



BEST OF THE WEST FEST

April 23-26, 2026

1 GENERAL MEET INFORMATION

This meet will be conducted under published World Aquatics and/or World Para Swimming rules and regulations supplemented by published and approved Swimming Canada rules and regulations. In addition, this meet package shall outline all changes to and specific application of the published rules.

1.1 Venue

Location

Pan Am Pool
25 Poseidon Bay
Winnipeg, MB

Pool

8-lane 50m competition pool
8-lane 25m warm down pool

1.2 Declaration of Intent

Clubs who plan to attend the Best of the West Fest must complete a Declaration of Intent.

- Entries are reserved for clubs registered with a Western Province who submitted a Declaration of Intent **prior to reaching the facility capacity**. The clubs who also submit their meet entries by the early bird registration deadline for Western Provinces will be eligible for the early bird registration entry fee. **For clarity, clubs must upload their meet entries by 9pm PST February 2, 2026 to be eligible for the early bird registration entry fees. Changes or corrections to entries can be made until the Withdrawal Deadline without penalty. Additional swimmers may be uploaded after the early bird registration deadline should space remain available in the meet, but they will not qualify for the early bird registration entry fee.**
- **The second priority may be given to any club registered with a Western Province, who has submitted a Declaration of Intent by February 9, 2026 and are placed on a waitlist. Should space become available in the meet, waitlist clubs will be notified no later than March 27th, 2026.**



1.3 Key Dates

Entry Deadlines

Western Provinces early bird registration

Opens: Dec 5, 2025

Ends: Feb 2, 2026 9pm PST

Western Provinces Waitlist Entries

Opens: March 28, 2026

(pending space availability)

FINAL ENTRIES

Ends: Apr 13, 2026 9pm PST

Withdrawal Deadline – 12 PM PST Monday April 20, 2026

Pre-Event Training¹

Tuesday

By request via [email](#)

Wednesday

10am-4pm

Thursday

8:00-11:00am

Technical Meeting – Thursday April 23, 2026 at 10am

Competition Start Times

	Thursday	Friday	Saturday	Sunday
Prelims (Warm-up / Start)		7:00am / 8:30am	7:00am / 8:30am	7:00am / 8:30am
Finals (Warm-up / Start)	12:00pm / 1:30pm	3:30pm / 5:00pm	3:30pm / 5:00pm	3:30pm / 5:00pm

2 ORGANIZING COMMITTEE / HOSTS

This is a joint meet organized by Swim Alberta, Swim BC, Swim Manitoba, and Swim Saskatchewan and hosted by Swim Manitoba.

Meet Manager(s)	Steve Lang & Andrew Halayko	steve.lang@mantaswimming.ca andrew.halayko@umanitoba.ca
Officials Chair	Janene Cheung	janene.cheung@gmail.com
Meet Referee(s)	Jennifer Flowers & Norma Lachance	jflowers@cranky.ca mathdva@gmail.com
Entries Coordinator	Melissa Webster	melissa.webster@swimbc.ca
Swim AB Contact	Cathy Tong	ctong@swimalberta.ca
Swim BC Contact	Savannah King	savannah.king@swimbc.ca
Swim MB Contact	Charaty Rees	swim.finance@sportmanitoba.ca
Swim SK Contact	Alex Schultze	alexschultze@swimsask.ca

¹ Clubs will receive a form to submit their pre-event training requests in the lead-up to the meet.



Officials

A successful swim meet relies on the dedication of officials from all participating clubs. As this is a regional event hosted by Swim Manitoba on behalf of the 4 western provinces, we respectfully encourage officials from all attending clubs to volunteer in any positions for which they are qualified. Please complete the following [link](#) to sign up and include your qualifications and session availability by April 1, 2026.

Officials and volunteers are encouraged to bring their own water bottles; food and beverages will be provided for officials. If you have any special dietary requirements, please contact meet management.

3 ACCOMMODATION

The following accommodation group rate blocks are available for teams to reserve.

