



# Berkshire & South Buckinghamshire ASA

(Sub regional body of the ASA South East Region)

## County and Age Group Championships 2014

(Under ASA Laws and ASA Technical Rules)

### Entry Conditions and Procedure

#### Introduction

1. The County Championships and County Age Group Championships are run as an integrated meet and are governed by the County Championships Conditions and County Age Group Championships Conditions as approved by the County Executive. These can be found on the BSBASA website ([www.bsbasa.org](http://www.bsbasa.org)). The key requirements of these Conditions are summarised in this entry procedure document.
2. The format of these championships and a number of procedural matters have changed following feedback from clubs and coaches after the 2013 championships (and the resulting changes to the Championship and Age Group conditions). Full details are contained in this entry pack.

#### Eligibility

3. Competitors who are members of clubs affiliated to the Association on the closing date for entries and who are registered with the ASA with Category 2 membership may enter individual events. However a competitor may only represent one club in the Championships. Furthermore a competitor who has entered BSBASA Championships in any other discipline in 2014 can only swim in the name of the same club represented in that earlier Championship. Finally a competitor who has swum in the Championship or Age Group Competitions of another county in 2014 may not enter.
4. All clubs affiliated to the Association may enter team events. Individual competitors selected to represent clubs must be eligible to enter individual events.

#### Competitors with disabilities

5. Competitors with disabilities may enter any event provided they meet the eligibility requirements above. The consideration times do not apply to competitors with disabilities, except that they must have achieved the consideration time for the youngest age group to which the event is offered. There are no separate disability awards. Competitor with disabilities who do not meet the standard consideration times wishing to enter should contact the organisers ([championships@bsbasa.org](mailto:championships@bsbasa.org)) regarding the entry process.

#### Individual Events

6. The following individual events are included in the championships

Freestyle	50m, 100m, 200m, 400m, 800m (girls only), 1500m (boys only)
Backstroke	50m, 100m, 200m
Butterfly	50m, 100m, 200m
Breaststroke	50m, 100m, 200m
Individual Medley	100m*, 200m, 400m

\* The 100m IM is not a championship event and is restricted to swimmers 14 years and under. 9 and 10 year olds may not enter any 100m events except the 100m IM, or any events over 200m

7. There are separate events for male and female competitors. Please note the 800m and 1500m events will be swum long course at the Wycombe Sports Centre 50m Pool and **not** at Maidenhead

(and not at Aldershot Garrison as originally planned as this pool is closed until the end of March 2014).

8. Ages are at 22 March 2014.

### **Team Events**

9. The following team events are included:

Open 4 x 50m Freestyle Team  
Youths 4 x 100m Freestyle Team  
BAGCATS 4 x 100m Freestyle Team  
11 years & under 4 x 50m Freestyle Team

Open 4 x 50m Medley Team  
Youths 4 x 100m Medley Team  
BAGCATS 4 x 100m Medley Team  
11 years & under 4 x 50m Medley Team

10. Please note the open team events will be swum long the Wycombe Sports Centre 50m Pool and **not** at Maidenhead (and not at Aldershot Garrison as originally planned as this pool is closed until the end of March 2014).

11. There are separate male and female events. The age conditions are as follows:

Youths	All boys and girls must be 15 -18 on 10 August 2014
BAGCATS	All boys and girls must be 10 -14 on 3 August 2014
11 years and under	All boys and girls must be 9 -11 years at 22 March 2014

12. There are no minimum consideration times for team events, and it is intended that the County team events should be a good opportunity for swimmers to gain experience of relay team racing. It is therefore expected that there will be a wide range of entry times in each event. Would clubs and coaches please make sure that the entry times are appropriate for the team that is expected to swim on the day and think twice about entering teams that are likely to be way below the standards of any of the other competing clubs.

13. As in 2013 most of the team events are in the same session which is the concluding session of the meet. We are hoping that this session will again have that special atmosphere that is present at team events and will be a fitting conclusion to the Championships.

### **Entry Procedure - General**

14. All entries must be made and paid for on-line by following the link at [www.bsbasa.org](http://www.bsbasa.org). Please note that entry will be by ASA number and only those swimmers who are registered with clubs in the County and who have a Category 2 ASA registration are permitted to enter.

