SWIMMING CHAMPIONSHIPS

TUESDAY 5TH MARCH 2024

Meet starts 9:00am – 3:00pm

(8.30am Warmup)

ADELAIDE AQUATIC CENTRE

Fitzroy Terrace & Jeffcott Rd, Adelaide

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1. You will firstly need to complete the online **"intent to compete"** form that can be found at www.sacsasports.com.au/nominations. This is due by no later than:

Friday 9TH FEBRUARY 2024

2. Once you have nominated online, you will need to send in **CSV. excel spreadsheet**. This file will need to contain a list of either your swimming team (in the format below) or if you have not finalized your team by the due date below, I will need a list of **all of your students** enrolled from Years 2 – 12 at your school.

The CSV. excel spreadsheet will need to look like the one below:

Name	Date of birth	Gender	Team
John Smith	DD-MM-YYYY	M	Sunrise

Please note:

If you are unable to send the name in one column, you can send two columns with first name and last name. The coordinator will change this for you.

The CSV. excel file will need to be sent back to the SACSA Sports Coordinator via email to luke@sacsasports.com.au by no later than:

Tuesday 20th February 2024

The CSV. excel lists will be entered into ReadyGo shortly after they have been sent.

3. Once this has been done, you will be able to enter your students into their events online. Please read below for a step-by-step process on how to enter your team into ReadyGo. You will need to enter your competitors into ReadyGo by no later than:

Tuesday 27th February 2024

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READY GO PROGRAM

How to set up an account/login

1. You will be sent an email shown below:
    Hello,
    Luke Shearer has added you for the role of "Sports Coordinator" on
    ReadyGo Sports Day Manager.
    Click here to accept your role.
    Please note, you will be directed to log in or to create an account if you
    have not already done so. Thank you

2. Once you clicked on the words "click here to accept your role" in your email, you will be directed to the ReadyGo website (http://www.readygo.com.au).

3. You will see the following screen:

4. If you did not use the Ready Go program last year, please click on "New here? Create an account…" at the bottom of the red login box. Please enter in your name, email address and set up a password as shown below. If you have used it before and cannot remember your password, please click on "Forgot Password…". Otherwise login as you did last year.

