

Kenya Aquatics



Nairobi County Aquatics Association

AMENDED

**Level 3 Age Group Swimming Championships
October 20 – 22 2023**

Venue: Peponi Secondary

Nairobi

NCAA

Kenya Aquatics
Nairobi County Aquatics Association



Level 3 Age group Swimming Championships

Date	Operative Date	Entry Closing Date	Venue
October 20 th – 22 nd 2023	October 20 th 2023	October 16 th 2023	Peponi Secondary

Under WA/KA /NCAA Swimming Technical Rules

SESSION

1. Friday Warm-up 12.30 PM to 1.40 PM, start at 2.00 PM Events 101 - 114
2. Saturday Warm-up 6.30 AM to 8.15 AM start at 8.30 AM Events 201 - 316
3. Sunday Warm-up 6.50 AM to 8.45 AM start at 9.00 AM Events 401 - 419

VENUE

Peponi Secondary School
6 lanes, 25m Competition Pool.

TIME SCHEDULE

The Organizer reserves the right to vary the program according to circumstances at his discretion.

AWARDS

The Medal Awards Ceremony will take place as indicated in the meet programme. Only the designated Swimmers will be allowed in the awards area.

Medals to the top three finishers in each event.

Victor and Victrix Trophies to the top swimmers in each age group based on top 4 places (Points 5, 3, 2, 1).

Overall Team Trophies for the Best Girls team and Best Boys Teams, 1st runners' up and 2nd runners up.

The Team Trophies winners will be determined by the Medal Count.

All events will be swum on heat-declared finals.

AGE GROUPS

For this competition, the operative date is the first day of the meet.

Any swimmer who will have his 9th birthday on or before the first day (**October 20th 2023**) of the meet will swim in the 8 -9yrs age group.

Age groups :

- 8 - 9yrs
- 10 - 11yrs
- 12 - 13yrs
- 14 - 15yrs
- 16yrs & over

Masters 25m , 50m, 100m, 200m IM events

- 30 - 35yrs
- 36 - 40yrs
- 41 - 45yrs
- 46 - 50yrs
- 51 - 55yrs
- 56 & Over

The Freestyle 1500m, 800m, 400m, 400m IM, 200m Breaststroke, Butterfly, Backstroke and Freestyle events will be swum as age group events for the 10yrs and over age groups.

THE RELAYS

The Relay age groups will be as follows:

- 8 - 9yrs
- 10 - 13yrs
- 14 & Over

No swim-ups will be allowed. One Relay entry per club per event. The names must be received in the correct following order for the relays on the prescribed forms and must be submitted before the end of the session (e.g. morning session) preceding the session (e.g. afternoon session) in



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which the relay will be swum. This will be confirmation of the relay entry, if the relay form is not received, the team will be withdrawn from the event. Only swimmers entered in the competition may swim in relays. Each team in the mixed relay events will be composed of two (2) male and two (2) female swimmers. One (1) relay team per age group, per event. Only swimmers entered, for individual events in this competition, may swim in relays.

QUALIFYING TIMES

This is a Level 3 meet with qualifying times, which must have been achieved from August 1 2022; Proof of Time is required with entry submission from sanctioned competitions or events. Entries submitted without proof of time, with customized times or No Times (NT) will not be accepted. **In addition to the level 3 events one has qualified for, swimmers are now allowed to add three(3) events so long as the said events are of the Level 2 time standards. All other requirements remain the same.** The Masters Events Have No qualifying times.

Please be advised that participation at the Level 2 and 3 Age-Group competitions will be dependent on the swimmer having participated in a 100m 200m or 400m Individual Medley event or a combination thereof depending on the age group:

8-9 yrs either a 4 X 25m or 4 X 50m IM event

10yrs & over either 4 X 50m or 4 X 100m IM event

The times for the 100m, 200m and 400m Individual Medley events must be official and be captured on the NCAA and National Database and must have been achieved after August 1st 2022. The nominal purpose of this rule is to encourage younger swimmers not to specialize in specific strokes at too early an age as part of the athlete's development and progression. It is not compulsory for the swimmer to compete in the 200m or 400m Individual Medley event at the Championships. Concessions to this rule due to medical conditions must be accompanied by medical reports and must be received by the entry submission closing date, no requests will be considered after this date. Swimmers aged 23yrs and over will be exempted from this requirement, however, all other meet entry requirements must be adhered to.

