRENCE RACE &amp; SPORTS EVENTS. BDO acct no. 000-650-282-574</b></li> <li>3. Entry Fees are not refundable</li> <li>4. Entry fees must be accompanied by full payment of registration and entries fees.</li> <li>5. Coaches shall pay Entry fees for all their swimmers on or before</li> <li>6. <b>All payments received after entry deadline of MARCH 18 will be charged a penalty of P100/swimmer.</b> Settling fees prior to the start of the meet will minimize long queues for payments.</li> <li>7. Coaches are urged to make payments before deadline. Leg ID's will be released prior to the competition. Coaches will claim the Leg ID's of their teams/clubs prior to the coaches meeting on the first day of the competition.</li> <li>8. <b>Swimmers who do not have Leg IDs CANNOT SWIM.</b> We will strictly follow this rule.</li> </ol>
<b>FRAUDULENT ENTRIES</b>	Coaches found to have intentionally entered swimmers with fraudulent times or times in any event will be penalized Php 100.00 for every event entered for being dishonest. A report will also be filed by the host meet organizer to Philippine Swimming Inc. for administrative review, action or discipline of the coach if so called for.
<b>ENTRY FORMS</b>	<ol style="list-style-type: none"> <li>1. All entries should be in TM format submitted 2 weeks before competition</li> <li>2. Entries must be submitted to <b>ROWENA BALDONADO</b> using the attached entry form or via TM at email: <a href="mailto:winnie_baldonado@yahoo.com">winnie_baldonado@yahoo.com</a></li> <li>3. Entry Fees must be submitted with entry forms otherwise the entries will not be processed.</li> <li>4. Use one entry form per swimmer.</li> <li>5. Swimmer Entry Forms must indicate the swimmers' PHILSWIM ID number.</li> <li>6. Filipinos who competed overseas and submits acceptable results from a competition hosted by a FINA Member federation of another country shall likewise be considered. Those swimmers who compete until May 7, 2017 must submit results to Philswim within 3 days of end of competition. (May 10, 2017) to be considered to compete in the National Championships.</li> </ol>



<b>ENTRY DEADLINE</b>	<b>MARCH 14, 2017</b> by 5:00 PM. Club late entries will only be accepted if accompanied by a <b>P2,500.00</b> penalty, and provided they are submitted no later than noontime on <b>MARCH 18, 2017</b> In either case, a confirmation email will be sent acknowledging the submission of entries.
<b>SEND ENTRIES TO</b>	<b>ROWENA BALDONADO</b> <a href="mailto:winnie_baldonado@yahoo.com">winnie_baldonado@yahoo.com</a> Mobile No. +63 977 850 6041
<b>PROTEST AND APPEALS</b>	<ol style="list-style-type: none"> <li>1. Protest must be submitted: In writing to the Referee by the Team Coach only.</li> <li>2. Together with a deposit of P4,000.00 within 30 minutes from the time a negative decision has been rendered. The Referee shall consider all protests. If he rejects the protest, he must state the reason for his decision. The Coach may then appeal the rejection to the Jury of Appeals whose decision shall be final.</li> <li>3. If the protest is rejected, the deposit will be forfeited to PHILSWIM. If a protest is upheld, the deposit will be returned.</li> </ol>
<b>AWARDS</b>	<ol style="list-style-type: none"> <li>1. Medals will be awarded to top three (3) winners of the 10 &amp; under competitors per age band during the qualifying legs</li> <li>2. No medals for 11 years and Over during the qualifying legs.</li> <li>3. Medals for top 3 finishers for 11 &amp; over per age band will be awarded only for the Nationals</li> <li>4. Highest FINA points earned in any event per age band will be considered for the MVP Awards.</li> </ol>
<b>MEET OPERATION</b>	<ol style="list-style-type: none"> <li>1. Swimmers do not need to check in.</li> <li>2. Events may be combined or re-seeded to facilitate better meet operation, with results separated afterwards.</li> <li>3. All events, except for 800 and 1500 meter Freestyles will be swam slowest to fastest.</li> <li>4. Qualifying legs will be Timed Finals</li> <li>5. For Nationals, 1500m Freestyle and 800m Freestyle will be Timed Finals while all other events will be Trials and Finals.</li> </ol>
<b>PROTEST COMMITTEE</b>	<ol style="list-style-type: none"> <li>1. A protest committee composed of the Referee, Meet Director, two (2) Coach representative, and one (1) PHILSWIM-certified Technical Official acting at large will be established to act upon any administrative protest filed at the meet.</li> <li>2. A P 1000.00 protest fee must accompany formal protest letters to be considered valid. Protest must be filed within 45 minutes from the time a negative decision has been rendered.</li> <li>3. The committee will not act upon any technical swimming judgment decisions, as these are under the jurisdiction of the Referee. The Referee's decision is final.</li> <li>4. This Committee shall act as a review section in the need of an emergency meeting, and their report may be filed with PHILSWIM for administrative review, action or discipline if so called for.</li> </ol>
<b>WITHDRAWALS AND DID NOT SHOW (DNS)</b>	<p>Scratch deadline will be on <b>MARCH 21, 2017</b>. A Php 50.00 administrative scratch fee will be levied for every scratch made at the competition by a coach, on behalf of any swimmers and for any event. <b>Coaches must present scratches to the Control Room Supervisor sixty (60) minutes prior to the start of the competition.</b></p> <p>Withdrawals within sixty (60) minutes of the start of the session without notification to the Control Room Supervisor shall be deemed <b>Did Not Show</b> or <b>Did Not Start (DNS)</b>. <b>"NO SHOW" swimmers that are not scratched by their coach in an event at the day of competition will not be permitted to swim in subsequent events in that session.</b></p> <p><b>The administrative fee and penalty will only be waived if the swimmer produces a valid</b></p>



