

# **GOLD FINS** Winter **WHITEOUT**

**SHAW CENTRE | SASKATOON**  
**FEBRUARY 6-8, 2026**

Dive into a frosty flurry of excitement at the Goldfins Winter Whiteout swim meet this February! As the chill of winter envelops the outdoors, our athletes will heat up the lanes with their blazing speed. This event promises to be a snow-dusted spectacle of competitive spirit and camaraderie—perfect for senior-level swimmers eager to earn prestigious World Aquatic Points and snowflake medals.

While the competition is fierce, the heart of our Winter Whiteout is about more than just the race. It's a time to embrace the warmth of friendships and forge lasting memories amid the ice-kissed air. Join us at the Shaw Centre's Steamy Snowglobe, a haven of festive cheer and spirited competition. Whether you're diving in as a competitor or cheering from the stands, this winter wonderland awaits your presence.

Let's unite in this enchanting winter experience, where laughter, friendship, and the thrill of the swim create an unforgettable tapestry of joy and achievement. Don't miss your chance to be part of this magical winter gathering!

The Saskatoon Goldfins Swim Club would like to acknowledge that we train and compete on treaty land, referred to as Treaty 6 Territory and that the City of Saskatoon and all the people here are beneficiaries of this treaty. Treaty 6 encompasses the lands of the Cree, Dakota, Nakota, Saulteaux and the homeland of the Métis Nation.



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THAN A  
GAME.**

**COMPETITION HOST:**  
Saskatoon Goldfins Swim Club

**VENUE:**  
City of Saskatoon – Shaw Centre  
122 Bowlt Crescent  
Saskatoon, SK. S7M 0L1

**MERCHANDISE VENDOR:**  
Al Anderson's Source for Sports

**LIVE STREAMING:**  
There will be no live stream

**MEET FORMAT:**  
Timed Finals

**FACILITY:**  
10 Lane – 50M Competition Tank  
3 Lane – 25M Warm-Down Area

**GOLDFINS CONCESSION:**  
There will be no on-site concession

**DEADLINES:**  
**ENTRY DEADLINE:** January 26, 2026 (9:59 PM – CST)

**CONTACTS:**

**MEET MANAGER:** Ryan Lejbak [ryanl@goldfins.ca](mailto:ryanl@goldfins.ca)

**CO-MEET MANAGER:** Michelle Jarcan [mjarcan@shaw.ca](mailto:mjarcan@shaw.ca)

**MEET REFEREE:** Belinda Bilous [jaydensmom@sasktel.net](mailto:jaydensmom@sasktel.net)

**ENTRIES CHAIRPERSON:** Jennifer Robinson [jennifer@goldfins.ca](mailto:jennifer@goldfins.ca)



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## Goldfins Winter Whiteout

- Swimming Canada Warm-up Competition Safety Procedures will be in effect at this competition: [LINK](#)
- Current Swimming Canada Rules will apply except as specifically modified in this meet package: [Rules](#)
- World Para Swimming Rules and Regulations will apply except as modified in this meet package for Para swimmers: [Rules](#)
- All participants in this event are reminded that they are bound by Swimming Canada's and Swim Saskatchewan Policies including but not limited to, the Code of Conduct and Ethics, Athlete Protection Policy, Social media policy as found in the Swim Sask's Safe Sport manual, which can be found: [HERE](#)

**2. Name of Meet:** Goldfins Winter Whiteout  
**Dates of competition:** February 6 – 8, 2026  
**Host Club:** Saskatoon Goldfins Swim Club  
**Type of Meet:** Timed Finals

**3. Session Times:**

• Session 1: Friday, February 6, 2026	Warm-up: 5:00 PM – 5:50 PM; Competition Start: 6:00 PM
• Session 2: Saturday, February 7, 2026	Warm-up: 7:30 AM – 8:20 AM; Competition Start: 8:30 AM
• Session 3: Saturday, February 7, 2026	Warm-up: 5:00 PM – 5:50 PM; Competition Start: 6:00 PM
• Session 4: Sunday, February 8, 2026	Warm-up: 7:30 AM – 8:20 AM; Competition Start: 8:30 AM

- Coaches Meeting will be held at **4:40 PM** on February 6, 2025. Notification will be given on deck prior to the meeting.
- Officials' Briefings will be held in the meeting room 30 minutes before the end of Warm-up time for every session.
- Senior Officials' Briefings will be held 45 minutes before the end of Warm-up time for every session.
- Meet Management reserves the right to change session start times once entries are received. Coaches will be notified should the session start times change.
- Warm-up is only for swimmers registered in the competition.

