



LONG COURSE		Women 10 & Under	SHORT COURSE	
WCA - A	WCA - B		WCA - A	WCA - B
00:35,54	00:42,41	50 Free	00:34,76	00:41,63
01:17,55	01:32,52	100 Free	01:15,98	01:30,95
02:48,15	03:20,62	200 Free	02:45,01	03:05,89
05:54,33	06:42,78	400 Free	05:48,06	06:34,88
00:40,71	00:48,41	50 Back	00:40,13	00:47,83
01:27,31	01:43,83	100 Back	01:26,15	01:42,66
03:09,77	03:41,82	200 Back	03:07,42	03:30,49
00:45,01	00:53,52	50 Breast	00:44,04	00:52,55
01:38,33	01:56,92	100 Breast	01:36,39	01:54,98
03:33,05	04:09,04	200 Breast	03:29,13	03:52,64
00:37,59	00:44,70	50 Fly	00:36,91	00:44,02
01:25,14	01:41,24	100 Fly	01:22,92	01:38,85
03:10,16	03:34,74	200 IM	03:07,05	03:31,63

May-23



LONG COURSE		Women 11-11	SHORT COURSE	
WCA - A	WCA - B		WCA - A	WCA - B
00:35,54	00:39,95	50 Free	00:34,76	00:40,21
01:17,55	01:32,22	100 Free	01:15,98	01:30,68
02:48,15	03:18,70	200 Free	02:45,01	03:05,89
05:54,33	06:42,78	400 Free	05:48,06	06:32,42
12:08,63		800 Free	11:47,05	
23:06,38		1500 Free	22:25,32	
00:40,71	00:47,80	50 Back	00:40,13	00:47,21
01:27,31	01:43,35	100 Back	01:25,53	01:42,21
03:09,77	03:39,61	200 Back	03:07,42	03:30,49
00:45,01	00:53,79	50 Breast	00:44,04	00:51,87
01:38,33	01:56,16	100 Breast	01:36,39	01:54,35
03:33,05	04:06,42	200 Breast	03:29,13	03:55,04
00:37,59	00:44,13	50 Fly	00:36,91	00:43,46
01:25,14	01:40,81	100 Fly	01:23,77	01:39,66
03:03,49		200 Fly	02:59,89	
03:10,16	03:34,74	200 IM	03:07,05	03:31,63
06:49,03		400 IM	06:36,92	

May-23



LONG COURSE		Women 12-12	SHORT COURSE	
WCA - A	WCA - B		WCA - A	WCA - B
00:34,04	00:37,99	50 Free	00:33,26	00:36,75
01:13,80	01:22,89	100 Free	01:12,24	01:21,17
02:40,03	02:59,74	200 Free	02:36,90	03:04,21
05:37,22	06:29,41	400 Free	05:30,95	06:17,19
11:33,52		800 Free	11:12,98	
22:19,16		1500 Free	21:39,51	
00:38,79	00:43,47	50 Back	00:38,21	00:42,34
01:23,19	01:33,22	100 Back	01:22,02	01:31,74
03:00,79	3"18,74	200 Back	02:58,44	03:28,45
00:42,87	00:48,04	50 Breast	00:41,90	00:46,46
01:33,67	01:44,96	100 Breast	01:31,73	01:42,55
03:20,90	03:40,84	200 Breast	03:17,02	03:50,26
00:35,80	00:40,12	50 Fly	00:35,12	00:38,95
01:21,11	01:30,89	100 Fly	01:19,74	01:29,26
02:54,76		200 Fly	03:18,86	
03:01,10	03:34,74	200 IM	02:57,99	03:28,60
06:29,52		400 IM	06:29,68	