Holiday Inn Winnipeg South 1330 Pembina Hwy 204-452-4747	Standard 2 Queen Room	\$179.00/night *Breakfast included	Group rate booking deadline: March 23, 2026 Booking Link: Swim Manitoba Best of The West Fest Competition
Best Western Plus Pembina Inn & Suites 1714 Pembina Hwy	2 Queen Room for 4 guests	\$157.00/night + \$10.00/night per additional guest *Breakfast included	Group rate booking deadline: March 30, 2026 Booking Link: https://www.bestwestern.com/en_US/book/hotel-rooms.63012.html?groupId=3G5VC9F3

4 SAFE SPORT

Swim Alberta, Swim BC, Swim Manitoba, and Swim Saskatchewan are committed to providing a fun, healthy, inclusive, and safe environment. Swimming enriches the lives of everyone involved by ensuring that the training and competitive environment is one where athletes, coaches, officials, volunteers, and staff know they are safe, and are treated with respect and dignity. All members have the right to participate in a safe and inclusive training and competitive environment that is free of abuse, harassment, or discrimination. It is strongly recommended that all interactions between an athlete and an individual who is in a position of trust should, and wherever possible, be in an environment that is open and observable.



Swimming Canada's Safe Sport Policy is found [HERE](#), and other Safe Sport Resources and Swim Natation Manitoba's Safe Sport Policies can be found [HERE](#). As the meet host, Swim Manitoba's Safe Sport Policies shall apply in addition to Swimming Canada's Safe Sport Policies.

Only participating swimmers, officials, registered coaches, and authorized people are allowed on deck.

5 PHOTOGRAPHY / VIDEOGRAPHY

To minimize risk, all photographs and video taken at sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. The full details on the Event Photography and Videography Procedure can be found on the Swimming Canada [website here](#).

Club photographers are not permitted on deck. Event photography will be provided by [Renee Kardash](#).

6 SWIMWEAR

All swimmers are permitted to race in the swimwear of their choosing at all competitions sanctioned by Swim [Manitoba](#). It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile and would not be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

Para swimmer devices / Bathing suit modifications

Paralympic Program equipment i.e., starting devices, tapping devices, and bathing suit. Modifications (as per the swimmer's codes of exception) must be approved prior to their use in competition. This can be done at the end of the technical meeting or during warm-up prior to the start of the session.

7 QUALIFYING STANDARDS

7.1 Eligibility

- All swimmers must be registered with a Swim AB, Swim BC, Swim MB, Swim SK, SNC, or other World Aquatics recognized club. Para swimmers must have a Level 2, 3 or international sport classification by the entry deadline.



- Swimmers must achieve at least ONE Best of the West Best Time Standard for their age category in a sanctioned competition within the Qualification Period. A swimmer's age is determined as of the first day of the competition.
- Para swimmers must achieve one of the [Provincial Para Swimming Minimum Entry Time \(MET\)](#) standards within the Qualification Period.

7.2 Qualification Period

- The Qualification Period is from January 1, 2024 to the entry deadline (April 13, 2026).
- Times can be achieved at any sanctioned Long Course or Short Course competition during the Qualification Period.

8 ENTRY FEES & INFORMATION

Western Provinces Early Bird Entry Fee ²	\$100 per swimmer
Entry Fee	\$125 per swimmer
Relay Entry Fee	\$15 per relay team
Late Entry Fee	\$200 per swimmer
Late Support Staff or Coach Entry Fee	\$150 per person

*Entries will not be refunded for withdrawals after the entry deadline.

8.1 Entries

- Entries will be submitted and validated via REMS. Invalid registrations, entry times, or unofficial splits will not be accepted. Emailed entry files will not be accepted.
- Entries must be submitted using the swimmers best Long Course or Short Course time. Meet Management will convert entry times. No-Time entries will not be accepted.
- Swimmers are limited to a maximum of 6 individual entries.
- Olympic and Paralympic Program swimmers who meet the eligibility requirements have up to 2 bonus swims³ up to the maximum number of individual entries. All bonus swims must be marked as bonus swims in the entry file.
 - Swimmers who do not have a qualifying time choosing to race an event 400m and higher as a bonus swim must meet the respective 13&U time standard of their gender.
- Deck entries will not be permitted.
- Late Entries, Changes and Corrections
 - Changes and corrections may be made until the withdrawal deadline without penalty.
 - Once entries have been accepted after 12pm PST April 20, 2026, any changes or corrections will be charged \$100 per change or correction fee.

² Clubs must submit the Declaration of Intent by the deadline indicated in Section 1.2.1 and only entries uploaded by the Western Provinces early bird registration deadline will be eligible for the early bird entry fee.

³ The Organizing Committee reserves the right to decrease the number of bonus swims based on total participants.



