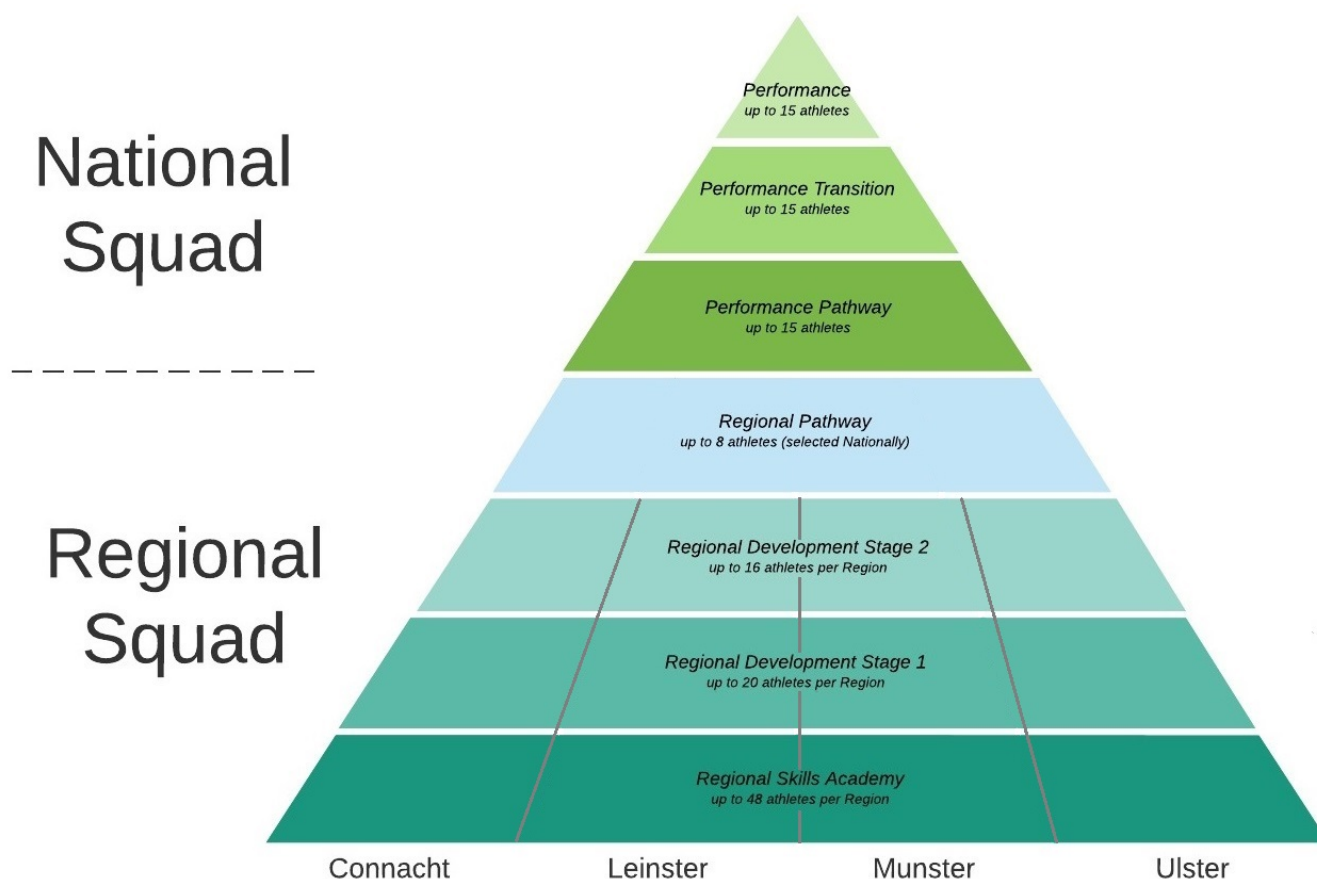


**Regional Squad Programme
(Swimming)
2020-2021**

**SWIM
IRELAND**

Regional Squad Programme (Swimming) 2020-2021



Background

The Swim Ireland Performance Team have identified within the Performance V-MOST that an aligned Regional Squad programme is a key tactic in achieving the Performance objectives for the Olympic Games in Paris 2024 and through to Los Angeles 2028. The Regional Squad programme will sit directly below the National Squad Programme and will display alignment to the National programme in terms of principles and content and will not operate as standalone programme. For the Regional Squad programme, it is recognised that:

