



SCOTTISH GAS NATIONAL AGE GROUPS SWIMMING CHAMPIONSHIPS

**Tollcross Park Leisure Centre
Glasgow
8th – 11th April 2010**



Scottish Swimming is the trading name for the Scottish Amateur Swimming Association Limited. Registered in Scotland.
Company Number: SC246645 Registered Office: Scottish Amateur Swimming Association Limited, National Swimming Academy,
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Supported by **sportscotland**

Event Regulations

Entry and Entries to all events is expressly subject to each and all of these regulations and may, where appropriate, also require compliance with the facility provider's regulations:

- Permission for any person to enter or to remain within the venue notwithstanding possession of any ticket by that person is at the absolute discretion of the stewards and officers of Scottish Amateur Swimming Association (SASA) Ltd and/or any police officer.
- No guarantee can be given by SASA Ltd that the event will take place at a particular time or any particular date and SASA Ltd reserves the right to reschedule the event without notice and without any liability for so doing.
- In the event of postponement, cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of SASA Ltd. SASA Ltd will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs.
- The following are articles, which must not be brought within the venue (glasses, fireworks, smoke canisters, air horns, flares, glass bottles, weapons of any sort). Any person in possession of such items will be refused entry at the absolute discretion of any steward or officer of SASA Ltd and/or police officer.
- No object may be thrown by spectators within the venue.
- No foul or abusive language or other offensive words such as racial or sexual abuse may be used within venues.
- No alcohol may be consumed within events except in those areas specifically designated for such purposes and in accordance with any terms displayed in those areas.
- No person may for commercial purposes take photographs or use any video recording equipment inside events without the express written permission of SASA Ltd. The taking of photographs or use of video equipment for non-commercial purposes is permitted subject to compliance with SASA Ltd Guidelines with regard to video recording and zoom photography.
- **Coaches should not use cameras on pool deck unless media accreditation has been approved prior to the event.**
- **No flash photography permitted at anytime within the competition pool hall.**
- **In order to control digital photographs, mobile phones may not be used in the changing village.**
- **In the interests of Health and Safety, hot food and hot drinks must not be taken into the pool hall.**
- No articles, periodicals, publications, flyers or goods of any nature may be offered either free or for sale by any persons save only SASA Ltd within events without the express written permission of SASA Ltd.
- Any person entering events must at all times comply with any and all instructions of any steward or officer of SASA Ltd and/or police officer. Failure to comply within a reasonable time with any such instruction will lead to the person being invited to leave.
- No tickets may be offered for resale within events. Any such tickets offered for sale may be confiscated by any steward or officer of SASA Ltd or any police officer.

- SASA Ltd reserves absolutely the right to eject from events any person failing to comply with each and all of the Event Regulations.

General Information

Eligibility to Compete

1. All competitors must be registered with their National Federation to be eligible to compete (FINA Rule GR 1.1).
2. To compete for a Scottish Club or Team at National Age Groups Championships, competitors must be registered with the Scottish Amateur Swimming Association (SASA) and must have paid their current registration fee.
3. Competitors may only enter with CONSIDERATION times if they –
 - a) Are competing for a Scottish Club or Team, **or**
 - b) Qualify for National Eligibility (as defined by Company Rule 13.5.3) and are registered with SASA having paid their current registration fee.

Competitors who do not qualify as above, must achieve QUALIFICATION times in each event they enter.

National Eligibility

R13.5.3 - A competitor selected to represent Scotland must be either:

- a) A native of Scotland, **or**
 - b) A person with a Scottish mother or father, **or**
 - c) Satisfy either of the following residential criteria:
 - i) For the Commonwealth Games -
In line with current Commonwealth Games Federation Regulations or Guidelines (see information guide for details).
 - ii) For all other Meets -
A person who has been resident in Scotland for a minimum of 6 months in the 12 months prior to the first day of competition.
4. Individual Age Group events only are defined as age on the last day of competition (11th April 2010) - **Ages for relays - please refer to Programme of Events**
 5. Scottish swimmers changing clubs in 2010 and committed to the first club shall swim unattached for the remainder of the set period. A swimmer entering any Scottish Championships as 'unattached' cannot compete for any club in relay events.
 6. No more than 3 swimmers who do not qualify as Scottish (see point 3) will be allowed to progress into any Final.

Drug Testing

Please note that drug testing may be in operation at any Scottish event. All swimmers not registered with SASA or the Amateur Swimming Association(ASA) /Welsh Amateur Swimming Association (WASA) will be required to sign an agreement to undergo tests as required in accordance with FINA Law. N.B. The Home Country or the ASA/WASA swimmers will have signed an agreement when submitting their registration fee.

