

Information

SNZ Contacts

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Meet Director

Chris Groothoff
Tel 07 308 7228
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groothoff@xtra.co.nz

Host Regional Association

Swimming Waikato
P.O. Box 4248, Hamilton
Tel/Fax 07 856 9747
swimwaikato@wave.co.nz

Pool Location/Venue address

Waterworld
Garnett Avenue
Te Rapa
Hamilton

Entries and Entry fees

All information regarding entries and entry fees is detailed in the FLIER.

CLUBS need to check with their REGIONAL ASSOCIATION for their entry closing dates.

Pre-Meet Training Times

The pool will be available set at 50m on Monday 5th March at the following times
Whole pool 9am-12pm
 3-7pm

Pool entry is free for training at these times.
Entry to the Complex is by the Rear Door.

PLEASE NOTE: Clubs that wish to train outside these times will have to pay Pool Entry.

Warm-up times

Morning heats
Warm-up 7.15am - 8.45am

Evening finals
Warm-up 4.15pm - 5.45pm

NOTE:

Tuesday 6th March
Warm-up 4.15pm – 5.30pm
for the Opening Ceremony at 5.40pm.

Session start times

Morning heats session 9am
Evening finals session 6pm

Warm down

Warm down will be in the Dive Well.

Warm-up Procedure

SNZ will use the standard Warm-up Procedure for all National Competitions.
Warm-up Marshall's will NOT be used.

Details of the Warm-up procedure are on the SNZ website.

Marshalling

Marshalling will be on pool deck – at the far side of Dive Well. The number of events or races in advance will be advised at the Team Briefing.

Team Briefing Meeting

A Team Briefing for Regional team managers, team managers and coaches will be held on Monday 5th March at 6.00pm in the Rec Room, under the grandstand by the lower kitchen. Anyone is welcome at this meeting.

Regional Associations Coaches and Managers Form

This form is available from the SNZ website and should be included with the REGIONAL ASSOCIATIONS entries and returned to events@swimmingnz.org.nz by midnight Thursday 22nd February 2007.

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Swimming Waikato
P.O. Box 4248, Hamilton
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Swimming New Zealand
P O Box 11-115, Wellington
Tel 04 801 9450 Fax 04 801 6270
events@swimmingnz.org.nz
www.swimmingnz.org.nz

No of Session Sheets for each Region

Session sheets will be issued to REGIONAL ASSOCIATIONS based on the number of coaches and managers detailed in the Regional Coaches and Managers Form.

Pool Access/Entry

Pool access will be around the back of the complex down the driveway from the carpark. Spectators 1st door. Coaches, Team managers & Officials (all must sign in) and Swimmers, 2nd door.

Collection of Packs

Session programmes and other material can be picked up by Regional Team Managers from the pool on Monday 5th March between 4-6pm.

Officials meeting

An officials meeting will be held on Tuesday 6th March at 8am in the Rec Room, under the grandstand by the lower kitchen.

Officials food

Officials Continental Breakfast will be available each day from 7.30am in the Rec Room – no charge.

Cooked breakfasts will be available at a small charge of \$3.00 per day. Cooked breakfasts will need to be pre-ordered.

Afternoon tea will be available each day from 4.30pm in the Rec Room.

Food will be served to officials during the heat sessions. Drinks will be provided.

Officials Happy Hour

A Happy Hour will be held for officials on Thursday 8th March after the session. Due to this not being able to be held at the pool, SNZ is currently looking into options. The venue is to be confirmed and will be advised at the Officials meeting. This will consist of drinks and light food.

Seating

Seating will be allocated for Regional teams. The seating plan will be placed on the SNZ website.

Session and Results

Session Sheets and Results will be placed in the Regional Association boxes outside the Administration Room. Results will be posted on the wall by the dive well and upstairs at the back of the stand as soon as possible after each event.

Quick Results

SNZ will have LIVE/Quick Results on the SNZ website. The results for each event will be uploaded once the event has been signed off. These results will be on SNZ website.