**4. Location:** Shaw Centre; 122 Bowl Crescent, Saskatoon, Saskatchewan; Phone: (306) 975-7744

**5. Facility:**

- 1 X 50-meter competition pool with 10 lanes will be utilized for **timed finals**
- 3 X 25-meter lanes will be available in the Leisure pool for warm-up/cool down during the competition.
- Non-Turbulent Lane Markers
- HY-TEK Meet Manager Computer 8.0 Software and Daktronics (or Manual Timing if required).
- Depth at Start end of the pool 4.85m
- Depth at Turn end of the pool 3.02m
- Backstroke ledges will be available

**6. Meet Manager and Co-Meet Manager**

- Meet Manager: Ryan Lejbak, 306-341-3202, [ryanl@goldfins.ca](mailto:ryanl@goldfins.ca)
- Co-Meet Manager: Michelle Jarcan, 306-262-6048, [mjarcan@shaw.ca](mailto:mjarcan@shaw.ca)

**7. Officials' Coordinator**

- Robin Mowat, [officials@goldfins.ca](mailto:officials@goldfins.ca)



## 8. Officials

Officials and volunteers are encouraged to bring their own water bottles; however, food and drink service will be provided to officials.

A successful swim meet is the result of parents volunteering. The Saskatoon Goldfins encourage officials from other clubs to sign up if possible.

**Officials from other clubs.** Officiating positions will become available for registration, on, or after December 17, 2025. For available positions, please visit: <https://www.goldfins.ca/event/goldfins-winter-whiteout-lcm> Officials can contact Robin Mowat to inquire as to position availability – [officials@goldfins.ca](mailto:officials@goldfins.ca)

## 9. Eligibility

- Entries will only be accepted for swimmers currently registered with a Swimming Canada or World Aquatics affiliated club. Para Swimmers must have a valid classification listed on the Swimming Canada website: [Classification – Swimming Canada](#)
- Swimmers must be at least 7 years old as of February 6, 2026.
- PARA swimmers who are registered with Swimming Canada or a World Aquatics affiliate are eligible to compete.
- This is an open invitational competition open to Canadian swim clubs.
- Qualifying period is from January 1, 2025, to the entry deadline.
- Swimmer age is as of the first day of competition.

## 10. Qualifying Times

- Athletes must have attained a minimum of ONE Swim Saskatchewan AA Time Standard.
- Qualifying times are not required for relay events.
- There are no qualifying times for Para swimmers.

## 11. Entry Deadline Date

- Entries must be uploaded to the Swimming Canada Online Entries System by **Monday, January 26, 2026 – 9:59 PM – CST.**
- **All Attending coaches must be listed when uploading the entry file.**
- If a coach from the same club as swimmers registered will not be attending the meet, the coach must provide the Meet Manager with the name of the coach and club that will be responsible for coaching their swimmers.

## 12. Entry Fees

- \$30.00 athlete surcharge
- \$12.00 per athlete per event
- \$15.00 for each relay team entered

All entry fees must be received before, or on, **Monday, February 2, 2026**. No swimmer/team will be allowed to start warm-up until entry fees have been paid.

E-transfers will be the only acceptable form of payment. E-transfers should be emailed to: [payments@goldfins.ca](mailto:payments@goldfins.ca). Please ensure you have included your Club's name in the email.

## 13. Entries Refund Policy:

- As per Winter Swimming Policy WC-4 found [here](#)



#### 14. Entry Limit:

- A swimmer with 1 qualifying time may enter a maximum of 9 individual events and no more than 3 individual events per day. This does not include deck entries.
- There will be a maximum of 350 entrants. Entries will be accepted on a first-come, first-entered basis, by the date and time the Entry file is uploaded.
- This meet is open to Canadian swim clubs.