How to enter competitors into events

1. You will then be directed to the dashboard where you will see our name "SACSA" in grey. Please click on one of the options in red below "SACSA" to enter straight into your carnival.
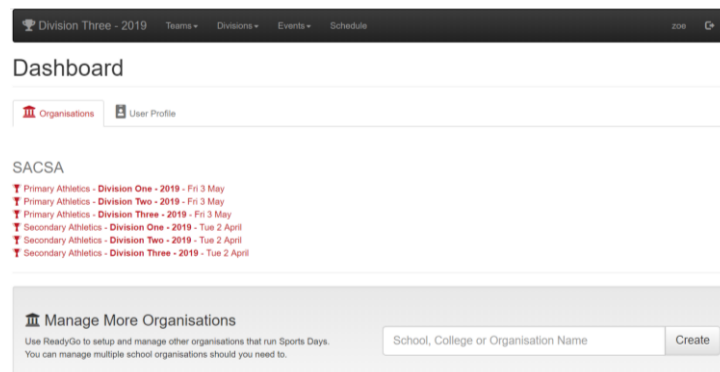
2. Once you have entered into the carnival, you will see the following screen (example below is from Athletics).
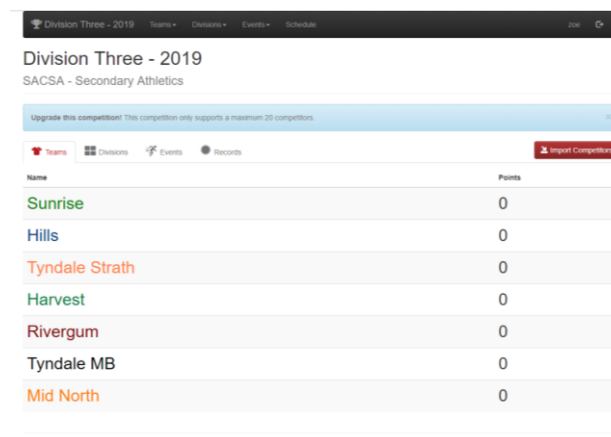
3. You can now start placing competitors into their events by clicking on "Events" (either the grey option or on the top black menu bar at the top of the page).
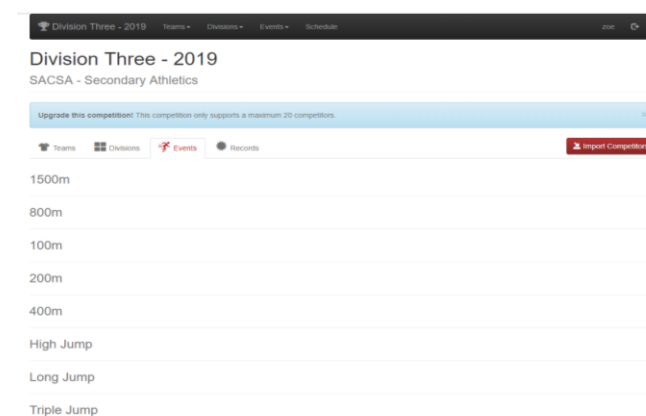
4. If you click on each individual event, you will have the option to then choose the age group you would like to enter competitors into as show below.
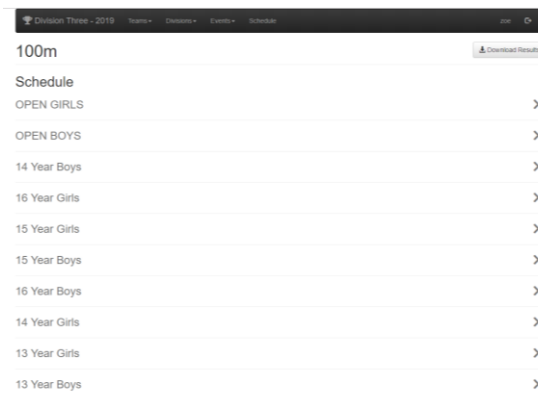
5. Alternately, if you would like to add competitors into events by age groups, you can click on "Divisions" on the black menu bar at the top of the screen. This will show a drop down as shown below. You can then access all of the events in that age group.
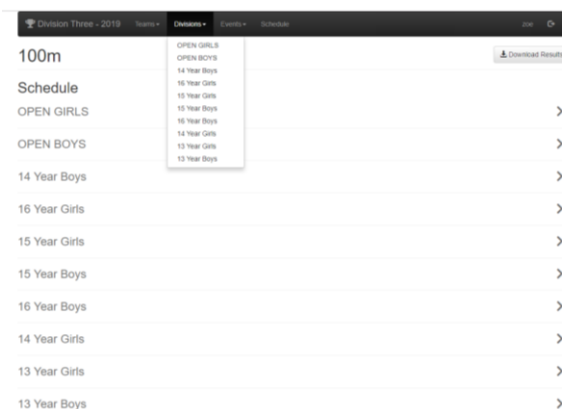
6. Once you are into the correct event and age group, you will see the screen below (shown for the 14 Year Boys 100m event)…
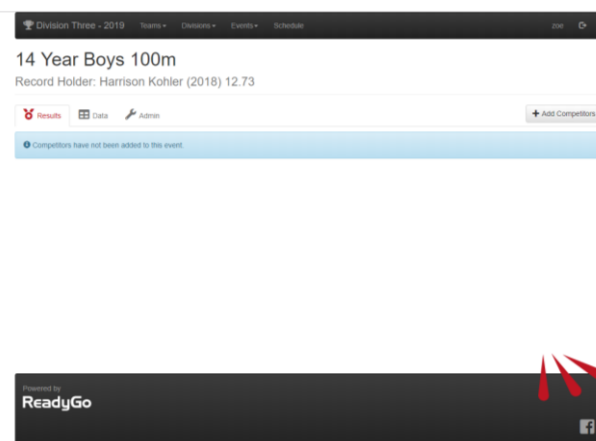
7. You then need to click on "+Add Competitor" tab on the right-hand side of the screen.
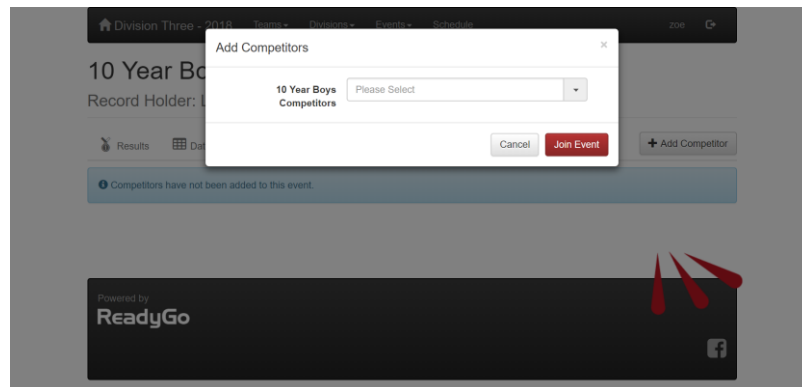
8. You can now either use the drop down to add your competitor to the event or type in their name. If you are adding a competitor that is younger than the age group, you just need to type his name in the "Younger Competitors" section.
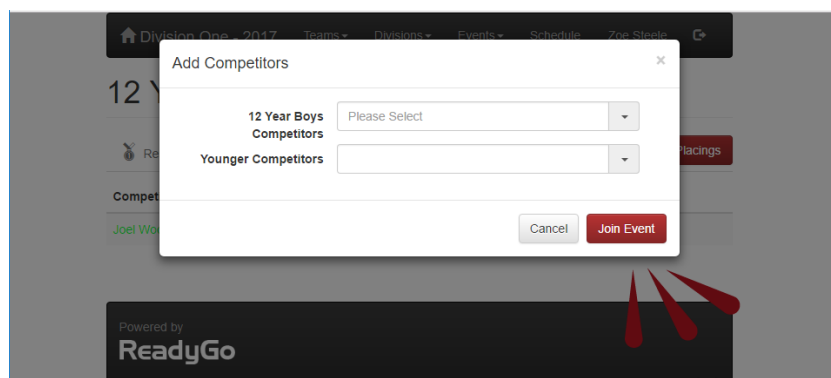
How to remove a competitor from an event