- New qualifying swims that are performed after the entry deadline, achieved between April 13-20, 2026, are exempt from the \$100 change fee and may be added without penalty. Entries must be submitted by email to the Entries Coordinator by the Withdrawal Deadline.
- Athletes that achieve their first qualifying swim after the entry deadline (April 13-20, 2026) may be added without penalty (only the base entry fee will be charged). Entries must be submitted by email to the Entries Coordinator by the Withdrawal Deadline.
- Any club submitting entries for non-qualified athletes will be subject to a \$100.00 fine per ineligible athlete payable to their respective Provincial Section.

9 GENERAL MEET RULES & INFORMATION

9.1 Accreditation

- Clubs will be provided accreditations (inclusive of coaches, team manager, and IST support staff registered in REMS) as follows:

1-5 swimmers	2 accreditations
6-10 swimmers	3 accreditations
11-15 swimmers	4 accreditations
16-20 swimmers	5 accreditations
21-30 swimmers	6 accreditations
31+ swimmers	7 accreditations
- Para support staff are not included in the accreditation numbers. Para support staff must be registered and active in REMS. Para support staff must be listed in the club's entry submission in REMS. **Para support staff must also align with support staff WPS rule 10.8.**
- Additional coach or support staff accreditations may be requested prior to the competition using [this form](#). All individuals requesting accreditations must be registered in REMS. Para support staff do not need to complete this form.
- Chaperones will not have deck access. Accreditation will be used for access to the swimmer area only.
- Anyone with an accreditation card must have it displayed at all times when accessing the pool deck.

9.2 Diving

- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics Rule II.16.1.4 and Swimming Canada Rules 4.1.
 - Starts can also be conducted from the Deck or Bulkhead as per Swimming Canada Rule C4.1.1
 - In-water starts can also be conducted as per Swimming Canada Rule C4.1.2
- Para swimmer starts will be conducted as per WPS rule 11.1 to 11.1.8.

9.3 Warm-up

- The [Swimming Canada warm-up safety procedures](#) will apply.

9.4 Scratches

- Scratches received prior to the Scratch Deadline will not incur penalties.



- Emailed scratches will be accepted prior to the Technical Meeting to the Entry Coordinator.
- Following the start of the Technical Meeting, email scratches WILL NOT be accepted, and the use of the online scratch form is required.
- Scratch Deadlines:
 - Day 1 preliminaries and timed-final events: 30 minutes following the Technical meeting
 - Day 2 to 4 preliminaries and timed-final events: 60 minutes following the start of Finals the previous evening
 - Finals: 30 minutes following the completion of the Preliminary events
- All penalties must be paid in accordance with Swimming Canada rule SNC 3.4.

9.5 Psych Sheets

- Psych sheets will be posted on Swim Manitoba's website following the meet entry deadline.

9.6 Awards

- Medals will be awards to the top three swimmers or relay teams in all age categories, including para swimmers, for each event.
 - Para events of different distances for the same stroke (ie. 50 Back S1-5 and 100 Back S6-14) are considered one event and therefore, only one 1st, 2nd and 3rd place medal will be awarded.
- Banners will be awarded to the top small, medium, and large club based on points earned during the competition.

9.7 Team Scoring

- Team awards will be based on points earned during the competition as follows:

Placing	1st	2nd	3rd	4th	5th	6th	7th	8th
Individual Events	20	17	16	15	14	13	12	11
Relay Events	40	34	32	30	28	26	24	22
Placing	9th	10th	11th	12th	13th	14th	15th	16th
Individual Events	9	7	6	5	4	3	2	1
Relay Events	18	14	12	10	8	6	4	2

- Team awards will be based on team size.
- Team size will be based on each clubs' number of competitive registrations as of the entry deadline.
 - Small teams will be under 79
 - Medium teams will be between 80 and 149
 - Large teams will be over 150

9.8 Taping

- For this event as per II.C15.3.2, a Taping Review Committee will be in place to review taping requests.



- Taping review will take place during warm-ups and be completed no later than 15 minutes prior to the start of the session. Both athlete and coach must be present during the review.
- If the athlete will wear identical taping for multiple sessions, it is not necessary to have the taping reviewed by the committee more than once.
- If taping is altered, a new request must be submitted for a follow-up Taping Review appointment.
- The committee's decision will be final.
- If the taping is approved by the committee, the swimmer must have the taping verified after each race to confirm that the taping matches the photos taken during the review process.
- Any swimmer who races with taping not approved by the Taping Review Committee or fails to complete the Post-Race Tape Check will be disqualified.
- Per WPS 6.6.2.1, all taping being used by para swimmers must be checked prior to each session.

