

SOUTH EAST WALES

REGIONAL CHAMPIONSHIPS

2017

on

3rd 4th and 5th FEBRUARY

Licence Number WL170081

11th and 12th FEBRUARY

Licence Number WL170082

SOUTH EAST WALES REGIONAL POOL

**NEWPORT INTERNATIONAL SPORTS VILLAGE**

Velodrome Way

NEWPORT

NP19 4RA

**Club Closing Date**

**9th January 2017**

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| SOUTH EAST WALES REGIONAL CHAMPIONSHIPS3rd / 4th / 5th and 11th / 12thFebruary 2017 (under FINA Technical Rules and SWIM WALES Laws)  **NEWPORT INTERNATIONAL SPORTS VILLAGE** |

**MEET INFORMATION**

**This is a Closed Meet accepting entries from competitors registered to Clubs within the South East Region only.**

**ENTRIES**

Entries to be submitted, where possible, electronically.

All entries must be completed in full and returned together with the relevant entry fee and summary sheet through your club to Mr Steve Hathway, 108, Queens Drive, Llantwit Fardre, CF38 2PA

Entries will be rejected for the following reasons:

* They are received without the relevant fee
* Incorrectly completed
* Received after the club closing date of  **9th January 2017**
* Current Registration number not included

**INDIVIDUAL EVENTS (Heats and Finals)**

Ages are as at 31st December 2017

Girls 11, 12, 13, 14, 15/16, 17/Over

50m, 100m, 200m, 400m, 800m Freestyle : 50m, 100m, 200m Backstroke : 50m, 100m, 200m Breaststroke :

50m, 100m, 200m Butterfly : 200m, 400m I.M.

Boys 11, 12, 13, 14, 15/16, 17/Over

50m, 100m, 200m, 400m, 1500m Freestyle : 50m, 100m, 200m Backstroke : 50m, 100m, 200m Breaststroke :

50m, 100m, 200m Butterfly : 200m, 400m I.M

Entry fee is £5.00 per individual event if entered electronically or £6.00 if paper entry.

**RELAYS (HDW)**

Girls 11/12 : 11/14 : 11 and over 4 x 50m Freestyle and Medley Relays

Boys 11/12 : 11/14 : 11 and over 4 x 50m Freestyle and Medley Relays

Mixed 2 Boys and 2 Girls 11/12 : 11/14 : 11 and over 4x50m Freestyle Relays and Medley Relays

Entry fee for relay events is £7.50

**MEDALS AND AWARDS**

Medals will be awarded for 1st – 3rd places in all age group categories. (No medals will be awarded to swimmers who do not achieve the event qualifying time).

**SPECTATORS**

Admission charges

£2.50 per session

£6.50 a day

£12.00 per weekend

Please Note: The Spectator Area must be cleared at the end of each session.

**CAR PARKING**

There is on-site parking available at the Pool and additional parking on Newport Football Stadium

### **REFRESHMENTS**

There is a cafeteria selling snacks and drinks etc. We have no control over this facility. Vending machines are also available.

The Newport Cricket Club also offers refreshments

## MOBILE PHONES

Mobile phones **must not** be used in the building.

**MEET OFFICE**

A Meet Office will be open for the duration of the Meet and can be contacted on 07917267302 at other times 01443 205198

Or 07732549628

**SESSION TIMES**

To be confirmed by email following receipt of entries.

**GENERAL CONDITIONS and MEET PROCEDURE**

**1. THE PROMOTERS**  are S.E.W. REGION.

a) The Promoter of this event is Swim Wales South East Wales Region.

b) The promoter can be contacted by e mail[sewregion@yahoo.co.uk](mailto:sewregion@yahoo.co.uk) or 01443 205198

c) The Meet will be swum under FINA Technical Rules and Swim Wales Laws and Disciplinary Code

d) No alcohol or tobacco advertising is permitted on any clothing.

e) All decisions made by the Lead Referee will be final and binding.

**2. SWIM WALES REGIONAL COMPEITIONS ELIGIBILITY**

a) Entries may only be accepted from competitors registered as members of Clubs, holding either primary or

multi registration Welsh membership, within the South East Wales Region.

b) Swimmers must only swim for one club during the Competition.

c) Competitors must have been registered members of the Club in whose name they are entered at least 30 days

prior to the closing date for entries for the Championships (including relays).

d) Competitors who compete in ASA County Championships will not be accepted to swim in the following annual cycle of

Regional Competitions:

* 1. The Junior Development Meet in May/June.
  2. The Sub Regional Championships in November/December.
  3. The Regional Championships in February the following year i.e. ASA County Championships in 2016
  4. means they would not be accepted for the Swim Wales Regional Championships in 2017.

**3. EVENTS**

a) Events will take place as shown on the attached programme of events.

b) The Promoters reserve the right to amend the programme of events, to include Friday evening in the programme and to

restrict/reject entries if the Meet is oversubscribed. Should these changes be necessary, prior notice will be given and

information will be sent to the clubs by e-mail and located on the Swim Wales web site.

c) Time trials will not be permitted.

d) Competitors in events 400m and longer may have to sign in before the warm up of the session in which they occur

**4. ENTRIES**

a) All entries shall be returned electronically, where possible, to [sewregion@yahoo.co.uk](mailto:sewregion@yahoo.co.uk) or to Mr Steven Hathway,

108 Queens Drive, Llantwit Fardre, CF38 2PA by the relevant closing date, accompanied by the appropriate

entry fee.

b) A TM file will be available on the Swim Wales Web Site on the S.E.W. Region pages or from Steve Hathway

c) The organisers may request validation of any stated entry time.

d) Long Course Entry Times will be converted to Short Course by Hy-Tek.

**5. WITHDRAWALS**

a) Competitors who wish to withdraw from an event must do so by notifying either Steve Hathway on the

appropriate form by post, or e-mail to [sewregion@yahoo.co.uk](mailto:sewregion@yahoo.co.uk) , or during the meet by phone on 07917267302

or 07732549628 or at the Meet Office (in writing on the appropriate form), by 5 pm on the evening before the event.

**6. RELAYS**

a) Clubs may enter a maximum of two relay teams per Age Group per event. Each team entered will qualify for

medals**.**

b) Relay Forms must be submitted by the start of the session in which they occur.

c) A separate form must be completed for EACH team

d) Swimmers names must be submitted in the swimming order.

e) If it can be proved to the Lead Referee that a member of a Relay Team is unavailable through ill health or

accident, the Lead Referee may use discretion and allow a substitute to swim

f) No substitutions will be allowed once the session warm up has finished.