Meet Information

Dates

Thursday 8th April 2010 – Sunday 11th April 2010

Venue

Tollcross Park Leisure Centre, Wellshot Road, Glasgow

Pool

10 lane x 50 metres with full electronic timing with warm-up and swim down facilities

Meet Promoters

SASA National Swimming Committee

Sessions

<u>Day One</u>	Session 1	Warm Up: 07.00	Start: 08.45
	Session 2	Warm Up: 12.15	Start: 13.15
	Session 3	Warm Up: 16.30	Start: 17.30
<u>Day Two</u>	Session 4	Warm Up: 07.00	Start: 08.45
	Session 5	Warm Up: 12.15	Start: 13.15
	Session 6	Warm Up: 16.30	Start: 17.30
<u>Day Three</u>	Session 7	Warm Up: 07.00	Start: 08.45
	Session 8	Warm Up: 12.15	Start: 13.15
	Session 9	Warm Up: 16.30	Start: 17.30
<u>Day Four</u>	Session 10	Warm Up: 07.00	Start: 08.45
	Session 11	Warm Up: 12.15	Start: 13.15
	Session 12	Warm Up: 16.30	Start: 17.30

Please Note – Warm-up and start times may be adjusted once all entries have been received; any changed session times will be notified with entry acceptances.

For individual events only, age as of the last day of competition (age as at 11th April 2010).

For relay events, please see information on Programme of Events.

Swimsuits must comply with current FINA/SASA rules at the time of the Championships.

**All SASA Swimming Committee Members, Staff etc should be aware that their registration card will gain them free admission to all Scottish Swimming Championships, to include a programme and results..*

Entry Times

Competitors must enter times achieved in accredited competitions held in the 12 months prior to the event closing date (since 9th March 2009) and either be 50 metre pool times; or, conversions to 50 metre pool times (Official conversion tables: Hy-tek standard conversion or ASA conversion tables may be used).

Random checks on entry times will be carried out prior to and during the event. Any swimmers submitting an unaccredited entry time will automatically be withdrawn from all entered events and will forfeit all entry fees.

The organisers reserve the right to restrict entries to ensure a good standard of competition.

Entry Fees

Individual Events: £8.00 Relays: £16.00

All cheques/postal orders should be made payable to 'Scottish Amateur Swimming Association Ltd'.

No entries will be accepted without the correct fee, or with the Entry Files incorrectly completed.

Please note that no refunds will be given after the programme has been finalised.

Computer Entries

The competition will be computerised, cards will NOT be used. Entries will be by computer files, which are obtainable from the Meet Entry Secretary (see below). Requests for the meet entry file should be made **at least two weeks in advance** of the closing date for entries. Only official files are acceptable.

Closing date for receipt of entries is **2pm, Tuesday, 9th March 2010**. The entry files must be e-mailed to jbruce2160@aol.com. The fees and other paperwork* should be sent to:

John Bruce (Meet Entry Secretary)
50 Station Road
ROSLIN
EH25 9LR
Tel: 0131 440 1752

***Within a maximum of 3 days following the closing date.**

Accreditation

Within Tollcross Park Leisure Centre, coaches, chaperones, team support staff and swimmers must wear the appropriate accreditation pass and have it visible at all times.

Withdrawals

Heats

Any withdrawals (including reserves), or amendments prior to the first day of the Championships should be notified to the Entries/Withdrawals Secretary by email providing full details (**Event No. Name, Entry Time and Event Rank No.**) or, withdrawal form. However, any withdrawals for Session 1 must be notified by email to jbruce2160@aol.com no later than 6.00 pm, Wednesday 7th April 2010.

Withdrawals for **Sessions 4,7,10 (morning sessions)** not previously notified must be lodged at the Recorder's Desk **no later than the 6.00 pm** on the day prior to the event.

Withdrawals for **Sessions 2,5,8,11 (afternoon sessions)** not previously notified must be lodged at the Recorder's Desk no later than **10am on day of the event**.

Swimmers failing to comply with the above (except in the case of a genuine illness or proven emergency), will be liable to a £10.00 fine for each inappropriate withdrawal.

Finals

Should you wish to withdraw from a Final, you must inform the Recorders in writing on the appropriate form **within 30 minutes of finalists lists having been published, or announced**. Swimmers who fail to appear for Finals will be fined and may be subject to further disciplinary action. A maximum of 2 reserves will be nominated for Finals.