Timelines

Timelines will be included on the session sheets. The times shown are approximate and races may start before or after the times indicated. It is the swimmers' responsibility to be at marshalling at the appropriate time.

Spectator/Programme Charges

Door entry for Adults	\$2.00
Door entry under 15 years	\$1.00
Session programme – per session	\$2.00
Full programme – includes finals	\$10.00
Door entry for all sessions	\$15.00
Door entry & programmes all sessions	\$25.00

Parking

Parking is available in the car park at the front of the complex in designated areas, or on the road side. Parking at the rear of the complex is reserved for Pool Staff plus Waikato Organising Committee. Pool Staff will "tow" unauthorised cars.

Opening Ceremony

An Opening Ceremony will be held at 5.40pm on Tuesday 6th March.

Regions are to provide a maximum of 3 reps from each team plus one regional placard bearer. Please assemble in the "Tunnel" at 5.15pm to march on at 5.40am. Officials will march on also.

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Victory Ceremonies

SNZ has introduced a standard victory ceremony protocol for all SNZ National Competitions.

Victory Ceremonies will be timetabled in the Order of Events and the Victory Ceremony Timetable will be published in the souvenir programme and the programme for finals session.

Team managers and Coaches are to ensure swimmers are familiar with this protocol and timetable which is on the SNZ website.

A musical fanfare will be used to indicate the Victory Ceremony.

Swimmers who are not present **WILL NOT RECEIVE THEIR MEDAL**. Substitutes may be used if swimmers are in other races or in marshalling, however they must be of the **same gender** as the swimmer due to be receiving the medal.

Victory ceremonies will take place immediately after the following race – please see the Victory Ceremony Timetable on the website.

IMMEDIATELY after finishing their race AND BEFORE warming down the TOP 4 swimmers should dry down, get their tee shirt or tracksuit jacket and go to the presentation area. They must advise the presentation official they are present.

We will endeavour to run the victory ceremonies as timetabled. If for any reason there is a delay in the results being available, the victory ceremony for that event will take place as soon as possible. The victory ceremonies will continue to happen as timetabled.

Dress standard for victory ceremonies

- Club or regional tee-shirt, jacket or sweatshirt.
- No caps or goggles.
- No towels to be wrapped around the waist.
- Tracksuit bottoms or shorts are NOT required.

Swimmers with a Disability

The NZ Disabled Championships is included in the NZ Age Group Championships.

Swimmers with a disability will swim in the heats with the able-bodied swimmers in the morning and in separate finals in the evening.

Banner placement

SNZ will have signage at the NZ Age Group Championships. This signage will take precedence for position over regional and club banners.

Squad Qualifying Competition

2007 NZ Age Group Championships is a Squad qualifying opportunity.

Selection Competition

2007 NZ Age Group Championships is the selection competition for the **Trans Tasman Tri-Series Team**. Availability forms for this will be available from the selectors and recorders table. All availability forms are due back by the end of the morning session on Sat 10th March to be eligible for selection.

Tri-Series Development Camps - more information will be detailed soon.

Squad Announcements

Squad announcements for those swimmers that make SNZ squad times during NZ Age Group Championships will be made throughout the NZ Age Groups. These will be held after warm-up and prior to the start of the finals session each evening, between 5.45-6pm starting on Day 2 Wednesday 4th March.

A list of names for each night will be given to Team Managers in the morning. Please ensure the swimmers are aware of the presentations and that they assemble at the victory ceremony area for these so when their names are called they do not have to make their way to the area.

Certificates

Certificates for NZ Age Group Championships will be sent to regions after the meet from the SNZ office.

2007 NZ Age Group Championships is hosted for SNZ by

Social

Hamilton Swimming Club is running an 'Underwater' themed social for swimmers on Saturday 10th March at the Fraser High School Gym from 8-12pm.

Tickets are \$15pp or \$12 for 10. Please email white.family@actrix.gen.nz for tickets. There will be no door sales. 1 parent is required from each region to supervise.

