



Entry Package

Citi Para Swimming World Series Australia

2023 Event

World Para Swimming

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1. WELCOME

Swimming Australia welcomes you to the inaugural Citi Para Swimming World Series Australia.

This is an important competition kicking off the 2023 international World Para Swimming Season. It offers a valuable competition and classification opportunity for the Oceania region and beyond.

The meet will be run in conjunction with the 2023 Victorian Open Championships. This is one of Australia's premier domestic competitions and features an integrated program of able-bodied and Para swimming.

The Citi Para Swimming World Series Australia is hosted by Swimming Australia in partnership with World Para Swimming, Swimming Victoria and Paralympics Australia.

2. GENERAL INFORMATION

2.1. Dates & General Information

The Citi Para Swimming World Series Australia will be held at the Melbourne Sports and Aquatic Centre (MSAC), Outdoor Pool from Friday 17 February to Sunday 19 February 2023.

This World Series will be held integrated with the 2023 Victorian Open Long Course Championships. It will consist of a total 64 events (with 24 Para events) conducted over 3 days.

- All Entries Open: 18 November 2022
- Classification Entry Deadline: 9 December 2022
- Entry Deadline: 19 January 2023
- Accreditation Deadline: 19 January 2023
- Training Dates: 14 – 16 February 2023
- Classification Dates: 14 – 16 February 2023
- Competition Dates: 17 – 19 February 2023

LOC Main Contact: Shannon Matheson

Shannon.Matheson@swimming.org.au

Event Contact: Narelle Holding

events@vic.swimming.org.au

World Para Swimming Technical Delegate: Margaret Chamberlain

World Para Swimming Contact: Nicole Burns

Nicole.Burns@WorldParaSwimming.org

World Para Swimming Classification contact: Saloni Gupta

Saloni.Gupta@WorldParaSwimming.org

2.2. Venue Overview

Location: [Melbourne Sports and Aquatic Centre, Albert Park, Melbourne, Victoria, Australia](#)

Venue website: <https://melbournesportscentres.com.au/msac>

Competition will take place in the MSAC outdoor heated pool which features 10 lanes movable floor and boom, 3,000 seating capacity, stunning Melbourne City Views, video scoreboard and audio public address system, TV lighting electronic timing, poolside meeting rooms and gantry. This is the same venue hosting the FINA World Short Course Championships in December 2022.

2.3. Traveling to Melbourne, Australia

Melbourne Airport (Tullamarine Airport) is located approximately 25 - 30 minute drive from Albert Park, VIC.

Address: Departure Dr, Melbourne Airport VIC 3045

2.4. Visas

If you require a visa to enter Australia you can apply online following the link provided:

<https://immi.homeaffairs.gov.au/visas/getting-a-visa/visa-finder/visit>

- Q1 – Choose your main purpose for visiting – 'attending an event'
- Q2 – Select your country of passport
- Select the recommended visa and apply online

Alternatively, upon request (to Shannon.Matheson@swimming.org.au) you will be sent a Visa Invitation letter which is to be presented during the lodgement of visa application at the relevant Australian visa office overseas nearest to your current place of residence. You will be required to send through a copy of your passport before receiving the Visa Invitation letter.

2.5. Transport

The LOC has not traditionally offered a transport package for this event but in 2023 can provide an option upon request. Please contact LOC to receive further information.

Federations are welcome to continue to coordinate their own transport if that is their preference and there are a number of options available:

Taxi

A taxi fare from Melbourne Airport to South Melbourne will cost approximately \$70 - \$80.

There is a convenient taxi rank located outside Melbourne Airport across from the terminals. If you require a taxi to be transported around Melbourne you can call 13 2227.

Uber

An uber fare from Melbourne Airport to South Melbourne will cost approximately \$55 - \$65. You will require the uber app on your mobile device to be able to request an uber.

Shuttle Bus

SkyBus runs express bus services every 10 minutes between Melbourne Airport and Melbourne CBD, operating all day, every day at a flat rate of \$19 one-way.

They have service desks conveniently located at each terminal and provide a free City Hotel Shuttle. Skybus also provides direct services to St Kilda, Southbank, Docklands, Frankston and Peninsula <https://www.melbourneairport.com.au/Passengers/To-from-the-airport/Buses-shuttles>.

