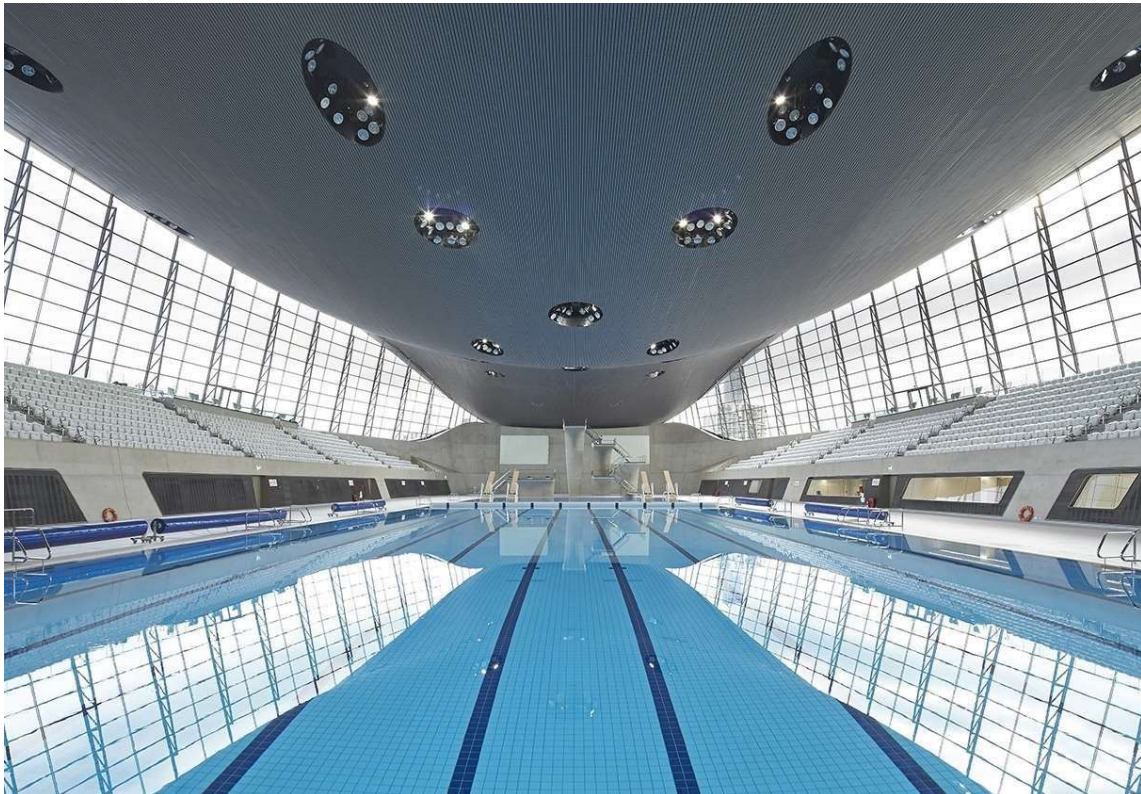


# **NUEL SC National Qualifier Open Meet 2026**

(Held under Swim England Laws and Swim England Technical Rules of Swimming)  
**LONG COURSE LEVEL 1 MEET**  
LICENCE NUMBER 1LR260020



