

# Munster Age Group & Senior Long Course Championships 2025

<b>Munster Age Group &amp; Senior Long Course Meet Information</b> (Further information may be contained in the relevant Meet Conditions)	
<b>Date:</b>	16th – 18 <sup>th</sup> May 2025
<b>Venue:</b>	UL Sport Arena, University of Limerick
<b>Age Groups:</b>	12 years, 13-14 years, 15-16 years, 17 years & over
<b>Age Up Date:</b>	31 <sup>st</sup> December 2025
<b>Individual Events:</b>	50m Freestyle – Heats & Finals  50m Backstroke, 50m Butterfly, 50m Breaststroke – Heats & Finals (15 & over)  100m Freestyle, 100m Backstroke, 100m Butterfly, 100m Breaststroke – Heats & Finals 200m Freestyle, 200m Backstroke, 200m Butterfly, 200m Breaststroke – Heats & Finals 200m Individual Medley – Heats & Finals  400m Freestyle / 800m Freestyle / 1500m Freestyle – HDW (13&over) 400m Individual Medley – HDW (13&over)  <b>Multi Class Finals in 50m and 100m events, where applicable.</b>  Consideration Times and Qualification Times will be published early in the Long Course season
<b>Relay Events:</b>	12yrs - 4 x 50m Medley, 4 x 50m Freestyle  13-14yrs, 15&over – All Olympic Relay events
<b>Entries:</b>	All swimmers entering the Munster Age Group and Senior Long Course Championships must be a member of a Swim Munster Affiliated club or a club from outside Ireland registered with their own Federation.
<b>Entry Form:</b>	Entries must be submitted electronically to <a href="mailto:munsterentries@swimireland.ie">munsterentries@swimireland.ie</a> using Hytek Team Manager. The Swim Ireland Registration number or equivalent for each swimmer must be included in the file.
<b>Qualification Criteria:</b>	Times may be achieved in both Short Course & Long Course from 1 <sup>st</sup> January 2024. Consideration and Qualification Times are used for the 50m, 100, 200m and 400m events. Consideration Times are used for the 800m/1,500m Freestyle.

	<p>Times must have been achieved in meets licensed at Level 2 or higher to be eligible to be used for entry into this meet, subject to the following paragraph. Short Course times used for entry will be converted to Long Course via the Meet Management system for seeding purposes and vice versa.</p> <p><b>Female athletes aged 12 years will be permitted to compete in the 12-14 years 400m Freestyle. The top 6 ranked female athletes in the 200m Freestyle will be invited to enter the 400m Freestyle provided their 200m entry time is faster than 02:45.00. This event is offered to female athletes aged 12 years to provide an opportunity to learn and develop racing skills in this event. Separate medals will not be awarded.</b></p> <p><b>Subject to overall time constraints, 12 year old swimmers MAY be offered to swim in 12-14 events should there be unused lanes, based upon the number of entries. Any such invite will be based upon the rankings on the Munster database. Again, if offered, this is to provide experience and a learning opportunity to younger swimmers.</b></p> <p><b>Times achieved by athletes aged 12 years ONLY in the 200m Freestyle, 100m Backstroke, 100m Breaststroke and 100m Butterfly will allow them to enter all available events in the corresponding stroke at this Championships. Such entries are to be advised in the cover email with the entry file.</b></p> <p>Athletes who achieve one Qualifying Time only, may choose one additional event to enter; this event must be one which is most closely associated with the event in which they have achieved the Qualifying Time (i.e. a swimmer who has qualified in the 100m butterfly may also enter the 200m butterfly, or a swimmer who has qualified in the 400m freestyle may add the 200m freestyle OR 800m freestyle). Such entries are to be advised in the cover email with the entry file.</p> <p>Swim Munster are obliged to run the event in accordance with Meet Licensing Rules which include overall duration each day. In the event that all entries result in the projected duration of competition exceeding the time permitted, Swim Munster will need to decline some consideration time entries for individual, and relays (second and more teams).</p>
<b>Seeding:</b>	The placing of competitors in the heats will be spearheaded and swum slowest to fastest. Clubs not submitting an entry time for relay teams will be seeded in the slowest heat.
<b>Heats &amp; Finals:</b>	<p>All 50m, 100m and 200m events will have heats and 'A' Finals.</p> <p>All 400m, 800m &amp; 1,500m events will be HDW and will be swum with the Heats.</p> <p>12 year old Mixed Freestyle and Medley Relays will be HDW and will be swum in the Heats.</p> <p>All 13-14 years and 15&amp; Over relays will be HDW and will be swum in the Finals session.</p>
<b>Withdrawals:</b>	<p>Withdrawals from Day 1 must be emailed before 5pm on the day before the start of the Meet, (i.e. Thursday 15<sup>th</sup> May, using the link: <a href="https://forms.office.com/e/UyvvpPe9Bkm">https://forms.office.com/e/UyvvpPe9Bkm</a></p> <p>Withdrawals for subsequent days must be submitted by 6pm on the previous day, (i.e. for Day 2, withdrawals must be submitted via the link by 6pm on Day 1).</p> <p>There will be a €50 fine if swimmers are not withdrawn by 6pm for an event for the next day.</p> <p><b>– no refunds will be given for withdrawals.</b></p>
<b>Entry Deadline:</b>	<p>Closing date for entries is 12 noon on <b>28<sup>th</sup> Apr 2025 &amp; Fees to be paid by 1<sup>st</sup> May 2025.</b></p> <p><b>NO LATE ENTRIES WILL BE ACCEPTED.</b></p>