Rental Cars

Melbourne Airport offers six car rentals companies, located on the ground floor of the Airport at Terminal T123 car park. You can search and compare the best deals to suit your travel needs by following the link <https://www.melbourneairport.com.au/Passengers/To-from-the-airport/Melbourne-Airport-Car-Rental>

Trams

Trams are a major form of public transport in Melbourne. Tram stop number 131 is located directly out the front of MSAC with trams arriving and departing frequently. This tram stop is located on Tram line 12 St Kilda – Victoria Gardens.

Myki cards are available for purchase from 7/11 and local convenience stores. This card can be loaded with money and is required to be able to ride the tram. For more info on tram transport please follow the link <https://www.ptv.vic.gov.au/more/travelling-on-the-network/visiting-melbourne-and-victoria/>

2.6. Accommodation

The LOC have not traditionally offered an accommodation package for this event but in 2023 can provide an option upon request. Please contact LOC to receive further information.

Federations and NPCs are welcome to continue to coordinate their own accommodation if that is their preference and there are a number of options available. All hotels below fall within a 5km radius of MSAC.

Quest St Kilda Road

478 St Kilda Rd, Melbourne VIC 3004

<https://www.questapartments.com.au/properties/vic/melbourne/quest-st-kilda-rd/overview>

Seasons Heritage Melbourne

572 St Kilda Rd, Melbourne VIC 3004

<https://www.seasonsheritagemelbourne.com.au/>

Parks Regis Griffin Suites

604 St Kilda Rd, Melbourne VIC 3004

<https://www.parkregisgriffinsuites.com.au/rooms-suites/>

Mercure/Pullman Melbourne Albert Park

65 Queens Rd, Melbourne VIC 3004

<https://www.pullmanalbertpark.com.au/>

2.7. Competition Fee

There is a \$16 entry fee per event for competitors only.

3. SPORT ENTRIES

3.1. Entries

All entries must be submitted through IPC SDMS Online Entry system [SDMS \(ipc-services.org\)](https://sdms.ipc-services.org).

Entries open on 18 November 2022.

Entries for swimmers requiring classification will close at 11:59pm CET on 9 December 2022.

Entries for all other individual events will close at 12:00 AEST on 19 January 2023.

Entries for relay events will close at 12:00 AEST on 19 January 2023.

Entries made after the classification entry deadline will not be considered for a classification slot, and incorrect entries may be rejected.

Qualifying Times for Multi Class events have been implemented. Times must have been achieved between 1 January 2022 and 16 February 2023.

Please note: There will be two reserves listed to replace qualified swimmers who withdraw from the final for events with both A and B finals and also for those events with only one final.

Competitors wishing to withdraw from a final shall do so in writing, signed by the athlete or an authorised representative within thirty (30) minutes of the posting of the finalist list for that event. Late entries can be considered upon request to LOC

shannon.matheson@swimming.org.au.

3.1.1. Online Entry Systems

All World series entries must be submitted through IPC SDMS Online Entry system [SDMS \(ipc-services.org\)](https://sdms.ipc-services.org)

3.1.2. Entry methods

Australian swimmers entering the Citi Para Swimming World Series Australia:

- Swimming Australia will complete your entries for classification purposes in the WPS Entry system on your behalf.
- For any additional events you wish to enter visit the [Swimming Victoria](https://www.swimming.vic.gov.au) website and access the [Victorian Open Championships](https://www.vic.gov.au/victorian-open-championships) competition page to enter online through the multi-class entry portal.

International swimmers entering the Citi Para Swimming World Series Australia:

STEP 1:

- Enter at www.paralympic.org/entries (a link is also provided at [Victorian Open Championships](https://www.vic.gov.au/victorian-open-championships) competition page)
- Only NPC/NF representatives with access to the IPC SDMS can process the entries.

STEP 2:

- Additionally, to assist the LOC with meet entries, international swimmers can enter via a Team Manager (TM) / Meet Manager (MM) file or with a [hard copy entry form](#) along with proof of entry times. All entries and requests are to be emailed directly to events@vic.swimming.org.au

3.1.3. Entry Fees

EVENT	ENTRY FEE
Individual Event	\$16

An invoice will be issued and payment must be made prior to competition starting on 17 February. Payment can be either by direct bank transfer or alternatively can be made in person via credit card at the Swimming Victoria office. The office is located on Level 2 at MSAC.