To remove or change a competitor that you have already entered, please go to the specific event (e.g., 100m, 12 Year Girls) and click on the "admin" tab as shown below. By clicking on the bin to the right of the competitor's name, you will be able to delete them.
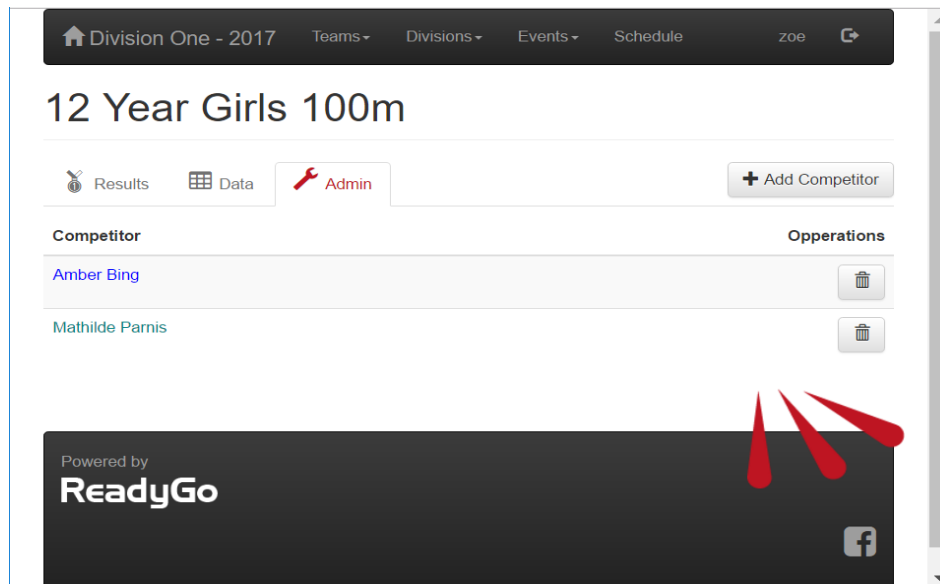
How to import more competitors into the program

If you would like to add competitor into the program you will need to go to the menu bar at the top of the screen (black) and click on "Teams". If you choose your team name it will then show you a list of all your competitors sorted into age and gender. Scroll down to the bottom of the page and there will be a red box that says, "New Competitor". If you click on that box, you can then add in a new competitor. They will then be added into the program.
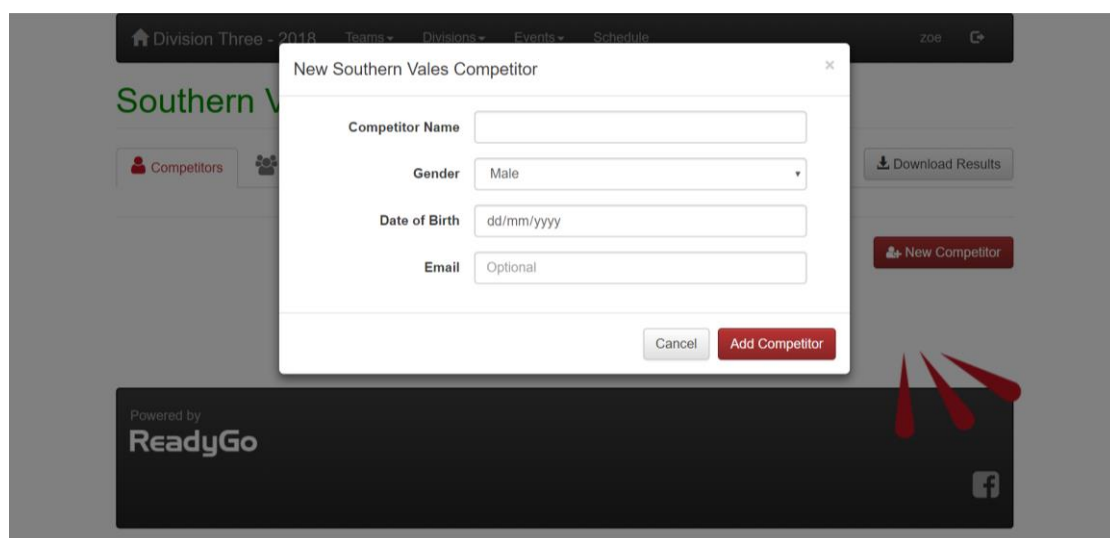
1. Once you have entered your division, you will need to go to the menu bar at the top of the screen (black) and click on "Teams". If you choose your school name and then click on the "groups" tab. Click on "Create Group" and this will bring up another box. You are then able to select the "Team Event" by using the drop-down arrow. You are also able to give your team a group name if you want, but this is optional. You can keep adding these groups until all the relays have been added.
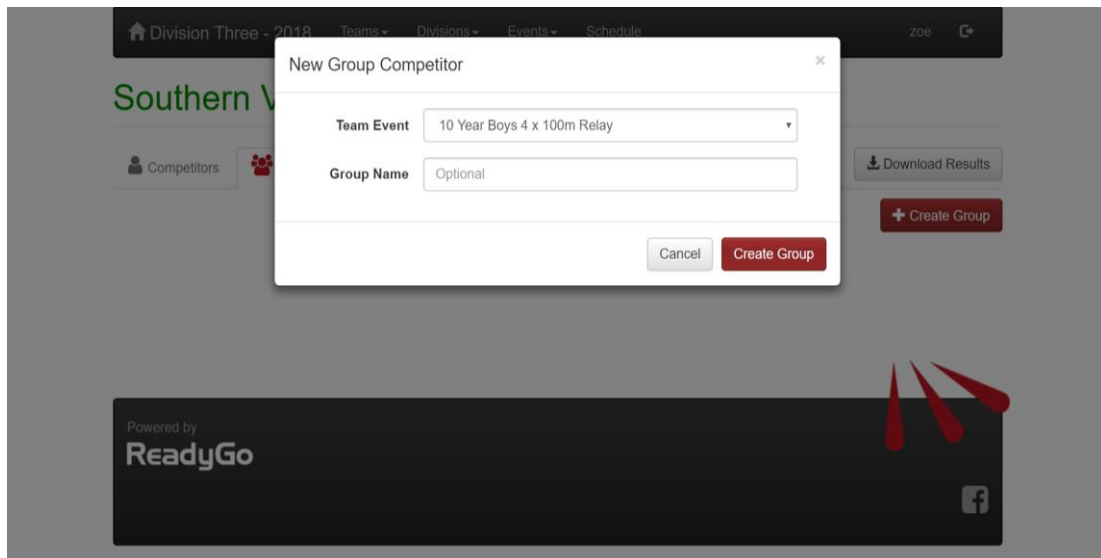
2. Once you have entered a relay team, it will appear in the program as shown below. You can then change the Name of the group if you want (not compulsory) and you can also add in the names of each competitor in your relay team (this is also not compulsory).
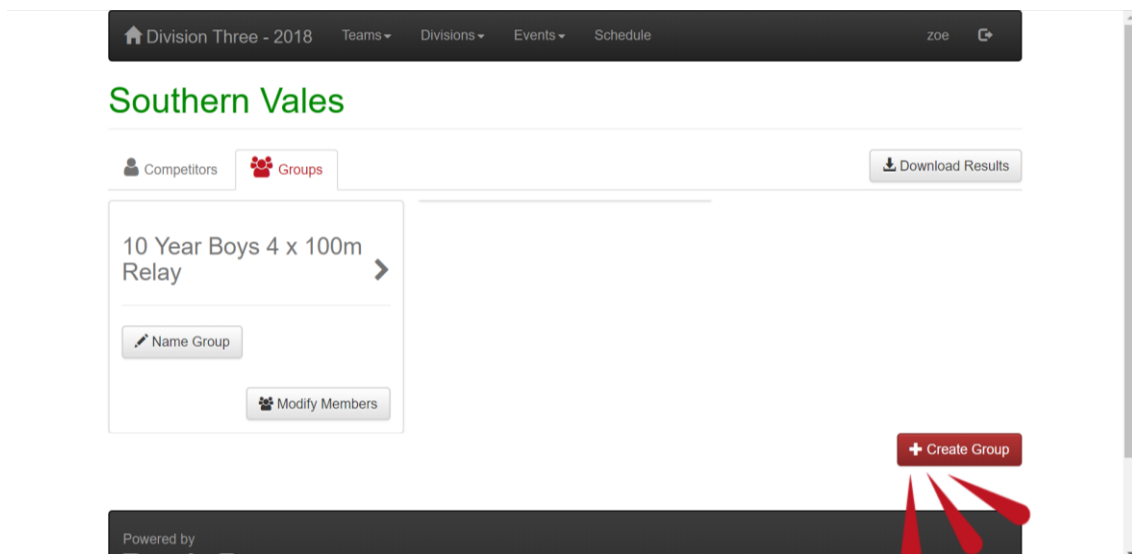
For a smooth start to the day, please take note of the following:

