

Hampshire County Amateur Swimming Association

(Affiliated to Swim England South East)

President: John Tripp (Hart)



Swimming Championships 2020

Licensed by Swim England for entry into Regional Competitions
Under Swim England Laws and Technical Rules
Ages as at 31st December 2020

Mountbatten Centre, Portsmouth

Session One (Friday 17th January 2020)

Warm-up: 6:30 pm, Start: 7:00 pm

Session Four (Sunday 19th January 2020)

Warm-up: 9:00 am, Start: 9:45 am

Session Two (Saturday 18th January 2020)

Warm-up: 1:00 pm, Start: 1:45 pm

Session Five (Sunday 19th January 2020)

Warm-up: 1:00 pm, Start: 1:45 pm

Session Three (Saturday 18th January 2020)

Warm-up: 4:00 pm, Start: 4:45 pm

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COMPETING CLUBS

Club Code	Club Name
ALTS	Alton and District
ANDS	Andover
BBFS	Basingstoke Bluefins
BEAS	Beau Sejour
BJSS	Bassett J.S.F.
COSS	City of Southampton
EATS	Eastleigh
FANS	Fareham Nomads
GOSS	Gosport Dolphins

Club Code	Club Name
GUES	Guernsey
HAQS	Hamble Aquatics
HARS	Hart
HVWS	Havant and Waterlooville
IOWS	Isle of Wight
JERS	Jersey
LSSS	Locks Heath
PORS	Portsmouth Northsea

Club Code	Club Name
RMYS	Romsey and Totton
RURS	Rushmoor Royals
SEAS	Seaclose
TIGS	Tigers (Jersey)
USSH	Southampton University
WCPS	Winchester City Penguins
WWAS	Wildern Waves

WITHDRAWAL

Coaches are required to complete a withdrawal form for any swimmer who does not intend to compete in one or more of the events for which they have been entered, at least 45 minutes before the advertised starting time of the first event in the session. Competitors who fail to withdraw and do not present themselves at the start will incur a penalty of £10. (Fines for failure to withdraw are levied on the competitor's club).

HEATS LISTS AND RESULTS

Heat start lists will be posted before the start of each session. Copies will be available for collection by registered coaches as soon as possible at the start of each session.

Results will be posted on the wall at the end of the pool after the completion of each event.

Full results will be via the swimming competitions Web site www.swimmeets.org

Live results, start lists and finalists will also be on www.swimeeets.org/live (subject to an acceptable internet connection being available)

PRESENTATIONS

Awards will be available for collection for the first, second and third placed swimmers in each age group event, as soon as the heat results have been published.

Awards will be presented to the first, second and third placed teams in events 203-206, 253-256, 301 and 351.

HEALTH AND SAFETY

1. The only people permitted on poolside other than swimmers and competition officials are those in possession of a Coaches or Poolside Helpers pass, which must be worn at all times.
2. Swimmers must make sure that their bags do not block the emergency exits or impede movement of others around poolside. At no time, may swimmers enter the spectator area unless fully dressed.

EMERGENCY EVACUATION PROCEDURES

In the event of an emergency, there will be an audible alarm message ordering an immediate evacuation of the building.

If you hear this message,

- People in the spectator gallery must leave immediately by the nearest emergency exit.
- People on the pool deck must line-up by the nearest exit and wait for instructions from the pool staff

EXTRACTS FROM CONDITIONS

6. MEET PROCEDURE

- 6.1 A withdrawal system will be in operation. Club representatives are expected to submit withdrawal forms for swimmers who are not intending to swim, no later than 45 minutes before the advertised starting time of the first event in the session. Provision will be made for clubs with no representative present to submit notification of withdrawals via the competition web site. Informal notification by phone or e-mail will not be accepted. Competitors who fail to withdraw and do not present themselves at the start may incur a penalty of £10.
- 6.2 Withdrawals are final. Any request to reinstate a swimmer who has been withdrawn will be considered to be a late entry and subject to the provisions of 4.5.
- 6.3 Heats shall be swum for all events, and shall be seeded slowest to fastest, except that in events where there are finals, the final three heats shall be cyclically seeded. All heats shall be spearheaded.
- 6.4 Finals shall be swum for all 50m and 100m individual events in age groups 10/11, 12, 13, 14, 15, 16 and 17/over. All other events, including all team events, shall be decided on heat times and places (Heat Declared Winner). If the number of entries that have achieved the automatic entry time cannot be accommodated in the time available, the promoter reserves the right to designate additional events as Heat Declared Winner.
- 6.14 Competitors are responsible for presenting themselves to the Clerks of the Course in time for their race. There will be no calls for competitors who fail to appear at the start of their race.
- 6.15 Time Trials will not be permitted during the Championships.
- 6.16 All penalties for failing to withdraw from an event in accordance with the procedures above are payable by the competitor's club.

7. ACCESS TO POOLSIDE

- 7.1 Access to poolside is restricted to swimmers competing in the session, coaches and team managers in possession of poolside passes, accredited officials and volunteers.
- 7.2 To manage space on poolside, swimmers are not allowed to carry a bag larger than a small draw-string bag onto poolside. This rule will be strictly enforced.

8. AWARDS

- 8.1 **Age Groups (10/11, 12, 13, 14, 15, 16, 17 & over age groups)**
The first, second and third placed swimmers in each individual events will receive an award.
- 8.2 **Team Events**
Awards will be presented to all members of teams placed first, second and third in all team events.

9. DISPUTES/CHANGES TO CONDITIONS

- 9.1 Any dispute related to a matter not covered in these conditions shall initially be determined by the Promoter. Any individual who is not satisfied with such determination has the right to invoke Swim England Judicial processes.
- 9.2 Whenever possible, a Jury of Appeal shall be appointed.
- 9.3 For sessions scheduled to be swum long course: If it is not possible to configure the pool for a long course competition, the competition shall be run as a short-course competition.