3.2. Competition Format and Schedule

Events will be run in the Multi Class format. The Australian Multi Class Point Score (MCPS) system will be used to determine event placings and progressions to finals.

The competition schedule can be found in Appendix A and at the [Victorian Open Championships](#) competition page.

3.3. Athlete Eligibility

Athletes must:

- Hold an active World Para Swimming license for the 2023 Season;
- Have achieved a Minimum Qualification Standard (MQS) at a World Para Swimming Recognised 50m Competition for an event on the programme between 1 January 2022 and 16 February 2023 (times are only recognised if the athlete was already licensed at the time of the achievement or has a recognised split time World/Regional record in the same length & stroke, that is included in the rankings); and
- To compete in Citi Para Swimming World Series finals, an athlete must have an International Classification status of Review (R), Fixed Date Review (FDR) or Confirmed (C).
 - Any athlete on a New (N) Status not undergoing classification in the competition may only swim in heats and will not progress to finals.

3.4. MQS

Athletes need MQS, in each event they are entered. Qualifying times are available in Appendix B.

Times must have been achieved between 1 January 2022 and 16 February 2023.

3.5. Direct Invitation Entry

New athletes can enter without MQS for classification purposes. The LOC with approval from WPS can give Direct Invitations for other athletes upon request. These still need to be within the Entry deadline, and must meet the below criteria.

3.6. Event Viability Criteria

Individual events will be considered viable if they have a minimum of four (4) eligible athletes from two (2) NPCs entered through the Entry by Name.

Events may be exempt from viability criteria with prior permission from World Para Swimming.

In case an event is non-viable after final entries the event maybe swum for performance only. NPCs will be informed about non-viable events after final entries.

3.7. Rules & Regulations

For all World Para Swimming World Series events the current World Para Swimming Rules and Regulations apply. They can be found on the [World Para Swimming website](http://www.worldparaswimming.org).

Fines and technical protest fees are possible as per WPS Rules and Regulations.

4. COMPETITION INFORMATION

4.1. Competition Venue

[Melbourne Sports and Aquatic Centre](http://www.melbourne.vic.gov.au), Albert Park, Melbourne, Victoria, Australia.

4.2. Training

There will be a lane space available for athletes arriving early to Melbourne in preparation for classification.

DATE	POOLS	TIME
Monday 13 February	50m Indoor Pool (3 lanes)	3:00 – 5:00pm
Tuesday 14 February	50m Indoor Pool (3 lanes)	9:00 – 11:00am
	50m Indoor Pool (4 lanes)	3:00 – 5:00pm
Wednesday 15 February	50m Indoor Pool (4 lanes)	9:00 – 11:00am
	50m Outdoor Pool (4 lanes)	4:00 – 6:00pm

Swimming Victoria has organised pre-meet training for all participants of the Victorian Open & World Series. Limited lanes are available for use.

DATE	POOLS	TIME
Wednesday 15 February	50m Outdoor Pool (5 lanes)	4:00 – 6:00pm
Thursday 16 February	50m Outdoor Pool (5 lanes)	9:00 – 11:00am
	50m Outdoor Pool (5 lanes)	3:30 – 5:30pm

4.3. Technical Meeting

A technical meeting will be held for international attendees to the WPS event at 3.00 pm on Thursday 16 February. This will take place at the competition pool in Swimming Vic Board room near the main reception area. Teams are reminded to bring any tapping and starting devices and modified swim suits for approval. The meeting presentation will be circulated to attending NPCs in advance of the meeting to prepare any questions.

4.4. Warm-up & Swim-down

- Please follow lane signage during warm up periods.
- No dive entries allowed during warm up. Feet first entry into water only.
- Athletes must swim in a clockwise direction. Swimming in an anti-clockwise direction will not be tolerated.
- Sprint warm-ups are to be conducted in lanes 0 and 9 only (under coaching supervision) and are walk-back lanes. Turns are not to be practiced in sprint lanes.
- Lanes 1 and 8 are pace lanes.
- If timing pads are installed, Athletes must not touch, grab or climb over them.
- Warm up ceases 10 minutes before the start time of the session. The countdown will be given at 10 minutes, 5 minutes, 2 minutes and 1 minute. It is the responsibility of each coach to ensure their Athletes are aware of the warm-up conclusion time frame.