For more information, please visit:
www.hamiltonswimmingclub.org.nz/

Merchandise/Souvenirs

SNZ is delighted to advise you we will be providing '**official**' Swimming New Zealand merchandise at NZ Age Group Championships at very competitive prices.

SNZ will be providing

- Swimcaps
- Togs for boys and girls
- T-shirts

'Aquashop' will be co-ordinating the merchandise directly with you on behalf of SNZ.

Don't miss the opportunity to purchase a connection to the Swimming New Zealand Brand!

An order form is available from the SNZ website under NZ Age Group Championships.

For further details or to place an order contact Chris at Aquashop on

Phone (04) 385 0362
Fax (04) 385 0386
Email aquashop@aquashop.co.nz

Swimming New Zealand wishes all the swimmers the best of luck and a great competition.

Have fun!

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events@swimmingnz.org.nz
www.swimmingnz.org.nz

30 June 2006

This meet will be swum under SNZ Regulations with the specific conditions & criteria:

- Age as at 6th March 2007.
- The age groups to be swum for both male and female are 13 years and under, 14 years and 15 years.
- Relays will be regional and club and be swum as 15 years and under.
- Relays will be swum as heats and finals if the number of entries is greater than the number of lanes and will be swum at the end of the respective sessions.
- The qualifying period is from 7th March 2006 to 18th February 2007.
- The NZ Disabled Swimming Championships shall be conducted as part of the NZ Age Group Championships. Specific qualifying times and criteria are detailed in the 3 pages following.
- Individual entry times may be verified against the SNZ Results Database. Performances from regional and local competitions not held within the Results Database may not be eligible for entry to national competitions.
- The qualifying times shown are 50 metre times. Qualifying times swum in pools other than 50m must be converted using the SNZ Conversions.
- Swimmers may enter one (1) unqualified event.
- All entries must include swimmer details and times. The swimmers declared entry time shall be the fastest official time swum in the qualifying period. All relay entries must include swimmers' names whose times were used to produce the entry time. Only swimmers who have met at least one required individual qualifying standard may be entered in relay events.
- A maximum of two (2) international visitors may progress from heats to finals in any one event, with the exception of timed-finals where there is no limit on international visitor entries.

ENTRIES

REGIONAL ASSOCIATIONS must submit entries for SNZ members. No club entries are permitted. **CLUBS** entries and fees are to be submitted to their **REGIONAL ASSOCIATION**.

CLUBS need to check with your **REGIONAL ASSOCIATION** for their entry closing dates.

Entries close for **REGIONAL ASSOCIATIONS** with Swimming New Zealand **12 MIDNIGHT on THURSDAY 22nd FEBRUARY 2007**. Late entries will not be accepted.

NO REFUNDS for any withdrawals (including medical) will be given once entries have closed.

Entries to be submitted by **REGIONAL ASSOCIATIONS** as a cfile or hyv file. Entries to be emailed to events@swimmingnz.org.nz and should include

- Entries by swimmer with proof of time – word format
- Entry fee summary – word format
- Relay names report
- Regional Coaches and Managers Form

Entry fees are \$11.75 individual events and \$23.50 relay events. Entry fees from **REGIONAL ASSOCIATIONS** to be sent to Swimming New Zealand, P O Box 11115, Wgtn.

