



2009 ZOGGS QUEENSLAND SWIMMING CHAMPIONSHIPS

PROGRAM OF EVENTS

**BRISBANE AQUATIC CENTRE
12 - 18 DECEMBER 2009**

2009 ZOGGS QUEENSLAND SWIMMING CHAMPIONSHIPS

12TH – 18TH DECEMBER 2009

- VENUE:** Brisbane Aquatic Centre, Cnr Old Cleveland & Tilley Road, Chandler
- MEET:** The Championships are open to SQ registered swimmers, members of Clubs affiliated with other State Swimming Associations and international swimmers who meet clearance criteria.
- AGE:** Age group of competitors for the Championships is the age as at the first day of competition (i.e. for this Championships 12 December 2009). Athletes cannot swim “up” an age in individual events.
- RULES:** All Swimming Queensland General Rules and Championship By-Laws apply.
- PHOTOS:** In nominating for this Championship, swimmers agree that they may be photographed by Swimming Queensland’s approved photographer, that the images may be displayed for viewing and purchasing on site during the Championship and on the photographer’s secure website after the Championship, and that they may also be used by Swimming Queensland in its publications and on its website.
- ENTRIES:** Entries may only be submitted by the Nominations Officer for affiliated Clubs, Institutes of Sport and International Teams.
- Entries **will not** be accepted from individual members.
- Interstate** members must obtain a **clearance** from their respective State Association prior to championships nominations closing date (20 November, 2009).
- International** swimmers training with clubs in Australia must be nominated under their country name **not** the Australian club name. Current International **clearances** must be obtained before 20 November, 2009.
- Qualifying times can be used from 1 January 2008.
- Entries will not be accepted unless the qualifying times (as listed) have been swum at a specified **long course** meet (preferably with SAT or electronic timing) **prior** to this Championships’ **closing date**. **Short Course or converted Short Course times, club nights, club championships, time trial times, no times or NT are NOT ACCEPTABLE.**
- Multidisability Events - Qualifying Times** are attached as “**Appendix A**”. A copy of ‘Appendix A’ has also been posted on SQ’s website (under ‘Events/Records’ ‘Events/Results’ ‘2009/2010’ season).
- A PENALTY of \$25 per event** (including **Multidisability Events**) will apply if qualifying times are not met at the swim meet. (Clubs that can verify swimmers have attained qualifying standards **prior** to the nominations closing date for these championships will receive an exemption.)

Nominations should be submitted by Clubs via Team Manager or Meet Manager (please ensure the latest version of TM/MM is used). Go to www.qld.swimming.org.au for a downloadable program of events for TM/MM.

Attachments to be emailed to **Swimming Queensland, Attention Amy Hall** (amy.hall@swimming.org.au) are the TM Entry File, the TM Meet Entries Report (showing proof of time) & the Meet Entry Fees Report (both reports saved as a Word doc).

Note: Please make sure before submitting TM/MM entries your **correct TM/MM Club code** is used (if unsure of proper club code, please contact SQ on 3390 2011) and that the **correct TM/MM Athlete ID** has been built i.e. John Smith (ID - SMIJO170993).

The TM/MM Entry Fees Report or official SQ nomination forms must be posted to SQ with correct entry payment **prior to the closing date**.

Incomplete SQ nomination forms or TM/MM entries will **NOT** be accepted and will attract an **administration fee** (administration fee is the nomination fee). Please ensure **ALL** details including "PLACE AND DATE QUALIFYING TIME WAS ACHIEVED" are completed.

Multidisability swimmers' classification codes should be clearly written on the TM print out or SQ entry forms. Heats and finals will be held for SWD events.