SCHEDULE OF EVENTS

PORTSMOUTH (50m) Friday 17th January	WATERLOOVILLE (25m) Saturday 1st February	PORTSMOUTH (50m) Saturday 8th February
Session 1 Warm-up 6:30pm Start 7:00pm	Session 6 Warm-up 8:30am Start 9:30am	Session 10 Warm-up 8:30am Start 9:30am
101: Girls/Ladies 800m Freestyle 102: Boys/Men 800m Freestyle	401: G 10-12 200m Free HDW 402: B 10-12 200m IM HDW 403: G 13-14 200m Free HDW 404: B 13-14 200m IM HDW 405: G 10-14 50m Breast 406: B 10-14 50m Free 407: G 10-14 100m Back 408: B 10-14 100m Fly 409: G 10-14 200m Fly <u>Finals</u> 421-424: G 10/11, 12, 13, 14 50m Breast 425-428: B 10/11, 12, 13, 14 50m Free 429-432: G 10/11, 12, 13, 14 100m Back 433-436: B 10/11, 12, 13, 14 100m Fly	601: *Mens 15/O 100m Free 602: *Ladies 15/O 200m Free HDW 603: *Mens 15/O 100m Back 604: *Ladies 15/O 100m Breast 605: Mens 15/O 400m IM HDW 606: *Ladies 15/O 100m Fly 607: *Mens 15/O 50m Breast 608: *Ladies 15/O 50m Back 609: Mens 15/O 200m Fly HDW 610-611: *Mixed SM1-SM4 150m IM 621-538: 15, 16, 17/O Finals
	Session 7 Warm-up 1:45pm Start 2:45pm	Session 11 Warm-up 1:30pm Start 2:30pm
	451: G 10-12 200m Breast HDW 452: B 10-12 200m Back HDW 453: G 13-14 200m Breast HDW 454: B 13-14 200m Back HDW 455: G 10-14 100m Free 456: B 10-14 100m Breast 457: G 10-14 50m Back 458: B 10-14 50m Fly <u>Finals</u> 471-474: G 10/11, 12, 13, 14 100m Free 475-478: B 10/11, 12, 13, 14 100m Breast 479-482: G 10/11, 12, 13, 14 50m Back 483-486: B 10/11, 12, 13, 14 50m Fly	651: *Ladies 15/O 50m Free 652: *Mens 15/O 50m Fly 653: *Ladies 15/O 200m Ind Medley HDW 654: *Mens 15/O 400m Free HDW 655: Ladies 15/O 200m Back HDW 656: Mens 15/O 200m Breast HDW 661-666: 15,16, 17/O Finals 671: Mens Open 4x100m Free Team HDW 672: Ladies Open 4x100m Free Team HDW 673: Boys 16/Under 4x50m Medley Team HDW 674: Girls 16/Under 4x50m Medley Team HDW
PORTSMOUTH (50m) Saturday 18th January	WATERLOOVILLE (25m) Sunday 2nd February	PORTSMOUTH (50m) Sunday 9th February
Session 2 Warm-up 1:00pm Start 1:45pm	Session 8 Warm-up 8:00am Start 9:00am	Session 12 Warm-up 8:30am Start 9:30am
201: Girls 12-14 400m Ind Medley HDW 202: Boys 10-14 400m Free HDW 203: Girls 10-12 4x50m F/S Team HDW 204: Boys 14/U 4x50m F/S Team HDW 205: Girls 10-12 4x50m Medley Team HDW 206: Boys 14/U 4x50m Medley Team HDW	501: B 10-12 200m Free HDW 502: G 10-12 200m IM HDW 503: B 13-14 200m Free HDW 504: G 13-14 200m IM HDW 505: B 10-14 50m Breast 506: G 10-14 50m Free 507: B 10-14 100m Back 508: G 10-14 100m Fly 509: B 10-14 200m Fly <u>Finals</u> 521-524: B 10/11, 12, 13, 14 50m Breast 525-528: G 10/11, 12, 13, 14 50m Free 529-532: B 10/11, 12, 13, 14 100m Back 533-536: G 10/11, 12, 13, 14 100m Fly	701: *Ladies 15/O 100m Free 702: *Mens 15/O 200m Free HDW 703: *Ladies 15/O 100m Back 704: *Mens 15/O 100m Breast 705: Ladies 15/O 400m Ind Medley HDW 706: *Mens 15/O 100m Fly 707: *Ladies 15/O 50m Breast 708: *Mens 15/O 50m Back 709: Ladies 15/O 200m Fly HDW 721-738: 15, 16, 17/O Finals
Session 3 Warm-up 4:00pm Start 4:45pm	Session 9 Warm-up 1:00pm Start 2:00pm	Session 13 Warm-up 1:30pm Start 2:30pm
251: Boys 12-14 400m Ind Medley HDW 252: Girls 10-14 400m Free HDW 253: Boys 10-12 4x50m Free Team HDW 254: Girls 14/U 4x50m Free Team HDW 255: Boys 10-12 4x50m Medley Team HDW 256: Girls 14/U 4x50m Medley Team HDW	551: B 10-12 200m Breast HDW 552: G 10-12 200m Back HDW 553: B 13-14 200m Breast HDW 554: G 13-14 200m Back HDW 555: B 10-14 100m Free 556: G 10-14 100m Breast 557: B 10-14 50m Back 558: G 10-14 50m Fly <u>Finals</u> 571-574: B 10/11, 12, 13, 14 100m Free 575-578: G 10/11, 12, 13, 14 100m Breast 579-582: B 10/11, 12, 13, 14 50m Back 583-586: G 10/11, 12, 13, 14 50m Fly	751: *Mens 15/O 50m Free 752: *Ladies 15/O 50m Fly 753: *Mens 15/O 200m Ind Medley HDW 754: *Ladies 15/O 400m Free HDW 755: Mens 15/O 200m Back HDW 756: Ladies 15/O 200m Breast HDW 761-766: 15, 16/O Finals 771: Ladies Open 4x100m Med. Team HDW 772: Mens Open 4x100m Med. Team HDW 773: Girls 16/Under 4x50m F/S Team HDW 774: Boys 16/Under 4x50m F/S Team HDW
PORTSMOUTH (50m) Sunday 19th January		
Session 4 Warm-up 9:00am Start 9:45am		
301: Mens Open 4x200m Free Team HDW 302: Girls/Ladies Open 1500m Free HDW		
Session 5 Warm-up 1:00pm Start 1:45pm		
351: Ladies Open 4x200m Free Team HDW 352: Boys/Mens Open 1500m Free HDW		