Male				Female		
13 & U	14 yr	15 yr		13 & U	14 yr	15 yr
FREESTYLE						
29.22	27.50	26.90	50	30.15	29.65	29.60
1.03.75	59.80	58.50	100	1.05.50	1.04.50	1.04.30
2.18.57	2.12.00	2.10.00	200	2.21.00	2.20.20	2.20.00
4.51.56	4.40.73	4.37.78	400	4.58.00	4:54.30	4.52.50
			800	10.10.00	9.55.40	9.55.00
19.00.00	18.30.00	18.05.00	1500			
BACKSTROKE						
33.20	31.75	31.07	50	34.50	34.15	33.89
1.11.56	1.08.22	1.07.37	100	1.14.57	1.13.54	1.12.72
2.33.17	2.28.19	2.24.65	200	2.39.49	2.35.87	2.35.74
BREASTSTROKE						
36.75	35.56	34.95	50	38.51	38.23	37.96
1.20.78	1.17.20	1.15.00	100	1.24.58	1.23.64	1.22.13
2.54.85	2.46.00	2.45.72	200	3.02.04	2.59.20	2.56.29
BUTTERFLY						
32.25	30.35	29.73	50	33.15	32.75	32.45
1.10.66	1.07.00	1.06.24	100	1.14.00	1.13.06	1.12.89
2.40.08	2.32.12	2.30.24	200	2.46.23	2.42.64	2.38.35
MEDLEY						
2.37.00	2.31.00	2.27.35	200	2.42.00	2.38.20	2.38.00
5.33.56	5.19.04	5.14.41	400	5.45.00	5.38.96	5.34.92

PSYCH SHEETS

PSYCH SHEETS will be posted on the Swimming New Zealand website by **FRIDAY 23rd FEBRUARY 2007**. No refunds for any withdrawals will be given once entries have closed.

Corrections to the psych sheets are to be sent to events@swimmingnz.org.nz by **12 MIDNIGHT TUESDAY 27th FEBRUARY 2007**.

FINAL PSYCH SHEETS will be posted on the Swimming New Zealand website by **WEDNESDAY 28th FEBRUARY 2007**.

30 June 2006

Warm-up Times, Session Start Times and Order of Events

Tues 6 th March			Wed 7 th March			Thurs 8 th March			Fri 9 th March			Sat 10 th March		
Session 1 - Heats			Session 3 - Heats			Session 5 - Heats			Session 7 - Heats			Session 9 - Heats		
Warm-up 7.15 – 8.45am Start 9am			Warm-up 7.15 – 8.45am Start 9am			Warm-up 7.15 – 8.45am Start 9am			Warm-up 7.15 – 8.45am Start 9am			Warm-up 7.15 – 8.45am Start 9am		
1	400m Free	W 13 & under W 14 years W 15 years	9	400m IM	W 13 & under W 14 years W 15 years	18	200m Free	W 13 & under W 14 years W 15 years	27	800m Free (Timed Finals)	W 13 & under W 14 years W 15 years	36	1500m Free (Timed Finals)	M 13 & under M 14 years M 15 years
101		W SWD S6 – S14	10	400m Free	M 13 & under M 14 years M 15 years	118		W SWD S1 – S5	28	200m Free	M 13 & under M 14 years M 15 years	37	200m Fly	W 13 & under W 14 years W 15 years
2	200m IM	M 13 & under M 14 years M 15 years	110		M SWD S6 – S14	19	400m IM	M 13 & under M 14 years M 15 years	128		M SWD S1 – S5	38	100m Breast	M 13 & under M 14 years M 15 years
102		M SWD SM5 - SM14	11	50m Fly	W 13 & under W 14 years W 15 years	20	100m Back	W 13 & under W 14 years W 15 years	29	100m Breast	W 13 & under W 14 years W 15 years	138		M SWD SB4 – SB14
3	50m Breast	W 13 & under W 14 years W 15 years	111		W SWD S1 – S7	120		W SWD S6 – S14	129		W SWD SB4 – SB14	39	50m Free	W 13 & under W 14 years W 15 years
103		W SWD SB1 – SB3	12	50m Breast	M 13 & under M 14 years M 15 years	21	50m Fly	M 13 & under M 14 years M 15 years	30	100m Back	M 13 & under M 14 years M 15 years	139		W SWD S1 – S14
4	50m Back	M 13 & under M 14 years M 15 years	112		M SWD SB1 – SB3	121		M SWD S1 – S7	130		M SWD S6 – S14	40	50m Free	M 13 & under M 14 years M 15 years
104		M SWD S1 – S5	13	100m Free	W 13 & under W 14 years W 15 years	22	200m Breast	W 13 & under W 14 years W 15 years	31	50m Back	W 13 & under W 14 years W 15 years	140		M SWD S1 – S14
5	200m Back	W 13 & under W 14 years W 15 years	113		W SWD S1 – S14	23	100m Free	M 13 & under M 14 years M 15 years	131		W SWD S1 – S5	41	200m IM	W 13 & under W 14 years W 15 years
6	200m Fly	M 13 & under M 14 years M 15 years	14	200m Back	M 13 & under M 14 years M 15 years	123		M SWD S1 – S14	32	200m Breast	M 13 & under M 14 years M 15 years	141		W SWD SM5 – SM14
7	4x50m Free	W 15 & U	115	150m IM SWD	M SWD SM1 – SM4	124	150m IM SWD	W SWD SM1 – SM4	33	100m Fly	W 13 & under W 14 years W 15 years	42	100m Fly	M 13 & under M 14 years M 15 years
8	Relay Club	M 15 & U	16	4x50m Free	W 15 & U	25	4x50m Med	W 15 & U	133		W SWD S6 – S14	142		M SWD S6 – S14
			17	Relay Region	M 15 & U	26	Relay Club	M 15 & U	34	4x50m Med	M 15 & U			
									35	Relay Region	W 15 & U			
Session 2 - Finals			Session 4 - Finals			Session 6 - Finals			Session 8 - Finals			Session 10 - Finals		
Warm-up 4.15-5.45pm Start 6pm			Warm-up 4.15-5.45pm Start 6pm			Warm-up 4.15-5.45pm Start 6pm			Warm-up 4.15-5.45pm Start 6pm			Warm-up 4.15-5.45pm Start 6pm		
Finals of all events in age groups as above			Finals of all events in age groups as above			Finals of all events in age groups as above			Finals of all events in age groups as above			Finals of all events in age groups as above		