Any competitor withdrawing from a Final in such a manner as to prevent a reserve taking part (except in the case of a genuine illness or proven emergency), shall be suspended immediately from all further events at the Championship. Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane - there will be no re-seeding.

3 Non-Scottish swimmers (see eligibility) per event will be allowed to progress into any Final.

Please note that any late withdrawals on medical grounds should be discussed with the Meet Director prior to submission to the Recorders.

Team Entries

Clubs may enter two (2) Male & two (2) Female teams per age group. Notification of provisional team members should be submitted prior to the Championships by either spread-sheet or word document to jbruce2160@aol.com. Changes can be made up to 1 hour prior to the start of the appropriate session on team line forms and handed into the Recorder's Desk. No changes to swim order or swimmers shall be permitted except in the event of medical emergency after the start of the appropriate session.

Please submit estimated times for the purposes of seeding only. Please also include all relay swimmers details who may not be swimming in individual events (this is to ensure that you are issued with the required number of swimmer passes and to ensure a more streamlined process on the day).

Please Note: If it becomes necessary to restrict the number of entries received, 1st teams will be given precedence over 2nd teams entered regardless of entry times.

Withdrawals – team withdrawals should be lodged at the Recorder's Desk by 2.00 pm on the day of the Event.

Coach/Chaperone and Swimmer Passes

Coach/Chaperone passes can be purchased at a cost of **£25.00** for the Meet which will allow, on presentation; poolside access, start and result sheets. Tea, coffee and soft drinks will be available throughout the day in a specified area. All applicants must be CRB Checked through either the ASA/SASA/WASA and applications must be accompanied with a recent electronic photograph (please note that previous applicants need not submit a photograph unless their appearance has changed dramatically, see application form for further details). All swimmers participating in the Meet will be issued with a pass, which on presentation will allow them access to the 'Changing Village' and poolside access (swimmers are not required to submit photographs).

Awards

Medals/Trophies shall be presented as follows:

- Scottish Age Group Open Champion - 1st 2nd and 3rd
- Scottish National Age Group Champion* - 1st (provided the individual is not also the Open Champion)
- Scottish National Age Group Champion must be a registered member of Scottish Swimming

In addition, the following trophies will be awarded:

- Trophies (1 male/1 female) to be awarded to the best performance by a boy and girl aged 16 and under, calculated on the basis of the FINA points for 1 single event.
- Sharp Trophies (1 male/1 female) to be awarded to the winners of the Boys and Girls 10 – 12 years 200m Individual Medley.
- Best Club:

Points will be calculated as follows – 1st - 13 points: 2nd – 11 points: 3rd –9 points: 4th – 10th place: 7 points down to 1 point. Relays will be awarded double points.

Presentations

Swimmers must report to the Presentation Marshal immediately upon completing their race and picking up their dry clothes from the holding area. Appropriate clothing must be worn for the presentations. It is the responsibility of the Coach/Team Manager to ensure that medallists, or a deputy be available for presentation as per the presentation schedule, a copy of which will be included in your club envelope and posted around the pool. Failure of a swimmer or depute to attend the appropriate presentation will result in the swimmer forfeiting his/her medal.

Training Prior to Championships

It may be possible to arrange some training times directly with the pool on Wednesday 7th April 2010. This would be subject to availability. Please contact The Duty Manager at Tollcross Park Leisure Centre – 0141 276 0800.

Programme of Events – Individual

100m, 200m Freestyle	Heats and Finals
400m Freestyle	Heat Declared Winner
800m, 1500m Freestyle	Heat Declared Winner – Please see note overleaf
100m, 200m Backstroke	Heats and Finals
100m, 200m Breaststroke	Heats and Finals
100m, 200m Butterfly	Heats and Finals
200m Individual Medley	Heats and Finals
400m Individual Medley	Heat Declared Winner

Individual Events – Age Groups

10-12 years
13 years
14 years
15 years
16-18 years

Programme of Events – Relays

4 x 100m Freestyle	Heat Declared Winner
4 x 200m Freestyle	Heat Declared Winner
4 x 100m Medley	Heat Declared Winner

Relay Events – Age Groups

Girls	11-13 years
	14-17 years
Boys	11-14 years
	15-18 years

As the relays will be used to determine our representatives at the ASA Age Group and Youth Championships in July/August 2010, the ages for these swimmers are as follows:

Girls	11 – 13 years
Boys	11 – 14 years

Age as at 1 August 2010

Girls	14 – 17 years
Boys	15 – 18 years

Age as at 7 August 2010

Please Note – for the Heats 'Over the Top Starts' will be used where appropriate.

