

PNZ Performance & Development Swimming Programme - Points Table

MEN							S13, SB13, SM13			WOMEN				
200IM	100FLY	100BR	100BK	400FR	100FR	50FR	POINTS	50FR	100FR	400FR	100BK	100BR	100FLY	200IM
2:12.84	0:58.70	1:06.75	1:01.42	4:15.35	0:52.42	0:23.78	1100	0:27.01	0:58.39	4:28.82	1:08.77	1:21.09	1:04.84	2:24.62
2:13.25	0:58.88	1:06.95	1:01.60	4:16.13	0:52.58	0:23.85	1090	0:27.09	0:58.56	4:29.64	1:08.98	1:21.34	1:05.03	2:25.06
2:13.66	0:59.07	1:07.15	1:01.79	4:16.91	0:52.74	0:23.93	1080	0:27.17	0:58.74	4:30.47	1:09.19	1:21.59	1:05.23	2:25.51
2:14.07	0:59.25	1:07.36	1:01.99	4:17.71	0:52.90	0:24.00	1070	0:27.26	0:58.93	4:31.31	1:09.41	1:21.84	1:05.44	2:25.96
2:14.49	0:59.43	1:07.57	1:02.18	4:18.52	0:53.07	0:24.08	1060	0:27.34	0:59.11	4:32.16	1:09.62	1:22.10	1:05.64	2:26.42
2:14.92	0:59.62	1:07.79	1:02.38	4:19.34	0:53.24	0:24.15	1050	0:27.43	0:59.30	4:33.02	1:09.84	1:22.36	1:05.85	2:26.88
2:15.35	0:59.81	1:08.01	1:02.58	4:20.17	0:53.41	0:24.23	1040	0:27.52	0:59.49	4:33.90	1:10.07	1:22.62	1:06.06	2:27.35
2:15.79	1:00.01	1:08.22	1:02.78	4:21.01	0:53.58	0:24.31	1030	0:27.61	0:59.68	4:34.78	1:10.29	1:22.89	1:06.27	2:27.83
2:16.23	1:00.20	1:08.45	1:02.98	4:21.86	0:53.75	0:24.39	1020	0:27.70	0:59.87	4:35.67	1:10.52	1:23.16	1:06.49	2:28.31
2:16.68	1:00.40	1:08.67	1:03.19	4:22.72	0:53.93	0:24.47	1010	0:27.79	1:00.07	4:36.58	1:10.75	1:23.43	1:06.71	2:28.80
2:17.13	1:00.60	1:08.90	1:03.40	4:23.59	0:54.11	0:24.55	1000	0:27.88	1:00.27	4:37.50	1:10.99	1:23.71	1:06.93	2:29.29
2:17.59	1:00.80	1:09.13	1:03.61	4:24.47	0:54.29	0:24.63	990	0:27.97	1:00.47	4:38.43	1:11.23	1:23.99	1:07.15	2:29.79
2:18.06	1:01.01	1:09.37	1:03.83	4:25.37	0:54.48	0:24.72	980	0:28.07	1:00.68	4:39.38	1:11.47	1:24.28	1:07.38	2:30.30
2:18.53	1:01.22	1:09.60	1:04.05	4:26.28	0:54.66	0:24.80	970	0:28.16	1:00.89	4:40.33	1:11.71	1:24.56	1:07.61	2:30.81
2:19.01	1:01.43	1:09.84	1:04.27	4:27.20	0:54.85	0:24.89	960	0:28.26	1:01.10	4:41.30	1:11.96	1:24.86	1:07.85	2:31.34
2:19.49	1:01.65	1:10.09	1:04.49	4:28.14	0:55.04	0:24.97	950	0:28.36	1:01.31	4:42.29	1:12.21	1:25.15	1:08.08	2:31.86
2:19.99	1:01.86	1:10.34	1:04.72	4:29.08	0:55.24	0:25.06	940	0:28.46	1:01.53	4:43.28	1:12.47	1:25.45	1:08.32	2:32.40
2:20.49	1:02.08	1:10.59	1:04.95	4:30.04	0:55.43	0:25.15	930	0:28.56	1:01.75	4:44.29	1:12.73	1:25.76	1:08.57	2:32.95
2:20.99	1:02.31	1:10.84	1:05.19	4:31.02	0:55.64	0:25.24	920	0:28.67	1:01.97	4:45.32	1:12.99	1:26.07	1:08.82	2:33.50
2:21.51	1:02.54	1:11.10	1:05.42	4:32.01	0:55.84	0:25.33	910	0:28.77	1:02.19	4:46.36	1:13.26	1:26.38	1:09.07	2:34.06
2:22.03	1:02.77	1:11.36	1:05.67	4:33.01	0:56.04	0:25.43	900	0:28.88	1:02.42	4:47.42	1:13.53	1:26.70	1:09.32	2:34.63
2:22.56	1:03.00	1:11.63	1:05.91	4:34.03	0:56.25	0:25.52	890	0:28.98	1:02.66	4:48.49	1:13.80	1:27.03	1:09.58	2:35.20
2:23.10	1:03.24	1:11.90	1:06.16	4:35.06	0:56.47	0:25.62	880	0:29.09	1:02.89	4:49.58	1:14.08	1:27.35	1:09.84	2:35.79
2:23.65	1:03.48	1:12.17	1:06.41	4:36.11	0:56.68	0:25.72	870	0:29.20	1:03.13	4:50.69	1:14.36	1:27.69	1:10.11	2:36.38
2:24.20	1:03.72	1:12.45	1:06.67	4:37.18	0:56.90	0:25.82	860	0:29.32	1:03.38	4:51.81	1:14.65	1:28.03	1:10.38	2:36.99
2:24.76	1:03.97	1:12.74	1:06.93	4:38.26	0:57.12	0:25.92	850	0:29.43	1:03.63	4:52.95	1:14.94	1:28.37	1:10.66	2:37.60
2:25.34	1:04.23	1:13.02	1:07.19	4:39.36	0:57.35	0:26.02	840	0:29.55	1:03.88	4:54.11	1:15.24	1:28.72	1:10.94	2:38.22
2:25.92	1:04.48	1:13.32	1:07.46	4:40.48	0:57.58	0:26.12	830	0:29.67	1:04.13	4:55.28	1:15.54	1:29.07	1:11.22	2:38.86
2:26.51	1:04.74	1:13.61	1:07.74	4:41.62	0:57.81	0:26.23	820	0:29.79	1:04.39	4:56.48	1:15.84	1:29.43	1:11.51	2:39.50
2:27.11	1:05.01	1:13.91	1:08.01	4:42.77	0:58.05	0:26.34	810	0:29.91	1:04.66	4:57.69	1:16.16	1:29.80	1:11.80	2:40.15
2:27.72	1:05.28	1:14.22	1:08.30	4:43.94	0:58.29	0:26.45	800	0:30.03	1:04.92	4:58.93	1:16.47	1:30.17	1:12.10	2:40.82
2:28.34	1:05.55	1:14.53	1:08.58	4:45.14	0:58.53	0:26.56	790	0:30.16	1:05.20	5:00.18	1:16.79	1:30.55	1:12.40	2:41.49
2:28.97	1:05.83	1:14.85	1:08.87	4:46.35	0:58.78	0:26.67	780	0:30.29	1:05.47	5:01.46	1:17.12	1:30.94	1:12.71	2:42.18
2:29.61	1:06.12	1:15.17	1:09.17	4:47.58	0:59.04	0:26.78	770	0:30.42	1:05.76	5:02.76	1:17.45	1:31.33	1:13.02	2:42.88
2:30.27	1:06.41	1:15.50	1:09.47	4:48.84	0:59.29	0:26.90	760	0:30.55	1:06.04	5:04.08	1:17.79	1:31.73	1:13.34	2:43.59
2:30.93	1:06.70	1:15.83	1:09.78	4:50.12	0:59.56	0:27.02	750	0:30.69	1:06.34	5:05.43	1:18.13	1:32.13	1:13.67	2:44.31
2:31.61	1:07.00	1:16.17	1:10.09	4:51.42	0:59.82	0:27.14	740	0:30.82	1:06.63	5:06.80	1:18.48	1:32.55	1:14.00	2:45.05
2:32.30	1:07.30	1:16.52	1:10.41	4:52.74	1:00.09	0:27.27	730	0:30.96	1:06.94	5:08.19	1:18.84	1:32.97	1:14.33	2:45.80
2:33.00	1:07.61	1:16.87	1:10.74	4:54.09	1:00.37	0:27.39	720	0:31.11	1:07.24	5:09.61	1:19.21	1:33.40	1:14.68	2:46.57
2:33.71	1:07.93	1:17.23	1:11.07	4:55.47	1:00.65	0:27.52	710	0:31.25	1:07.56	5:11.06	1:19.58	1:33.83	1:15.02	2:47.34
2:34.44	1:08.25	1:17.60	1:11.40	4:56.87	1:00.94	0:27.65	700	0:31.40	1:07.88	5:12.53	1:19.95	1:34.28	1:15.38	2:48.14
2:35.18	1:08.58	1:17.97	1:11.75	4:58.29	1:01.23	0:27.78	690	0:31.55	1:08.21	5:14.04	1:20.34	1:34.73	1:15.74	2:48.95
2:35.94	1:08.91	1:18.35	1:12.10	4:59.75	1:01.53	0:27.92	680	0:31.70	1:08.54	5:15.57	1:20.73	1:35.19	1:16.11	2:49.77
2:36.71	1:09.25	1:18.74	1:12.45	5:01.23	1:01.84	0:28.06	670	0:31.86	1:08.88	5:17.13	1:21.13	1:35.66	1:16.49	2:50.61
2:37.50	1:09.60	1:19.14	1:12.82	5:02.75	1:02.15	0:28.20	660	0:32.02	1:09.22	5:18.72	1:21.54	1:36.15	1:16.87	2:51.47
2:38.31	1:09.96	1:19.54	1:13.19	5:04.29	1:02.47	0:28.34	650	0:32.19	1:09.58	5:20.35	1:21.95	1:36.64	1:17.27	2:52.34
2:39.13	1:10.32	1:19.95	1:13.57	5:05.87	1:02.79	0:28.49	640	0:32.35	1:09.94	5:22.01	1:22.38	1:37.14	1:17.67	2:53.24
2:39.96	1:10.69	1:20.37	1:13.96	5:07.48	1:03.12	0:28.64	630	0:32.52	1:10.31	5:23.71	1:22.81	1:37.65	1:18.07	2:54.15
2:40.82	1:11.07	1:20.80	1:14.35	5:09.12	1:03.46	0:28.79	620	0:32.70	1:10.68	5:25.44	1:23.25	1:38.17	1:18.49	2:55.08
2:41.69	1:11.45	1:21.24	1:14.76	5:10.80	1:03.80	0:28.95	610	0:32.87	1:11.07	5:27.20	1:23.71	1:38.70	1:18.92	2:56.03

Women's S13 50m Freestyle, 100m Freestyle & 100m Breaststroke: Due to the re-classification of a competitor, the #4 ranked times have been used.

Women's S13 100m Butterfly: #3 time of 1:07.00 corrected to 1:06.93.

