

# DUTCH QUALIFIERS

Qualify. Compete. Conquer.

# COMPETITION PACK




The Royal Dutch Swimming Federation (KNZB) is pleased to publish the competition pack for the Dutch Qualifiers. We offer athletes to compete in a high-level short course competition in Rotterdam. The competition will be open for as well national, as international teams and athletes and will promise you a splendid organization.

The Dutch Qualifiers will be organized from Friday October 24th until Sunday October 26th in “Zwemcentrum Rotterdam”. The facility will offer a 10 lane 25 meter competition pool and a 6 lane 25 meter warm-up pool. The competition will be held in a fully dressed pool providing a spectacular setting for both athletes and fans.

The Dutch Qualifiers is an approved European Aquatics and World Aquatics qualifying event.

Sportbedrijf Rotterdam & The KNZB are happy to welcome foreign teams to the Netherlands!

<b>Version</b>	<b>Changes</b>	<b>Date</b>
<b>1.0</b>	Initial document	05-09-2025
<b>1.1</b>	10 lane para finals, volunteers & small cosmetic changes	13-09-2025
<b>1.2</b>	Updates Appendix A – Para Qualification time	25-09-2025
<b>1.3</b>	Updated entry regulations (course length)	03-10-2025
<b>1.4</b>	Corrected session start times	07-10-2025



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# Schedule

## 10.00 AM - HEATS FRIDAY 24 OCTOBER 2025

50 butterfly (M)  
50 butterfly (W)  
200 backstroke (M)  
200 backstroke (W)  
50 breaststroke (M)  
50 breaststroke (W)  
200 medley (M)  
200 medley (W)  
100 freestyle (M)  
100 freestyle (W)  
800 freestyle (M)\*\*  
800 freestyle (W)\*\*

## 10.00 AM - HEATS SATURDAY 25 OCTOBER 2025

400 freestyle (M)  
400 freestyle (W)  
100 backstroke (M)  
100 backstroke (W)  
200 butterfly (M)  
200 butterfly (W)  
100 breaststroke (M)  
100 breaststroke (W)  
50 freestyle (M)  
50 freestyle (W)  
400 medley (M)  
400 medley (W)

## 10.00 AM - HEATS SUNDAY 26 OCTOBER 2025

100 butterfly (M)  
100 butterfly (W)  
200 breaststroke (M)  
200 breaststroke (W)  
50 backstroke (M)  
50 backstroke (W)  
200 freestyle (M)  
200 freestyle (W)  
100 medley (M)  
100 medley (W)  
1500 freestyle (M)\*\*  
1500 freestyle (W)\*\*

## 5.30 PM - A FINALS FRIDAY 24 OCTOBER 2025

800 freestyle (W)\*\*  
50 butterfly (M)  
50 butterfly (W)  
200 backstroke (M)  
200 backstroke (W)  
50 breaststroke (M)  
50 breaststroke (W)  
200 medley (M)  
200 medley (W)  
100 freestyle (M)  
100 freestyle (W)  
800 freestyle (M)\*\*

## 5.30 PM - A FINALS SATURDAY 25 OCTOBER 2025

400 freestyle (M)  
400 freestyle (W)  
100 backstroke (M)  
100 backstroke (W)  
200 butterfly (M)  
200 butterfly (W)  
100 breaststroke (M)  
100 breaststroke (W)  
50 freestyle (M)  
50 freestyle (W)  
400 medley (M)  
400 medley (W)

## 5.30 PM - A FINALS SUNDAY 26 OCTOBER 2025

1500 freestyle (W)\*\*  
100 butterfly (M)  
100 butterfly (W)  
200 breaststroke (M)  
200 breaststroke (W)  
50 backstroke (M)  
50 backstroke (W)  
200 freestyle (M)  
200 freestyle (W)  
100 medley (M)  
100 medley (W)  
1500 freestyle (M)\*\*

## 6.40 PM - B FINALS FRIDAY 24 OCTOBER 2025

50 butterfly (M)  
50 butterfly (W)  
200 backstroke (M)  
200 backstroke (W)  
50 breaststroke (M)  
50 breaststroke (W)  
200 medley (M)  
200 medley (W)  
100 freestyle (M) \*  
100 freestyle (W) \*  
\* = including paralympic final

