

EVENT DETAILS & ENTRY INFORMATION

- **Event:** 2025 Veriu New South Wales Country LC Championships
- **Dates:** 14th- 16th February 2025
- **Opening Date:** Entries will open 18th December 2024.
- **Closing Date:** Entries Close at 11:59pm AEDT, Tuesday 4th February 2025. **NO LATE ENTRIES WILL BE ACCEPTED**
- **Age as at:** 14th February 2025
- **Event Fee:** \$24.00 Per Individual Event & \$46.00 Per Relay Event (GST Inclusive)
- **Minimum Age:** 9 Years Old (as at 14th February 2025)
- **Qualifying Period/Criteria:**
 - Results must be achieved since 1st October 2023 to be eligible for entry into this event.
 - LC & SC Times from within this period can be used to enter this meet.
 - A qualifying time must have been achieved, uploaded, approved and verified in Swim Central by the specified closing date of the meet.
- **Medals:**
 - Event medals will be award as per the schedule of events.
- **Multi-Class Entries:** MC Events are championship events and qualifying times as listed below apply. Whilst Swim Central will allow MC swimmers to enter all MC events – please ensure you refer to the QTs for your eligibility before entering.
- **Multi-Class Medals:**
 - In all Multi-Class Events, medals will be awarded in the following age groups:
 - 9-14 Years, 15-16 Years and 17 Years & Over
- **Open Events:** Please note in the Open Events there are Age Qualifying Times

Event Contact: events@nsw.swimming.org.au

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SCHUDULE OF EVENTS

Session 1					
Friday 16 February, 3.00pm					Medal As
M	F				
1	2	Open	800m	Freestyle	12, 13, 14, 15, 16, 17 & over
3	4	12 & Over	50m	Backstroke	12, 13, 14, 15, 16, 17 & over
5	6	Open MC	100m	Breaststroke	9-14, 15-16, 17 & over
7		11yrs/U	50m	Backstroke	9, 10, 11
8	9	17yrs/Over	100m	Butterfly	17 & over
10	11	15/16yrs	100m	Butterfly	15, 16
12	13	14yrs	100m	Butterfly	14
14	15	13yrs	100m	Butterfly	13
16	17	12yrs	100m	Butterfly	12
18	19	11yrs	100m	Butterfly	11
20	21	10yrs/U	100m	Butterfly	10 & Under
22	23	17yrs/Over	100m	Breaststroke	17
24	25	15/16yrs	100m	Breaststroke	15, 16
26	27	14yrs	100m	Breaststroke	14
28	29	13yrs	100m	Breaststroke	13
30	31	12yrs	100m	Breaststroke	12
	32	11yrs/U	50m	Backstroke	9, 10, 11
33	34	Open MC	200m	Ind Medley	9-14, 15-16, 17 & over
35	36	17yrs/Over	200m	Ind Medley	17 & over
37	38	15/16yrs	200m	Ind Medley	15, 16
39	40	13/14yrs	200m	Ind Medley	13, 14
41	42	12yrs/Under	200m	Ind Medley	12 & under

AGE AS AT 14 FEBRUARY, 2025

ENTRIES CLOSE 11.59PM TUESDAY 4th FEBRUARY, 2025 no late entries will be accepted

ENTRY FEE \$24.00 PER INDIVIDUAL EVENT, \$46.00 PER RELAY EVENT (including GST)

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**2025 VERIU NSW COUNTRY
CHAMPIONSHIPS
SYDNEY OLYMPIC PARK
AQUATIC CENTRE
14th- 16th FEBRUARY 2025**