PNZ Performance & Development Swimming Programme - Points Table

MEN				S13, SB13, SM13				WOMEN						
200IM	100FLY	100BR	100BK	400FR	100FR	50FR	POINTS	50FR	100FR	400FR	100BK	100BR	100FLY	200IM
2:42.59	1:11.85	1:21.69	1:15.17	5:12.52	1:04.15	0:29.11	600	0:33.06	1:11.46	5:29.01	1:24.17	1:39.25	1:19.35	2:57.00
2:43.50	1:12.25	1:22.15	1:15.59	5:14.28	1:04.51	0:29.27	590	0:33.24	1:11.86	5:30.86	1:24.64	1:39.81	1:19.80	2:58.00
2:44.43	1:12.67	1:22.62	1:16.02	5:16.07	1:04.88	0:29.44	580	0:33.43	1:12.27	5:32.75	1:25.12	1:40.38	1:20.26	2:59.01
2:45.39	1:13.09	1:23.10	1:16.47	5:17.91	1:05.26	0:29.61	570	0:33.63	1:12.69	5:34.69	1:25.62	1:40.96	1:20.72	3:00.06
2:46.37	1:13.52	1:23.59	1:16.92	5:19.79	1:05.65	0:29.78	560	0:33.82	1:13.12	5:36.67	1:26.13	1:41.56	1:21.20	3:01.12
2:47.37	1:13.96	1:24.09	1:17.38	5:21.72	1:06.04	0:29.96	550	0:34.03	1:13.56	5:38.69	1:26.64	1:42.17	1:21.69	3:02.21
2:48.40	1:14.42	1:24.61	1:17.86	5:23.69	1:06.45	0:30.15	540	0:34.24	1:14.01	5:40.77	1:27.18	1:42.80	1:22.19	3:03.33
2:49.45	1:14.88	1:25.14	1:18.34	5:25.71	1:06.86	0:30.34	530	0:34.45	1:14.47	5:42.90	1:27.72	1:43.44	1:22.70	3:04.48
2:50.53	1:15.36	1:25.68	1:18.84	5:27.79	1:07.29	0:30.53	520	0:34.67	1:14.95	5:45.09	1:28.28	1:44.10	1:23.23	3:05.65
2:51.64	1:15.85	1:26.24	1:19.35	5:29.92	1:07.73	0:30.73	510	0:34.90	1:15.44	5:47.33	1:28.85	1:44.77	1:23.77	3:06.86
2:52.77	1:16.35	1:26.81	1:19.88	5:32.10	1:08.17	0:30.93	500	0:35.13	1:15.94	5:49.63	1:29.44	1:45.47	1:24.33	3:08.09
2:53.94	1:16.87	1:27.40	1:20.42	5:34.35	1:08.63	0:31.14	490	0:35.36	1:16.45	5:51.99	1:30.05	1:46.18	1:24.90	3:09.36
2:55.14	1:17.40	1:28.00	1:20.97	5:36.65	1:09.11	0:31.35	480	0:35.61	1:16.98	5:54.42	1:30.67	1:46.91	1:25.48	3:10.67
2:56.37	1:17.94	1:28.62	1:21.54	5:39.02	1:09.60	0:31.58	470	0:35.86	1:17.52	5:56.91	1:31.31	1:47.67	1:26.08	3:12.01
2:57.64	1:18.50	1:29.26	1:22.13	5:41.46	1:10.10	0:31.80	460	0:36.12	1:18.08	5:59.48	1:31.96	1:48.44	1:26.70	3:13.39
2:58.95	1:19.08	1:29.91	1:22.73	5:43.97	1:10.61	0:32.04	450	0:36.38	1:18.65	6:02.13	1:32.64	1:49.24	1:27.34	3:14.82
3:00.29	1:19.67	1:30.59	1:23.36	5:46.56	1:11.14	0:32.28	440	0:36.66	1:19.24	6:04.85	1:33.34	1:50.06	1:28.00	3:16.28
3:01.68	1:20.29	1:31.28	1:24.00	5:49.23	1:11.69	0:32.53	430	0:36.94	1:19.85	6:07.65	1:34.05	1:50.91	1:28.67	3:17.79
3:03.11	1:20.92	1:32.00	1:24.66	5:51.98	1:12.25	0:32.78	420	0:37.23	1:20.48	6:10.55	1:34.79	1:51.78	1:29.37	3:19.35
3:04.59	1:21.57	1:32.75	1:25.34	5:54.81	1:12.84	0:33.05	410	0:37.53	1:21.13	6:13.54	1:35.56	1:52.68	1:30.09	3:20.96
3:06.11	1:22.25	1:33.51	1:26.05	5:57.75	1:13.44	0:33.32	400	0:37.84	1:21.80	6:16.63	1:36.35	1:53.61	1:30.84	3:22.62
3:07.69	1:22.94	1:34.30	1:26.78	6:00.78	1:14.06	0:33.60	390	0:38.16	1:22.49	6:19.82	1:37.16	1:54.57	1:31.61	3:24.33
3:09.32	1:23.67	1:35.12	1:27.53	6:03.92	1:14.70	0:33.89	380	0:38.49	1:23.21	6:23.12	1:38.01	1:55.57	1:32.40	3:26.11
3:11.01	1:24.41	1:35.97	1:28.31	6:07.17	1:15.37	0:34.20	370	0:38.84	1:23.95	6:26.54	1:38.88	1:56.60	1:33.23	3:27.95
3:12.77	1:25.19	1:36.85	1:29.12	6:10.53	1:16.06	0:34.51	360	0:39.19	1:24.72	6:30.09	1:39.79	1:57.67	1:34.08	3:29.86
3:14.59	1:25.99	1:37.77	1:29.96	6:14.03	1:16.78	0:34.84	350	0:39.56	1:25.52	6:33.77	1:40.73	1:58.78	1:34.97	3:31.84
3:16.47	1:26.83	1:38.72	1:30.84	6:17.66	1:17.53	0:35.17	340	0:39.95	1:26.35	6:37.59	1:41.71	1:59.94	1:35.89	3:33.90
3:18.44	1:27.69	1:39.70	1:31.75	6:21.44	1:18.30	0:35.53	330	0:40.34	1:27.22	6:41.57	1:42.73	2:01.14	1:36.85	3:36.04
3:20.49	1:28.60	1:40.73	1:32.69	6:25.37	1:19.11	0:35.89	320	0:40.76	1:28.12	6:45.71	1:43.79	2:02.38	1:37.85	3:38.26
3:22.62	1:29.54	1:41.80	1:33.68	6:29.47	1:19.95	0:36.27	310	0:41.19	1:29.05	6:50.02	1:44.89	2:03.69	1:38.89	3:40.59
3:24.85	1:30.52	1:42.92	1:34.71	6:33.75	1:20.83	0:36.67	300	0:41.65	1:30.03	6:54.53	1:46.04	2:05.05	1:39.98	3:43.01
3:27.17	1:31.55	1:44.09	1:35.78	6:38.23	1:21.75	0:37.09	290	0:42.12	1:31.05	6:59.24	1:47.25	2:06.47	1:41.12	3:45.54
3:29.61	1:32.63	1:45.32	1:36.91	6:42.91	1:22.71	0:37.53	280	0:42.62	1:32.13	7:04.17	1:48.51	2:07.96	1:42.31	3:48.20
3:32.17	1:33.76	1:46.60	1:38.09	6:47.83	1:23.72	0:37.98	270	0:43.14	1:33.25	7:09.35	1:49.84	2:09.52	1:43.55	3:50.98
3:34.85	1:34.95	1:47.95	1:39.33	6:52.99	1:24.78	0:38.46	260	0:43.68	1:34.43	7:14.78	1:51.23	2:11.16	1:44.86	3:53.91
3:37.68	1:36.20	1:49.37	1:40.64	6:58.42	1:25.89	0:38.97	250	0:44.26	1:35.67	7:20.50	1:52.69	2:12.88	1:46.24	3:56.98
3:40.66	1:37.51	1:50.87	1:42.02	7:04.16	1:27.07	0:39.50	240	0:44.86	1:36.98	7:26.54	1:54.23	2:14.70	1:47.70	4:00.23
3:43.82	1:38.91	1:52.45	1:43.48	7:10.22	1:28.32	0:40.07	230	0:45.50	1:38.37	7:32.92	1:55.87	2:16.63	1:49.24	4:03.66
3:47.16	1:40.38	1:54.13	1:45.02	7:16.64	1:29.63	0:40.67	220	0:46.18	1:39.84	7:39.68	1:57.60	2:18.67	1:50.87	4:07.30
3:50.71	1:41.95	1:55.92	1:46.66	7:23.46	1:31.03	0:41.30	210	0:46.91	1:41.40	7:46.86	1:59.43	2:20.83	1:52.60	4:11.16
3:54.49	1:43.62	1:57.82	1:48.41	7:30.73	1:32.53	0:41.98	200	0:47.67	1:43.06	7:54.52	2:01.39	2:23.14	1:54.45	4:15.28
3:58.53	1:45.41	1:59.85	1:50.28	7:38.51	1:34.12	0:42.70	190	0:48.50	1:44.84	8:02.70	2:03.48	2:25.61	1:56.42	4:19.68
4:02.87	1:47.33	2:02.03	1:52.29	7:46.84	1:35.83	0:43.48	180	0:49.38	1:46.74	8:11.48	2:05.73	2:28.26	1:58.54	4:24.41
4:07.54	1:49.39	2:04.38	1:54.45	7:55.82	1:37.68	0:44.32	170	0:50.33	1:48.80	8:20.93	2:08.15	2:31.11	2:00.82	4:29.49
4:12.60	1:51.63	2:06.91	1:56.78	8:05.54	1:39.67	0:45.22	160	0:51.36	1:51.02	8:31.16	2:10.76	2:34.20	2:03.29	4:34.99
4:18.09	1:54.05	2:09.67	1:59.32	8:16.10	1:41.84	0:46.20	150	0:52.47	1:53.43	8:42.27	2:13.61	2:37.55	2:05.97	4:40.97
4:24.09	1:56.71	2:12.69	2:02.10	8:27.64	1:44.21	0:47.28	140	0:53.69	1:56.07	8:54.43	2:16.72	2:41.21	2:08.90	4:47.51
4:30.70	1:59.63	2:16.01	2:05.15	8:40.33	1:46.81	0:48.46	130	0:55.04	1:58.97	9:07.79	2:20.14	2:45.25	2:12.12	4:54.70
4:38.02	2:02.86	2:19.69	2:08.54	8:54.40	1:49.70	0:49.77	120	0:56.52	2:02.19	9:22.60	2:23.93	2:49.71	2:15.69	5:02.67
4:46.20	2:06.48	2:23.80	2:12.32	9:10.13	1:52.93	0:51.24	110	0:58.19	2:05.79	9:39.16	2:28.16	2:54.71	2:19.69	5:11.58

Women's S13 50m Freestyle, 100m Freestyle & 100m Breaststroke: Due to the re-classification of a competitor, the #4 ranked times have been used.

Women's S13 100m Butterfly: #3 time of 1:07.00 corrected to 1:06.93.

PNZ Performance & Development Swimming Programme - Points Table

MEN							S12, SB12, SM12			WOMEN				
200IM	100FLY	100BR	100BK	400FR	100FR	50FR	POINTS	50FR	100FR	400FR	100BK	100BR	100FLY	200IM
2:09.86	0:58.61	1:07.65	1:00.14	4:11.35	0:52.62	0:24.17	1100	0:27.45	1:00.04	4:49.83	1:11.48	1:17.04	1:06.71	2:29.71
2:10.25	0:58.79	1:07.85	1:00.32	4:12.11	0:52.78	0:24.24	1090	0:27.54	1:00.22	4:50.72	1:11.70	1:17.28	1:06.91	2:30.16
2:10.65	0:58.97	1:08.06	1:00.51	4:12.89	0:52.94	0:24.32	1080	0:27.62	1:00.41	4:51.61	1:11.92	1:17.52	1:07.12	2:30.63
2:11.06	0:59.15	1:08.27	1:00.70	4:13.67	0:53.11	0:24.39	1070	0:27.71	1:00.60	4:52.52	1:12.14	1:17.76	1:07.32	2:31.09
2:11.47	0:59.34	1:08.49	1:00.89	4:14.47	0:53.28	0:24.47	1060	0:27.79	1:00.79	4:53.43	1:12.37	1:18.00	1:07.54	2:31.57
2:11.89	0:59.52	1:08.70	1:01.08	4:15.27	0:53.44	0:24.55	1050	0:27.88	1:00.98	4:54.36	1:12.60	1:18.25	1:07.75	2:32.05
2:12.31	0:59.71	1:08.92	1:01.27	4:16.09	0:53.61	0:24.63	1040	0:27.97	1:01.17	4:55.30	1:12.83	1:18.50	1:07.97	2:32.53
2:12.74	0:59.91	1:09.15	1:01.47	4:16.92	0:53.79	0:24.71	1030	0:28.06	1:01.37	4:56.26	1:13.07	1:18.75	1:08.18	2:33.02
2:13.17	1:00.10	1:09.37	1:01.67	4:17.75	0:53.96	0:24.79	1020	0:28.15	1:01.57	4:57.22	1:13.30	1:19.01	1:08.41	2:33.52
2:13.61	1:00.30	1:09.60	1:01.87	4:18.60	0:54.14	0:24.87	1010	0:28.25	1:01.77	4:58.20	1:13.55	1:19.27	1:08.63	2:34.03
2:14.05	1:00.50	1:09.83	1:02.08	4:19.46	0:54.32	0:24.95	1000	0:28.34	1:01.98	4:59.19	1:13.79	1:19.53	1:08.86	2:34.54
2:14.50	1:00.70	1:10.06	1:02.29	4:20.33	0:54.50	0:25.03	990	0:28.44	1:02.19	5:00.19	1:14.04	1:19.80	1:09.09	2:35.06
2:14.96	1:00.91	1:10.30	1:02.50	4:21.21	0:54.69	0:25.12	980	0:28.53	1:02.40	5:01.21	1:14.29	1:20.07	1:09.33	2:35.58
2:15.42	1:01.12	1:10.54	1:02.71	4:22.11	0:54.87	0:25.20	970	0:28.63	1:02.61	5:02.24	1:14.54	1:20.34	1:09.56	2:36.12
2:15.89	1:01.33	1:10.79	1:02.93	4:23.01	0:55.06	0:25.29	960	0:28.73	1:02.83	5:03.29	1:14.80	1:20.62	1:09.80	2:36.66
2:16.36	1:01.54	1:11.03	1:03.15	4:23.93	0:55.26	0:25.38	950	0:28.83	1:03.05	5:04.35	1:15.06	1:20.90	1:10.05	2:37.21
2:16.84	1:01.76	1:11.29	1:03.37	4:24.87	0:55.45	0:25.47	940	0:28.93	1:03.27	5:05.42	1:15.33	1:21.19	1:10.29	2:37.76
2:17.33	1:01.98	1:11.54	1:03.60	4:25.81	0:55.65	0:25.56	930	0:29.03	1:03.50	5:06.52	1:15.60	1:21.48	1:10.55	2:38.32
2:17.83	1:02.21	1:11.80	1:03.83	4:26.77	0:55.85	0:25.65	920	0:29.14	1:03.73	5:07.62	1:15.87	1:21.77	1:10.80	2:38.90
2:18.33	1:02.43	1:12.06	1:04.06	4:27.75	0:56.05	0:25.75	910	0:29.25	1:03.96	5:08.75	1:16.15	1:22.07	1:11.06	2:39.48
2:18.84	1:02.66	1:12.33	1:04.30	4:28.73	0:56.26	0:25.84	900	0:29.35	1:04.20	5:09.88	1:16.43	1:22.37	1:11.32	2:40.06
2:19.36	1:02.90	1:12.60	1:04.54	4:29.74	0:56.47	0:25.94	890	0:29.46	1:04.43	5:11.04	1:16.71	1:22.68	1:11.59	2:40.66
2:19.89	1:03.13	1:12.87	1:04.78	4:30.75	0:56.68	0:26.04	880	0:29.57	1:04.68	5:12.21	1:17.00	1:22.99	1:11.86	2:41.27
2:20.42	1:03.37	1:13.15	1:05.03	4:31.79	0:56.90	0:26.14	870	0:29.69	1:04.92	5:13.41	1:17.30	1:23.31	1:12.13	2:41.88
2:20.96	1:03.62	1:13.43	1:05.28	4:32.84	0:57.12	0:26.24	860	0:29.80	1:05.18	5:14.62	1:17.59	1:23.63	1:12.41	2:42.51
2:21.51	1:03.87	1:13.72	1:05.54	4:33.90	0:57.34	0:26.34	850	0:29.92	1:05.43	5:15.85	1:17.90	1:23.96	1:12.69	2:43.14
2:22.07	1:04.12	1:14.01	1:05.79	4:34.99	0:57.57	0:26.44	840	0:30.04	1:05.69	5:17.09	1:18.21	1:24.29	1:12.98	2:43.79
2:22.64	1:04.38	1:14.30	1:06.06	4:36.09	0:57.80	0:26.55	830	0:30.16	1:05.95	5:18.36	1:18.52	1:24.63	1:13.27	2:44.44
2:23.22	1:04.64	1:14.61	1:06.33	4:37.20	0:58.03	0:26.66	820	0:30.28	1:06.22	5:19.65	1:18.84	1:24.97	1:13.57	2:45.11
2:23.80	1:04.90	1:14.91	1:06.60	4:38.34	0:58.27	0:26.77	810	0:30.40	1:06.49	5:20.96	1:19.16	1:25.32	1:13.87	2:45.79
2:24.40	1:05.17	1:15.22	1:06.87	4:39.49	0:58.51	0:26.88	800	0:30.53	1:06.77	5:22.29	1:19.49	1:25.67	1:14.18	2:46.47
2:25.01	1:05.45	1:15.54	1:07.15	4:40.67	0:58.76	0:26.99	790	0:30.66	1:07.05	5:23.65	1:19.82	1:26.03	1:14.49	2:47.17
2:25.62	1:05.72	1:15.86	1:07.44	4:41.86	0:59.01	0:27.10	780	0:30.79	1:07.33	5:25.02	1:20.16	1:26.40	1:14.81	2:47.88
2:26.25	1:06.01	1:16.19	1:07.73	4:43.08	0:59.26	0:27.22	770	0:30.92	1:07.62	5:26.43	1:20.51	1:26.77	1:15.13	2:48.61
2:26.89	1:06.30	1:16.52	1:08.03	4:44.31	0:59.52	0:27.34	760	0:31.05	1:07.92	5:27.85	1:20.86	1:27.15	1:15.46	2:49.34
2:27.54	1:06.59	1:16.86	1:08.33	4:45.57	0:59.79	0:27.46	750	0:31.19	1:08.22	5:29.30	1:21.22	1:27.53	1:15.79	2:50.09
2:28.20	1:06.89	1:17.20	1:08.63	4:46.85	1:00.06	0:27.58	740	0:31.33	1:08.52	5:30.78	1:21.58	1:27.93	1:16.13	2:50.86
2:28.88	1:07.19	1:17.55	1:08.95	4:48.16	1:00.33	0:27.71	730	0:31.47	1:08.84	5:32.28	1:21.95	1:28.33	1:16.48	2:51.63
2:29.56	1:07.50	1:17.91	1:09.26	4:49.49	1:00.61	0:27.84	720	0:31.62	1:09.15	5:33.81	1:22.33	1:28.73	1:16.83	2:52.42
2:30.26	1:07.82	1:18.27	1:09.59	4:50.84	1:00.89	0:27.97	710	0:31.77	1:09.48	5:35.37	1:22.71	1:29.15	1:17.19	2:53.23
2:30.97	1:08.14	1:18.65	1:09.92	4:52.22	1:01.18	0:28.10	700	0:31.92	1:09.80	5:36.96	1:23.11	1:29.57	1:17.55	2:54.05
2:31.70	1:08.47	1:19.02	1:10.25	4:53.62	1:01.47	0:28.23	690	0:32.07	1:10.14	5:38.58	1:23.51	1:30.00	1:17.93	2:54.89
2:32.44	1:08.80	1:19.41	1:10.60	4:55.05	1:01.77	0:28.37	680	0:32.23	1:10.48	5:40.23	1:23.91	1:30.44	1:18.31	2:55.74
2:33.19	1:09.14	1:19.80	1:10.95	4:56.51	1:02.08	0:28.51	670	0:32.39	1:10.83	5:41.92	1:24.33	1:30.89	1:18.69	2:56.61
2:33.96	1:09.49	1:20.20	1:11.30	4:58.00	1:02.39	0:28.66	660	0:32.55	1:11.19	5:43.64	1:24.75	1:31.34	1:19.09	2:57.50
2:34.75	1:09.84	1:20.61	1:11.67	4:59.52	1:02.71	0:28.80	650	0:32.72	1:11.55	5:45.39	1:25.18	1:31.81	1:19.49	2:58.40
2:35.55	1:10.20	1:21.03	1:12.04	5:01.08	1:03.03	0:28.95	640	0:32.89	1:11.92	5:47.18	1:25.63	1:32.29	1:19.90	2:59.33
2:36.37	1:10.57	1:21.46	1:12.42	5:02.66	1:03.36	0:29.10	630	0:33.06	1:12.30	5:49.01	1:26.08	1:32.77	1:20.33	3:00.27
2:37.21	1:10.95	1:21.89	1:12.80	5:04.28	1:03.70	0:29.26	620	0:33.24	1:12.69	5:50.87	1:26.54	1:33.27	1:20.76	3:01.24
2:38.06	1:11.34	1:22.34	1:13.20	5:05.93	1:04.05	0:29.42	610	0:33.42	1:13.08	5:52.78	1:27.01	1:33.78	1:21.19	3:02.22