During sessions, there will be either 10 x 50m OR 15 x 25m lanes in the indoor pool available for warm up and cool down.

Warm Up & Competition Times

SESSION	WARM UP TIMES	COMP START TIME
Heats	7:30am	9:00am
Finals	4:30pm	6:00pm

4.5. Ice Baths, Massage Tables, Race Analysis, Lactate Testing

Please request and advise if you wish to bring equipment or conduct analysis or lactate testing during the competition.

All requests must be submitted to shannon.matheson@swimming.org.au by 31 January 2023. Requests on site may not be accepted.

4.6. Changing Rooms

Change rooms and accessible bathrooms are available. Follow venue signage for access.

4.7. Call Rooms & Competition

There is a single call room for use during the event.

It is the responsibility of the athlete to report to the Call Room no later than 15 minutes prior to the scheduled start of their event.

Regulations outlined in the World Para Swimming Rules and Regulations concerning swimwear will apply; swimwear (caps, goggles and swimsuits) must be from the approved list and might be checked in the call room. Athletes will be escorted from the Call Room onto the pool deck.

All athletes will be required to go through the mixed zone following their event(s).

4.8. Competition Programme

The competition program can be found in Appendix A.

4.9. Sport Information Desk (SID)

There will be a Sport Information Desk operating during classification and competition days, please ask events staff for any event related information including the following:

- Distribution of start lists for the NPCs/NFs;
- Official communication with teams;
- Official forms distribution (Protest form, Medical withdrawal form);
- Liaison between teams and LOC / World Para Swimming.

4.10. Athletes & Team Officials Seating

Limited seating will be available on pool deck for athletes, coaches and officials. There will be seating roped off in the grandstand for coaches only. The rest of the grandstand will be available for spectators.

4.11. Accreditation

Accreditation passes will automatically be provided to all entered athletes competing at the Citi Para Swimming World Series Australia.

Team coaches & officials will be required to apply for their accreditation via the following link <https://form.jotform.com/222781346787872>

The deadline to submit your team accreditation will be Friday 19 January 2023.

These accreditations will be available to collect from the Sport Information Desk at MSAC from Monday 13 February 2023.

4.12. Classification

This competition offers international classification for the following impairment types:

- Physical Impairment (PI): 14 – 16 February 2023, MSAC

World Para Swimming will schedule athletes with a New or Review status pursuant with the below regulations.

An athlete will only be permitted to undergo International Classification if he or she:

- **Is licensed** with World Para Swimming pursuant to the relevant provisions in the World Para Swimming Rules and Regulations;
- Has been entered into the competition by the classification entry deadline;
- Has submitted Medical Diagnostics information (Medical Diagnostic Form and supporting documents) to the Sport Data Management System (SDMS) by the final entry deadline.

It is NPC/NF responsibility to enter the required events for Classification observation purposes for the athlete in the Entry by Name (PI Athletes).

Where a classification schedule is full:

- World Para Swimming will prioritise Athletes based on the priority lists submitted by the NPC/NFs;
- World Para Swimming will have a discretion to distribute the number of classification slots per NPC/NFs;

If an athlete is required to attend classification (Athlete Evaluation), they must arrive at the competition prior to the start of the classification period. World Para Swimming will schedule athletes in accordance with the classification period and not arrival dates of athletes. World Para Swimming WILL NOT accommodate any request to change any athlete's classification times.

If an athlete fails to attend Athlete Evaluation at the scheduled time, the athlete may not be permitted to compete at the relevant Competition.

If an athlete is classified Non-Eligible (NE) or is designated Classification Not Complete (CNC) they will not be able to compete at the relevant Competition.

Athletes should take note of the Athlete Evaluation Requirements outlined in Article 2 and Part Four of the World Para Swimming Classification Rules and Regulations. Failure to comply with these rules may lead to the suspension of Athlete Evaluation.

Details of which events can be used for observation are found at the following page on the WPS Website: [Para Swimming Classification Rules - Info for NPCs/NFs \(paralympic.org\)](http://www.paralympic.org/Para-Swimming-Classification-Rules-Info-for-NPCs/NFs)

5. VICTORY CEREMONIES

International multi class winners are required to wear NPC/NF tracksuit.

Swimming Victoria requests the cooperation of all swimmers and coaches in the presentation of medals. Medal presentations will be held as soon as possible after the results have been published. Place getters should proceed directly to the presentation area.