Session 2						Session 4					
Saturday 17 February, 8:30am						Sunday 18 February, 8:30am					
M	F				Medal As	M	F				Medal As
43	44	17yrs/Over	200m	Freestyle	17 & over	111		12 & Over	50m	Butterfly	12, 13, 14, 15, 16, 17 & Over
45	46	15/16yrs	200m	Freestyle	15 & 16	112	114	Open	1500m	Freestyle	12, 13, 14, 15, 16, 17 & over
47	48	13/14yrs	200m	Freestyle	13 & 14	115		11yrs/U	50m	Butterfly	9, 10, 11
49	50	12yrs/Under	200m	Freestyle	12 & under	116	117	14yrs/Under	200m	Backstroke	11, 12, 13, 14
51	52	Open MC	50m	Freestyle	9-14, 15-16, 17 & over		118	11yrs/Under	50m	Butterfly	9, 10, 11
53	54	12 & Over	50m	Breaststroke	12, 13, 14, 15, 16, 17 & over	119	120	12yrs	100m	Freestyle	12
55	56	11yrs/U	50m	Breaststroke	9, 10, 11	121	122	13yrs	100m	Freestyle	13
57	58	17yrs/Over	100m	Backstroke	17 & over	123	124	14yrs	100m	Freestyle	14
59	60	15/16yrs	100m	Backstroke	15 & 16	125	126	15/16yrs	100m	Freestyle	15 & 16
61	62	14yrs	100m	Backstroke	14	127	128	17yrs/Over	100m	Freestyle	17 & over
63	64	13yrs	100m	Backstroke	13	129	130	15yrs/Over	200m	Backstroke	15, 16, 17 & over
65	66	12yrs	100m	Backstroke	12	131	132	12yrs/Under	4x50m	Medley Relay	12 & under
67	68	11yrs	100m	Backstroke	11	133	134	12yrs/Under	4x50m	Freestyle Relay	12 & under
69	70	10yrs/U	100m	Backstroke	10 & under	135	136	15yrs/Over	400m	Ind Medley	12, 13, 14, 15, 16, 17 & over
71	72	Open MC	100m	Backstroke	9-14, 15-16, 17 & over	137	138	11yrs	100m	Freestyle	11
73	74	15yrs/O	4x50m	Freestyle Relay	15 & over	139	140	10yrs/U	100m	Freestyle	10 & under
75	76	13/14yrs	4x50m	Freestyle Relay	13/14	141	141	14yrs/U	400m	Ind Medley	11, 12, 13, 14
77	78	15yrs/O	4x50m	Medley Relay	15 & over		142	12 & Over	50m	Butterfly	12, 13, 14, 15, 16, 17 & over
79	80	13/14yrs	4x50m	Medley Relay	13/14						
81	82	15yrs/Over	200m	Breaststroke	15, 16, 17 & over						
83	84	14yrs/Under	200m	Breaststroke	11, 12, 13, 14						
85	86	15yrs/Over	400m	Freestyle	15, 16, 17 & over						
87	88	14yrs/Under	400m	Freestyle	11, 12, 13, 14						
89	90	Open MC	100m	Freestyle	9-14, 15-16, 17 & over						
91	92	11yrs	100m	Breaststroke	11						
93	94	10yrs/U	100m	Breaststroke	10 & under						
95	96	17yrs/Over	50m	Freestyle	17 & over						
97	98	15/16yrs	50m	Freestyle	15 & 16						
99	100	13/14yrs	50m	Freestyle	13 & 14						
101	102	11/12yrs	50m	Freestyle	11 & 12						
103	104	10yrs/U	50m	Freestyle	9 & 10						
105	106	Open MC	100m	Butterfly	9-14, 15-16, 17 & over						
107	108	15yrs/Over	200m	Butterfly	15, 16, 17 & over						
109	110	14yrs/Under	200m	Butterfly	11, 12, 13, 14						

Following the close of entries the event listing for Saturday & Sunday will be separated into sessions.

AGE AS AT 14 FEBRUARY, 2025

ENTRIES CLOSE 11.59PM TUESDAY 4th FEBRUARY, 2025 no late entries will be accepted

ENTRY FEE \$24.00 PER INDIVIDUAL EVENT, \$46.00 PER RELAY EVENT (including GST)