9.9 Backstroke ledges will be available for use for the meet.

9.10 d/Deaf or Hard of Hearing Accommodations

- This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:
 - Non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff
 - Visual Start hand signals given by the starter/referee
 - Facility or Local Organizing Committee-Provided Strobe Light: An external strobe light is available at this competition
- Clubs are to contact Meet Management by the Entry Deadline of the need for accommodations.
- Support staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.

10 MEET FORMAT

10.1 All events, except where noted, will be swum by gender.

10.2 Age Categories

- Age Group Events: 13&U, 14, 15, 16, 17&O⁴
- Para Events: Open Female, Open Male
- Relay Events: 14&U, 15+⁵
- Distance Events are open category

10.3 Finals

- There will be A finals for all age categories in events 400m and shorter
- Paralympic 200/400 Free events will be Time Finals Event.

⁴ The Organizing Committee reserves the right to adjust the age category based on number of entries

⁵ The Organizing Committee reserves the right to adjust the relay age category based on number of entries



10.4 Heats and Finals Events

- Olympic Program
 - 50m to 200m events will be senior-seeded with the fastest three heats circle-seeded
 - 400m events will be senior-seeded with the fastest two heats circle-seeded
- Paralympic Program
 - Paralympic events will be senior-seeded by gender⁶

10.5 Distance Events

- 800 and 1500 Freestyle events are time finals **with the top 8 per gender in Finals.**
- **All remaining heats will be swum fastest to slowest alternating gender in the preliminary session.**

10.6 Relays

- All relay events are timed finals. Only the fastest **sixteen (16)** validated entries in each relay age group will swim at the indicated session. **Clubs can only enter a maximum of 2 relay teams.** Additional entries **beyond finals** may be considered for the end of prelims **should space be available.**
- Validated relay entry times will be considered those which are no more than 1.50 seconds faster than the cumulative best times of the four swimmers entered.
- The request for relays scheduled in finals to be moved to preliminaries will not be granted.
- All relay names submitted through the entry process will be considered final unless a change is requested. Name changes are to be submitted on forms provided to the Admin Desk 30 minutes prior to the start of the session in which they are swum. Psych sheets with confirmed names will be posted at the Admin Desk for coaches' reference. Names for relays on Day 1 must be submitted within 30 minutes following the Technical meeting.
- Teams may enter one (1) or two (2) swimmers from a younger age group, these swimmers may swim in both their own age group relay as well as one or more older age group relays.
- Relay swimmers must be qualified and entered in an individual event.

10.7 Para Swimming

- Para specific events are listed in the following table. Entries in non-para events are permitted in events 100m or shorter, unless the swimmer has achieved the Best of the West Fest Time Standard for the event.

50 Free	S1-S13	Heats and Finals
100 Free	S1-S14	Heats and Finals
200 Free	S1-S5, S14	Finals
400 Free	S6-S13	
50 Back	S1-S5	Heats and Finals
100 Back	S6-S14	
50 Breast	SB1-SB3	Heats and Finals
100 Breast	SB4-SB9, SB11-SB14	

⁶ The Organizing Committee reserves the right to adjusting the seeding based on number of entries



50 Fly	S2-S7	Heats and Finals
100 Fly	S8-S14	
150 IM	SM1-SM4	Heats and Finals
200 IM	SM5-SM14	

- Para events of different distances for the same stroke (ie. 50 Back S1-5 and 100 Back S6-14) are considered one event.
- All preliminary events will swim regardless of the number of entries. Qualification for finals and final ranking will be based on Swimming Canada's para points.