RELAYS: **IMPORTANT: Nomination Officers**, please note when submitting your nominations, the following with regard to relays is to be followed:

- Clubs using TM/MM, while entering State noms, please include any possible 'Relay only' swimmers & their date of birth in your list of athletes.
- Clubs **MUST** nominate for relays when nominating for the individual events.
- All Relay forms (completed fully with relay team members and all possible reserves plus dates of birth) are to be submitted to SQ Office by 5pm, Friday 4th December, 2009. Relay Forms are available on SQ's website: www.qld.swimming.org.au.
- Forms submitted on 4th December will be considered as the confirmed team order and reserves.
- Any changes to the team order (only), from the names originally submitted on 4th December, must be lodged with the **Control Room Supervisor** or **Meet Manager** by **10.30am** on **Saturday, 12th December**. Forms must be filled out clearly and correctly.
- Non-Australian Citizens who are not members of another federation affiliated to FINA and who are registered with a State Association may compete in relays provided that a maximum of one non-Australian citizen may compete for a relay team.

Swimmers may compete in a **maximum** of four relay events at the Queensland Championships. Age swimmers may only compete in one Age freestyle relay and one Age medley relay for their club and one Age freestyle relay and one Age medley relay for their region (e.g. a swimmer cannot swim in the 14 & Under division and also in the 16 & Under division in the freestyle relays or in the medley relays). Age swimmers may also compete in open relays.

All relays will be swum as 'timed finals'.

International Relay Teams are to enter their teams into the Regional Relay events only.

9 & 10 years relay events, teams will be awarded medals but will not be awarded points.

AWARDS: Medals will be **awarded** to age groups as follows:

50m Freestyle: Open only

100m events and 200IM: 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs, and Open

200m events, 400m Freestyle and 400m IM: 11/12yrs, 13yrs, 14yrs, 15yrs, 16yrs, and Open

800m: Boys – 11/12yrs, 13yrs; Girls – 11/12yrs, 13yrs, 14yrs, 15yrs, 16yrs, and Open

1500m: 13/14yrs, 15yrs, 16yrs, and Open

ENTRY FEES & CLOSING DATES:

- TM/MM Nomination (GST Inclusive):
Individual Events: \$9.00
Relay Teams: \$17.00
- Paper Nominations (GST Inclusive):
Individual Events: \$10.00
Relay Teams: \$18.00
- The closing date for TM/MM & Paper Nominations will be **20th November, 2009**.
- **Only those Clubs** competing at Qualifying Meets (see the 2009/2010 Happening Calendar) over the weekends listed below, will be allowed extensions:
 - 21 & 22 November, submit nominations on MONDAY, 23 NOVEMBER, 2009 by 5pm
 - 28 & 29 November, submit nominations on MONDAY, 30 NOVEMBER, 2009 by 5pm
 - If you are competing on these weekends, please send an email to amy.hall@swimming.org.au to notify that you will be submitting late nominations. Nominations submitted after 20th November **without notice will not be accepted**.
- Late nominations will be accepted up to ½ an hour prior to the commencement of the first day of the individual events competition - late entry fee \$50.00 per event.
- **Entries, reports & cheque** should be forwarded to:
Swimming Queensland,
PO Box 1279,
CAPALABA BC QLD 4157

SPECIAL NOTES

The Referee and Technical Manager have authority to control heats at their discretion and may combine heats to be swum as a straight final.

In age group finals, **eight lanes** will be reserved for Queensland competitors. **Seven lanes** will be reserved for Queensland competitors in open finals.

The 800m Freestyle and 1500m Freestyle will be 'Timed Finals' with the last heat being swum in the finals session.

Finals may not necessarily follow heat order. This may change at the discretion of the Technical Manager/Referee.