- Subject to individual athlete age, all Regional Squad members must be fully committed to an age appropriate uncompromised and comprehensive training and coaching programme in preparation for peak performance in the relevant annual Swim Ireland International or National benchmark competition/s in 2021
- Through staff observations during previous Regional Squad, National Squad and/or National Team selections, athletes will have displayed behaviours and standards that are fully aligned with the Athlete Charter

COVID-19

The COVID-19 virus disrupted the majority of the 2019-2020 long course season, with both domestic and international competitions unable to take place in the period March 2020 – August 2020. As such, the traditional method of considering performances at the Irish Open Championships and an identified summer benchmark meet from which to select athletes for the 2020-2021 programme was not possible. As such, a best available Selection Criteria has been adopted for these unprecedented circumstances and will only be utilised for this one particular season.

Regional Squad Programme (Swimming) 2020-2021

Athlete Eligibility

At the time of selection, athletes must meet the following criteria to be considered to be eligible for selection:

- i. Be an Irish citizen;
- ii. Be eligible to represent Ireland as per FINA General Rules 1 & 2 (GR 1 & 2);
- iii. Be a registered Swim Ireland member for the 2020-2021 season;
- iv. Be in good standing with Swim Ireland;
- v. Be training full time in an Irish swimming programme;
- vi. Be available to fulfil all of the Regional Squad obligations;
- vii. Comply with the statements and expectations of the Swim Ireland 'On This Performance Team' booklet;
- viii. Not be the subject of a current anti-doping ban, a doping violation and/or a pending doping violation

Programme 2020-2021

Swim Ireland Performance will operate a three tiered Regional Squad Programme, encompassing a 'Skills Academy' cohort for Age Group athletes, a 'Development Squad' cohort for Youth athletes and a 'Pathway Squad' cohort for Senior athletes. An athlete can potentially be a member of the Skills Academy for two years before progressing to the Development Squad which provides support to athletes as they aim to achieve National Squad selection within a 1-4 year period. The Regional Pathway Squad targets an identified group of older athletes, providing motivation and encouragement to athletes who are close to qualification for the National Squad programme and on an upward performance trajectory. The Programme aims to support athletes as they strive to reach their full potential at senior national and/or international level. Athletes do not have to have been members of the one particular cohort in a previous season before achieving selection to another cohort.

In addition to the annual Regional Squad Programme, the Regional Pathway Development Coaches will work in partnership with home programme coaches to ensure identified athletes are supported in achieving a DPE which is considered fit-for-purpose. Access to the Regional Squad will be dependent on the home programme coach being willing to work with the Performance Team in a positive and constructive manner and will also be dependent on an athlete's willingness to fully buy-in to this 'value-add' programme to ensure that we have maximum possible impact.

Athletes selected for the National Squad programme will not be eligible for selection for their respective Regional Squad programme in that season. Athletes rejecting a position on the National Squad will, by implication, be also rejecting a position on their respective Regional Squad programme in that particular season.

Expected Athlete Attributes

- Selection of a satisfactory Daily Performance Environment (DPE)
- Exemplary training attendance and commitment in the home programme
- Regional and/or National competition attendance
- Positive engagement with staff
- Attitude, positivity and performance behaviours displayed on National/Regional Teams, previous National/Regional Squad periods and National Centre 'In-Touch' sessions
- Resilience and a first class work ethic
- An openness to learning
- Personal accountability

Regional Squad Programme (Swimming) 2020-2021

Staff Structure

In collaboration with the Regional Pathway Advisory Groups/Regional Technical Committees and the Regional Pathway Development Coaches, the Swim Ireland National Performance Pathway Manager will oversee the implementation of the Regional Squad Programme.

All coaches with athletes on the squads will be asked to submit an Availability Form at the start of the season. Coaches selected to lead or support the Programme will be entitled up to a maximum of 3 to CPD points per annum in the delivery of camps/attending meets (across both National and Regional Squads) in doing so and will have their expenses covered by the Region.