<b>Entry Fees:</b>	<p>Individual entries cost €10 per event. Relay entries cost €20 per event.</p> <p><b>Fees should be paid directly into the Bank Account by 1<sup>st</sup> May 2025 and must include the name of the club and the name of the meet. Bank details:</b></p> <p><b>BIC: AIBKIE2D IBAN: IE70AIBK93251559772394</b></p> <p>No entry will be processed until the appropriate fee has been received by the Treasurer.</p> <p><b>Please note that all entry fees are payable and non-refundable once the final entry date of 28<sup>th</sup> April 2025 has passed AND accreditations will not be approved/issued until full payment of entries and any outstanding fees have been received.</b></p>
<b>Relay Entries:</b>	<p>Clubs are permitted to enter more than one relay team per event. The names of the 4 (four) relay team members swimming in the race and the order of swimming must be declared on the official Team Declaration Sheet and submitted to the Technical Delegate no later than 60 minutes before the start of the session in which the race takes place. Failure to do so will be subject to a fine of €50, <b>without exception</b>, and disqualification of the relay team.</p> <p>It would be appreciated if relay entries could be confirmed in advance of the gala, for ease of administration. Amendments to the team, if necessary, can be made up to 60 minutes before the start of the session.</p> <p>Relay members must be registered members of the club they are swimming for. All competing swimmers must be entered in the meet (even if they are not swimming in individual events). Relay teams that swim in an order that is different from the declared order of swimming shall be disqualified in accordance with WA Rule SW 10.12</p>
<b>Awards:</b>	Medals are awarded for top 3 placings in each age group.
<b>Anti-Doping:</b>	It is a condition of attending a Swim Ireland event that swimmers may be required to be tested for prohibited substances in accordance with the Sport Ireland/WADA/WA Anti-Doping Rules. For further information visit the Anti-Doping section of the Sport Ireland website.
<b>Swimsuits:</b>	<p>It is not a requirement for swimmers to wear WA approved swimwear in this competition. Athletes aged 12 years (age as defined in the Meet Conditions) will not be permitted to compete at this meet in a Tech Suit.</p> <p><b>Swim Ireland Tech Suit Policy</b></p> <p><b><a href="https://swimireland.ie/wp-content/uploads/sites/2/2023/06/Swim-Ireland-Tech-Suit-Policy-Updated-May-2024.pdf">https://swimireland.ie/wp-content/uploads/sites/2/2023/06/Swim-Ireland-Tech-Suit-Policy-Updated-May-2024.pdf</a></b></p> <p>World Aquatic Approved Swim Wear Policy (<a href="https://www.worldaquatics.com/swimming/approved-swimwear">https://www.worldaquatics.com/swimming/approved-swimwear</a>).</p>
<b>Health &amp; Safety:</b>	<p>Please refer to the Health &amp; Safety guidelines and also the Swim Ireland Code of Practice for Safety (Swimming) on the Swim Ireland website.</p> <p><a href="https://www.swimmunster.ie/munsterswimming/UserFiles/File/fina-issue-swim-ireland-safety-code-of-practice-swimming_023665.pdf">https://www.swimmunster.ie/munsterswimming/UserFiles/File/fina-issue-swim-ireland-safety-code-of-practice-swimming_023665.pdf</a></p>
<b>Photography/ Video Recording</b>	<b>Photography is prohibited on the pool deck and in the changing area.</b>