6. ANTI-DOPING AND MEDICAL INFORMATION

6.1. Anti-Doping

Swimming Australia has adopted and implemented an anti-doping policy and rules which conform to the rules established by the World Anti-Doping Authority (WADA), the International Olympic Committee (IOC), FINA, IPC Anti-Doping Code and the Australian Sports Anti-Doping Authority (ASADA). An updated list is supplied every 12 months. For further information please visit the [Swimming Australia Resources](http://www.swimmingaustralia.org.au/resources).

The Anti-Doping control / processes will be carried out in full accordance with the IPC Anti-Doping Code and the IPC Doping Control Agreement.

<https://www.paralympic.org/swimming/rules-and-regulations/anti-doping>

6.2. Medical Services at the Venue

On duty lifeguards and first aid officers will be available at the venue.

The closest hospital to the venue is;

The Alfred, 55 Commercial Rd, Melbourne VIC 3004, (03) 9076 2000

<https://www.alfredhealth.org.au/the-alfred>

6.3. Insurance

Each NPC/NF must ensure that all members of their delegation are appropriately insured, including coverage for travel, liability, accidents and repatriation. All delegation members must have appropriate accident and health insurance accepted in order to compete. The LOC will provide only basic medical services in the venue

No medical insurance will be provided to any of the participants. All participants are responsible for obtaining their own medical insurance (including Repatriation Coverage) and will be responsible for any medical expenses resulting from participation in the event.

6.4. Medical Attention

Australia's primary emergency call service number is Triple Zero (000), which can be dialled from any fixed or mobile phone, pay phones and certain Voice over Internet Protocol (VoIP) services. There are also two secondary emergency call service numbers—112 and 106.

If you have a hearing or speech impairment and your life or property is in danger, you can contact police, fire or ambulance by calling 106 TTY service.

6.5. COVID 19 Protocol

There are currently no COVID protocols required for travel to Australia.

Swimming Victoria will work closely with MSAC on any requirements that are expected to provide a COVID Safe event to our athletes, technical officials, coaches, staff, spectators, and wider swimming community.

By attending this competition, you agree to follow any Victorian Governments' restrictions and guidelines relating to COVID-19. Please visit [Coronavirus \(COVID-19\) Victoria](https://www.vic.gov.au/coronavirus-covid-19-victoria) for further information.

Appendix A: Competition Schedule

Day 1 – 17 th February	Day 2 – 18 th February	Day 3 – 19 th February
2. Men's 400m Freestyle S6–S14 3. Women's 400m Freestyle S6–S14 7. Men's 100m Butterfly S5–S14 8. Women's 100m Butterfly S5–S14 16. Men's 50m Breaststroke SB1-SB14 17. Women's 50m Breaststroke SB1–SB14 19. Men's 100m Freestyle S1-S14 20. Women's 100m Freestyle S1-S14 Heats 9:00am, Finals 6:00pm	24. Men's 100m Breaststroke SB2-SB14 25. Women's 100m Breaststroke SB2- SB14 31. Women's 50m Freestyle S1-S14 32. Men's 50m Freestyle S1-S14 39. Women's 100m Backstroke S1-S14 40. Men's 100m Backstroke S1-S14 Heats 9:00am, Finals 6:00pm	43. Men's 50m Butterfly S3-S14 44. Women's 50m Butterfly S3-S14 46. Men's 50 Backstroke S1-S14 47. Women's 50m Backstroke S1-S14 53. Men's 200m IM SM5-SM14 153a. Men's 150m IM SM1-SM4 153b. Women's 150m IM SM1-SM4 54. Women's 200m IM SM5-SM14 60. Men's 200m Freestyle 61. Women's 200m Freestyle Heats 9:00am, Finals 6:00pm