**Saturday 21 & Sunday 22 March 2026**

**London Aquatics Centre**  
Queen Elizabeth Olympic Park  
E20 2ZQ



**Newham and UEL Swimming Club**  
**NUEL SC National Qualifier Open Meet 2026**  
**License no: 1LR260020**

**(Held under Swim England Laws and Swim England Technical Rules of Swimming)**

<b>Date:</b>	<b>Saturday 21 and Sunday 22 March 2026</b>
<b>Venue:</b>	<b>London Aquatics Centre, Queen Elizabeth Olympic Park, Stratford E20 2ZQ</b>
<b>Pool:</b>	<b>50 metres, 10 lanes with anti-wave lane ropes, electronic timing and secondary strobe light</b>
<b>Pool depth:</b>	<b>3 meters at both ends</b>
<b>Age Groups:</b>	<b>10,11, 12, 13, 14, 15, 16, 17 &amp; over (Age as at 31 December 2026)</b>
<b>Events:</b>	<ul style="list-style-type: none"><li>• 50m, 100m and 200m all strokes</li><li>• 400m Freestyle</li><li>• 200m &amp; 400m Individual Medley</li><li>• 800m &amp; 1500m Freestyle (Male/Open &amp; Female Combined)</li></ul>
<b>Awards:</b>	<b>Heat declared winners with awards to top three in each age group.</b>
<b>Entry Fees:</b>	<b>£10.00 per event for all 50m, 100m, 200m and 400m £15.00 per event for 800m and 1500m</b>
<b>Spectator entry fees:</b>	<b>£10/person/day (Doors open at 8.00am)</b>  Free entry for children under 12 accompanied by a paying adult.
<b>Opening Date for Entries:</b>	<b>Monday 1 December 2025</b>
<b>Closing Date for Entries:</b>	<b>Monday 4 March 2026</b>
<b>Contact email:</b>	<b><a href="mailto:nuelopenmeets@gmail.com">nuelopenmeets@gmail.com</a></b>



## **PROMOTER'S CONDITIONS**

Newham and University of London Swimming Club ("NUELSC or NUEL") will liaise with the pool operators regarding health and safety management by the pool operators in addition to any rules and regulations in place by Government at the date of this Meet. All participants will be required to agree to this as well as the terms and conditions contained within this document as part of the opt into this Meet.

### **1) MEET ADMINISTRATORS**

- 1.1 The Promoters and Meet Administrators for this meet are Michael Laniyan and Yukie Daniels ([nuelopenmeets@gmail.com](mailto:nuelopenmeets@gmail.com)) on behalf of NUELSC as organisers.
- 1.2 The opening date for entries is 1 December 2025, and closing deadline for entries and full payment is midnight on **4 March 2026**.

### **2) GENERAL CONDITIONS**

- 2.1 The Meet will be conducted Long Course held under Swim England Laws, Swim England Technical Rules of Swimming and these promoter's conditions.
- 2.2 The Meet is licensed at level 1 and held under licensed number 1LR260020.
- 2.3 The event conditions may be revised in response to guidelines from the Operator, Government and Public Health England regarding sporting competitions.
- 2.4 In the interest of safety, to keep the event within the available time booked at the hosting facility and to ensure the smooth running of the Meet, we reserve the right to restrict the number of entries in any given event. In all cases, competitors with the fastest times, by age group; will take preference.
- 2.5 Time Trials will not be permitted during this Meet.
- 2.6 Flash photography is prohibited at all times during this Meet.
- 2.7 There will be secondary strobe available at the venue.
- 2.8 The pool depth is 3 meters at both ends of the pool.
- 2.9 Over the top start will be used where appropriate.

### **3) DATA PROTECTION**

- 3.1 By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 2018, to the holding of personal information. The personal information supplied with your entry will be retained securely and will only be used for the legitimate purposes of running the event. This data will be shared by form of results with Swim England (Rankings) and the clubs who have entered the meet. A full copy of the results will be published on the website after the meet. Please be aware that links from our website may take you to external websites that are not covered by our policies. Please ensure that you review their privacy policies before any data is submitted.
- 3.2 If any persons want to exercise their right to erasure or processing of their personal data, they will need to make a written request to the promoter. We will only hold competition data for 12 months after which it will be destroyed and erased from our systems

