

**Programme**

MEN & WOMEN								
	50m	100m	200m	400m	800m	1500m	4 x 100m	4 x 200m
Freestyle	•	•	•	•	•	•		
Backstroke	•	•	•					
Breaststroke	•	•	•					
Butterfly	•	•	•					
Individual Medley			•	•				
Freestyle Relay							•	•
Medley Relay							•	
Mixed Freestyle Relay							•	
Mixed Medley Relay							•	

**Standard Entry Times**

WOMEN			MEN	
W - "B"	W - "A"		M - "A"	M - "B"
25.92	25.04	50m Freestyle	22.12	22.89
56.15	54.25	100m Freestyle	48.51	50.21
2:02.81	1:58.66	200m Freestyle	1:47.06	1:50.81
4:19.34	4:10.57	400m Freestyle	3:48.15	3:56.14
8:56.03	8:37.90	800m Freestyle	7:53.11	8:09.67
17:04.20	16:29.57	1500m Freestyle	15:04.64	15:36.30
29.21	28.22	50m Backstroke	25.16	26.04
1:02.71	1:00.59	100m Backstroke	54.03	55.92
2:15.67	2:11.08	200m Backstroke	1:58.07	2:02.20
32.11	31.02	50m Breaststroke	27.33	28.29
1:09.71	1:07.35	100m Breaststroke	59.75	1:01.84
2:31.02	2:25.91	200m Breaststroke	2:10.32	2:14.88
27.24	26.32	50m Butterfly	23.53	24.35
1:00.37	58.33	100m Butterfly	51.96	53.78
2:13.73	2:09.21	200m Butterfly	1:56.71	2:00.79
2:17.63	2:12.98	200m Individual Medley	1:59.53	2:03.71
4:52.97	4:43.06	400m Individual Medley	4:17.48	4:26.49
3:42.20		4x100m Freestyle		3:15.80
8:01.80		4x200m Freestyle		7:14.06
4:02.26		4x100m Medley		3:35.86

WOMEN		MEN	
1 Team	4 x 100 m Freestyle	1 Team	
1 Team	4 x 200 m Freestyle	1 Team	
1 Team	4 x 100 m Medley	1 Team	

Mixed 4 x 100 m Freestyle	1 Team
Mixed 4 x 100 m Medley	1 Team