May-23



LONG COURSE		Women 13-13	SHORT COURSE	
WCA - A	WCA - B		WCA - A	WCA - B
00:34,04	00:36,28	50 Free	00:33,26	00:36,75
01:13,80	01:22,78	100 Free	01:12,24	01:21,17
02:40,03	02:58,15	200 Free	02:36,90	03:04,21
05:37,22	06:24,74	400 Free	05:30,95	06:17,20
11:33,52		800 Free	11:12,98	
22:19,16		1500 Free	21:39,51	
00:38,79	00:42,91	50 Back	00:38,21	00:42,34
01:23,19	01:32,90	100 Back	01:22,02	01:31,75
03:00,79	03:16,87	200 Back	02:58,44	3"28,46
00:42,87	00:48,39	50 Breast	00:41,90	00:46,46
01:33,67	01:44,47	100 Breast	01:31,73	01:42,56
03:22,97	03:40,89	200 Breast	03:19,05	03:52,64
00:35,80	00:39,61	50 Fly	00:35,12	00:38,95
01:21,11	01:30,62	100 Fly	01:19,74	01:29,27
02:54,76		200 Fly	03:18,86	
03:01,10	03:32,62	200 IM	02:57,99	03:19,92
06:29,52		400 IM	06:17,99	

May-23



LONG COURSE		Women 14-14	SHORT COURSE	
WCA - A	WCA - B		WCA - A	WCA - B
00:31,13	00:34,80	50 Free	00:30,35	00:33,79
01:07,91	01:15,94	100 Free	01:06,35	01:14,37
02:27,27	02:44,67	200 Free	02:24,14	02:40,20
05:10,34	05:48,51	400 Free	05:04,06	05:37,69
10:38,00		800 Free	10:19,10	
20:13,93		1500 Free	19:37,98	
00:35,76	00:39,89	50 Back	00:35,18	38:48,00
01:16,70	01:25,54	100 Back	01:15,53	01:24,19
02:46,69	03:05,93	200 Back	02:44,34	03:01,92
00:39,54	00:44,10	50 Breast	00:38,57	00:42,56
01:26,37	01:36,33	100 Breast	01:24,78	01:34,04
03:05,14	03:28,73	200 Breast	03:03,22	03:24,81
00:33,01	00:36,82	50 Fly	00:32,33	00:35,69
01:14,78	01:23,41	100 Fly	01:13,41	01:21,88
02:41,17		200 Fly	02:38,00	
02:46,87	03:07,57	200 IM	02:43,77	03:02,70
06:04,21		400 IM	05:48,22	

May-23



LONG COURSE		Women 15-15	SHORT COURSE	
WCA - A	WCA - B		WCA - A	WCA - B
00:31,13	00:33,58	50 Free	00:30,35	00:33,79
01:07,91	01:15,88	100 Free	01:06,35	01:14,34
02:27,27	02:43,31	200 Free	02:24,14	02:40,21
05:10,34	05:44,42	400 Free	05:04,06	05:37,69
10:38,00		800 Free	10:19,10	
20:13,93		1500 Free	19:37,98	
00:35,76	00:40,35	50 Back	00:35,18	38:48,00
01:16,70	01:25,34	100 Back	01:15,53	01:24,19
02:46,69	03:04,25	200 Back	02:44,34	03:01,93
00:39,54	00:44,50	50 Breast	00:38,57	00:42,57
01:26,37	01:35,96	100 Breast	01:24,78	01:34,05
03:07,14	03:26,71	200 Breast	03:03,22	03:22,85
00:33,01	00:36,37	50 Fly	00:32,33	00:35,70
01:14,78	01:23,24	100 Fly	01:12,66	01:21,05
02:41,17		200 Fly	02:38,00	
02:46,87	03:05,85	200 IM	02:43,77	03:02,70
06:04,21		400 IM	05:48,22	