SWIM ENGLAND SOUTH EAST CHAMPIONSHIPS 2020

QUALIFYING TIMES

Boys/Men (LC)	Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17		Age 18/Over	
Stroke	Base	Auto	Base	Auto	Base	Auto	Base	Auto	Base	Auto	Base	Auto	Base	Auto
50m Freestyle	31.80	31.20	29.90	29.10	28.40	27.70	26.80	26.20	26.60	26.00	26.00	25.50	25.20	24.70
100m Freestyle	1.09.70	1.07.20	1.05.20	1.03.10	1.01.60	59.90	57.30	56.20	56.90	55.00	56.50	55.00	54.40	53.80
200m Freestyle	2.30.80	2.26.60	2.21.50	2.17.30	2.13.40	2.11.10	2.06.30	2.03.50	2.04.90	2.02.20	2.03.90	2.02.20	2.03.00	1.59.90
400m Freestyle	5.22.20	5.10.80	5.00.80	4.50.30	4.44.60	4.38.50	4.25.00	4.16.10	4.22.50	4.15.40	4.22.50	4.15.40	4.22.10	4.13.70
800m Freestyle	10.30.30	10.24.80	9.49.10	9.44.80	9.26.40	9.14.70	9.18.50	8.54.40	9.18.50	8.42.70	9.18.50	8.42.70	9.16.40	8.42.70
1500m Freestyle	20.11.20	20.00.60	19.16.60	18.42.10	18.30.40	17.45.00	18.07.20	17.04.30	18.07.20	17.04.30	18.07.20	17.04.30	17.57.40	17.04.30
50m Breaststroke	42.70	41.10	39.50	38.00	37.00	35.70	33.80	33.30	33.60	32.70	33.40	32.60	32.90	30.80
100m Breaststroke	1.33.20	1.29.70	1.27.00	1.22.90	1.20.40	1.17.90	1.13.60	1.11.70	1.13.30	1.09.50	1.11.10	1.09.50	1.10.90	1.08.20
200m Breaststroke	3.17.00	3.12.20	3.05.90	2.57.80	2.53.90	2.49.40	2.41.40	2.36.70	2.40.90	2.34.90	2.36.20	2.33.80	2.35.90	2.28.90
50m Butterfly	35.70	34.30	33.20	32.00	30.90	29.70	29.00	28.40	28.50	27.40	27.90	27.40	27.60	26.60
100m Butterfly	1.21.20	1.18.40	1.15.10	1.11.50	1.09.90	1.06.40	1.03.50	1.02.00	1.02.40	59.90	1.01.50	59.90	1.00.00	58.40
200m Butterfly	3.08.70	3.03.80	2.58.40	2.44.50	2.40.40	2.32.40	2.26.40	2.21.50	2.24.20	2.15.30	2.22.10	2.15.30	2.19.10	2.15.30
50m Backstroke	37.10	36.30	35.00	33.60	32.70	31.70	32.00	30.10	31.00	29.60	29.60	29.50	28.80	27.90
100m Backstroke	1.19.50	1.17.40	1.14.30	1.12.30	1.10.30	1.08.10	1.05.50	1.03.20	1.04.40	1.01.60	1.03.60	1.01.60	1.01.00	59.40
200m Backstroke	2.48.20	2.44.80	2.38.90	2.33.50	2.30.80	2.25.40	2.22.20	2.18.30	2.22.20	2.14.80	2.22.20	2.14.80	2.17.60	2.13.10
200m Ind Medley	2.51.30	2.46.50	2.40.60	2.36.00	2.32.60	2.27.80	2.23.00	2.17.50	2.20.90	2.16.30	2.20.90	2.16.30	2.20.90	2.16.30
400m Ind Medley	6.17.60	6.11.20	5.46.50	5.32.40	5.26.20	5.10.70	4.59.30	4.46.70	4.59.30	4.46.70	4.59.30	4.46.70	4.59.30	4.46.70
Boys/Men (SC)	Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17		Age 18/Over	
Stroke	Base	Auto	Base	Auto	Base	Auto	Base	Auto	Base	Auto	Base	Auto	Base	Auto
50m Freestyle	31.10	30.50	29.20	28.40	27.70	26.90	26.00	25.40	25.80	25.20	25.20	24.70	24.40	23.80
100m Freestyle	1.08.50	1.05.90	1.03.90	1.01.80	1.00.20	58.50	55.80	54.70	55.40	53.50	55.00	53.50	52.80	52.20
200m Freestyle	2.28.50	2.24.20	2.19.00	2.14.70	2.10.80	2.08.40	2.03.50	2.00.70	2.02.10	1.59.30	2.01.10	1.59.30	2.00.20	1.57.00
400m Freestyle	5.17.80	5.06.20	4.56.10	4.45.40	4.39.60	4.33.40	4.19.70	4.10.60	4.17.10	4.09.80	4.17.10	4.09.80	4.16.70	4.08.10
800m Freestyle	10.21.10	10.15.50	9.39.20	9.34.80	9.16.10	9.04.20	9.08.10	8.43.50	9.08.10	8.31.50	9.08.10	8.31.50	9.05.90	8.31.50
1500m Freestyle	19.54.00	19.43.30	18.58.60	18.23.60	18.11.70	17.25.50	17.48.10	16.44.00	17.48.10	16.44.00	17.48.10	16.44.00	17.38.10	16.44.00
50m Breaststroke	42.00	40.30	38.70	37.20	36.10	34.80	32.90	32.30	32.70	31.70	32.40	31.60	31.90	29.80
100m Breaststroke	1.31.80	1.28.30	1.25.50	1.21.40	1.18.80	1.16.30	1.11.90	1.09.90	1.11.60	1.07.70	1.09.30	1.07.70	1.09.10	1.06.30
200m Breaststroke	3.14.30	3.09.40	3.03.00	2.54.80	2.50.80	2.46.30	2.38.10	2.33.30	2.37.60	2.31.50	2.32.80	2.30.30	2.32.50	2.25.30
50m Butterfly	35.20	33.70	32.60	31.40	30.30	29.10	28.30	27.70	27.80	26.70	27.20	26.70	26.90	25.90
100m Butterfly	1.20.30	1.17.40	1.14.10	1.10.40	1.08.80	1.05.20	1.02.30	1.00.80	1.01.20	58.60	1.00.30	58.60	58.70	57.10
200m Butterfly	3.07.00	3.02.10	2.56.60	2.42.60	2.38.40	2.30.30	2.24.20	2.19.30	2.22.00	2.12.90	2.19.90	2.12.90	2.16.80	2.12.90
50m Backstroke	36.50	35.70	34.40	33.00	32.10	31.00	31.40	29.40	30.30	28.90	28.90	28.80	28.10	27.20
100m Backstroke	1.18.50	1.16.30	1.13.20	1.11.20	1.09.10	1.06.90	1.04.20	1.01.90	1.03.10	1.00.30	1.02.30	1.00.30	59.60	58.00
200m Backstroke	2.46.20	2.42.70	2.36.70	2.31.30	2.28.50	2.23.00	2.19.80	2.15.80	2.19.80	2.12.20	2.19.80	2.12.20	2.15.10	2.10.50
200m Ind Medley	2.49.00	2.44.10	2.38.10	2.33.50	2.30.00	2.25.10	2.20.20	2.14.60	2.18.10	2.13.40	2.18.10	2.13.40	2.18.10	2.13.40
400m Ind Medley	6.12.90	6.06.40	5.41.40	5.27.10	5.20.80	5.05.00	4.53.40	4.40.50	4.53.40	4.40.50	4.53.40	4.40.50	4.53.40	4.40.50

Saturday 25th – Sunday 26th April 2020 K2, Crawley	Friday 1st – Monday 4th May 2020 Wycombe Leisure Centre	Saturday 9th – Sunday 10th May 2020 K2 Crawley
14/Under Competition	15/Over All Teams Multi-Classification	14/Under Competition