#### 4) ELIGIBILITY FOR ENTRY

- 4.1 The competition is open to competitors registered as Club Compete members of the Swim England, Scottish Swimming or Nofio Cymru (Swim Wales) or equivalent membership status competitors from swimming clubs affiliated to WA whose submitted entry times meet the qualifying standards.
- 4.2 Entry times must be achieved from 1st January 2025 from either a Level 1, Level 2 or Level 3 meet and be included on the British Swimming Rankings. Minimum Qualifying Standards is either short or long courses times. **Converted times are not allowed.**
- 4.3 Entries must be equal to or faster than the published Minimum Qualifying Standards.
- 4.4 It must be indicated on the entry form or entry file whether the entry time entered is either short course or long course times.
- 4.5 All events will have an Open/Male and Female category.
- 4.6 The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the Female category, a swimmer confirms that their birth sex is female.
- 4.7 Swimmers who are not a member of a Swim England, Scottish Swimming or Swim Wales club but are members of clubs affiliated to WA are welcome to compete at this meet, provided they meet the qualifying standard above and by **prior agreement with the Promoter**, up to a maximum of 3 clubs from abroad. Qualifying times must be recorded in the WA Rankings or in official results from a National Governing Body sanctioned competition in a 50m pool and be achieved from 1st January 2025.
- 4.8 Swimmers who are not current Swim England members must apply and pay for Temporary Membership. Application form is available from Meet Promoter upon request. The current fee for the Temporary Membership is £19.00.
- 4.9 In the event that the Meet is undersubscribed, the promoters reserve the right to accept late entries providing that priority has already been given to entries received before the closing date.
- 4.10 By submitting an entry to this Meet, a competitor – or in the case of competitor being under the age 18 years during the meet, the competitor's legal guardians – attest to the fitness and ability of the competitor to complete the event without foreseeable injury or incident without causing delay to the event schedule.
- 4.11 Swimmers with possession of a Swim England Certificate of Swimming Disability (or international equivalent) or whose Swim England membership record details of a disability sport class are welcome to enter the competition. There is no Minimum Qualifying Standards but athletes must have registered times achieved from 1 January 2025.

#### 5) AGE CRITERIA

- 5.1 Age groups will be 10, 11, 12, 13, 14, 15, 16, 17 & over.
- 5.2 A Swimmer's age is as at 31 December 2026.
- 5.3 The minimum age for 800m and 1500m freestyles events is 12 years old.
- 5.4 The minimum age for 400m Individual Medley event is 12 years old.

## 6) EVENTS

- 6.1 There will be no team events. Individual events (Male/Open & Female) will be:
- (a) - 50m, 100m, 200m, 400m Freestyle
  - (b) - 50m, 100m, 200m Backstroke, Breaststroke, Butterfly
  - (c) - 800m & 1500m Freestyle (Male/Open & Female Combined. Ages 12 and over only)
  - (d) - 200m Individual Medley
  - (e) - 400m Individual Medley – ages 12 and over only

## 7) ENTRY FEES

- 7.1 The entry fees are £10.00 per event with the exception of 800m & 1500m freestyle at £15.00
- 7.2 There will be no refund of entry fee unless the entries are rejected by the organisers, the meet is cancelled, or withdrawal is made in accordance with paragraph 10.4 of this programme.

## 8) ENTRY PROCEDURE

- 8.1 All entries must be entered electronically, using Hytek software. An Events file containing the full schedule of events is available for download from NUELSC website. This file should be used in conjunction with the “Hytek Team Manager” software or another compatible team management application.
- 8.2 All eligible entries must be made by clubs in the standard electronic format produced by Hytek’s Team Manager or an equivalent compatible application.
- 8.3 If clubs, choose to use an entry form (manual entry) they will incur a £25 administration charge.
- 8.4 Where there are six or more competitors from a club, entries MUST be submitted electronically.
- 8.5 Clubs are requested to send all entries with an entry report, completed summary sheets and any poolside applications at the same time with one payment to cover all swimmers, coaches, team managers and chaperones passes.
- 8.6 Payments to be made by bank electronic transfer only (details on summary sheet). Payments need to be received in full before the entries are processed. If payment is not received by the closing date, NUEL reserves the right to reject the entries in full.
- 8.7 Individual entries will be accepted by email to [nuelopenmeets@gmail.com](mailto:nuelopenmeets@gmail.com) providing full swimmer information and will incur an admin charge of £5 per individual entry and must be paid by BACS.
- 8.8 The Meet Promoter reserves the right to give preference to complete entries from a maximum of three clubs where swimmers need to pre-book travel arrangements in advance. All entries must meet the published qualifying times and include a link to official competition results to validate the stated entry times.  
The Promoter recommends that no travel or accommodation arrangements are confirmed until the club receives written confirmation of entry.
- 8.9 Entry will be accepted based on quickest times by age group and event. In the event that entries are rejected, fees will be refunded by bank transfer to the club bank account.
- 8.10 The Meet Promoter reserves the right to allow additional entries that are slower than the qualification times if the Meet is not full by the closing date.
- 8.11 The Meet Promoter reserves the right to cancel the event if the Meet is under subscribed.
- 8.12 The submission of entries, either electronically or by entry form indicates acceptance of the Meet Conditions.
- 8.13 Accepted and rejected entries will be posted to all clubs within 2 weeks of the closing date. It is the competing club/swimmer’s responsibility to check this list for accuracy and advice immediately of any errors.