PNZ Performance & Development Swimming Programme - Points Table

MEN							S12, SB12, SM12			WOMEN				
200IM	100FLY	100BR	100BK	400FR	100FR	50FR	POINTS	50FR	100FR	400FR	100BK	100BR	100FLY	200IM
2:38.93	1:11.73	1:22.79	1:13.60	5:07.62	1:04.40	0:29.58	600	0:33.60	1:13.49	5:54.73	1:27.49	1:34.29	1:21.64	3:03.23
2:39.83	1:12.13	1:23.26	1:14.02	5:09.35	1:04.77	0:29.75	590	0:33.79	1:13.90	5:56.72	1:27.98	1:34.82	1:22.10	3:04.26
2:40.74	1:12.55	1:23.73	1:14.44	5:11.12	1:05.14	0:29.92	580	0:33.98	1:14.32	5:58.76	1:28.48	1:35.36	1:22.57	3:05.31
2:41.67	1:12.97	1:24.22	1:14.87	5:12.93	1:05.51	0:30.09	570	0:34.18	1:14.75	6:00.85	1:29.00	1:35.92	1:23.05	3:06.39
2:42.63	1:13.40	1:24.72	1:15.32	5:14.78	1:05.90	0:30.27	560	0:34.38	1:15.19	6:02.98	1:29.52	1:36.49	1:23.54	3:07.49
2:43.61	1:13.84	1:25.23	1:15.77	5:16.68	1:06.30	0:30.45	550	0:34.59	1:15.65	6:05.17	1:30.06	1:37.07	1:24.05	3:08.62
2:44.61	1:14.29	1:25.75	1:16.23	5:18.62	1:06.71	0:30.64	540	0:34.80	1:16.11	6:07.41	1:30.61	1:37.66	1:24.56	3:09.78
2:45.64	1:14.76	1:26.29	1:16.71	5:20.61	1:07.12	0:30.83	530	0:35.02	1:16.59	6:09.70	1:31.18	1:38.27	1:25.09	3:10.96
2:46.70	1:15.24	1:26.84	1:17.20	5:22.65	1:07.55	0:31.03	520	0:35.24	1:17.08	6:12.06	1:31.76	1:38.90	1:25.63	3:12.18
2:47.78	1:15.72	1:27.40	1:17.70	5:24.75	1:07.99	0:31.23	510	0:35.47	1:17.58	6:14.48	1:32.36	1:39.54	1:26.19	3:13.43
2:48.89	1:16.23	1:27.98	1:18.22	5:26.90	1:08.44	0:31.44	500	0:35.71	1:18.09	6:16.96	1:32.97	1:40.20	1:26.76	3:14.71
2:50.03	1:16.74	1:28.57	1:18.74	5:29.11	1:08.90	0:31.65	490	0:35.95	1:18.62	6:19.50	1:33.60	1:40.88	1:27.34	3:16.02
2:51.21	1:17.27	1:29.19	1:19.29	5:31.38	1:09.38	0:31.87	480	0:36.20	1:19.16	6:22.12	1:34.24	1:41.57	1:27.95	3:17.38
2:52.41	1:17.81	1:29.81	1:19.85	5:33.71	1:09.87	0:32.09	470	0:36.45	1:19.72	6:24.81	1:34.91	1:42.29	1:28.57	3:18.77
2:53.65	1:18.37	1:30.46	1:20.42	5:36.11	1:10.37	0:32.32	460	0:36.71	1:20.29	6:27.58	1:35.59	1:43.03	1:29.20	3:20.20
2:54.93	1:18.95	1:31.13	1:21.01	5:38.58	1:10.89	0:32.56	450	0:36.98	1:20.88	6:30.43	1:36.29	1:43.78	1:29.86	3:21.67
2:56.24	1:19.54	1:31.81	1:21.62	5:41.13	1:11.42	0:32.80	440	0:37.26	1:21.49	6:33.37	1:37.02	1:44.56	1:30.53	3:23.18
2:57.60	1:20.16	1:32.52	1:22.25	5:43.75	1:11.97	0:33.06	430	0:37.55	1:22.12	6:36.39	1:37.76	1:45.37	1:31.23	3:24.75
2:59.00	1:20.79	1:33.25	1:22.90	5:46.46	1:12.53	0:33.32	420	0:37.84	1:22.76	6:39.51	1:38.53	1:46.20	1:31.95	3:26.36
3:00.44	1:21.44	1:34.00	1:23.56	5:49.25	1:13.12	0:33.58	410	0:38.15	1:23.43	6:42.73	1:39.33	1:47.05	1:32.69	3:28.02
3:01.93	1:22.11	1:34.77	1:24.26	5:52.14	1:13.72	0:33.86	400	0:38.46	1:24.12	6:46.06	1:40.15	1:47.94	1:33.46	3:29.74
3:03.48	1:22.81	1:35.58	1:24.97	5:55.13	1:14.35	0:34.15	390	0:38.79	1:24.83	6:49.50	1:41.00	1:48.85	1:34.25	3:31.52
3:05.07	1:23.53	1:36.41	1:25.71	5:58.21	1:14.99	0:34.45	380	0:39.13	1:25.57	6:53.07	1:41.88	1:49.80	1:35.07	3:33.36
3:06.72	1:24.27	1:37.27	1:26.47	6:01.41	1:15.66	0:34.75	370	0:39.48	1:26.33	6:56.75	1:42.79	1:50.78	1:35.92	3:35.27
3:08.44	1:25.05	1:38.16	1:27.27	6:04.73	1:16.36	0:35.07	360	0:39.84	1:27.13	7:00.58	1:43.73	1:51.80	1:36.80	3:37.24
3:10.21	1:25.85	1:39.09	1:28.09	6:08.17	1:17.08	0:35.40	350	0:40.21	1:27.95	7:04.55	1:44.71	1:52.85	1:37.71	3:39.29
3:12.06	1:26.68	1:40.05	1:28.95	6:11.74	1:17.83	0:35.75	340	0:40.60	1:28.80	7:08.67	1:45.72	1:53.95	1:38.66	3:41.42
3:13.98	1:27.55	1:41.05	1:29.84	6:15.46	1:18.61	0:36.10	330	0:41.01	1:29.69	7:12.95	1:46.78	1:55.09	1:39.65	3:43.63
3:15.98	1:28.45	1:42.09	1:30.76	6:19.33	1:19.42	0:36.48	320	0:41.43	1:30.62	7:17.42	1:47.88	1:56.27	1:40.67	3:45.94
3:18.07	1:29.39	1:43.18	1:31.73	6:23.37	1:20.26	0:36.87	310	0:41.87	1:31.58	7:22.07	1:49.03	1:57.51	1:41.75	3:48.34
3:20.24	1:30.37	1:44.31	1:32.74	6:27.58	1:21.14	0:37.27	300	0:42.33	1:32.59	7:26.93	1:50.23	1:58.80	1:42.86	3:50.85
3:22.52	1:31.40	1:45.50	1:33.79	6:31.99	1:22.07	0:37.69	290	0:42.82	1:33.64	7:32.01	1:51.48	2:00.15	1:44.03	3:53.48
3:24.90	1:32.48	1:46.74	1:34.89	6:36.60	1:23.03	0:38.14	280	0:43.32	1:34.74	7:37.33	1:52.79	2:01.57	1:45.26	3:56.22
3:27.40	1:33.61	1:48.04	1:36.05	6:41.44	1:24.04	0:38.60	270	0:43.85	1:35.90	7:42.91	1:54.17	2:03.05	1:46.54	3:59.10
3:30.03	1:34.79	1:49.41	1:37.27	6:46.52	1:25.11	0:39.09	260	0:44.40	1:37.11	7:48.77	1:55.61	2:04.61	1:47.89	4:02.13
3:32.79	1:36.04	1:50.85	1:38.55	6:51.87	1:26.23	0:39.61	250	0:44.99	1:38.39	7:54.93	1:57.13	2:06.25	1:49.31	4:05.32
3:35.71	1:37.35	1:52.37	1:39.90	6:57.51	1:27.41	0:40.15	240	0:45.60	1:39.74	8:01.44	1:58.74	2:07.98	1:50.81	4:08.68
3:38.79	1:38.74	1:53.97	1:41.32	7:03.48	1:28.66	0:40.72	230	0:46.25	1:41.16	8:08.32	2:00.44	2:09.80	1:52.39	4:12.23
3:42.05	1:40.22	1:55.67	1:42.84	7:09.80	1:29.98	0:41.33	220	0:46.95	1:42.67	8:15.61	2:02.23	2:11.74	1:54.07	4:16.00
3:45.52	1:41.78	1:57.48	1:44.44	7:16.51	1:31.39	0:41.98	210	0:47.68	1:44.27	8:23.35	2:04.14	2:13.80	1:55.85	4:20.00
3:49.22	1:43.45	1:59.41	1:46.16	7:23.67	1:32.89	0:42.66	200	0:48.46	1:45.98	8:31.61	2:06.18	2:15.99	1:57.75	4:24.26
3:53.18	1:45.24	2:01.47	1:47.99	7:31.32	1:34.49	0:43.40	190	0:49.30	1:47.81	8:40.43	2:08.36	2:18.34	1:59.78	4:28.82
3:57.42	1:47.15	2:03.68	1:49.95	7:39.53	1:36.21	0:44.19	180	0:50.19	1:49.77	8:49.89	2:10.69	2:20.86	2:01.96	4:33.71
4:01.98	1:49.21	2:06.05	1:52.06	7:48.37	1:38.06	0:45.04	170	0:51.16	1:51.88	9:00.09	2:13.20	2:23.56	2:04.30	4:38.97
4:06.92	1:51.44	2:08.63	1:54.35	7:57.93	1:40.06	0:45.96	160	0:52.20	1:54.17	9:11.11	2:15.92	2:26.50	2:06.84	4:44.67
4:12.29	1:53.87	2:11.43	1:56.84	8:08.32	1:42.23	0:46.96	150	0:53.34	1:56.65	9:23.10	2:18.88	2:29.68	2:09.60	4:50.86
4:18.16	1:56.51	2:14.48	1:59.56	8:19.68	1:44.61	0:48.05	140	0:54.58	1:59.36	9:36.20	2:22.11	2:33.16	2:12.61	4:57.62
4:24.62	1:59.43	2:17.85	2:02.55	8:32.18	1:47.23	0:49.25	130	0:55.94	2:02.35	9:50.61	2:25.66	2:36.99	2:15.93	5:05.07
4:31.77	2:02.66	2:21.57	2:05.86	8:46.03	1:50.13	0:50.58	120	0:57.46	2:05.66	10:06.58	2:29.60	2:41.24	2:19.61	5:13.31
4:39.77	2:06.27	2:25.74	2:09.56	9:01.51	1:53.37	0:52.07	110	0:59.15	2:09.36	10:24.43	2:34.00	2:45.98	2:23.72	5:22.53