**7. TROPHIES AND MEDALS**

a) Placing of competitors shall be determined from performances following finals or HDW events.

b) Failure of a swimmer to attend the appropriate presentation may result in the swimmer forfeiting his/her award.

c) Medals will be awarded for 1st – 3rd places in all age group categories. (No medals will be awarded to swimmers who do

not achieve the event qualifying time).

**8. PRESENTATIONS**

a) The Lead Referee may decide to carry out presentations during the session.

b) Competitors must report to the Presentation Marshall immediately after announcements have been made.

c)Appropriate clothing, e.g. tracksuit, T-shirt and suitable footwear must be worn for the presentation.

d) Awards may not be presented if a swimmer is inappropriately dressed.

**9. OFFICIALS and VOLUNTEER HELPERS**

a) Each Club is required to supply **at least** **two suitably qualified official per session** wherever possible

b) Officials will be required to follow the protocol which can be downloaded from the Swim Wales web site

c) Clubs will be designated for each of the Regional Competitions to provide all Volunteers by rota.

**10. HEATS**

a) Competitors shall be placed in graduated time order, slowest to fastest.

b) A Meet Programme will be available at the start of the Meet to Coaches and Team Managers on production of

their poolside pass.

c) Coaches should ensure swimmers make themselves available for marshalling at least 2 events prior to the

event in which they are competing. Please do not rely on the public address system.

**11. STARTS**

a) Over the top starts will, where necessary or appropriate, be used during the Meet.

**12. FINALS**

a) The maximum number of places practicable shall be allocated up to a total of eight competitors.

b) Finalists shall be allocated lanes using the spearhead principle from the heats.

c) The fastest heat of HDW events will be spearheaded.

**13. PASSES**

a) All Coaches and Chaperones must have relevant individual accreditation.

b)Applications for Coaches/Chaperones Passes must be made on the official form enclosed in this Information

Pack, accompanied with a passport size photograph (or sent by e-mail to [sewregional@yahoo.co.uk](mailto:sewregional@yahoo.co.uk)) if not

already on file.

c) Passes must be person specific and will not be interchangeable/transferable.

d) Passes will need to be visible and worn at all times.

e) Anyone without a pass will be asked to leave poolside/changing village.

f) The closing date for passes will be the same as the closing date for entries. Applications will not be accepted

on the day.

g) Passes are required for Health & Safety Reasons and Insurance Purposes.

h) One Swim Wales Head Coach pass per club will be allowed

**14. HEALTH & SAFETY**

a) All competitors are required to ensure that they observe all safety announcements and conduct themselves

with safety in mind at all times.

b) It is the responsibility of the swimmer and/or parent/guardian/coach to declare to the referee any disability or

medical condition that could present a health or safety risk.

c) If such a disability or medical condition exists, swimmers must produce a medical note confirming that their

participation presents no health or safety problems.

d) Footwear MUST be worn on poolside, on the Balcony and throughout the building.

e) The Front 5 rows on the Balcony will be for swimmers – spectators are not allowed in this area.

f) Swimmers are advised not to use the elevators without an adult.

g) Stairways on the Balcony are to be kept CLEAR at ALL TIMES and should not be used to sit on.

h) An anticlockwise one way system will be in force on the poolside

1. The health, safety and wellbeing of all swimmers, officials, volunteers, spectators and visitors is paramount –

all Health and Safety rules / regulations/ requirements must be complied with at all times.

j) A full risk assessment must be carried out in accordance with the Swim Wales Meet License Report Pack.

k) A copy of the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the facility being hired for a meet is available from the duty manager throughout the duration of the Meet

All swimmers, officials, volunteers, spectators, and visitors are required, at all times, to abide by the rules set out in the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the facility hired for the meet.

l) Unacceptable Behaviour:

Behaviour becomes “unacceptable” when it is considered “Offensive” to others; this includes, but is not limited to, the following:

Theft, willful damage to property and / or equipment, acts of vandalism, abuse of alcohol and / or drugs, bullying, offensive language, aggressive / violent acts, threatening behavior, all breaches of safety practices, failure to comply with instructions / directions, actions that bring the sport of swimming into disrepute.

m) Competitive Start Award:

Swimmers must have attained the standard of the Competitive Start Award in order to start from the blocks; (this is the responsibility of the club coach).

Swimmers who have not attained the standard of the Competitive Start Award must lower themselves into over the side into the water, on the long whistle of the Referee before starting at an appropriate place.

n) Jewellery:

For safety and security reasons, the wearing of jewellery is not permitted while in the water during warm-ups / swim-downs and / or competition. This includes watches, necklaces, chains, bangles, wrist bands, ear-rings (except studs), and rings (except wedding bands).

Swim Wales will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

o) Sufficient Pool Accreditation will be available for clubs to maintain adequate supervision of their athletes (As a guide,

a ratio of 1:10 should be considered as the minimum required where athletes are 9 years and over**.**

**( Coaches are not eligible to be Chaperones )**

p) **By entering this competition, the swimmer, parent or guardian accepts photographs taken by an accredited**

**professional photographer may be used for promotional purposes by the Region or the Governing Body.**

q) Swimmers are warned that doping controls may take place during these Championships and by submitting entries,

swimmers/parents/guardians are thereby giving consent to any random control methods. Further information can be

found at www.100percentme.co.uk

**15. CAMERA USE**

Swim Wales Photography Guidance

a) Following consultation and to ensure consistency across the ASA and Swim Wales events, Swim Wales have made the decision to adopt the same ‘photography at events’ guidelines as the ASA Wave Power. This guidance applies to all images and videos taken on any type of camera or recording device (including mobile phones). It applies to all training sessions, activities and events run by a Swim Wales affiliated organisation. It should be acknowledged that although the majority of images taken are appropriate and in good faith, images can be misused and children can be put at risk if common sense procedures are not observed.

b) Aims

The Swim Wales Photography Guidance aims to help organisations avoid three potential sources of child abuse:

i) The use, adaptation, sharing or copying of images for child abuse purposes, either electronically or in print.

ii) The possible identification of a child when an image is accompanied by significant personal information, which can lead to the child being ‘groomed’.

iii) The identification and locating of children where there are safeguarding concerns; such cases would include, for example, children who could be compromised by an image because:

o They have been removed from their family for their own safety.

o There are restrictions on their contact with one parent following a parental separation.

o They are a witness in criminal proceedings.