	medical certificate for the relevant day of the race. However, the swimmer will not be permitted to participate in all races for the day.
<b>NO SMOKING</b>	<b>Smoking is not allowed in the swimming competition venue</b>
<b>FOOD AND DRINKS</b>	<b>Food Concessionaires and food stalls will be available at the venue. Only snacks like fruits and sandwiches will be allowed in the venue. No sports drinks allowed.</b>
<b>ADAPTED COMPETITORS</b>	Meet Directors will ensure that differently abled swimmers are allowed to participate in Philswim Series meets.
<b>OTHER INFORMATION</b>	1. Each participating club shall receive a copy of the meet program and electronically one (1) day before the meet. and the results electronically sent a day after the meet.
<b>INFORMATION ON QUALIFYING FOR NATIONAL CHAMPIONSHIPS</b>	1. <b>Minimum of BB QET per event, per division, per age group Age Groups for Boys &amp; Girls – 11 – 13 and 14 &amp; over</b>
<b>Rules for Kick Events for 10 &amp; Under competitors</b>	Start – one arm on wall, one arm on board Finish – No arm movement. \ Hands on middle of board. Board to touch wall except on Backstroke Kick Event where no board is used. Maximum 15m underwater

## NCR LONG COURSE ORDER OF EVENTS

### LEG 2

BOYS	DAY 1	GIRLS
	800m. Freestyle (14-15 years)	101
	200m. Backstroke (11 years & over)	102
	50m. Backstroke Kick (10 years & under)	103
	100m. Breaststroke (11 years & over)	104
	100m. Breaststroke (10 years & under)	105
	50m. Butterfly (11 years & over)	106
BOYS	DAY 2	GIRLS
201	1500m Freestyle (14-15 years)	
202	200m. Backstroke (11 years & over)	
203	50m. Backstroke Kick (10 years & under)	
204	100m. Breaststroke (11 years & over)	
205	100m. Breaststroke (10 years & under)	
206	50m. Butterfly (11 years & over)	

### LEG 3

BOYS	DAY 1	GIRLS
101	1500m. Freestyle (16 years & over)	
102	200m. Breaststroke (11 years & over)	
103	50m. Breaststroke Kick (10 years & under)	
104	100m. Freestyle (11 years & over)	
105	100m. Freestyle (10 years & over)	
106	50m. Backstroke (11 years & over)	



107	50m. Backstroke (10 years & under)	
<b>BOYS</b>	<b>DAY 2</b>	<b>GIRLS</b>
	800m. Freestyle (16 years & over)	201
	200m. Breaststroke (11 years & over)	202
	50m. Breaststroke Kick (10 years & under)	203
	100m. Freestyle (11 years & over)	204
	100m. Freestyle (10 years & over)	205
	50m. Backstroke (11 years & over)	206
	50m. Backstroke (10 years & under)	207

### LEG 4

<b>BOYS</b>	<b>DAY 1</b>	<b>GIRLS</b>
	400m. Individual Medley (11 years & over)	101
	200m. Freestyle (11 years & over)	102
	50m. Freestyle Kick (10 years & under)	103
	200m. Butterfly (11 years & over)	104
	100m. Butterfly (10 years & under)	105
	50m. Freestyle (14 years & over)	106
<b>BOYS</b>	<b>DAY 2</b>	<b>GIRLS</b>
201	400m. Individual Medley (11 years & over)	
202	200m. Freestyle (11 years & over)	
203	50m. Freestyle Kick (10 years & under)	
204	200m. Butterfly (11 years & over)	
205	100m. Butterfly (10 years & under)	
206	50m. Freestyle (14 years & over)	