2009 ZOGGS QUEENSLAND SWIMMING CHAMPIONSHIPS

FIRST SESSION

SATURDAY, 12TH DECEMBER 2009

TIMED FINALS: 11.30AM

BRISBANE AQUATIC CENTRE

<i>Event</i>	<i>Age</i>	<i>Gender</i>		<i>Stroke</i>
1	12 yrs /U	Boys	200	Club Medley Relay
2	12 yrs /U	Girls	200	Club Medley Relay
3	16 yrs /U	Boys	200	Club Medley Relay
4	16 yrs /U	Girls	200	Club Medley Relay
5	14 yrs /U	Boys	200	Club Medley Relay
6	14 yrs /U	Girls	200	Club Medley Relay
7	9 & 10 yrs	Boys	200	Club Medley Relay
8	9 & 10 yrs	Girls	200	Club Medley Relay
9	Open	Men	400	Club Medley Relay
10	Open	Women	400	Club Medley Relay
11	12 yrs /U	Boys	200	Regional Medley Relay
12	12 yrs /U	Girls	200	Regional Medley Relay
13	16 yrs /U	Boys	200	Regional Medley Relay
14	16 yrs /U	Girls	200	Regional Medley Relay
15	14 yrs /U	Boys	200	Regional Medley Relay
16	14 yrs /U	Girls	200	Regional Medley Relay
17	9 & 10 yrs	Boys	200	Regional Medley Relay
18	9 & 10 yrs	Girls	200	Regional Medley Relay
19	Open	Men	200	Regional Medley Relay
20	Open	Women	200	Regional Medley Relay
21	12 yrs /U	Boys	200	Club Freestyle Relay
22	12 yrs /U	Girls	200	Club Freestyle Relay
23	16 yrs /U	Boys	200	Club Freestyle Relay
24	16 yrs /U	Girls	200	Club Freestyle Relay
25	14 yrs /U	Boys	200	Club Freestyle Relay
26	14 yrs /U	Girls	200	Club Freestyle Relay
27	9 & 10 yrs	Boys	200	Club Freestyle Relay
28	9 & 10 yrs	Girls	200	Club Freestyle Relay
29	Open	Men	400	Club Freestyle Relay
30	Open	Women	400	Club Freestyle Relay
31	12 yrs /U	Boys	200	Regional Freestyle Relay
32	12 yrs /U	Girls	200	Regional Freestyle Relay
33	16 yrs /U	Boys	200	Regional Freestyle Relay
34	16 yrs /U	Girls	200	Regional Freestyle Relay
35	14 yrs /U	Boys	200	Regional Freestyle Relay
36	14 yrs /U	Girls	200	Regional Freestyle Relay
37	9 & 10 yrs	Boys	200	Regional Freestyle Relay
38	9 & 10 yrs	Girls	200	Regional Freestyle Relay
39	Open	Men	200	Regional Freestyle Relay
40	Open	Women	200	Regional Freestyle Relay

2009 ZOGGS QUEENSLAND SWIMMING CHAMPIONSHIPS

SECOND SESSION

SUNDAY, 13TH DECEMBER 2009

HEATS: 9.00AM

FINALS: 6.00PM

BRISBANE AQUATIC CENTRE

<i>Event</i>	<i>Age</i>	<i>Gender</i>		<i>Stroke</i>
41	Open	Men	200	Freestyle
42	Open	Women	200	Freestyle
43	12 yrs	Boys	100	Butterfly
44	12 yrs	Girls	100	Butterfly
45	13 yrs	Boys	200	Backstroke
46	13 yrs	Girls	200	Backstroke
47	Open	Men	200	Breaststroke
48	Open	Women	200	Breaststroke
49	14 yrs	Boys	200	Backstroke
50	14 yrs	Girls	200	Backstroke
51	15 yrs	Boys	200	Ind Medley
52	15 yrs	Girls	200	Ind Medley
53	Open	Men	100	Backstroke
54	Open	Women	100	Backstroke
55	12 yrs	Boys	200	Ind. Medley
56	12 yrs	Girls	200	Ind. Medley
57	13 yrs	Boys	100	Breaststroke
58	13 yrs	Girls	100	Breaststroke
59	16yrs & Open	Boys	400	Individual Medley
60	16yrs & Open	Girls	400	Individual Medley
63	14 yrs	Boys	200	Butterfly
64	14 yrs	Girls	200	Butterfly
65	15 yrs	Boys	200	Butterfly
66	15 yrs	Girls	200	Butterfly
67	Open	Men	100	Butterfly
68	Open	Women	100	Butterfly