Important information for the 1500 and 800 freestyle

All swimmers **(including reserves)** wishing to swim in the above events **MUST** confirm their intention to swim. Failure to do so will result in the swimmer being withdrawn from that event.

Boys 1500 free must confirm by: **10.00 am on Thursday 8th April** **at the latest.**

Girls 800 free must confirm by: **10 .00 am on Friday 9th April** **at the latest.**

Girls 1500 free must confirm by: **10.00 am on Saturday 10th April** **at the latest**

Boys 800 free must confirm by: **10.00 am on Sunday 11th April** **at the latest.**

The finalised start list for these events will be available from 11am on the morning of the event.

Routine withdrawals for the 800 and 1500 freestyle must be made in accordance with the correct procedures and within the appropriate time frame as per the meet information for withdrawals.

Confirmation for these events can be made at the Recorder's Desk which is situated on poolside behind the starter's podium.

APPLICATION FOR 2010 SCOTTISH NATIONAL AGE GROUPS CHAMPIONSHIPS – COACH/CHAPERONE PASS

All **new** applicants must enclose 1 passport sized photograph along with their application. The cost of a Coach/Chaperone Pass for the Scottish National Age Groups Championships is £25 and lost/replacement passes will be charged at £10 per pass. **HOLDERS OF THE '2010 –ANNUAL SCOTTISH SWIMMING NATIONAL EVENTS PASS' DO NOT NEED TO COMPLETE THIS FORM.**

Please ensure you have a valid CRB/Disclosure Scotland via the ASA/SASA/WASA before returning this application form. Applicants are advised that the CRB/Disclosure process can take at least 6 weeks to complete. Please note that Coaches from outside the UK **must** have a letter from the CEO of their governing body to accompany their application, confirming that they comply with that country's policy regarding child protection.

Attach Photograph

The closing **date for Passes will be 2pm, Tuesday, 9th March 2010** with all applications being sent to the Meet Secretary, Mr John Bruce at jbruce2160@aol.com. Clubs requesting passes after this date will be refused unless in exceptional circumstances. Applications must be authorised by the Club Secretary. Please ensure that the form is completed fully and is in block capitals. Please note that we reserve the right to refuse applications.

To be completed by the applicant:

SASA Coach/Chaperone Photographic Pass No. (if known):	<input type="text"/>
Club:	<input type="text"/>
Surname:	<input type="text"/>
Forename(s):	<input type="text"/>
Home Address:	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
Telephone Number:	<input type="text"/>
Email Address:	<input type="text"/>
Disclosure No:	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
Date of Disclosure:	<input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
Signature:	<input type="text"/>

To be completed by the Club Secretary:

Application Made by (Name):	<input type="text"/>
Secretary of (Club Name):	<input type="text"/>
Telephone Number:	<input type="text"/>
Email Address:	<input type="text"/>
Signature:	<input type="text"/>

Summary Sheet Application
2010 Scottish Gas National Age Group Championships, 8th – 11th April 2010

This form must be completed and returned with payment.

Club Name: _____

Club Contact's Name: _____

Address: _____

Postcode: _____

Telephone No: _____

Email: _____

Total Male Entries (No.) _____ @ £8.00 = **£**

Total Female Entries (No.) _____ @ £8.00 = **£**

Total Relay Entries (No.) _____ @ £16.00 = **£**

Total Coach Passes (No.) _____ @ £25.00 = **£**

Total Coaches'

Meal Tickets (No.) _____ @£16.50 = **£**

Total Value of Cheque Enclosed **£** _____

Make cheque payable to '**Scottish Amateur Swimming Association Ltd**'

Form to be returned to:

John Bruce
Meet Entry Secretary
50 Station Road
Roslin
Midlothian
EH25 9LR
Tel: 0131 440 1752
Jbruce2160@aol.com

- Email address is important for urgent distribution of information and updates pertaining to the Meet.
- Please note that the cost for meal tickets is per coach/per day and includes a 2 course lunch with tea and coffee and a light afternoon snack.

Entry File Requests

2010 Scottish Gas National Age Group Championships, 8th – 11th April 2010

Event files will be produced using the Hy-Tek Meet Management System and will be sent along with instructions (if requested) by email. Hy-Tek's 'Team Manager' or 'Team Manager Lite' is needed in order to complete entries.

