

Swim England South West Region Championships 2025 Summer Championships Licensed at Level 1.

Below are the details of 2025 Championships, full details of the 2025 Winter Championships event will be circulated later. Consideration times and Para event details are at the end of this document.

Important notes:

As these are consideration times for these championships, please do not make payment until you have heard if the swimmers have been accepted, we will endeavour to get this done by the weekend following the closing date.

Swimmers who have a consideration time are not considered as entered until their entry has been confirmed back to the club.

When sending entries, we only require the entry file, a copy of page 6 below and which club you are from in all correspondence, if you have recently taken over as competition secretary of your club, please make this clear so that you can be added to the distribution list

When emailing us please include the name of the swimming club you are representing.

Entry procedure:

There are Hytek entry files for all events, and these must be used for club entries, individual entries will only be accepted when there is one entry per club, and these should be made by emailing SE number and events to be entered to swentries@swimming.org

Closing date:

The closing date and time will be - midnight on Monday 7th April 2025 for all 3 weekends, this will allow times done at designated meets on the weekend of 5/6 April 2025 to be sent to BS Rankings and hopefully appear on the swimmers file and you can make their entries, we will NOT be accepting updated times from those meets, so do not send more than 1 entry file.

Data Protection statement:

Entries will be administered by a third party appointed by the Region and will be held on a computer solely for the purposes of this competition and consent, as required by the Data Protection Act 2018, to the holding of personal information on computer will be deemed to have been given by the submission of the entry. Personal data will be available for inspection during the meet on application to the promoters. Swim England SWR values your privacy and operates in line with the Data Protection Act 2018. In order to operate the SWR Championships, we have a legitimate interest to collect and process some personal data from all competitors. Name, Date of Birth, Club & Club Code & Swim England Registration Number

Personal data collected for the purposes of managing the Championships will be destroyed 2 years after the event. Results from the event with names of competitors will continue to be retained as a Regional record.

Officials:

To comply with Licence regulations, we do need officials for all sessions, if there are insufficient officials the Meet level may be lowered or in the worst instance the Licence may be withdrawn and the times achieved will not be entered on to BS Rankings. So please ensure your officials use the SwimMeet sign up in order to declare their availability to the Officials Secretary. The link to use is as follows: <https://swim-meet.com/OfficialsSignup/SwimEnglandSouthWest/> Should there be an issue with this link please email the Officials Secretary : swofficialssecretary@gmail.com

Spectators:

Spectators will be permitted capacity allowing. Entry will be on a strictly first come basis. Swimmers will get priority when looking at capacities.