8.14 The Meet Promoter reserves the right to limit entries and the number of heats in any event to maintain a balanced programme.

**8.15 If the Meet is oversubscribed and rejections are to be made, then the first rejections will be those swimmers by age who cannot qualify for the Nationals in the current year 2026.**

## 9) MEET PROCEDURE

- 9.1 Heats will be swum with all age groups combined and swimmers seeded by entry times. All heats will be spearheaded and swum slow to fast, based on the entry times.
- 9.2 In respect of 1500m and 800m freestyles events only; male/open and female swimmers will be swum combined. The meet promoter reserves the right to limit entries and the number of heats in any event to maintain a balanced programme. There will be a maximum of 5 heats for the mixed 800m and 3 heats for the mixed 1500m. Equal consideration will be given to the number of swimmers from both genders, unless there is an imbalance, with one gender under-subscribed and the other over-subscribed. In such cases, the meet promoter reserves the right to fill the under-subscribed spots.
- 9.3 For the long-distance events (800m & 1500m) where the heats are fully subscribed, we will be operating a reserve list and any places will be offered to the fastest swimmer first and then to the next fastest swimmer and so on until there is a full heat. All swimmers who are accepted are requested to advise the organiser at the earliest opportunity if they are no longer able to swim in order that their lane can be filled. The reserve list for the long-distance events will operate until Monday 16 March 2026 (midnight). There will be equal consideration to the number of swimmers from both genders.
- 9.4 All events will be swum on a heat declared winner basis. The first three for each age group in each event will receive medals.
- 9.5 Over the top starts will be used where appropriate.
- 9.6 The meet promoter will check entries against the British Rankings or other national swimming body where it is felt that a swimmer may be submitting a faster time in order to gain entry to this meet. Falsely entered times will be rejected without refund.
- 9.7 Warm-up procedures will be posted on the club website after the finalisation of entries.

## 10) WITHDRAWAL PROCEDURE

- 10.1 Once your entry has been accepted it is assumed that you will be swimming. Withdrawals must be made by the start of each warm-up session and hand-in to the recorders using the withdrawal sheets which will be included in the coach's pack, on the recorder's desk.
- 10.2 Withdrawals may also be made by email to [nuelopenmeets@gmail.com](mailto:nuelopenmeets@gmail.com) up to 6.00pm Thursday 19 March 2026.
- 10.3 Refunds are not available for withdrawal once entries have been processed unless entries have been rejected by the Meet organiser, subject to paragraph 10.4 of Withdrawal Procedure below.
- 10.4 In certain circumstances, where a withdrawal is notified within the time limit and accompanied by medical evidence and accepted by the Organisers; NUELSC will refund the associated entry fees shortly after the Meet has been completed.
- 10.5 A £5 fine will be levied on the club under whose name the swimmer is entered or the swimmer themselves, if a swimmer does not withdraw from an event in time resulting in an empty lane during the race.**

## **11) MARSHALLING**

- 11.1 It is our competitor's responsibility to report to the Meet Marshalls in the designated marshalling area in good time for your event. Heat start lists for each event will be printed and given to the coaches before each session starts and it is the competitor's responsibility to ensure their name appears on the list prior to the start of the session.
- 11.2 Upon entry to the Marshalling area, the athlete must ensure that they report to a Steward and be registered as being present. Competitors must follow directions of the Meet Marshalls at all times.
- 11.3 All competitors must enter the marshalling area 'race ready' as under normal circumstances having entered the Marshalling area should remain in its confines until led onto the pool deck for their race.
- 11.4 Coaches/Team Managers/Chaperones will not be allowed in the marshalling area at any time.