- **8.15 - 8.30am**
  - All Swimming coordinators must be at the venue.
    If this is not possible, please contact the SACSA Executive Sports Coordinator prior to the carnival.
  - Swimmers have the chance to warm up in the pool til 9am in allocated lanes.

- **8.35am**
  - All coaches, officials and marshals must report to end of the northern end of the Pool to collect folders and get final instructions.

- **8.50am**
  - Warm up time over
  - Opening by convenor

- **8:55am**
  - All officials and marshals must be at their respective areas.
  - 100m swimmers should be at the Pre-Starters Marshalling area south end of the pool.
  - **All changes/substitutions of swimmers must be completed by **9.15am**.
    Please see Pre starters marshalling area.
    No more changes after this time unless notified to the coordinator or convenor.

- **9.15am**
  - **Events begin**

- **2.34pm**
  - Last race begins

- **2.45pm**
  - Closing / Presentations / pack up

- **3pm**
  - Leave and thanks for coming.

RULES OF COMPETITION

1. Division Heats have been set up to accommodate for the large number of schools competing. Due to time constraints unfortunately there will be no finals, so winners will be taken from heat times. **The fastest time will win the event.**

2. Lanes **will be** allocated, so please have a look at the program and make sure your competitors know which lane they are in for their races.
   There will be a Starters Marshal to remind students if they forget.

3. **DIVISIONS** – There will be divisions for 2024. Div 1 & Div 2 (dependent on the number of schools entering)
   Each school can only send **1 competitor per event** (except for relays).

4. **2024 AGE GROUPS** – Please see table below for eligible age groups.

Year of Birth	Age Group
2006, 2007 & 2008	Open
2009	15 Yrs.
2010	14 Yrs.
2011	13 Yrs.
2012	12 Yrs.
2013, 2014 & 2015	11 Yrs.