Qualifying times on final page

2009 ZOGGS QUEENSLAND SWIMMING CHAMPIONSHIPS

THIRD SESSION

MONDAY, 14TH DECEMBER 2009

HEATS: 9.00AM

FINALS: 6.00PM

BRISBANE AQUATIC CENTRE

<i>Event</i>	<i>Age</i>	<i>Gender</i>		<i>Stroke</i>
69	11 yrs	Boys	100	Butterfly
70	11 yrs	Girls	100	Butterfly
71	Open	Men	50	Freestyle*
72	Open	Women	50	Freestyle *
73	12 yrs	Boys	100	Backstroke
74	12 yrs	Girls	100	Backstroke
75	Open	Men	400	Freestyle
76	Open	Women	400	Freestyle
77	14 yrs	Boys	100	Backstroke
78	14 yrs	Girls	100	Backstroke
79	16 yrs	Boys	100	Butterfly
80	16 yrs	Girls	100	Butterfly
81	Op SWD	Men	100	Freestyle
82	Op SWD	Women	100	Freestyle
83	11 yrs	Boys	200	Ind Medley
84	11 yrs	Girls	200	Ind Medley
85	11/12 yrs	Boys	400	Freestyle
86	11/12 yrs	Girls	400	Freestyle
87	Open	Men	100	Breaststroke
88	Open	Women	100	Breaststroke
89	14 yrs	Boys	200	Breaststroke
90	14 yrs	Girls	200	Breaststroke
91	16 yrs	Boys	200	Freestyle
92	16 yrs	Girls	200	Freestyle
93	Open	Men	200	Ind Medley
94	Open	Women	200	Ind Medley

* Non-championship event. Championship event will be conducted at the Qld Sprint Championships.

2009 ZOGGS QUEENSLAND SWIMMING CHAMPIONSHIPS

FOURTH SESSION

TUESDAY, 15TH DECEMBER 2009

HEATS: 9.00AM

FINALS: 6.00PM

BRISBANE AQUATIC CENTRE

<i>Event</i>	<i>Age</i>	<i>Gender</i>		<i>Stroke</i>
95	13 yrs	Boys	200	Freestyle
96	13 yrs	Girls	200	Freestyle
97	16 yrs & Op	Mens	1500	Freestyle
98	14 yrs	Boys	100	Freestyle
99	14 yrs	Girls	100	Freestyle
100	Open	Men	200	Butterfly
101	Open	Women	200	Butterfly
102	11 - 13 yrs	Boys	400	Ind Medley
103	11 - 13 yrs	Girls	400	Ind Medley
104	14/15 yrs	Boys	400	Ind Medley
105	14/15 yrs	Girls	400	Ind Medley
108	Open SWD	Men	100	Backstroke
109	Open SWD	Women	100	Backstroke
110	16 yrs	Boys	200	Breaststroke
111	16 yrs	Girls	200	Breaststroke
112	13 yrs	Boys	100	Butterfly
113	13 yrs	Girls	100	Butterfly
114	Open	Men	100	Freestyle
115	Open	Women	100	Freestyle
116	14 yrs	Boys	400	Freestyle
117	14 yrs	Girls	400	Freestyle
118	15 yrs	Boys	100	Freestyle
119	15 yrs	Girls	100	Freestyle
120	Open	Men	200	Backstroke
121	Open	Women	200	Backstroke
122	Op SWD	Men	200	Ind. Medley
123	Op SWD	Women	200	Ind. Medley