**15. The closing date for submitting and paying for entries is midnight on 29 January 2014. No entries will be accepted or entry times updated after that date.**

16. Entry fees are £5.25 per individual event and £7.00 per team event. No entries will be accepted without payment of the appropriate entry fee. Except where it is not possible to accept entries (see below) entry fees are not refundable. Entry fees in respect of an incorrect entry will be forfeit.

### **Entry Procedure - Individual events**

17. Swimmers must have achieved the consideration time during the 12 months ending on 19 January 2014. These times must have been achieved at ASA licensed meets (Level 1 – 4) and be included in the ASA Ranking Database at the date of your entry. When you enter, the on-line entry system will download the fastest short course time (actual or converted) achieved in the 12 months ended on 19 January 2014 from the ASA Rankings database and where this is equal to or faster than the consideration time, this will be the swimmers entry time. It is not possible to amend this time. Conversions from long course (50m) to short course (25m) will be done using the equivalent

performance application (based on tables published by the ASA) at [www.bsbasa.org](http://www.bsbasa.org). Only times set in 25m or 50m pools are eligible.

18. Currently ASA Rankings do not capture relay lead off times set in licensed meets. Such times set at licensed meets may be used for entry but it will be necessary to submit appropriate documentary evidence signed by the race or meet referee (in line with ASA guidance). Such evidence must be submitted in advance. Split times from longer events will not be accepted for entry.
19. Documentary evidence of relay lead off times must be submitted no later than midnight on 24 January 2014. If this is accepted by the meet organiser, the appropriate time will be made available in the on-line entry system. Evidence must be submitted via [www.bsbasa.org](http://www.bsbasa.org) where there will be full instructions.
20. Swimmers who have elected to keep their membership and ranking information private will not be able to enter using the on-line system. These swimmers should amend their membership status with the ASA and then use the on-line system. Only in very exceptional circumstances, will the Entries Secretary through his discretion allow this condition to be relaxed and even then only after suitable evidence of the circumstances and entry times have been provided which must be at least 10 days prior to the closing date.
21. Please note that meeting the consideration time does not guarantee entry and depending on the volume of entries it may not be possible to accept all entries from swimmers who have achieved the consideration time. Where this is necessary, swimmers with the fastest times will be accepted taking into account the need to be fair between age groups. Where possible, swimmers who are not accepted may be nominated as reserves, and may be able to swim in the event of withdrawals.
22. Consideration times are attached and are stated to tenths. For the avoidance of doubt, where the consideration time is stated as (say) 1:37.0, a time of 1:37.00 meets the entry criterion, but 1:37.01 does not.
23. A document describing the process for setting the consideration times can be found at [www.bsbasa.org/minutes/SwimmingCommittee/2013/BSBASA%20CC14%20Consideration%20times%20-%20process.pdf](http://www.bsbasa.org/minutes/SwimmingCommittee/2013/BSBASA%20CC14%20Consideration%20times%20-%20process.pdf).

### **Entry Procedure - Team events**

24. It is not necessary to name the swimmers from whom each team will be selected on the entry form, however the names, dates of birth ASA registration numbers and swim order of the selected swimmers must be declared on the team declaration form which must be posted before the time indicated on the form. All teams must be entered and paid for using the on-line system at [www.bsbasa.org](http://www.bsbasa.org).

### **Notification of Accepted Swims**

25. Entries successfully received by the on-line system can be viewed at any time at [www.bsbasa.org](http://www.bsbasa.org), but receipt of entries does not guarantee acceptance. Accepted swims will be posted at [www.bsbasa.org](http://www.bsbasa.org) as soon as possible after the closing date. It is the responsibility of swimmers and clubs to check entry details carefully before the entries deadline. Processing errors notified before the start of the meet will be corrected. It is most unlikely that errors can be corrected once the meet has started.

### **Meet details**

26. The order of events is attached. Please note that the session times are provisional and will be confirmed once entries have been processed. Swimmers should consider carefully which events they enter, and in particular the possibility that if they qualify for finals they may need to swim a number of races over a very short period of time. It will not be possible to have a break in the

programme to accommodate multiple swims. Swimmers who qualify for finals (including Junior finals) are expected to swim in those finals, and withdrawals from finals should only occur in exceptional circumstances.