5. **OPEN EVENTS** – Available to girls and boys (regardless of age)
   i.e., fastest male and female swimmers in any of the above age groups.

6. **NUMBER OF EVENTS**
   Competitors can compete in no more than 5 individual events, plus 1 relay.

   Please note: Competitors may only compete in an event ONCE.
   If they choose to compete in a higher age group, they then forfeit their position in that event in any other age group.
   E.g., if a 12-year-old has competed in the 12-year-old 50m backstroke, they cannot compete in any other backstroke event. Or if they choose to compete in the Open 50m backstroke event, they will not be able to compete in 12-year-old backstroke event.
   Competitors are not allowed to compete in a lower age group.

7. **POINT ALLOCATIONS**

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	All other places
10	9	8	7	6	5	4	3	2	1

8. **SCHOOL DUTIES** - Please see below for a full list of school duties.

9. Competitors must report to the pre marshalling area **20 minutes before their event commences.** There will be announcements throughout the day reminding schools.

10. **END OF EACH EVENT** – Competitors must remain in their lanes until told to leave the water. Then the **top 3 swimmers** will need to go directly to the scoring desk to receive their ribbons. The remaining swimmers must then return to the area reserved for their school.

11. Except where otherwise specified, the rules of Swimming SA will be observed.

12. **WARM UP** – Students are permitted to enter the pool 35 minutes before the opening ceremony commences. **They must be out of the pool by 8:50am**.

13. **SUBSTITUTIONS & SCRATCHINGS** – Substitute competitors must be notified prior to commencement of the carnival. **Changes need to be directed to the Pre-Starters Marshalling area behind the starting area <u>BEFORE 9:15 AM.</u>**
If you are adding a competitor on the day that is not on the "READY GO" program, you need to see Luke Shearer (with the students Name and Date of birth) **before seeing the Pre starters Marshalling area.

14. **4 X 50 METRE RELAY** – Only one relay team per school per relay event permitted. Teams must consist of four swimmers from the same school **and no mixed genders**. The second, third and fourth members of a team must not dive from the parapet (and swimmers at the shallow end must start in the water) until the previous swimmer of their team touches it. **If you are unsure of entering a team please do so, it is easier to take a team out then to add one in.**

15. **PROTESTS** – The Swimming Coordinator from each school must notify the SACSA Coordinator or the Event Convenor of the intention to protest a result **within 5 minutes** of the event concluding. The inquiry will be discussed, and a decision will be made. The SACSA Coordinator and/or Event Convenor's decision is final.

16. METHOD OF STARTING – Long whistle │Take your marks │Airhorn.

The Starter - Confirm with the Starter referee that Starters Marshal and Finishing Marshal are ready to begin.

Long whistle – At the commencement of each event, the starter shall blow a long whistle is blown indicating that swimmers should take and maintain their positions on the starting platform. In backstroke and medley relay events, the starter blows a long whistle to indicate that swimmers shall enter the water.

Take your mark - On the Starter's command "take your mark", the swimmers shall immediately assume their starting position, in the forward start, with at least one foot at the front of the block, or, in backstroke and medley relay events, assume the backstroke starting position.

Signal - When all swimmers are stationary, the Starter shall give the starting signal.
If Swimmers are delayed or unsteady after the "take your mark" command, the Starter shall immediately release all swimmers with the command "Stand Up" upon which the swimmers may stand up or step off the blocks
Repeat procedure.

False start - Any swimmer starting before the starting signal shall be disqualified if the Starter Referee confirms the Starter's observation that a violation occurred. Swimmers remaining on the starting blocks shall be relieved from their starting positions with the "Stand Up" command and may step off the blocks. The Starter shall restart the race upon signal by the Referee.

When it becomes apparent, because of uneven motion or delay of the swimmers in assuming their positions, that a fair start will be difficult to achieve, the starter should give the command "stand up" or for backstroke starts, "stand down". Upon hearing this command, the swimmers should stand up on the starting platform; back strokers may relax.

Any swimmer who enters the water or back stroker who leaves the starting area shall be charged with a false start, except that a swimmer who would otherwise be charged with a false start may be relieved of the charge if the false start was caused by the swimmer's reaction to the command.

If a false start is observed and the starting signal has been given, the race should be continued and not recalled. In this case, any swimmers charged with a false start will be notified of the disqualification upon completion of the race. If the recall signal is activated inadvertently, no swimmer shall be charged with a false start and the Starter shall restart the race upon signal by the Referee.

FREESTYLE

SW 5.1 Freestyle means that in an event so designated the swimmer may swim any style, except that in Individual Medley or Medley Relay events, Freestyle means any style other than Backstroke, Breaststroke or Butterfly.

SW 5.2 Some part of the swimmer must touch the wall upon completion of each length and at the finish.

SW 5.3 Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

BACKSTROKE

SW 6.1 Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited. When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.

SW 6.2 At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in SW 6.5.

The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.

SW 6.3 Some part of the swimmer must break the surface of the water throughout the race. It shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.

SW 6.4 When executing the turn, there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn, the shoulders may be turned over the vertical to the breast after which an immediate, continuous single arm pull or immediate, continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.

SW 6.5 Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane.

BREASTSTROKE

SW 7.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. At any time prior to the first Breaststroke kick after the start and after each turn, a single butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

INTERPRETATION: A butterfly kick is not part of the cycle and is only permitted at the start and after the turn at any time prior to the first Breaststroke kick.