c) Recommended best practice

i) The publishing of a photograph of a member under 18, either on a notice board or in a published article or video recording (including video streaming) of a competition (‘Publication’) should only be done with parental consent and in line with Swim Wales guidelines.

ii) A parent or guardian has a right to refuse to have their child photographed. The exercise of this right of refusal should not be used as grounds for refusing entry into a competition. Therefore, any photo that may go to press or on a notice board, be it through a member of the organisation or an official photographer, should receive parental consent before being published or displayed, preferably in writing. A suggested template allowing parents to indicate refusal of consent is provided on the ASA Wave power document p. 117.

iii) In the case of any event or competition where the host organisation has an official photographer, all parents of members who are attending should be made aware of this in the event details. If photos are to be published anywhere, each individual parent should be given the opportunity to withhold their consent. Their right to do so should be specifically drawn to their attention.

d) The Swim Wales guidelines state that all photographs for publication must observe generally accepted standards of decency, particularly:

i) Action shots should be a celebration of the sporting activity and not a sexualised image in a sporting context.

ii) Action shots should not be taken or retained where the photograph reveals a torn or displaced swimming costume.

iii) Poolside shots of children should be above the waist only in a swimming costume, though full length tracksuit shots are approved.

iv) Photographs should not be taken from behind the starting blocks or that show young participants climbing out of the pool.

e) Published photographs may identify the individual by name and organisation but should not state the member’s place of residence or school attended.

i) Swim Wales does not wish to stop parents photographing their child if they wish, but all organisations must ensure they do all they can to safeguard each child’s wellbeing.

f) The official photographer

In some cases, the organisation will ask a member or officer to act as an official photographer for an event and in some cases they may employ a specialist photographer. Their role is to take appropriate photos that celebrate and promote aquatics.

i) When taking any image, they should be asked to:

• Focus on the activity rather than the individual child.

• Include groups of children rather than individuals, if possible.

• Ensure all those featured are appropriately dressed.

• Represent the broad range of youngsters participating in swimming – boys and girls, children with disabilities, members of minority ethnic communities, etc.

ii) Organisations should screen applicants for their suitability (just as they would check any other member of staff or volunteer working with children) and then provide training and information on the organisation’s child safeguarding policies and procedures.

iii) The official photographer (whether a professional photographer or a member of staff) should receive clear instructions, preferably in writing, from the organisation at an early stage.

• The organisation should provide them with a copy of this guidance and a clear brief about what is appropriate in terms of content.

iv) Images should not be allowed to be taken outside the activity being covered.

g) The organisation should determine who will hold the images recorded and what is to be done with them after they have served their purpose.

h) Guidance on filming children during training sessions

i) The filming of children during training sessions is not recommended. The requirement for any filming must be justified by the organisation, (e.g. to assist in stroke development). Assuming filming is justified, written consent is required from the parents of each child who should then be invited to attend the filming and to subsequently view the video.

ii) The individual who is responsible for filming should exercise caution when recording and ensure the content of the footage is appropriate, following the advice outlined above. Filming should cease and/ or the footage destroyed should any concerns be raised or if consent is withdrawn.

iii) Once the footage has served its purpose, it should always be destroyed, unless the need to keep it can be justified.

i) Mobile phones

i) Mobile phones that have a camera facility/hardware are recognised as a camera or photographic device. All organisations need to make their members aware that while the Swim Wales does not support the banning of phones, as children need them to keep in touch with parents, particularly in emergencies, we do support the requirement that phones should emit a ‘noticeable sound’ if the camera facility is used.

ii) Organisations should also remind members that any photos taken should fall within our guidelines and that if mobile phones are taken into changing rooms, the facility to take photos must not be used.

iii) Please refer to the ASA Wave Power Changing Room Policy (p. 65) in addition to the guidance on child abuse images on p. 67 and on the use of electronic information on p. 70.

j) Should photographs or footage of children be posted on an organisation’s website?

i) It is recommended that photographs or footage of individual children should not be kept on an organisation’s website, and certainly not with the child’s name as this could lead to the child being identified, approached and placed in a vulnerable position. The same applies to printed materials such as an organisation’s annual report or kit. Many organisations will use a child’s first name, surname or nickname only, with parental consent, so as not to identify them fully.

ii) Parental consent may be withdrawn at any time and the organisation should take all reasonable steps to

respect the wishes of the parent/carer.

**16. DATA PROTECTION**

a) The Region, along with the Governing Body, may use computers to record entry times and results.

b) By submitting entries you are accepting the conditions and consent is hereby given for holding personal

**17. THE ORGANISERS**

a) retain the right to return entries in the event of the competition being oversubscribed

b) retain the right to remove any person or club found to be in contravention of 13 (l) above.

c) retain the right to amend these conditions later if necessary, without notice, if agreed by all three Regions

d) retain the right to reduce the number of relay events if the meet is oversubscribed

**SOUTH EAST WALES REGIONAL CHAMPIONSHIPS**

3rd / 4th / 5th and 11th / 12thFebruary 2017

**ENTRY FORM**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Last Name:…………………………First Name:………………..Middle Initial……  (PLEASE PRINT CLEARLY)  Preferred name:…………….………Age:…………….Date of Birth:….../….../…...  **(as at 31/12/17)**  Male/Female:…….……….  Address:………………………………………………………………………………  …………………………………………………………………………………………  Post Code:……………………………. Tel No:…………………………………..  E Mail:……………………………………………....  Club Name:………………………………………….  Swim Wales Membership Number:…………………………………………..   |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | EVENT | EVENT NO: | ENTRY TIME\* | LC  √ | SC  √ | EVENT | EVENT NO: | ENTRY TIME\* | LC  √ | SC  √ | | 50 Free |  |  |  |  | 50 Breast |  |  |  |  | | 100 Free |  |  |  |  | 100 Breast |  |  |  |  | | 200 Free |  |  |  |  | 200 Breast |  |  |  |  | | 400 Free |  |  |  |  | 50 Fly |  |  |  |  | | 800 Free |  |  |  |  | 100 Fly |  |  |  |  | | 1500 Free |  |  |  |  | 200 Fly |  |  |  |  | | 50 Back |  |  |  |  | 200 IM |  |  |  |  | | 100 Back |  |  |  |  | 400 IM |  |  |  |  | | 200 Back |  |  |  |  |  |  |  |  |  |   \* Please indicate Short Course or Long Course times. |

Total number of swims ………@ £5.00 (£6.00 for paper entries) Total Payable £…………

**(Payment should be made to your Club**. Cheques to be made payable to Swim Wales South East Wales Region)

To be completed by the competitor:

I declare that the above information is correct and agree to abide by the Meet conditions.