May-23



LONG COURSE		Women 16-16	SHORT COURSE	
WCA - A	WCA - B		WCA - A	WCA - B
00:30,15	00:33,58	50 Free	00:29,37	00:33,79
01:05,78	01:13,26	100 Free	01:04,21	01:11,70
02:22,64	02:38,87	200 Free	02:19,50	02:35,73
05:00,57	05:36,04	400 Free	04:54,29	05:29,46
10:18,00		800 Free	09:59,70	
19:35,88		1500 Free	19:01,06	
00:34,66	00:38,51	50 Back	00:34,08	00:37,93
01:14,33	01:22,60	100 Back	01:13,17	01:21,43
02:41,56	02:59,52	200 Back	02:39,21	02:57,16
00:38,31	00:42,57	50 Breast	00:37,35	00:41,60
01:23,71	01:33,01	100 Breast	01:21,77	01:31,07
03:01,38	03:21,54	200 Breast	02:57,46	03:17,62
00:32,00	00:35,55	50 Fly	00:31,32	00:34,87
01:12,48	01:20,54	100 Fly	01:11,11	01:19,16
02:36,18		200 Fly	02:33,11	
02:41,70	03:01,10	200 IM	02:38,60	02:57,99
05:47,71		400 IM	05:37,41	

May-23



LONG COURSE		Women 17 & Over	SHORT COURSE	
WCA - A	WCA - B		WCA - A	WCA - B
00:30,15	00:33,58	50 Free	00:29,37	00:31,85
01:05,78	01:13,26	100 Free	01:04,21	01:11,70
02:22,64	02:38,87	200 Free	02:19,50	02:35,73
05:00,57	05:36,04	400 Free	04:54,29	05:29,46
10:18,00		800 Free	09:59,70	
19:35,88		1500 Free	19:01,06	
00:34,66	00:38,51	50 Back	00:34,08	00:37,93
01:14,33	01:22,60	100 Back	01:13,17	01:21,43
02:41,56	02:59,52	200 Back	02:39,21	02:57,16
00:38,31	00:42,57	50 Breast	00:37,35	00:41,60
01:23,71	01:33,01	100 Breast	01:21,77	01:31,07
03:01,38	03:21,54	200 Breast	02:57,46	03:17,62
00:32,00	00:35,55	50 Fly	00:31,32	00:34,87
01:12,48	01:20,54	100 Fly	01:11,11	01:19,16
02:36,18		200 Fly	02:33,11	
02:41,70	03:02,97	200 IM	02:40,23	02:59,83
05:47,71		400 IM	05:37,41	

May-23



LONG COURSE		Men 10 & Under	SHORT COURSE	
WCA - A	WCA - B		WCA - A	WCA - B
00:34,95	00:40,75	50 Free	00:34,26	00:39,97
01:17,98	01:30,90	100 Free	01:16,41	01:29,34
02:52,23	03:10,20	200 Free	02:49,09	03:01,78
06:05,67	06:50,51	400 Free	05:46,63	06:42,47
00:40,48	00:47,06	50 Back	00:39,90	00:46,48
01:27,59	01:41,84	100 Back	01:26,43	01:40,68
03:12,74	03:32,47	200 Back	03:06,46	03:24,32
00:44,33	00:51,54	50 Breast	00:43,36	00:50,57
01:37,09	01:53,80	100 Breast	01:35,15	01:51,86
03:34,31	03:49,81	200 Breast	03:28,43	03:45,89
00:37,89	00:44,05	50 Fly	00:37,21	00:43,37
01:24,17	01:39,03	100 Fly	01:22,82	01:37,66
03:12,33	03:27,48	200 IM	03:06,32	03:24,38

May-23



LONG COURSE		Men 11-11	SHORT COURSE	
WCA - A	WCA - B		WCA - A	WCA - B
00:34,95	00:40,24	50 Free	00:34,26	00:39,47
01:17,98	01:29,56	100 Free	01:16,41	01:29,08
02:52,23	03:08,45	200 Free	02:49,09	03:01,78
06:05,67	06:45,51	400 Free	05:46,63	06:37,59
12:31,43		800 Free	12:09,19	
24:07,67		1500 Free	23:24,79	
00:40,48	00:46,45	50 Back	00:39,90	00:45,88
01:27,59	01:41,40	100 Back	01:26,43	01:40,25
03:12,74	03:30,41	200 Back	03:06,46	03:24,32
00:44,33	00:50,86	50 Breast	00:43,36	00:49,91
01:37,09	01:53,18	100 Breast	01:35,15	01:51,27
03:34,31	03:47,48	200 Breast	03:28,43	03:45,89
00:37,89	00:43,49	50 Fly	00:37,21	00:42,82
01:25,17	01:38,64	100 Fly	01:22,82	01:37,28
03:08,81		200 Fly	03:05,11	
03:12,33	03:27,48	200 IM	03:06,32	03:24,38
06:51,67		400 IM	06:43,36	