## 6.40 PM - B FINALS SATURDAY 25 OCTOBER 2025

400 freestyle (M)  
400 freestyle (W)  
100 backstroke (M) \*  
100 backstroke (W) \*  
200 butterfly (M)  
200 butterfly (W)  
100 breaststroke (M) \*  
100 breaststroke (W) \*  
50 freestyle (M) \*  
50 freestyle (W) \*  
400 medley (M)

## 7 PM - B FINALS SUNDAY 26 OCTOBER 2025

100 butterfly (M) \*  
100 butterfly (W) \*  
200 breaststroke (M)  
200 breaststroke (W)  
50 backstroke (M)  
50 backstroke (W)  
200 freestyle (M)  
200 freestyle (W)  
100 medley (M)  
100 medley (W)

## Qualification

- Qualifying times must be posted in a World Aquatics sanctioned, observed or approved competition between October 1, 2024 and October 13, 2025. The fastest times, regardless of course length, will be accepted as entries and it is mandatory times can be verified either via [www.swimrankings.net](http://www.swimrankings.net) or provided result-files/websites.
- Times of a start swimmer in a relay, except for a mixed relay, will be accepted if these are authenticated and verifiable in the official report.
- Split times (of individual numbers) may be used to achieve the time standard. They will be accepted if they are certified as such and are verifiable.
- Junior swimmers can qualify with the senior qualifying times.
- The KNZB reserves the right to add swimmers to the competition that do not meet the qualification criteria.

	<b>Men</b>	<b>Women</b>
50m Freestyle	00:23,30	00:26,55
100m Freestyle	00:51,50	00:58,30
200m Freestyle	01:53,00	02:06,80
400m Freestyle	04:07,00	04:31,00
800m Freestyle	08:50,00	09:24,00
1500m Freestyle	16:38,00	18:12,50
50m Breaststroke	00:29,50	00:34,00
100m Breaststroke	01:04,40	01:13,90
200m Breaststroke	02:21,00	02:42,00
50m Butterfly	00:25,30	00:28,75
100m Butterfly	00:56,90	01:04,75
200m Butterfly	02:14,00	02:30,00
50m Backstroke	00:26,80	00:30,25
100m Backstroke	00:59,00	01:06,25
200m Backstroke	02:07,00	02:20,00
100m Medley	00:58,00	01:04,60
200m Medley	02:08,00	02:22,60
400m Medley	04:48,00	05:10,90

## Heats & seeding

- All events will be swum in the open category men and women.
- 10 lanes will be used during the morning heats.
- Swimmers with impairments (paralympic) will swim in the regular program with able-bodied swimmers, based on their entry times.
- The Dutch Qualifiers is an approved European Aquatics and World Aquatics qualifying event.

## Finals seeding & reserves

- All distances have an A and B-final, except 800m and 1500m.
- 10 lanes will be used during the finals
- 800m and 1500m will have timed finals with the fastest heat in PM session.
- The 10 fastest swimmers from the heats after all withdrawals are scratched, will qualify for the A-finals.
- At least 8 Dutch swimmers will qualify for the A-final
- At least 6 Dutch swimmers will qualify for the B-final.
- B-finals will only be scheduled when 4 or more swimmers are available.
- For each B-final two reserves will be appointed. For the A-final the fastest 2 swimmers qualified for the B-final will be the reserves. The reserves will be informed at least 1,5 hr in advance before the session whether they have to swim. After that time no reserves will be deployed.
- All athletes that do not want to swim the finals or be lined up as reserve swimmer must withdraw.
- The scratch deadline for all events shall be 30 minutes, after the corresponding event is finished and is published in livetiming. Withdrawals have to be made in writing by the teamleader or the swimmer in person on the designated desk in the competition pool.
- Swimmers and coaches are expected to check the startlists after the publication of the finals (after the scratch deadline).

## **Paralympic swimmers**

- Para swimmers will be seeded in the heats and finals according to entry times.
- The 10 athletes with the highest point ranking (WPS-points) after all withdrawals are scratched will proceed to the final
- Finals will proceed regardless of the number of athletes.
- The finals will be multi-class finals for paralympic swimmers only. There will be finals for 50m freestyle, 100m freestyle, 100m breaststroke, 100m backstroke & 100m butterfly.
- Para swimmers may also qualify for the regular A and B finals.
- This meet is not an official WPS qualifying event.
- Qualification times can be found in Appendix A

## **Rulebooks**

Officiating will be in accordance to the World Aquatics rule book, with in addition specific regulations on competitions by the Dutch KNZB rule book.