I accept there will be no refund of entry fees, unless the Meet is oversubscribed.

Signature of Competitor/Parent:………………………………….. Date:……………….

I declare that the above competitor has reached the standard of the ASA Competitive Start Award and has achieved the entry times as stated.

Signature of Coach:………………………………………………... Date:……………….

If entries are not submitted electronically through your club they should be send to:

Mr Steve Hathway, 108 Queens Drive, Llantwit Fardre, CF38 2PA

**Closing Date: 16th January 2017**

**SOUTH EAST WALES REGIONAL CHAMPIONSHIPS**

3rd / 4th / 5th and 11th / 12thFebruary 2017

**RELAY ENTRY FORM**

Club:……………………………………………………………………….

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Ev** |  | **Age Group** | **Event** | **Time** | **LC**  **√** | **SC**  **√** |
| 65 | Boys | 11 / 12 | 4 x 50m Freestyle Relay |  |  |  |
| 66 | Girls | 11 / 12 | 4 x 50m Freestyle Relay |  |  |  |
| 67 | Boys | 11 / 14 | 4 x 50m Freestyle Relay |  |  |  |
| 68 | Girls | 11 / 14 | 4 x 50m Freestyle Relay |  |  |  |
| 69 | Boys | 11 and over | 4 x 50m Freestyle Relay |  |  |  |
| 70 | Girls | 11 and over | 4 x 50m Freestyle Relay |  |  |  |
| 71 | Boys | 11 / 12 | 4 x 50m Medley Relay |  |  |  |
| 72 | Girls | 11 / 12 | 4 x 50m Medley Relay |  |  |  |
| 73 | Boys | 11 / 14 | 4 x 50m Medley Relay |  |  |  |
| 74 | Girls | 11 / 14 | 4 x 50m Medley Relay |  |  |  |
| 75 | Boys | 11 and over | 4 x 50m Medley Relay |  |  |  |
| 76 | Girls | 11 and over | 4 x 50m Medley Relay |  |  |  |
| 77 | Mixed | 11 / 12 | 4 x 50m Freestyle Relay |  |  |  |
| 78 | Mixed | 11 / 14 | 4 x 50m Freestyle Relay |  |  |  |
| 79 | Mixed | 11 and over | 4 x 50m Freestyle Relay |  |  |  |
| 80 | Mixed | 11 / 12 | 4 x 50m Medley Relay |  |  |  |
| 81 | Mixed | 11 / 14 | 4 x 50m Medley Relay |  |  |  |
| 82 | Mixed | 11 and over | 4 x 50m Medley Relay |  |  |  |

....................... TEAMS @ £7.50 = £…………………..

**TO BE COMPLETED BY THE CLUB COACH.**

I declare that all the above competitors have reached the standard of the ASA Competitive

Start Award and are permitted to start with a shallow racing dive from the starting blocks into

shallow water of between 0.9 metres and 1.5 metres

Signed............................................................................

If you are unable to sign the above declaration in respect of any swimmer, that swimmer

must start in the water - see Safety Guidelines for Competitive Swimming issued by Swim

Wales

Completed forms to be returned to

Mr Steve Hathway, 108 Queens Drive, Llantwit Fardre, CF38 2PA

(Payment should be made through your Club. Cheques to be made payable to Swim Wales South East Wales Region)

**Closing Date: 16th January 2017**

**SOUTH EAST WALES REGIONAL CHAMPIONSHIPS**

3rd / 4th / 5th and 11th / 12thFebruary 2017

**COACH/TEAM MANAGER/CHAPERONE PASS**

**APPLICATION FORM**

## **PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS**

|  |
| --- |
| FULL NAME: .......................................................…………………................…………. ………..  NAME OF CLUB: ...........…………………………………………………………………………..  POSITION e.g Club Coach:…..............……..……………………..……………………………….  ADDRESS:........................................................................................................................................  ......................................………….……………………. POST CODE: ................................…......  TEL NO: ................………….............… MOBILE NO:…………………… …………………  E MAIL:…………………………………………….…………...… …………………………  SWIM WALES REGISTRATION NUMBER ……… ……….………………………………  CRB/DBS NUMBER: .……………..………….………… DATE ISSUED:…………………….  DAY/DAYS REQUIRED………………………………………………………………………......  MEALS REQUIRED/ DAYS..................DIETRY REQUIREMENTS............................................  (ie Coeliac) maybe available |

PLEASE NOTE ONLY MEMBERS REGISTERED WITH SWIM WALES/SASA/ASA AND HAVING A CURRENT CRB/DBS ARE ELIGIBLE FOR COACH/TEAM MANAGER PASSES

COACHES /TEAM MANAGER PASSES £10.00 per weekend : £5.00 per nominated day

CHAPERONE PASSES £5.00 per nominated day

(Payment should be made through your Club)

PASSES ARE NOT TRANSFERABLE

### PASSES WILL BE AVAILABLE FOR COLLECTION ON THE DAY BUT THEY MUST BE PURCHASED BEFOREHAND.

**THERE WILL BE NO ACCESS TO THE POOLSIDE WITHOUT A COACH/TEAM MANAGER PASS.**

All completed forms to be returned to:

Mr Steve Hathway, 108 Queens Drive, Llantwit Fardre, CF38 2PA

PHOTOGRAPH

OR

IF POSSIBLE SEND ONE

BY E-MAIL to

sewregion@yahoo.co.uk

**Closing Date: 16th January 2017**

**SOUTH EAST WALES REGIONAL CHAMPIONSHIPS**

3rd / 4th / 5th and 11th / 12thFebruary 2017

**Entry Summary Sheet**

Please return this form with:

1. Cheque/s made payable to Swim Wales South East Region
2. Coach/Chaperone Pass applications

|  |  |  |  |
| --- | --- | --- | --- |
| Club |  | | |
| Name |  | | |
| Address |  | | |
|  |  | | |
| Post Code |  | Tel No |  |
| Email |  | | |
| Position in Club |  | | |

**Summary**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Number |  |  |
| Individual Female Swimmers |  | Individual Male Swimmers |  |
| Individual Entries |  | @ £5.00 | £ |
| Relay Entries |  | @ £7.50 | £ |
| Swim Wales Head Coach Pass holders attending |  | Conditions apply | FREE |
| Coach/Team Manager Passes per weekend |  | @ £10.00 | £ |
| Coach/Team Manager Passes per day |  | @ £5.00 |  |
| Chaperone Passes per day |  | @ £5.00 | £ |
| Total Cheque Enclosed payable to: Swim Wales South East Region | | | £ |

**It is requested that a single cheque for the complete club entry is submitted.**

I confirm all swimmers are current members of Swim Wales and have paid the appropriate membership fee.