Promoters Conditions

1. The meet will be held under Swim England Laws and Regulations and Swim England Technical Rules of Racing.
2. The Promoter of the Event is Mrs. Chrissie Robinson
3. In the interests of the sport in cases of extenuating circumstances the Region's Officers shall decide if the swimmer is eligible to compete. Their decision will be final.
4. All athletes must be registered as Club Compete members of their governing body.
5. Entries may be held on a computer solely for the purposes of this competition and consent, as required by the Data Protection Act 2018, to the holding of personal information on computer will be deemed to have been given by the submission of the entry. Personal data will be available for inspection during the meet on application to the promoters.
6. Age groups are based on ages at 31st December 2025.
7. The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female
8. A competitor may compete under the name of one club only and enter only one Regions Summer Championships.
9. Applications for entry must be correctly submitted by the specified date, 7th April 2025. Late entries or additions will not be accepted.
10. The promoter will limit the number of entries should the event be oversubscribed; the slowest entries in each of the relevant events and age group may be refused. Entries do need to show on the rankings database
11. Age groups 11/12yrs to 18 & over in single year bands
12. There will be finals of all events, apart from 400m Freestyle, 400m Individual Medley, 800m Freestyle and 1500m Freestyle which will be HDW. All HDW events may be subject to a secondary entry process.
13. A secondary strobe will be available at this meet.
14. The heats will be seeded on entry times. All entry times must appear on the British Rankings database within the qualifying window of the 1st September 2024 to the 7th April 2025.
15. There are no upper limit qualifying times for this competition.
16. Competitors must report to the marshals at least 3 heats before their own event. Failure to do so may mean exclusion from their event.
17. All starts will be over the top, except for backstroke races.
18. Coaches will be responsible for their swimmers at all times. Please complete the Coach Pass Application. All clubs must be represented by at least one qualified L2 Coach in each session who has a current DBS check & Safeguarding pass. Team Managers must be at least Team Manager 1 qualified and hold a current DBS check. A link to this will be available on our website for a month immediately prior to the first competition. These are the only people who will be allowed to accompany the swimmers area of the pool.
19. Warm up times may change after entries have been accepted. Warm up procedures will be listed and shared prior to the start of the meet.
20. Clubs are requested to supply a qualified official for every 10 swimmers entered in the competition.
21. The promoter reserves the right to refuse admission to any competitor or coach who displays or has previously displayed rude, aggressive or abusive behaviour.
22. There will be no changing of swim wear on poolside, the balcony or in the toilets outside of the changing areas. All swimmers must use the designated changing areas and arrive in the marshaling area swim ready. Use of Mobile Phone or photo capturing devices is strictly prohibited in the changing rooms and changing areas.
23. All swim wear for competition **and warm up** must meet the World Aquatics guidance rules.
24. The meet promoter will make every effort to run the event. In any situation that the meet must be cancelled competitors are not automatically eligible to a full refund of their entry fees. Proportionate refunds may be made but only after the promoter has covered all incurred costs. In any situation that the meet must be run at either unlicensed or at a lower license level, competitors are not eligible for refunds of their entry fees.
25. Anyone wishing to use a device capable of photography or videoing must take careful note of the information posters. The full Swim England Guidance on Photography can be found in Wavepower the Child Safeguarding Policy and Procedures available at <http://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>
26. The Region is investigating the live streaming of these events and will follow the full Swim England Guidance on Photography which can be found in Wavepower the Child Safeguarding Policy and Procedures as detailed above. In the instances where the event is being live streamed, it is not

possible to provide the option to refuse consent to filming and if there are any concerns, please speak to the promoter.

27. Start lists and results sheets will be posted on the regional website and on Meet Mobile
28. Anything not covered in the above conditions and associated literatures will be at the discretion of the promoter but in agreement with the lead referee. The meet organisers will amend the rules where necessary following the advice of the lead referee, but only in the event of a situation out of our control and to ensure the meet runs smoothly.
29. The referee's decision is final, subject to Swim England laws. The electronic timing is provisional and may be overruled by the referee. Disabilities must be reported to the referee before the session of their event. A copy of the British Swimming certificate of disability or Certificate of Exemption must be produced if requested. Failure to comply could result in disqualification of the event

Withdrawal Refunds:

1. If the withdrawal is before the programme is published (seven days prior to the start of the event) a full refund will be given.
2. When withdrawal from all events is made by 4.00pm on the day before the event because of injury or sickness a refund of 50% will be made.
3. All withdrawals must be by email to swentries@swimming.org
4. All withdrawals from Finals in the Finals session, by Finalists and Reserves have to be made within 15 minutes of the last event with heats in all sessions or 75 minutes before the advertised start time of the final's sessions. Failure to do so will result in a £25.00 fine. These withdrawals must be made on the recognised form available from the recorder at the meet.
5. All refunds are given as credit notes to clubs and fines are payable by the club on behalf of the swimmer.

Relays Information

Age Groups for relay teams are 14 – 16 and 17 & Over

There are no QTs for these events although teams must be entered with a time and names of the swimmers.

Para Conditions

These supplementary conditions are to be adhered to in conjunction with the promoters conditions for the South West Long Course Summer Championships. Para entries to be submitted on the paper entry form contained within this document.