## **Call room**

Each swimmer should report to the call room, at least 10 minutes prior to his start of the attending race in case of a final in accordance to the starttime in the startsheet or at least 3 heats in advance of the attending race in the heats. The last call room can only be used by athletes who are expected there. A late swimmer runs the risk of being too late to swim and being excluded from the start.

## **Doping**

The international doping rules (World Aquatics, WADA) are applicable. Upon request swimmers must cooperate with representatives of the Dutch official doping authority and be available for testing. Non-Dutch swimmers have to be able to present their passports. Minors (under 18) has to be accompanied by an adult.



## Accreditations

- On the day of the competition, accreditations can be picked up at the entrance of the swimming pool by the teamleader.
- Presenting the deck pass, the team leader can pick up one new starting list every session.
- The number of deck passes per club/team is determined as follows:
  - 1 t/m 5 participants 1 deck pass
  - 6 t/m 10 participants 2 deck passes
  - 11 and more participants 3 deck passes
- If you want to order additional deck passes, please contact the organization. Any additional passes are subject to payment.
- Participants and deck passes are strictly personal. In case of abuse, the pass will be taken and will only be returned after payment of the set fee for team members.
- Teams with 1 to 5 Para swimmers can request 1 extra (free) deck pass, with 5 or more Para swimmers 2 extra (free) deck passes can be requested. This must be indicated separately with your entry.

## Entries

Final entry deadline is Tuesday, October 14, 2025; 23.59hrs (CET)

- Upon entering you will receive a confirmation twice:
  - An automatic confirmation that your e-mail was received
  - A personal message confirming your entry was processed. Only after receiving this second message your entries are accepted.
- You can send your entries via e-mail, please mention "Entry DQ + your team name" in the subject line.
- You need to send the SPLASH / Lenex data file, and the list of participants as a PDF file. You can make your registration complete, to add your contact info via Splash Team Manager, for which a separate manual on the [federation website](#) can be found. You can request the number of deck passes in the registration email. You can download a non-license Entry Editor at the [federation website](#).
- All files can be sent to the e-mail address [nkinschrijvingen@knzb.nl](mailto:nkinschrijvingen@knzb.nl).
- NB. All file names must be in the following format: 2025-10-24-(team name)-DQ-Rotterdam-entries.lxf and 2025-10-24-(team name)-DQ-Rotterdam-entries.pdf
- For Para athletes the S-classification code and codes of exception must be included in the lxf files.
- Dutch athletes can only be registered by their respective club.

## Ineligible, incomplete or late registrations

Unwarranted registration means:

- times that do not fully correspond to the times in the report.
- times that do not match the fastest time on the relevant event in the qualification period.
- times swum in competitions, that cannot be verified by the KNZB.

•For all unauthorized entries an administrative fee can be charged.



## Start lists

- After publishing the provisional entry lists on livetiming, corrections can be sent within 48 hours to [nkinschrijvingen@knzb.nl](mailto:nkinschrijvingen@knzb.nl).
- If corrections are late entries, an administrative fee will be charged.

## Entry fees

- The entrance fee for the competition for each staff member (coach, physio etc.) participating in the competition is € 16 per day or € 37,50 for all competition days.
- The entrance fee for the competition is € 18,50 per athlete, per event.
- The entry fee of all competitors must be paid prior to the start of the tournament. All teams and clubs will receive an invoice.
- All entries dated 14th October are subject to payment. There is no cancellation policy for withdrawals after 14th October.

## Withdrawals

- Withdrawals can be done until 48hrs before the first event via [nkinschrijvingen@knzb.nl](mailto:nkinschrijvingen@knzb.nl) where all competition days are considered as part of one competition.
- Entry fees will not be refunded.
- Withdrawals later than 48hrs prior to competition will be sanctioned with an administrative fee. This also includes no shows in competition.

## Tickets

Information about entry tickets and prices will be made available on

<http://www.knzb.nl/tickets>

## Hotel & transport

The LOC does not offer an official hotel and transport for this tournament. Teams are responsible for their own accommodation and transport, at their own expenses. The pool is easily accessible by public transport. The metrostation and busses stops in front of the venue.