PNZ Performance & Development Swimming Programme - Points Table

MEN

S11, SB11, SM11

WOMEN

200IM	100FLY	100BR	100BK	400FR	100FR	50FR	POINTS	50FR	100FR	400FR	100BK	100BR	200IM
2:27.01	1:03.33	1:12.36	1:07.24	4:34.43	0:58.60	0:25.93	1100	0:31.18	1:08.86	5:38.50	1:24.86	1:36.87	3:06.54
2:27.46	1:03.52	1:12.58	1:07.44	4:35.27	0:58.78	0:26.01	1090	0:31.28	1:09.07	5:39.54	1:25.12	1:37.17	3:07.11
2:27.92	1:03.71	1:12.81	1:07.65	4:36.11	0:58.96	0:26.09	1080	0:31.37	1:09.28	5:40.58	1:25.38	1:37.47	3:07.68
2:28.38	1:03.91	1:13.03	1:07.86	4:36.97	0:59.14	0:26.17	1070	0:31.47	1:09.49	5:41.64	1:25.65	1:37.77	3:08.27
2:28.84	1:04.11	1:13.26	1:08.07	4:37.84	0:59.33	0:26.26	1060	0:31.57	1:09.71	5:42.71	1:25.91	1:38.08	3:08.86
2:29.31	1:04.32	1:13.49	1:08.29	4:38.72	0:59.51	0:26.34	1050	0:31.67	1:09.93	5:43.79	1:26.19	1:38.39	3:09.45
2:29.79	1:04.52	1:13.73	1:08.51	4:39.61	0:59.70	0:26.42	1040	0:31.77	1:10.16	5:44.89	1:26.46	1:38.70	3:10.06
2:30.27	1:04.73	1:13.97	1:08.73	4:40.51	0:59.90	0:26.51	1030	0:31.87	1:10.38	5:46.00	1:26.74	1:39.02	3:10.67
2:30.76	1:04.94	1:14.21	1:08.95	4:41.43	1:00.09	0:26.59	1020	0:31.98	1:10.61	5:47.13	1:27.02	1:39.34	3:11.29
2:31.26	1:05.15	1:14.45	1:09.18	4:42.35	1:00.29	0:26.68	1010	0:32.08	1:10.84	5:48.27	1:27.31	1:39.67	3:11.92
2:31.76	1:05.37	1:14.70	1:09.41	4:43.29	1:00.49	0:26.77	1000	0:32.19	1:11.08	5:49.43	1:27.60	1:40.00	3:12.56
2:32.27	1:05.59	1:14.95	1:09.64	4:44.24	1:00.69	0:26.86	990	0:32.30	1:11.32	5:50.60	1:27.89	1:40.34	3:13.21
2:32.79	1:05.81	1:15.20	1:09.88	4:45.20	1:00.90	0:26.95	980	0:32.41	1:11.56	5:51.79	1:28.19	1:40.68	3:13.86
2:33.31	1:06.04	1:15.46	1:10.12	4:46.18	1:01.11	0:27.04	970	0:32.52	1:11.81	5:53.00	1:28.49	1:41.02	3:14.53
2:33.84	1:06.27	1:15.72	1:10.36	4:47.17	1:01.32	0:27.14	960	0:32.63	1:12.05	5:54.22	1:28.80	1:41.37	3:15.20
2:34.38	1:06.50	1:15.99	1:10.61	4:48.18	1:01.53	0:27.23	950	0:32.75	1:12.31	5:55.46	1:29.11	1:41.72	3:15.88
2:34.92	1:06.73	1:16.26	1:10.86	4:49.19	1:01.75	0:27.33	940	0:32.86	1:12.56	5:56.71	1:29.43	1:42.08	3:16.57
2:35.48	1:06.97	1:16.53	1:11.11	4:50.23	1:01.97	0:27.43	930	0:32.98	1:12.82	5:57.99	1:29.74	1:42.45	3:17.27
2:36.04	1:07.21	1:16.81	1:11.37	4:51.27	1:02.19	0:27.52	920	0:33.10	1:13.08	5:59.28	1:30.07	1:42.82	3:17.99
2:36.61	1:07.46	1:17.09	1:11.63	4:52.34	1:02.42	0:27.62	910	0:33.22	1:13.35	6:00.59	1:30.40	1:43.19	3:18.71
2:37.18	1:07.71	1:17.37	1:11.89	4:53.42	1:02.65	0:27.73	900	0:33.34	1:13.62	6:01.92	1:30.73	1:43.57	3:19.44
2:37.77	1:07.96	1:17.66	1:12.16	4:54.51	1:02.89	0:27.83	890	0:33.47	1:13.90	6:03.27	1:31.07	1:43.96	3:20.19
2:38.37	1:08.22	1:17.95	1:12.43	4:55.62	1:03.12	0:27.94	880	0:33.59	1:14.17	6:04.64	1:31.41	1:44.35	3:20.94
2:38.97	1:08.48	1:18.25	1:12.71	4:56.75	1:03.36	0:28.04	870	0:33.72	1:14.46	6:06.03	1:31.76	1:44.75	3:21.71
2:39.58	1:08.74	1:18.55	1:12.99	4:57.90	1:03.61	0:28.15	860	0:33.85	1:14.74	6:07.45	1:32.12	1:45.16	3:22.49
2:40.21	1:09.01	1:18.86	1:13.27	4:59.06	1:03.86	0:28.26	850	0:33.98	1:15.04	6:08.88	1:32.48	1:45.57	3:23.28
2:40.84	1:09.28	1:19.17	1:13.56	5:00.24	1:04.11	0:28.37	840	0:34.12	1:15.33	6:10.34	1:32.84	1:45.98	3:24.08
2:41.48	1:09.56	1:19.49	1:13.86	5:01.44	1:04.37	0:28.49	830	0:34.25	1:15.63	6:11.82	1:33.21	1:46.41	3:24.90
2:42.14	1:09.84	1:19.81	1:14.16	5:02.66	1:04.63	0:28.60	820	0:34.39	1:15.94	6:13.33	1:33.59	1:46.84	3:25.73
2:42.80	1:10.13	1:20.14	1:14.46	5:03.90	1:04.89	0:28.72	810	0:34.53	1:16.25	6:14.86	1:33.97	1:47.28	3:26.57
2:43.48	1:10.42	1:20.47	1:14.77	5:05.16	1:05.16	0:28.84	800	0:34.68	1:16.57	6:16.41	1:34.36	1:47.72	3:27.43
2:44.17	1:10.71	1:20.81	1:15.08	5:06.45	1:05.43	0:28.96	790	0:34.82	1:16.89	6:17.99	1:34.76	1:48.17	3:28.30
2:44.86	1:11.01	1:21.15	1:15.40	5:07.75	1:05.71	0:29.08	780	0:34.97	1:17.22	6:19.60	1:35.16	1:48.63	3:29.19
2:45.57	1:11.32	1:21.50	1:15.73	5:09.08	1:06.00	0:29.21	770	0:35.12	1:17.55	6:21.24	1:35.57	1:49.10	3:30.09
2:46.30	1:11.63	1:21.86	1:16.06	5:10.43	1:06.28	0:29.33	760	0:35.27	1:17.89	6:22.90	1:35.99	1:49.58	3:31.01
2:47.03	1:11.95	1:22.22	1:16.40	5:11.80	1:06.58	0:29.46	750	0:35.43	1:18.23	6:24.60	1:36.42	1:50.06	3:31.94
2:47.78	1:12.27	1:22.59	1:16.74	5:13.20	1:06.88	0:29.60	740	0:35.59	1:18.58	6:26.32	1:36.85	1:50.56	3:32.89
2:48.55	1:12.60	1:22.96	1:17.09	5:14.62	1:07.18	0:29.73	730	0:35.75	1:18.94	6:28.08	1:37.29	1:51.06	3:33.86
2:49.32	1:12.93	1:23.34	1:17.44	5:16.07	1:07.49	0:29.87	720	0:35.92	1:19.31	6:29.87	1:37.74	1:51.57	3:34.84
2:50.11	1:13.28	1:23.73	1:17.80	5:17.55	1:07.81	0:30.01	710	0:36.08	1:19.68	6:31.69	1:38.19	1:52.09	3:35.85
2:50.92	1:13.62	1:24.13	1:18.17	5:19.05	1:08.13	0:30.15	700	0:36.25	1:20.05	6:33.54	1:38.66	1:52.62	3:36.87
2:51.74	1:13.98	1:24.54	1:18.55	5:20.59	1:08.45	0:30.29	690	0:36.43	1:20.44	6:35.44	1:39.13	1:53.17	3:37.91
2:52.58	1:14.34	1:24.95	1:18.93	5:22.15	1:08.79	0:30.44	680	0:36.61	1:20.83	6:37.37	1:39.62	1:53.72	3:38.98
2:53.43	1:14.71	1:25.37	1:19.32	5:23.75	1:09.13	0:30.59	670	0:36.79	1:21.23	6:39.33	1:40.11	1:54.28	3:40.06
2:54.30	1:15.08	1:25.80	1:19.72	5:25.37	1:09.48	0:30.75	660	0:36.97	1:21.64	6:41.34	1:40.61	1:54.86	3:41.17
2:55.19	1:15.46	1:26.23	1:20.13	5:27.03	1:09.83	0:30.90	650	0:37.16	1:22.06	6:43.39	1:41.13	1:55.44	3:42.29
2:56.10	1:15.86	1:26.68	1:20.54	5:28.73	1:10.19	0:31.06	640	0:37.35	1:22.48	6:45.48	1:41.65	1:56.04	3:43.45
2:57.03	1:16.25	1:27.14	1:20.97	5:30.46	1:10.56	0:31.23	630	0:37.55	1:22.92	6:47.61	1:42.19	1:56.65	3:44.62
2:57.98	1:16.66	1:27.60	1:21.40	5:32.23	1:10.94	0:31.39	620	0:37.75	1:23.36	6:49.79	1:42.73	1:57.27	3:45.82
2:58.94	1:17.08	1:28.08	1:21.84	5:34.03	1:11.32	0:31.56	610	0:37.96	1:23.81	6:52.02	1:43.29	1:57.91	3:47.05

PNZ Performance & Development Swimming Programme - Points Table

MEN				S11, SB11, SM11				WOMEN					
200IM	100FLY	100BR	100BK	400FR	100FR	50FR	POINTS	50FR	100FR	400FR	100BK	100BR	200IM
2:59.93	1:17.50	1:28.57	1:22.29	5:35.88	1:11.72	0:31.74	600	0:38.17	1:24.27	6:54.30	1:43.86	1:58.56	3:48.31
3:00.94	1:17.94	1:29.06	1:22.76	5:37.76	1:12.12	0:31.92	590	0:38.38	1:24.75	6:56.62	1:44.44	1:59.23	3:49.59
3:01.98	1:18.39	1:29.57	1:23.23	5:39.69	1:12.53	0:32.10	580	0:38.60	1:25.23	6:59.00	1:45.04	1:59.91	3:50.90
3:03.03	1:18.84	1:30.09	1:23.71	5:41.67	1:12.96	0:32.29	570	0:38.82	1:25.73	7:01.44	1:45.65	2:00.61	3:52.24
3:04.12	1:19.31	1:30.63	1:24.21	5:43.69	1:13.39	0:32.48	560	0:39.05	1:26.24	7:03.93	1:46.28	2:01.32	3:53.62
3:05.23	1:19.79	1:31.17	1:24.72	5:45.76	1:13.83	0:32.67	550	0:39.29	1:26.75	7:06.49	1:46.92	2:02.05	3:55.02
3:06.36	1:20.28	1:31.73	1:25.24	5:47.88	1:14.28	0:32.87	540	0:39.53	1:27.29	7:09.10	1:47.57	2:02.80	3:56.47
3:07.53	1:20.78	1:32.31	1:25.77	5:50.06	1:14.75	0:33.08	530	0:39.78	1:27.83	7:11.79	1:48.25	2:03.57	3:57.94
3:08.72	1:21.29	1:32.89	1:26.32	5:52.29	1:15.22	0:33.29	520	0:40.03	1:28.39	7:14.54	1:48.94	2:04.36	3:59.46
3:09.95	1:21.82	1:33.50	1:26.88	5:54.57	1:15.71	0:33.51	510	0:40.29	1:28.97	7:17.36	1:49.64	2:05.16	4:01.01
3:11.21	1:22.36	1:34.12	1:27.45	5:56.92	1:16.21	0:33.73	500	0:40.56	1:29.56	7:20.25	1:50.37	2:05.99	4:02.61
3:12.50	1:22.92	1:34.75	1:28.04	5:59.33	1:16.73	0:33.96	490	0:40.83	1:30.16	7:23.23	1:51.11	2:06.84	4:04.25
3:13.83	1:23.49	1:35.41	1:28.65	6:01.81	1:17.26	0:34.19	480	0:41.11	1:30.78	7:26.29	1:51.88	2:07.72	4:05.93
3:15.19	1:24.08	1:36.08	1:29.27	6:04.36	1:17.80	0:34.43	470	0:41.40	1:31.42	7:29.43	1:52.67	2:08.62	4:07.67
3:16.59	1:24.68	1:36.77	1:29.92	6:06.98	1:18.36	0:34.68	460	0:41.70	1:32.08	7:32.66	1:53.48	2:09.54	4:09.45
3:18.04	1:25.30	1:37.48	1:30.58	6:09.68	1:18.94	0:34.93	450	0:42.01	1:32.76	7:35.99	1:54.31	2:10.50	4:11.28
3:19.53	1:25.95	1:38.21	1:31.26	6:12.46	1:19.53	0:35.20	440	0:42.32	1:33.45	7:39.42	1:55.17	2:11.48	4:13.17
3:21.06	1:26.61	1:38.97	1:31.96	6:15.33	1:20.14	0:35.47	430	0:42.65	1:34.17	7:42.95	1:56.06	2:12.49	4:15.12
3:22.65	1:27.29	1:39.75	1:32.68	6:18.28	1:20.77	0:35.75	420	0:42.98	1:34.91	7:46.60	1:56.97	2:13.53	4:17.13
3:24.28	1:27.99	1:40.55	1:33.43	6:21.33	1:21.42	0:36.03	410	0:43.33	1:35.68	7:50.36	1:57.92	2:14.61	4:19.20
3:25.97	1:28.72	1:41.38	1:34.20	6:24.48	1:22.10	0:36.33	400	0:43.69	1:36.47	7:54.25	1:58.89	2:15.72	4:21.34
3:27.72	1:29.47	1:42.24	1:35.00	6:27.74	1:22.79	0:36.64	390	0:44.06	1:37.29	7:58.27	1:59.90	2:16.87	4:23.56
3:29.52	1:30.25	1:43.13	1:35.83	6:31.11	1:23.51	0:36.96	380	0:44.44	1:38.13	8:02.43	2:00.94	2:18.06	4:25.85
3:31.39	1:31.06	1:44.05	1:36.68	6:34.61	1:24.26	0:37.29	370	0:44.84	1:39.01	8:06.74	2:02.02	2:19.29	4:28.22
3:33.33	1:31.89	1:45.01	1:37.57	6:38.23	1:25.03	0:37.63	360	0:45.25	1:39.92	8:11.20	2:03.14	2:20.57	4:30.69
3:35.34	1:32.76	1:46.00	1:38.49	6:41.98	1:25.83	0:37.99	350	0:45.68	1:40.86	8:15.84	2:04.30	2:21.90	4:33.24
3:37.44	1:33.66	1:47.03	1:39.45	6:45.89	1:26.67	0:38.36	340	0:46.12	1:41.84	8:20.65	2:05.51	2:23.28	4:35.89
3:39.61	1:34.60	1:48.10	1:40.44	6:49.95	1:27.53	0:38.74	330	0:46.58	1:42.86	8:25.66	2:06.77	2:24.71	4:38.65
3:41.87	1:35.57	1:49.21	1:41.48	6:54.17	1:28.44	0:39.14	320	0:47.06	1:43.92	8:30.87	2:08.07	2:26.20	4:41.52
3:44.24	1:36.59	1:50.37	1:42.56	6:58.58	1:29.38	0:39.55	310	0:47.56	1:45.03	8:36.30	2:09.43	2:27.76	4:44.52
3:46.70	1:37.65	1:51.59	1:43.68	7:03.18	1:30.36	0:39.99	300	0:48.09	1:46.18	8:41.98	2:10.86	2:29.38	4:47.65
3:49.28	1:38.76	1:52.86	1:44.86	7:07.99	1:31.39	0:40.44	290	0:48.63	1:47.39	8:47.91	2:12.34	2:31.08	4:50.92
3:51.97	1:39.92	1:54.18	1:46.10	7:13.02	1:32.46	0:40.92	280	0:49.20	1:48.65	8:54.12	2:13.90	2:32.86	4:54.34
3:54.80	1:41.14	1:55.58	1:47.39	7:18.31	1:33.59	0:41.42	270	0:49.80	1:49.97	9:00.64	2:15.53	2:34.72	4:57.93
3:57.78	1:42.42	1:57.04	1:48.75	7:23.85	1:34.77	0:41.94	260	0:50.43	1:51.37	9:07.48	2:17.25	2:36.68	5:01.70
4:00.90	1:43.77	1:58.58	1:50.18	7:29.69	1:36.02	0:42.49	250	0:51.10	1:52.83	9:14.69	2:19.06	2:38.74	5:05.67
4:04.20	1:45.19	2:00.20	1:51.69	7:35.86	1:37.34	0:43.08	240	0:51.80	1:54.38	9:22.28	2:20.96	2:40.91	5:09.86
4:07.69	1:46.69	2:01.92	1:53.29	7:42.37	1:38.73	0:43.69	230	0:52.54	1:56.01	9:30.32	2:22.98	2:43.21	5:14.28
4:11.39	1:48.29	2:03.74	1:54.98	7:49.27	1:40.20	0:44.34	220	0:53.32	1:57.74	9:38.83	2:25.11	2:45.65	5:18.98
4:15.32	1:49.98	2:05.67	1:56.77	7:56.60	1:41.77	0:45.04	210	0:54.16	1:59.58	9:47.88	2:27.38	2:48.24	5:23.96
4:19.51	1:51.78	2:07.74	1:58.69	8:04.42	1:43.44	0:45.78	200	0:55.04	2:01.55	9:57.52	2:29.79	2:51.00	5:29.27
4:23.98	1:53.71	2:09.94	2:00.74	8:12.77	1:45.22	0:46.57	190	0:55.99	2:03.64	10:07.82	2:32.38	2:53.95	5:34.95
4:28.78	1:55.78	2:12.30	2:02.93	8:21.73	1:47.13	0:47.41	180	0:57.01	2:05.89	10:18.87	2:35.15	2:57.11	5:41.04
4:33.95	1:58.00	2:14.85	2:05.30	8:31.39	1:49.19	0:48.32	170	0:58.11	2:08.31	10:30.78	2:38.13	3:00.52	5:47.60
4:39.54	2:00.41	2:17.60	2:07.85	8:41.82	1:51.42	0:49.31	160	0:59.29	2:10.93	10:43.66	2:41.36	3:04.20	5:54.70
4:45.62	2:03.03	2:20.59	2:10.63	8:53.17	1:53.85	0:50.38	150	1:00.58	2:13.78	10:57.65	2:44.87	3:08.21	6:02.41
4:52.27	2:05.89	2:23.86	2:13.67	9:05.58	1:56.50	0:51.56	140	1:01.99	2:16.89	11:12.95	2:48.71	3:12.59	6:10.84
4:59.58	2:09.04	2:27.46	2:17.02	9:19.22	1:59.41	0:52.84	130	1:03.54	2:20.31	11:29.78	2:52.92	3:17.40	6:20.12
5:07.68	2:12.53	2:31.45	2:20.72	9:34.34	2:02.64	0:54.27	120	1:05.26	2:24.11	11:48.43	2:57.60	3:22.74	6:30.40
5:16.73	2:16.43	2:35.90	2:24.86	9:51.24	2:06.25	0:55.87	110	1:07.18	2:28.35	12:09.28	3:02.83	3:28.71	6:41.89