NOTE: Relays will be swum as heats and finals if the number of entries is greater than the number of lane and will be swum at the end of the respective sessions.

30 June 2006

This meet will be swum under SNZ Regulations and the criteria pertaining to the New Zealand Age Group Championships with the specific conditions & criteria:

- Age as at 6th March 2007.
- The NZ Disabled Swimming Championships shall be conducted as part of the NZ Age Group Championships.
- The age groups to be swum for both male and female are 14 years and under, 15 to 17 years and 18 years and over.
- The qualifying period is from 7th March 2006 to 18th February 2007.
- The events that can be swum by each swimmer are as determined by their class and the qualifying times detailed here for each age group.
- Swimmers will compete in combined class, age and gender events unless there are more than 5 entries for each class.
- Swimmers without an authorized class are required to submit a 'Provisional Classification Test Sheet' to Paralympics New Zealand in order for their entries to be accepted.
- The qualifying times shown on the next 2 pages are 50 metre times. Qualifying times swum in pools other than 50m must be converted using the SNZ Conversions.
- Swimmers may enter only qualified events.
- All entries must include swimmer details and times. The swimmers declared entry time shall be the fastest official time swum in the qualifying period. All relay entries must include swimmers' names whose times were used to produce the entry time.

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- Entry fee summary – word format
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NZ Disabled Swimming Championships Combined Class Events:

- SWD with different classes compete in the same event for the same medal (e.g. 50m Free Under 15 Male).
- This may mean that a swimmer touching first may not be the winner.
- Results are determined by a percentage of the World Record to compare the individual swimmers results.

Placing Calculations

- Placings are calculated as a percentage of the World record as at 1 March 2006 for the swimmers class.
- The swimmer with the lowest percentage against the world record takes first place, the swimmer with the next lowest percentage against the world record takes second place, and so on.