SW 7.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

SW 7.3 The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

SW 7.4 During each complete cycle, some part of the swimmer's head must break the surface of the water. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.

SW 7.5 The feet must be turned outwards during the propulsive part of the kick. Alternating movements or butterfly kicks are not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

SW 7.6 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

BUTTERFLY

SW 8.1 From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time except at the turn, after the touch on the wall, where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.

SW 8.2 Both arms must be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race, subject to SW 8.5.

SW 8.3 All up and down movements of the legs must be simultaneous. The position of the legs or feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

SW 8.4 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above or below the water surface.

SW 8.5 At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

**This is an extraction from the Swimming SA Swim Rules (Swim Strokes) updated 2018

2024 SACSA GUIDE TIMES

SACSA Recommended Qualifying Times 2024 (Guide)
with SA Sate Country QT for reference (SCQT)

SACSA times were set from 2021

GIRLS	Event Ave	SCQT	Event Ave	SCQT	Event Ave	SCQT	Event Ave	SCQT	Event Ave	SCQT	Event Ave
Age	100m Freestyle		50m Freestyle		50m Breaststroke		50m Backstroke		50m Butterfly		4 x 50m Freestyle Relay
11 Year Olds			52.56 sec	38.5sec	1.06 mins	52sec	56.94 sec	47sec			
12 Year Olds	1.47 mins	1.20mins	47.2 sec	36sec	1.01 mins	49sec	51.96 sec	43sec	54.7 sec	42.5sec	3.21 mins
13 Year Olds			41.5 sec	34.35sec	52.5 sec	47sec	48.21 sec	42.50sec			
14 Year Olds	1.23 mins	1:19.80mins	43.5 sec	34sec	51.3 sec	46.80sec	50.5 sec	42.10sec	47.2 sec	40.25sec	2.54 mins
15 Year Olds			39.5 sec	33.50sec	50.5 sec	46.6sec	46.6 sec	41.80sec			
OPEN	1.17 mins	1:17.60mins	38.5 sec	33sec	50.5 sec	45.70sec	48.5 sec	41sec	40.7 sec	39sec	2.41 mins

BOYS	Event Ave	SCQT	Event Ave	SCQT	Event Ave	SCQT	Event Ave	SCQT	Event Ave	SCQT	Event Ave
Age	100m Freestyle		50m Freestyle		50m Breaststroke		50m Backstroke		50m Butterfly		4 x 50m Freestyle Relay
11 Year Olds			49.13 secs	38.5sec	1.05 mins	52sec	59.63 sec	47sec			
12 Year Olds	1.44 mins	1:23.40mins	45.3 sec	36.50sec	59.67 secs	49.50sec	53.46 sec	44.90sec	56.94 secs	42.5sec	3.18 mins
13 Year Olds			41.5 sec	34.50sec	41.5 sec	46.80sec	57.5 sec	40sec			
14 Year Olds	1.21 mins	1:16.80mins	40.5 sec	32.50sec	49.7 sec	45sec	50.5 sec	39.50sec	43.2 sec	40.50sec	2.37 mins
15 Year Olds			41.4 sec	32sec	51.5 sec	42.90sec	44.5 sec	39.20sec			
OPEN	1.20 mins	1:13.30mins	33.5 sec	30.30sec	49.5 sec	42sec	43.2 sec	39sec	36.8 sec	36.70sec	2.21 mins

2024 DIVISIONS

SUBJECT TO CHANGE

ONCE SCHOOL COMPLETE THE "INTENT TO COMPETE" NOMINATION ONLINE

DIV 1 — **SECONDARY**

LANE 1	TYNDALE SE
LANE 2	TVCS
LANE 3	EMMAUS
LANE 4	CEDAR
LANE 5	TEMPLE ME
LANE 6	KINGS
LANE 7	TEMPLE P
LANE 8	ENDEAVOUR

DIV 1 — **PRIMARY**

LANE 1	BETHANY
LANE 2	KINGS
LANE 3	EMMAUS
LANE 4	CEDAR
LANE 5	TVCS
LANE 6	SUNRISE
LANE 7	PRESCOTT NTH
LANE 8	

DIV 2 — **SECONDARY**

LANE 1	PORTSIDE
LANE 2	PRESCOTT STH
LANE 3	SVCC
LANE 4	HORIZON
LANE 5	PRESCOTT COLL
LANE 6	HILLS
LANE 7	RIVERGUM
LANE 8	TEMPLE MARION

DIV 2 — **PRIMARY**

LANE 1	
LANE 2	HILLS
LANE 3	SVCC
LANE 4	HORIZON
LANE 5	PRESCOTT STH
LANE 6	RIVERGUM
LANE 7	PORTSIDE
LANE 8	

BASED ON 2023 RESULTS

**There is the ability to have up to more lanes if needed.

2024 SCHOOL DUTIES

This is subject to change depending on the schools that nominate from year to year.
The SACSA Executive Sports Coordinator will send an updated list if there are changes.