Eligibility

All swimmers must have an authorized SE/IPC/WPS swimming classification. Qualifying standard will apply and all swimmers can qualify from Level 1, 2 & 3 events and must have been achieved in the qualification window specified.

Heats and Results

The Region will combine the events with able bodied events and results will be from heat declared winner.

Awards

Awards shall be awarded on multi disability points basis to swimmer in 1st, 2nd and 3rd place.

Programme:

LICENCE NUMBER 1SW250638

AGE GROUP WEEKEND 1 – MILLFIELD

SATURDAY 26 APRIL

Warm-up 8.45 – 9.45

SESSION 1 - 11/12, 13, 14 Yrs

Female 200 Butterfly Heats

Male 200 Freestyle Heats

Female 50 Backstroke Heats

Male 100 Backstroke Heats

Female 400 Freestyle (HDW)

SESSION 2 - 11/12, 13, 14 Yrs

Male 100 Breaststroke Heats

Female 200 Ind Medley Heats

Male 50 Butterfly Heats

Female 50 Breaststroke Heats

Male 400 Ind Medley (HDW)

Session 3

FINALS 11/12yrs, 13yrs, 14yrs

Female 200 Butterfly

Male 200 Freestyle

Female 50 Backstroke

Male 100 Backstroke

Female 200 Ind Medley

Male 100 Breaststroke

Female 50 Breaststroke

Male 50 Butterfly

SUNDAY 27 APRIL

Warm-up 8.45 – 9.45

SESSION 4 - 11/12, 13, 14 Yrs

Female 200 Backstroke Heats

Male 200 Breaststroke Heats

Female 100 Butterfly Heats

Male 100 Freestyle Heats

Female 50 Freestyle Heats

Session 5

FINALS 11/12yrs, 13yrs, 14yrs

Female 200 Backstroke

Male 200 Breaststroke

Female 100 Butterfly

Male 100 Freestyle

Female 50 Freestyle

SESSION 6 - ALL AGES

Male 1500 Freestyle

Female 1500 Freestyle

LICENCE NUMBER 1SW250640

AGE GROUP WEEKEND 2- HENGROVE

SATURDAY 10 MAY

SESSION 16 - 11/12, 13, 14 Yrs

Male 200 Butterfly Heats

Female 200 Freestyle Heats

Male 50 Backstroke Heats

Female 100 Backstroke Heats

Male 400 Freestyle (HDW)

SESSION 17 - 11/12, 13, 14 Yrs

Female 100 Breaststroke Heats

Male 200 Ind Medley Heats

Female 50 Butterfly Heats

Male 50 Breaststroke Heats

Female 400 Ind Medley (HDW)

SESSION 18 - FINALS

Male 200 Butterfly

Female 200 Freestyle

Male 50 Backstroke

Female 100 Backstroke

Male 200 Ind Medley

Female 100 Breaststroke

Male 50 Breaststroke

Female 50 Butterfly

SUNDAY 11 MAY

SESSION 19 - 11/12, 13, 14

Male 200 Backstroke Heats

Female 200 Breaststroke Heats

Male 100 Butterfly Heats

Female 100 Freestyle Heats

Male 50 Freestyle Heats

SESSION 20 - FINALS

Male 200 Backstroke

Female 200 Breaststroke

Male 100 Butterfly

Female 100 Freestyle

Male 50 Freestyle

SESSION 21 - ALL AGES

Female 800 Freestyle

Male 800 Freestyle

LICENCE NUMBER: 1SW250639

YOUTHS WEEKEND - PLYMOUTH Incorporating Para Championships

SATURDAY 3 May

SESSION 7 - 15, 16, 17, 18/O

Male 200m Freestyle
Female 200m Backstroke
Male 100m Breaststroke
Female 100m Butterfly
Male 50m Butterfly
Female 4 x 100 Freestyle Team (HDW) 14-16 & 17 & Ov