Additional Regional Squad coaches will be selected at the discretion of the National Performance Pathway Manager. Selections will be made on an intervention-by-intervention basis and will be reflective of the Squad sizes within a Region, the needs of the individual athletes selected, as well as considering the optimum balance of the Squad as a whole. As such, there may be some interventions where additional Regional Squad coaches are not required/selected. Regional Squad Coaches must:

- i. Be a registered Swim Ireland member for the 2020-2021 season
- ii. Be in good standing with Swim Ireland and their respective Region
- iii. Be a full time resident within Ireland
- iv. Be a practising coach within an Irish swimming programme
- v. Be holders of a Swim Ireland Coaching Licence or international equivalent
- vi. Be available to fulfil the obligations of an identified Regional Squad intervention
- vii. Comply with the statements and expectations of the Swim Ireland 'On This Performance Team' booklet

Home Programme Coach Interaction

- All Regional Squad home programme coaches have access to the National Centres to develop and refine their performance knowledge
- Identified home programme coaches, those who display an openness and a willingness for learning and self-improvement, will be invited to Swim Ireland Performance education opportunities
- All home programme coaches will be offered an opportunity to express an interest in leading and/or supporting Regional Squad programme interventions

Regional Squad Camp Participation

- For all Regional Squad Camps/Training Days, the pool and gym session content will be planned and delivered by the Regional Squad coaches in situ for each camp in question with oversight provided by the National Performance Pathway Manager and/or the Regional Pathway Development Coach

Regional Squad Meet Participation

- For all Regional Squad Meets, home programme coaches should provide guidelines and reasoning to the National Performance Pathway Manager as to why a particular programme of events should be considered for meet entries for athletes. Preparation for the summer benchmark meet should always be considered in such a proposal. This will be considered by the National Performance Pathway Manager and they will make the final decision as to individual entries for athletes competing in meets as Regional Squad members
- For all Regional Squad Meets, home programme coaches should provide guidelines and a skeleton framework for athletes attending such meets i.e., number of training units, preferred format of pool/gym sessions as singles and doubles per day, volume to be covered per session/per period away from the home programme and a gym programme to be followed etc. However, the detail of the pool session planning will be planned and delivered by the National Performance Pathway Manager and/or the appointed coaching staff. Detailed pool session content from home programme coaches is not necessary and cannot be followed in most instances

Regional Squad Programme (Swimming) 2020-2021

Annual Membership Fee

Athletes will be required to pay an annual membership fee that will contribute to the overall cost of the Annual Programme and this fee will be agreed annually. The fee in the 2020-2021 season is as follows:

- **€125.00 (or the sterling equivalent) for Skills Academy cohort**
- **€375.00 (or the sterling equivalent) for Regional Development Squad Stage 1 cohort**
- **€425.00 (or the sterling equivalent) for Regional Development Squad Stage 2 cohort**
- **€450.00 (or the sterling equivalent) for Pathway Squad cohort**

There may be other costs associated with athletes requiring additional services.

Enquires

Any enquiries from coaches or athletes who require clarity on any of the information within this document should be directed to the National Performance Pathway Manager via andrewreid@swimireland.ie

Regional Squad Programme (Swimming) 2020-2021

Regional Skills Academy

Age Groups:	Male 11-12 years	Female 11-12 years
Athlete Quota:	Up to 48 per Region	
Athlete Selection:	National Performance Pathway Manager & Regional Pathway Development Coach/s	

Selection Criteria:

Results from all Level 3 Licensed Meets held between 1st January 2020 and 15th November 2020 will be converted to short course and points will be awarded to the top 12 athletes in each of the following events based on an athlete's position in the rankings (1 for first, 2 for second etc.):

- a. 50m, 100m, 200m, 400m Freestyle
- b. 100m, 200m Backstroke, Breaststroke, Butterfly
- c. 200m IM

12 male and 12 female athletes per age group with the lowest accumulated points score from five of the named events (to include the 200m IM) will be selected to the Skills Academy for the 2020-2021 season.