27. Swimmers whose entries have been accepted, but who do not intend to swim must withdraw. Withdrawal must be notified to each club's designated team manager, who will in turn notify the meet organisers (before the start of the warm up for each session). Clubs with an unacceptable level of unreported withdrawals will be reported to the Performance Swimming Events Committee who may impose a penalty, including a fine.
28. Team declaration forms must be collected at the start of session 1. These must be completed with the details of the swimmers who will actually compete and must be posted prior to the time stated on the form (sessions 5 and 8). If forms are not posted, then swimmers and teams will not be able to swim. It is not necessary to withdraw from these events. Teams who do not swim the declared swimmers in the declared order will be disqualified.
29. With the exception of the 400m, 800m and 1500m individual freestyle events and all team events, all heats will be seeded fast to slow (this is to allow the swimmers who are most likely to qualify for finals to have the greatest amount of rest). The 400m, 800m and 1500m individual freestyle events and all team events will be seeded slow to fast.
30. The meet will be held under ASA Laws and ASA Technical Rules, and in particular the one start rule shall apply.

## **Awards**

### Age group awards

31. Awards will be made to the winners in the following age groups,  
  
9 years, 10 years, 11 years, 12 years, 13 years, 14 years, 15/16 years, and 17 years & over.  
  
NB 9 and 10 year olds may not enter any 100m events except the 100m IM, or any events over 200m. Swimmers over 14 years may not enter the 100m IM.
32. All age group awards will be made on a heat declared winner basis. Age Group Medals will be awarded for first, second and third place. Rosettes will be awarded for places 4 to 8. Ages are at 22 March 2014 (the final day of the championships). Swimmers who are under 9 at 22 March 2014 are not eligible to enter.

### County Championship

33. For events of 200m and over, the County Championship will be decided on heat times. The County Championship Trophy and a County Championship Gold Medal will be awarded to the swimmer achieving the fastest time in the heats. The second and third fastest swimmers will be awarded County Championships Medals.
34. For 50m and 100m events (except the 100m Individual Medley which is not a County Championship event) there will be County Championship finals. The fastest eight swimmers in the heats will swim the County Championship Final. There will be two reserves, and reserves will be promoted to the Championship final in the event of a faster swimmer withdrawing. There will be no swim offs for equal placed swimmers and in such cases the number of swimmers in the championship final shall be reduced as necessary. The winner of the final will be awarded the County Championship Trophy and a County Championship Gold Medal. The swimmers placed second and third will be awarded County Championships Medals.

## Junior Championship

35. For events of 200m and over, and the 100m Individual Medley, the Junior County Championship will be decided on heat times. The Junior Championship Trophy and a County Championship Gold Medal will be awarded to the Junior swimmer (aged 14 years and under on 22 March 2014) achieving the fastest time in the heats. The second and third fastest Junior swimmers will be awarded County Championships Medals.
36. For 50m and 100m events (except the 100m Individual Medley) there will be Junior Championship finals. The fastest eight Junior swimmers in the heats (excluding Junior swimmers who qualify for the County Championship final) will swim the Junior Championship Final. There will be four reserves, and reserves will be promoted to the Junior final in the event of a faster swimmer withdrawing (or being promoted to the County Championship final). There will be no swim offs for equal placed swimmers and in such cases the number of swimmers in the Junior final shall be reduced as necessary. The finish order in the Junior final shall determine the Junior Championship placing, except where Junior swimmers are placed in the Championship final. In such cases all Junior swimmers placed in the Championship final will be placed, in finish order, above the Junior final winner, regardless of the respective times achieved in the finals.
37. The Junior swimmer placed first will be awarded the County Championship Trophy and a County Championship Gold Medal. The swimmers placed second and third will be awarded County Championships Medals.

## Team event awards

38. The winners of all team events will be determined on a heat declared winner basis. The team winning the Open event will be awarded The County Championship Trophy and each swimmer will receive a County Championship Gold Medal. The team winning the BAGCAT event will be awarded The Junior Championship Trophy and each swimmer will receive a County Championship Gold Medal. In both cases, the teams placed second and third will also each receive a County Championship Medal and rosettes will be awarded to each swimmer in the teams placed 4<sup>th</sup> to 8<sup>th</sup>.
39. For the Youth and 11 years and under team events, Age Group Medals will be awarded to each swimmer in the teams placed first, second and third. Rosettes will be awarded to each swimmer in the teams placed fourth to eighth.

## Aggregate awards

40. The male and female club aggregate awards trophies will be awarded to the club with the highest points score. Points will be awarded according to the final placings in the County Championship events, including the Open Team events, as follows:

First - 6 pts, Second - 5 pts, Third, - 4 pts , Fourth - 3 pts, Fifth - 2 pts, Sixth - 1 point.