Leg 2 March 25-26, 2017

Leg 3 May 6-7, 2017

Leg 4 May 20-21, 2017

Nationals June 2-4, 2017

Nationals (June 2-4, 2017)

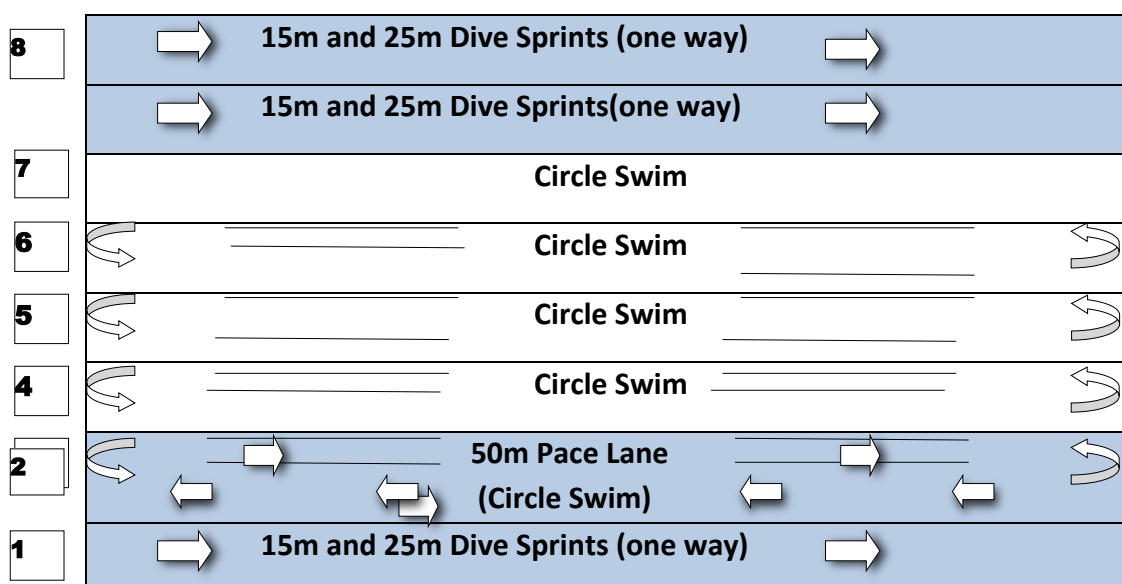
<b>BOYS</b>	<b>DAY 1 ( June 2, 2017)</b>	<b>GIRLS</b>
101	400m Freestyle	102
103	50m Breaststroke	104
105	100m Backstroke	106
107	100m Butterfly	108
109	200m Individual Medley	110
111	50m Freestyle	112
<b>BOYS</b>	<b>DAY 2 (June 3, 2017)</b>	<b>GIRLS</b>
201	200m Freestyle	202



203	50m Butterfly	204
205	100m Breaststroke	206
207	200m Backstroke	208
209	400m Individual Medley	210
<b>BOYS DAY 3 (June 4, 2017) GIRLS</b>		
301	1500m Freestyle	
	800m Freestyle	302
303	50m Backstroke	304
305	100m Freestyle	306
307	200m Breaststroke	309
309	200m Butterfly	310

### Warm Up Regulations

1. The pools will be open for swimmers' warm-ups at least one and a half hour before each session of competition.
2. Use of swim paddles during warm-ups is prohibited.
3. Specific Lanes will be designated for General warm-ups and/or sprint and pace training.
4. Swimmers must clear the pool 15 minutes before the start of the meet.
5. Dive Sprint lanes are one-way only -swimmers should clear the lanes immediately and walk back. Swimmers are advised to exercise caution when doing diving and backstroke starts.
6. Lane assignments for warm-ups will be in accordance with PHILSWIM/FINA Swimming Rules.
7. In the event that there is an oversubscription of swimmers at the warm-up, the host organizer may group participating swim clubs and schedule warm-up times. The warm-up schedules shall be released to participating clubs at least two (2) days before the meet.
8. Swimmers must be supervised by their coaches during warm-up.