ENTRIES

By submitting entries, participants agree to the conditions of entry for the competition and the Nairobi County Aquatics Association Terms and Conditions. All entries must be in team manager format and a PDF document showing proof of time.

Entries with Customized times or No Times (NT) will not be accepted.

Entry submission will open on October 10th 2023 and close on October 16th 2023 at 23.59hrs and must include full names and the date of birth.

Only entries emailed to entries@nairobi-county-aquatics.or.ke will be accepted.

No changes will be done at the poolside when the gala is running. All corrections must be done by October 18th at 18.00hrs. Scratches will be accepted one (1) hour before the start of every session in writing (a scratch does not mean an entry has been deleted from the system).

All Entries scratched after this deadline must be paid for. One Relay team entry per club/team per event. Please note the team that enters the swimmer is responsible for paying the swimmer's entry fees.

ENTRY FEE PAYMENTS

Ksh 500 per individual Event and 1000 per Relay Event for Teams entering via Hy-tek

Ksh 700 per individual Event and 1300 per Relay Event for Teams entering via Paper.

No SMS or WhatsApp entries.

A single payment covering all entries should be made. Entries will not be accepted without the correct payment. Entry fees are to be paid into the Nairobi County Aquatics Association bank account using the details below:

Kenya Swimming Federation Nairobi County

Absa Bank Kenya, Westlands Branch

A/C 2039964395

OR

Lipa na mpesa

Pay bill 303030

Business no 2039964395

THE START

The One-start rule shall apply at this meet.



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MARSHALLING

Swimmers must pay attention to marshalling calls made over the public address system. Once marshalled swimmers fall under the control of the Marshall. Relay teams will not be marshalled if the 4 swimmers are not physically present. Once the marshalling for the race is closed, no other swimmers will be accepted for the race. Parents are not allowed in the Marshaling Tent.

TECHNICAL MEETING

Team Managers and Coaches will have an online Meeting with the Organizers **on Wednesday 18th October 2023 at 20.00hrs** (A Google link will be shared with the teams taking part.) and **at 08.10hrs on Friday 20th October 2023** at the poolside. All Team Managers/Coaches must attend the Manager's Meeting. Following the start of the Technical Meeting, email scratches will not be accepted and a meet scratch card is required for any scratches made after the Wednesday meeting and will be charged.

RESULTS

The full and WAI results will be available at the end of the meet, however, the results will be available via the meet mobile app. The Secretariat is out of bounds to all swimmers and non-designated team officials.

PROTEST:

All protests shall be dealt with in accordance with the rules prescribed by WA 9.2 subject to a **protest fee of Ksh 5000/-**. In the case of a disqualification arising from a decision of fact, the Referee's decision will be WA. Protests arising out of a session must be **lodged in writing** with the Referee of the Competition, not later than thirty (30) minutes of the incident or after the results of such session have been made available to Affiliated Team Managers. In the case of a technical disqualification, the referee will reply in writing with the reasons for the disqualification or decisions taken. If the decision stands and the disqualification upheld, the matter can be referred to the Jury of Appeal. All other protests will be dealt with by the Jury of Appeal. The Technical Committee will act as a jury. **Video evidence will not be accepted in any case to dispute a decision.** Queries are to be made to the Referee.

NO SHOWS

Swimmers, who do not show for their race, will be fined KSH 500/= and KSH 1000/- for relays, the swimmer may not compete in any other event until this fine has been paid

ACCREDITATION

All Teams/ Clubs must submit an excel spreadsheet of all swimmers' full names entered in the meet, with their date of birth and a contact person per team (phone and email), and the accompanying team officials subject the swimmer to coach ratio requirements.

Only accredited Team Officials will be allowed into the Aquatic centre. Only accredited Team Managers and Coaches may withdraw competitors, lodge objections and or lodge complaints.

Swimmer to Coach Ratio		
SWIMMERS	COACHES	TEAM MANAGERS
1 to 15 swimmers in individual events	1 x Coach Pass	1 x Team Manager Pass
15 to 30 swimmers in individual events	1 x Coach Pass	2 x Team Manager Passes
31 + swimmers in individual events	1 x Coach Pass	3 x Team Manager Passes

WARM-UP

The warm-up schedule covering both Saturday and Sunday will be sent out on Thursday after the Technical meeting.