'Team Manager Lite' can be downloaded free of charge by going on line to: www.hy-tektd.com

Please make applications by email providing the following details:

Club Name: _____

Club Contact's Name: _____

Address: _____

Postcode: _____

Telephone No: _____

Email: _____

Form to be returned to:

John Bruce
Meet Entry Secretary
50 Station Road
Roslin
Midlothian
EH25 9LR
Tel: 0131 440 1752
Jbruce2160@aol.com

Requests for the Meet Entry File should be made at least 2 weeks in advance of the closing date for entries.

Scottish Gas National Age Group Swimming Championships 2010

Programme of Events

Age Groups 10 – 12 yrs, 13yrs, 14yrs, 15yrs, 16 – 18 yrs

Thursday 8 th April 2010	Friday 9 th April 2010
<p>Session 1 – Warm up 07:00, Start 08:45 Girls 100m Breaststroke Boys 200m Butterfly Girls 200m Individual Medley Boys 100m Freestyle Girls 100m Backstroke</p>	<p>Session 4 – Warm up 07:00, Start 08:45 Girls 200m Freestyle Boys 200m Backstroke Girls 200m Breaststroke Boys 100m Butterfly</p>
<p>Session 2 – Warm up 12:15, Start 13:15 Girls 400m Freestyle (HDW) Boys 1500m Freestyle (HDW)</p>	<p>Session 5 – Warm up 12:15, Start 13:15 Boys 400m Individual Medley (HDW) Girls 800m Freestyle (HDW)</p>
<p>Session 3 – Warm up 16:30, Start 17:30 - Finals Girls 100m Breaststroke Finals Boys 200m Butterfly Finals Girls 200m Individual Medley Finals Boys 100m Freestyle Finals Girls 100m Backstroke Finals Boys (11–14yrs) 4 x 200m Freestyle (HDW) Boys (15–18yrs) 4 x 200m Freestyle (HDW)</p>	<p>Session 6 – Warm up 16:30, Start 17:30 - Finals Girls 200m Freestyle Finals Boys 200m Backstroke Finals Girls 200m Breaststroke Finals Boys 100m Butterfly Finals Girls (11-13yrs) 4 x 100m Medley (HDW) Girls (14-17yrs) 4 x 100m Medley (HDW) Boys (11-14yrs) 4 x 100m Freestyle (HDW) Boys (15-18yrs) 4 x 100m Freestyle (HDW)</p>
Saturday 10 th April 2010	Sunday 11 th April 2010
<p>Session 7 – Warm up 07:00, Start 08:45 Boys 100m Breaststroke Girls 200m Butterfly Boys 200m Individual Medley Girls 100m Freestyle Boys 100m Backstroke</p>	<p>Session 10 – Warm up 07:00, Start 08:45 Boys 200m Freestyle Girls 200m Backstroke Boys 200m Breaststroke Girls 100m Butterfly</p>
<p>Session 8 – Warm up 12:15, Start 13:15 Boys 400m Freestyle (HDW) Girls 1500m Freestyle (HDW)</p>	<p>Session 11 – Warm up 12:15, Start 13:15 Girls 400m Individual Medley (HDW) Boys 800m Freestyle (HDW)</p>
<p>Session 9 – Warm up 16:30, Start 17:30 - Finals Boys 100m Breaststroke Finals Girls 200m Butterfly Finals Boys 200m Individual Medley Finals Girls 100m Freestyle Finals Boys 100m Backstroke Finals Girls (11–13yrs) 4 x 200m Freestyle (HDW) Girls (14–17yrs) 4 x 200m Freestyle (HDW)</p>	<p>Session 12 – Warm up 16:30, Start 17:30 - Finals Boys 200m Freestyle Finals Girls 200m Backstroke Finals Boys 200m Breaststroke Finals Girls 100m Butterfly Boys (11-14yrs) 4 x 100m Medley (HDW) Boys (15-18yrs) 4 x 100m Medley (HDW) Girls (11-13yrs) 4 x 100m Freestyle (HDW) Girls (14-17yrs) 4 x 100m Freestyle (HDW)</p>