Meet Schedule

THURSDAY			
FEMALE	MALE	AGE	EVENT
1	2	Open	200 IM (Prelims)
101/201	102/202	Para	150 / 200 IM
301		14 & Under	4 x 50 Medley Relay (Mixed)
302		15 & Over	4 x 50 Medley Relay (Mixed)
3	4	Open	1500 Free (Fastest Heat)
303	304	14 & Under	4 x 200 Free Relay
305	306	15 & Over	4 x 200 Free Relay
3	4	Open	1500 Free (Slower Heats)

FRIDAY PRELIMS			
FEMALE	MALE	AGE	EVENT
5	6	Open	100 Fly
7	8	Open	200 Breast
103	104	Para	50 Free
9	10	Open	50 Free
11	12	Open	200 Back
13	14	Open	400 Free

FRIDAY FINALS			
FEMALE	MALE	AGE	EVENT
5	6	By AG	100 Fly
7	8	By AG	200 Breast
103	104	Para	50 Free
9	10	By AG	50 Free
11	12	By AG	200 Back
105/205	106/206	Para	200 / 400 Free
13	14	By AG	400 Free
307	308	14 & Under	4 x 100 Free Relay (Top 16)
309	310	15 & Over	4 x 100 Free Relay (Top 16)

*By AG = By Age Group (13&U, 14, 15, 16, 17&O)



SATURDAY PRELIMS			
FEMALE	MALE	AGE	EVENT
15	16	Open	50 Back
107/207	108/208	Para	50 / 100 Back
17	18	Open	200 Free
19	20	Open	50 Fly
109/209	110/210	Para	50 / 100 Fly
21	22	Open	100 Breast
23	24	Open	400 IM

SATURDAY FINALS			
FEMALE	MALE	AGE	EVENT
15	16	By AG	50 Back
107/207	108/208	Para	50 / 100 Back
17	18	By AG	200 Free
19	20	By AG	50 Fly
109/209	110/210	Para	50 / 100 Fly
21	22	By AG	100 Breast
23	24	By AG	400 IM
311	312	14 & Under	4 x 100 Medley Relay (Top 16)
313	314	15 & Over	4 x 100 Medley Relay (Top 16)

SUNDAY PRELIMS			
FEMALE	MALE	AGE	EVENT
25	26	Open	200 Fly
27	28	Open	100 Free
111	112	Para	100 Free
29	30	Open	100 Back
31	32	Open	50 Breast
113/213	114/214	Para	50 / 100 Breast
33	34	Open	800 Free (Slower Heats)

SUNDAY FINALS			
FEMALE	MALE	AGE	EVENT
25	26	By AG	200 Fly
27	28	By AG	100 Free
111	112	Para	100 Free
29	30	By AG	100 Back
31	32	By AG	50 Breast
113/213	114/214	Para	50 / 100 Breast
1	2	By AG	200 IM
101/201	102/202	Para	150 / 200 IM
33	34	Open	800 Free (Faster Heat)
315		14 & Under	4 x 50 Free Relay (Mixed) (Top 16)
316		15 & Over	4 x 50 Free Relay (Mixed) (Top 16)

*By AG = By Age Group (13&U, 14, 15, 16, 17&O)

Best of the West Fest Time Standards

BEST OF THE WEST FEST 2026 FEMALE STANDARDS										
Long Course Metres					Short Course Metres					
17&Over	16	15	14	13 & U	Event	17&Over	16	15	14	13 & U
00:27.56	00:27.84	00:28.20	00:28.42	00:29.03	50 FR	00:27.01	00:27.28	00:27.64	00:27.85	00:28.45
00:59.52	01:00.12	01:01.08	01:01.79	01:03.15	100 FR	00:58.33	00:58.92	00:59.86	01:00.55	01:01.89
02:08.82	02:10.12	02:12.41	02:14.08	02:17.48	200 FR	02:06.24	02:07.52	02:09.76	02:11.40	02:14.73
04:34.29	04:37.06	04:41.63	04:44.74	04:51.05	400 FR	04:28.80	04:31.52	04:36.00	04:39.05	04:45.23
09:26.93	09:32.66	09:40.96	09:49.52	09:57.39	800 FR	09:15.59	09:21.21	09:29.34	09:37.73	09:45.44
18:22.25	18:33.38	18:52.43	18:54.84	19:12.10	1500 FR	18:00.20	18:11.11	18:29.78	18:32.14	18:49.06
00:30.40	00:30.71	00:31.02	00:31.33	00:31.96	50 BK	00:29.79	00:30.10	00:30.40	00:30.70	00:31.32
01:06.62	01:07.29	01:08.75	01:09.63	01:11.60	100 BK	01:05.28	01:05.94	01:07.38	01:08.24	01:10.17
02:24.37	02:25.83	02:28.63	02:30.61	02:34.56	200 BK	02:21.48	02:22.91	02:25.66	02:27.60	02:31.47
00:34.24	00:34.59	00:34.94	00:35.11	00:35.81	50 BR	00:33.56	00:33.90	00:34.24	00:34.41	00:35.09
01:16.53	01:17.30	01:18.44	01:19.11	01:21.62	100 BR	01:15.00	01:15.75	01:16.87	01:17.53	01:19.99
02:44.40	02:46.06	02:50.18	02:51.49	02:56.58	200 BR	02:41.11	02:42.74	02:46.78	02:48.06	02:53.05
00:28.58	00:28.87	00:29.02	00:29.45	00:30.04	50 FL	00:28.01	00:28.29	00:28.44	00:28.86	00:29.44
01:04.98	01:05.64	01:06.76	01:07.80	01:09.48	100 FL	01:03.68	01:04.33	01:05.42	01:06.44	01:08.09
02:25.82	02:27.29	02:30.89	02:33.09	02:37.97	200 FL	02:22.90	02:24.34	02:27.87	02:30.03	02:34.81
02:26.32	02:27.80	02:30.38	02:32.57	02:35.76	200 IM	02:23.40	02:24.84	02:27.37	02:29.52	02:32.64
05:11.45	05:14.60	05:19.75	05:24.53	05:32.23	400 IM	05:05.22	05:08.31	05:13.35	05:18.04	05:25.59