41. The age group aggregate awards will be awarded to the 10 - 14 years and under girl and boy (at 22 March 2013) who achieve the highest points scores. Points will be awarded according the place achieved in the relevant age group for the following events:

50m Freestyle, 50m Backstroke, 50m Butterfly, 50m Breaststroke, 200m Freestyle and 200m Individual medley.

First - 6 pts, Second - 5 pts, Third, - 4 pts , Fourth - 3 pts, Fifth - 2 pts, Sixth -1 point.

## ASA License numbers

42. The meets is licensed by the ASA and the license numbers are

8/9 March 2014 - CC4021, 15 March 2014 - CC4022, 22 March 2014 - CC4023

## BAGCAT awards

43. Trophies will be awarded to the winners of each of the following BAGCAT categories. Awards will be made to the swimmers placed second and third.

<b>Age</b>	<b>Boys</b>	<b>Girls</b>
<b>10 years</b>	Sprint Best 50m Form Best 200m form stroke Distance 200 free IM Best 100/200 IM	Sprint Best 50m Form Best 200m form stroke Distance 200 free IM Best 100/200 IM
<b>11 years</b>	Sprint Best 50m 100s Best 100m Form Best 200m form stroke Distance Best 200/400/1500 free IM Best 100/200 IM	Sprint Best 50m 100s Best 100m Form Best 200m form stroke Distance Best 200/400/800 free IM Best 100/200 IM
<b>12 years</b>	Sprint Best 50m 100s Best 100m Form Best 200m form stroke Distance Best 200/400/1500 free IM Best 100/200/400 IM	Sprint Best 50m 100s Best 100m Form Best 200m form stroke Distance Best 200/400/800 free IM Best 100/200/400 IM
<b>13 years</b>	Sprint Best 50m 100s Best 100m Form Best 200m form stroke Distance Best 200/400/1500 free IM Best 100/200/400 IM	Sprint Best 50m 100s Best 100m Form Best 200m form stroke Distance Best 200/400/800 free IM Best 100/200/400 IM
<b>14 years</b>	Sprint Best 50m 100s Best 100m Form Best 200m form stroke Distance Best 200/400/1500 free IM Best 100/200/400 IM	Sprint Best 50m 100s Best 100m Form Best 200m form stroke Distance Best 200/400/800 free IM Best 100/200/400 IM

Only times achieved in heats will be taken into account for the BAGCAT awards.

Ages are at 22 March 2013.

9 year olds are not eligible for BAGCAT awards.

### **Trophies**

44. Trophies awarded annually may be kept by the winners subject to completing the necessary documentation as regards its safekeeping and return. Any holder of a trophy who fails to return that trophy by the specified date shall not be allowed to take custody of any trophies which he or she might be awarded during the County Championships in that calendar year.

### **Coaches passes**

45. Clubs may apply for up to 4 coaches passes via the on-line entry system. The nominated representative of each club will be provided with a link to apply for coaches passes. The cost of a coaches pass is £15 per coach and each club entering is required to purchase at least one coaches pass. Only coaches wearing a coaches pass will be permitted on poolside. Please note that we are unable to provide catering for coaches.

### **Other matters**

46. Any matter not covered by the above conditions shall be determined by the BSBASA Performance Swimming Events Committee, and in the case of matters requiring a decision during the meet by the chairman of that committee and as many of its members who are available.



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### Order of Events

#### Session 1 Maidenhead – 8 March

Warm- up 11.30 for 12.20 start

- 1 Girls 200m Butterfly
- 2 Boys 200m Freestyle
- 3 Girls 100m Breaststroke
- 4 Boys 100m Breaststroke
- 5 Girls 200m Freestyle
- 6 Boys 200m Butterfly
- 7 Girls 100m Breaststroke - County Championship Final
- 8 Girls 100m Breaststroke - Junior Final
- 9 Boys 100m Breaststroke - County Championship Final
- 10 Boys 100m Breaststroke - Junior Final