**Start end**

**Turn end**

### POOL WARM-UP LAYOUT



2017 PHILSWIM Motivational Times Long Course										
19 and over										
BB	A	AA	AAA	AAAA	EVENT	AAAA	AAA	AA	A	BB
26.93	25.83	25.03	24.43	24.01	50FREE	27.25	27.72	28.40	29.32	30.56
58.67	57.6	56.64	55.46	54.01	100FREE	59.80	1:00.83	1:02.33	1:04.34	1:07.06
2:11.37	2:06.03	2:02.09	1:59.17	1:57.15	200FREE	2:09.76	2:12.00	2:15.24	2:19.60	2:25.51
4:43.45	4:31.93	4:23.43	4:17.12	4:12.76	400FREE	4:34.34	4:39.07	4:45.92	4:55.15	5:07.65
					800FREE	9:23.94	9:33.66	9:47.74	10:06.72	10:32.41
18:41.87	17:56.30	17:22.65	16:57.66	16:40.41	1500FR					
28.88	27.71	26.84	26.20	25.76	50FLY	28.79	29.29	30.00	30.97	32.29
1:04.16	1:01.56	59.63	58.20	57.22	100FLY	1:04.29	1:05.40	1:07.01	1:09.17	1:12.10
2:23.62	2:17.79	2:13.48	2:10.28	2:08.07	200FLY	2:19.90	2:22.31	2:25.81	2:30.51	2:36.89
30.96	29.70	28.77	28.08	27.61	50BACK	31.07	31.61	32.39	33.43	34.85
1:06.89	1:04.18	1:02.17	1:00.68	59.65	100BACK	1:06.75	1:07.90	1:09.57	1:11.81	1:14.85
2:24.15	2:18.29	2:13.97	2:10.76	2:08.54	200BACK	2:22.48	2:24.94	2:28.50	2:33.29	2:39.79
34.28	32.89	31.86	31.10	30.57	50 BREAST	33.85	34.44	35.28	36.42	37.97
1:15.29	1:12.23	1:09.97	1:08.30	1:07.14	100BREAST	1:13.90	1:15.18	1:17.02	1:19.51	1:22.88
2:43.58	2:36.94	2:32.03	2:28.39	2:25.87	200BREAST	2:39.77	2:42.53	2:46.52	2:51.89	2:59.17
2:26.83	2:20.86	2:16.46	2:13.19	2:10.93	200IM	2:24.89	2:27.38	2:31.00	2:35.88	2:42.48
5:14.06	5:01.30	4:51.88	4:44.89	4:40.06	400IM	5:08.30	5:13.62	5:21.32	5:31.69	5:45.73

18 years old										
BB	A	AA	AAA	AAAA	EVENT	AAAA	AAA	AA	A	BB
27.2	26.09	25.28	24.67	24.25	50FREE	27.52	27.80	28.68	29.61	30.87
59.26	58.18	57.21	56.01	54.55	100FREE	1:00.40	1:01.44	1:02.95	1:04.98	1:07.73
2:12.68	2:07.29	2:03.31	2:00.36	1:58.32	200FREE	2:11.06	2:13.32	2:16.59	2:21.00	2:26.97
4:46.28	4:34.65	4:26.06	4:19.69	4:15.29	400FREE	4:37.08	4:41.86	4:48.78	4:58.10	5:10.73
					800FREE	9:29.58	9:39.40	9:53.62	10:12.79	10:38.73
18:53.09	1:04.82	17:33.08	17:07.84	16:50.41	1500FR					
29.17	27.99	27.11	26.46	26.02	50FLY	29.08	29.58	30.30	31.28	32.61
1:04.80	1:02.18	1:00.23	58.78	57.79	100FLY	1:04.92	1:06.05	1:07.68	1:09.86	1:12.82
2:25.06	2:19.17	2:14.81	2:11.58	2:09.35	200FLY	2:21.22	2:23.73	2:27.27	2:32.02	2:38.46
31.27	29.99	29.06	28.36	27.89	50BACK	31.38	31.93	32.71	33.76	35.20
1:07.56	1:04.82	1:02.79	1:01.29	1:00.25	100BACK	1:07.42	1:08.58	1:10.23	1:12.53	1:15.60
2:25.59	2:19.67	2:15.31	2:12.07	2:09.83	200BACK	2:23.90	2:26.39	2:29.99	2:34.82	2:41.39
34.62	33.22	32.18	31.41	30.88	50 BREAST	34.19	34.78	35.63	36.78	38.35
1:16.04	1:12.95	1:10.67	1:08.98	1:07.81	100BREAST	1:14.64	1:15.93	1:17.79	1:20.31	1:23.71
2:45.22	2:38.51	2:33.55	2:29.87	2:27.33	200BREAST	2:41.37	2:44.16	2:48.19	2:59.61	3:00.96
2:28.30	2:22.27	2:17.82	2:14.52	2:12.24	200IM	2:26.34	2:28.85	2:32.51	2:57.44	2:44.10