SWIM ENGLAND SOUTH EAST CHAMPIONSHIPS 2020

QUALIFYING TIMES

Girls/Ladies (LC)	Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17/Over	
Stroke	Base	Auto	Base	Auto	Base	Auto	Base	Auto	Base	Auto	Base	Auto
50m Freestyle	31.60	31.00	30.30	29.80	29.70	29.30	29.20	28.70	29.00	28.60	28.80	28.20
100m Freestyle	1.09.00	1.07.40	1.06.20	1.04.80	1.04.30	1.03.50	1.02.90	1.01.80	1.02.30	1.01.30	1.00.80	1.00.10
200m Freestyle	2.30.70	2.26.80	2.23.20	2.20.50	2.19.60	2.16.80	2.16.10	2.13.80	2.16.00	2.12.90	2.12.80	2.10.70
400m Freestyle	5.16.00	5.10.10	5.02.70	4.57.70	4.52.90	4.49.10	4.43.10	4.39.90	4.43.10	4.34.60	4.37.70	4.29.30
800m Freestyle	10.32.40	10.17.50	10.14.60	9.59.30	9.54.50	9.48.70	9.54.50	9.37.10	9.54.50	9.23.70	9.46.10	9.23.70
1500m Freestyle	20.29.40	19.44.20	19.53.20	19.32.20	19.53.20	18.43.60	19.53.20	18.26.00	19.53.20	18.24.80	19.20.00	18.10.20
50m Breaststroke	41.60	40.10	39.80	38.50	38.50	37.10	37.70	36.40	37.70	36.40	36.60	35.00
100m Breaststroke	1.30.40	1.27.40	1.26.90	1.23.50	1.23.40	1.21.10	1.20.40	1.18.20	1.19.90	1.18.20	1.17.90	1.16.50
200m Breaststroke	3.12.60	3.06.60	3.05.90	3.00.80	2.59.70	2.54.60	2.56.00	2.53.20	2.56.00	2.51.30	2.49.70	2.46.20
50m Butterfly	34.60	33.80	32.90	32.20	32.50	31.70	31.70	30.80	31.70	30.80	30.70	29.90
100m Butterfly	1.19.80	1.16.70	1.14.20	1.12.60	1.12.80	1.10.90	1.10.10	1.07.70	1.09.90	1.07.70	1.07.30	1.05.50
200m Butterfly	3.05.10	2.57.30	2.52.70	2.44.60	2.47.40	2.41.70	2.39.10	2.36.00	2.38.30	2.33.40	2.34.80	2.28.80
50m Backstroke	36.30	35.30	34.70	34.10	34.00	33.20	33.40	32.50	33.40	32.50	32.50	31.20
100m Backstroke	1.18.30	1.16.00	1.14.70	1.12.30	1.12.50	1.10.40	1.10.60	1.08.70	1.09.40	1.08.70	1.08.20	1.06.10
200m Backstroke	2.47.10	2.42.40	2.39.20	2.35.30	2.35.00	2.31.30	2.32.40	2.29.00	2.31.90	2.29.00	2.25.60	2.20.70
200m Ind Medley	2.48.70	2.45.80	2.41.80	2.39.30	2.38.50	2.35.50	2.34.40	2.32.70	2.33.60	2.31.80	2.31.20	2.26.90
400m Ind Medley	6.04.80	5.52.90	5.46.80	5.40.30	5.37.10	5.28.20	5.31.40	5.26.40	5.29.20	5.13.60	5.16.50	5.07.10
Girls/Ladies (SC)	Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17/Over	
Stroke	Base	Auto	Base	Auto	Base	Auto	Base	Auto	Base	Auto	Base	Auto
50m Freestyle	30.90	30.30	29.60	29.10	29.00	28.60	28.50	28.00	28.30	27.90	28.10	27.50
100m Freestyle	1.07.80	1.06.10	1.04.90	1.03.50	1.03.00	1.02.20	1.01.50	1.00.40	1.00.90	59.90	59.40	58.70
200m Freestyle	2.28.40	2.24.40	2.20.80	2.18.00	2.17.10	2.14.20	2.13.50	2.11.20	2.13.40	2.10.30	2.10.20	2.08.00
400m Freestyle	5.11.50	5.05.50	4.58.00	4.52.90	4.48.10	4.44.20	4.38.10	4.34.80	4.38.10	4.29.40	4.32.60	4.24.00
800m Freestyle	10.23.20	10.08.10	10.05.10	9.49.60	9.44.70	9.38.80	9.44.70	9.27.00	9.44.70	9.13.30	9.36.20	9.13.30
1500m Freestyle	20.12.50	19.26.60	19.35.80	19.14.50	19.35.80	18.25.10	19.35.80	18.07.20	19.35.80	18.06.00	19.02.10	17.51.10
50m Breaststroke	40.80	39.30	39.00	37.70	37.70	36.20	36.90	35.50	36.90	35.50	35.70	34.10
100m Breaststroke	1.29.00	1.25.90	1.25.40	1.22.00	1.21.90	1.19.50	1.18.80	1.16.60	1.18.30	1.16.60	1.16.30	1.14.80
200m Breaststroke	3.09.80	3.03.70	3.03.00	2.57.80	2.56.70	2.51.50	2.53.00	2.50.10	2.53.00	2.48.20	2.46.60	2.43.00
50m Butterfly	34.00	33.20	32.30	31.60	31.90	31.10	31.10	30.20	31.10	30.20	30.10	29.30
100m Butterfly	1.18.80	1.15.70	1.13.20	1.11.50	1.11.70	1.09.80	1.09.00	1.06.60	1.08.80	1.06.60	1.06.20	1.04.30
200m Butterfly	3.03.40	2.55.50	2.50.90	2.42.70	2.45.50	2.39.70	2.37.10	2.34.00	2.36.30	2.31.30	2.32.70	2.26.70
50m Backstroke	35.70	34.70	34.10	33.50	33.40	32.60	32.80	31.90	32.80	31.90	31.90	30.50
100m Backstroke	1.17.20	1.14.90	1.13.60	1.11.20	1.11.40	1.09.20	1.09.40	1.07.50	1.08.20	1.07.50	1.07.00	1.04.80
200m Backstroke	2.45.00	2.40.30	2.37.00	2.33.10	2.32.80	2.29.00	2.30.10	2.26.70	2.29.60	2.26.70	2.23.20	2.18.30
200m Ind Medley	2.46.30	2.43.40	2.39.30	2.36.80	2.36.00	2.32.90	2.31.80	2.30.10	2.31.00	2.29.20	2.28.60	2.24.20
400m Ind Medley	5.59.90	5.47.90	5.41.70	5.35.10	5.31.80	5.22.80	5.26.00	5.21.00	5.23.80	5.07.90	5.10.90	5.01.30

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SESSION ONE

Event 101		Details Girls 800m Freestyle									
1	Emma Cumes	12.02.85	101C	FANS	_____	26	Collette Guyett-Smith	9.59.15	101F	PORS	_____
2	Evie Lynch	12.02.83	101C	COSS	_____	27	Siena Stephens	9.58.66	101D	TIGS	_____
3	Amelia Lambert	11.40.63	101C	RMYS	_____	28	Esme Fowler	9.57.17	101F	TIGS	_____
4	Trinity Clement	11.39.23	101C	ALTS	_____	29	Ella Smith	10:06.22	101F	RURS	_____
5	Penny Worthy	11.38.79	101C	FANS	_____	30	Hannah Worth	10:05.64	101E	TIGS	_____
6	Hannah Day	11.23.16	101C	PORS	_____	31	Alexandra Bassett	9.55.39	101D	COSS	_____
7	Gabrielle Martin	11.17.48	101C	COSS	_____	32	Emma Skelton	9.55.06	101E	FANS	_____
8	Poppy Hughes	11.10.11	101C	TIGS	_____	33	Rhyseren Taylor	9.54.07	101E	EATS	_____
9	Alana Maddock	10.59.52	101C	EATS	_____	34	Eva Scott	9.52.29	101F	TIGS	_____
10	Skye Austin-Burrows	10.31.63	101D	RURS	_____	35	Hannah Stemp	9.51.71	101H	HVWS	_____
11	Olivia Clinton	10.25.37	101E	PORS	_____	36	Chloe Davis	9.51.51	101H	GOSS	_____
12	Amelia Boyes	10.23.14	101F	FANS	_____	37	Victoria Butler	9:54.25	101G	ALTS	_____
13	Ruby Stewart	10.18.11	101D	RURS	_____	38	Ashleigh Stemp	9.43.93	101G	HVWS	_____
14	Emily Menlove	10.17.83	101E	WCPS	_____	39	Emma Jones	9.40.16	101F	HARS	_____
15	Seaena Silvester	10.16.15	101D	TIGS	_____	40	Cerys Prince-Rayner	9.39.88	101G	WCPS	_____
16	Tamsin Wheeler	10.14.87	101D	HARS	_____	41	Lauren Kendall	9.37.12	101H	RURS	_____
17	Verity Telford	10.11.13	101E	EATS	_____	42	Hannah Cooper	9.34.43	101H	FANS	_____
18	Alice Whyte	10.11.07	101D	WCPS	_____	43	Lydia Parker	9.31.80	101G	FANS	_____
19	Isobelle Kennedy	10.10.11	101E	FANS	_____	44	Amelia Ayling	9.27.56	101G	PORS	_____
20	Layla White	10.09.56	101E	HARS	_____	45	Natasha Holroyd	9.26.33	101G	RURS	_____
21	Alana Woodhall	10.05.76	101D	TIGS	_____	46	Evelyn Rowsell	9.22.68	101G	FANS	_____
22	Isla-Mary Caustick	10:14.52	101F	WCPS	_____	47	Lily Scott	9.15.99	101G	TIGS	_____
23	Harriet Burnham	10.03.20	101F	FANS	_____	48	Bethan Cooper	9.15.98	101G	TIGS	_____
24	Macey Carstairs	10.02.11	101E	COSS	_____	49	Libby Gordon	9.11.61	101G	RURS	_____
25	Elizabeth Atkinson	10.01.58	101E	TIGS	_____	50	Iona Morley	9:21.35	101H	WCPS	_____