SCOTTISH GAS NATIONAL AGE GROUP SWIMMING CHAMPIONSHIPS 2010

Entry Times

FEMALE										MALE										
16-18		15		14		13		10-12		Event	10-12		13		14		15		16-18	
Qual	Consid	Qual	Consid	Qual	Consid	Qual	Consid	Qual	Consid		Qual	Consid	Qual	Consid	Qual	Consid	Qual	Consid	Qual	Consid
1:00.32	1:04.16	1:01.92	1:04.93	1:02.56	1:05.93	1:03.91	1:07.36	1:06.20	1:09.77	100m Freestyle	1:03.99	1:07.12	1:00.67	1:03.30	0:58.73	1:01.27	0:57.34	1:00.13	0:55.02	0:59.01
2:10.44	2:18.38	2:13.25	2:19.74	2:14.92	2:21.49	2:17.28	2:23.97	2:19.90	2:28.20	200m Freestyle	2:24.49	2:32.29	2:13.95	2:20.48	2:10.02	2:16.34	2:04.97	2:11.71	2:00.09	2:07.57
4:35.07	4:51.61	4:43.31	4:55.58	4:48.22	5:00.70	4:52.17	5:07.92	4:53.24	5:12.19	400m Freestyle	4:47.45	5:09.20	4:33.16	4:50.83	4:24.41	4:41.51	4:21.13	4:33.85	4:07.63	4:25.20
9:10.58	10:02.73	9:22.56	10:08.73	9:29.72	10:16.47	9:34.01	10:27.40	9:45.11	10:46.05	800m Freestyle	9:51.53	10:47.46	9:24.55	10:05.05	8:58.70	9:44.50	8:52.30	9:34.18	8:41.37	9:17.03
18:12.11	19:04.70	18:13.86	19:24.50	18:17.60	19:27.60	18:22.90	19:33.90	18:40.27	19:40.50	1500m Freestyle	18:24.59	20:38.50	17:36.48	19:32.45	17:12.09	18:59.59	16:57.31	18:32.04	16:15.04	17:59.65
1:10.21	1:14.30	1:11.41	1:14.89	1:12.83	1:15.65	1:13.14	1:16.71	1:14.87	1:18.21	100m Backstroke	1:16.84	1:20.99	1:12.27	1:14.99	1:08.75	1:12.09	1:06.53	1:09.77	1:02.48	1:08.30
2:28.48	2:35.96	2:31.75	2:39.14	2:33.70	2:41.19	2:36.46	2:44.07	2:41.16	2:49.01	200m Backstroke	2:43.86	2:52.71	2:33.27	2:39.92	2:26.59	2:33.73	2:21.85	2:28.76	2:13.91	2:25.65
1:19.74	1:24.66	1:20.69	1:25.49	1:22.50	1:26.52	1:23.90	1:27.98	1:26.29	1:30.50	100m Breaststroke	1:26.54	1:30.75	1:22.43	1:26.00	1:18.83	1:22.66	1:16.29	1:19.99	1:12.01	1:18.33
2:52.17	3:00.82	2:55.86	3:02.59	2:58.05	3:04.84	3:01.14	3:08.06	3:06.43	3:13.56	200m Breaststroke	3:06.46	3:15.53	2:54.71	3:02.28	2:47.83	2:56.00	2:42.95	2:50.89	2:34.78	2:47.77
1:08.17	1:12.64	1:10.21	1:13.63	1:11.43	1:14.91	1:13.14	1:16.71	1:16.07	1:19.78	100m Butterfly	1:16.08	1:19.78	1:10.22	1:13.26	1:06.79	1:10.04	1:04.36	1:07.49	0:59.66	1:05.85
2:35.55	2:45.21	2:39.25	2:46.99	2:41.44	2:49.31	2:44.54	2:52.55	2:54.89	3:03.42	200m Butterfly	2:59.69	3:10.36	2:47.19	2:54.45	2:36.98	2:44.62	2:29.74	2:37.03	2:18.58	2:31.90
2:28.57	2:39.02	2:31.85	2:40.04	2:33.80	2:42.10	2:36.55	2:45.00	2:39.65	2:49.97	200m I.M.	2:41.70	2:52.16	2:34.53	2:42.05	2:27.42	2:35.37	2:23.83	2:30.06	2:15.29	2:26.66
5:13.80	5:30.29	5:21.92	5:34.20	5:25.13	5:39.22	5:28.61	5:46.31	5:34.76	5:58.44	400m I.M.	5:26.47	5:52.85	5:14.68	5:35.05	5:06.42	5:26.21	5:02.43	5:18.75	4:50.54	5:09.79

These entry times are long course (50m). Converted times to 50m Pools can be entered using Official Conversion Tables.

Times must have been achieved in accredited events in the 12 months prior to the event closing date.

Ages in age group events are those on the last day of competition (11 April 2010)