5:17.20	5:04.31	4:54.80	4:47.74	4:42.86	400IM	5:11.38	5:16.76	5:24.53	5:35.01	5:49.19
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17 years old										
BB	A	AA	AAA	AAAA	EVENT	AAAA	AAA	AA	A	BB
27.47	26.35	25.53	24.92	24.49	50FREE	27.80	28.27	28.97	29.91	31.17
59.84	58.75	57.77	56.57	55.09	100FREE	1:01.00	1:02.05	1:03.58	1:05.63	1:08.40
2:13.00	2:08.55	2:04.53	2:01.55	1:59.49	200FREE	2:12.36	2:14.64	2:17.94	2:22.39	2:28.42
4:49.12	4:37.37	4:28.70	4:22.26	4:17.82	400FREE	4:39.83	4:44.65	4:51.64	5:01.05	5:13.80
					800FREE	9:35.22	9:45.13	9:59.49	10:18.85	10:45.06
19:04.31	18:17.83	17:43.50	17:18.01	17:00.42	1500FR					
29.46	28.26	27.38	26.72	26.28	50FLY	29.37	29.88	30.60	31.59	32.94
1:05.44	1:02.79	1:00.82	59.36	58.36	100FLY	1:05.58	1:06.71	1:08.35	1:10.55	1:13.54
2:26.49	2:20.55	2:16.15	2:12.89	2:10.63	200FLY	2:22.70	2:25.16	2:28.73	2:33.52	2:40.03
31.58	30.29	29.35	28.64	28.16	50BACK	31.69	32.24	33.04	34.10	35.55
1:08.23	1:05.46	1:03.41	1:01.89	1:00.84	100BACK	1:08.09	1:09.26	1:10.92	1:13.25	1:16.35
2:27.03	2:21.06	2:16.65	2:13.38	2:11.11	200BACK	2:25.33	2:27.84	2:31.47	2:36.36	2:42.99
34.97	33.55	32.50	31.72	31.18	50 BREAST	34.53	35.13	35.99	37.14	38.73
1:16.80	1:13.67	1:11.37	1:09.67	1:08.48	100BREAST	1:15.38	1:16.68	1:18.56	1:21.10	1:24.54
2:46.85	2:40.08	2:35.07	2:31.36	2:28.79	200BREAST	2:42.97	2:45.78	2:49.85	2:55.33	3:02.75
2:29.77	2:23.68	2:19.19	2:15.85	2:13.55	200IM	2:27.79	2:30.33	2:34.02	2:39.00	2:45.73
5:20.34	5:07.33	4:57.72	4:50.59	4:45.66	400IM	5:14.47	5:19.89	5:27.75	5:38.32	5:52.64

16 years old										
BB	A	AA	AAA	AAAA	EVENT	AAAA	AAA	AA	A	BB
27.87	26.73	25.91	25.28	24.85	50FREE	28.20	28.69	29.39	30.65	31.63
1:00.72	59.62	58.62	57.40	55.90	100FREE	1:01.89	1:02.96	1:04.51	1:06.59	1:09.41
2:15.97	2:10.44	2:06.36	2:03.34	2:01.25	200FREE	2:14.30	2:16.62	2:19.97	2:24.49	2:30.60
4:53.37	4:41.45	4:32.65	4:26.12	4:21.61	400FREE	4:43.94	4:48.84	4:55.93	5:05.48	5:18.42
					800FREE	9:43.68	9:53.74	10:08.31	10:27.96	10:54.54
19:21.14	18:33.97	17:59.14	17:33.28	17:15.42	1500FR					
29.89	28.68	27.78	27.39	26.93	50FLY	29.80	30.32	31.05	32.05	33.42
1:06.41	1:04.36	1:01.72	1:00.24	59.81	100FLY	1:06.54	1:07.68	1:09.36	1:11.59	1:14.62
2:28.65	2:22.61	2:18.15	2:14.84	2:12.55	200FLY	2:24.80	2:27.29	2:30.91	2:35.78	2:42.38
32.04	30.74	29.78	29.06	28.58	50BACK	32.48	33.05	33.52	34.94	36.43
1:09.23	1:06.43	1:04.99	1:04.18	1:01.74	100BACK	1:09.09	1:10.28	1:12.00	1:14.32	1:17.47
2:29.19	2:23.13	2:18.66	2:15.34	2:13.04	200BACK	2:27.47	2:30.01	2:33.70	2:38.66	2:45.38
35.83	34.04	33.31	32.19	31.64	50 BREAST	35.03	35.65	36.51	37.69	39.30
1:17.93	1:14.76	1:12.42	1:10.69	1:09.49	100BREAST	1:16.49	1:17.81	1:19.72	1:22.29	1:25.78
2:49.31	2:42.43	2:37.35	2:33.58	2:30.98	200BREAST	2:45.36	2:48.22	2:52.35	2:57.91	3:05.44
2:31.97	2:25.79	2:21.24	2:17.85	2:15.51	200IM	2:29.96	2:32.54	2:36.29	2:41.34	2:48.17
5:25.05	5:11.85	5:02.10	4:54.86	4:49.86	400IM	5:19.09	5:24.60	5:32.57	5:43.30	5:57.83