May-23



LONG COURSE		Men 12-12	SHORT COURSE	
WCA - A	WCA - B		WCA - A	WCA - B
00:31,95	00:34,75	50 Free	00:31,18	00:33,55
01:11,29	01:17,51	100 Free	01:09,72	01:15,88
02:37,44	02:40,89	200 Free	02:34,30	02:36,42
05:34,27	05:47,52	400 Free	05:28,00	05:40,71
11:27,23		800 Free	11:06,88	
22:03,96		1500 Free	21:24,76	
00:37,06	00:40,24	50 Back	00:36,05	00:39,15
01:20,20	01:27,07	100 Back	01:19,04	01:25,90
02:56,48	03:10,89	200 Back	02:54,13	03:06,82
00:40,59	00:44,06	50 Breast	00:39,62	00:42,52
01:29,63	01:37,29	100 Breast	01:27,69	01:35,00
03:16,24	03:28,84	200 Breast	03:12,32	03:22,96
00:34,70	00:37,66	50 Fly	00:34,02	00:36,52
01:17,99	01:24,66	100 Fly	01:16,62	01:23,12
02:52,85		200 Fly	02:49,47	
02:56,01	03:12,33	200 IM	02:52,90	03:07,48
06:20,86		400 IM	06:09,58	

May-23



LONG COURSE		Men 13-13	SHORT COURSE	
WCA - A	WCA - B		WCA - A	WCA - B
00:31,95	00:34,32	50 Free	00:31,18	00:33,55
01:11,29	01:17,41	100 Free	01:09,72	01:15,88
02:37,44	02:39,55	200 Free	02:34,30	02:36,42
05:34,27	05:44,66	400 Free	05:28,00	05:37,89
11:27,23		800 Free	11:06,88	
22:03,96		1500 Free	21:24,76	
00:37,06	00:39,73	50 Back	00:36,05	00:39,16
01:20,20	01:26,83	100 Back	01:19,04	01:25,90
02:54,48	03:09,14	200 Back	02:54,13	03:06,83
00:40,59	00:41,13	50 Breast	00:39,62	00:42,53
01:29,63	01:37,01	100 Breast	01:27,69	01:35,00
03:16,24	03:25,84	200 Breast	03:12,32	03:22,96
00:34,70	00:37,19	50 Fly	00:34,02	00:36,52
01:17,99	01:23,48	100 Fly	01:16,62	01:23,12
02:52,85		200 Fly	02:49,47	
02:56,01	03:10,55	200 IM	02:52,90	03:07,49
06:20,86		400 IM	06:09,58	

May-23



LONG COURSE		Men 14-14	SHORT COURSE	
WCA - A	WCA - B		WCA - A	WCA - B
00:28,52	00:30,46	50 Free	00:27,74	00:29,33
01:03,63	01:07,93	100 Free	01:02,06	01:05,47
02:20,53	02:30,04	200 Free	02:17,40	02:25,79
04:58,37	05:23,97	400 Free	04:52,10	05:17,62
10:13,33		800 Free	09:55,17	
19:41,61		1500 Free	19:06,62	
00:33,16	00:35,36	50 Back	00:32,58	00:34,35
01:11,76	01:16,51	100 Back	01:10,60	01:15,29
02:37,91	02:48,36	200 Back	02:35,56	02:44,63
00:36,32	00:38,72	50 Breast	00:35,35	00:37,26
01:20,19	01:25,51	100 Breast	01:18,25	01:23,39
02:55,58	03:07,20	200 Breast	02:51,66	03:01,64
31:02,40	00:33,10	50 Fly	00:30,36	00:32,03
01:09,78	01:14,40	100 Fly	01:08,40	01:13,03
03:32,87		200 Fly	02:31,63	
02:37,35	02:49,02	200 IM	02:34,25	02:44,52
05:40,05		400 IM	05:29,98	