2009 ZOGGS QUEENSLAND SWIMMING CHAMPIONSHIPS

FIFTH SESSION

WEDNESDAY, 16TH DECEMBER 2009

HEATS: 9.00AM

FINALS: 6.00PM

BRISBANE AQUATIC CENTRE

<i>Event</i>	<i>Age</i>	<i>Gender</i>		<i>Stroke</i>
118	16 yrs	Boys	200	Backstroke
119	16 yrs	Girls	200	Backstroke
120	13 yrs	Boys	400	Freestyle
121	13 yrs	Girls	400	Freestyle
122	11 yrs	Boys	100	Freestyle
123	11 yrs	Girls	100	Freestyle
124	12 yrs	Boys	100	Breaststroke
125	12 yrs	Girls	100	Breaststroke
126	15 yrs	Boys	100	Breaststroke
127	15 yrs	Girls	100	Breaststroke
128	16yrs & Op	Girls	800	Freestyle
129	Op SWD	Men	100	Butterfly
130	Op SWD	Women	100	Butterfly
131	13 yrs	Boys	100	Backstroke
132	13 yrs	Girls	100	Backstroke
133	15 yrs	Boys	100	Butterfly
134	15 yrs	Girls	100	Butterfly
135	11/12 yrs	Boys	200	Freestyle
136	11/12 yrs	Girls	200	Freestyle
137	16 yrs	Boys	200	Ind Medley
138	16 yrs	Girls	200	Ind Medley
139	11 yrs	Boys	100	Backstroke
140	11 yrs	Girls	100	Backstroke
141	15 yrs	Boys	400	Freestyle
142	15 yrs	Girls	400	Freestyle
143	Op SWD	Men	400	Freestyle
144	Op SWD	Women	400	Freestyle

2009 ZOGGS QUEENSLAND SWIMMING CHAMPIONSHIPS

SIXTH SESSION

THURSDAY, 17TH DECEMBER 2009

HEATS: 9.00AM

FINALS: 6.00PM

BRISBANE AQUATIC CENTRE

<i>Event</i>	<i>Age</i>	<i>Gender</i>		<i>Stroke</i>
145	11/12 yrs	Boys	200	Butterfly
146	11/12 yrs	Girls	200	Butterfly
147	13 yrs	Boys	200	Breaststroke
148	13 yrs	Girls	200	Breaststroke
149	14 yrs	Boys	100	Butterfly
150	14 yrs	Girls	100	Butterfly
151	15 yrs	Boys	200	Breaststroke
152	15 yrs	Girls	200	Breaststroke
153	16 yrs	Boys	100	Freestyle
154	16 yrs	Girls	100	Freestyle
155	Op SWD	Men	100	Breaststroke
156	Op SWD	Women	100	Breaststroke
157	15 yrs /U	Girls	800	Freestyle
158	11/12 yrs	Boys	200	Breaststroke
159	11/12 yrs	Girls	200	Breaststroke
160	16 yrs	Boys	100	Breaststroke
161	16 yrs	Girls	100	Breaststroke
162	11 - 13 yrs	Boys	800	Freestyle
163	14 yrs	Boys	200	Freestyle
164	14 yrs	Girls	200	Freestyle
165	15 yrs	Boys	200	Backstroke
166	15 yrs	Girls	200	Backstroke
167	16 yrs	Boys	400	Freestyle
168	16 yrs	Girls	400	Freestyle
169	13 yrs	Boys	200	Ind. Medley
170	13 yrs	Girls	200	Ind. Medley

2009 ZOGGS QUEENSLAND SWIMMING CHAMPIONSHIPS

SEVENTH SESSION

FRIDAY, 18TH DECEMBER 2009

HEATS: 9.00AM

FINALS: 6.00PM

BRISBANE AQUATIC CENTRE

<i>Event</i>	<i>Age</i>	<i>Gender</i>		<i>Stroke</i>
171	15 yrs	Boys	200	Freestyle
172	15 yrs	Girls	200	Freestyle
173	12 yrs	Boys	100	Freestyle
174	12 yrs	Girls	100	Freestyle
175	13 yrs	Boys	200	Butterfly
176	13 yrs	Girls	200	Butterfly
177	Open SWD	Men	50	Freestyle*
178	Open SWD	Women	50	Freestyle *
179	11 yrs	Boys	100	Breaststroke
180	11 yrs	Girls	100	Breaststroke
181	15 yrs /U	Boys	1500	Freestyle
182	16 yrs	Boys	100	Backstroke
183	16 yrs	Girls	100	Backstroke
184	11/12 yrs	Boys	200	Backstroke
185	11/12 yrs	Girls	200	Backstroke
186	14 yrs	Boys	100	Breaststroke
187	14 yrs	Girls	100	Breaststroke
188	13 yrs	Boys	100	Freestyle
189	13 yrs	Girls	100	Freestyle
190	16 yrs	Boys	200	Butterfly
191	16 yrs	Girls	200	Butterfly
192	14 yrs	Boys	200	Ind. Medley
193	14 yrs	Girls	200	Ind. Medley
194	15 yrs	Boys	100	Backstroke
195	15 yrs	Girls	100	Backstroke