SESSION 8 - 15, 16, 17, 18/O

Female 50m Breaststroke
Male 200m Ind Medley
Female 100m Freestyle
Male 50m Backstroke
Female 400 Ind Medley (HDW)
Male 4 x 100 Medley Team (HDW) 14-16 & 17 & Ov

SUNDAY 4 MAY '[]=

SESSION 10 - 15, 16, 17, 18/O

Female 200m Butterfly
Male 200m Butterfly
Female 100m Backstroke
Male 100m Backstroke
Female 50m Freestyle
Male 4 x 200 Freestyle Team (HDW) 14-16 & 17 & Ov

SESSION 11 - 15, 16, 17, 18/O

Male 50m Freestyle
Female 200m Breaststroke
Male 200m Breaststroke
Female 400 Freestyle (HDW)
Male 400 Freestyle (HDW)
Female 4 x 200 Freestyle Team (HDW) 14-16 & 17 & Ov

SESSION 9 - FINALS

15, 16, 17, 18/O

Male 200m Freestyle
Female 200 Backstroke
Male 100 Breaststroke
Female 100 Butterfly
Male 50 Butterfly
Female 50 Breaststroke
Male 200 Ind Medley
Female 100 Freestyle
Male 50 Backstroke

SESSION 12 - FINALS

Female 200m Butterfly
Male 200m Butterfly
Female 100m Backstroke
Male 100m Backstroke
Female 50m Freestyle
Male 50m Freestyle
Female 200m Breaststroke
Male 200m Breaststroke

MONDAY 5 MAY PLYMOUTH

SESSION 13 - 15, 16, 17, 18/O

Female 200m Freestyle

Male 200m Backstroke

Female 100m Breaststroke

Male 100m Butterfly

Female 50m Butterfly

Male 4 x 100 Freestyle Team (HDW) 14-16 & 17 & Ov

SESSION 14 - 15, 16, 17, 18/O

Male 50m Breaststroke

Female 200m Ind Medley

Male 100m Freestyle

Female 50m Backstroke

Male 400 Ind Medley (HDW)

Female 4 x 100 Medley Team (HDW) 14-16 & 17 & Ov

SESSION 15 - FINALS

Female 200m Freestyle

Male 200 Backstroke

Female 100 Breaststroke

Male 100 Butterfly

Female 50 Butterfly

Male 50 Breaststroke

Female 200 Ind Medley

Male 100 Freestyle

Female 50 Backstroke

Swim England South West Region - Coach's Pass Application Form

For this event we will be using the Swim England system for Coaches and Team Managers to apply for their poolside passes. We will be using the Swim England System for Accreditation which will make the process much easier for clubs and the Region when processing.

This is the same system that is used for many national events and involves applying through the website and printing out your pass that you will take along to the event.

1. Log into www.swimmingresults.org
2. On the 'Members' tab click on 'Swim England Member Options'. This will bring up a log in screen which you will need your membership number and password for (details on how to make an account or reset your password if forgotten is available on this page).
3. Once you are logged in you should have a number of options listed. Click on the link for 'Purchase accreditation for events here'. Please note you must ensure that you have a headshot uploaded and that all your qualifications, Safeguarding and DBS information is in date on your clubs OMS system.
4. After clicking the link the page will show a number of events from around the Country, you will need to scroll to find 'South West LC Summer Championships'.
5. All of the fields for this event will need to show as pass in a green box for you to be able to purchase accreditation. If any of the boxes are red you will need to go back to your club and make sure that all of the information is up to date.
6. Once on this page there is a link for 'purchase accreditation' click on that and follow the prompts.
7. After payment it will give you the option to print your accreditation, please print this and bring along to the event. We will be handing out lanyards and pouches at the event for you to add this to. Without the pass you will not be admitted to the event.