**NB – All session times are provisional and will be confirmed with accepted entries**

#### Session 2 Maidenhead – 8 March

Warm- up 16:00 for 16.50 start

- 11 Girls 50m Butterfly
- 12 Boys 100m Freestyle
- 13 Girls 100m Freestyle
- 14 Boys 50m Butterfly
- 15 Girls 200m Individual Medley
- 16 Boys 200m Individual Medley
- 17 Girls 50m Butterfly - County Championship Final
- 18 Girls 50m Butterfly - Junior Final
- 19 Boys 100m Freestyle - County Championship Final
- 20 Boys 100m Freestyle - Junior Final
- 21 Girls 100m Freestyle - County Championship Final
- 22 Girls 100m Freestyle - Junior Final
- 23 Boys 50m Butterfly - County Championship Final
- 24 Boys 50m Butterfly - Junior Final

#### Session 3 Maidenhead – 9 March

Warm- up 8.40 for 9.30 start

- 25 Girls 400m Individual Medley
- 26 Boys 400m Individual Medley
- 27 Girls 100m Backstroke
- 28 Boys 100m Backstroke
- 29 Girls 200m Breaststroke
- 30 Boys 200m Breaststroke
- 31 Girls 100m Backstroke - County Championship Final
- 32 Girls 100m Backstroke - Junior Final
- 33 Boys 100m Backstroke - County Championship Final
- 34 Boys 100m Backstroke - Junior Final

#### Session 4 Maidenhead – 9 March

Warm- up 13.30 for 14.20 start

- 35 Girls 50m Freestyle
- 36 Boys 50m Freestyle
- 37 Girls 100m Butterfly
- 38 Boys 100m Butterfly
- 39 Girls 200m Backstroke
- 40 Boys 200m Backstroke
- 41 Girls 50m Freestyle - County Championship Final

**Session 4 - cont Maidenhead – 9 March****Warm- up 13.30 for 14.20 start**

- 42 Girls 50m Freestyle - Junior Final
- 43 Boys 50m Freestyle - County Championship Final
- 44 Boys 50m Freestyle - Junior Final
- 45 Girls 100m Butterfly - County Championship Final
- 46 Girls 100m Butterfly - Junior Final
- 47 Boys 100m Butterfly - County Championship Final
- 48 Boys 100m Butterfly - Junior Final

**Session 5 Wycombe – 15 March****Warm- up 17:30 for 17.50 start**

- 49 Ladies Open 4 x 50m Medley Team
- 50 Mens Open 4 x 50m Medley Team
- 51 Girls 800m Freestyle
- 52 Mens Open 4 x 50m Freestyle Team
- 53 Ladies Open 4 x 50m Freestyle Team
- 54 Boys 1500m Freestyle

**Session 6 Maidenhead – 22 March****Warm- up 11.30 for 12.15 start**

- 55 Boys 400m Freestyle
- 56 Girls 400m Freestyle

**Session 7 Maidenhead – 22 March****Warm- up 15:00 for 15:50 start**

- 57 Boys 50m Backstroke
- 58 Girls 50m Backstroke
- 59 Boys 50m Breaststroke
- 60 Girls 50m Breaststroke
- 61 Boys 100m Individual Medley
- 62 Girls 100m Individual Medley
- 63 Boys 50m Backstroke - County Championship Final
- 64 Boys 50m Backstroke - Junior Final
- 65 Girls 50m Backstroke - County Championship Final
- 66 Girls 50m Backstroke - Junior Final
- 67 Boys 50m Breaststroke - County Championship Final
- 68 Boys 50m Breaststroke - Junior Final
- 69 Girls 50m Breaststroke - County Championship Final
- 70 Girls 50m Breaststroke - Junior Final

**Session 8 Maidenhead – 22 March****Warm- up 18.30 for 19:20 start**

- 71 Boys 11 & under 4 X 50m Freestyle Team
- 72 Girls 11 & under 4 X 50m Freestyle Team
- 73 Boys Youth 4 x 100m Freestyle Team
- 74 Girls Youth 4 x 100m Freestyle Team
- 75 Boys BAGCAT 4 x 100m Medley Team
- 76 Girls BAGCAT 4 x 100m Medley Team
- 77 Boys 11 & under 4 X 50m Medley Team
- 78 Girls 11 & under 4 X 50m Medley Team
- 79 Boys Youth 4 x 100m Medley Team
- 80 Girls Youth 4 x 100m Medley Team
- 81 Boys BAGCAT 4 x 100m Freestyle Team
- 82 Girls BAGCAT 4 x 100m Freestyle Team