The 800m Freestyle, 1500m Freestyle and 400m IM are added to the list of eligible events for selection on to the Regional Development Squad at 13 years of age

Programme Format:

The COVID-19 situation in Ireland and around the world at large makes it unclear as to when we may be able to return to training in Ireland and which international competitions and offshore training venues may continue to be affected later in 2020 and into 2021. As such, it is important to plan for two scenarios:

1. If we can return to training early in September 2020 (or before), we are most likely to run the 2021 Irish Open Championships (the Trials) in April 2021 – Scenario 1
2. If we can only return to training later than September 2020, we are more likely to run the 2021 Irish Open Championships (the Trials) in June 2021 – Scenario 2

Athlete and/or Home Programme Coach Obligations:

- 100% athlete attendance to the mandatory activities detailed within the Core Programme
- Participation in their respective 2020 Regional SC Championships (unless the athlete does not meet the Qualification Standards)
- Participation in the 2020 Irish National SC Championships (unless the athlete does not meet the Qualification Standards or the age requirements for the meet)
- Participation in their respective 2021 Regional Long Course Championships (unless the athlete does not meet the Qualification Standards)
- Participation in the 2021 Irish Summer National Championships (unless the athlete does not meet the Qualification Standards or the age requirements for the meet)
- Participation in the 2021 Irish National Division 2 Competition (unless qualification for the 2021 Irish Summer National Championships prevents this from occurring)
- For athletes who have an illness or an injury which, (in the NPPM's opinion) justifies non-attendance at a particular Regional Squad activity, they may seek to be excused (at the NPPM's discretion) subject to the receipt of a satisfactory doctor's note/certificate (for illness) or chartered physiotherapist's note/certificate (for injury) prior to the request

Regional Squad Programme (Swimming) 2020-2021

Regional Skills Academy Annual Programme:

1. 1 x 1-day Coaching Day to include two pool sessions, one strength & conditioning session and Performance Swimming Workshops
2. 3 x 0.5-day Coaching Days to include one pool session, one strength & conditioning session and Performance Swimming Workshops

Key Dates:

- Orientation & Coaching Day 1
 - Option 1 – 28th or 29th November 2020
 - Option 2 – 5th or 6th December 2020
 - 12th December 2020
- Coaching Day 2 – 16th or 17th January 2021
- Coaching Day 3 – 17th or 18th April 2021
- Coaching Day 4 – 19th or 20th June 2021

(All dates are subject to ratification and change as necessary)

Regional Squad Programme (Swimming) 2020-2021

Regional Development Squad Stage 1

Age Groups:	Male 13-14 years	Female 13-14 years
Maximum Athlete Quota:	Up to 20 per Region	
Athlete Selection:	National Performance Pathway Manager & Regional Pathway Development Coach/s	

Selection Criteria:

1. Athletes must have achieved two or more of the published Individual Event Consideration Standards (see pages 13 & 14) at the Regional SC Championships or Irish SC National Championships in 2020. No other meets will be considered for selection
2. In the case where more than 20 athletes within a Region achieve the criteria outlined in Selection Criteria 1, and where Regions do not have the resources to accept additional athletes onto the programme, athletes will be ranked as a percentage inside of the Consideration Standard in the event which gives them the highest percentage inside the Standard to meet the maximum quota of 20 athletes. This will be a ranking across both genders, all ages and all Olympic events

Programme Format:

The COVID-19 situation in Ireland and around the world at large makes it unclear as to when we may be able to return to training in Ireland and which international competitions and offshore training venues may continue to be affected later in 2020 and into 2021. As such, it is important to plan for two scenarios:

1. If we can return to training early in September 2020 (or before), we are most likely to run the 2021 Irish Open Championships (the Trials) in April 2021 – Scenario 1
2. If we can only return to training later than September 2020, we are more likely to run the 2021 Irish Open Championships (the Trials) in June 2021 – Scenario 2

Athlete and/or Home Programme Coach Obligations:

- 100% athlete attendance to the mandatory activities detailed within the Core Programme
- Participation in their respective 2020 Regional SC Championships (unless the athlete does not meet the Qualification Standards)
- Participation in the 2020 Irish National SC Championships (unless the athlete does not meet the Qualification Standards or the age requirements for the meet)
- Participation in their respective 2021 Regional Long Course Championships (unless the athlete does not meet the Qualification Standards)
- Participation in the 2021 Irish Summer National Championships (unless the athlete does not meet the Qualification Standards or the age requirements for the meet)
- Participation in the 2021 Irish National Division 2 Competition (unless qualification for the 2021 Irish Summer National Championships prevents this from occurring)
- For athletes who have an illness or an injury which, (in the NPPM's opinion) justifies non-attendance at a particular Regional Squad activity, they may seek to be excused (at the NPPM's discretion) subject to the receipt of a satisfactory doctor's note/certificate (for illness) or chartered physiotherapist's note/certificate (for injury) prior to the request