BEST OF THE WEST FEST 2026 MALE STANDARDS										
Long Course Metres					Short Course Metres					
17&Over	16	15	14	13 & U	Event	17&Over	16	15	14	13 & U
00:25.05	00:25.56	00:25.94	00:26.56	00:27.36	50 FR	00:24.55	00:25.05	00:25.42	00:26.03	00:26.81
00:54.32	00:55.56	00:56.50	00:57.85	00:59.59	100 FR	00:53.23	00:54.45	00:55.37	00:56.69	00:58.40
01:58.80	02:01.70	02:03.83	02:07.16	02:10.97	200 FR	01:56.42	01:59.27	02:01.35	02:04.62	02:08.35
04:15.18	04:20.90	04:24.62	04:31.73	04:39.88	400 FR	04:10.08	04:15.68	04:19.33	04:26.30	04:34.28
08:55.04	09:03.68	09:11.46	09:22.98	09:39.87	800 FR	08:44.34	08:52.81	09:00.43	09:11.72	09:28.27
17:08.48	17:19.17	17:37.53	17:54.69	18:26.93	1500 FR	16:47.91	16:58.39	17:16.38	17:33.20	18:04.79
00:28.42	00:28.70	00:29.28	00:30.16	00:31.06	50 BK	00:27.85	00:28.13	00:28.69	00:29.56	00:30.44
01:01.31	01:03.33	01:04.12	01:05.87	01:07.85	100 BK	01:00.08	01:02.06	01:02.84	01:04.55	01:06.49
02:14.32	02:17.30	02:19.18	02:22.79	02:27.07	200 BK	02:11.63	02:14.55	02:16.40	02:19.93	02:24.13
00:30.65	00:30.96	00:31.89	00:33.00	00:33.99	50 BR	00:30.04	00:30.34	00:31.25	00:32.34	00:33.31
01:09.46	01:10.54	01:12.01	01:14.14	01:16.36	100 BR	01:08.07	01:09.13	01:10.57	01:12.66	01:14.83
02:31.71	02:34.79	02:37.50	02:42.11	02:46.97	200 BR	02:28.68	02:31.69	02:34.35	02:38.87	02:43.63
00:26.11	00:26.37	00:27.16	00:28.11	00:28.95	50 FL	00:25.59	00:25.84	00:26.62	00:27.55	00:28.37
00:59.18	01:00.51	01:01.54	01:03.45	01:05.35	100 FL	00:58.00	00:59.30	01:00.31	01:02.18	01:04.04
02:13.51	02:17.01	02:19.83	02:24.32	02:28.65	200 FL	02:10.84	02:14.27	02:17.03	02:21.43	02:25.68
02:14.85	02:18.16	02:19.92	02:23.60	02:27.91	200 IM	02:12.15	02:15.40	02:17.12	02:20.73	02:24.95
04:50.32	04:56.27	05:00.15	05:10.80	05:20.12	400 IM	04:44.51	04:50.34	04:54.15	05:04.58	05:13.72