SCHOOL	DUTY	NUMBER
SACSA	Event Coordinator/Recorder	
	Pre Starters Marshal	
	Convenor/ Finishing Marshal	
TEMPLE ME	Timing Marshal 2	Staff x 1
	Timers **(Lane 2)**	Students x 3
TEMPLE P	Timers **(Lane 7)**	Students x 3
CEDAR	Pre Starters Marshal Helper	Staff x 1
	Timers **(Lane 3)**	Students x 3
EMMAUS	Timing Marshal 1	Staff x 1
	Timers **(Lane 1)**	Students x 3
TYNDALE SE	Timing Marshal 3	Staff x 1
	Timers **(Lane 6)**	Students x 3
KINGS	Starter	Staff x 1
	Stroke/False lane Judge	Staff x 1
HILLS	Timers **(Lane 5)**	Students x 3
PRESCOTT STH	Lunch Breaks/RELAY JUDGE Start	Staff x 1
TVCS	Starters Marshal	Staff x 1
	Timers **(Lane 4)**	Students x 3
PORTSIDE	Lunch Break	Staff x 1
	Timers **(Lane 8)**	Students x 3
SVCC	Lunch Breaks/RELAY JUDGE Finish	Staff x 1
	Runners	Student x 2

PRE-STARTERS MARSHAL & HELPER

Pre-Starters Marshal uses the event sheets to check name changes and tick once correct.

Then they will place the swimmers in their correct lane order and ask them to sit down and wait to be called by the Starters Marshal.

The Helper will assist in lane orders and handing the Staters Marshal the event sheets as required.

STARTERS MARSHAL

Once the Pre-Starters Marshal has seated competitors in lane order,

The Starters Marshal takes each event form the pre starters marshal and then calls the competitors up to the end of the pool to line up in lane order.

STARTER

Starter looks to the Starters Marshal to make sure everyone is ready.

They then start each event with a whistle and air horn.

Watch for false starts.

STROKE/FALSE START LANE JUDGE

The Stroke Judge makes sure that all strokes are correct during each race.

If this is not the case, the stroke judge will let the finishing marshal know the lane and swimmer will be disqualified.

Watch for false starts.

STUDENT TIMERS

Student timers sit on their allocated lane chairs whilst race begins and move to the end of the pool to see the competitors hit the end wall.

Timers will need to start and stop their stop watches at the beginning and end of the race.

The slowest time will be taken from the two.

(Each nominated school will be bring 3 to 4 student timers and is up to the students to rotate as needed for toilet and lunch breaks.)

Each school will be given an allocated lane for the whole day.

TIMING MARSHAL 1

Timing Marshal 1 makes sure timers are ready.

They then hold up the white flag to the starter.

They will also start a back-up timer for first place once they hear the airhorn.

When each event ends, they encourage swimmers to move out of the pool and go back to their schools areas.

TIMING MARSHAL 2 & 3

The Timing Marshal makes sure student timers are ready. Give the all clear to Timing Marshal 1.

Once the event has finished, they write down the times from the timers,

then give the timing sheet to the Finishing Marshal.

FINISHING MARSHAL

Oversee proceedings at the finish end of the pool.

When each event ends, they encourage swimmers to move out of the pool and go back to their schools areas.

The Finishing Marshal will then receive the time sheets from Timing Marshals 2 & 3 to finalise the results and then pass on to the runners to give to the recorders.

RUNNERS

Before each event a runner will need to take each event sheet from the Starter Marshal to the other end of the pool to the Finishing Marshal.

RECORDERS

Recorders need to bring a laptop and charger.

They will then enter results into the Ready Go program.

LUNCH BREAKS/RELAY JUDGE Finish & Start

Give each person on duty a half hour lunch break. You will need to find out what you need to do during that duty. During Relay time, you will need to stay at your designated end of the pool (Start or Finish) and make sure swimmers do not take off before their teammate has hit the wall. Disqualification is given if this is seen.

SACSA SWIMMING PROGRAM

EVENT NUMBER	TIME	AGE GROUP	GENDER	HEAT
100m FREESTYLE				
0	9.15	12 Year Old	GIRLS	DIV 2
1	9.18	12 Year Old	GIRLS	DIV 1
2	9.21	12 Year Old	BOYS	DIV 2
3	9.24	12 Year Old	BOYS	DIV 1
4	9.27	14 Year Old	GIRLS	DIV 2
5	9.30	14 Year Old	GIRLS	DIV 1
6	9.33	14 Year Old	BOYS	DIV 2
7	9.36	14 Year Old	BOYS	DIV 1
8	9.39	OPEN	GIRLS	DIV 2
9	9.42	OPEN	GIRLS	DIV 1
10	9.45	OPEN	BOYS	DIV 2
11	9.48	OPEN	BOYS	DIV 1
50m BUTTERFLY				
12	10.00	12 Year Old	GIRLS	DIV 2
13	10.02	12 Year Old	GIRLS	DIV 1
14	10.04	12 Year Old	BOYS	DIV 2
15	10.06	12 Year Old	BOYS	DIV 1
16	10.08	14 Year Old	GIRLS	DIV 2
17	10.10	14 Year Old	GIRLS	DIV 1
18	10.12	14 Year Old	BOYS	DIV 2
19	10.14	14 Year Old	BOYS	DIV 1
20	10.16	OPEN	GIRLS	DIV 2
21	10.18	OPEN	GIRLS	DIV 1
22	10.20	OPEN	BOYS	DIV 2
23	10.22	OPEN	BOYS	DIV 1
50m BACKSTROKE				
24	10.26	11 Year Old	GIRLS	DIV 2
25	10.30	11 Year Old	GIRLS	DIV 1
26	10.34	11 Year Old	BOYS	DIV 2
27	10.38	11 Year Old	BOYS	DIV 1
28	10.42	12 Year Old	GIRLS	DIV 2
29	10.46	12 Year Old	GIRLS	DIV 1
30	10.50	12 Year Old	BOYS	DIV 2
31	10.54	12 Year Old	BOYS	DIV 1
32	10.58	13 Year Old	GIRLS	DIV 2
33	11.02	13 Year Old	GIRLS	DIV 1
34	11.06	13 Year Old	BOYS	DIV 2
35	11.10	13 Year Old	BOYS	DIV 1
36	11.14	14 Year Old	GIRLS	DIV 2
37	11.18	14 Year Old	GIRLS	DIV 1
38	11.22	14 Year Old	BOYS	DIV 2
39	11.26	14 Year Old	BOYS	DIV 1