#### 15. Entries

- All entries must be uploaded to the Swimming Canada Online Entries System. No entries will be accepted by email.
  - Entry times are to be uploaded in SC or LC Meters. Converted times will NOT be accepted.
  - No Time (NTs) will be accepted; however, swimmers must have a minimum of ONE (1) Swim Saskatchewan AA Qualifying Time Standard.

Meet Management reserves the right to limit the number of heats in the 800M and 1500M Freestyle. If heat limits are reached, swimmers who are excluded from the 800M or 1500M events will be allowed to select another event.

Please contact Entries Chair Jennifer Robinson – [jennifer@goldfins.ca](mailto:jennifer@goldfins.ca) if you have any further questions regarding entries.

#### 16. Relay Entries

- Please submit relay entries with names.
- Relay only swimmers are allowed to compete on a relay team (1 relay only swimmer/team).
- Relays will be Open with a Maximum of 3 Teams/Club.
- The 4 X 50M Mixed Medley Relay must have 2 female and 2 male swimmers.
- Changes to relays must be submitted to the Administration Desk no later than 30 minutes prior to the start of the session within which the relay is swum.
- Qualifying times are not required for relay entries.

#### 17. Deck Entries

- Deck entries may be allowed at the discretion of Meet Management and only if space permits; additional heats will not be created. Events/heats with deck entries will not be reseeded.
- Deck entries are for additional swims for swimmers already entered in the competition and have passed registration validation, to swim additional swims in empty lanes. Deck Entries are not for day of competition entries.
- Deck Entries are \$25 per event.
- Deck entries, with payment, must be submitted to the Clerk of Course no later than 45 minutes prior to the start of the session within which the event is swum.
- Deck entries will be entered as NT and will be added to the slowest heat where space is available.
- Deck entries do not count toward a swimmer's maximum individual events.
- Deck entries are "exhibition" and therefore will not be considered for awards.



## 18. Meet Format/Competition

- Timed finals will be offered as Female/Male/Age Group.

### Event Details

- The 800M and 1500M Freestyle events will be conducted as Timed Finals.
- Meet Management reserves the right to limit the number of heats in both the 800M and 1500M events.
- Positive Check-in deadlines will be 30 minutes before the start of each competition session. The following events require positive check-in and may be reseeded based on Meet Management's discretion.
  - Friday: 1500M Freestyle
  - Saturday: 400M Freestyle & 400M Individual Medley
  - Sunday: 800M Freestyle

### Competition Structure

- Females and males will compete separately with the exception of the Mixed Relays.

### Age Groups/Gender:

- Girls:** 12 & Under, 13 – 14, 15 & Over
- Boys:** 13 & Under, 14 – 15, 16 & Over

### Timed Finals

- Timed Final events will be Senior Seeded. Timed Final events will be swum fastest to slowest.
- If a PARA swimmer competes at a shorter distance than the advertised event, coaches must consult the Meet Manager and Referee before the competition starts. They should follow the same procedure as when requesting an official split, as outlined later in the Meet Package.
- There are no PARA-specific events or entry standards.
- All swim-offs will be scheduled at a time agreed upon by coaches and officials. Every effort will be made to conduct the swim-off by the end of the session in which the tie occurred.
- Communication updates will be provided to coaches through the Event's What's App Group.

## 19. Seeding:

- Timed Final events will be Senior Seeded. Timed Final events will be swum fastest to slowest.
- 800M and 1500M events will be swum as timed final events during the preliminary sessions.
- 800M and 1500M events will be swum alternating between girls and boys.
- Preliminary heats will be seeded according to procedures in Swimming Canada's Rule II.3.1.
- NT entries will be seeded last.
- PARA swimmers will be fully integrated into the meet and seeded based on entry times.
- Heats may be swum together as necessary.

## 20. Start

- Starts will be conducted from the Deck or Bulkhead as per Swimming Canada Rule C4.1.1
- In-water starts will be conducted as per Swimming Canada Rule C4.1.2
- Starting ledges will be available for the Backstroke events and for the Medley Relay events.
- This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:
  - Non-verbal instruction provided by a support person that has a status of "Active" in the Swimming Canada Registration system will be permitted to support the swimmer.

## 21. Scratch Rule

- Scratches from timed final events may be made at any time without penalty except for the loss of entry fee. There will be no re-seeding of time-finals; scratches simply create an open lane.



## 22. Scoring

- There is no team scoring for this swim meet.