Event 102		Details Boys 800m Freestyle									
1	Maxwell Poynter	12.08.45	102C	IOWS	_____	23	Archie Thorman	9.27.72	102E	WCPS	_____
2	Myles Leather	11.37.19	102C	WCPS	_____	24	George Snow	9.27.61	102E	FANS	_____
3	Adam Sadler	11.34.74	102C	EATS	_____	25	William Nelson	9.23.46	102F	HARS	_____
4	Griffin Thomas	11.34.31	102C	WCPS	_____	26	Samuel Bourns	9.21.53	102F	BBFS	_____
5	George Barfield	11.25.91	102C	WCPS	_____	27	George Lambert	9.18.71	102F	FANS	_____
6	Zachary Vanstone	10.50.11	102D	HARS	_____	28	Matt Geddes	9.17.84	102F	TIGS	_____
7	George Emre	10.46.63	102D	PORS	_____	29	Luigi Forconi	9.15.37	102E	PORS	_____
8	Henry Manning	10:53.38	102D	RURS	_____	30	Casper Whitewood	9.15.00	102E	TIGS	_____
9	Matthew Stewart	10.36.92	102C	ALTS	_____	31	Edward Hollands	9.12.04	102G	FANS	_____
10	Theo Mcfadden	10:29.71	102D	RURS	_____	32	Oscar Cawdron	9.09.83	102G	PORS	_____
11	Matthew Deffains	10.13.14	102D	TIGS	_____	33	Henry Halloran-Day	9.02.31	102F	PORS	_____
12	Sidney Collingwood	10.08.59	102D	FANS	_____	34	Oscar Dodds	9.01.61	102E	TIGS	_____
13	Benedict Whitt	10.07.25	102E	WCPS	_____	35	Christopher Hull	9.01.15	102G	HVWS	_____
14	Freddie Sadler	10.04.96	102E	EATS	_____	36	Matthew Batchelor	9.00.73	102G	RURS	_____
15	Jake Smith	10.04.53	102E	COSS	_____	37	Thomas Dickson	8.56.87	102G	FANS	_____
16	Daniel Marchant	10.03.23	102E	COSS	_____	38	Scott Campbell	8.56.34	102H	BBFS	_____
17	Adam Zakrzewski	9.52.53	102E	TIGS	_____	39	Cayden Guyett-Smith	8.54.30	102G	PORS	_____
18	Isaac Thompson	9.37.70	102C	TIGS	_____	40	James Cummings-Candal	8.54.11	102F	PORS	_____
19	Fraser White	9.35.78	102F	EATS	_____	41	Berkay Bilik	9:03.74	102H	COSS	_____
20	Filip Nowacki	9.35.73	102D	TIGS	_____	42	Charles Holyer	8:58.02	102F	FANS	_____
21	Joseph Swart	9.33.22	102E	TIGS	_____	43	Liam Budd	8.45.92	102H	PORS	_____
22	Samuel Sterry	9.33.19	102D	TIGS	_____	44	Rory Taylor	8.45.13	102H	FANS	_____

Event 102		Details Boys 800m Freestyle					Continued				
45	Sam Sheppard	8:44.87	102H	PORS	_____	49	Thomas Deffains	8:24.81	102G	TIGS	_____
46	Andrew Hooper	8:53.82	102H	RURS	_____	50	Pietro Forconi	8:32.62	102H	PORS	_____
47	Oskar Priesemann	8:41.62	102G	WCPS	_____	51	Isaac Dodds	8:13.88	102G	TIGS	_____
48	Thomas Menlove	8:39.80	102H	WCPS	_____						

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Event 201		Details Girls 400m Ind Medley									
1	Trinity Clement	6.31.11	201C	ALTS	_____	21	Melissa Cooper	5:54.10	201E	PORS	_____
2	Maisie Brown	6:32.23	201C	RURS	_____	22	Evie Woodroffe	5:47.57	201E	BBFS	_____
3	Amy Walton	6.26.89	201C	HARS	_____	23	Alana Woodhall	5:47.56	201D	TIGS	_____
4	Jasmine Andrews	6.26.82	201C	RURS	_____	24	Penelope Adamson	5:47.48	201D	COSS	_____
5	Hannah Day	6.18.66	201C	PORS	_____	25	Amber Likely	5:46.60	201E	PORS	_____
6	Francesca Pringle	6.18.50	201C	RURS	_____	26	Zoe Falconer	5:45.85	201D	RURS	_____
7	Poppy Hughes	6.16.73	201C	TIGS	_____	27	Isobelle Kennedy	5:45.53	201E	FANS	_____
8	Alana Maddock	6.16.10	201C	EATS	_____	28	Megan Cooper	5:43.08	201E	TIGS	_____
9	Emily Legge	6.12.10	201D	RURS	_____	29	Elizabeth Atkinson	5:40.98	201E	TIGS	_____
10	Lola Norwood-Perkins	6.11.01	201D	FANS	_____	30	Halle Harris	5:39.19	201D	WCPS	_____
11	Sophie Duckworth	6.09.74	201D	RURS	_____	31	Emma Skelton	5:38.13	201E	FANS	_____
12	Hannah Kennedy	6.08.39	201D	GUES	_____	32	Rhyseren Taylor	5:36.26	201E	EATS	_____
13	Emilia Evans	6:11.95	201D	FANS	_____	33	Hannah Worth	5:40.81	201E	TIGS	_____
14	Saffia Rougier	6.06.59	201C	BBFS	_____	34	Alice Whyte	5:34.88	201D	WCPS	_____
15	Keira Roscoe	6.00.96	201E	RURS	_____	35	Ruby Stewart	5:34.71	201D	RURS	_____
16	Ava Bennell	5.55.12	201D	FANS	_____	36	Paige Austin-Burrows	5:34.38	201E	RURS	_____
17	Seaena Silvester	5.51.98	201D	TIGS	_____	37	Karys Kapri	5:33.83	201E	RURS	_____
18	Macey Carstairs	5.50.82	201E	COSS	_____	38	Emily Lowther	5:37.20	201E	COSS	_____
19	Phoebe Field	5.50.16	201D	EATS	_____	39	Anoush Danelian	5:25.97	201D	WCPS	_____
20	Hollie Atton	5.49.47	201E	BBFS	_____						

Event 202		Details Boys 400m Freestyle									
1	Harry Morris	6.04.96	202C	HVWS	_____	23	Daniel Marchant	5.02.60	202E	COSS	_____
2	Oliver Corrie	6.04.66	202B	WCPS	_____	24	Joshua Dunning	5.01.70	202E	GUES	_____
3	William Tarmey	5.59.31	202B	WCPS	_____	25	Benedict Whitt	4.58.81	202E	WCPS	_____
4	Max Bothamley	5.57.35	202B	WCPS	_____	26	Sidney Collingwood	5:02.97	202D	FANS	_____
5	Todd Lawler	5.54.78	202C	BBFS	_____	27	Matthew Deffains	4.54.98	202D	TIGS	_____
6	Finian Mcfadden	5.52.49	202B	RURS	_____	28	Judah Hurr	4:54.73	202E	PORS	_____
7	Myles Leather	5.44.86	202C	WCPS	_____	29	Theo Mcfadden	4.49.80	202D	RURS	_____
8	Cian Brady-Hercock	5.44.25	202B	PORS	_____	30	Adam Zakrzewski	4.48.59	202E	TIGS	_____
9	Oscar Reynolds	5.44.23	202B	FANS	_____	31	Max Walton	4.46.26	202E	HARS	_____
10	Fraser Adamson	5.42.17	202B	COSS	_____	32	Isaac Thompson	4.44.34	202C	TIGS	_____
11	Griffin Thomas	5.40.90	202C	WCPS	_____	33	Samuel Sterry	4:49.07	202D	TIGS	_____
12	Rhys Kapri	5.33.18	202B	RURS	_____	34	Jake Smith	4.43.98	202E	COSS	_____
13	Archie Turner	5:36.86	202B	BBFS	_____	35	Filip Nowacki	4.42.20	202D	TIGS	_____
14	Michael Whittaker	5.26.10	202C	WCPS	_____	36	Joseph Swart	4.41.70	202E	TIGS	_____
15	Raul Digregorio	5.25.76	202B	HARS	_____	37	George Snow	4:46.12	202E	FANS	_____
16	Jay Austin-Burrows	5.20.84	202B	RURS	_____	38	Archie Thorman	4.39.59	202E	WCPS	_____
17	Matthew Lowther	5.19.79	202C	COSS	_____	39	Zakhos Lekkas	4.38.38	202E	WCPS	_____
18	Zachary Vanstone	5.15.66	202D	HARS	_____	40	Casper Whitewood	4.32.69	202E	TIGS	_____
19	Matthew Stewart	5:16.81	202C	ALTS	_____	41	Luigi Forconi	4:33.78	202E	PORS	_____
20	Haidar Rauf	5.12.09	202D	WCPS	_____	42	Ben Hatfield	4.23.34	202E	WCPS	_____
21	Reuben Brindley	5.09.80	202D	HVWS	_____	43	Oscar Dodds	4.22.73	202E	TIGS	_____
22	Nathan Lewis	5.04.27	202D	EATS	_____						