EVENT NUMBER	TIME	AGE GROUP	GENDER	DIVISION
**50m BACKSTROKE**				
40	11.30	15 Year Old	GIRLS	DIV 2
41	11.34	15 Year Old	GIRLS	DIV 1
42	11.38	15 Year Old	BOYS	DIV 2
43	11.42	15 Year Old	BOYS	DIV 1
44	11.46	OPEN	GIRLS	DIV 2
45	11.50	OPEN	GIRLS	DIV 1
46	11.54	OPEN	BOYS	DIV 2
47	11.58	OPEN	BOYS	DIV 1
**50m FREESTYLE**				
48	12.02	11 Year Old	GIRLS	DIV 2
49	12.04	11 Year Old	GIRLS	DIV 1
50	12.06	11 Year Old	BOYS	DIV 2
51	12.08	11 Year Old	BOYS	DIV 1
52	12.10	12 Year Old	GIRLS	DIV 2
53	12.12	12 Year Old	GIRLS	DIV 1
54	12.14	12 Year Old	BOYS	DIV 2
55	12.16	12 Year Old	BOYS	DIV 1
56	12.18	13 Year Old	GIRLS	DIV 2
57	12.20	13 Year Old	GIRLS	DIV 1
58	12.22	13 Year Old	BOYS	DIV 2
59	12.24	13 Year Old	BOYS	DIV 1
60	12.26	14 Year Old	GIRLS	DIV 2
61	12.28	14 Year Old	GIRLS	DIV 1
62	12.30	14 Year Old	BOYS	DIV 2
63	12.32	14 Year Old	BOYS	DIV 1
64	12.34	15 Year Old	GIRLS	DIV 2
65	12.36	15 Year Old	GIRLS	DIV 1
66	12.38	15 Year Old	BOYS	DIV 2
67	12.40	15 Year Old	BOYS	DIV 1
68	12.42	OPEN	GIRLS	DIV 2
69	12.44	OPEN	GIRLS	DIV 1
70	12.46	OPEN	BOYS	DIV 2
71	12.48	OPEN	BOYS	DIV 1
**50m BREASTSTROKE**				
72	12.52	11 Year Old	GIRLS	DIV 2
73	12.54	11 Year Old	GIRLS	DIV 1
74	12.56	11 Year Old	BOYS	DIV 2
75	12.58	11 Year Old	BOYS	DIV 1
76	1.00	12 Year Old	GIRLS	DIV 2
77	1.02	12 Year Old	GIRLS	DIV 1
78	1.04	12 Year Old	BOYS	DIV 2
79	1.06	12 Year Old	BOYS	DIV 1
80	1.08	13 Year Old	GIRLS	DIV 2
81	1.10	13 Year Old	GIRLS	DIV 1
82	1.12	13 Year Old	BOYS	DIV 2
83	1.14	13 Year Old	BOYS	DIV 1

EVENT NUMBER	TIME	AGE GROUP	GENDER	DIVISION
50m BREASTSTROKE				
84	1.16	14 Year Old	GIRLS	DIV 2
85	1.18	14 Year Old	GIRLS	DIV 1
86	1.20	14 Year Old	BOYS	DIV 2
87	1.22	14 Year Old	BOYS	DIV 1
88	1.24	15 Year Old	GIRLS	DIV 2
89	1.26	15 Year Old	GIRLS	DIV 1
90	1.28	15 Year Old	BOYS	DIV 2
91	1.30	15 Year Old	BOYS	DIV 1
92	1.32	OPEN	GIRLS	DIV 2
93	1.34	OPEN	GIRLS	DIV 1
94	1.36	OPEN	BOYS	DIV 2
95	1.38	OPEN	BOYS	DIV 1
4 X 50M FREESTYLE RELAY				
96	1.50	12 Year Old	GIRLS	DIV 2
97	1.54	12 Year Old	GIRLS	DIV 1
98	1.58	12 Year Old	BOYS	DIV 2
99	2.02	12 Year Old	BOYS	DIV 1
100	2.06	14 Year Old	GIRLS	DIV 2
101	2.10	14 Year Old	GIRLS	DIV 1
102	2.14	14 Year Old	BOYS	DIV 2
103	2.18	14 Year Old	BOYS	DIV 1
104	2.22	OPEN	GIRLS	DIV 2
105	2.26	OPEN	GIRLS	DIV 1
106	2.30	OPEN	BOYS	DIV 2
107	2.34	OPEN	BOYS	DIV 1
2.45 PM PRESENTATIONS				