	<p>A registration desk will be available in the balcony area. All devices capable of taking an image must be registered in advance. All persons wishing to register a device must provide:</p> <p>Name, Address, Contact Number, Type of Device and Photographic ID. Any person using a device for photography MUST wear the tag provided and ensure that it is clearly visible at all times, when using the equipment.</p> <p>If this photography rule is breached, members are subject to the Swim Ireland Complaints and Disciplinary Rules and Procedures.</p> <p>Once registered, photographs are permitted from the Balcony ONLY or in the reception area. A Munster Backdrop will be in situ to facilitate photos.</p> <p>At championship events, Munster Swimming will engage the services of an authorised Photographer who will have permission to take photos poolside.</p>
<b>Data Protection:</b>	<p>Munster Region, Swim Ireland uses a computer database to manage entries and results of swimming meets and also to manage competition records of swimmers. By submitting and accepting entries to the meet, consent is hereby given, as required by the Data Protection Act, to the holding of personal information on Munster Region computer databases. Personal data held for each swimmer will be name, date of birth, club, Swim Ireland registration number, entry times, achieved times and DQ codes. Certain elements of this data (name, club, age, times, achieved times) may be made public prior to, during or at the meet (e.g. programmes, results, Meet Mobile, etc).</p>
<b>Officials:</b>	<p>Clubs will be asked to provide Officials to assist with the smooth running of the competition. Official Slots will be allocated based on one per six athletes entered in the competition (1:6), <b>on a per session basis.</b></p> <p>An Official Rota will be issued in advance of the competition. Any club experiencing difficulty fulfilling their allocation should arrange a swop with another club.</p>
<b>Facilities:</b>	<p>A swim down facility will be available during the Finals sessions on Saturday and Sunday.</p> <p>Car Parking is available at the venue.</p>
<b>Closing Date:</b>	<p><b>28<sup>th</sup> April 2025</b></p> <p><b>NO LATE ENTRIES WILL BE ACCEPTED.</b></p>

## Order of Events – Munster Age Group & Senior LC Championships 2025

Day 1	Day 2	Day 3
Session 1: Combined Heats	Session 4: Combined Heats	Session 7: Combined Heats
Male 15 yrs & Over 200m Breaststroke Female 15 yrs & Over 100m Breaststroke Male 15 yrs & Over 1500m Freestyle HDW Female 15 yrs & Over 100m Backstroke Male 15 yrs & Over 100m Backstroke Female 15 yrs & Over 50m Freestyle Male 15 yrs & Over 50m Butterfly Female 15 yrs & Over 200m Butterfly Male 15 yrs & Over 200m Freestyle Female 15 yrs & Over 400m Freestyle HDW Male 15 yrs & Over 200m IM	Male 15 yrs & Over 400m IM HDW Female 15 yrs & Over 800m Freestyle HDW Male 15 yrs & Over 50m Backstroke Female 15 yrs & Over 50m Backstroke Male 15 yrs & Over 100m Breaststroke Female 15 yrs & Over 100m Butterfly Male 15 yrs & Over 200m Butterfly Female 15 yrs & Over 400m IM HDW Male 15 yrs & Over 100m Freestyle Female 15 yrs & Over 50m Breaststroke Male 15 yrs & Over 800m Freestyle HDW Female 15 yrs & Over 200m Freestyle	Female 15 yrs & Over 200m IM Male 15 yrs & Over 50m Breaststroke Female 15 yrs & Over 50m Butterfly Male 15 yrs & Over 200m Backstroke Female 15 yrs & Over 200m Backstroke Male 15 yrs & Over 50m Freestyle Female 15 yrs & Over 200m Breaststroke Male 15 yrs & Over 100m Butterfly Female 15 yrs & Over 100m Freestyle Male 15 yrs & Over 400m Freestyle HDW Female 15 yrs & Over 1,500m Freestyle HDW
Session 2: Combined Heats	Session 5: Combined Heats	Session 8: Combined Heats
Male 12-14 yrs 200m Breaststroke Female 12-14 yrs 100m Breaststroke Male 13-14 yrs 1500m Freestyle HDW Female 12-14 yrs 100m Backstroke Male 12-14 yrs 100m Backstroke Female 12-14 yrs 50m Freestyle Male 12-14 yrs 200m Freestyle Female 12-14 yrs 200m Butterfly Male 12-14 yrs 200m IM Female 13-14 yrs 400m Freestyle HDW	Male 13-14 yrs 400m IM HDW Female 13-14 yrs 800m Freestyle HDW Male 12-14 yrs 100m Breaststroke Female 12-14 yrs 100m Butterfly Male 12-14 yrs 200m Butterfly Female 13-14 yrs 400m IM HDW Male 12-14 yrs 100m Freestyle Female 12-14 yrs 200m Freestyle Male 13-14 yrs 800m Freestyle HDW Mixed 12 yrs 200m Freestyle Relay HDW	Female 12-14 yrs 200m IM Male 12-14 yrs 200m Backstroke Female 12-14 yrs 200m Backstroke Male 12-14 yrs 50m Freestyle Female 12-14 yrs 200m Breaststroke Male 12-14 yrs 100m Butterfly Female 12-14 yrs 100m Freestyle Male 13-14 yrs 400m Freestyle HDW Female 13-14 yrs 1,500m Freestyle HDW Mixed 12 yrs 200m Medley Relay HDW