Please note there will be a one off fee of £5 for a pass for this event. Any problems please email swimsouthwest@swimming.org

CLUB OFFICIALS AT CHAMPIONSHIPS

To comply with Licence regulations, we do need officials for all sessions, if there are insufficient officials the Licence can be withdrawn, and the times achieved will not be entered on to BS Rankings. So please ensure your officials use the SwimMeet sign up in order to declare their availability to the Officials Secretary. The link to use is as follows: <https://swim-meet.com/OfficialsSignup/SwimEnglandSouthWest/> Should there be an issue with this link please email the Officials Secretary : swofficialssecretary@gmail.com

OFFICIALS REIMBURSEMENT

Officials who officiate at any of the Sessions will be entitled to Mileage Expenses at a Rate of 45p per mile from their home address to the Pool Venue and return, with a limit of one claim per day, regardless of the number of sessions attended in that day. Officials should request an Expenses Application Form from a Referee which should be completed and returned to that Referee during the duration of the Meet. Officials who officiate for two sessions in one day will be provided with a light lunch.

HELP WANTED AT ALL EVENTS!

Clubs will be asked to provide volunteers to act as stewards, marshals and various other duties. Please supply Chris Vickery with names 1 week beforehand. swentries@swimming.org

COMPUTER ENTRY FORM – THIS PAGE MUST BE RETURNED WITH ALL ENTRIES

Please complete and return.

Club _____

Number of Male Summer entries @£10.00 _____

Number of Female Summer entries @£10.00 _____

Number of Male Relay entries @£23.00 _____

Number of Female Relay entries @£23.00 _____

Number of Male Para entries @£10.00 _____

Number of Female Para entries @£10.00 _____

SIGNATURE OF CLUB OFFICER AS RATIFICATION THAT THE SWIMMERS ARE CAPABLE OF DIVING AS REQUIRED BY THE SE COMPETITIVE START AWARD.

Signature _____ Name _____

Clubs will be invoiced for accepted entries once confirmed.

PLEASE ONLY PAY ONCE ENTRIES ARE CONFIRMED

Email _____

Phone _____

swentries@swimming.org

T 01823 666792

Entry procedure:

There are Hytek entry files for all events, and these must be used for club entries including times for all relay events swentries@swimming.org

Swim England South West Region Para Swimming Entry Form 2025

These events will be swam at Plymouth 3RD – 5TH May 2025

Incorporating Para Championships 2025

Para swimming entries should be made on this form if times cannot be entered on the Hytek entry file from Rankings, if they show Yellow N this will be accepted

NAME: _____

CLUB: _____

D.O.B: _____ SEX: _____

CLASSIFICATION: S _____ SB _____ SM _____ Exceptions _____

S14 SWIMMERS NEED TO BE REGISTERED WITH UKSA OR INAS-FID AT THE TIME OF ENTRY

S14 Registration No: _____

(PLEASE NOTE ANY ENTRIES WITHOUT AN S14 REGISTRATION WILL NOT BE ENTERED IN THE COMPETITION)

Registration Number: ASA / SASA / WASA _____

PLEASE INDICATE WHICH EVENTS YOU WISH TO ENTER BY SUBMITTING TIMES NEXT TO THE APPROPRIATE EVENTS.

EVENTS AVAILABLE	TIME
50M FREESTYLE S1 – S14	
100M FREESTYLE S1 – S14	
200M FREESTYLE S1 – S5 & S14	
400M FREESTYLE S6 – S14	
50M BACKSTROKE S1 – S5	
100M BACKSTROKE S1 – S2 & S6 – S14	
50M BREASTSTROKE SB1 – SB3	
100M BREASTSTROKE SB4 – SB9, SB11 – SB14	
50M BUTTERFLY S1 – S7	
100M BUTTERFLY S8 – S14	
200M I.M. SM5 – SM14	

I CONFIRM I ACCEPT THE PROMOTERS CONDITIONS FOR THE EVENT

Signature:

Parent/Guardian Signature (if competitor under the age of 18):

Date:

Entries close MONDAY 07.04.2025

By email to swentries@swimming.org

Or by post to

Chris Vickery

Swim England S W Regional Office

Castle Road Chelston Business Park Wellington TA21 9JQ

Consideration times to have been achieved since 01/09/2024 in Licensed meets L1, 2 or 3 and appear on BS Ranking lists.