START LISTS INFORMATION

- a) Start lists shall be made available to all teams:
 - 2 per team for teams of over 11 swimmers,
 - and
 - 1 per team of 10 or fewer swimmers.

- b) Additionally, public start lists shall be available for sale at the venue on request, at **KS 200.00** per set. It may not be possible to incorporate the last-minute changes made by the teams into the public start list, however, all efforts will be made to do so and any inconvenience is regretted in advance.



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SEATING ARRANGEMENTS

The NCAA Meet Management will allocate sitting space/area for all the teams in attendance. All the teams will be expected to maintain their bubble. Teams should not interfere with the siting arrangements

SPECTATOR GATE ENTRY FEE

Gate entry Fee for Spectators is KSH 1000 per day. This is to help manage the number of spectators allowed on-site. Noncompliance with the guidelines by any spectators could lead to consequences including being required to leave the event facility and other penalties

Payment to be made using:

Lipa Na Mpesa
Buy Goods And Services
TILL NO. 7671869

Meet Program 200 per set per session.

PHOTOGRAPHS AND PERSONAL INFORMATION CONSENT RELEASE

KSF NCAA will occasionally use swimmers personal information and pictures on its website, programs and brochures to promote swimming and the achievements of swimmers. By registering as a swimmer in the Nairobi County Aquatics Association the parents and/ or swimmers, you:

- I. Authorize the NCAA, and those acting under its authority and with its permission, the right and authorization (on a non-exclusive basis) to invite a swimmer to take an interview with a media house, use, reuse, copyright, publish, and re-publish, the swimmer's name, video graphic, photographic and electronic portraits, pictures, films, videos and story material of the swimmer (singularly "Work" and collectively "Works"), or in which the swimmer may be included, intact or in part, for advertising, publicity, and for other association purposes, including the right to reproduce and publish any work or works without restriction through any and all media now or hereafter known.
- II. The parent and/or swimmer also permit the use of any printed material in connection therewith. The parent and/or swimmer also waives any and all rights that he or she may have to examine or approve any finished work or works or the advertising copy or printed matter that may be used in connection therewith or the use to which it may be applied.
- III. Furthermore, the parent and/or swimmer releases, discharges and agrees to hold harmless the Association and its members, officials, officers, employees, coaches and consultants, and all persons acting under their permission or authority or those for whom they are acting, from all actions, liability, damages, claims, and demands whatsoever arising from any publication or usage of any work or works, including without limitation, any claims for defamation or invasion of privacy, to use, on a non-exclusive basis, the names, pictures, and story material of the swimmer named therein for advertising, publicity, and other association purposes, including the right to interview, reproduce and publish them.
- IV. This authorization may be revoked upon 30 days prior written notice to the Association but the revocation will not affect any prior usage or commitments. The revocation of authorization constitutes the deregistration of the swimmer.
- V. No person may use a camera or any other device capable of recording still or video images in the area behind the starting blocks, in the locker rooms, changing areas, showers or restrooms. Violators may be reported to legal authorities or other governmental authorities and/or maybe barred from **NCAA-organized** events.
- VI. The KSF NCAA as the organizer of the event has the right to invite a swimmer, coach and parent to be interviewed by the media house, so long as the content is within the scope of the swimming competition. The PR officer will be in charge of all communication

GENERAL NOTICE

Please refrain from littering the pool surroundings. Attendees have a level of responsibility for their own welfare, as well as that of others around them by following the instructions and restrictions in place when attending events. This includes providing contact details, assuring they are well and practicing good hygiene

DISCLAIMER

ENTRY IS ENTIRELY AT YOUR OWN RISK. Neither The Kenya Swimming Federation Nairobi County Aquatics Association nor the Makini School will accept responsibility for any incident or accident, injury or loss, which may occur before, during and after the event.