15 years old										
BB	A	AA	AAA	AAAA	EVENT	AAAA	AAA	AA	A	BB
28.28	27.12	26.28	25.65	25.21	50FREE	28.61	29.11	29.82	30.79	32.09
1:01.60	1:00.48	59.47	58.23	56.71	100FREE	1:02.79	1:03.87	1:05.45	1:07.56	1:10.41
2:17.94	2:12.33	2:08.19	2:05.13	2:03.01	200FREE	2:16.25	2:18.6	2:22.00	2:26.58	2:32.79
4:57.62	4:45.53	4:36.60	4:29.98	4:25.40	400FREE	4:48.06	4:53.02	5:00.22	5:09.91	5:23.03
					800FREE	9:52.14	10:02.34	10:17.13	10:37.06	11:04.03
19:37.96	18:50.12	18:14.78	17:48.54	17:30.43	1500FR					
30.32	29.10	28.18	27.51	27.05	50FLY	30.23	30.75	31.50	32.52	33.90
1:07.37	1:04.64	1:02.62	1:01.11	1:00.08	100FLY	1:07.50	1:08.67	1:10.36	1:12.63	1:15.71
2:30.80	2:24.68	2:20.15	2:16.79	2:14.47	200FLY	2:26.90	2:29.43	2:33.10	2:38.04	2:44.73
32.51	31.19	30.21	29.48	28.99	50BACK	32.62	33.19	34.01	35.10	36.59
1:10.23	1:07.39	1:05.28	1:03.71	1:02.63	100BACK	1:10.09	1:11.30	1:13.01	1:15.40	1:18.59
2:31.36	2:25.20	2:20.67	2:17.30	2:14.97	200BACK	2:29.60	2:32.19	2:35.93	2:40.95	2:47.78
35.99	34.53	33.45	32.66	32.10	50 BREAST	35.54	36.16	37.04	38.24	39.87
1:19.05	1:15.84	1:13.47	1:11.72	1:10.50	100BREAST	1:17.60	1:18.94	1:20.87	1:23.49	1:27.02
2:51.76	2:44.79	2:39.63	2:35.81	2:33.16	200BREAST	2:47.76	2:50.66	2:54.85	3:00.48	3:08.13
2:34.17	2:27.90	2:23.28	2:19.85	2:17.48	200IM	2:32.13	2:34.75	2:38.55	2:43.67	2:50.60
5:29.76	5:16.37	5:06.47	4:59.13	4:54.06	400IM	5:23.72	5:29.30	5:37.39	5:48.27	6:03.02