## Team leaders meeting

All coaches or team leaders of the participating teams (both foreign and Dutch) will be invited to attend an online team leaders meeting on Tuesday 21 October 2025 at 20:00 hrs (CET), carried out by Teams.

## Venue

The swimming pool Zwemcentrum Rotterdam is a venue in the heart of Rotterdam. The competition pool is 25m, 10 lanes, equipped with electronic timing (Omega). The venue has a separate 25m pool that can be used for warm up. Athletes seats will be located next to the competition pool and close to the call room.

Address: Annie M.G. Schmidtplein 8, 3083 NZ Rotterdam

## Volunteers

To ensure the smooth running of the Dutch Qualifiers, we kindly ask all Dutch teams entering more than 5 swimmers to provide at least one volunteer. Please register your volunteer through the KNZB website using the [following link](#).

Your support is essential and highly appreciated thank you for helping us make this event a success!

## Final provisions

- The event can be followed with live stream, [-timing](#) and the SplashMe app.
- The organization reserves full authority to cancel, postpone or change the competition conditions, program and/or regulations.
- If the event has to be cancelled the organizing committee or KNZB cannot be held responsible for any costs by participating clubs or federations.
- To provide the best experience for media and fans, swimmers may be requested to have their image photographed or filmed for entertainment purposes (such as but not limited to LED wall).

# Appendix A

## Qualification times men para

Afstand	Klasse	QM's Senioren	QM's Onder 18	
50bc	S1-4	00:43,74	00:47,39	
	S5	00:36,94	00:40,02	
	S6	00:35,29	00:38,23	
	S7	00:32,79	00:35,52	
	S8	00:32,11	00:34,78	
	S9	00:29,68	00:32,16	
	S10	00:28,36	00:30,72	
	S11	00:31,18	00:33,78	
	S12	00:28,93	00:31,34	
	S13	00:28,43	00:30,80	
	S14	00:28,34	00:30,71	
	Afstand	Klasse	QM's Senioren	QM's Onder 18
	100bc	S1-4	01:37,23	01:45,33
		S5	01:23,48	01:30,43
S6		01:16,97	01:23,39	
S7		01:12,66	01:18,72	
S8		01:10,12	01:15,96	
S9		01:05,62	01:11,09	
S10		01:02,10	01:07,27	
S11		01:09,42	01:15,21	
S12		01:04,08	01:09,42	
S13		01:02,72	01:07,95	
S14		01:02,29	01:07,48	
Afstand		Klasse	QM's Senioren	QM's Onder 18
200bc		S1-4	03:28,26	03:45,62
		S5	03:02,62	03:17,84
	S6	03:06,73	03:22,29	
	S7	02:46,00	02:59,84	
	S8	02:35,90	02:48,89	
	S9	02:25,62	02:37,75	
	S10	02:24,32	02:36,34	
	S11	02:41,17	02:54,60	
	S12	02:26,84	02:39,07	
	S13	02:24,92	02:37,00	
	S14	02:15,60	02:26,90	
	Afstand	Klasse	QM's Senioren	QM's Onder 18
	400bc	S1-6	06:01,30	06:31,40
		S7	05:35,26	06:03,20
S8		05:18,03	05:44,53	
S9		05:04,10	05:29,45	
S10		05:00,59	05:25,64	
S11		05:26,01	05:53,18	
S12		05:10,08	05:35,92	
S13		04:55,94	05:20,60	
S14		05:04,06	05:29,40	