## **12) COACHES, TEAM MANAGERS AND CHAPERONES**

- 12.1 Coaches, Team Managers' and Chaperones passes are available in advance for £30 per day per person or £50 per person for the weekend. The pass is not transferable. This entitles the holder of a start list, breakfast, lunch, refreshments and result sheets posted or sent electronically to the club.
- 12.2 Coaches, Team Managers' and Chaperones Passes must be ordered using the Club Entry Form.
- 12.3 Coaches, Team Managers and Chaperones are expected to always wear their wristbands visibly clear and will not be allowed on the poolside without a Pass (wristband).
- 12.4 Coaches and Team Managers must be club-trained personnel and holds a valid safeguarding certificate.
- 12.5 All applicants should be registered members of Swim England and hold a current DBS check.
- 12.6 Refer to Swim England policy on supervision ratio at:  
<http://www.swimming.org/swimengland/swim-england-relases-supervision-ratios-policy/>

## **13) OFFICIALS**

- 13.1 The Meet is licensed at Swim England Level 1; this mandates the minimum number of officials required. Swim England have the authority to downgrade a meet to a lower licensing level should the required number of qualified officials not be in attendance. All officials must be licensed and qualified.
- 13.2 Accepted entries from visiting clubs bringing a team of 5 or more swimmers are requested to provide at least one qualified and licensed official at J1 level, or higher per session. Meals and refreshments will be provided to officials.
- 13.3 NUELSC will reimburse reasonable expenses incurred by officials; please submit expense claim at the end of the session or email to [nueltreasurer@gmail.com](mailto:nueltreasurer@gmail.com) after the Meet.

## 14) SAFEGUARDING

- 14.1 In accordance with the Swim England Child Safeguarding Policies and Procedures any parents or carers of swimmers under the age of 18 who wish to take photographic or video images are requested to focus on their own child as much as reasonably possible and to avoid including other children in those images, particularly if those images are being shared with family and friends through social media platforms.
- 14.2 In the interest of safeguarding, parents, carers and officials are not allowed in the swimmers' sitting area.

## 15) PHOTOGRAPHY, VIDEO OR DIGITAL CAPTURING DEVICES

- 15.1 Swim England changing room policy now **prohibits all use of a mobile phone or device in changing room areas**. This policy will be vigorously enforced, and any person found to be contravening this policy will be asked to leave the gala without a refund. Additionally, no video recording or photography is allowed by the poolside without prior approval from the Organisers. Please refer to Wavepower 2024.
- 15.2 As the permitted use of devices which capture still or moving images is no longer dependent upon pre-registration, we request that all persons attending this Meet at the London Aquatics Centre have a clear understanding of their responsibilities and obligations as detailed in the "Swim England Photography Guidance" section of Wavepower 2024.

## 16) SAFETY AND SECURITY

- 16.1 It is the responsibility of coaches and parents to ensure the safety of their swimmers. All swimmers should Meet the requirements of the Swim England competitive start award and should obey all safety notices and announcements. The organisers and pool management reserve the right to remove any spectator, swimmer or anyone from the venue whose behaviour or action is against the rules of the pool or this Meet or the efficient running of the Meet. Stewards will be patrolling the centre and anyone found causing damage or seriously misbehaving, will be banned from the Meet and refused entry to the building. Refund will not be made to swimmer or spectator removed from the event.
- 16.2 For health and safety reasons bags are to be stored in the lockers, only small drawstring bags will be allowed poolside. Lockers are available with the use of a refundable £1 coin.
- 16.3 Only competing swimmers, coaches, officials and Team Managers are allowed on poolside. **Parents are not allowed in the changing area, swimmers' sitting area and on the pool side.**
- 16.4 Wet swimmers are not allowed back into the balcony area after their race. They will be required to dry off poolside and wear suitable footwear. Please bring a spare towel to the poolside for the race.
- 16.5 Swimmers are also expected to always wear their club top or t-shirt at all times other than at the poolside before or after their race.