Regional Squad Programme (Swimming) 2020-2021

Regional Development Squad Stage 1 Annual Programme:

1. 2 x 1-day Coaching Days to include two pool sessions, one strength & conditioning session and Performance Swimming workshops
2. 1 x 0.5-day Coaching Days to include one pool session, one strength & conditioning session
3. Virtual Performance Swimming Workshops
4. International Competition Experience

Key Dates:

- Orientation Day – 9th or 10th January 2021
- Coaching Day 1 – 30th or 31st January 2021
- Offshore Meet – 13th to 14th February 2021
- Coaching Day 2 – 6th or 7th March 2021
- Coaching Day 3
 - Option 1 – 29th or 30th May 2021
 - Option 2 – 12th or 13th June 2021

(All dates are subject to ratification and change as necessary)

Retention in the Regional Squad Programme will be based on the following criteria:

- Training attendance and commitment in the home programme
- Suitability of the Daily Performance Environment (DPE) and/or willingness to participate in a 'top-up' programme to achieve 'Trainability'
- Athlete monitoring
 - Submission of annual plans and weekly reviews
 - Engagement in athlete/coach meetings for reviewing and planning purposes
 - Submission of coach led testing results and supporting information based on process focused goals
- Regional and National competition attendance as outlined in the Squad expectations above
- Positive engagement with staff and a display of positive performance behaviours

Regional Squad Programme (Swimming) 2020-2021

Regional Development Squad Stage 2

Age Groups: Male 15-16 years Female 15-16 years

Maximum Athlete Quota: Up to 16 per Region

Athlete Selection: National Performance Pathway Manager & Regional Pathway Development Coach/s

Selection Criteria:

1. Athletes must have achieved one or more of the published Individual Event Consideration Standards (see pages 13 & 14) at the Regional SC Championships or Irish SC National Championships in 2020. No other meets will be considered for selection
2. In the case where more than 16 athletes within a Region achieve the criteria outlined in Selection Criteria 1, and where the Regions do not have the resources to accept additional athletes onto the programme, athletes will be ranked as a percentage inside of the Consideration Standard in the event which gives them the highest percentage inside the Standard to meet the maximum quota of 16 athletes. This will be a ranking across both genders, all ages and all Olympic events

Programme Format:

The COVID-19 situation in Ireland and around the world at large makes it unclear as to when we may be able to return to training in Ireland and which international competitions and offshore training venues may continue to be affected later in 2020 and into 2021. As such, it is important to plan for two scenarios:

1. If we can return to training early in September 2020 (or before), we are most likely to run the 2021 Irish Open Championships (the Trials) in April 2021 – Scenario 1
2. If we can only return to training later than September 2020, we are more likely to run the 2021 Irish Open Championships (the Trials) in June 2021 – Scenario 2

Athlete and/or Home Programme Coach Obligations:

- 100% athlete attendance to the mandatory activities detailed within the Core Programme
- Participation in their respective 2020 Regional SC Championships (unless the athlete does not meet the Qualification Standards)
- Participation in the 2020 Irish National SC Championships (unless the athlete does not meet the Qualification Standards or the age requirements for the meet)
- Participation in their respective 2021 Regional Long Course Championships (unless the athlete does not meet the Qualification Standards)
- Participation in the 2021 Irish Summer National Championships (unless the athlete does not meet the Qualification Standards or the age requirements for the meet)
- Participation in the 2021 Irish National Division 2 Competition (unless qualification for the 2021 Irish Summer National Championships prevents this from occurring)
- For athletes who have an illness or an injury which, (in the NPPM's opinion) justifies non-attendance at a particular Regional Squad activity, they may seek to be excused (at the NPPM's discretion) subject to the receipt of a satisfactory doctor's note/certificate (for illness) or chartered physiotherapist's note/certificate (for injury) prior to the request

Regional Squad Programme (Swimming) 2020-2021

Regional Development Squad Stage 2 Annual Programme:

1. 1 x 2-Day Camp to include four pool sessions, one strength & conditioning session and Performance Swimming Education Workshops
2. 1 x 0.5-Day Coaching Days to include one pool session, one strength & conditioning session
3. Virtual Performance Swimming Workshops
4. International Competition Experience