* Non-championship event. Championship event will be conducted at the Qld Sprint Championships.

Appendix 'A'

2009 Zoggs Queensland Swimming Championships Multidisability Qualifying Times

WOMEN	50m Free	100m Free	400m Free	100m Back	100m Fly		100m Breast		200m Ind. Medley
S1	02:33.0	05:25.1		05:27.1		SB1			
S2	02:15.8	04:54.6		05:56.6		SB2			
S3	01:47.9	03:43.1		03:58.4		SB3	03:53.3		
S4	01:10.6	02:42.1		03:22.9		SB4	03:26.1		
S5	01:05.5	02:22.2		03:12.6		SB5	03:19.8	SM5	05:48.5
S6	00:54.0	01:59.6	09:05.3	02:12.9	02:35.5	SB6	02:36.7	SM6	04:59.7
S7	00:52.1	01:52.0	08:45.0	02:08.7	02:10.2	SB7	02:23.4	SM7	04:51.1
S8	00:47.8	01:43.4	07:38.9	01:57.9	02:03.5	SB8	02:02.4	SM8	04:28.2
S9	00:44.2	01:34.2	07:18.3	01:45.6	01:51.6	SB9	01:55.4	SM9	04:05.4
S10	00:42.7	01:32.5	07:01.4	01:51.1	01:43.3			SM10	03:50.4
S11	00:49.5	01:47.3	08:06.0	02:03.6	02:00.6	SB11	02:14.5	SM11	04:26.8
S12	00:42.2	01:30.0	07:19.8	01:44.9	01:41.3	SB12	02:07.2	SM12	03:48.7
S13	00:41.1	01:29.8	06:56.4	01:44.0	01:38.9	SB13	01:55.7	SM13	03:39.3
S14	00:43.4	01:33.6	07:07.8	01:44.7	01:44.5	SB14	02:02.4	SM14	03:50.1
S15	00:41.1	01:29.1	06:42.0	01:42.8	01:38.1	SB15	01:52.0	SM15	03:39.0
S16	00:47.6	01:46.6	08:45.4	02:24.4	01:48.7	SB16	02:24.7	SM16	04:44.7
MEN	50m Free	100m Free	400m Free	100m Back	100m Fly		100m Breast		200m Ind. Medley
S1	02:04.2	04:34.9		04:49.5		SB1	06:30.6		
S2	01:48.2	03:54.9		03:19.8		SB2	04:00.1		
S3	01:24.2	03:11.2		03:06.3		SB3	03:27.9		
S4	01:08.4	02:29.8		02:32.4		SB4	02:55.0		
S5	00:59.4	02:16.8		02:24.0		SB5	02:43.8	SM5	05:35.5
S6	00:46.7	01:42.2	08:01.5	01:57.0	01:54.0	SB6	02:16.8	SM6	04:14.4
S7	00:42.9	01:33.8	07:21.0	01:52.8	01:56.7	SB7	02:06.0	SM7	04:08.7
S8	00:41.2	01:29.8	07:04.5	01:44.0	01:40.4	SB8	01:47.7	SM8	03:47.5
S9	00:39.5	01:27.9	06:38.6	01:37.5	01:36.6	SB9	01:50.3	SM9	03:34.3
S10	00:37.0	01:20.6	06:06.3	01:32.3	01:29.4			SM10	03:23.5
S11	00:38.9	01:25.1	06:31.2	01:43.8	01:35.3	SB11	01:45.2	SM11	03:34.5
S12	00:38.0	01:24.3	06:23.9	01:36.0	01:28.5	SB12	01:42.2	SM12	03:30.3
S13	00:37.0	01:22.5	06:24.3	01:35.7	01:30.8	SB13	01:39.6	SM13	03:29.5
S14	00:38.0	01:23.0	06:36.6	01:35.7	01:30.6	SB14	01:34.7	SM14	03:27.1
S15	00:35.7	01:18.9	05:50.1	01:29.1	01:26.4	SB15	02:00.0	SM15	03:04.9
S16	00:41.5	01:32.7	08:12.9	01:51.8	02:20.4	SB16	00:00.0	SM16	04:07.5