Qualifying Times 2025 Veriu NSW Country Championships

MEN	17yrs & Over	16yrs	15yrs	14yrs	13yrs	12yrs	11yrs	10yrs	10yrs & Under	9yrs
	Country	Country	Country	Country	Country	Country	Country	Country	Country	Country
50 Free	0:27.50	0:28.00	0:29.30	0:29.70	0:30.70	0:32.00	0:34.00	0:36.00		0:39.00
100 Free	0:59.00	1:00.00	1:01.00	1:03.00	1:05.00	1:10.00	1:13.00	1:19.00		1:22.50
200 Free	2:05.00	2:12.00	2:14.00	2:16.00	2:23.00	2:29.00	2:37.00		2:47.50	
400 Free	4:32.00	4:35.00	4:42.00	4:48.00	4:55.00	5:15.00	5:26.00			
800 Free	9:35.00	9:48.50	10:00.00	10:10.00	10:25.00	10:39.00				
1500 Free	18:14.00	18:23.00	18:50.00	19:10.00	19:35.00	19:55.00				
50 Bk	0:31.00	0:31.50	0:33.00	0:34.00	0:35.50	0:37.50	0:39.50	0:43.00		0:45.00
100 Bk	1:09.00	1:11.00	1:12.50	1:15.00	1:18.00	1:21.00	1:25.50		1:30.00	
200 Bk	2:32.00	2:34.00	2:36.00	2:39.00	2:43.00	2:51.50	3:01.50			
50 Brs	0:34.00	0:34.50	0:36.10	0:37.30	0:38.70	0:42.00	0:48.00	0:48.50		0:52.00
100 Brs	1:20.00	1:20.00	1:23.00	1:24.00	1:26.50	1:32.00	1:38.00		1:45.00	
200 Brs	2:53.50	2:57.50	2:59.00	3:02.50	3:08.50	3:20.00	3:30.00			
50 Fly	0:29.30	0:29.80	0:31.20	0:32.10	0:34.50	0:36.50	0:39.00	0:43.00		0:46.00
100 Fly	1:04.00	1:08.00	1:10.00	1:12.00	1:15.00	1:20.00	1:25.00		1:33.00	
200 Fly	2:28.00	2:34.00	2:39.00	2:42.50	2:44.00	2:55.00	3:09.00			
200 IM	2:28.00	2:31.00	2:34.00	2:38.00	2:45.00	2:52.00	3:02.00		3:08.00	
400 IM	5:07.00	5:13.00	5:19.50	5:28.00	5:38.00	5:46.00				
WOMEN	17yrs & Over	16yrs	15yrs	14yrs	13yrs	12yrs	11yrs	10yrs	10yrs & Under	9yrs
	Country	Country	Country	Country	Country	Country	Country	Country	Country	Country
50 Free	0:30.90	0:31.20	0:31.50	0:31.50	0:32.00	0:32.50	0:35.00	0:37.00		0:39.80
100 Free	1:05.00	1:05.50	1:06.00	1:06.00	1:08.00	1:09.50	1:13.50	1:20.00		1:23.00
200 Free	2:23.50	2:24.00	2:24.00	2:25.50	2:28.50	2:31.00	2:40.00		2:55.00	
400 Free	4:56.00	4:59.00	5:01.00	5:05.00	5:07.00	5:17.00	5:28.00			
800 Free	10:05.00	10:10.00	10:10.00	10:25.00	10:35.00	10:40.00				
1500 Free	18:45.00	18:53.00	19:05.00	19:30.00	19:45.00	20:10.00				
50 Bk	0:35.00	0:35.40	0:35.60	0:36.30	0:37.20	0:38.50	0:40.00	0:44.00		0:46.00
100 Bk	1:16.00	1:16.50	1:17.50	1:18.00	1:20.00	1:22.00	1:27.00		1:32.00	
200 Bk	2:44.50	2:45.00	2:46.00	2:48.00	2:50.00	2:55.00	3:03.50			
50 Brs	0:39.00	0:39.50	0:40.00	0:41.50	0:41.00	0:43.00	0:49.00	0:50.00		0:53.00
100 Brs	1:27.00	1:28.00	1:29.00	1:30.00	1:32.00	1:34.50	1:39.00		1:46.00	
200 Brs	3:08.00	3:10.50	3:11.00	3:15.00	3:16.00	3:22.00	3:32.00			
50 Fly	0:32.90	0:33.20	0:33.50	0:34.10	0:35.00	0:37.00	0:39.50	0:44.50		0:47.00
100 Fly	1:13.00	1:15.00	1:15.00	1:17.00	1:19.00	1:21.00	1:27.50		1:35.00	
200 Fly	2:45.00	2:47.00	2:49.00	2:51.50	2:58.00	3:03.00	3:10.00			
200 IM	2:44.00	2:45.00	2:46.00	2:47.00	2:52.00	2:54.00	3:04.50		3:15.00	
400 IM	5:35.00	5:35.00	5:38.00	5:46.00	5:50.00	5:57.00				