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PROGRAMME OF EVENTS

SESSION 1

Day of Meet 1: Friday Afternoon
Starts at 02:00 PM

Male			Female	
101	1500m	FREESTYLE	10-11, 12-13, 14-15, 16 & OVER	102
103	50m	BREASTSTROKE	8-9, 10-11, 12-13, 14-15, 16 & OVER	104
105	25m	BREASTSTROKE	MASTERS	106
107	400m	MEDLEY RELAY	10-13, 14 & OVER	108
109	100m	BUTTERFLY	8-9, 10-11, 12-13, 14-15, 16 & OVER	110
111	400m	INDIVIDUAL MEDLEY	10-11, 12-13, 14-15, 16 & OVER	112
113	25m	BUTTERFLY	MASTERS	114

SESSION 2

Day of Meet 2: Saturday Morning
Starts at 08:30 AM

Male			Female	
201	400m	FREESTYLE	10-11, 12-13, 14-15, 16 & OVER	202
203	100m	BACKSTROKE	8-9,10-11, 12-13,14-15, 16 & OVER	204
205	50m	BACKSTROKE	MASTERS	206
207	200m	BUTTERFLY	10-11, 12-13, 14-15, 16 & OVER	208
209	400m	FREESTYLE RELAY	10-13, 14 & OVER	210
211	50M	BREASTROKE	MASTERS	212

AWARDS CEREMONY

213	100m	BREASTSTROKE	8-9,10-11, 12-13, 14-15, 16 & OVER	214
215	25m	BACKSTROKE	MASTERS	216
217	50m	BACKSTROKE	8-9,10-11, 12-13, 14-15, 16 & OVER	218
219	200m	MIXED MEDLEY RELAY	8-9,10-13, 14 & OVER	
220	200m	FREESTYLE	10-11, 12-13, 14-15, 16 & OVER	221

AWARDS CEREMONY

301	400m	MIXED MEDLEY RELAY	10-13, 14 & OVER	
302	200m	INDIVIDUAL MEDLEY	8-9, 10-11, 12-13, 14-15, 16 & OVER	303
304	50m	FREESTYLE	MASTERS	305
306	100m	FREESTYLE	8-9, 10-11, 12-13, 14-15, 16 & OVER	307

AWARDS CEREMONY

308	200m	BREASTSTROKE	10-11, 12-13, 14-15, 16 & OVER	309
310	50m	BUTTERFLY	8-9, 10-11, 12-13, 14-15, 16 & OVER	311
312	50m	BUTTERFLY	MASTERS	313
314	200m	MIXED FREESTYLE RELAY	8-9, 10-13, 14 & OVER	
315	200m	BACKSTROKE	10-11, 12-13, 14-15, 16 & OVER	316

AWARDS CEREMONY

SESSION 3

Day of Meet 3: Sunday Morning
Starts at 09:00 AM

Male				Female
401	200m	MEDLEY RELAY	8-9,10-13, 14 & OVER	402
403	800m	FREESTYLE	10-11, 12-13, 14-15, 16 & OVER	404
405	100m	INDIVIDUAL MEDLEY	MASTERS	406
407	100m	INDIVIDUAL MEDLEY	8-9,10-11, 12-13, 14-15, 16 & OVER	408

AWARDS CEREMONY

409	200m	FREESTYLE RELAY	8-9,10-13, 14 & OVER	410
411	25m	FREESTYLE	MASTERS	412
413	400m	MIXED FREESTYLE RELAY	10-13, 14 & OVER	
414	50m	FREESTYLE	8-9, 10-11, 12-13, 14-15, 16 & OVER	415
416	800m	FREESTYLE RELAY	10-13, 14 & OVER	417