## **17) ENTRANCE**

- 17.1 Doors open for swimmers, coaches, officials and team managers from 7.30am.
- 17.2 Doors open to spectators at 8.00am
- 17.3 Entrance is located on the upper floor on West Ham stadium side.

## **18) OTHERS**

- 18.1 Spectator entry will be by colour-coded wristbands which must be visibly worn at all times. The entry fee is £10.00 per person and is valid for the whole day. Children under the age of 12 will gain entry free of charge, if accompanied by a paying adult. Wristband is not transferable.
- 18.2 The Promoter recommends that no travel or accommodation arrangements are confirmed until the club receives written/e-mail confirmation of entry.
- 18.3 Other than the Meet entry fees, the Promoter will not be responsible for any other cost or expenditure incurred by the swimmer, spectator or club; on cancellation of the Meet or amendment to the date of this Meet in the event that the venue is closed by the pool operator due to any circumstances.
- 18.4 The venue is the London Aquatics Centre, Queen Elizabeth Olympic Park, E20 2ZQ. It is recommended that if you travel by car please you use the multi-story car parks in Westfield Shopping Centre which are a short walk away from the pool. The pool is also easily accessible by train/tube with a short walk from Stratford station.
- 18.5 There is a café in the main foyer as well kiosks at the seating gallery and plenty of food venues in the nearby Westfield.
- 18.6 Please ensure you clear up after yourself by placing all litter in the receptacles provided, do not leave it for others to clear up for you.
- 18.7 Anything not covered within these rules will be at the discretion of the Promoters of the competition.



## **PROGRAMME OF EVENTS**

<b><u>8.00am Warm Up</u></b>			
<b>Session 1 – Start 09.00 SATURDAY</b>		<b>Session 4 – Start 09.00 SUNDAY</b>	
Female - 101	400m Freestyle	Open/Male - 401	400m Freestyle
Open/Male - 102	200m Butterfly	Female - 402	200m Butterfly
Female - 103	50m Freestyle	Open/Male - 403	50m Freestyle
Open/Male - 104	50m Butterfly	Female - 404	50m Butterfly
Female - 105	200m Breaststroke	Open/Male - 405	200m Breaststroke
Open/Male - 106	200m Individual Medley	Female - 406	200m Individual Medley

<b><u>Warm Up - TBC</u></b>			
<b>Session 2 – Start TBC</b>		<b>Session 5 – Start TBC</b>	
Open/Male - 201	100m Freestyle	Female - 501	100m Freestyle
Female - 202	100m Backstroke	Open/Male - 502	100m Backstroke
Open/Male - 203	50m Backstroke	Female - 503	50m Backstroke
Female - 204	50m Breaststroke	Open/Male - 504	50m Breaststroke
Mixed - 205	1500m Freestyle	Mixed - 505	800m Freestyle

<b><u>Warm Up - TBC</u></b>			
<b>Session 3 – Start TBC</b>		<b>Session 6 – Start TBC</b>	
Female - 301	400m Individual Medley	Open/Male - 601	400m Individual Medley
Open/Male - 302	100m Breaststroke	Female - 602	100m Breaststroke
Female - 303	200m Freestyle	Open/Male - 603	200m Freestyle
Open/Male - 304	200m Backstroke	Female - 604	200m Backstroke
Female - 305	100m Butterfly	Open/Male - 605	100m Butterfly