Dist/Stro	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
BOYS																			
9-14 years																			
50FR	02:12.84	02:00.74	01:27.29	01:16.18	01:06.04	00:58.52	00:54.93	00:52.31	00:50.22	00:46.75	00:50.87	00:45.76	00:46.74	00:50.23	00:47.56	00:49.56	00:51.58	00:52.74	00:50.23
100FR	04:43.91	04:23.86	03:13.56	02:46.63	02:23.17	02:09.14	02:00.05	01:53.92	01:49.19	01:41.67	01:52.20	01:40.78	01:43.21	01:47.49	01:44.57	01:51.73	01:50.14	01:40.19	01:47.49
50BK	02:39.41	02:08.43	01:37.08	01:31.49	01:17.15	01:13.15	01:10.30	01:03.00	01:00.81	00:57.60	01:04.58	00:57.79	00:57.37	00:59.83	00:54.68	01:02.52	01:00.42	01:02.83	00:59.83
100BK	05:42.58	04:22.41	03:45.11	03:19.67	02:45.89	02:26.30	02:20.13	02:09.14	02:02.65	01:58.94	02:05.74	01:55.11	01:55.42	02:04.06	01:57.15	02:14.20	02:05.07	02:10.27	02:04.06
50BR	03:04.89	01:53.59	01:39.84	01:33.26	01:27.72	01:15.38	01:15.23	01:06.26	01:00.64		01:08.42	01:04.38	01:02.03	01:01.15	00:56.92	01:03.80	01:04.71	01:04.20	01:01.15
100BR		04:36.87	03:50.87	03:19.06	03:11.12	02:47.44	02:41.54	02:18.01	02:13.84		02:24.67	02:14.42	02:10.60	02:14.79	02:01.17	02:22.81	02:15.47	02:21.53	02:14.79
50BF	04:10.80	02:40.72	01:55.57	01:25.90	01:12.21	01:02.10	01:01.18	00:56.56	00:54.83	00:51.48	00:55.32	00:52.22	00:53.42	00:53.99	00:50.06	00:55.38	00:55.00	00:56.68	00:53.99
100BF					02:35.31	02:19.47	02:16.89	01:56.81	01:55.10	01:49.16	01:58.17	01:49.27	01:49.31	01:55.42	01:48.84	02:04.00	01:55.46	02:01.20	01:55.42
200IM					05:51.76	05:14.32	05:00.23	04:34.44	04:20.88	04:13.15	04:36.02	04:11.15	04:12.45	04:22.82	04:07.78	04:59.40	04:26.07	04:35.96	04:22.82
150IM			06:39.86	05:50.95															
15/16 years																			
50FR	01:57.94	01:46.91	01:17.04	01:07.16	00:58.20	00:51.58	00:48.47	00:46.13	00:44.30	00:41.34	00:44.85	00:40.40	00:41.20	00:43.70	00:41.39	00:42.89	00:44.79	00:45.89	00:43.70
100FR	04:11.50	03:53.82	02:50.90	02:26.86	02:06.27	01:53.89	01:45.97	01:40.49	01:36.31	01:29.80	01:38.99	01:28.91	01:30.84	01:34.63	01:31.06	01:36.62	01:36.78	01:39.37	01:34.63
50BK	02:20.38	01:53.53	01:25.79	01:20.69	01:08.20	01:04.61	01:01.91	00:55.56	00:53.65	00:50.74	00:56.86	00:50.88	00:50.40	00:52.01	00:47.56	00:54.18	00:52.48	00:54.60	00:52.01
100BK	04:57.35	03:50.33	03:17.29	02:56.23	02:27.21	02:09.07	02:03.39	01:54.04	01:48.22	01:44.85	01:56.02	01:41.31	01:41.54	01:49.23	01:41.86	01:56.20	01:50.05	01:54.69	01:49.23
50BR	02:43.75	01:40.42	01:27.81	01:21.82	01:17.23	01:06.23	01:06.11	00:58.32	00:53.64		01:00.18	00:56.58	00:54.58	00:53.29	00:49.54	00:55.21	00:56.18	00:55.96	00:53.29
100BR		04:40.85	03:58.69	03:07.71	02:57.57	02:40.05	02:32.85	02:10.41	02:07.67		02:17.84	02:06.00	02:04.44	02:07.89	01:45.58	02:03.72	02:08.44	02:14.29	02:07.89