Medal standards as detailed below will be used to determine the medal allocation:

- If 3+ competitors - 1st, 2nd and 3rd receive gold, silver and bronze based on their placing as calculated against the World Record.
- If 3 competitors only - 1st and 2nd receive gold and silver. Bronze will be awarded if the 3rd finishes within 160% of the current World Record.
- If 2 competitors only - 1st receives gold. Silver will be awarded if the 2nd finishes within 150% of the current World Record.
- If 1 competitor only they receive gold only if they finish within 140% of the current World Record

Examples: 6 female swimmers enter the 100m Free

EVENT:		Womens 100m Free						
Class	Age Group	Mins	Result Secs	Total Sec.	World Record(s)	% WR	Placings	
S10	15-17	1	14.16	74.16	61.7	120%	GOLD - 15-17yrs	
S9	14 & U	1	15.14	75.14	62.8	120%	GOLD U15	
S10	18+	1	21.13	81.13	61.7	131%	GOLD 18+	
S9	18+	1	22.71	82.71	62.8	132%	SILVER 18+	
S7	14 & U	1	24.35	84.35	68.9	122%	SILVER U15	
S9	18+	1	42.13	102.13	62.8	163%	3rd 18+ (no medal)	

30 June 2006

50 Metre Qualifying Times – NZ Disabled Swimming Championships

Male												FREESTYLE				Female								
14 yrs & under				15 – 17 yrs				18 yrs & over				14 yrs & under				15 – 17 yrs				18 yrs & over				
50m	100m	200m	400m	50m	100m	200m	400m	50m	100m	200m	400m	50m	100m	200m	400m	50m	100m	200m	400m	50m	100m	200m	400m	
3.09.00	5.51.00	10.00.75		3:02.00	5.38.00	9.38.50		2.55.00	5.25.00	9.16.25		S1	3.02.25	5.25.50	10.48.00		2.55.50	5.13.50	10.24.00		2.48.75	5.02.25	10.00.00	
1.54.75	4.03.00	8.06.00		1.50.50	3.54.00	7.48.00		1.46.25	3.45.00	7.30.00		S2	2.28.50	5.17.00	9.27.00		2.23.00	5.06.00	9.06.00		2.17.50	4.35.00	8.45.00	
1.29.25	3.10.50	7.12.00		1.26.00	3.03.50	6.56.00		1.22.50	2.56.25	6.40.00		S3	2.05.75	4.30.00	8.06.00		2.01.00	4.20.00	7.48.00		1.56.25	4.10.00	7.30.00	
1.11.00	2.35.25	5.37.50		1.08.25	2.29.50	5.25.00		1.05.75	2.23.75	5.12.50		S4	1.34.50	3.22.50	6.45.00		1.31.00	3.15.00	6.30.00		1.27.50	3.07.50	6.15.00	
56.25	2.07.00	4.43.50		54.00	2.02.25	4.33.00		52.00	1.57.50	4.22.50		S5	1.05.00	2.26.00	5.24.00		1.02.40	2.20.00	5.12.00		1.00.00	2.15.00	5.00.00	
47.25	1.44.00		8.33.00	45.50	1.40.25		8.14.00	43.75	1.36.25		7.55.00	S6	1.01.50	2.17.75		10.07.50	59.25	2.12.75		9.45.00	57.00	2.07.50		9.22.50
44.00	1.36.00		7.52.50	42.25	1.32.50		7.35.00	40.75	1.28.75		7.17.50	S7	56.25	1.59.00		9.13.50	54.00	1.54.50		8.53.00	52.00	1.50.00		8.32.50
42.00	1.32.00		7.18.75	40.50	1.28.50		7.02.50	38.75	1.25.00		6.46.25	S8	50.00	1.50.75		8.27.75	48.25	1.46.75		8.09.00	46.25	1.42.50		7.50.00
39.25	1.24.50		6.45.00	37.75	1.21.25		6.30.00	36.25	1.18.25		6.15.00	S9	44.25	1.37.25		7.25.50	42.75	1.33.75		7.09.00	41.00	1.30.00		6.52.50
37.25	1.20.75		6.20.75	35.75	1.17.75		6.06.60	34.50	1.14.75		5.52.50	S10	44.75	1.38.75		7.25.50	43.00	1.35.00		7.09.00	41.25	1.31.25		6.52.50
42.00	1.33.25		8.06.00	40.50	1.29.75		7.48.00	38.75	1.26.25		7.30.00	S11	54.00	2.08.25		8.26.25	52.00	2.03.50		8.07.50	50.00	1.58.75		7.48.75
37.25	1.26.50		8.06.00	35.75	1.23.25		7.48.00	34.50	1.20.00		7.30.00	S12	47.25	1.41.25		8.06.00	45.50	1.37.50		7.48.00	43.75	1.33.75		7.30.00
38.00	1.25.25		7.25.50	36.50	1.22.00		7.09.00	35.00	1.18.75		6.52.50	S13	45.90	1.40.00		7.45.75	44.25	1.36.25		7.28.50	42.50	1.32.50		7.11.25
35.25	1.20.50		6.58.50	34.00	1.17.50		6.43.00	32.50	1.14.50		6.27.50	S14	45.25	1.40.00		7.12.00	43.75	1.36.25		6.56.00	42.00	1.32.00		6.40.00