Session 3: Finals	Session 6: Finals	Session 9: Finals
Male 12 yrs 200m Breaststroke Male 13/14 yrs 200m Breaststroke Male 15/16 yrs 200m Breaststroke Male 17 yrs & Over 200m Breaststroke Female 12 yrs 100m Breaststroke Female 13/14 yrs 100m Breaststroke Female 15/16 yrs 100m Breaststroke Female 17 yrs & Over 100m Breaststroke Male 12 yrs 100m Backstroke Male 13/14 yrs 100m Backstroke Male 15/16 yrs 100m Backstroke Male 17 yrs & Over 100m Backstroke Female 12 yrs 100m Backstroke Female 13/14 yrs 100m Backstroke Female 15/16 yrs 100m Backstroke Female 17 yrs & Over 100m Backstroke Male 15/16 yrs 50m Butterfly Male 17 yrs & Over 50m Butterfly Female 12 yrs 50m Freestyle Female 13/14 yrs 50m Freestyle Female 15/16 yrs 50m Freestyle Female 17 yrs & Over 50m Freestyle Male 12 yrs 200m Freestyle Male 13/14 yrs 200m Freestyle Male 15/16 yrs 200m Freestyle Male 17 yrs & Over 200m Freestyle Female 12 yrs 200m Butterfly Female 13/14 yrs 200m Butterfly Female 15/16 yrs 200m Butterfly Female 17 yrs & Over 200m Butterfly Male 12 yrs 200m IM Male 13/14 yrs 200m IM Male 15/16 yrs 200m IM Male 17 yrs & Over 200m IM Female 13-14 yrs 400m Medley Relay HDW Female 15 yrs & Over 400m Medley Relay HDW Male 13-14 yrs 400m Medley Relay HDW Male 15 yrs & Over 400m Medley Relay HDW	Male 15/16 yrs 50m Backstroke Male 17 yrs & Over 50m Backstroke Female 15/16 yrs 50m Backstroke Female 17 yrs & Over 50m Backstroke Male 12 yrs 100m Breaststroke Male 13/14 yrs 100m Breaststroke Male 15/16 yrs 100m Breaststroke Male 17 yrs & Over 100m Breaststroke Female 12 yrs 100m Butterfly Female 13/14 yrs 100m Butterfly Female 15/16 yrs 100m Butterfly Female 17 yrs & Over 100m Butterfly Male 12 yrs 200m Butterfly Male 13/14 yrs 200m Butterfly Male 15/16 yrs 200m Butterfly Male 17 yrs & Over 200m Butterfly Female 15/16 yrs 50m Breaststroke Female 17 yrs & Over 50m Breaststroke Male 12 yrs 100m Freestyle Male 13/14 yrs 100m Freestyle Male 15/16 yrs 100m Freestyle Male 17 yrs & Over 100m Freestyle Female 12 yrs 200m Freestyle Female 13/14 yrs 200m Freestyle Female 15/16 yrs 200m Freestyle Female 17 yrs & Over 200m Freestyle Male 13-14 yrs 400m Freestyle Relay HDW Male 15 yrs & Over 400m Freestyle Relay HDW Female 13-14 yrs 400m Freestyle Relay HDW Female 15 yrs & Over 400m Freestyle Relay HDW	Female 13-14 yrs 800m Freestyle Relay HDW Female 15 yrs & Over 800m Freestyle Relay HDW Male 13-14 yrs 800m Freestyle Relay HDW Male 15 yrs & Over 800m Freestyle Relay HDW Female 12 yrs 200m IM Female 13/14 yrs 200m IM Female 15/16 yrs 200m IM Female 17 yrs & Over 200m IM Male 15/16 yrs 50m Breaststroke Male 17 yrs & Over 50m Breaststroke Female 15/16 yrs 50m Butterfly Female 17 yrs & Over 50m Butterfly Male 12 yrs 200m Backstroke Male 13/14 yrs 200m Backstroke Male 15/16 yrs 200m Backstroke Male 17 yrs & Over 200m Backstroke Female 12 yrs 200m Backstroke Female 13/14 yrs 200m Backstroke Female 15/16 yrs 200m Backstroke Female 17 yrs & Over 200m Backstroke Male 12 yrs 50m Freestyle Male 13/14 yrs 50m Freestyle Male 15/16 yrs 50m Freestyle Male 17 yrs & Over 50m Freestyle Female 12 yrs 200m Breaststroke Female 13/14 yrs 200m Breaststroke Female 15/16 yrs 200m Breaststroke Female 17 yrs & Over 200m Breaststroke Male 12 yrs 100m Butterfly Male 13/14 yrs 100m Butterfly Male 15/16 yrs 100m Butterfly Male 17 yrs & Over 100m Butterfly Female 12 yrs 100m Freestyle Female 13/14 yrs 100m Freestyle Female 15/16 yrs 100m Freestyle Female 17 yrs & Over 100m Freestyle Mixed 13-14 yrs 400m Medley Relay HDW Mixed 15 yrs & Over 400m Medley Relay HDW