Key Dates:

- Orientation Day – 9th or 10th January 2021
- Offshore Meet – 13th to 14th February 2021
- 2-Day Camp – to take place week beginning 15th February 2021
- Coaching Day 1
 - Option 1 – 29th or 30th May 2021
 - Option 2 – 12th or 13th June 2021

(All dates are subject to ratification and change as necessary)

Retention in the Regional Squad Programme will be based on the following criteria:

- Training attendance and commitment in the home programme
- Suitability of the Daily Performance Environment (DPE) and/or willingness to participate in a 'top-up' programme to achieve 'Trainability'
- Athlete monitoring
 - Submission of annual plans and weekly reviews
 - Engagement in athlete/coach meetings for reviewing and planning purposes
 - Submission of coach led testing results and supporting information based on process focused goals
- Regional and National competition attendance as outlined in the Squad expectations above
- Positive engagement with staff and a display of positive performance behaviours

Regional Squad Programme (Swimming) 2020-2021

Regional Pathway Squad

Age Groups:	Male 17-22 years	Female 17-21 years
Maximum Athlete Quota:	Up to 8 from across all four Regions	
Athlete Selection:	National Performance Pathway Manager & Regional Pathway Development Coach/s	

Selection Criteria:

1. Athletes must have achieved one or more of the published Individual Event Consideration Standards at the Irish SC National Championships in 2020 (see pages 13 & 14). No other meets will be considered for selection
2. Athletes selected for this squad must demonstrate that they are fully committed to performance swimming and are on an upward performance trajectory. Athletes will attend an online interview with the National Performance Pathway Manager and their respective Regional Pathway Development Coach prior to confirmation of selection
3. In the case where more than 8 athletes achieve the criteria outlined in Selection Criteria 1, and where the Regions do not have the resources to accept additional athletes onto the programme, athletes will be ranked as a percentage inside of the Consideration Standard in the event which gives them the highest percentage inside the Standard to meet the maximum quota of 8 athletes. This will be a ranking across both genders, all ages and all Olympic events

Programme Format:

The COVID-19 situation in Ireland and around the world at large makes it unclear as to when we may be able to return to training in Ireland and which international competitions and offshore training venues may continue to be affected later in 2020 and into 2021. As such, it is important to plan for two scenarios:

1. If we can return to training early in September 2020 (or before), we are most likely to run the 2021 Irish Open Championships (the Trials) in April 2021 – Scenario 1
2. If we can only return to training later than September 2020, we are more likely to run the 2021 Irish Open Championships (the Trials) in June 2021 – Scenario 2

Athlete and/or Home Programme Coach Obligations:

- 100% athlete attendance to the mandatory activities detailed within the Core Programme
- Participation in their respective 2020 Regional SC Championships (unless the athlete does not meet the Qualification Standards)
- Participation in the 2020 Irish National SC Championships (unless the athlete does not meet the Qualification Standards or the age requirements for the meet)
- Participation in their respective 2021 Regional Long Course Championships (unless the athlete does not meet the Qualification Standards)
- Participation in the 2021 Irish Summer National Championships (unless the athlete does not meet the Qualification Standards or the age requirements for the meet)
- Participation in the 2021 Irish National Division 2 Competition (unless qualification for the 2021 Irish Summer National Championships prevents this from occurring)
- For athletes who have an illness or an injury which, (in the NPPM's opinion) justifies non-attendance at a particular Regional Squad activity, they may seek to be excused (at the NPPM's discretion) subject to

Regional Squad Programme (Swimming) 2020-2021

the receipt of a satisfactory doctor's note/certificate (for illness) or chartered physiotherapist's note/certificate (for injury) prior to the request

Regional Pathway Squad Annual Programme:

1. 1 x 4-Day Camp to include 5 pool sessions, two strength & conditioning session and Performance Swimming Workshops
2. Virtual 1:1 SSSM Support
3. International Competition Experience

Key Dates:

- Onshore Camp, 28th to 31st December 2020
- Offshore LC Meet, 12th to 14th March 2021

(All dates are subject to ratification and change as necessary)

Retention in the Regional Squad Programme will be based on the following criteria:

- Training attendance and commitment in the home programme
- Suitability of the Daily Performance Environment (DPE) and/or willingness to participate in a 'top-up' programme to achieve 'Trainability'
- Athlete monitoring
 - Submission of annual plans and weekly reviews
 - Engagement in athlete/coach meetings for reviewing and planning purposes
 - Submission of coach led testing results and supporting information based on process focused goals
- Regional and National competition attendance as outlined in the Squad expectations above
- Positive engagement with staff and a display of positive performance behaviours

Regional Squad Programme (Swimming) 2020-2021

REGIONAL DEVELOPMENT SQUAD - MALE CONSIDERATION TIMES (SHORT COURSE) 2020-2021							
Event	1998-2001	2002	2003	2004	2005	2006	2007
50m Freestyle	00:22.31	00:22.86	00:23.41	00:24.29	00:25.17	00:26.27	00:27.37
100m Freestyle	00:49.40	00:50.61	00:51.83	00:53.77	00:56.20	00:58.14	01:00.57
200m Freestyle	01:49.15	01:51.82	01:54.50	01:58.78	02:04.13	02:08.41	02:13.76
400m Freestyle	03:51.72	03:57.39	04:03.06	04:12.13	04:23.47	04:32.54	04:43.88
800m Freestyle	08:05.23	08:17.08	08:28.94	08:47.91	09:11.63	09:30.60	09:54.32
1500m Freestyle	15:22.04	15:44.56	16:07.09	16:43.13	17:28.18	18:04.22	18:49.27
100m Backstroke	00:55.34	00:56.69	00:58.04	01:00.19	01:02.88	01:05.04	01:07.73
200m Backstroke	02:00.97	02:03.91	02:06.85	02:11.55	02:17.42	02:22.13	02:28.00
100m Breaststroke	01:00.93	01:02.42	01:03.92	01:06.32	01:09.32	01:11.71	01:14.71
200m Breaststroke	02:12.87	02:16.13	02:19.39	02:24.60	02:31.12	02:36.33	02:42.85
100m Butterfly	00:53.16	00:54.46	00:55.76	00:57.83	01:00.43	01:02.51	01:05.11
200m Butterfly	01:59.50	02:02.42	02:05.33	02:09.99	02:15.81	02:20.47	02:26.29
200m I.M.	02:02.45	02:05.45	02:08.44	02:13.22	02:19.21	02:23.99	02:29.98
400m I.M.	04:22.23	04:28.63	04:35.02	04:45.26	04:58.05	05:08.28	05:21.08

Regional Squad Programme (Swimming) 2020-2021

REGIONAL DEVELOPMENT SQUAD - FEMALE CONSIDERATION TIMES (SHORT COURSE) 2020-2021						
Event	1999-2002	2003	2004	2005	2006	2007
50m Freestyle	00:25.21	00:25.83	00:26.69	00:27.44	00:28.18	00:28.92
100m Freestyle	00:55.50	00:56.86	00:58.76	01:00.39	01:02.02	01:03.66
200m Freestyle	01:59.94	02:02.88	02:06.98	02:10.50	02:14.02	02:17.54
400m Freestyle	04:13.89	04:20.09	04:28.77	04:36.21	04:43.64	04:51.08
800m Freestyle	08:46.23	08:59.06	09:17.03	09:32.43	09:47.83	10:03.23
1500m Freestyle	16:57.64	17:22.44	17:57.16	18:26.93	18:56.69	19:26.45
100m Backstroke	01:02.06	01:03.57	01:05.68	01:07.48	01:09.29	01:11.10
200m Backstroke	02:14.51	02:17.77	02:22.33	02:26.24	02:30.16	02:34.07
100m Breaststroke	01:08.42	01:10.10	01:12.45	01:14.46	01:16.47	01:18.48
200m Breaststroke	02:28.80	02:32.43	02:37.53	02:41.89	02:46.26	02:50.62
100m Butterfly	00:59.42	01:00.86	01:02.89	01:04.63	01:06.37	01:08.10
200m Butterfly	02:12.05	02:15.26	02:19.76	02:23.61	02:27.46	02:31.32
200m I.M.	02:15.99	02:19.30	02:23.94	02:27.92	02:31.90	02:35.87
400m I.M.	04:46.06	04:53.02	05:02.77	05:11.12	05:19.48	05:27.84