I declare that only our team members who have reached the standard of the ASA Competitive Start Award will be permitted to start from the poolside. Those who have not will start in the water.

I confirm all the Meet Conditions have been brought to the attention of swimmers, arents/guardians and coaches including the rules regarding photography.

I agree to abide by the conditions laid down by the Meet Management for this event**.**

Club Secretary Signature ……………………………….....................Date: ....................

**Please return to: -** Mr Steve Hathway, 108 Queens Drive, Llantwit Fardre, CF38 2PA

(Cheques to be made payable to Swim Wales South East Wales Region)

**Closing Date 16th January 2017**

**SOUTH EAST WALES REGIONAL CHAMPIONSHIPS**

3rd / 4th / 5th and 11th / 12thFebruary 2017

WITHDRAWAL FORM

Name: ……………………………………………………………..…….

Club:……………………..……………………………………...………

I wish to withdraw from the following events:

|  |  |  |  |
| --- | --- | --- | --- |
| Event number | Stroke | Distance | Reason |
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Signed: …………………………………………………

Date: ……………………………………………………

Received by: …………………………

Date: ………………………….. Time: ……………………………..

This form is to be sent to Mr Steve Hathway, 108 Queens Drive, Llantwit Fardre, CF38 2PA

or

handed into the Meet Office by 5 pm the previous day by athlete or coach.

There will be separate arrangements for withdrawals from finals.

No refunds will be given.