## 23. Awards

- Each swimmer and coach will receive a deck pass bag tag.
- Medals will be awarded to the swimmer in each Gender/Age Group for the Top World Aquatic Point Score of the Day. Awards will be announced and presented to swimmers following the Relay Events and/or prior to the start of the next timed finals session. On the final day of the swim meet, awards will be presented following the Mixed Medley Relays.
- Medals will be presented near the dive towers when available for presentation.

## Results

- Results will be published as:
  - Female: 12 & Under, 13 – 14, 15 & Over
  - Male: 13 & Under, 14 – 15, 16 & Over
  - Female/Male: Open Relay Events
- Official splits will be reported as a separate event in the meet results.
- Unofficial results will be made available on Meet Mobile.
- Official Results will be posted within 48 hours of completion of the swim meet to [www.swimming.ca](http://www.swimming.ca).

## 24. Official Splits

- Official Split request must be submitted to Meet Administration Desk 30 minutes prior to the start of the session that the event is being swum.
- Official Splits for the 800M or for the 1500M Freestyle events must be requested when submitting entries.

## 25. Meet Safety Rules

- Dive starts shall not be made during the warm-up period when two-way swimming is in progress, except during the final 30 minutes of the warm-up period. During this period, swimmers will be allowed to dive and swim in one direction in lanes 0 and 8 (from the start end). During the final 30 mins of warm-up, Lane 1 will have backstroke ledges available during this time and will be a designated backstroke start lane. Additional lanes may be opened for dive starts if required.
- Meet Management reserves the right to assign lanes to participating teams during warm-ups, based on swimmer registration per club. Details regarding assigned lanes will be shared during the coaches' meeting. Para lanes may be made available based on space availability.
- Safety marshals will be on the pool deck during the assigned warm-up period. Kick boards, pull buoys and snorkels will be allowed during the warm-up period. Hand paddles and flippers will not be allowed, nor will tubing or cord assisted sprinting.

## 26. General or Facility Information

- The space that each team uses will be the responsibility of that team. Teams are expected to keep the areas that they use clean and tidy.
- Glass Containers and breakables are not allowed on the pool deck.
- No deck changing will be allowed. Swimmers must use the change room to change in and out of bathing suits. Swimmers who change on deck may be removed from the competition.
- Teams are responsible for the conduct of their swimmers. Inappropriate behavior at the pool may result in disciplinary action by Meet Management.
- The Goldfins will not accept responsibility for lost or stolen items. It is the responsibility of each swimmer entered into the meet to ensure that their personal belongings are stored in a secure manner.
- Only swimmers, coaches, officials and volunteers allowed on the pool deck. Spectators must remain outside of the pool area or in the upstairs bleachers. Chaperone's will be allowed on the pool deck at the discretion of meet management.



## 27. Other Meet Related Events

- The Goldfins Swim Club is pleased to welcome Al Anderson's Source for Sports who will be on site to sell swim equipment.
  - Hours of Operation:
    - Friday, February 6, 2026 – **TBD**
    - Saturday, February 7, 2026 – **TBD**
    - Sunday, February 8, 2026 – **TBD**
- Al Anderson's Source for Sports is the Goldfins Official Merchandise Supplier for the Goldfins Winter Whiteout.

## 28. Community Information and Accommodations

- There are numerous amenities within the Blairmore area located within walking distance to the Shaw Center Pool.

## 29. Media, Safe Sport, and Swimwear:

### • Photography/Videography

- a. To minimize risk, all photographs and video taken at Swimming Canada/Swim Saskatchewan sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area.
- b. For full details see the Event Photography and Videography Procedure Policy found [HERE](#)
- c. Clubs may appoint one official photographer for their club to be granted access to a designated area/working deck. Please contact Meet Manager prior to the competition for permission.
- d. Meet Management may issue an accreditation/name tag identifying such person. If a tag is issued; then it must be always worn.

### Safe Sport

- a. Swimming Canada and Swim Saskatchewan believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment, and discrimination. Swimming Canada Safe Sport Policy found [HERE](#) and other Safe Sport Resources [HERE](#).
- b. Only participating swimmers, officials, registered coaches, and authorized people are allowed on deck.
- c. Swim Saskatchewan and Swimming Canada have signed onto the Responsible Coaching Movement, which means that all interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment that is both “open” and “observable” to others.