PNZ Performance & Development Swimming Programme - Points Table

MEN			S10, SM10					WOMEN						
200IM	100FLY		100BK	400FR	100FR	50FR	POINTS	50FR	100FR	400FR	100BK		100FLY	200IM
2:10.36	0:57.53		1:00.91	4:04.26	0:52.52	0:23.88	1100	0:28.01	0:59.97	4:30.70	1:11.46		1:08.32	2:35.39
2:10.76	0:57.71		1:01.10	4:05.00	0:52.68	0:23.95	1090	0:28.09	1:00.16	4:31.53	1:11.68		1:08.53	2:35.87
2:11.16	0:57.89		1:01.29	4:05.75	0:52.85	0:24.03	1080	0:28.18	1:00.34	4:32.36	1:11.90		1:08.74	2:36.35
2:11.57	0:58.07		1:01.48	4:06.52	0:53.01	0:24.10	1070	0:28.27	1:00.53	4:33.21	1:12.12		1:08.96	2:36.83
2:11.98	0:58.25		1:01.67	4:07.29	0:53.18	0:24.18	1060	0:28.35	1:00.72	4:34.06	1:12.35		1:09.17	2:37.32
2:12.40	0:58.43		1:01.87	4:08.07	0:53.35	0:24.25	1050	0:28.44	1:00.91	4:34.93	1:12.58		1:09.39	2:37.82
2:12.82	0:58.62		1:02.06	4:08.87	0:53.52	0:24.33	1040	0:28.53	1:01.11	4:35.81	1:12.81		1:09.61	2:38.33
2:13.25	0:58.81		1:02.26	4:09.67	0:53.69	0:24.41	1030	0:28.63	1:01.30	4:36.70	1:13.05		1:09.84	2:38.84
2:13.68	0:59.00		1:02.47	4:10.48	0:53.86	0:24.49	1020	0:28.72	1:01.50	4:37.60	1:13.28		1:10.07	2:39.35
2:14.12	0:59.19		1:02.67	4:11.31	0:54.04	0:24.57	1010	0:28.81	1:01.70	4:38.51	1:13.53		1:10.30	2:39.88
2:14.57	0:59.39		1:02.88	4:12.14	0:54.22	0:24.65	1000	0:28.91	1:01.91	4:39.44	1:13.77		1:10.53	2:40.41
2:15.02	0:59.59		1:03.09	4:12.99	0:54.40	0:24.73	990	0:29.01	1:02.12	4:40.38	1:14.02		1:10.77	2:40.95
2:15.48	0:59.79		1:03.30	4:13.84	0:54.59	0:24.82	980	0:29.11	1:02.33	4:41.33	1:14.27		1:11.01	2:41.49
2:15.94	1:00.00		1:03.52	4:14.71	0:54.77	0:24.90	970	0:29.21	1:02.54	4:42.29	1:14.52		1:11.25	2:42.05
2:16.41	1:00.20		1:03.74	4:15.59	0:54.96	0:24.99	960	0:29.31	1:02.76	4:43.27	1:14.78		1:11.50	2:42.61
2:16.89	1:00.41		1:03.96	4:16.49	0:55.16	0:25.08	950	0:29.41	1:02.98	4:44.26	1:15.04		1:11.75	2:43.18
2:17.37	1:00.63		1:04.19	4:17.39	0:55.35	0:25.16	940	0:29.51	1:03.20	4:45.26	1:15.31		1:12.00	2:43.75
2:17.86	1:00.84		1:04.42	4:18.31	0:55.55	0:25.25	930	0:29.62	1:03.43	4:46.28	1:15.58		1:12.26	2:44.34
2:18.36	1:01.06		1:04.65	4:19.25	0:55.75	0:25.34	920	0:29.72	1:03.65	4:47.32	1:15.85		1:12.52	2:44.93
2:18.87	1:01.29		1:04.89	4:20.19	0:55.95	0:25.44	910	0:29.83	1:03.89	4:48.36	1:16.13		1:12.78	2:45.53
2:19.38	1:01.51		1:05.13	4:21.15	0:56.16	0:25.53	900	0:29.94	1:04.12	4:49.43	1:16.41		1:13.05	2:46.14
2:19.90	1:01.74		1:05.37	4:22.13	0:56.37	0:25.63	890	0:30.06	1:04.36	4:50.51	1:16.69		1:13.32	2:46.76
2:20.43	1:01.98		1:05.62	4:23.12	0:56.58	0:25.72	880	0:30.17	1:04.61	4:51.60	1:16.98		1:13.60	2:47.39
2:20.96	1:02.21		1:05.87	4:24.12	0:56.80	0:25.82	870	0:30.28	1:04.85	4:52.72	1:17.28		1:13.88	2:48.03
2:21.51	1:02.45		1:06.12	4:25.14	0:57.02	0:25.92	860	0:30.40	1:05.10	4:53.85	1:17.57		1:14.17	2:48.68
2:22.06	1:02.70		1:06.38	4:26.18	0:57.24	0:26.02	850	0:30.52	1:05.36	4:55.00	1:17.88		1:14.46	2:49.34
2:22.62	1:02.94		1:06.64	4:27.23	0:57.46	0:26.13	840	0:30.64	1:05.61	4:56.16	1:18.18		1:14.75	2:50.01
2:23.19	1:03.20		1:06.91	4:28.30	0:57.69	0:26.23	830	0:30.76	1:05.88	4:57.35	1:18.50		1:15.05	2:50.69
2:23.77	1:03.45		1:07.18	4:29.38	0:57.93	0:26.34	820	0:30.89	1:06.14	4:58.55	1:18.81		1:15.35	2:51.38
2:24.36	1:03.71		1:07.46	4:30.49	0:58.17	0:26.44	810	0:31.01	1:06.41	4:59.77	1:19.14		1:15.66	2:52.08
2:24.96	1:03.98		1:07.74	4:31.61	0:58.41	0:26.55	800	0:31.14	1:06.69	5:01.02	1:19.47		1:15.98	2:52.80
2:25.57	1:04.24		1:08.02	4:32.75	0:58.65	0:26.66	790	0:31.27	1:06.97	5:02.28	1:19.80		1:16.30	2:53.52
2:26.19	1:04.52		1:08.31	4:33.91	0:58.90	0:26.78	780	0:31.41	1:07.26	5:03.57	1:20.14		1:16.62	2:54.26
2:26.82	1:04.80		1:08.60	4:35.09	0:59.16	0:26.89	770	0:31.54	1:07.55	5:04.88	1:20.49		1:16.95	2:55.01
2:27.46	1:05.08		1:08.90	4:36.29	0:59.41	0:27.01	760	0:31.68	1:07.84	5:06.21	1:20.84		1:17.29	2:55.78
2:28.11	1:05.37		1:09.21	4:37.52	0:59.68	0:27.13	750	0:31.82	1:08.14	5:07.56	1:21.19		1:17.63	2:56.55
2:28.78	1:05.66		1:09.52	4:38.76	0:59.94	0:27.25	740	0:31.96	1:08.45	5:08.94	1:21.56		1:17.98	2:57.35
2:29.45	1:05.96		1:09.83	4:40.03	1:00.22	0:27.38	730	0:32.11	1:08.76	5:10.35	1:21.93		1:18.33	2:58.15
2:30.14	1:06.26		1:10.16	4:41.32	1:00.49	0:27.50	720	0:32.26	1:09.07	5:11.78	1:22.31		1:18.69	2:58.97
2:30.84	1:06.57		1:10.48	4:42.63	1:00.78	0:27.63	710	0:32.41	1:09.40	5:13.23	1:22.69		1:19.06	2:59.81
2:31.56	1:06.89		1:10.82	4:43.97	1:01.07	0:27.76	700	0:32.56	1:09.73	5:14.72	1:23.08		1:19.43	3:00.66
2:32.29	1:07.21		1:11.16	4:45.34	1:01.36	0:27.90	690	0:32.72	1:10.06	5:16.23	1:23.48		1:19.82	3:01.53
2:33.03	1:07.54		1:11.51	4:46.73	1:01.66	0:28.03	680	0:32.88	1:10.40	5:17.77	1:23.89		1:20.21	3:02.42
2:33.79	1:07.87		1:11.86	4:48.15	1:01.96	0:28.17	670	0:33.04	1:10.75	5:19.35	1:24.31		1:20.60	3:03.32
2:34.56	1:08.21		1:12.22	4:49.60	1:02.27	0:28.31	660	0:33.20	1:11.11	5:20.95	1:24.73		1:21.01	3:04.24
2:35.35	1:08.56		1:12.59	4:51.07	1:02.59	0:28.46	650	0:33.37	1:11.47	5:22.59	1:25.16		1:21.42	3:05.18
2:36.15	1:08.92		1:12.97	4:52.58	1:02.92	0:28.60	640	0:33.55	1:11.84	5:24.26	1:25.60		1:21.84	3:06.14
2:36.98	1:09.28		1:13.35	4:54.12	1:03.25	0:28.75	630	0:33.72	1:12.22	5:25.97	1:26.05		1:22.27	3:07.12
2:37.82	1:09.65		1:13.74	4:55.70	1:03.59	0:28.91	620	0:33.90	1:12.60	5:27.71	1:26.51		1:22.71	3:08.12
2:38.67	1:10.03		1:14.14	4:57.30	1:03.93	0:29.07	610	0:34.09	1:13.00	5:29.49	1:26.98		1:23.16	3:09.14

Women's S10 100m Backstroke: Due to two competitors holding the #1 ranked time, the #2 ranked time of 1:13.77 has been used.