50BF	03:43.00	02:20.76	02:20.76	01:41.44	01:03.70	00:54.80	00:53.96	00:49.89	00:48.31	00:45.40	00:48.60	00:45.91	00:46.98	00:46.89	00:43.63	00:47.78	00:47.53	00:49.23	00:46.89
100BF					02:16.41	02:02.90	02:01.06	01:42.87	01:41.41	01:36.21	01:44.07	01:36.15	01:36.13	01:42.34	01:34.85	01:47.00	01:42.36	01:47.46	01:42.34
200IM					05:03.51	04:37.05	04:24.43	04:02.03	03:50.15	03:43.00	04:03.19	03:41.07	03:42.20	03:51.16	03:35.99	04:18.18	03:53.81	04:02.72	03:51.16
150IM			05:22.85	04:36.67															
17 years & Over																			
50FR	02:00.28	01:48.98	01:18.67	01:08.58	00:59.44	00:52.30	00:49.15	00:46.78	00:44.94	00:41.93	00:45.48	00:40.98	00:41.79	00:43.41	00:41.12	00:42.64	00:44.52	00:45.58	00:43.41
100FR	04:16.41	03:58.39	02:54.58	02:29.96	02:08.97	01:55.49	01:47.48	01:41.91	01:37.68	01:31.07	01:40.39	01:30.17	01:32.11	01:35.93	01:30.44	01:36.06	01:38.10	01:40.73	01:35.93
50BK	02:22.38	01:55.20	01:27.34	01:22.13	01:09.44	01:05.16	01:02.42	00:56.03	00:54.09	00:51.15	00:57.33	00:51.31	00:50.81	00:51.68	00:47.24	00:53.84	00:52.16	00:54.28	00:51.68
100BK	05:03.95	03:54.47	03:21.27	03:00.02	02:30.54	02:10.88	02:05.11	01:55.66	01:49.74	01:46.31	01:57.63	01:42.66	01:42.94	01:50.76	01:41.19	01:55.51	01:51.58	01:56.30	01:50.76
50BR	02:46.34	01:41.97	01:29.41	01:23.26	01:18.63	01:06.85	01:06.73	00:58.88	00:54.16		01:00.75	00:57.11	00:55.09	00:52.94	00:49.21	00:54.88	00:55.85	00:55.59	00:52.94
100BR		04:09.62	03:27.19	02:58.47	02:51.61	02:28.81	02:23.62	02:03.26	01:59.35		02:09.18	01:59.62	01:56.41	02:00.20	01:44.86	02:02.98	02:00.77	02:06.21	02:00.20
50BF	03:46.84	02:22.95	01:43.31	01:16.87	01:04.93	00:55.37	00:54.54	00:50.43	00:48.83	00:45.88	00:49.11	00:46.40	00:47.48	00:46.67	00:43.32	00:47.53	00:47.50	00:48.99	00:46.67
100BF					02:19.34	02:04.82	02:03.00	01:44.47	01:42.98	01:37.73	01:45.69	01:37.63	01:37.60	01:43.08	01:34.19	01:46.94	01:43.11	01:48.24	01:43.08
200IM					05:19.04	04:41.53	04:28.80	04:06.09	03:54.01	03:46.70	04:07.23	03:44.71	03:45.87	03:54.95	03:34.47	04:16.83	03:57.60	04:06.69	03:54.95
150IM			05:28.97	04:41.95															
12 – 17 years & Over: 200m Freestyle																			
	09:54.22	09:11.69	06:44.46	05:56.24	05:03.35	04:08.99	03:57.35	03:41.18	03:28.45	03:17.32	03:39.84	03:08.37	03:15.65	03:19.50	03:19.39	03:44.81	03:30.59	03:29.48	03:19.50
12 – 15 years: 400m Freestyle																			
						09:46.99	09:30.51	08:50.41	08:30.81	08:04.88	08:51.71	08:12.26	08:06.01	08:35.30	08:43.38	10:40.51	08:41.21	09:01.07	08:35.30
16 years & Over: 400m Freestyle																			
						08:25.71	08:10.31	07:36.00	07:19.05	06:56.72	07:38.07	07:02.94	06:57.35	07:22.63	06:58.04	08:32.10	07:27.38	07:44.77	07:22.63