14 years old										
BB	A	AA	AAA	AAAA	EVENT	AAAA	AAA	AA	A	BB
28.82	27.64	26.78	26.14	25.69	50FREE	29.16	29.66	30.39	31.37	32.70
1:02.78	1:01.63	1:00.60	59.34	57.79	100FREE	1:03.99	1:05.09	1:06.69	1:08.84	1:11.75
2:20.57	2:14.85	2:10.64	2:07.51	2:05.35	200FREE	2:18.84	2:21.24	2:24.71	2:29.37	2:35.70
5:02.29	4:50.97	4:41.87	4:35.12	4:30.45	400FREE	4:53.54	4:58.60	5:05.93	5:15.81	5:29.19
					800FREE	10:03.42	10:13.82	10:28.88	10:49.19	11:16.68
20:00.40	19:11.64	18:35.64	18:08.90	17:50.44	1500FR					
30.90	29.65	28.72	28.03	27.84	50FLY	30.81	31.34	32.10	33.14	34.55
1:08.65	1:05.87	1:03.80	1:02.27	1:01.23	100FLY	1:08.79	1:09.98	1:11.70	1:14.01	1:17.17
2:33.67	2:27.44	2:22.82	2:19.40	2:17.03	200FLY	2:29.69	2:32.27	2:35.81	2:41.05	2:47.87
33.13	31.78	30.78	30.35	29.84	50BACK	33.24	33.82	34.66	35.77	37.29
1:11.57	1:08.67	1:06.52	1:04.93	1:03.83	100BACK	1:11.42	1:12.65	1:14.40	1:16.84	1:20.09
2:34.24	2:27.97	2:23.35	2:19.31	2:17.54	200BACK	2:32.45	2:35.09	2:38.90	2:44.02	2:50.98
36.68	35.16	34.09	33.28	32.71	50 BREAST	36.22	36.85	37.75	38.97	40.63
1:20.56	1:17.29	1:14.87	1:13.08	1:11.84	100BREAST	1:19.07	1:20.44	1:22.41	1:25.06	1:28.68
2:55.03	2:47.93	2:42.67	2:38.78	2:36.08	200BREAST	2:50.95	2:53.71	2:58.18	3:03.92	3:11.71
2:37.81	2:30.72	2:26.01	2:22.51	2:20.10	200IM	2:35.03	2:37.70	2:41.57	2:46.79	2:53.85
5:36.04	5:22.39	5:12.31	5:04.83	4:59.66	400IM	5:29.88	5:35.57	5:43.81	5:54.91	6:09.93



13 years old										
BB	A	AA	AAA	AAAA	EVENT	AAAA	AAA	AA	A	BB
31.01	28.15	27.28	26.63	26.17	50FREE	29.70	30.21	30.96	31.96	33.31
1:05.12	1:02.78	1:01.74	1:00.45	58.87	100FREE	1:05.18	1:06.30	1:07.94	1:10.13	1:13.10
2:31.27	2:17.37	2:13.08	2:09.90	2:07.69	200FREE	2:21.44	2:23.88	2:27.41	2:32.16	2:38.61
5:26.38	4:56.40	4:47.14	4:40.26	4:35.51	400FREE	4:59.03	5:04.19	5:11.65	5:21.71	5:35.34
					800FREE	10:14.69	10:25.29	10:40.64	11:01.32	11:29.33
21:31.78	19:33.17	18:56.49	18:29.25	18:10.45	1500FR					
33.26	30.20	29.26	28.84	28.36	50FLY	31.38	31.93	32.70	33.76	35.20
1:13.88	1:07.78	1:05.00	1:03.44	1:02.99	100FLY	1:10.08	1:11.29	1:13.04	1:15.40	1:18.59
2:45.37	2:30.19	2:25.49	2:22.01	2:19.60	200FLY	2:32.49	2:35.12	2:38.93	2:44.06	2:51.01
36.00	32.37	31.36	30.61	30.09	50BACK	34.20	34.80	35.31	36.80	38.37
1:17.03	1:09.96	1:08.44	1:06.14	1:05.02	100BACK	1:12.76	1:04.01	1:15.83	1:18.27	1:21.59
2:45.99	2:30.74	2:26.03	2:22.53	2:20.11	200BACK	2:35.30	2:37.98	2:41.87	2:47.09	2:54.17
39.47	35.85	35.08	33.90	33.23	50 BREAST	36.90	37.54	38.46	39.70	41.39
1:26.70	1:18.73	1:16.27	1:14.45	1:13.18	100BREAST	1:20.55	1:21.95	1:23.95	1:26.67	1:30.34
3:08.36	2:51.06	2:45.71	2:41.75	2:39.00	200BREAST	2:54.15	2:57.16	3:01.51	3:07.36	3:15.30
2:49.07	2:33.54	2:28.74	2:25.18	2:22.71	200IM	2:37.93	2:40.64	2:44.59	2:49.91	2:57.10
6:01.63	5:28.42	5:18.15	5:10.53	5:05.27	400IM	5:36.05	5:41.85	5:50.24	6:01.54	6:16.85