PNZ Performance & Development Swimming Programme - Points Table

MEN			S10, SM10					WOMEN						
200IM	100FLY		100BK	400FR	100FR	50FR	POINTS	50FR	100FR	400FR	100BK		100FLY	200IM
2:39.55	1:10.41		1:14.55	4:58.95	1:04.28	0:29.23	600	0:34.28	1:13.40	5:31.31	1:27.46		1:23.62	3:10.19
2:40.45	1:10.81		1:14.97	5:00.62	1:04.65	0:29.39	590	0:34.47	1:13.81	5:33.17	1:27.96		1:24.09	3:11.26
2:41.36	1:11.21		1:15.40	5:02.34	1:05.02	0:29.56	580	0:34.67	1:14.24	5:35.08	1:28.46		1:24.57	3:12.35
2:42.30	1:11.63		1:15.84	5:04.10	1:05.39	0:29.73	570	0:34.87	1:14.67	5:37.03	1:28.97		1:25.06	3:13.47
2:43.26	1:12.05		1:16.29	5:05.90	1:05.78	0:29.91	560	0:35.07	1:15.11	5:39.02	1:29.50		1:25.57	3:14.61
2:44.25	1:12.49		1:16.75	5:07.74	1:06.18	0:30.09	550	0:35.29	1:15.56	5:41.06	1:30.04		1:26.08	3:15.78
2:45.25	1:12.93		1:17.22	5:09.63	1:06.58	0:30.27	540	0:35.50	1:16.03	5:43.16	1:30.59		1:26.61	3:16.99
2:46.29	1:13.39		1:17.70	5:11.57	1:07.00	0:30.46	530	0:35.72	1:16.50	5:45.30	1:31.16		1:27.15	3:18.22
2:47.35	1:13.85		1:18.19	5:13.55	1:07.43	0:30.65	520	0:35.95	1:16.99	5:47.50	1:31.74		1:27.71	3:19.48
2:48.43	1:14.33		1:18.70	5:15.59	1:07.86	0:30.85	510	0:36.18	1:17.49	5:49.76	1:32.33		1:28.28	3:20.77
2:49.55	1:14.83		1:19.22	5:17.68	1:08.31	0:31.06	500	0:36.42	1:18.00	5:52.07	1:32.94		1:28.86	3:22.10
2:50.69	1:15.33		1:19.76	5:19.82	1:08.77	0:31.27	490	0:36.67	1:18.53	5:54.45	1:33.57		1:29.46	3:23.47
2:51.87	1:15.85		1:20.31	5:22.03	1:09.25	0:31.48	480	0:36.92	1:19.07	5:56.90	1:34.22		1:30.08	3:24.87
2:53.08	1:16.39		1:20.87	5:24.30	1:09.74	0:31.70	470	0:37.18	1:19.63	5:59.41	1:34.88		1:30.71	3:26.32
2:54.33	1:16.94		1:21.46	5:26.63	1:10.24	0:31.93	460	0:37.45	1:20.20	6:02.00	1:35.56		1:31.37	3:27.80
2:55.61	1:17.50		1:22.06	5:29.03	1:10.75	0:32.17	450	0:37.73	1:20.79	6:04.66	1:36.27		1:32.04	3:29.33
2:56.93	1:18.08		1:22.67	5:31.51	1:11.29	0:32.41	440	0:38.01	1:21.40	6:07.40	1:36.99		1:32.73	3:30.90
2:58.29	1:18.68		1:23.31	5:34.06	1:11.84	0:32.66	430	0:38.30	1:22.02	6:10.23	1:37.74		1:33.44	3:32.52
2:59.69	1:19.30		1:23.96	5:36.69	1:12.40	0:32.92	420	0:38.60	1:22.67	6:13.14	1:38.51		1:34.18	3:34.20
3:01.14	1:19.94		1:24.64	5:39.40	1:12.98	0:33.18	410	0:38.92	1:23.34	6:16.15	1:39.30		1:34.94	3:35.93
3:02.64	1:20.60		1:25.34	5:42.21	1:13.59	0:33.46	400	0:39.24	1:24.02	6:19.26	1:40.12		1:35.72	3:37.71
3:04.19	1:21.29		1:26.06	5:45.11	1:14.21	0:33.74	390	0:39.57	1:24.74	6:22.47	1:40.97		1:36.54	3:39.55
3:05.79	1:21.99		1:26.81	5:48.11	1:14.86	0:34.03	380	0:39.91	1:25.47	6:25.80	1:41.85		1:37.37	3:41.46
3:07.45	1:22.73		1:27.59	5:51.22	1:15.53	0:34.34	370	0:40.27	1:26.24	6:29.24	1:42.76		1:38.24	3:43.44
3:09.17	1:23.49		1:28.39	5:54.44	1:16.22	0:34.65	360	0:40.64	1:27.03	6:32.81	1:43.70		1:39.15	3:45.49
3:10.95	1:24.27		1:29.23	5:57.78	1:16.94	0:34.98	350	0:41.02	1:27.85	6:36.52	1:44.68		1:40.08	3:47.62
3:12.81	1:25.09		1:30.09	6:01.26	1:17.68	0:35.32	340	0:41.42	1:28.70	6:40.37	1:45.69		1:41.05	3:49.83
3:14.73	1:25.94		1:30.99	6:04.87	1:18.46	0:35.67	330	0:41.84	1:29.59	6:44.37	1:46.75		1:42.06	3:52.13
3:16.74	1:26.83		1:31.93	6:08.63	1:19.27	0:36.04	320	0:42.27	1:30.51	6:48.54	1:47.85		1:43.12	3:54.52
3:18.84	1:27.75		1:32.91	6:12.55	1:20.11	0:36.42	310	0:42.72	1:31.48	6:52.89	1:49.00		1:44.21	3:57.02
3:21.02	1:28.72		1:33.93	6:16.65	1:20.99	0:36.82	300	0:43.19	1:32.48	6:57.43	1:50.20		1:45.36	3:59.62
3:23.31	1:29.73		1:35.00	6:20.93	1:21.91	0:37.24	290	0:43.68	1:33.53	7:02.17	1:51.45		1:46.56	4:02.34
3:25.70	1:30.78		1:36.12	6:25.41	1:22.88	0:37.68	280	0:44.19	1:34.63	7:07.14	1:52.76		1:47.81	4:05.20
3:28.21	1:31.89		1:37.29	6:30.11	1:23.89	0:38.14	270	0:44.73	1:35.79	7:12.35	1:54.14		1:49.12	4:08.19
3:30.84	1:33.05		1:38.52	6:35.05	1:24.95	0:38.62	260	0:45.30	1:37.00	7:17.82	1:55.58		1:50.51	4:11.33
3:33.62	1:34.28		1:39.82	6:40.25	1:26.07	0:39.13	250	0:45.89	1:38.28	7:23.58	1:57.10		1:51.96	4:14.64
3:36.54	1:35.57		1:41.18	6:45.73	1:27.25	0:39.67	240	0:46.52	1:39.62	7:29.66	1:58.71		1:53.49	4:18.12
3:39.64	1:36.93		1:42.63	6:51.53	1:28.49	0:40.23	230	0:47.19	1:41.05	7:36.09	2:00.40		1:55.11	4:21.81
3:42.92	1:38.38		1:44.16	6:57.67	1:29.82	0:40.83	220	0:47.89	1:42.55	7:42.89	2:02.20		1:56.83	4:25.72
3:46.40	1:39.92		1:45.79	7:04.20	1:31.22	0:41.47	210	0:48.64	1:44.16	7:50.13	2:04.11		1:58.66	4:29.87
3:50.11	1:41.56		1:47.52	7:11.15	1:32.71	0:42.15	200	0:49.44	1:45.86	7:57.84	2:06.14		2:00.60	4:34.30
3:54.08	1:43.31		1:49.38	7:18.59	1:34.31	0:42.88	190	0:50.29	1:47.69	8:06.08	2:08.32		2:02.68	4:39.03
3:58.34	1:45.19		1:51.37	7:26.56	1:36.03	0:43.66	180	0:51.20	1:49.65	8:14.92	2:10.65		2:04.92	4:44.10
4:02.92	1:47.21		1:53.51	7:35.15	1:37.88	0:44.50	170	0:52.19	1:51.76	8:24.44	2:13.17		2:07.32	4:49.57
4:07.88	1:49.40		1:55.83	7:44.45	1:39.87	0:45.41	160	0:53.25	1:54.04	8:34.73	2:15.89		2:09.92	4:55.48
4:13.27	1:51.78		1:58.34	7:54.55	1:42.05	0:46.39	150	0:54.41	1:56.52	8:45.93	2:18.84		2:12.74	5:01.90
4:19.16	1:54.38		2:01.10	8:05.59	1:44.42	0:47.47	140	0:55.68	1:59.23	8:58.16	2:22.07		2:15.83	5:08.93
4:25.64	1:57.24		2:04.13	8:17.73	1:47.03	0:48.66	130	0:57.07	2:02.21	9:11.62	2:25.62		2:19.23	5:16.65
4:32.83	2:00.41		2:07.48	8:31.19	1:49.93	0:49.98	120	0:58.61	2:05.52	9:26.54	2:29.56		2:22.99	5:25.22
4:40.86	2:03.95		2:11.23	8:46.23	1:53.16	0:51.45	110	1:00.34	2:09.21	9:43.21	2:33.96		2:27.20	5:34.79

Women's S10 100m Backstroke: Due to two competitors holding the #1 ranked time, the #2 ranked time of 1:13.77 has been used.

PNZ Performance & Development Swimming Programme - Points Table

MEN				S9, SB9, SM9				WOMEN						
200IM	100FLY	100BR	100BK	400FR	100FR	50FR	POINTS	50FR	100FR	400FR	100BK	100BR	100FLY	200IM
2:15.83	0:58.23	1:07.97	1:01.60	4:12.12	0:55.02	0:24.80	1100	0:28.78	1:01.89	4:35.70	1:09.05	1:22.25	1:08.76	2:35.30
2:16.24	0:58.41	1:08.17	1:01.79	4:12.89	0:55.19	0:24.88	1090	0:28.87	1:02.08	4:36.54	1:09.26	1:22.51	1:08.97	2:35.77
2:16.66	0:58.59	1:08.38	1:01.98	4:13.67	0:55.36	0:24.95	1080	0:28.96	1:02.27	4:37.39	1:09.47	1:22.76	1:09.18	2:36.25
2:17.08	0:58.77	1:08.60	1:02.17	4:14.46	0:55.53	0:25.03	1070	0:29.05	1:02.47	4:38.25	1:09.69	1:23.02	1:09.40	2:36.74
2:17.51	0:58.95	1:08.81	1:02.37	4:15.25	0:55.71	0:25.11	1060	0:29.14	1:02.66	4:39.13	1:09.91	1:23.28	1:09.61	2:37.23
2:17.95	0:59.14	1:09.03	1:02.56	4:16.06	0:55.88	0:25.19	1050	0:29.23	1:02.86	4:40.01	1:10.13	1:23.54	1:09.83	2:37.72
2:18.39	0:59.33	1:09.25	1:02.76	4:16.88	0:56.06	0:25.27	1040	0:29.32	1:03.06	4:40.90	1:10.35	1:23.81	1:10.06	2:38.23
2:18.84	0:59.52	1:09.47	1:02.97	4:17.71	0:56.24	0:25.35	1030	0:29.42	1:03.26	4:41.81	1:10.58	1:24.08	1:10.28	2:38.74
2:19.29	0:59.71	1:09.70	1:03.17	4:18.55	0:56.43	0:25.43	1020	0:29.51	1:03.47	4:42.73	1:10.81	1:24.35	1:10.51	2:39.26
2:19.75	0:59.91	1:09.93	1:03.38	4:19.40	0:56.61	0:25.52	1010	0:29.61	1:03.68	4:43.66	1:11.04	1:24.63	1:10.74	2:39.78
2:20.21	1:00.11	1:10.16	1:03.59	4:20.26	0:56.80	0:25.60	1000	0:29.71	1:03.89	4:44.60	1:11.28	1:24.91	1:10.98	2:40.31
2:20.68	1:00.31	1:10.40	1:03.80	4:21.13	0:56.99	0:25.69	990	0:29.81	1:04.10	4:45.56	1:11.52	1:25.19	1:11.22	2:40.85
2:21.16	1:00.52	1:10.63	1:04.02	4:22.02	0:57.18	0:25.77	980	0:29.91	1:04.32	4:46.52	1:11.76	1:25.48	1:11.46	2:41.39
2:21.64	1:00.72	1:10.88	1:04.24	4:22.92	0:57.38	0:25.86	970	0:30.01	1:04.54	4:47.50	1:12.01	1:25.78	1:11.70	2:41.95
2:22.13	1:00.93	1:11.12	1:04.46	4:23.83	0:57.58	0:25.95	960	0:30.12	1:04.77	4:48.50	1:12.26	1:26.07	1:11.95	2:42.51
2:22.63	1:01.15	1:11.37	1:04.69	4:24.75	0:57.78	0:26.04	950	0:30.22	1:04.99	4:49.51	1:12.51	1:26.37	1:12.20	2:43.07
2:23.13	1:01.36	1:11.62	1:04.92	4:25.68	0:57.98	0:26.13	940	0:30.33	1:05.22	4:50.53	1:12.77	1:26.68	1:12.46	2:43.65
2:23.64	1:01.58	1:11.88	1:05.15	4:26.63	0:58.19	0:26.23	930	0:30.44	1:05.45	4:51.57	1:13.03	1:26.99	1:12.72	2:44.24
2:24.16	1:01.80	1:12.14	1:05.38	4:27.60	0:58.40	0:26.32	920	0:30.55	1:05.69	4:52.62	1:13.29	1:27.30	1:12.98	2:44.83
2:24.69	1:02.03	1:12.40	1:05.62	4:28.57	0:58.61	0:26.42	910	0:30.66	1:05.93	4:53.69	1:13.56	1:27.62	1:13.25	2:45.43
2:25.22	1:02.26	1:12.67	1:05.86	4:29.56	0:58.83	0:26.52	900	0:30.77	1:06.17	4:54.77	1:13.83	1:27.95	1:13.52	2:46.04
2:25.76	1:02.49	1:12.94	1:06.11	4:30.57	0:59.05	0:26.61	890	0:30.89	1:06.42	4:55.87	1:14.10	1:28.27	1:13.79	2:46.66
2:26.31	1:02.73	1:13.21	1:06.36	4:31.59	0:59.27	0:26.71	880	0:31.00	1:06.67	4:56.99	1:14.38	1:28.61	1:14.07	2:47.29
2:26.87	1:02.97	1:13.49	1:06.61	4:32.63	0:59.50	0:26.82	870	0:31.12	1:06.93	4:58.12	1:14.67	1:28.94	1:14.35	2:47.93
2:27.44	1:03.21	1:13.78	1:06.87	4:33.68	0:59.73	0:26.92	860	0:31.24	1:07.18	4:59.27	1:14.96	1:29.29	1:14.64	2:48.58
2:28.02	1:03.46	1:14.07	1:07.13	4:34.75	0:59.96	0:27.03	850	0:31.36	1:07.45	5:00.44	1:15.25	1:29.64	1:14.93	2:49.23
2:28.60	1:03.71	1:14.36	1:07.40	4:35.83	1:00.20	0:27.13	840	0:31.49	1:07.71	5:01.63	1:15.55	1:29.99	1:15.23	2:49.90
2:29.19	1:03.96	1:14.66	1:07.66	4:36.94	1:00.44	0:27.24	830	0:31.61	1:07.98	5:02.84	1:15.85	1:30.35	1:15.53	2:50.58
2:29.80	1:04.22	1:14.96	1:07.94	4:38.06	1:00.68	0:27.35	820	0:31.74	1:08.26	5:04.06	1:16.15	1:30.72	1:15.83	2:51.27
2:30.41	1:04.48	1:15.27	1:08.22	4:39.20	1:00.93	0:27.46	810	0:31.87	1:08.54	5:05.31	1:16.47	1:31.09	1:16.14	2:51.98
2:31.04	1:04.75	1:15.58	1:08.50	4:40.36	1:01.19	0:27.58	800	0:32.00	1:08.82	5:06.58	1:16.78	1:31.47	1:16.46	2:52.69
2:31.67	1:05.02	1:15.90	1:08.79	4:41.53	1:01.44	0:27.69	790	0:32.14	1:09.11	5:07.86	1:17.11	1:31.85	1:16.78	2:53.41
2:32.32	1:05.30	1:16.22	1:09.08	4:42.73	1:01.70	0:27.81	780	0:32.28	1:09.41	5:09.17	1:17.43	1:32.24	1:17.11	2:54.15
2:32.97	1:05.58	1:16.55	1:09.38	4:43.95	1:01.97	0:27.93	770	0:32.41	1:09.71	5:10.51	1:17.77	1:32.64	1:17.44	2:54.90
2:33.64	1:05.87	1:16.88	1:09.68	4:45.19	1:02.24	0:28.05	760	0:32.56	1:10.01	5:11.86	1:18.11	1:33.04	1:17.78	2:55.67
2:34.32	1:06.16	1:17.22	1:09.99	4:46.45	1:02.52	0:28.18	750	0:32.70	1:10.32	5:13.24	1:18.45	1:33.46	1:18.12	2:56.44
2:35.01	1:06.46	1:17.57	1:10.30	4:47.74	1:02.80	0:28.30	740	0:32.85	1:10.64	5:14.65	1:18.81	1:33.87	1:18.47	2:57.24
2:35.72	1:06.76	1:17.92	1:10.62	4:49.05	1:03.08	0:28.43	730	0:33.00	1:10.96	5:16.08	1:19.16	1:34.30	1:18.83	2:58.04
2:36.44	1:07.07	1:18.28	1:10.95	4:50.38	1:03.37	0:28.56	720	0:33.15	1:11.28	5:17.53	1:19.53	1:34.74	1:19.19	2:58.86
2:37.17	1:07.38	1:18.64	1:11.28	4:51.73	1:03.67	0:28.70	710	0:33.30	1:11.62	5:19.02	1:19.90	1:35.18	1:19.56	2:59.70
2:37.91	1:07.70	1:19.02	1:11.62	4:53.12	1:03.97	0:28.83	700	0:33.46	1:11.96	5:20.53	1:20.28	1:35.63	1:19.94	3:00.55
2:38.67	1:08.02	1:19.40	1:11.96	4:54.53	1:04.28	0:28.97	690	0:33.62	1:12.30	5:22.07	1:20.66	1:36.09	1:20.33	3:01.42
2:39.44	1:08.36	1:19.78	1:12.31	4:55.96	1:04.59	0:29.11	680	0:33.79	1:12.65	5:23.64	1:21.06	1:36.56	1:20.72	3:02.30
2:40.23	1:08.69	1:20.18	1:12.67	4:57.43	1:04.91	0:29.26	670	0:33.95	1:13.01	5:25.24	1:21.46	1:37.04	1:21.12	3:03.20
2:41.04	1:09.04	1:20.58	1:13.04	4:58.92	1:05.24	0:29.40	660	0:34.12	1:13.38	5:26.88	1:21.87	1:37.52	1:21.52	3:04.12
2:41.86	1:09.39	1:20.99	1:13.41	5:00.45	1:05.57	0:29.55	650	0:34.30	1:13.76	5:28.55	1:22.29	1:38.02	1:21.94	3:05.06
2:42.70	1:09.75	1:21.41	1:13.79	5:02.00	1:05.91	0:29.71	640	0:34.48	1:14.14	5:30.25	1:22.71	1:38.53	1:22.36	3:06.02
2:43.56	1:10.12	1:21.84	1:14.18	5:03.59	1:06.26	0:29.86	630	0:34.66	1:14.53	5:31.99	1:23.15	1:39.05	1:22.80	3:07.00
2:44.43	1:10.49	1:22.28	1:14.57	5:05.22	1:06.61	0:30.02	620	0:34.84	1:14.93	5:33.76	1:23.59	1:39.58	1:23.24	3:08.00
2:45.32	1:10.88	1:22.73	1:14.98	5:06.88	1:06.97	0:30.19	610	0:35.03	1:15.33	5:35.58	1:24.05	1:40.12	1:23.69	3:09.02