AWARDS CEREMONY



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Qualifying Times

Female 8-9					200 Fly	3:23.29	3:26.00	6:10.00
	L 3	L 2	L 1		100 IM	1:31.99	1:36.00	3:20.99
50 Free	44.99	58.00	2:08.99		200 IM	3:20.00	3:30.00	6:22.99
100 Free	1:47.00	2:00.00	4:29.00		400 IM	7:12.99	7:20.00	11:54.99
50 Back	58.00	1:05.00	1:40.99	Female 14-15		L 3	L 2	L 1
100 Back	2:03.59	2:15.00	4:59.00	50 Free	35.99	41.00	1:40.99	
50 Breast	1:01.00	1:06.99	2:15.99	100 Free	1:17.99	1:25.00	2:52.99	
100 Breast	2:12.00	2:20.99	5:00.00	200 Free	2:47.99	2:57.00	5:30.00	
50 Fly	59.99	1:07.00	2:15.99	400 Free	5:40.00	6:00.00	8:20.99	
100 Fly	2:07.00	2:15.00	5:00.00	800 Free	11:30.99	13:10.00	17:20.99	
100 IM	2:00.99	2:11.99	5:00.00	1500 Free	24:10.00	24:25.00	30:00.99	
200 IM	4:05.99	4:18.00	6:13.00	50 Back	41.99	47.00	2:11.99	
Female 10-11				100 Back	1:31.99	1:41.00	2:59.99	
	L 3	L 2	L 1	200 Back	3:10.00	3:20.00	5:26.99	
50 Free	38.99	45.99	1:40.44	50 Breast	44.99	47.99	2:20.00	
100 Free	1:32.00	1:38.00	3:55.99	100 Breast	1:39.99	1:46.00	3:10.99	
200 Free	3:22.99	3:45.00	6:00.00	200 Breast	3:37.99	3:45.00	5:50.99	
400 Free	6:58.00	7:28.00	9:15.00	50 Fly	39.99	45.00	2:00.00	
800 Free	15:00.00	16:20.00	18:00.00	100 Fly	1:30.00	1:40.00	2:59.99	
1500 Free	27:10.00	28:00.00	30:00.99	200 Fly	3:12.89	3:20.00	5:15.99	
50 Back	45.99	53.00	1:44.99	100 IM	1:25.99	1:32.00	3:10.99	
100 Back	1:44.99	1:53.00	3:45.99	200 IM	3:02.99	3:15.00	5:45.88	
200 Back	3:37.99	3:45.00	6:25.00	400 IM	6:41.00	6:52.00	8:50.99	
50 Breast	51.00	54.99	1:58.99	Female 16 & Over		L 3	L 2	L 1
100 Breast	1:57.99	2:05.99	3:57.99	50 Free	34.99	38.00	1:34.99	
200 Breast	4:05.99	4:17.00	6:23.99	100 Free	1:15.99	1:19.00	2:45.99	
50 Fly	45.99	51.00	1:44.99	200 Free	2:44.99	3:10.00	4:49.99	
100 Fly	1:50.99	2:01.00	3:45.99	400 Free	5:35.00	5:42.00	8:10.00	
200 Fly	3:49.00	3:55.00	6:43.99	800 Free	11:30.99	12:10.00	17:00.99	
100 IM	1:39.99	1:45.00	3:45.99	1500 Free	23:30.99	23:50.00	30:00.99	
200 IM	3:41.99	3:50.99	6:45.99	50 Back	42.99	46.00	1:54.99	
400 IM	7:50.99	7:56.00	10:00.00	100 Back	1:26.00	1:32.00	3:10.00	
Female 12-13				200 Back	3:05.00	3:11.00	5:19.99	
	L 3	L 2	L 1	50 Breast	44.99	47.00	2:16.99	
50 Free	36.99	41.00	1:25.00	100 Breast	1:38.99	1:42.00	3:15.99	
100 Free	1:23.99	1:30.00	3:12.99	200 Breast	3:35.00	3:41.00	5:16.99	
200 Free	3:08.99	3:20.00	6:10.00	50 Fly	37.99	41.00	1:44.99	
400 Free	6:20.99	6:50.00	9:59.99	100 Fly	1:22.00	1:36.00	2:54.99	
800 Free	13:02.99	13:30.00	18:00.00	200 Fly	2:59.99	3:15.00	4:39.99	
1500 Free	25:10.00	26:00.00	30:00.00	100 IM	1:22.99	1:29.00	3:21.99	
50 Back	44.99	49.00	1:59.00	200 IM	3:00.99	3:15.00	5:30.99	
100 Back	1:35.99	1:42.00	3:20.00	400 IM	6:00.99	6:35.00	8:40.99	
200 Back	3:25.99	3:30.00	6:00.99					
50 Breast	45.99	51.00	2:15.00	50 Free	45.99	58.00	2:08.99	
100 Breast	1:45.99	1:58.00	3:25.99	100 Free	1:47.00	1:49.00	4:29.36	
200 Breast	3:40.99	3:55.00	6:15.59					
50 Fly	41.99	47.00	2:01.00					
100 Fly	1:40.99	1:51.00	3:10.99					
Male 8-9								
	L 3	L 2	L 1					