Event 203		Details Girls 10 - 12 Years 200m Freestyle Relay					
1	Romsey And Totton B	2:40.55	_____	13	Winchester City Penguins Black	2:21.82	_____
2	Bassett JSF B	2:39.78	_____	14	Alton A	2:21.06	_____
3	Alton B	2:36.31	_____	15	Eastleigh A	2:20.38	_____
4	Gosport Dolphins Blue	2:36.26	_____	16	Portsmouth Northsea A	2:18.58	_____
5	Locks Heath B	2:33.20	_____	17	Romsey And Totton A	2:18.32	_____
6	Eastleigh B	2:30.96	_____	18	Rushmoor Royals Black	2:17.51	_____
7	City Of Southampton White	2:30.88	_____	19	Hart	2:16.80	_____
8	Fareham Nomads B	2:29.62	_____	20	Fareham Nomads A	2:15.66	_____
9	Winchester City Penguins White	2:27.65	_____	21	City Of Southampton Red	2:14.89	_____
10	Gosport Dolphins White	2:25.94	_____	22	Bassett JSF A	2:14.50	_____
11	Locks Heath A	2:24.63	_____	23	Basingstoke Bluefins	2:10.92	_____
12	Havant And Waterlooville	2:22.85	_____	24	Rushmoor Royals Green	2:09.21	_____

Event 204		Details Boys 10 - 14 Years 200m Freestyle Relay					
1	Bassett JSF	2:36.82	_____	11	Winchester City Penguins White	2:00.76	_____
2	Locks Heath A	2:20.10	_____	12	Rushmoor Royals Green	2:00.52	_____
3	City Of Southampton White	2:17.67	_____	13	City Of Southampton Red	2:00.03	_____
4	Eastleigh B	2:17.41	_____	14	Eastleigh A	1:59.41	_____
5	Alton A	2:09.62	_____	15	Hart	1:58.53	_____
6	Gosport Dolphins White	2:09.48	_____	16	Tigers (Jersey) B	1:57.95	_____
7	Rushmoor Royals Black	2:04.86	_____	17	Portsmouth Northsea A	1:54.74	_____
8	Basingstoke Bluefins	2:02.33	_____	18	Tigers (Jersey) A	1:54.60	_____
9	Havant And Waterlooville	2:01.36	_____	19	Winchester City Penguins Black	1:47.58	_____
10	Fareham Nomads A	2:01.12	_____				

Event 205		Details Girls 10 - 12 Years 200m Medley Relay				
1	Bassett JSF B	3:24.68	_____	13	City Of Southampton White	2:40.59 _____
2	Locks Heath B	3:06.85	_____	14	Fareham Nomads A	2:40.24 _____
3	Romsey And Totton B	3:06.81	_____	15	Alton A	2:38.41 _____
4	Gosport Dolphins Blue	2:57.93	_____	16	Hart	2:36.61 _____
5	Fareham Nomads B	2:55.55	_____	17	Rushmoor Royals Black	2:36.19 _____
6	Alton B	2:53.94	_____	18	Eastleigh A	2:36.12 _____
7	Eastleigh B	2:47.02	_____	19	Bassett JSF A	2:34.65 _____
8	Winchester City Penguins White	2:46.78	_____	20	Portsmouth Northsea A	2:34.42 _____
9	Havant And Waterlooville	2:44.14	_____	21	City Of Southampton Red	2:33.59 _____
10	Romsey And Totton A	2:43.42	_____	22	Locks Heath A	2:33.47 _____
11	Gosport Dolphins White	2:42.33	_____	23	Basingstoke Bluefins	2:28.38 _____
12	Winchester City Penguins Black	2:40.97	_____	24	Rushmoor Royals Green	2:23.23 _____

Event		Details			
206		Boys 10 - 14 Years 200m Medley Relay			
1	Bassett JSF	3:05.32	_____	11	City Of Southampton Red 2:17.41 _____
2	Eastleigh B	2:40.63	_____	12	Basingstoke Bluefins 2:16.95 _____
3	Locks Heath A	2:39.13	_____	13	Hart 2:13.88 _____
4	Gosport Dolphins White	2:24.40	_____	14	Eastleigh A 2:13.83 _____
5	Alton A	2:21.88	_____	15	Rushmoor Royals Green 2:12.32 _____
6	Winchester City Penguins White	2:19.44	_____	16	Portsmouth Northsea A 2:07.92 _____
7	City Of Southampton White	2:19.37	_____	17	Tigers (Jersey) B 2:07.85 _____
8	Fareham Nomads A	2:19.18	_____	18	Tigers (Jersey) A 2:06.40 _____
9	Rushmoor Royals Black	2:18.93	_____	19	Winchester City Penguins Black 2:02.11 _____
10	Havant And Waterlooville	2:18.40	_____		

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Event 251		Details Boys 400m Ind Medley									
1	Maxwell Poynter	6.50.00	251C	IOWS	_____	18	Adam Zakrzewski	5.39.10	251E	TIGS	_____
2	James Port	6.45.75	251C	ALTS	_____	19	Daniel Wilson	5.37.83	251E	PORS	_____
3	Myles Leather	6.40.05	251C	WCPS	_____	20	Joseph Dollamore	5:41.87I	251D	GOSS	_____
4	Griffin Thomas	6.37.31	251C	WCPS	_____	21	Judah Hurr	5.34.99	251E	PORS	_____
5	Matthew Stewart	6:18.63I	251C	ALTS	_____	22	Joshua Dunning	5.34.79	251E	GUES	_____
6	Harry Naughton	6.07.40	251D	HVWS	_____	23	Isaac Thompson	5.34.10	251C	TIGS	_____
7	Oliver Freemantle	6:12.01I	251C	FANS	_____	24	Luke O'Mara	5.33.96	251E	HARS	_____
8	George Barfield	6.05.57	251C	WCPS	_____	25	Daniel Marchant	5.33.25	251E	COSS	_____
9	Henry Benton	6.03.15	251D	RURS	_____	26	Joseph Swart	5.28.67	251E	TIGS	_____
10	Zachary Vanstone	6.02.19	251D	HARS	_____	27	Theo Mcfadden	5.27.38	251D	RURS	_____
11	George Emre	5:58.48I	251D	PORS	_____	28	Jake Smith	5.23.95	251E	COSS	_____
12	Benedict Whitt	5.51.70	251E	WCPS	_____	29	Filip Nowacki	5.16.15	251D	TIGS	_____
13	Henry Manning	5.50.60	251D	RURS	_____	30	Samuel Sterry	5.15.85	251D	TIGS	_____
14	Jenson Harris	5.48.69	251E	WCPS	_____	31	Archie Thorman	5.14.72	251E	WCPS	_____
15	Tristan Hill	5.47.04	251E	WCPS	_____	32	Luigi Forconi	5:06.38I	251E	PORS	_____
16	Matthew Deffains	5.46.45	251D	TIGS	_____	33	Ben Hatfield	4.59.14	251E	WCPS	_____
17	Sidney Collingwood	5.39.80	251D	FANS	_____	34	Oscar Dodds	4.51.11	251E	TIGS	_____