## Munster Long Course Qualification and Consideration Times

16<sup>th</sup> to 18<sup>th</sup> May

BOYS' CONSIDERATION TIMES								BOYS' QUALIFICATION TIMES					
17 years+ (Born 2007 and older)	16 years (Born 2008)	15 years (Born 2009)	14 years (Born 2010)	13 years (Born 2011)	12 years (Born 2012)			17 years+ (Born 2007 and older)	16 years (Born 2008)	15 years (Born 2009)	14 years (Born 2010)	13 years (Born 2011)	12 years (Born 2012)
00:29.95	00:31.21	00:32.56	00:33.55	00:35.71	00:36.37	50m	Freestyle	00:28.75	00:29.96	00:31.26	00:32.21	00:34.28	00:34.92
01:05.09	01:07.74	01:09.94	01:12.57	01:17.01	01:18.44	100m	Freestyle	01:02.49	01:05.03	01:07.14	01:09.67	01:13.93	01:15.30
02:24.74	02:30.55	02:33.91	02:40.20	02:48.55	02:51.56	200m	Freestyle	02:18.95	02:24.53	02:27.75	02:33.79	02:41.81	02:44.70
05:11.87	05:21.04	05:29.40	05:42.32	05:57.36		400m	Freestyle	04:59.40	05:08.20	05:16.22	05:28.63	05:43.07	
10:38.21	10:48.88	11:12.31	11:31.88	12:02.30		800m	Freestyle						
20:28.27	21:04.75	21:57.79	22:30.53	23:19.51		1500m	Freestyle						
00:35.53	00:35.53	00:35.53				50m	Backcrawl	00:34.11	00:34.11	00:34.11			
01:17.48	01:18.47	01:21.37	01:25.14	01:29.75	01:31.42	100m	Backcrawl	01:14.38	01:15.33	01:18.12	01:21.73	01:26.16	01:27.76
02:49.31	02:52.45	02:55.77	03:02.33	03:09.88	03:13.40	200m	Backcrawl	02:42.54	02:45.55	02:48.74	02:55.04	03:02.28	03:05.66
00:38.53	00:38.53	00:38.53				50m	Breaststroke	00:36.99	00:36.99	00:36.99			
01:27.46	01:30.64	01:34.29	01:38.44	01:44.67	01:46.62	100m	Breaststroke	01:23.96	01:27.01	01:30.52	01:34.50	01:40.48	01:42.36
03:13.27	03:18.76	03:27.98	03:32.94	03:43.38	03:47.50	200m	Breaststroke	03:05.54	03:10.81	03:19.66	03:24.42	03:34.44	03:38.40
00:32.30	00:32.30	00:32.30				50m	Butterfly	00:31.01	00:31.01	00:31.01			
01:12.89	01:17.65	01:21.63	01:26.55	01:31.23	01:32.93	100m	Butterfly	01:09.97	01:14.54	01:18.36	01:23.09	01:27.58	01:29.21
02:48.32	02:53.97	03:02.10	03:09.61	03:21.11	03:24.83	200m	Butterfly	02:41.59	02:47.01	02:54.82	03:02.03	03:13.07	03:16.64
02:47.47	02:53.88	02:55.88	03:03.01	03:11.35	03:19.90	200m	IM	02:40.77	02:46.92	02:48.84	02:55.69	03:03.70	03:11.90
05:54.66	06:05.89	06:17.65	06:45.50	06:59.19		400m	IM	05:40.47	05:51.25	06:02.54	06:29.28	06:42.42	