Appendix B: Minimum Qualifying Standards

Open Women MC Qualifying Times														
Distance	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
FREESTYLE														
50m	00:41.94	00:39.68	00:39.07	00:45.22	00:41.08	00:42.08	00:45.22	00:45.84	00:51.58	00:58.55	01:14.64	01:37.99	02:04.33	02:03.22
100m	01:30.99	01:25.30	01:26.17	01:39.34	01:28.95	01:28.50	01:36.43	01:36.60	01:50.08	02:05.09	02:37.24	03:30.44	04:07.66	04:37.15
200m	03:11.01	03:10.42	03:13.18	03:37.88	03:13.98	03:08.19	03:24.48	03:28.09	03:48.25	04:28.53	05:16.40	07:17.11	08:18.24	09:26.32
400m	06:53.32	06:29.24	06:41.88	07:30.28	06:35.77	06:22.24	06:53.91	07:21.73	07:54.72					
BACKSTROKE														
50m	00:47.17	00:47.70	00:48.35	00:53.23	00:47.14	00:49.16	00:53.91	00:57.29	01:01.04	01:03.12	01:19.84	01:37.27	01:58.46	02:01.92
100m	01:41.07	01:40.11	01:39.82	01:55.60	01:36.31	01:40.41	01:47.74	02:00.53	02:05.87	02:31.62	03:03.94	03:43.48	05:00.95	05:12.23
BREASTSTROKE														
50m	00:53.34	00:52.77	00:51.77	01:00.29		00:55.90	00:56.13	01:04.15	01:06.73	01:15.05	01:30.39	01:33.13	02:04.75	02:58.47
100m	01:58.12	01:51.75	01:51.31	02:09.67		01:51.47	01:52.44	02:11.85	02:18.39	02:33.15	03:03.80	03:42.72	05:12.29	
BUTTERFLY														
50m	00:44.99	00:44.10	00:43.57	00:52.64	00:45.82	00:46.33	00:48.82	00:49.94	00:55.69	01:06.10	01:31.97	01:41.08		
100m	01:40.94	01:35.55	01:31.44	01:55.85	01:38.61	01:36.70	01:43.80	01:56.12	02:09.85	03:13.26				
INDIVIDUAL MEDLEY														
150m											04:33.88	05:59.65	09:15.43	09:15.43
200m	03:42.26	03:34.66	03:37.46	04:09.73	03:37.53	03:34.19	03:49.38	04:04.04	04:34.19	05:15.89				
Open Men MC Qualifying Times														
Distance	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
FREESTYLE														
50m	00:36.64	00:34.41	00:33.32	00:37.41	00:33.96	00:36.72	00:38.32	00:40.09	00:43.15	00:53.39	01:01.26	01:13.43	01:43.60	01:51.30
100m	01:20.18	01:17.00	01:13.76	01:22.11	01:13.70	01:20.12	01:23.49	01:27.42	01:34.83	01:54.95	02:14.89	02:41.52	03:44.15	04:01.81
200m	02:53.32	02:56.21	02:53.04	02:57.03	02:45.84	02:57.56	03:09.21	03:14.98	03:23.12	03:59.08	04:46.89	05:37.48	07:51.36	08:31.57
400m	06:18.17	05:57.75	06:00.26	06:17.92	05:53.82	06:12.39	06:25.53	06:56.40	06:56.92					
BACKSTROKE														
50m	00:44.10	00:42.38	00:41.77	00:46.82	00:41.43	00:43.18	00:44.83	00:50.84	00:51.23	00:57.18	01:09.69	01:16.12	01:48.51	02:19.58
100m	01:32.44	01:26.72	01:26.02	01:38.15	01:27.73	01:29.62	01:33.70	01:44.24	01:47.20	02:04.95	02:38.83	03:21.32	04:01.93	05:31.50
BREASTSTROKE														
50m	00:43.88	00:45.45	00:47.77	00:50.27		00:42.25	00:48.32	00:55.65	00:56.04	01:08.86	01:15.83	01:23.29	01:36.67	02:34.50
100m	01:36.23	01:33.64	01:37.74	01:42.19		01:35.57	01:37.09	01:58.51	02:03.31	02:29.32	02:37.65	03:10.92	03:49.19	
BUTTERFLY														
50m	00:39.35	00:39.50	00:38.74	00:41.24	00:37.08	00:39.76	00:40.63	00:44.00	00:44.61	00:56.02	01:09.55	01:39.31	02:23.82	03:22.95
100m	01:27.54	01:23.00	01:22.44	01:28.56	01:21.12	01:25.97	01:27.58	01:38.88	01:43.96	02:10.93				
INDIVIDUAL MEDLEY														
150m											03:58.21	04:41.26	07:27.66	10:05.49
200m	03:20.12	03:11.03	03:09.97	03:27.15	03:10.24	03:13.58	03:24.18	03:45.92	03:54.98	04:36.14				

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