12 years old										
BB	A	AA	AAA	AAAA	EVENT	AAAA	AAA	AA	A	BB
31.72	28.80	27.91	27.24	26.77	50FREE	30.38	30.91	31.67	32.69	34.07
1:06.61	1:04.22	1:03.15	1:01.84	1:00.22	100FREE	1:06.68	1:07.83	1:09.50	1:11.74	1:14.77
2:34.74	2:20.52	2:16.13	2:12.87	2:10.62	200FREE	2:24.68	2:27.18	2:30.79	2:35.65	2:42.24
5:33.86	5:03.20	4:53.72	4:46.69	4:41.83	400FREE	5:05.89	5:11.16	5:18.80	5:29.09	5:43.03
					800FREE	10:28.79	10:39.63	10:55.33	11:16.49	11:45.14
22:01.41	20:00.07	19:22.55	18:54.69	18:35.46	1500FR					
34.02	30.90	29.93	29.50	29.01	50FLY	32.10	32.66	33.45	34.53	36.00
1:15.57	1:09.33	1:06.49	1:04.89	1:04.44	100FLY	1:11.68	1:12.92	1:14.72	1:17.12	1:20.39
2:49.17	2:33.64	2:28.83	2:25.26	2:22.80	200FLY	2:35.99	2:38.68	2:42.58	2:47.82	2:54.93
36.83	33.12	32.08	31.31	30.79	50BACK	34.99	35.60	36.11	37.64	39.25
1:18.80	1:11.56	1:10.01	1:07.66	1:06.51	100BACK	1:14.43	1:15.71	1:17.57	1:20.07	1:23.46
2:49.79	2:34.19	2:29.38	2:25.80	2:23.32	200BACK	2:38.87	2:41.61	2:45.58	2:50.92	2:58.17
40.37	36.67	35.88	34.68	34.09	50 BREAST	37.74	38.40	39.34	40.61	42.34
1:28.69	1:20.54	1:18.02	1:16.15	1:14.86	100BREAST	1:22.40	1:23.83	1:25.88	1:28.65	1:32.41
3:12.68	2:54.99	2:49.51	2:45.45	2:42.65	200BREAST	2:58.14	3:01.22	3:05.67	3:11.66	3:19.77
2:52.95	2:37.06	2:32.15	2:28.51	2:25.99	200IM	2:41.55	2:44.33	2:48.37	2:53.81	3:01.17
6:09.92	5:35.95	5:25.45	5:17.65	5:12.27	400IM	5:43.75	5:49.69	5:58.27	6:09.83	6:25.49



11 years old										
BB	A	AA	AAA	AAAA	EVENT	AAAA	AAA	AA	A	BB
32.43	29.45	28.53	27.85	27.37	50FREE	31.07	31.60	32.38	33.42	34.84
1:08.10	1:05.66	1:04.57	1:03.22	1:01.57	100FREE	1:08.17	1:09.35	1:10.06	1:13.35	1:16.45
2:38.21	2:23.67	2:19.18	2:15.85	2:13.55	200FREE	2:27.93	2:30.48	2:34.17	2:39.14	2:45.88
5:41.35	5:10.00	5:00.31	4:53.12	4:48.15	400FREE	5:12.75	5:18.14	5:25.95	5:36.47	5:50.72
					800FREE	10:42.89	10:53.97	11:10.02	11:31.66	12:00.95
22:31.04	20:26.98	19:48.62	19:20.13	19:00.47	1500FR					
34.78	31.59	30.60	30.16	29.66	50FLY	32.82	33.39	34.20	35.31	36.81
1:17.27	1:10.89	1:07.98	1:07.01	1:05.88	100FLY	1:13.29	1:14.56	1:16.39	1:18.85	1:22.19
2:52.96	2:37.08	2:32.17	2:28.52	2:26.00	200FLY	2:39.49	2:42.23	2:46.22	2:51.58	2:58.85
37.65	33.86	32.80	32.01	31.48	50BACK	35.77	36.40	36.92	38.49	40.13
1:20.56	1:13.17	1:11.58	1:09.18	1:08.00	100BACK	1:16.10	1:17.41	1:19.31	1:21.86	1:25.33
2:53.60	2:37.65	2:32.73	2:29.07	2:26.54	200BACK	2:42.43	2:45.23	2:49.29	2:54.75	3:02.16
41.28	37.49	36.69	35.45	34.85	50 BREAST	38.59	39.26	40.22	41.52	43.29
1:30.68	1:22.34	1:19.77	1:17.86	1:16.54	100BREAST	1:24.25	1:25.71	1:27.80	1:30.64	1:34.48
3:17.00	2:58.91	2:53.31	2:49.16	2:46.29	200BREAST	3:02.14	3:05.28	3:09.83	3:15.95	3:24.25
2:56.83	2:40.58	2:35.56	2:31.84	2:29.26	200IM	2:45.17	2:48.01	2:52.14	2:57.70	3:05.23
6:18.22	5:43.48	5:32.74	5:24.77	5:19.27	400IM	5:51.46	5:57.53	6:06.30	6:18.13	6:34.13