**NB – All session times  
are provisional and  
will be confirmed with  
accepted entries**





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### Consideration times

#### GIRLS

	Age	9	10	11	12	13	14	15/16	17+
50m Freestyle		38.4	38.4	34.6	32.8	31.8	30.8	30.8	30.8
100m Freestyle				01.14.4	01.13.0	01.10.5	01.08.6	01.06.7	01.06.5
200m Freestyle		02.57.0	02.57.0	02.44.0	02.32.0	02.28.5	02.26.0	02.24.8	02.23.0
400m Freestyle				05.50.0	05.25.0	05.17.5	05.02.5	04.59.6	04.55.0
800m Freestyle				11.30.0	11.05.0	10.40.0	10.20.0	10.10.0	10.10.0
50m Breaststroke		49.9	49.9	45.8	43.5	41.9	40.0	39.6	39.1
100m Breaststroke				01.37.0	01.33.5	01.29.8	01.26.5	01.24.7	01.23.1
200m Breaststroke		03.45.0	03.45.0	03.32.0	03.20.0	03.10.0	03.06.7	03.02.5	03.00.2
50m Butterfly		42.4	42.4	39.2	37.0	36.2	34.8	34.0	33.9
100m Butterfly				01.27.0	01.22.4	01.19.0	01.16.3	01.14.5	01.13.3
200m Butterfly		03.32.8	03.32.8	03.13.9	03.00.7	02.52.6	02.46.7	02.42.1	02.39.3
50m Backstroke		43.8	43.8	40.5	37.8	36.8	35.8	35.0	34.8
100m Backstroke				01.26.0	01.22.0	01.19.2	01.17.0	01.14.8	01.14.0
200m Backstroke		03.18.5	03.18.5	03.03.5	02.53.6	02.47.5	02.44.8	02.39.9	02.37.2
100m Ind Medley		01.35.1	01.35.1	01.29.5	01.23.5	01.20.0	01.18.2		
200m Ind Medley		03.22.0	03.22.0	03.07.5	02.56.8	02.51.5	02.48.0	02.43.7	02.42.0
400m Ind Medley				06.25.0	06.05.0	05.55.0	05.45.0	05.42.0	05.40.6

#### BOYS

	Age	9	10	11	12	13	14	15/16	17+
50m Freestyle		38.0	38.0	34.6	32.3	30.9	29.4	28.3	27.8
100m Freestyle				01.14.0	01.11.1	01.06.0	01.04.7	01.00.5	00.59.0
200m Freestyle		02.59.3	02.59.3	02.48.8	02.37.0	02.25.0	02.17.0	02.13.0	02.10.0
400m Freestyle				05.53.3	05.34.0	05.10.0	04.52.5	04.40.0	04.35.0
1500m Freestyle				22.05.0	21.30.0	20.00.0	19.20.0	18.45.3	18.21.9
50m Breaststroke		49.6	49.6	46.0	43.7	40.5	38.5	36.2	35.0
100m Breaststroke				01.40.0	01.32.0	01.27.4	01.22.5	01.17.3	01.16.0
200m Breaststroke		03.47.0	03.47.0	03.31.0	03.20.0	03.09.5	02.56.0	02.48.5	02.43.0
50m Butterfly		42.4	42.4	39.6	37.5	35.3	32.5	30.9	30.1
100m Butterfly				01.27.6	01.22.0	01.16.7	01.12.3	01.07.9	01.05.6
200m Butterfly		03.30.4	03.30.4	03.11.7	03.00.8	02.49.5	02.40.1	02.30.1	02.23.9
50m Backstroke		43.6	43.6	40.3	38.2	35.3	34.0	32.2	31.5
100m Backstroke				01.27.6	01.22.0	01.16.5	01.11.5	01.08.4	01.07.0
200m Backstroke		03.19.7	03.19.7	03.06.9	02.54.5	02.45.9	02.37.0	02.26.5	02.24.0
100m Ind Medley		01.36.2	01.36.2	01.29.7	01.23.5	01.17.0	01.14.0		
200m Ind Medley		03.21.0	03.21.0	03.05.0	02.55.0	02.47.0	02.38.5	02.30.0	02.27.0
400m Ind Medley				06.25.0	06.05.0	05.55.0	05.40.0	05.19.1	05.10.0

#### Notes

Please note that these are consideration times only and depending on the volume of entries it may not be possible to accept all entries from swimmers who have achieved the consideration time.

Consideration times are stated to tenths. For the avoidance of doubt, where the consideration time is stated as (say) 1:37.0, a time of 1:37.00 meets the entry criterion, but 1:37.01 does not.

Ages are at 22 March 2014.