All times are Long Course but conversions using the Swim England Equivalent Performance tables are acceptable.

Age is at 31/12/25

OPEN/MALE

FEMALE

TIME	11/12YRS	13YRS	14YRS	15YRS	16YRS	17YRS + 18YRS & OVER	EVENT	11/12YRS	13YRS	14YRS	15YRS	16YRS	17YRS + 18YRS & OVER
CONSIDERATION	32.50	31.50	28.70	28.50	27.50	26.00	50m Freestyle	33.00	31.00	30.00	29.50	29.20	29.20
CONSIDERATION	1.11.00	1.08.00	1.03.00	1.00.50	1.00.00	57.00	100m Freestyle	1.12.60	1.08.00	1.05.30	1.04.00	1.04.00	1.03.00
CONSIDERATION	2.38.00	2.29.00	2.15.00	2.12.00	2.07.00	2.06.00	200m Freestyle	2.34.00	2.29.00	2.22.00	2.17.00	2.15.00	2.14.00
CONSIDERATION	5.30.00	5.20.00	4.50.00	4.38.00	4.29.00	4.25.00	400m Freestyle	5.30.00	5.15.00	5.00.00	4.53.00	4.50.00	4.46.00
CONSIDERATION	11.15.00	10.35.00	9.45.00	9.35.00	9.20.00	9.15.00	800 Free	11.15.00	10.30.00	10.17.00	10.00.00	10.00.00	9.40.00
CONSIDERATION	22.00.00	20.45.00	18.45.00	18.15.00	17.50.00	17.45.00	1500m Free	22.30.00	21.15.00	20.00.00	19.45.00	20.00.00	19.00.00
CONSIDERATION	38.00	37.00	34.20	32.50	31.50	31.00	50m Backstroke	37.50	36.00	34.50	34.20	33.50	33.20
CONSIDERATION	1.24.00	1.19.00	1.12.00	1.12.00	1.07.00	1.07.00	100m Backstroke	1.24.00	1.19.00	1.15.00	1.14.00	1.11.00	1.10.00
CONSIDERATION	2.53.00	2.50.00	2.36.00	2.31.00	2.24.00	2.19.00	200m Backstroke	2.53.00	2.46.00	2.39.00	2.31.00	2.30.00	2.30.00
CONSIDERATION	45.30	42.00	40.00	35.00	34.80	32.50	50m Breaststroke	44.00	42.00	40.00	39.00	39.00	38.50
CONSIDERATION	1.36.00	1.33.00	1.21.00	1.20.00	1.18.00	1.12.00	100m Breaststroke	1.36.00	1.30.00	1.28.00	1.26.00	1.24.00	1.23.00
CONSIDERATION	3.28.00	3.15.00	2.58.00	2.51.00	2.47.00	2.43.50	200m Breaststroke	3.21.00	3.18.00	3.05.00	2.59.00	2.58.00	2.57.00
CONSIDERATION	38.50	36.00	33.90	30.00	30.00	28.00	50m Butterfly	37.50	35.70	34.00	33.00	32.50	32.00
CONSIDERATION	1.27.00	1.19.00	1.14.00	1.10.50	1.08.00	1.01.00	100m Butterfly	1.26.00	1.16.00	1.15.00	1.13.00	1.12.00	1.12.00
CONSIDERATION	3.23.00	3.15.00	2.50.00	2.30.00	2.30.00	2.25.00	200m Butterfly	3.20.00	3.00.00	2.45.00	2.40.00	2.38.00	2.36.00
CONSIDERATION	2.57.00	2.50.00	2.36.00	2.31.00	2.27.50	2.25.00	200m Ind. Medley	2.57.00	2.50.00	2.43.00	2.40.00	2.35.00	2.35.00
CONSIDERATION	6.12.00	6.00.00	5.33.00	5.18.00	5.15.00	5.15.00	400m Ind. Medley	6.14.00	6.10.00	5.46.00	5.30.00	5.25.00	5.20.00