\* Timings are subject to change



Open/Male Qualifying Times																
Long Course									Short Course							
10	11	12	13	14	15	16	17+	Age	10	11	12	13	14	15	16	17+
00:39.0	00:38.4	00:36.7	00:34.7	00:32.7	00:30.9	00:29.5	00:28.5	50 Free	00:38.5	00:37.8	00:36.1	00:34.1	00:32.1	00:30.2	00:28.8	00:27.8
01:27.1	01:25.8	01:20.0	01:14.8	01:10.8	01:07.9	01:03.4	01:00.0	100 Free	01:26.1	01:24.8	01:18.9	01:13.7	01:09.6	01:06.7	01:02.1	00:58.6
03:04.0	02:58.0	02:48.0	02:40.0	02:31.0	02:22.8	02:18.2	02:13.7	200 Free	03:02.1	02:57.0	02:45.9	02:37.8	02:28.7	02:20.4	02:15.7	02:11.1
05:54.5	05:51.0	05:47.5	05:33.0	05:12.0	05:00.3	04:48.9	04:27.3	400 Free	05:50.5	05:47.0	05:43.5	05:28.7	05:07.5	04:55.6	04:44.0	04:22.0
N/A	N/A	11:30.0	11:00.0	10:40.0	09:55.0	09:39.0	09:25.0	800 Free	N/A	N/A	11:21.6	10:51.2	10:30.9	09:45.2	09:28.9	09:14.7
N/A	N/A	21:40.0	20:44.0	20:24.0	19:57.6	19:27.9	18:36.3	1500 Free	N/A	N/A	21:16.0	20:20.0	20:00.0	19:33.6	19:03.9	18:12.3
00:53.3	00:51.5	00:49.3	00:47.7	00:44.9	00:43.0	00:41.2	00:39.2	50 Breaststroke	00:52.3	00:50.0	00:48.9	00:47.0	00:44.2	00:42.3	00:40.4	00:38.2
01:51.9	01:50.2	01:43.0	01:36.1	01:30.1	01:25.9	01:23.0	01:17.0	100 Breaststroke	01:50.8	01:49.0	01:41.8	01:34.8	01:28.7	01:24.4	01:21.5	01:15.3
04:00.8	03:57.2	03:42.4	03:28.3	03:15.4	03:05.2	02:59.8	02:49.5	200 Breaststroke	03:58.6	03:55.0	03:40.0	03:25.7	03:12.7	03:02.3	02:56.8	02:46.4
00:46.9	00:45.9	00:43.5	00:40.0	00:38.5	00:36.0	00:34.0	00:30.0	50 Butterfly	00:46.5	00:45.5	00:43.1	00:39.5	00:38.0	00:35.5	00:34.4	00:29.4
01:38.5	01:37.5	01:35.5	01:27.5	01:18.9	01:14.9	01:11.0	01:05.5	100 Butterfly	01:37.5	01:36.7	01:34.7	01:26.6	01:17.9	01:13.9	01:09.9	01:04.3
03:55.0	03:46.3	03:33.0	03:16.0	03:03.3	02:58.5	02:38.0	02:31.0	200 Butterfly	03:52.2	03:44.6	03:31.5	03:14.4	03:01.3	02:56.7	02:36.0	02:28.9
00:46.0	00:45.5	00:44.9	00:41.0	00:38.9	00:36.5	00:35.5	00:33.9	50 Backstroke	00:45.5	00:45.0	00:44.4	00:40.5	00:38.4	00:35.9	00:34.9	00:33.3
01:38.8	01:37.3	01:31.1	01:25.4	01:20.4	01:16.1	01:11.3	01:09.2	100 Backstroke	01:38.0	01:36.4	01:30.2	01:24.4	01:19.4	01:15.0	01:10.1	01:08.0
03:22.0	03:16.1	03:06.8	02:56.5	02:44.9	02:41.0	02:36.5	02:28.1	200 Backstroke	03:19.6	03:14.3	03:05.0	02:54.6	02:42.8	02:38.9	02:34.3	02:25.8
03:21.4	03:17.5	03:07.2	02:59.2	02:46.0	02:37.1	02:33.2	02:23.3	200 Individual Medley	03:19.4	03:15.5	03:05.1	02:57.0	02:43.6	02:34.6	02:30.6	02:20.5
N/A	N/A	06:50.3	06:23.5	05:56.5	05:42.9	05:34.6	05:25.0	400 Individual Medley	N/A	N/A	06:46.0	06:18.9	05:51.5	05:37.7	05:29.3	05:19.5