Event 252		Details Girls 400m Freestyle									
1	Alexis Hornsby	6.01.35	252B	BBFS	_____	28	Emilia Evans	5:24.67I	252D	FANS	_____
2	Evie Worth	6.00.29	252B	TIGS	_____	29	Saffia Rougier	5.14.58	252C	BBFS	_____
3	Georgie Corrigan	5.59.02	252B	TIGS	_____	30	Hannah Kennedy	5.13.24	252D	GUES	_____
4	Amelia Thapa	5.57.45	252B	HARS	_____	31	Zoe Falconer	5.09.89	252D	RURS	_____
5	Ella Maguire	6:00.37I	252B	RURS	_____	32	Alice Whyte	5.06.77	252D	WCPS	_____
6	Imani Payne	5.54.53	252B	RMYS	_____	33	Seaena Silvester	5.05.95	252D	TIGS	_____
7	Zoe Diaz	5.50.93	252B	COSS	_____	34	Olivia Clinton	5:07.77I	252E	PORS	_____
8	Elysia Takacs-Baroni	5.44.19	252B	BJSS	_____	35	Erin Woo	5.02.03	252E	WCPS	_____
9	Amy Jones	5.42.18	252B	HARS	_____	36	Hollie Atton	5.00.79	252E	BBFS	_____
10	Amelia Coldicott	5.41.12	252B	RURS	_____	37	Georgina Taylor	5:05.27I	252E	FANS	_____
11	Lydia Wright	5.40.86	252C	BBFS	_____	38	Alana Woodhall	5.00.31	252D	TIGS	_____
12	Megan Thorpe	5.40.25	252B	EATS	_____	39	Luna Nash	4.59.34	252E	WCPS	_____
13	Trinity Clement	5.40.15	252C	ALTS	_____	40	Skye Austin-Burrows	4.59.21	252D	RURS	_____
14	Lily-Anne Knobel	5.37.06	252C	FANS	_____	41	Verity Telford	4.57.94	252E	EATS	_____
15	Gabrielle Martin	5.35.87	252C	COSS	_____	42	Isobelle Kennedy	4.57.78	252E	FANS	_____
16	Isla Ince	5.35.01	252B	RURS	_____	43	Tamsin Wheeler	4.57.61	252D	HARS	_____
17	Maisie Brown	5.34.97	252C	RURS	_____	44	Elizabeth Atkinson	4.56.51	252E	TIGS	_____
18	Keeleigh Cooke	5:37.75I	252B	BBFS	_____	45	Layla White	4.55.77	252E	HARS	_____
19	Penny Worthy	5:37.47I	252C	FANS	_____	46	Rhyseren Taylor	4.55.76	252E	EATS	_____
20	Amelia Lambert	5.32.16	252C	RMYS	_____	47	Ruby Stewart	4.54.79	252D	RURS	_____
21	Alana Maddock	5.30.84	252C	EATS	_____	48	Hannah Worth	4.52.26	252E	TIGS	_____
22	Charlotte Aris	5.27.90	252C	LSSS	_____	49	Macey Carstairs	4.50.73	252E	COSS	_____
23	Francesca Pringle	5.27.40	252C	RURS	_____	50	Siena Stephens	4.50.40	252D	TIGS	_____
24	Elizabeth Dudman	5.25.12	252C	BBFS	_____	51	Emma Skelton	4.47.59	252E	FANS	_____
25	Sophie Price	5.23.95	252C	RURS	_____	52	Isabel Turner	4.46.04	252E	EATS	_____
26	Poppy Hughes	5.23.61	252C	TIGS	_____	53	Alexandra Bassett	4.44.11	252D	COSS	_____
27	Hannah Bowers	5.21.21	252D	COSS	_____	54	Mia Goodale	4:41.36I	252E	WCPS	_____

Event 253	Details Boys 10 - 12 Years 200m Freestyle Relay		
1	Bassett JSF B	3:31.43	_____
2	Locks Heath B	2:50.85	_____
3	City Of Southampton White	2:40.93	_____
4	Bassett JSF A	2:39.91	_____
5	Eastleigh A	2:34.01	_____
6	Fareham Nomads B	2:32.68	_____
7	Locks Heath A	2:32.23	_____
8	Rushmoor Royals Black	2:28.48	_____
9	Romsey And Totton A	2:28.09	_____
10	Havant And Waterloooville	2:27.99	_____
11	Basingstoke Bluefins	2:25.98	_____
12	City Of Southampton Red	2:22.11	_____
13	Winchester City Penguins White	2:21.85	_____
14	Fareham Nomads A	2:17.11	_____
15	Hart	2:16.87	_____
16	Rushmoor Royals Green	2:13.94	_____
17	Alton A	2:13.93	_____
18	Winchester City Penguins Black	2:12.39	_____

Event 254	Details Girls 10 - 14 Years 200m Freestyle Relay		
1	Bassett JSF B	2:40.25	_____
2	Hamble Aquatics	2:18.03	_____
3	Tigers (Jersey) B	2:15.00	_____
4	Eastleigh B	2:12.87	_____
5	Gosport Dolphins White	2:11.75	_____
6	Fareham Nomads B	2:10.25	_____
7	Locks Heath A	2:10.12	_____
8	Bassett JSF A	2:10.01	_____
9	City Of Southampton White	2:08.87	_____
10	Havant And Waterloooville	2:08.57	_____
11	Romsey And Totton A	2:07.37	_____
12	Basingstoke Bluefins	2:06.65	_____
13	Alton A	2:06.58	_____
14	Rushmoor Royals Black	2:04.45	_____
15	Tigers (Jersey) A	2:03.31	_____
16	Fareham Nomads A	2:02.30	_____
17	Eastleigh A	2:01.82	_____
18	Winchester City Penguins White	2:01.50	_____
19	Portsmouth Northsea A	2:00.95	_____
20	City Of Southampton Red	2:00.44	_____
21	Hart	1:58.94	_____
22	Rushmoor Royals Green	1:57.33	_____
23	Winchester City Penguins Black	1:55.20	_____

Event 255	Details Boys 10 - 12 Years 200m Medley Relay		
1	Bassett JSF B	3:55.36	_____
2	Locks Heath B	3:22.34	_____
3	Bassett JSF A	3:16.15	_____
4	City Of Southampton White	3:10.84	_____
5	Locks Heath A	2:57.36	_____
6	Eastleigh A	2:57.08	_____
7	Havant And Waterloooville	2:55.28	_____
8	Romsey And Totton A	2:52.78	_____
9	Rushmoor Royals Black	2:51.61	_____
10	Fareham Nomads B	2:46.60	_____
11	Basingstoke Bluefins	2:45.04	_____
12	Winchester City Penguins White	2:40.72	_____
13	Hart	2:38.89	_____
14	City Of Southampton Red	2:37.26	_____
15	Rushmoor Royals Green	2:36.64	_____
16	Fareham Nomads A	2:35.77	_____
17	Alton A	2:32.57	_____
18	Winchester City Penguins Black	2:28.36	_____

Event 256	Details Girls 12 - 14 Years 200m Medley Relay		
1	Bassett JSF B	3:14.28	_____
2	Tigers (Jersey) B	2:39.90	_____
3	Hamble Aquatics	2:35.91	_____
4	Eastleigh B	2:35.32	_____
5	City Of Southampton White	2:33.50	_____
6	Bassett JSF A	2:29.74	_____
7	Eastleigh A	2:26.95	_____
8	Wildern Waves	2:25.55	_____
9	Havant And Waterloooville	2:25.29	_____
10	Locks Heath A	2:24.43	_____
11	Gosport Dolphins White	2:24.13	_____
12	Alton A	2:23.30	_____

Event 256	Details Girls 12 - 14 Years 200m Medley Relay			Continued		
13	Fareham Nomads B	2:23.28	_____	19	Fareham Nomads A	2:16.49 _____
14	Romsey And Totton A	2:23.01	_____	20	Winchester City Penguins White	2:13.87 _____
15	Tigers (Jersey) A	2:20.40	_____	21	Hart	2:12.74 _____
16	Portsmouth Northsea A	2:17.44	_____	22	Rushmoor Royals Green	2:10.07 _____
17	Basingstoke Bluefins	2:17.39	_____	23	City Of Southampton Red	2:10.03 _____
18	Rushmoor Royals Black	2:16.58	_____	24	Winchester City Penguins Black	2:07.83 _____