GIRLS																			
9-14 years																			
50FR	02:32.23	02:21.02	01:51.50	01:28.33	01:15.03	01:09.44	01:03.76	01:01.86	00:57.98	00:56.18	01:01.04	00:53.48	00:54.06	00:57.11	00:52.82	01:00.36	00:59.75	00:59.98	00:57.11
100FR	05:27.09	04:49.62	03:46.93	03:08.79	02:40.91	02:29.63	02:17.51	02:12.97	02:03.62	02:01.32	02:14.23	01:57.30	01:56.75	02:02.85	01:55.59	02:10.52	02:07.21	02:09.00	02:02.85
50BK	02:28.59	02:20.38	01:58.09	01:44.84	01:27.60	01:25.10	01:20.12	01:15.50	01:09.09	01:05.75	01:14.06	01:07.27	01:06.53	01:03.79	01:01.30	01:12.78	01:09.20	01:06.98	01:03.79
100BK	05:40.49	05:16.43	04:19.03	03:42.16	03:11.52	02:49.46	02:42.26	02:29.20	02:18.85	02:11.77	02:34.68	02:14.21	02:13.90	02:16.44	02:11.74	02:47.52	02:21.78	02:23.26	02:16.44
50BR	03:38.53	02:31.98	01:56.81	01:48.19	01:34.35	01:31.85	01:30.48	01:17.75	01:15.82		01:21.76	01:11.99	01:14.80	01:11.12	01:06.07	01:15.46	01:13.36	01:14.68	01:11.12
100BR		06:09.10	04:48.93	03:50.62	03:23.29	03:25.23	03:03.17	02:38.93	02:36.36		02:56.96	02:33.06	02:34.56	02:41.48	02:26.74	02:53.93	02:36.91	02:49.56	02:41.48
50BF			02:04.17	01:51.61	01:28.53	01:26.12	01:11.28	01:09.71	01:05.82	01:26.12	01:08.42	01:04.52	01:01.04	01:02.16	00:57.45	01:04.23	01:05.23	01:05.27	01:02.16
100BF					04:06.97	02:58.73	02:42.98	02:24.95	02:17.47	02:58.73	02:41.42	02:10.70	02:12.96	02:21.56	02:14.61	03:19.24	02:23.96	02:28.64	02:21.56
200IM					06:50.75	06:16.64	05:48.18	05:24.80	05:05.58	06:16.64	05:44.24	05:02.10	04:58.53	05:00.66	04:59.12	06:00.86	05:12.91	05:15.69	05:00.66
150IM			07:13.43	06:07.55															
15/16 years																			
50FR	02:09.59	02:04.32	01:37.76	01:17.33	01:06.23	01:01.09	00:56.29	00:54.51	00:51.14	00:49.51	00:53.72	00:47.14	00:47.62	00:49.68	00:46.02	00:52.32	00:51.81	00:52.16	00:49.68
100FR	04:49.61	04:16.18	03:17.76	02:45.55	02:22.09	02:11.77	02:01.38	01:57.28	01:49.19	01:46.89	01:58.14	01:43.33	01:42.90	01:48.11	01:40.73	01:53.07	01:51.67	01:53.52	01:48.11
50BK	02:11.71	02:04.06	01:43.80	01:32.36	01:17.55	01:14.96	01:10.60	01:06.53	01:00.92	00:57.92	01:05.22	00:59.24	00:58.61	00:55.44	00:53.30	01:03.15	00:59.83	00:58.21	00:55.44
100BK	04:59.04	04:36.64	03:47.60	03:15.22	02:49.07	02:29.23	02:22.90	02:11.80	02:02.63	01:56.26	02:16.13	01:58.17	01:57.84	02:00.18	01:54.50	02:24.69	02:04.53	02:06.20	02:00.18
50BR	03:13.79	02:14.68	01:43.02	01:34.99	01:23.23	01:20.82	01:19.79	01:08.44	01:06.59		01:11.81	01:03.39	01:06.00	01:01.72	00:57.50	01:05.43	01:03.55	01:04.81	01:01.72
100BR		05:26.62	04:16.21	03:22.87	02:59.80	02:49.88	02:41.55	02:20.42	02:18.04		02:32.16	02:14.85	02:16.25	02:22.17	02:07.73	02:30.70	02:18.46	02:29.28	02:22.17