### MUNSTER LONG COURSE CHAMPIONSHIPS

16<sup>th</sup> to 18<sup>th</sup> May

GIRLS' CONSIDERATION TIMES								GIRLS' QUALIFICATION TIMES					
17 years+ (Born 2007 and older)	16 years (Born 2008)	15 years (Born 2009)	14 years (Born 2010)	13 years (Born 2011)	12 years (Born 2012)			17 years+ (Born 2007 and older)	16 years (Born 2008)	15 years (Born 2009)	14 years (Born 2010)	13 years (Born 2011)	12 years (Born 2012)
00:32.99	00:33.84	00:34.50	00:35.30	00:36.15	00:36.81	50m	Freestyle	00:31.67	00:32.49	00:33.12	00:33.89	00:34.70	00:35.34
01:11.75	01:13.25	01:14.01	01:15.46	01:18.71	01:20.17	100m	Freestyle	01:08.88	01:10.32	01:11.05	01:12.44	01:15.56	01:16.96
02:36.43	02:38.81	02:42.73	02:44.90	02:49.92	02:53.06	200m	Freestyle	02:30.17	02:32.46	02:36.22	02:38.30	02:43.12	02:46.14
05:36.54	05:42.74	05:46.83	05:56.38	06:06.12		400m	Freestyle	05:23.08	05:29.03	05:32.96	05:42.12	05:51.48	Invitation
11:28.49	11:40.02	11:51.31	12:06.80	12:24.31		800m	Freestyle						
22:02.20	22:19.46	22:41.06	22:57.19	23:30.37		1500m	Freestyle						
00:41.23	00:41.23	00:41.23				50m	Backcrawl	00:39.58	00:39.58	00:39.58			
01:22.80	01:25.02	01:25.59	01:27.91	01:30.74	01:32.42	100m	Backcrawl	01:19.49	01:21.62	01:22.17	01:24.39	01:27.11	01:28.72
02:58.78	03:02.07	03:06.06	03:10.27	03:14.93	03:18.54	200m	Backcrawl	02:51.63	02:54.79	02:58.62	03:02.66	03:07.13	03:10.60
00:43.80	00:43.80	00:43.80				50m	Breaststroke	00:42.05	00:42.05	00:42.05			
01:35.05	01:38.00	01:38.79	01:42.05	01:45.28	01:47.23	100m	Breaststroke	01:31.25	01:34.08	01:34.84	01:37.97	01:41.07	01:42.94
03:28.76	03:30.19	03:32.32	03:43.18	03:45.52	03:49.70	200m	Breaststroke	03:20.41	03:21.78	03:23.83	03:34.25	03:36.50	03:40.51
00:36.50	00:36.50	00:36.50				50m	Butterfly	00:35.04	00:35.04	00:35.04			
01:20.28	01:22.67	01:25.70	01:29.43	01:33.28	01:35.00	100m	Butterfly	01:17.07	01:19.36	01:22.27	01:25.85	01:29.55	01:31.20
03:06.28	03:11.81	03:18.92	03:21.57	03:25.97	03:29.78	200m	Butterfly	02:58.83	03:04.14	03:10.96	03:13.51	03:17.73	03:21.39
02:56.51	03:00.15	03:05.47	03:11.64	03:16.92	03:25.56	200m	IM	02:49.45	02:52.94	02:58.05	03:03.97	03:09.04	03:17.34
06:27.60	06:38.96	06:42.36	06:51.11	07:06.48		400m	IM	06:12.10	06:23.00	06:26.27	06:34.67	06:49.42	