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50 Back	54.99	1:00.00	1:40.99	200 Fly	3:18.00	3:22.00	6:10.00
100 Back	2:03.59	2:05.00	4:59.00	100 IM	1:26.99	1:33.00	3:20.00
50 Breast	1:01.00	1:05.00	2:15.99	200 IM	3:14.99	3:25.00	6:21.00
100 Breast	2:12.00	2:15.00	6:00.00	400 IM	7:02.00	7:10.00	10:45.99
50 Fly	56.99	1:02.00	2:15.00				
100 Fly	2:07.00	2:10.00	5:00.00	Male 14-15			
100 IM	1:58.99	2:11.00	5:00.00		L 3	L 2	L 1
200 IM	4:05.00	4:18.00	6:00.00	50 Free	32.99	36.00	1:30.99
				100 Free	1:12.99	1:16.00	2:52.00
Male 10-11				200 Free	2:43.99	2:50.00	5:30.00
	L 3	L 2	L 1	400 Free	5:35.00	5:41.00	8:44.00
50 Free	36.99	45.99	1:46.99	800 Free	11:30.00	11:45.00	16:45.99
100 Free	1:26.99	1:35.00	3:55.00	1500 Free	24:09.00	24:15.00	30:00.99
200 Free	3:13.99	3:35.00	6:00.00	50 Back	35.99	42.00	1:56.99
400 Free	6:40.99	7:10.00	9:15.00	100 Back	1:22.00	1:30.00	2:59.00
800 Free	14:58.00	15:05.00	18:00.99	200 Back	2:55.00	3:04.00	5:26.00
1500 Free	27:10.00	27:55.00	30:00.99	50 Breast	40.99	45.00	2:01.00
50 Back	48.99	51.00	1:44.99	100 Breast	1:34.99	1:45.00	3:10.00
100 Back	1:43.99	1:51.00	3:45.99	200 Breast	3:10.99	3:20.00	5:00.00
200 Back	3:33.00	3:39.00	6:25.00	50 Fly	35.99	41.00	1:58.00
50 Breast	50.99	53.00	1:58.99	100 Fly	1:18.99	1:30.00	2:59.00
100 Breast	1:49.99	1:56.00	3:57.99	200 Fly	3:05.90	3:12.00	5:15.00
200 Breast	3:46.00	4:10.00	6:23.99	100 IM	1:19.70	1:25.00	3:10.00
50 Fly	46.99	50.00	1:44.99	200 IM	2:59.00	3:09.00	5:40.99
100 Fly	1:42.99	1:50.00	3:45.00	400 IM	6:09.00	6:25.00	8:45.99
200 Fly	3:42.00	3:50.00	6:43.00				
100 IM	1:30.99	1:41.00	3:45.00	Male 16 & Over			
200 IM	3:20.99	3:35.00	6:45.99		L 3	L 2	L 1
400 IM	7:20.00	7:42.00	12:00.99	50 Free	28.99	31.00	1:22.99
				100 Free	1:08.99	1:11.00	2:45.00
Male 12-13				200 Free	2:30.00	2:41.00	4:35.00
	L 3	L 2	L 1	400 Free	5:25.00	5:31.00	8:15.00
50 Free	35.99	39.00	1:25.99	800 Free	11:20.00	11:31.00	17:20.99
100 Free	1:19.99	1:24.00	3:10.99	1500 Free	23:35.00	23:48.00	30:00.00
200 Free	3:00.99	3:10.00	6:10.99	50 Back	36.99	42.00	1:40.09
400 Free	6:11.99	6:25.00	9:54.00	100 Back	1:14.99	1:24.00	3:10.00
800 Free	12:35.00	12:45.00	17:20.99	200 Back	2:50.00	2:54.00	5:12.00
1500 Free	25:00.00	25:45.00	30:00.99	50 Breast	36.99	42.00	2:00.99
50 Back	43.99	48.00	1:54.99	100 Breast	1:25.99	1:32.00	3:15.99
100 Back	1:30.99	1:39.00	3:20.99	200 Breast	3:04.89	3:10.00	5:15.99
200 Back	3:10.00	3:20.00	6:30.99	50 Fly	30.99	36.00	1:32.99
50 Breast	45.00	48.00	2:00.99	100 Fly	1:10.99	1:24.00	2:45.99
100 Breast	1:35.99	1:49.00	3:25.99	200 Fly	2:57.00	3:09.00	4:23.69
200 Breast	3:20.99	3:52.00	6:15.99	100 IM	1:14.99	1:25.00	3:11.99
50 Fly	40.99	45.00	1:56.99	200 IM	2:45.99	2:56.00	5:17.99
100 Fly	1:32.99	1:40.00	3:10.99	400 IM	6:15.00	6:35.00	8:15.99