PSYCH SHEETS

PSYCH SHEETS will be posted on the Swimming New Zealand website by **FRIDAY 23rd FEBRUARY 2007.**

Corrections to the psych sheets are to be sent to events@swimmingnz.org.nz by **12 MIDNIGHT TUESDAY 27th FEBRUARY 2007.**

FINAL PSYCH SHEETS will be posted on the Swimming New Zealand website by **WEDNESDAY 28th FEBRUARY 2007.**

30 June 2006

BUTTERFLY											
Male						Female					
14 yrs & under		15 – 17 yrs		18 yrs & over		14 yrs & under		15 – 17 yrs		18 yrs & over	
50m	100m	50m	100m	50m	100m	50m	100m	50m	100m	50m	100m
2.47.50		2.41.25		2.35.00		S1	3.29.25		3.21.50		3.13.75
2.20.50		2.15.25		2.10.00		S2	2:55.50		2.49.00		2.42.50
2.04.25		1.59.75		1.55.00		S3	2.28.50		2.23.00		2.17.50
1.48.00		1.44.00		1.40.00		S4	2.15.00		2.10.00		2.05.00
1.10.25		1.07.75		1.05.00		S5	2.01.50		1.57.00		1.52.50
54.00	2.13.75	52.00	2.08.75	50.00	2.03.75	S6	1.14.25	2.40.75	1.11.50	2.34.75	1.08.75 2.28.75
52.75	2.04.25	50.70	1.59.75	48.75	1.55.00	S7	1.05.50	2.26.00	1.03.25	2.20.50	1.00.75 2.15.00
	1.54.75		1.50.50		1.46.25	S8		2.15.00		2.10.00	2.05.00
	1.40.00		1.36.25		1.32.50	S9		1.56.25		1.52.00	1.47.50
	1.34.50		1.31.00		1.27.50	S10		2.01.50		1.57.00	1.52.00
	2.02.85		1.58.50		1.53.75	S11		2:27.50		2.12.75	2.07.50
	1.48.00		1.44.00		1.40.00	S12		2.08.25		2.03.50	1.58.75
	1.41.25		1.37.50		1.33.75	S13		2.08.25		2.03.50	1.58.75

BACKSTROKE											
Male						Female					
14 yrs & under		15 – 17 yrs		18 yrs & over		14 yrs & under		15 – 17 yrs		18 yrs & over	
50m	100m	50m	100m	50m	100m	50m	100m	50m	100m	50m	100m
3:09.00		3.02.00		2.55.00		S1	3.36.00		3.28.00		3.20.00
1.59.00		1.54.50		1.50.00		S2	2.55.50		2.49.00		2.42.50
1.40.00		1.36.25		1.32.50		S3	2.01.50		1.57.00		1.52.50
1.21.00		1.18.00		1.15.00		S4	1.41.25		1.37.50		1.33.75
1.05.50		1.03.25		1.00.75		S5	1.25.25		1.22.00		1.18.75
	2.00.25		1.55.75		1.51.25	S6		2.35.25		2.29.50	2.23.75
	1.56.75		1.52.50		1.48.25	S7		2.20.50		2.15.25	2.10.00
	1.54.75		1.50.50		1.46.25	S8		2.12.50		2.07.50	2.02.50
	1.39.50		1.35.75		1.32.00	S9		1.54.75		1.50.50	1.46.25
	1.37.25		1.33.75		1.30.00	S10		1.54.75		1.50.50	1.46.25
	2.08.25		2.03.50		1.58.75	S11		2.35.25		2.29.50	2.23.75
	2.01.50		1.57.00		1.52.50	S12		2.08.25		2.03.50	1.58.75
	1.54.75		1.50.50		1.46.25	S13		2.01.50		1.57.00	1.52.50
	1.42.75		1.39.00		1.35.00	S14		1.54.75		1.50.50	1.46.25