**SOUTH EAST WALES REGIONAL CHAMPIONSHIPS**

3rd / 4th / 5th and 11th / 12th February 2017

PROGRAMME OF EVENTS

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
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| **DAY 1 – 3rd FEBRUARY - FRIDAY EVENING** | | | | | | | **DAY 3 - SUNDAY 5th FEBRUARY** | | | | | | | | | | |
| **SESSION 1 - Warm up 5.30pm** | | | | | | | **SESSION 5 - Warm up 8.30am** | | | | | | | | | | |
|  | Event |  | |  |  | |  | | Event | |  | |  |  | | | |
| HDW | 1 | Boys 11/ov | | 1500m | Freestyle | | Heats | | 19 | | Girls 11:12:13 | | 50m | Freestyle | | | |
| HDW | 2 | Girls 11/ov | | 800m | Freestyle | | Heats | | 20 | | Boys 11:12:13 | | 100m | Breaststroke | | | |
|  |  |  | |  |  | | Heats | | 21 | | Girls 14:15/16:17/ov | | 100m | Freestyle | | | |
| **DAY 2 - SATURDAY 4th FEBRUARY** | | | | | | | HDW | | 22 | | Girls 11:12:13 | | 200m | I.M. | | | |
| **SESSION 2 - Warm up 8.30am** | | | | | | | HDW | | 23 | | Boys 14:15/16:17/ov | | 200m | Backstroke | | | |
|  | Event |  | |  |  | | *BREAK MAY BE REQUIRED* | | | | | | | | | | |
| Heats | 3 | Girls 14:15/16:17/ov | | 50m | Backstroke | | Finals | | 19 (3) | | Girls 11:12:13 | | 50m | Freestyle | | | |
| Heats | 4 | Boys 11:12:13 | | 50m | Butterfly | | Finals | | 20 (3) | | Boys 11:12:13 | | 100m | Breaststroke | | | |
| Heats | 5 | Boys 14:15:16:17/ov | | 100m | Backstroke | | Finals | | 21 (3) | | Girls 14:15/16:17/ov | | 100m | Freestyle | | | |
| HDW | 6 | Girls 14:15/16:17/ov | | 400m | I.M. | |  | |  | |  | |  |  | | | |
| HDW | 7 | Boys 11:12:13 | | 400m | I.M. | | **SESSION 6 - Warm up TBA** | | | | | | | | | | |
| HDW | 8 | Girls 11:12:13 | | 200m | Freestyle | |  | | Event | |  | |  |  | | | |
| *BREAK MAY BE REQUIRED* | | | | | | | Heats | | 24 | | Boys 11:12:13 | | 50m | Backstroke | | | |
| Finals | 3 (3 ) | Girls 14:15/16:17/ov | | 50m | Backstroke | | Heats | | 25 | | Girls 11:12:13 | | 100m | Butterfly | | | |
| Finals | 4 (3 ) | Boys 11:12:13 | | 50m | Butterfly | | Heats | | 26 | | Boys 14:15/16:17/ov | | 100m | Breaststroke | | | |
| Finals | 5 (3 ) | Boys 14:15/16:17/ov | | 100m | Backstroke | | HDW | | 27 | | Boys 11:12:13 | | 200m | I.M. | | | |
|  |  |  | |  |  | | HDW | | 28 | | Girls 14:15/16:17/ov | | 200m | Backstroke | | | |
| **SESSION 3 - Warm up TBA** | | | | | | | *BREAK MAY BE REQUIRED* | | | | | | | | | | |
|  | Event |  | |  | |  | Finals | | 24 (3) | | Boys 11:12:13 | | 50m | Backstroke | | | |
| Heats | 9 | Girls 11:12:13 | | 50m | | Butterfly | Finals | | 25 (3) | | Girls 11:12:13 | | 100m | Butterfly | | | |
| Heats | 10 | Boys 11:12:13 | | 100m | | Freestyle | Finals | | 26 (3) | | Boys 14:15/16:17/ov | | 100m | Breaststroke | | | |
| Heats | 11 | Girls 14:15/16:17/ov | | 100m | | Butterfly |  | |  | |  | |  |  | | | |
| HDW | 12 | Girls 11:12:13 | | 400m | | I.M. | **SESSION 7 - Warm up TBA** | | | | | | | | | | |
| HDW | 13 | Boys 14:15/16:17/ov | | 200m | | Breaststroke |  | | Event | |  | |  |  | | | |
| *BREAK MAY BE REQUIRED* | | | | | | | Heats | | 29 | | Boys 14:15/16:17/ov | | 50m | Freestyle | | | |
| Finals | 9 (3) | Girls 11:12:13 | | 50m | | Butterfly | Heats | | 30 | | Girls 14:15/16:17/ov | | 50m | Breaststroke | | | |
| Finals | 10 (3) | Boys 11:12:13 | | 100m | | Freestyle | HDW | | 31 | | Boys 11:12:13 | | 200m | Freestyle | | | |
| Finals | 11 (3) | Girls 14:15/16:17/ov | | 100m | | Butterfly | HDW | | 32 | | Boys 14:15/16:17/ov | | 200m | Butterfly | | | |
|  |  |  | |  | |  | HDW | | 33 | | Girls 14:15/16:17/ov | | 200m | Butterfly | | | |
| **SESSION 4 - Warm up TBA** | | | | | | | HDW | | 34 | | Girls 11:12:13 | | 200m | Backstroke | | | |
|  | Event |  | |  |  | | *BREAK MAY BE REQUIRED* | | | | | | | | | | |
| Heats | 14 | Boys 14:15/16:17/ov | | 50m | Butterfly | | Finals | | 29 (3) | | Boys 14:15/16:17/ov | | 50m | Freestyle | | | |
| Heats | 15 | Girls 11:12:13 | | 100m | Breaststroke | | Finals | | 30 (3) | | Girls 14:15/16:17/ov | | 50m | Breaststroke | | | |
| HDW | 16 | Boys 11:12:13 | | 200m | Backstroke | |  | |  | |  | |  |  | | | |
| HDW | 17 | Boys 14:15/16:17/ov | | 400m | Freestyle | |  | |  | |  | |  |  | | | |
| HDW | 18 | Girls 14:15/16:17/ov | | 200m | Freestyle | |  | |  | |  | |  |  | | | |
| *BREAK MAY BE REQUIRED* | | | | | | |  | |  | |  | |  |  | | | |
| Finals | 14 (3) | Boys 14:15/16:17/ov | | 50m | Butterfly | |  | |  | |  | |  |  | | | |
| Finals | 15 (3) | Girls 11:12:13 | | 100m | Breaststroke | |  | |  | |  | |  |  | | | |
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| **SOUTH EAST WALES REGIONAL CHAMPIONSHIPS** | | | | | | | | | | | | | | | |
| 3rd / 4th / 5th and 11th / 12th February 2017 | | | | | | | | | | | | | | | |
| PROGRAMME OF EVENTS | | | | | | | | | | | | | | | |
| **DAY 4 - SATURDAY 11th FEBRUARY** | | | | | | | | | **DAY 5 - SUNDAY 12th FEBRUARY** | | | | | | |
| **SESSION 8 - Warm up 8.30am** | | | | | | | | | **SESSION 11 - Warm up 8.30am** | | | | | | |
|  | Event | |  | |  | |  | |  | Event | |  |  | |  |
| Heats | 35 | | Girls 11:12:13 | | 50m | | Breaststroke | | Heats | 51 | | Boys 14:15/16:17/ov | 50m | | Backstroke |
| Heats | 36 | | Girls 14:15/16:17/ov | | 100m | | Backstroke | | Heats | 52 | | Girls 14:15/16:17/ov | 50m | | Butterfly |
| Heats | 37 | | Boys 14:15/16:17/ov | | 100m | | Butterfly | | Heats | 53 | | Boys 11:12:13 | 100m | | Butterfly |
| HDW | 38 | | Girls 11:12:13 | | 400m | | Freestyle | | HDW | 54 | | Boys 14:15/16:17/ov | 400m | | I.M. |
| HDW | 39 | | Boys 11:12:13 | | 200m | | Breaststroke | | HDW | 55 | | Girls 14:15/16:17/ov | 400m | | Freestyle |
| *BREAK MAY BE REQUIRED* | | | | | | | | | Heats | 56 | | Girls 11:12:13 | 100m | | Freestyle |
| Finals | 35 (3) | | Girls 11:12:13 | | 50m | | Breaststroke | | *BREAK MAY BE REQUIRED* | | | | | | |
| Finals | 36 (3) | | Girls 14:15/16:17/ov | | 100m | | Backstroke | | Finals | 51 (3) | | Boys 14:15/16:17/ov | 50m | | Backstroke |
| Finals | 37 (3) | | Boys 14:15/16:17/ov | | 100m | | Butterfly | | Finals | 52 (3) | | Girls 14:15/16:17/ov | 50m | | Butterfly |
|  | | | | | | | | | Finals | 53 (3) | | Boys 11:12:13 | 100m | | Butterfly |
| **SESSION 9 - Warm up TBA** | | | | | | | | | Finals | 56 (3) | | Girls 11:12:13 | 100m | | Freestyle |
|  | Event | |  | |  | |  | |  |  | |  |  | |  |
| Heats | 40 | | Girls 14:15/16:17/ov | | 50m | | Freestyle | | **SESSION 12 - Warm up TBA** | | | | | | |
| Heats | 41 | | Boys 14:15/16:17/ov | | 50m | | Breaststroke | |  | Event | |  |  |  | |
| Heats | 42 | | Boys 11:12:13 | | 100m | | Backstroke | | Heats | 57 | | Boys 11:12:13 | 50m | Breaststroke | |
| HDW | 43 | | Girls 14:15/16:17/ov | | 200m | | I.M. | | Heats | 58 | | Girls 11:12:13 | 50m | Backstroke | |
| HDW | 44 | | Boys 14:15/16:17/ov | | 200m | | I.M. | | Heats | 59 | | Boys 14:15/16:17/ov | 100m | Freestyle | |
| HDW | 45 | | Girls 11:12:13 | | 200m | | Breaststroke | | Heats | 60 | | Girls 14:15/16:17/ov | 100m | Breaststroke | |
| *BREAK MAY BE REQUIRED* | | | | | | | | | HDW | 61 | | Boys 11:12:13 | 400m | Freestyle | |
| Finals | 40 (3) | | Girls 14:15/16:17/ov | | 50m | | Freestyle | | HDW | 62 | | Girls 11:12:13 | 200m | Butterfly | |
| Finals | 41 (3) | | Boys 14:15/16:17/ov | | 50m | | Breaststroke | | *BREAK MAY BE REQUIRED* | | | | | | |
| Finals | 42 (3) | | Boys 11:12:13 | | 100m | | Backstroke | | Finals | 57 (3) | | Boys 11:12:13 | 50m | Breaststroke | |
|  | | | | | | | | | Finals | 58 (3) | | Girls 11:12:13 | 50m | Backstroke | |
| **SESSION 10 - Warm up TBA** | | | | | | | | | Finals | 59 (3) | | Boys 14:15/16:17/ov | 100m | Freestyle | |
|  | Event | |  | |  | |  | | Finals | 60 (3) | | Girls 14:15/16:17/ov | 100m | Breaststroke | |
| Heats | 46 | | Boys 11:12:13 | | 50m | | Freestyle | |  | | | | | | |
| Heats | 47 | | Girls 11:12:13 | | 100m | | Backstroke | | **SESSION 13 - Warm up TBA** | | | | | | |
| HDW | 48 | | Boys 14:15/16:17/ov | | 200m | | Freestyle | |  | | Event |  |  |  | |
| HDW | 49 | | Boys 11:12:13 | | 200m | | Butterfly | | HDW | 63 | | Boys 11/12 | 200m | Freestyle Relay | |
| HDW | 50 | | Girls 14:15/16:17/ov | | 200m | | Breaststroke | | HDW | 64 | | Girls 11/12 | 200m | Freestyle Relay | |
| *BREAK MAY BE REQUIRED* | | | | | | | | | HDW | 65 | | Boys 11/14 | 200m | Freestyle Relay | |
| Finals | 46 (3) | | Boys 11:12:13 | | 50m | | Freestyle | | HDW | 66 | | Girls 11/14 | 200m | Freestyle Relay | |
| Finals | 47 (3) | | Girls 11:12:13 | | 100m | | Backstroke | | HDW | 67 | | Boys 11 and over | 200m | Freestyle Relay | |
|  |  | |  | |  | |  | | HDW | 68 | | Girls 11 and over | 200m | Freestyle Relay | |
|  |  | |  | |  | |  | | HDW | 69 | | Boys 11/12 | 200m | Medley Relay | |
|  | | | | | | | | | HDW | 70 | | Girls 11/12 | 200m | Medley Relay | |
|  | |  | |  | |  | |  | HDW | 71 | | Boys 11/14 | 200m | Medley Relay | |
|  | |  | |  | |  | |  | HDW | 72 | | Girls 11/14 | 200m | Medley Relay | |
|  | |  | |  | |  | |  | HDW | 73 | | Boys 11 /over | 200m | Medley Relay | |
|  | |  | |  | |  | |  | HDW | 74 | | Girls 11/ over | 200m | Medley Relay | |
|  | |  | |  | |  | |  | HDW | 75 | | Mixed 11/12 (2b+2g) | 200m | Freestyle Relay | |
|  | |  | |  | |  | |  | HDW | 76 | | Mixed 11/14 (2b+2g) | 200m | Freestyle Relay | |
|  | |  | |  | |  | |  | HDW | 77 | | Mixed 11/over (2b+2g) | 200m | Freestyle Relay | |
|  | |  | |  | |  | |  | HDW | 78 | | Mixed 11/12 (2b+2g) | 200m | Medley Relay | |
|  | |  | |  | |  | |  | HDW | 79 | | Mixed 11/14 (2b+2g) | 200m | Medley Relay | |
|  | |  | |  | |  | |  | HDW | 80 | | Mixed 11/over (2+2g) | 200m | Medley Relay | |
| **SOUTH EAST WALES REGIONAL CHAMPIONSHIPS** | | | | | | | | | | | | | | | |
| 3rd / 4th / 5th and 11th / 12th February 2017 | | | | | | | | | | | | | | | |