PNZ Performance & Development Swimming Programme - Points Table

MEN				S9, SB9, SM9				WOMEN						
200IM	100FLY	100BR	100BK	400FR	100FR	50FR	POINTS	50FR	100FR	400FR	100BK	100BR	100FLY	200IM
2:46.24	1:11.27	1:23.18	1:15.39	5:08.57	1:07.34	0:30.35	600	0:35.23	1:15.75	5:37.43	1:24.51	1:40.67	1:24.16	3:10.07
2:47.17	1:11.67	1:23.65	1:15.82	5:10.31	1:07.72	0:30.52	590	0:35.42	1:16.18	5:39.33	1:24.99	1:41.24	1:24.63	3:11.14
2:48.13	1:12.08	1:24.13	1:16.25	5:12.08	1:08.11	0:30.70	580	0:35.63	1:16.61	5:41.27	1:25.47	1:41.82	1:25.11	3:12.23
2:49.10	1:12.50	1:24.62	1:16.69	5:13.89	1:08.51	0:30.88	570	0:35.83	1:17.06	5:43.25	1:25.97	1:42.41	1:25.61	3:13.35
2:50.10	1:12.93	1:25.12	1:17.15	5:15.75	1:08.91	0:31.06	560	0:36.04	1:17.51	5:45.28	1:26.48	1:43.01	1:26.11	3:14.49
2:51.13	1:13.37	1:25.63	1:17.61	5:17.65	1:09.33	0:31.25	550	0:36.26	1:17.98	5:47.36	1:27.00	1:43.63	1:26.63	3:15.66
2:52.18	1:13.82	1:26.16	1:18.09	5:19.60	1:09.75	0:31.44	540	0:36.48	1:18.46	5:49.49	1:27.53	1:44.27	1:27.16	3:16.86
2:53.26	1:14.28	1:26.70	1:18.58	5:21.60	1:10.19	0:31.63	530	0:36.71	1:18.95	5:51.68	1:28.08	1:44.92	1:27.71	3:18.09
2:54.36	1:14.75	1:27.25	1:19.08	5:23.65	1:10.63	0:31.84	520	0:36.95	1:19.45	5:53.92	1:28.64	1:45.59	1:28.27	3:19.35
2:55.49	1:15.24	1:27.81	1:19.59	5:25.75	1:11.09	0:32.04	510	0:37.19	1:19.97	5:56.21	1:29.22	1:46.28	1:28.84	3:20.65
2:56.65	1:15.73	1:28.40	1:20.12	5:27.91	1:11.56	0:32.25	500	0:37.43	1:20.50	5:58.57	1:29.81	1:46.98	1:29.43	3:21.98
2:57.85	1:16.25	1:28.99	1:20.66	5:30.12	1:12.05	0:32.47	490	0:37.69	1:21.04	6:01.00	1:30.41	1:47.70	1:30.03	3:23.34
2:59.07	1:16.77	1:29.61	1:21.22	5:32.40	1:12.54	0:32.70	480	0:37.95	1:21.60	6:03.49	1:31.04	1:48.45	1:30.65	3:24.75
3:00.33	1:17.31	1:30.24	1:21.79	5:34.74	1:13.05	0:32.93	470	0:38.21	1:22.17	6:06.05	1:31.68	1:49.21	1:31.29	3:26.19
3:01.63	1:17.87	1:30.89	1:22.38	5:37.15	1:13.58	0:33.16	460	0:38.49	1:22.77	6:08.68	1:32.34	1:49.99	1:31.95	3:27.67
3:02.97	1:18.44	1:31.56	1:22.98	5:39.63	1:14.12	0:33.41	450	0:38.77	1:23.37	6:11.39	1:33.02	1:50.80	1:32.63	3:29.20
3:04.34	1:19.03	1:32.24	1:23.61	5:42.18	1:14.68	0:33.66	440	0:39.06	1:24.00	6:14.18	1:33.72	1:51.64	1:33.32	3:30.77
3:05.76	1:19.64	1:32.95	1:24.25	5:44.81	1:15.25	0:33.92	430	0:39.36	1:24.65	6:17.06	1:34.44	1:52.50	1:34.04	3:32.39
3:07.22	1:20.27	1:33.69	1:24.91	5:47.53	1:15.85	0:34.18	420	0:39.67	1:25.31	6:20.03	1:35.18	1:53.38	1:34.78	3:34.06
3:08.73	1:20.91	1:34.44	1:25.60	5:50.33	1:16.46	0:34.46	410	0:39.99	1:26.00	6:23.10	1:35.95	1:54.30	1:35.55	3:35.79
3:10.29	1:21.58	1:35.22	1:26.30	5:53.23	1:17.09	0:34.74	400	0:40.32	1:26.71	6:26.26	1:36.74	1:55.24	1:36.33	3:37.57
3:11.91	1:22.27	1:36.03	1:27.04	5:56.22	1:17.74	0:35.04	390	0:40.66	1:27.45	6:29.54	1:37.56	1:56.22	1:37.15	3:39.42
3:13.58	1:22.99	1:36.86	1:27.79	5:59.32	1:18.42	0:35.34	380	0:41.02	1:28.21	6:32.92	1:38.41	1:57.23	1:38.00	3:41.33
3:15.30	1:23.73	1:37.73	1:28.58	6:02.53	1:19.12	0:35.66	370	0:41.38	1:29.00	6:36.43	1:39.29	1:58.27	1:38.87	3:43.30
3:17.10	1:24.50	1:38.63	1:29.39	6:05.85	1:19.84	0:35.99	360	0:41.76	1:29.81	6:40.07	1:40.20	1:59.36	1:39.78	3:45.35
3:18.96	1:25.30	1:39.56	1:30.23	6:09.30	1:20.60	0:36.33	350	0:42.16	1:30.66	6:43.84	1:41.15	2:00.49	1:40.72	3:47.48
3:20.89	1:26.12	1:40.52	1:31.11	6:12.89	1:21.38	0:36.68	340	0:42.57	1:31.54	6:47.76	1:42.13	2:01.66	1:41.70	3:49.69
3:22.90	1:26.98	1:41.53	1:32.02	6:16.62	1:22.19	0:37.05	330	0:42.99	1:32.45	6:51.84	1:43.15	2:02.87	1:42.71	3:51.98
3:24.99	1:27.88	1:42.57	1:32.97	6:20.50	1:23.04	0:37.43	320	0:43.44	1:33.41	6:56.09	1:44.21	2:04.14	1:43.77	3:54.37
3:27.17	1:28.82	1:43.67	1:33.96	6:24.55	1:23.93	0:37.83	310	0:43.90	1:34.40	7:00.51	1:45.32	2:05.46	1:44.88	3:56.87
3:29.45	1:29.79	1:44.81	1:34.99	6:28.78	1:24.85	0:38.24	300	0:44.38	1:35.44	7:05.14	1:46.48	2:06.84	1:46.03	3:59.47
3:31.83	1:30.81	1:46.00	1:36.07	6:33.20	1:25.81	0:38.68	290	0:44.89	1:36.52	7:09.97	1:47.69	2:08.28	1:47.24	4:02.19
3:34.32	1:31.88	1:47.24	1:37.20	6:37.82	1:26.82	0:39.13	280	0:45.41	1:37.66	7:15.03	1:48.96	2:09.79	1:48.50	4:05.04
3:36.93	1:33.00	1:48.55	1:38.39	6:42.67	1:27.88	0:39.61	270	0:45.97	1:38.85	7:20.33	1:50.28	2:11.37	1:49.82	4:08.03
3:39.68	1:34.18	1:49.93	1:39.63	6:47.77	1:28.99	0:40.11	260	0:46.55	1:40.10	7:25.91	1:51.68	2:13.04	1:51.21	4:11.17
3:42.57	1:35.42	1:51.37	1:40.94	6:53.14	1:30.16	0:40.64	250	0:47.16	1:41.42	7:31.77	1:53.15	2:14.79	1:52.67	4:14.48
3:45.62	1:36.73	1:52.90	1:42.33	6:58.80	1:31.40	0:41.19	240	0:47.81	1:42.81	7:37.96	1:54.70	2:16.63	1:54.22	4:17.96
3:48.84	1:38.11	1:54.51	1:43.79	7:04.78	1:32.71	0:41.78	230	0:48.49	1:44.28	7:44.51	1:56.34	2:18.59	1:55.85	4:21.65
3:52.26	1:39.57	1:56.22	1:45.34	7:11.12	1:34.09	0:42.41	220	0:49.21	1:45.83	7:51.44	1:58.08	2:20.65	1:57.58	4:25.55
3:55.89	1:41.13	1:58.04	1:46.98	7:17.86	1:35.56	0:43.07	210	0:49.98	1:47.49	7:58.81	1:59.92	2:22.85	1:59.42	4:29.70
3:59.76	1:42.79	1:59.97	1:48.74	7:25.04	1:37.13	0:43.78	200	0:50.80	1:49.25	8:06.66	2:01.89	2:25.19	2:01.37	4:34.13
4:03.89	1:44.56	2:02.04	1:50.61	7:32.71	1:38.80	0:44.53	190	0:51.68	1:51.13	8:15.05	2:03.99	2:27.70	2:03.47	4:38.85
4:08.33	1:46.46	2:04.26	1:52.62	7:40.95	1:40.60	0:45.34	180	0:52.62	1:53.16	8:24.05	2:06.24	2:30.38	2:05.71	4:43.92
4:13.10	1:48.51	2:06.65	1:54.79	7:49.81	1:42.53	0:46.21	170	0:53.63	1:55.33	8:33.75	2:08.67	2:33.28	2:08.13	4:49.39
4:18.27	1:50.72	2:09.24	1:57.13	7:59.40	1:44.63	0:47.16	160	0:54.73	1:57.69	8:44.24	2:11.30	2:36.41	2:10.75	4:55.29
4:23.89	1:53.13	2:12.05	1:59.68	8:09.83	1:46.90	0:48.18	150	0:55.92	2:00.25	8:55.64	2:14.15	2:39.81	2:13.59	5:01.71
4:30.02	1:55.76	2:15.12	2:02.47	8:21.22	1:49.39	0:49.30	140	0:57.22	2:03.04	9:08.10	2:17.28	2:43.52	2:16.70	5:08.73
4:36.78	1:58.66	2:18.50	2:05.53	8:33.76	1:52.12	0:50.53	130	0:58.65	2:06.12	9:21.81	2:20.71	2:47.61	2:20.12	5:16.46
4:44.26	2:01.87	2:22.24	2:08.92	8:47.65	1:55.16	0:51.90	120	1:00.23	2:09.53	9:37.00	2:24.51	2:52.15	2:23.90	5:25.01
4:52.63	2:05.45	2:26.43	2:12.72	9:03.18	1:58.55	0:53.43	110	1:02.01	2:13.34	9:53.98	2:28.77	2:57.21	2:28.14	5:34.58