Afstand	Klasse	QM's Senioren	QM's Onder 18	
50rc	S1-4	00:51,01	00:55,26	
	S5	00:40,18	00:43,53	
	S6	00:39,43	00:42,71	
	S7	00:41,07	00:44,49	
	S8	00:38,73	00:41,96	
	S9	00:35,62	00:38,59	
	S10	00:34,11	00:36,95	
	S11	00:37,88	00:41,04	
	S12	00:34,68	00:37,57	
	S13	00:33,77	00:36,58	
	S14	00:33,46	00:36,25	
	Afstand	Klasse	QM's Senioren	QM's Onder 18
	100rc	S1-4	01:59,70	02:09,67
		S5	01:51,47	02:00,76
S6		01:29,92	01:37,41	
S7		01:23,59	01:30,56	
S8		01:18,72	01:25,28	
S9		01:12,80	01:18,86	
S10		01:12,10	01:18,11	
S11		01:20,30	01:26,99	
S12		01:13,59	01:19,72	
S13		01:09,97	01:15,80	
S14		01:10,04	01:15,87	
Afstand		Klasse	QM's Senioren	QM's Onder 18
50vl		S1-4	00:50,68	00:54,90
		S5	00:37,77	00:40,92
	S6	00:37,78	00:40,92	
	S7	00:35,01	00:37,93	
	S8	00:33,99	00:36,82	
	S9	00:32,64	00:35,36	
	S10	00:31,39	00:34,01	
	S11	00:33,87	00:36,69	
	S12	00:32,05	00:34,72	
	S13	00:31,00	00:33,58	
	S14	00:30,83	00:33,40	
	Afstand	Klasse	QM's Senioren	QM's Onder 18
	100vl	S1-8	01:15,20	01:21,46
		S9	01:11,36	01:17,30
S10		01:07,80	01:13,45	
S11		01:15,00	01:21,25	
S12		01:09,20	01:14,97	
S13		01:06,48	01:12,02	
S14		01:06,36	01:11,89	

Afstand	Klasse	QM's Senioren	QM's Onder 18	
50ss	SB1-4	00:53,07	00:57,49	
	SB5	00:52,00	00:56,34	
	SB6	00:44,64	00:48,36	
	SB7	00:43,64	00:47,28	
	SB8	00:39,75	00:43,06	
	SB9	00:37,78	00:40,93	
	SB11	00:39,95	00:43,28	
	SB12	00:37,84	00:41,00	
	SB13	00:36,52	00:39,56	
	SB14	00:36,31	00:39,34	
	Afstand	Klasse	QM's Senioren	QM's Onder 18
	100ss	SB1-4	01:56,41	02:06,11
		SB5	01:46,83	01:55,73
		SB6	01:36,30	01:44,33
SB7		01:31,65	01:39,29	
SB8		01:24,32	01:31,35	
SB9		01:20,45	01:27,15	
SB11		01:27,18	01:34,45	
SB12		01:20,31	01:27,00	
SB13		01:17,24	01:23,68	
SB14		01:17,08	01:23,51	
Afstand		Klasse	QM's Senioren	QM's Onder 18
200wis		SM1-5	03:25,34	03:42,45
		SM6	03:11,78	03:27,77
		SM7	03:00,45	03:15,49
	SM8	02:52,56	03:06,94	
	SM9	02:42,98	02:56,56	
	SM10	02:39,30	02:52,58	
	SM11	02:52,01	03:06,34	
	SM12	02:47,14	03:01,06	
	SM13	02:33,27	02:46,04	
	SM14	02:33,06	02:45,81	

BC = Freestyle  
 RC = Backstroke  
 VL = Butterfly  
 SS = Breaststroke  
 WIS = Individual Medley

# Appendix A

# Qualification times women para

Afstand	Klasse	QM's Senioren	QM's Onder 18	
50bc	S1-4	00:46,90	00:50,81	
	S5	00:43,21	00:46,81	
	S6	00:39,52	00:42,82	
	S7	00:39,70	00:43,00	
	S8	00:36,45	00:39,49	
	S9	00:33,52	00:36,31	
	S10	00:33,03	00:35,78	
	S11	00:35,49	00:38,45	
	S12	00:32,92	00:35,66	
	S13	00:32,69	00:35,41	
	S14	00:32,47	00:35,17	
	Afstand	Klasse	QM's Senioren	QM's Onder 18
	100bc	S1-4	01:42,06	01:50,56
		S5	01:31,74	01:39,39
S6		01:26,37	01:33,57	
S7		01:24,69	01:31,75	
S8		01:19,81	01:26,46	
S9		01:13,81	01:19,96	
S10		01:12,48	01:18,52	
S11		01:19,18	01:25,78	
S12		01:12,38	01:18,41	
S13		01:11,88	01:17,87	
S14		01:11,33	01:17,27	
Afstand		Klasse	QM's Senioren	QM's Onder 18
200bc		S1-4	03:42,79	04:01,36
		S5	03:21,92	03:38,75
	S6	03:10,43	03:26,30	
	S7	03:04,87	03:20,28	
	S8	02:58,06	03:12,90	
	S9	02:45,32	02:59,09	
	S10	02:38,75	02:51,98	
	S11	03:07,97	03:23,63	
	S12	02:42,15	02:55,66	
	S13	02:43,92	02:57,58	
	S14	02:31,95	02:44,61	
	Afstand	Klasse	QM's Senioren	QM's Onder 18
	400bc	S1-6	06:19,29	06:50,90
		S7	06:05,64	06:36,11
S8		05:50,50	06:19,70	
S9		05:39,80	06:08,12	
S10		05:28,28	05:55,63	
S11		06:06,55	06:37,10	
S12		05:42,70	06:11,26	
S13		05:30,34	05:57,87	
S14		05:33,81	06:01,63	