### Swimwear

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Saskatchewan. It is not required to declare the choice of swimwear to the Referee, if the fabric of the swim wear is a permeable open mesh textile and would not reasonable be seen to create a technical advantage in terms of speed, buoyancy, or endurance.



30. Event Schedule/Order of Events

**Friday, February 6, 2026 – 6:00 PM – Session #1**

Mixed	Female	Event	Male
	1	50M Breaststroke	2
	3	100M Fly	4
	5	200M Backstroke	6
	7	1500M Freestyle	8
	9	4 X 50M Freestyle Relay	10

**Saturday, February 7, 2026 – 8:30 AM – Session #2**

Mixed	Female	Event	Male
	11	200M Fly	12
	13	50M Freestyle	14
	15	200M Breaststroke	16
	17	100M Backstroke	18
	19	400M Freestyle	20

**Saturday, February 7, 2026 – 6:00 PM – Session #3**

Mixed	Female	Event	Male
	21	200M Freestyle	22
	23	100M Breaststroke	24
	25	400M Individual Medley	26
	27	50M Backstroke	28
	29	4 X 50M Medley Relay	30

**Sunday, February 8, 2026 – 8:30 AM – Session #4**

Mixed	Female	Event	Male
31		4 X 50M Mixed Medley Relay	
	32	200M Individual Medley	33
	34	100M Freestyle	35
	36	50M Fly	37
	38	800M Freestyle	39



## Swim Saskatchewan AA Qualifying Time Standards

Girls ManSask "AA" Time Standards												
11&U	12	13	14	15	16&O	Events	16&O	15	14	13	12	11&U
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
00:35.98	00:33.46	00:31.95	00:30.99	00:30.53	00:30.22	50Fr	00:29.52	00:29.82	00:30.27	00:31.21	00:32.68	00:35.14
01:18.65	01:13.14	01:09.85	01:07.76	01:06.74	01:06.07	100Fr	01:04.95	01:05.60	01:06.60	01:08.66	01:11.90	01:17.31
02:51.10	02:39.12	02:31.96	02:27.40	02:25.19	02:23.74	200Fr	02:21.23	02:22.65	02:24.83	02:29.30	02:36.34	02:48.11
06:03.34	05:37.90	05:22.70	05:13.02	05:08.32	05:05.24	400Fr	04:57.86	05:00.86	05:05.45	05:14.89	05:29.73	05:54.55
12:34.94	11:42.09	11:10.50	10:50.38	10:40.63	10:34.22	800Fr	10:18.08	10:24.32	10:33.83	10:53.43	11:24.22	12:15.72
24:40.53	22:56.90	21:54.94	21:15.49	20:56.36	20:43.79	1500Fr	20:13.55	20:25.81	20:44.48	21:22.97	22:23.42	24:04.54
00:41.47	00:38.57	00:36.83	00:35.73	00:35.19	00:34.84	50Bk	00:34.09	00:34.44	00:34.96	00:36.04	00:37.74	00:40.58
01:28.34	01:22.16	01:18.46	01:16.11	01:14.97	01:14.22	100Bk	01:12.60	01:13.33	01:14.45	01:16.75	01:20.36	01:26.41
03:12.36	02:58.90	02:50.85	02:45.72	02:43.24	02:41.60	200Bk	02:36.52	02:38.10	02:40.51	02:45.47	02:53.27	03:06.31
00:46.12	00:42.90	00:40.97	00:39.74	00:39.14	00:38.75	50Br	00:38.09	00:38.48	00:39.06	00:40.27	00:42.17	00:45.34
01:40.83	01:33.77	01:29.55	01:26.86	01:25.56	01:24.70	100Br	01:22.37	01:23.20	01:24.47	01:27.08	01:31.19	01:38.05
03:38.16	03:22.89	03:13.76	03:07.95	03:05.13	03:03.28	200Br	02:58.31	03:00.11	03:02.85	03:08.51	03:17.39	03:32.25
00:38.84	00:36.12	00:34.50	00:33.46	00:32.96	00:32.63	50FL	00:32.42	00:32.74	00:33.24	00:34.27	00:35.88	00:38.59
01:27.02	01:20.93	01:17.29	01:14.97	01:13.84	01:13.10	100FL	01:12.25	01:12.98	01:14.09	01:16.38	01:19.98	01:26.00
03:19.62	03:05.65	02:57.29	02:51.97	02:49.39	02:47.70	200FL	02:43.41	02:45.06	02:47.58	02:52.76	03:00.90	03:14.52
03:15.40	03:01.72	02:53.55	02:48.34	02:45.81	02:44.16	200I.M	02:39.50	02:41.11	02:43.56	02:48.62	02:56.57	03:09.86
06:54.38	06:25.38	06:08.03	05:56.99	05:51.64	05:48.12	400I.M	05:39.15	05:42.57	05:47.79	05:58.54	06:15.44	06:43.70