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Event 301	Details Boys All Ages 800m Freestyle Relay				
1	Tigers (Jersey) C	9:08.00	_____	7	City Of Southampton Red 8:12.20 _____
2	Gosport Dolphins White	8:44.88	_____	8	Tigers (Jersey) A 8:07.93 _____
3	Tigers (Jersey) B	8:44.50	_____	9	Portsmouth Northsea B 8:05.17 _____
4	Eastleigh A	8:34.57	_____	10	Rushmoor Royals Green 8:04.66 _____
5	Fareham Nomads B	8:30.57	_____	11	Portsmouth Northsea A 7:48.55 _____
6	Fareham Nomads A	8:13.32	_____	12	Winchester City Penguins Black 7:47.96 _____

Event 302	Details Girls 1500m Freestyle				
1	Penny Worthy	23.04.46	302C	FANS	_____
2	Amelia Lambert	22.55.75	302C	RMYS	_____
3	Trinity Clement	22.14.31	302C	ALTS	_____
4	Maisie Brown	22:27.99	302C	RURS	_____
5	Poppy Hughes	21.47.08	302C	TIGS	_____
6	Amy Walton	21.45.87	302C	HARS	_____
7	Ella Cheesman	20.57.31	302F	HARS	_____
8	Zoe Falconer	21:10.79	302D	RURS	_____
9	Alana Maddock	20.51.81	302C	EATS	_____
10	Halle Harris	21:05.13	302D	WCPS	_____
11	Naomi Robinson	20.38.94	302E	PORS	_____
12	Mia Stillwell	20.29.83	302F	IOWS	_____
13	Sophie Pilkington	20.18.93	302E	ALTS	_____
14	Alice Rowsell	20.10.15	302E	FANS	_____
15	Emma Mack	20:11.10	302H	PORS	_____
16	Skye Austin-Burrows	19.49.63	302D	RURS	_____
17	Seaena Silvester	19.48.98	302D	TIGS	_____
18	Freya North	19.48.21	302H	GOSS	_____
19	Kelsey Critchley	19.42.03	302H	IOWS	_____
20	Isobelle Kennedy	19.40.65	302E	FANS	_____
21	Jessica Browne	19.37.15	302G	IOWS	_____
22	Layla White	19.34.60	302E	HARS	_____
23	Verity Telford	19:51.23	302E	EATS	_____
24	Elizabeth Atkinson	19.32.39	302E	TIGS	_____
25	Collette Guyett-Smith	19.25.61	302F	PORS	_____
26	Alana Woodhall	19.23.90	302D	TIGS	_____
27	Siena Stephens	19.22.57	302D	TIGS	_____
28	Karys Kapri	19.17.57	302E	RURS	_____
29	Ruby Stewart	19.14.34	302D	RURS	_____
30	Eva Scott	19.12.51	302F	TIGS	_____
31	Rhyseren Taylor	19.07.49	302E	EATS	_____
32	Emily Pilton	19.03.15	302G	EATS	_____
33	Hannah Worth	19:19.40	302E	TIGS	_____
34	Harriet Burnham	18.56.15	302F	FANS	_____
35	Ashleigh Stemp	18.55.88	302G	HVWS	_____
36	Amelia Ayling	18.55.07	302G	PORS	_____
37	Ella Smith	18.54.05	302F	RURS	_____
38	Ailish Rabey	18.51.59	302G	BEAS	_____
39	Hannah Stemp	18.48.79	302H	HVWS	_____
40	Emma Jones	18.48.28	302F	HARS	_____
41	Emma Skelton	18.45.37	302E	FANS	_____
42	Alexandra Bassett	18.32.12	302D	COSS	_____
43	Bethan Cooper	17.55.16	302G	TIGS	_____
44	Libby Gordon	18:12.15	302G	RURS	_____
45	Evelyn Rowsell	17.51.16	302G	FANS	_____
46	Natasha Holroyd	18:07.00	302G	RURS	_____
47	Lily Scott	17.35.76	302G	TIGS	_____

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Event 351	Details Girls All Ages 800m Freestyle Relay				
1	Gosport Dolphins White	9:41.17	_____	7	Fareham Nomads A 9:00.77 _____
2	Tigers (Jersey) B	9:28.60	_____	8	Rushmoor Royals Green 8:55.60 _____
3	Eastleigh A	9:16.14	_____	9	City Of Southampton Red 8:50.84 _____
4	Fareham Nomads B	9:11.36	_____	10	Tigers (Jersey) A 8:50.30 _____
5	Portsmouth Northsea B	9:06.21	_____	11	Winchester City Penguins Black 8:37.46 _____
6	Winchester City Penguins White	9:02.49	_____	12	Portsmouth Northsea A 8:36.65 _____

Event 352	Details Boys 1500m Freestyle				
1	Maxwell Poynter	24.25.12	352C	IOWS	_____
2	Nathaniel Isted	23.46.60	352C	ALTS	_____
3	Oliver Freemantle	22.12.22	352C	FANS	_____
4	William Blount	22.07.33	352D	COSS	_____
5	Matthew Lowther	21.38.23	352C	COSS	_____
6	Adam Mccauley-Wright	21.12.11	352D	PORS	_____
7	Henry Manning	20.30.92	352D	RURS	_____
8	Matthew Stewart	20.24.13	352C	ALTS	_____
9	Matthew Deffains	19.45.01	352D	TIGS	_____
10	Theo Mcfadden	20:00.54	352D	RURS	_____
11	Joshua Dunning	19.35.07	352E	GUES	_____
12	Luke O'Mara	19.19.41	352E	HARS	_____
13	Sidney Collingwood	19.10.82	352D	FANS	_____
14	Adam Zakrzewski	18.54.61	352E	TIGS	_____
15	Jack Stuart	18.46.28	352E	HARS	_____
16	Isaac Thompson	18.38.86	352C	TIGS	_____
17	Filip Nowacki	18.35.61	352D	TIGS	_____
18	Jake Smith	18.31.83	352E	COSS	_____
19	Samuel Sterry	18.27.52	352D	TIGS	_____
20	Max Walton	18.27.49	352E	HARS	_____
21	Samuel Bourns	18:24.39	352F	BBFS	_____
22	Harry Worth	18.05.25	352G	TIGS	_____
23	Alexander Butler	18.05.12	352G	COSS	_____
24	Matt Geddes	18.02.62	352F	TIGS	_____
25	William Miles	18:15.74	352G	BBFS	_____
26	George Lambert	17.45.20	352F	FANS	_____
27	George White	17.38.88	352H	EATS	_____
28	Oscar Cawdron	17.37.56	352G	PORS	_____
29	Adam Woo	17.36.21	352H	WCPS	_____
30	Daniel Sullivan	17.33.00	352H	COSS	_____
31	Henry Halloran-Day	17.31.44	352F	PORS	_____
32	William Nelson	17.31.22	352F	HARS	_____
33	Edward Hollands	17.29.36	352G	FANS	_____
34	Casper Whitewood	17.28.42	352E	TIGS	_____
35	Cayden Guyett-Smith	17.24.53	352G	PORS	_____
36	Edward Menlove	17.21.29	352H	WCPS	_____
37	Thomas Dickson	17.13.21	352G	FANS	_____
38	Zack Westhead	17:31.88	352H	RURS	_____
39	Matthew Batchelor	17:31.35	352G	RURS	_____
40	Andrew Hooper	17.06.38	352H	RURS	_____
41	Liam Budd	17.05.11	352H	PORS	_____
42	Oscar Dodds	17.04.13	352E	TIGS	_____
43	Sam Sheppard	16.59.37	352H	PORS	_____
44	Rory Taylor	16.47.01	352H	FANS	_____
45	Charles Holyer	17:07.04	352F	FANS	_____
46	Thomas Menlove	16:46.73	352H	WCPS	_____
47	Thomas Deffains	15.52.91	352G	TIGS	_____
48	Isaac Dodds	15.40.61	352G	TIGS	_____