Afstand	Klasse	QM's Senioren	QM's Onder 18	
50rc	S1-4	00:59,68	01:04,65	
	S5	00:48,20	00:52,22	
	S6	00:48,25	00:52,27	
	S7	00:49,56	00:53,69	
	S8	00:44,00	00:47,66	
	S9	00:40,66	00:44,04	
	S10	00:39,78	00:43,10	
	S11	00:44,46	00:48,16	
	S12	00:40,54	00:43,91	
	S13	00:38,50	00:41,70	
	S14	00:38,42	00:41,63	
	Afstand	Klasse	QM's Senioren	QM's Onder 18
	100rc	S1-4	02:31,01	02:43,60
		S5	02:05,40	02:15,85
S6		01:37,03	01:45,11	
S7		01:39,62	01:47,92	
S8		01:30,37	01:37,90	
S9		01:23,77	01:30,75	
S10		01:22,19	01:29,04	
S11		01:30,93	01:38,51	
S12		01:23,89	01:30,88	
S13		01:19,99	01:26,65	
S14		01:19,68	01:26,32	
Afstand		Klasse	QM's Senioren	QM's Onder 18
50vl		S1-4	00:57,88	01:02,70
		S5	00:50,86	00:55,10
	S6	00:42,63	00:46,18	
	S7	00:42,16	00:45,67	
	S8	00:40,34	00:43,71	
	S9	00:36,44	00:39,47	
	S10	00:36,04	00:39,04	
	S11	00:43,49	00:47,12	
	S12	00:36,10	00:39,11	
	S13	00:36,51	00:39,55	
	S14	00:35,06	00:37,98	
	Afstand	Klasse	QM's Senioren	QM's Onder 18
	100vl	S1-8	01:25,92	01:33,08
		S9	01:20,60	01:27,31
S10		01:19,90	01:26,56	
S11		01:35,05	01:42,97	
S12		01:20,64	01:27,36	
S13		01:17,38	01:23,82	
S14		01:16,01	01:22,35	

Afstand	Klasse	QM's Senioren	QM's Onder 18	
50ss	SB1-4	01:06,13	01:11,64	
	SB5	01:00,69	01:05,75	
	SB6	00:57,01	01:01,76	
	SB7	00:50,04	00:54,21	
	SB8	00:47,20	00:51,13	
	SB9	00:42,31	00:45,83	
	SB11	00:47,69	00:51,67	
	SB12	00:44,24	00:47,92	
	SB13	00:43,20	00:46,80	
	SB14	00:42,77	00:46,33	
	Afstand	Klasse	QM's Senioren	QM's Onder 18
	100ss	SB1-4	02:13,04	02:24,13
		SB5	02:03,86	02:14,18
		SB6	01:53,80	02:03,28
SB7		01:48,00	01:57,00	
SB8		01:38,27	01:46,46	
SB9		01:29,98	01:37,47	
SB11		01:37,79	01:45,94	
SB12		01:32,52	01:40,23	
SB13		01:31,01	01:38,60	
SB14		01:30,59	01:38,14	
Afstand		Klasse	QM's Senioren	QM's Onder 18
200wis		SM1-5	04:08,27	04:28,96
		SM6	03:36,02	03:54,02
		SM7	03:32,34	03:50,03
	SM8	03:15,21	03:31,48	
	SM9	03:06,32	03:21,84	
	SM10	02:58,93	03:13,84	
	SM11	03:13,13	03:29,23	
	SM12	03:07,28	03:22,88	
	SM13	02:55,98	03:10,64	
	SM14	02:52,68	03:07,07	

BC = Freestyle  
 RC = Backstroke  
 VL = Butterfly  
 SS = Breaststroke  
 WIS = Individual Medley