Boys ManSask "AA" Time Standards												
12&U	13	14	15	16	17&O	Events	17&O	16	15	14	13	12&U
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
00:33.85	00:31.31	00:29.74	00:28.70	00:27.98	00:27.56	50Fr	00:26.73	00:27.13	00:27.83	00:28.84	00:30.36	00:32.82
01:13.60	01:08.08	01:04.68	01:02.42	01:00.86	00:59.94	100Fr	00:58.40	00:59.29	01:00.81	01:03.02	01:06.33	01:11.71
02:41.19	02:29.10	02:21.65	02:16.69	02:13.27	02:11.27	200Fr	02:08.02	02:09.97	02:13.30	02:18.13	02:25.40	02:37.19
05:44.13	05:18.32	05:02.40	04:51.82	04:44.52	04:40.26	400Fr	04:31.63	04:35.77	04:42.84	04:53.10	05:08.52	05:33.54
12:03.15	11:08.91	10:35.46	10:13.22	09:57.89	09:48.92	800Fr	09:29.91	09:38.59	09:53.42	10:14.95	10:47.31	11:39.80
22:53.97	21:10.92	20:07.38	19:25.12	18:55.99	18:38.95	1500Fr	18:09.67	18:26.26	18:54.63	19:35.78	20:37.67	22:18.02
00:38.98	00:36.05	00:34.25	00:33.05	00:32.22	00:31.74	50Bk	00:30.90	00:31.37	00:32.18	00:33.35	00:35.10	00:37.95
01:23.93	01:17.63	01:13.75	01:11.17	01:09.39	01:08.35	100Bk	01:05.70	01:06.70	01:08.41	01:10.89	01:14.62	01:20.67
03:01.44	02:47.83	02:39.44	02:33.86	02:30.02	02:27.77	200Bk	02:21.88	02:24.04	02:27.74	02:33.10	02:41.15	02:54.22
00:43.00	00:39.77	00:37.78	00:36.46	00:35.55	00:35.02	50Br	00:34.62	00:35.14	00:36.05	00:37.35	00:39.32	00:42.51
01:34.09	01:27.03	01:22.68	01:19.78	01:17.79	01:16.62	100Br	01:14.24	01:15.37	01:17.30	01:20.10	01:24.32	01:31.15
03:24.88	03:09.51	03:00.03	02:53.73	02:49.39	02:46.85	200Br	02:41.82	02:44.28	02:48.49	02:54.60	03:03.79	03:18.70
00:36.33	00:33.60	00:31.92	00:30.80	00:30.03	00:29.58	50FL	00:29.42	00:29.87	00:30.63	00:31.74	00:33.41	00:36.12
01:20.70	01:14.65	01:10.92	01:08.43	01:06.72	01:05.72	100FL	01:05.02	01:06.01	01:07.70	01:10.15	01:13.85	01:19.83
03:03.93	02:50.13	02:41.63	02:35.97	02:32.07	02:29.79	200FL	02:25.53	02:27.75	02:31.54	02:37.03	02:45.30	02:58.70
03:01.38	02:47.78	02:39.39	02:33.81	02:29.96	02:27.71	200I.M	02:24.00	02:26.19	02:29.94	02:35.38	02:43.56	02:56.82
06:31.10	06:01.76	05:43.68	05:31.65	05:23.36	05:18.51	400I.M	05:08.32	05:13.02	05:21.04	05:32.69	05:50.20	06:18.59



**BETTER LIVES  
THROUGH  
SWIMMING**

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