**Boys Short Course Qualifying Times**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **BOYS 11 / 13** | | | **BOYS 14 / 17 and over** | | |
|  |  | **11** | **12** | **13** | **14** | **15/16** | **17/ov** |
| QT | **50m Freestyle** | **35.90** | **33.90** | **32.10** | **30.40** | **28.30** | **27.80** |
| CT |  | 41.29 | 38.99 | 36.92 | 34.96 | 32.54 | 31.97 |
| QT | **100m Freestyle** | **1:17.80** | **1:13.20** | **1:08.90** | **1:05.40** | **1:01.20** | **1:00.10** |
| CT |  | 1:29.47 | 1:24.18 | 1:19.24 | 1:15.21 | 1:10.38 | 1:09.12 |
| QT | **200m Freestyle** | **2:48.80** | **2:39.10** | **2:30.10** | **2:22.50** | **2:13.20** | **2:11.10** |
| CT |  | 3:14.12 | 3:02.97 | 2:52.62 | 2:43.87 | 2:33.18 | 2:30.76 |
| QT | **400m Freestyle** | **5:53.30** | **5:34.00** | **5:16.40** | **5:01.50** | **4:42.10** | **4:36.70** |
| CT |  | 6:46.30 | 6:24.10 | 6:03.86 | 5:46.73 | 5:24.41 | 5:18.20 |
| QT | **800m Freestyle** |  |  |  |  |  |  |
| CT |  |  |  |  |  |  |  |
| QT | **1500m Freestyle** | **23:50.50** | **22:01.70** | **20:52.80** | **19:55.50** | **18:40.60** | **18:21.90** |
| CT |  | 27:25.07 | 25:19.95 | 24:00.72 | 22:54.82 | 21:28.69 | 21:07.18 |
| QT | **50m Backstroke** | **41.20** | **39.00** | **36.50** | **34.80** | **31.90** | **31.50** |
| CT |  | 47.38 | 44:85 | 41.98 | 40.02 | 36.68 | 36.22 |
| QT | **100m Backstroke** | **1:27.60** | **1:22.50** | **1:17.30** | **1:13.00** | **1:07.80** | **1:06.30** |
| CT |  | 1:40.74 | 1:34.87 | 1:28.90 | 1:23.95 | 1:17.97 | 1:16.25 |
| QT | **200m Backstroke** | **3:06.90** | **2:56.50** | **2:45.90** | **2:37.00** | **2:26.50** | **2:24.00** |
| CT |  | 3:34.93 | 3:22.97 | 3:10.78 | 3:00.55 | 2:48.47 | 2:45.60 |
| QT | **50m Breaststroke** | **46.50** | **43.70** | **40.70** | **38.60** | **35.60** | **35.00** |
| CT |  | 53.48 | 50.26 | 46.81 | 44:39 | 40.94 | 40.25 |
| QT | **100m Breaststroke** | **1:40.10** | **1:33.80** | **1:27.40** | **1:22.70** | **1:16.60** | **1:15.10** |
| CT |  | 1:55.16 | 1:47.87 | 1:40.51 | 1:35.10 | 1:28.09 | 1:26.36 |
| QT | **200m Breaststroke** | **3:35.10** | **3:22.50** | **3:09.50** | **2:58.90** | **2:47.00** | **2:43.00** |
| CT |  | 4:07.36 | 3:52.87 | 3:37.59 | 3:25.73 | 3:12.05 | 3:07.45 |
| QT | **50m Butterfly** | **39:60** | **37.50** | **35.30** | **33.40** | **30.90** | **30.10** |
| CT |  | 45:54 | 43:13 | 40.60 | 38.41 | 35.54 | 34.62 |
| QT | **100m Butterfly** | **1:27.60** | **1:22.00** | **1:16.70** | **1:12.30** | **1:07.30** | **1:05.60** |
| CT |  | 1:40.74 | 1:34.30 | 1:28.21 | 1:23.15 | 1:17.39 | 1:15.44 |
| QT | **200m Butterfly** | **3:11.70** | **3:00.80** | **2:49.50** | **2:40.10** | **2:28.30** | **2:23.90** |
| CT |  | 3:40.46 | 3:27.92 | 3:14.92 | 3:04.11 | 2:50.55 | 2:45.48 |
| QT | **200m I. M.** | **3:11.00** | **3:00.50** | **2:50.40** | **2:40.70** | **2:30.30** | **2:27.30** |
| CT |  | 3:39.65 | 3:27.57 | 3:15.96 | 3:04.80 | 2:52.84 | 2:49.39 |
| QT | **400m I. M.** | **6:45.50** | **6:20.90** | **6:00.40** | **5:40.60** | **5:18.10** | **5:12.20** |
| CT |  | 7:46.32 | 7:18.03 | 6:54.46 | 6:31.69 | 6:05.81 | 5:59.03 |