50BF			01:49.22	01:37.59	01:18.13	01:06.68	01:02.28	00:59.69	00:56.45	00:55.34	01:03.08	00:53.35	00:54.08	00:54.12	00:49.94	00:55.67	00:56.62	00:56.82	00:54.12
100BF					03:28.17	02:30.44	02:17.49	02:02.20	01:56.14	01:55.70	02:16.05	01:50.49	01:52.06	02:00.56	01:52.39	02:43.16	02:02.43	02:06.58	02:00.56
200IM					05:47.59	05:25.78	05:02.88	04:34.67	04:18.62	05:25.78	05:02.88	04:34.67	04:18.62	04:15.14	04:50.21	04:14.90	04:11.91	04:18.83	04:09.51
150IM			06:03.19	05:08.62															
17 years & Over																			
50FR	02:03.77	01:58.71	01:33.51	01:13.96	01:03.43	00:58.02	00:53.48	00:51.78	00:48.58	00:47.03	00:51.03	00:44.77	00:45.25	00:46.32	00:42.90	00:48.82	00:48.34	00:48.64	00:46.32
100FR	04:36.71	04:04.74	03:08.97	02:38.36	02:16.10	02:05.18	01:55.32	01:51.43	01:43.75	01:41.54	01:52.03	01:38.15	01:37.76	01:42.69	01:33.90	01:45.51	01:46.04	01:47.82	01:42.69
50BK	02:05.39	01:58.07	01:39.08	01:28.18	01:14.09	01:10.89	01:06.76	01:02.93	00:57.61	00:54.77	01:01.68	00:56.02	00:55.42	00:51.72	00:49.71	00:58.90	00:55.87	00:54.30	00:51.72
100BK	04:45.74	04:24.15	03:38.35	03:07.02	02:42.13	02:22.01	02:15.98	02:05.46	01:56.75	01:50.66	02:09.53	01:52.44	01:52.12	01:54.36	01:46.78	02:15.10	01:58.47	02:00.09	01:54.36
50BR	03:05.73	02:08.25	01:38.35	01:30.63	01:19.47	01:16.42	01:15.48	01:04.73	01:02.98		01:07.91	00:59.96	01:02.44	00:57.56	00:53.61	01:01.05	00:59.29	01:00.44	00:57.56
100BR		05:11.64	04:05.34	03:14.01	02:52.10	02:41.15	02:33.24	02:13.22	02:10.95		02:27.75	02:07.91	02:09.24	02:14.85	01:59.11	02:20.61	02:11.35	02:21.59	02:14.85
50BF			01:44.23	01:33.06	01:14.60	01:03.03	00:58.88	00:56.44	00:53.36	00:52.32	00:59.63	00:50.45	00:51.14	00:50.46	00:46.59	00:51.93	00:52.82	00:52.99	00:50.46
100BF					03:19.39	02:23.03	02:10.75	01:56.20	01:50.45	01:50.03	02:09.38	01:45.09	01:46.56	01:53.54	01:44.77	02:32.59	01:55.32	01:59.22	01:53.54
200IM					05:33.70	05:02.53	04:41.06	04:21.93	04:06.66	04:03.24	04:36.64	04:39.25	04:00.17	04:06.74	03:52.62	04:39.00	04:11.11	04:19.08	04:06.74
150IM			06:02.53	05:09.20															
12 – 17 years & Over: 200m Freestyle																			
	10:48.62	10:26.69	08:01.21	06:33.90	05:39.31	04:29.26	04:28.49	04:07.79	04:03.26	03:42.82	04:04.84	03:41.82	03:47.24	03:46.16	03:44.67	04:19.99	03:57.94	03:57.48	03:19.39
12 – 15 years: 400m Freestyle																			
						10:47.88	10:08.80	09:35.04	09:02.66	09:01.81	10:11.63	09:02.93	08:53.55	09:18.47	09:58.49	11:59.81	09:18.95	09:47.39	09:18.47
16 years & Over: 400m Freestyle																			
						09:16.75	08:43.64	08:14.98	07:48.01	07:45.74	08:45.37	07:46.13	07:38.71	07:59.47	07:58.04	09:35.28	07:59.86	08:23.85	07:59.47