Appendix 'B'

**2009 Queensland Championships
Saturday 12 - Friday 18 December
Table of Qualifying Times**

Boys	11 Yrs	12 Yrs	13 Yrs	14 Yrs	15 Yrs	16 Yrs	Open
50 Free							25.50
100 Free	1:17.00	1:12.00	1:07.00	1:04.00	1:03.00	1:01.00	55.50
200 Free	2:30.00	2:30.00	2:23.00	2:16.00	2:15.00	2:09.00	2:00.00
400 Free	5:12.00	5:12.00	5:02.00	4:50.00	4:44.00	4:30.00	4:18.00
800 Free	10:30.00	10:30.00	10:15.00				
1500 Free			18:30.00	18:15.00	17:30.00	16:45.00	16:35.00
100 Back	1:29.00	1:24.00	1:19.00	1:15.00	1:13.00	1:09.00	1:08.00
200 Back	2:50.00	2:50.00	2:43.00	2:32.00	2:30.00	2:25.00	2:23.00
100 Breast	1:43.00	1:36.00	1:28.00	1:24.00	1:21.00	1:20.00	1:15.00
200 Breast	3:18.00	3:18.00	3:08.00	3:00.00	2:53.00	2:50.00	2:46.00
100 Fly	1:30.00	1:24.00	1:15.00	1:13.00	1:09.00	1:07.00	1:02.00
200 Fly	2:53.00	2:53.00	2:40.00	2:30.00	2:30.00	2:26.00	2:16.00
200 IM	3:15.00	2:55.00	2:45.00	2:39.00	2:33.00	2:33.00	2:24.00
400 IM	5:55.00	5:55.00	5:45.00	5:35.00	5:20.00	5:00.00	5:00.00
Girls	11 Yrs	12 Yrs	13 Yrs	14 Yrs	15 Yrs	16 Yrs	Open
50 Free							29.00
100 Free	1:17.00	1:13.00	1:10.00	1:08.00	1:05.00	1:05.00	1:02.00
200 Free	2:33.00	2:33.00	2:28.00	2:24.00	2:20.00	2:20.00	2:12.00
400 Free	5:20.00	5:20.00	5:05.00	4:55.00	4:45.00	4:45.00	4:40.00
800 Free	10:30.00	10:30.00	10:15.00	10:00.00	9:40.00	9:35.00	9:30.00
100 Back	1:29.00	1:24.00	1:22.00	1:19.00	1:16.00	1:16.00	1:13.00
200 Back	2:55.00	2:55.00	2:48.00	2:44.00	2:38.00	2:38.00	2:34.00
100 Breast	1:43.00	1:37.00	1:33.00	1:30.00	1:26.00	1:26.00	1:24.00
200 Breast	3:20.00	3:20.00	3:15.00	3:05.00	3:04.00	3:04.00	2:56.00
100 Fly	1:30.00	1:25.00	1:18.00	1:16.00	1:14.00	1:12.00	1:10.00
200 Fly	3:00.00	3:00.00	2:46.00	2:40.00	2:38.00	2:38.00	2:32.00
200 IM	3:15.00	2:57.00	2:50.00	2:45.00	2:39.00	2:39.00	2:37.00
400 IM	6:00.00	6:00.00	5:50.00	5:40.00	5:25.00	5:25.00	5:20.00