## Female Qualifying Times

Long Course									Short Course							
10	11	12	13	14	15	16	17+	Age	10	11	12	13	14	15	16	17+
00:38.9	00:38.1	00:36.4	00:35.1	00:34.1	00:32.8	00:31.8	00:30.5	50 Free	00:38.4	00:37.5	00:35.8	00:34.5	00:33.5	00:32.2	00:31.1	00:29.8
01:27.5	01:26.2	01:20.5	01:16.3	01:13.8	01:10.1	01:09.3	01:07.1	100 Free	01:26.5	01:25.2	01:19.5	01:15.2	01:12.7	01:08.9	01:08.1	01:05.8
03:07.2	03:04.4	02:53.9	02:44.9	02:38.5	02:31.3	02:29.7	02:25.8	200 Free	03:05.3	03:02.5	02:51.9	02:42.8	02:36.3	02:29.0	02:27.4	02:23.4
05:50.4	05:46.9	05:43.5	05:32.0	05:12.6	05:06.0	05:03.0	04:55.0	400 Free	05:46.5	05:42.8	05:39.4	05:27.7	05:08.1	05:01.4	04:58.3	04:50.2
N/A	N/A	11:28.0	11:01.0	10:41.0	10:09.0	10:00.0	09:53.5	800 Free	N/A	N/A	11:19.5	10:52.2	10:31.9	09:59.4	09:50.3	09:43.7
N/A	N/A	21:30.0	20:42.0	20:26.0	20:02.5	19:48.0	19:25.0	1500 Free	N/A	N/A	21:06.0	20:18.0	20:02.0	19:38.5	19:24.0	19:01.0
00:54.3	00:53.5	00:51.3	00:48.3	00:45.6	00:43.0	00:40.6	00:39.0	50 Breaststroke	00:53.3	00:52.5	00:50.3	00:47.3	00:44.9	00:42.3	00:39.8	00:38.2
01:52.0	01:50.3	01:43.1	01:36.6	01:32.2	01:28.8	01:27.9	01:24.6	100 Breaststroke	01:50.9	01:49.1	01:41.9	01:35.3	01:30.8	01:27.4	01:26.5	01:23.1
03:59.0	03:55.5	03:39.8	03:28.0	03:18.4	03:12.5	03:08.6	03:04.8	200 Breaststroke	03:56.8	03:53.2	03:37.4	03:25.4	03:15.7	03:09.7	03:05.8	03:01.9
00:46.2	00:45.5	00:43.5	00:41.1	00:39.2	00:38.0	00:36.9	00:35.7	50 Butterfly	00:45.8	00:45.1	00:43.1	00:40.6	00:38.7	00:37.5	00:36.4	00:35.2
01:39.6	01:38.1	01:32.5	01:26.7	01:22.5	01:18.5	01:17.5	01:13.0	100 Butterfly	01:38.2	01:36.7	01:31.7	01:25.8	01:21.6	01:17.5	01:16.5	01:12.0
03:54.5	03:42.5	03:30.5	03:16.9	03:05.0	02:56.1	02:49.6	02:43.3	200 Butterfly	03:53.1	03:41.1	03:29.0	03:15.3	03:03.3	02:54.3	02:47.7	02:41.4
00:46.5	00:45.9	00:44.9	00:41.6	00:40.3	00:38.5	00:37.9	00:36.0	50 Backstroke	00:46.1	00:45.4	00:44.4	00:41.1	00:39.8	00:38.0	00:37.4	00:35.4
01:36.0	01:34.0	01:31.2	01:25.8	01:22.9	01:19.1	01:18.8	01:16.3	100 Backstroke	01:35.1	01:33.1	01:30.3	01:24.8	01:21.9	01:18.0	01:17.7	01:15.2
03:24.0	03:18.0	03:08.0	02:59.0	02:50.0	02:45.5	02:42.3	02:36.0	200 Backstroke	03:21.6	03:16.3	03:06.2	02:57.1	02:48.0	02:43.4	02:40.2	02:33.8
03:20.4	03:16.5	03:06.9	02:56.2	02:50.5	02:48.2	02:42.2	02:37.2	200 Individual Medley	03:18.4	03:14.5	03:04.8	02:53.9	02:48.2	02:45.8	02:39.7	02:34.7
N/A	N/A	06:48.3	06:17.3	06:06.4	05:52.9	05:38.8	05:34.5	400 Individual Medley	N/A	N/A	06:44.0	06:12.6	06:01.6	05:47.9	05:33.6	05:29.2