			Male				22/11/2009				Female		
9	10	11	12	13	14	Open	Events	9	10	11	12	13	Open
							Freestyle						
41.00	37.00					28.30	**50**	42.00	37.00				31.20
		1.15.00	1.11.00	1.07.00	1.04.00	1.05.30	**100**			1.15.00	1.10.00	1.08.50	1.09.02
3.20.00	2.59.00	2.40.00	2.31.00	2.25.00	2.17.00	2.19.50	**200**	3.15.00	2.55.00	2.38.00	2.30.00	2.25.00	2.27.40
	6.05.00	5.30.00	5.15.00	5.00.00	4.50.00	4.54.80	**400**		5.50.00	5.30.00	5.10.00	5.00.00	5.14.50
		11.02.00	11.00.00	10.52.00	10.47.00	10.45.00	**800**			11.45.00	11.15.00	11.00.00	10.55.00
		21.46.00	21.30.00	21.15.00	21.00.00	19.50.00	**1500**			22.00.00	21.45.00	21.30.00	20.30.00
							Backstroke						
48.00	44.00					36.60	**50**	49.00	42.00				38.60
		1.25.00	1.22.00	1.17.00	1.14.00	1.15.10	**100**			1.26.00	1.20.00	1.17.50	1.18.50
3.40.00	3.16.00	3.05.00	2.52.00	2.42.00	2.38.00	2.40.10	**200**	3.45.00	3.16.00	3.00.00	2.50.00	2.43.00	2.45.00
							Breaststroke						
56.00	50.00					40.80	**50**	56.00	50.00				42.70
		1.41.00	1.36.00	1.30.00	1.27.00	1.28.40	**100**			1.39.00	1.33.00	1.30.00	1.31.40
4.10,00	3.50.00	3.35.00	3.25.00	3.10.00	3.05.00	3.07.80	**200**	4.10.00	3.40.00	3.27.00	3.16.00	3.12.00	3.14.70
							Butterfly						
52.00	47.00					32.80	**50**	53.00	44.00				36.50
		1.30.00	1.25.00	1.20.00	1.15.00	1.16.00	**100**			1.30.00	1.24.00	1.18.00	1.19.00
4.15.00	3.50.00	3.30.00	3.15.00	3.00.00	2.53.00	2.54.80	**200**	4.00.00	3.50.00	3.30.00	3.10.00	3.00.00	3.01.80
							Ind. Medley						
1.45.00	1.35.00	1.29.00	1.25.00	1.18.00	1.16.00		**100m**	1.45.00	1.32.00	1.25.00	1.22.00	1.17.50	
3.45.00	3.25.00	3.02.00	2.55.00	2.45.00	2.35.00	2.37.50	**200m**	3.45.00	3.20.00	3.05.00	2.50.00	2.46.00	2.49.40
	7.00.00	6.30.00	6.10.00	5.50.00	5.30.00	5.35.30	**400m**		7.15.00	6.30.00	6.10.00	5.50.00	5.55.00
	800m /1500m and Open times are all long course - entry times must be either long course												
	or converted short course times.												