May-23



LONG COURSE		Men 15-15	SHORT COURSE	
WCA - A	WCA - B		WCA - A	WCA - B
00:28,52	00:30,10	50 Free	00:27,74	00:29,33
01:03,63	01:07,02	100 Free	01:02,06	01:05,47
02:20,53	02:28,89	200 Free	02:17,40	02:25,79
04:58,37	05:20,24	400 Free	04:52,10	05:13,98
10:13,33		800 Free	09:55,17	
19:41,61		1500 Free	19:06,62	
00:33,16	34:55,20	50 Back	00:32,58	00:34,35
01:11,76	01:16,44	100 Back	01:10,60	01:15,29
02:37,91	02:46,94	200 Back	02:35,56	02:44,63
00:36,32	00:38,24	50 Breast	00:35,35	00:37,27
01:20,19	01:25,30	100 Breast	01:18,25	01:23,39
02:55,58	03:05,50	200 Breast	02:51,66	03:01,64
31:02,40	00:32,70	50 Fly	00:30,36	00:32,03
01:09,78	01:14,37	100 Fly	01:08,40	01:12,02
03:32,87		200 Fly	02:31,63	,
02:37,35	02:47,58	200 IM	02:34,25	02:44,52
05:40,05		400 IM	05:29,98	

May-23



LONG COURSE		Men 16-16	SHORT COURSE	
WCA - A	WCA - B		WCA - A	WCA - B
00:27,24	00:29,38	50 Free	00:26,46	00:28,61
01:00,76	01:05,54	100 Free	00:59,19	01:03,97
02:14,19	02:26,87	200 Free	02:11,06	02:23,74
04:44,91	05:16,96	400 Free	04:38,63	05:10,75
09:45,66		800 Free	09:28,31	
18:48,29		1500 Free	18:14,88	
00:31,70	00:33,65	50 Back	00:31,12	00:33,07
01:08,60	01:13,88	100 Back	01:07,43	01:12,71
02:30,94	02:42,55	200 Back	02:28,59	02:40,20
00:34,72	00:36,85	50 Breast	00:33,75	00:35,88
01:16,65	01:22,56	100 Breast	01:14,71	01:20,62
02:48,36	03:00,75	200 Breast	02:44,44	02:56,83
00:29,67	00:31,50	50 Fly	00:28,99	00:30,82
01:06,70	01:11,83	100 Fly	01:05,33	01:10,46
02:27,79		200 Fly	02:24,89	
02:30,36	02:43,19	200 IM	02:27,26	02:40,09
05:25,13		400 IM	05:15,50	

May-23



LONG COURSE		Men 17 & Over	SHORT COURSE	
WCA - A	WCA - B		WCA - A	WCA - B
00:27,24	00:29,38	50 Free	00:26,46	00:28,61
01:00,76	01:05,54	100 Free	00:59,19	01:03,97
02:14,19	02:26,87	200 Free	02:11,06	02:23,74
04:44,91	05:16,96	400 Free	04:38,63	05:10,75
09:45,66		800 Free	09:28,31	
18:48,29		1500 Free	18:14,88	
00:31,70	00:33,65	50 Back	00:31,12	00:33,07
01:08,60	01:13,88	100 Back	01:07,43	01:12,71
02:30,94	02:42,55	200 Back	02:28,59	02:40,20
00:34,72	00:36,85	50 Breast	00:33,75	00:35,88
01:16,65	01:22,56	100 Breast	01:14,71	01:20,62
02:48,36	03:00,75	200 Breast	02:44,44	02:56,83
00:29,67	00:31,50	50 Fly	00:28,99	00:30,82
01:06,70	01:11,83	100 Fly	01:05,33	01:10,46
02:27,79		200 Fly	02:24,89	
02:30,36	02:43,19	200 IM	02:27,26	02:40,09
05:25,13		400 IM	05:15,50	

May-23