Swim England South West Region Para Times 2025

Male/Other	50m Free	100m Free	200m Free	400m Free	50m Back	100m Back	50m Breast	100m Breast	50m Fly	100m Fly	150m IM	200m IM
S1	02:24.08	05:08.88	08:12.64		02:22.35	05:10.05	02:34.61		00:00.00		00:00.00	
S2	01:39.95	03:32.10	06:56.43		01:34.11	03:17.57	01:40.69		02:47.10		07:47.34	
S3	01:12.64	02:38.42	05:32.37		01:14.38		01:18.94		01:27.60		04:57.47	
S4	01:02.62	02:14.67	04:43.87		01:12.74			02:48.74	01:10.16		04:11.66	
S5	00:52.37	01:55.46	04:19.78		00:57.78			02:23.12	00:55.10			05:26.56
S6	00:47.94	01:46.42		08:17.55		02:00.80		02:11.02	00:50.26			04:20.80
S7	00:44.50	01:38.82		07:33.28		01:51.50		02:04.90	00:47.54			04:06.13
S8	00:42.90	01:35.71		07:18.85		01:50.77		01:52.19		01:43.28		03:55.92
S9	00:40.98	01:30.21		06:52.05		01:39.47		01:49.70		01:37.62		03:40.26
S10	00:37.81	01:22.35		06:36.30		01:37.25				01:33.76		03:31.31
S11	00:42.00	01:34.54		07:20.50		01:52.69		01:55.06		01:42.88		03:58.93
S12	00:38.26	01:24.78		06:59.20		01:38.08		01:45.62		01:32.32		03:42.86
S13	00:38.42	01:23.84		06:33.68		01:37.33		01:44.80		01:31.81		03:31.58
S14	00:40.64	01:25.55	03:04.30	06:53.41		01:37.12		01:46.69		01:31.14		03:28.67
FEMALE												
S1	02:14.58	06:39.41	10:35.89		03:37.46	07:10.90	03:37.31		03:43.66		00:00.00	
S2	02:10.45	06:10.43	11:07.74		01:58.37	04:14.83	02:50.53		01:51.44		08:25.30	
S3	01:29.28	03:17.09	07:03.95		01:34.26		01:39.76		03:39.34		07:05.31	
S4	01:07.39	02:26.58	05:33.63		01:28.26				01:13.28		04:52.50	
S5	01:00.59	02:11.58	04:35.12		01:12.48			03:02.14	00:58.27			05:46.27
S6	00:53.65	01:58.19		08:30.83		02:15.38		02:45.42	00:57.30			04:52.72
S7	00:52.69	01:55.73		08:30.30		02:08.96		02:37.14				04:44.90
S8	00:48.86	01:45.78		07:45.94		02:03.23		02:29.34		01:56.80		04:19.82
S9	00:46.69	01:40.80		07:36.90		01:52.32		02:11.54		01:48.82		04:09.54
S10	00:45.15	01:37.22		07:19.86		01:52.58		02:05.90		01:48.30		03:58.88
S11	00:49.12	01:49.28		08:49.44		02:08.11		02:16.94		02:51.28		04:30.46
S12	00:44.40	01:37.15		07:45.60		01:54.48		02:01.41		01:47.38		04:04.50
S13	00:44.27	01:35.68		07:18.99		01:46.58		02:01.62		01:43.12		03:58.59
S14	00:45.66	01:37.76	03:22.03	07:39.06		01:49.14		02:02.13		01:46.32		03:53.68