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| **SOUTH EAST WALES REGIONAL CHAMPIONSHIPS** |
| 3rd / 4th / 5th and 11th / 12th February 2017 |

**Girls Short Course Qualifying Times**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **GIRLS 11 / 13** | | | **GIRLS 14 / 17 and over** | | |
|  |  | **11** | **12** | **13** | **14** | **15/16** | **17/ov** |
| QT | **50m Freestyle** | **36.50** | **34.70** | **33.30** | **32.40** | **31.30** | **31.30** |
| CT |  | 41.98 | 39.91 | 38.30 | 37.26 | 36.00 | 36.00 |
| QT | **100m Freestyle** | **1:18.70** | **1:14.30** | **1:11.50** | **1:09.50** | **1:07.10** | **1:06.90** |
| CT |  | 1:30.51 | 1:25.44 | 1:22.23 | 1.19.93 | 1:17.16 | 1:16.93 |
| QT | **200m Freestyle** | **2:49.60** | **2:39.90** | **2:33.60** | **2:29.60** | **2:24.60** | **2:23.20** |
| CT |  | 3:15.04 | 3:03.89 | 2:56.64 | 2:52.04 | **2:46.29** | 2:44.68 |
| QT | **400m Freestyle** | **5:52.90** | **5:33.00** | **5:20.50** | **5:12.50** | **5:03.10** | **5:00.50** |
| CT |  | 6:45.84 | 6:22.95 | 6:08.58 | 5:59.37 | 5:48.57 | 5:45.58 |
| QT | **800m Freestyle** | **12:09.50** | **11:29.30** | **10:58.30** | **10:40.80** | **10:23.50** | **10:20.70** |
| CT |  | 13:58.92 | 13:12.69 | 12:37.04 | 12:16.92 | 11:57.02 | 11:53.81 |
| QT | **1500m Freestyle** |  |  |  |  |  |  |
| CT |  |  |  |  |  |  |  |
| QT | **50m Backstroke** | **41.40** | **39.30** | **37.70** | **36.50** | **35.30** | **35.10** |
| CT |  | 47.61 | 45.20 | 43.36 | 41.98 | **40.59** | 40.37 |
| QT | **100m Backstroke** | **1:28.10** | **1:22.70** | **1:19.20** | **1:17.00** | **1:14.40** | **1:14.00** |
| CT |  | 1:41.32 | 1:35.10 | 1:31.08 | 1:28.55 | 1:25.56 | 1:25.10 |
| QT | **200m Backstroke** | **3:06.30** | **2:56.30** | **2:49.60** | **2:44.80** | **2:38.70** | **2:37.20** |
| CT |  | 3:34.25 | 3:22.74 | 3:15.04 | 3:09.52 | 3:02.51 | 3:00.78 |
| QT | **50m Breaststroke** | **46.70** | **44.00** | **42.10** | **40.80** | **39.40** | **39.10** |
| CT |  | 53.71 | 50.60 | 48.42 | 46.92 | 45.31 | 44.96 |
| QT | **100m Breaststroke** | **1:40.20** | **1:34.40** | **1:29.80** | **1:26.50** | **1:24.30** | **1:23.10** |
| CT |  | 1:55.23 | 1:48.56 | 1:43.27 | 1:39.47 | 1:36.94 | 1:35.57 |
| QT | **200m Breaststroke** | **3:34.90** | **3:22.40** | **3:12.80** | **3:06.70** | **3:01.60** | **3:00.20** |
| CT |  | 4:07.14 | 3:52.76 | 3:41.72 | 3:34.70 | 3:28.84 | 3:27.23 |
| QT | **50m Butterfly** | **40.10** | **37.90** | **36.40** | **35.20** | **34.00** | **33.90** |
| CT |  | 46.12 | 43.59 | 41.86 | 40.48 | 39.10 | 38.98 |
| QT | **100m Butterfly** | **1:28.00** | **1:22.40** | **1:19.00** | **1:16.30** | **1:14.10** | **1:13.30** |
| CT |  | 1:21.20 | 1:34.76 | 1:30.85 | 1:27.75 | 1:25.21 | 1:24.30 |
| QT | **200m Butterfly** | **3:11.90** | **3:00.70** | **2:52.60** | **2:46.70** | **2:41.20** | **2:39.30** |
| CT |  | 3:42.99 | 3:27.80 | 3:18.49 | 3:11.70 | 3:05.38 | 3:03.19 |
| QT | **200m I. M.** | **3:11.40** | **3:00.60** | **2:53.80** | **2:48.70** | **2:43.40** | **2:42.00** |
| CT |  | 3:40.11 | 3:27.69 | 3:19.87 | 3:14.00 | 3:07.91 | 3:06.30 |
| QT | **400m I. M.** | **6:43.60** | **6:19.90** | **6:03.90** | **5:53.80** | **5:42.60** | **5:40.60** |
| CT |  | 7:44.14 | 7:16.89 | 6:58.49 | 6:46.87 | 6:33.99 | 6:31.69: |