INDIVIDUAL MEDLEY											
Male						Female					
14 yrs & under		15 – 17 yrs		18 yrs & over		14 yrs & under		15 – 17 yrs		18 yrs & over	
150m	200m	150m	200m	150m	200m	150m	200m	150m	200m	150m	200m
7.56.00		7.38.25		7.20.75		SM1	8.21.25		8.02.75		7.44.25
6.51.75		6.36.50		6.21.25		SM2	7.33.75		7.17.00		7.00.00
6.04.50		5.51.00		5.37.50		SM3	6.21.50		6.07.50		5.53.25
4.19.25		4.09.75		4.00.00		SM4	5.51.00		5.38.00		5.25.00
	6.18.00		6.04.00		5.50.00	SM5		6.40.00		6.25.06	6.10.25
	4.34.25		4.24.00		4.13.75	SM6		5.51.00		5.38.00	5.25.00
	4.22.00		4.12.25		4.02.50	SM7		5.10.50		4.59.00	4.47.50
	3.56.25		3.47.50		3.38.75	SM8		4.30.00		4.20.00	4.10.00
	3.36.00		3.28.00		3.20.00	SM9		4.08.50		3.59.00	3.50.00
	3.29.25		3.21.50		3.13.75	SM10		4.08.50		3.59.25	3.50.00
	4.23.25		4.13.50		4.03.75	SM11		5.30.75		5.18.50	5.06.25
	4.09.75		4.00.50		3.51.25	SM12		4.30.00		4.20.00	4.10.00
	3.49.50		3.41.00		3.42.50	SM13		4.16.50		4.07.00	4.57.50

BREASTSTROKE											
Male						Females					
14 yrs & under		15 – 17 yrs		18 yrs & over		14 yrs & under		15 – 17 yrs		18 yrs & over	
50m	100m	50m	100m	50m	100m	50m	100m	50m	100m	50m	100m
2.48.75		2.42.50		2.36.25		SB1	2.42.00		2.36.00		2.30.00
2.08.25		2.03.50		1.58.75		SB2	2.17.75		2.12.60		2.07.50
1.23.75		1.20.75		1.17.50		SB3	1.48.00		1.44.00		1.40.00
	2.48.75		2.42.50		2.35.25	SB4		3.36.00		3.28.00	3.20.00
	2.42.00		2.36.00		2.30.00	SB5		3.15.75		3.08.50	3.01.25
	2.26.00		2.20.50		2.15.00	SB6		3.09.00		3.02.00	2.55.00
	2.19.25		2.14.00		2.08.75	SB7		2.48.75		2.42.50	2.36.25
	1.56.25		1.52.00		1.47.50	SB8		2.12.50		2.07.50	2.02.50
	1.48.00		1.44.00		1.40.00	SB9		2.12.50		2.07.50	2.02.50
	2.08.25		2.03.50		1.58.75	SB11		2.42.00		2.36.00	2.30.00
	2.04.25		1.59.75		1.55.00	SB12		2.28.50		2.23.00	2.37.50
	1.57.50		1.53.25		1.48.75	SB13		2.28.50		2.23.00	2.37.50
	1.50.75		1.46.75		1.42.50	SB14		2.35.25		2.29.50	2.23.75