PNZ Performance & Development Swimming Programme - Points Table

MEN				S8, SB8, SM8				WOMEN						
200IM	100FLY	100BR	100BK	400FR	100FR	50FR	POINTS	50FR	100FR	400FR	100BK	100BR	100FLY	200IM
2:25.03	0:59.61	1:11.14	1:07.06	4:24.82	0:57.16	0:26.33	1100	0:31.13	1:06.42	4:47.92	1:17.46	1:22.53	1:12.96	2:47.74
2:25.47	0:59.79	1:11.36	1:07.26	4:25.63	0:57.34	0:26.41	1090	0:31.23	1:06.62	4:48.79	1:17.70	1:22.78	1:13.19	2:48.25
2:25.92	0:59.97	1:11.58	1:07.47	4:26.45	0:57.52	0:26.49	1080	0:31.33	1:06.82	4:49.68	1:17.93	1:23.03	1:13.41	2:48.76
2:26.37	1:00.16	1:11.80	1:07.68	4:27.27	0:57.69	0:26.57	1070	0:31.42	1:07.03	4:50.58	1:18.18	1:23.29	1:13.64	2:49.29
2:26.83	1:00.35	1:12.03	1:07.89	4:28.11	0:57.87	0:26.66	1060	0:31.52	1:07.24	4:51.49	1:18.42	1:23.55	1:13.87	2:49.82
2:27.29	1:00.54	1:12.26	1:08.10	4:28.96	0:58.06	0:26.74	1050	0:31.62	1:07.45	4:52.42	1:18.67	1:23.82	1:14.10	2:50.36
2:27.77	1:00.73	1:12.49	1:08.32	4:29.82	0:58.24	0:26.83	1040	0:31.72	1:07.67	4:53.35	1:18.92	1:24.08	1:14.34	2:50.90
2:28.24	1:00.93	1:12.72	1:08.54	4:30.69	0:58.43	0:26.91	1030	0:31.82	1:07.89	4:54.30	1:19.18	1:24.35	1:14.58	2:51.45
2:28.73	1:01.13	1:12.96	1:08.76	4:31.57	0:58.62	0:27.00	1020	0:31.93	1:08.11	4:55.25	1:19.43	1:24.63	1:14.82	2:52.01
2:29.21	1:01.33	1:13.20	1:08.99	4:32.46	0:58.81	0:27.09	1010	0:32.03	1:08.33	4:56.23	1:19.70	1:24.91	1:15.07	2:52.58
2:29.71	1:01.53	1:13.44	1:09.22	4:33.37	0:59.01	0:27.18	1000	0:32.14	1:08.56	4:57.21	1:19.96	1:25.19	1:15.32	2:53.15
2:30.21	1:01.74	1:13.69	1:09.45	4:34.29	0:59.21	0:27.27	990	0:32.25	1:08.79	4:58.21	1:20.23	1:25.48	1:15.57	2:53.73
2:30.72	1:01.95	1:13.94	1:09.69	4:35.22	0:59.41	0:27.36	980	0:32.36	1:09.02	4:59.22	1:20.50	1:25.77	1:15.83	2:54.32
2:31.24	1:02.16	1:14.19	1:09.93	4:36.16	0:59.61	0:27.46	970	0:32.47	1:09.26	5:00.24	1:20.78	1:26.06	1:16.09	2:54.92
2:31.76	1:02.37	1:14.45	1:10.17	4:37.12	0:59.82	0:27.55	960	0:32.58	1:09.50	5:01.28	1:21.06	1:26.36	1:16.35	2:55.52
2:32.29	1:02.59	1:14.71	1:10.41	4:38.08	1:00.03	0:27.65	950	0:32.69	1:09.74	5:02.34	1:21.34	1:26.66	1:16.62	2:56.14
2:32.83	1:02.81	1:14.97	1:10.66	4:39.07	1:00.24	0:27.75	940	0:32.81	1:09.99	5:03.40	1:21.63	1:26.97	1:16.89	2:56.76
2:33.38	1:03.04	1:15.24	1:10.91	4:40.06	1:00.45	0:27.85	930	0:32.93	1:10.24	5:04.49	1:21.92	1:27.28	1:17.16	2:57.39
2:33.93	1:03.26	1:15.51	1:11.17	4:41.07	1:00.67	0:27.95	920	0:33.05	1:10.49	5:05.59	1:22.21	1:27.59	1:17.44	2:58.03
2:34.49	1:03.50	1:15.79	1:11.43	4:42.10	1:00.89	0:28.05	910	0:33.17	1:10.75	5:06.70	1:22.51	1:27.91	1:17.73	2:58.68
2:35.06	1:03.73	1:16.07	1:11.69	4:43.14	1:01.12	0:28.15	900	0:33.29	1:11.01	5:07.83	1:22.82	1:28.24	1:18.01	2:59.34
2:35.64	1:03.97	1:16.35	1:11.96	4:44.20	1:01.35	0:28.26	890	0:33.41	1:11.28	5:08.98	1:23.13	1:28.56	1:18.30	3:00.01
2:36.23	1:04.21	1:16.64	1:12.23	4:45.27	1:01.58	0:28.36	880	0:33.54	1:11.54	5:10.15	1:23.44	1:28.90	1:18.60	3:00.69
2:36.82	1:04.45	1:16.93	1:12.51	4:46.36	1:01.81	0:28.47	870	0:33.67	1:11.82	5:11.33	1:23.76	1:29.24	1:18.90	3:01.38
2:37.43	1:04.70	1:17.23	1:12.79	4:47.46	1:02.05	0:28.58	860	0:33.80	1:12.09	5:12.53	1:24.08	1:29.58	1:19.20	3:02.08
2:38.04	1:04.96	1:17.53	1:13.07	4:48.59	1:02.29	0:28.69	850	0:33.93	1:12.38	5:13.75	1:24.41	1:29.93	1:19.51	3:02.79
2:38.67	1:05.21	1:17.83	1:13.36	4:49.73	1:02.54	0:28.81	840	0:34.06	1:12.66	5:14.99	1:24.74	1:30.29	1:19.83	3:03.51
2:39.30	1:05.47	1:18.15	1:13.66	4:50.89	1:02.79	0:28.92	830	0:34.20	1:12.95	5:16.25	1:25.08	1:30.65	1:20.15	3:04.25
2:39.95	1:05.74	1:18.46	1:13.95	4:52.07	1:03.05	0:29.04	820	0:34.34	1:13.25	5:17.54	1:25.43	1:31.02	1:20.47	3:04.99
2:40.60	1:06.01	1:18.78	1:14.26	4:53.26	1:03.30	0:29.16	810	0:34.48	1:13.55	5:18.84	1:25.78	1:31.39	1:20.80	3:05.75
2:41.27	1:06.28	1:19.11	1:14.56	4:54.48	1:03.57	0:29.28	800	0:34.62	1:13.85	5:20.16	1:26.13	1:31.77	1:21.14	3:06.52
2:41.95	1:06.56	1:19.44	1:14.88	4:55.72	1:03.83	0:29.40	790	0:34.77	1:14.16	5:21.50	1:26.50	1:32.15	1:21.48	3:07.30
2:42.64	1:06.84	1:19.78	1:15.20	4:56.97	1:04.11	0:29.53	780	0:34.92	1:14.48	5:22.87	1:26.86	1:32.55	1:21.82	3:08.10
2:43.34	1:07.13	1:20.13	1:15.52	4:58.25	1:04.38	0:29.65	770	0:35.07	1:14.80	5:24.26	1:27.24	1:32.94	1:22.18	3:08.91
2:44.05	1:07.42	1:20.48	1:15.85	4:59.56	1:04.66	0:29.78	760	0:35.22	1:15.13	5:25.68	1:27.62	1:33.35	1:22.54	3:09.74
2:44.78	1:07.72	1:20.83	1:16.19	5:00.88	1:04.95	0:29.92	750	0:35.37	1:15.46	5:27.12	1:28.01	1:33.76	1:22.90	3:10.58
2:45.52	1:08.03	1:21.19	1:16.53	5:02.23	1:05.24	0:30.05	740	0:35.53	1:15.80	5:28.59	1:28.40	1:34.18	1:23.27	3:11.43
2:46.27	1:08.34	1:21.56	1:16.88	5:03.61	1:05.54	0:30.19	730	0:35.69	1:16.14	5:30.08	1:28.80	1:34.61	1:23.65	3:12.30
2:47.03	1:08.65	1:21.94	1:17.23	5:05.00	1:05.84	0:30.33	720	0:35.86	1:16.49	5:31.60	1:29.21	1:35.05	1:24.04	3:13.19
2:47.82	1:08.97	1:22.32	1:17.59	5:06.43	1:06.15	0:30.47	710	0:36.03	1:16.85	5:33.15	1:29.63	1:35.49	1:24.43	3:14.09
2:48.61	1:09.30	1:22.71	1:17.96	5:07.88	1:06.46	0:30.61	700	0:36.20	1:17.22	5:34.73	1:30.05	1:35.95	1:24.83	3:15.01
2:49.42	1:09.63	1:23.11	1:18.33	5:09.36	1:06.78	0:30.76	690	0:36.37	1:17.59	5:36.34	1:30.49	1:36.41	1:25.24	3:15.95
2:50.25	1:09.97	1:23.51	1:18.72	5:10.87	1:07.11	0:30.91	680	0:36.55	1:17.97	5:37.98	1:30.93	1:36.88	1:25.65	3:16.90
2:51.09	1:10.32	1:23.93	1:19.11	5:12.41	1:07.44	0:31.06	670	0:36.73	1:18.35	5:39.66	1:31.38	1:37.36	1:26.08	3:17.88
2:51.95	1:10.67	1:24.35	1:19.50	5:13.98	1:07.78	0:31.22	660	0:36.91	1:18.74	5:41.36	1:31.84	1:37.85	1:26.51	3:18.87
2:52.83	1:11.03	1:24.78	1:19.91	5:15.58	1:08.12	0:31.38	650	0:37.10	1:19.15	5:43.10	1:32.31	1:38.34	1:26.95	3:19.89
2:53.72	1:11.40	1:25.22	1:20.32	5:17.22	1:08.48	0:31.54	640	0:37.30	1:19.56	5:44.88	1:32.79	1:38.85	1:27.40	3:20.92
2:54.64	1:11.78	1:25.67	1:20.75	5:18.89	1:08.84	0:31.71	630	0:37.49	1:19.98	5:46.70	1:33.27	1:39.37	1:27.86	3:21.98
2:55.57	1:12.16	1:26.13	1:21.18	5:20.59	1:09.20	0:31.88	620	0:37.69	1:20.40	5:48.55	1:33.77	1:39.91	1:28.33	3:23.06
2:56.53	1:12.55	1:26.59	1:21.62	5:22.34	1:09.58	0:32.05	610	0:37.90	1:20.84	5:50.45	1:34.28	1:40.45	1:28.81	3:24.16

PNZ Performance & Development Swimming Programme - Points Table

MEN				S8, SB8, SM8				WOMEN						
200IM	100FLY	100BR	100BK	400FR	100FR	50FR	POINTS	50FR	100FR	400FR	100BK	100BR	100FLY	200IM
2:57.50	1:12.95	1:27.07	1:22.07	5:24.12	1:09.96	0:32.23	600	0:38.11	1:21.29	5:52.38	1:34.80	1:41.00	1:29.30	3:25.29
2:58.50	1:13.36	1:27.56	1:22.53	5:25.94	1:10.36	0:32.41	590	0:38.32	1:21.74	5:54.36	1:35.34	1:41.57	1:29.80	3:26.45
2:59.52	1:13.78	1:28.06	1:23.00	5:27.80	1:10.76	0:32.59	580	0:38.54	1:22.21	5:56.39	1:35.88	1:42.15	1:30.32	3:27.63
3:00.56	1:14.21	1:28.57	1:23.48	5:29.71	1:11.17	0:32.78	570	0:38.76	1:22.69	5:58.46	1:36.44	1:42.75	1:30.84	3:28.83
3:01.63	1:14.65	1:29.10	1:23.98	5:31.66	1:11.59	0:32.98	560	0:38.99	1:23.18	6:00.58	1:37.01	1:43.35	1:31.38	3:30.07
3:02.72	1:15.10	1:29.64	1:24.48	5:33.65	1:12.02	0:33.17	550	0:39.23	1:23.68	6:02.75	1:37.59	1:43.98	1:31.93	3:31.33
3:03.85	1:15.56	1:30.19	1:25.00	5:35.70	1:12.46	0:33.38	540	0:39.47	1:24.19	6:04.98	1:38.19	1:44.61	1:32.49	3:32.63
3:04.99	1:16.03	1:30.75	1:25.53	5:37.80	1:12.92	0:33.59	530	0:39.71	1:24.72	6:07.26	1:38.81	1:45.27	1:33.07	3:33.96
3:06.17	1:16.52	1:31.33	1:26.08	5:39.95	1:13.38	0:33.80	520	0:39.97	1:25.26	6:09.60	1:39.43	1:45.94	1:33.66	3:35.32
3:07.38	1:17.01	1:31.92	1:26.64	5:42.16	1:13.86	0:34.02	510	0:40.23	1:25.81	6:12.00	1:40.08	1:46.63	1:34.27	3:36.72
3:08.62	1:17.52	1:32.53	1:27.21	5:44.42	1:14.35	0:34.24	500	0:40.49	1:26.38	6:14.46	1:40.74	1:47.33	1:34.90	3:38.16
3:09.90	1:18.05	1:33.15	1:27.80	5:46.75	1:14.85	0:34.48	490	0:40.77	1:26.96	6:16.99	1:41.42	1:48.06	1:35.54	3:39.63
3:11.21	1:18.59	1:33.80	1:28.41	5:49.14	1:15.37	0:34.71	480	0:41.05	1:27.56	6:19.59	1:42.12	1:48.80	1:36.20	3:41.14
3:12.55	1:19.14	1:34.46	1:29.03	5:51.60	1:15.90	0:34.96	470	0:41.34	1:28.18	6:22.26	1:42.84	1:49.57	1:36.87	3:42.70
3:13.94	1:19.71	1:35.14	1:29.67	5:54.13	1:16.44	0:35.21	460	0:41.64	1:28.81	6:25.01	1:43.58	1:50.36	1:37.57	3:44.30
3:15.36	1:20.29	1:35.84	1:30.33	5:56.74	1:17.01	0:35.47	450	0:41.94	1:29.47	6:27.85	1:44.34	1:51.17	1:38.29	3:45.95
3:16.83	1:20.90	1:36.56	1:31.01	5:59.42	1:17.58	0:35.74	440	0:42.26	1:30.14	6:30.76	1:45.13	1:52.01	1:39.03	3:47.65
3:18.35	1:21.52	1:37.30	1:31.71	6:02.18	1:18.18	0:36.01	430	0:42.58	1:30.83	6:33.77	1:45.94	1:52.87	1:39.79	3:49.40
3:19.91	1:22.16	1:38.07	1:32.43	6:05.03	1:18.80	0:36.29	420	0:42.92	1:31.55	6:36.87	1:46.77	1:53.76	1:40.58	3:51.21
3:21.52	1:22.82	1:38.86	1:33.18	6:07.98	1:19.43	0:36.59	410	0:43.26	1:32.29	6:40.07	1:47.63	1:54.67	1:41.39	3:53.07
3:23.19	1:23.51	1:39.67	1:33.95	6:11.02	1:20.09	0:36.89	400	0:43.62	1:33.05	6:43.38	1:48.52	1:55.62	1:42.22	3:55.00
3:24.91	1:24.22	1:40.52	1:34.74	6:14.16	1:20.77	0:37.20	390	0:43.99	1:33.84	6:46.79	1:49.44	1:56.60	1:43.09	3:56.99
3:26.69	1:24.95	1:41.39	1:35.57	6:17.42	1:21.47	0:37.53	380	0:44.37	1:34.65	6:50.33	1:50.39	1:57.61	1:43.99	3:59.05
3:28.54	1:25.71	1:42.30	1:36.42	6:20.79	1:22.20	0:37.86	370	0:44.77	1:35.50	6:54.00	1:51.38	1:58.66	1:44.92	4:01.19
3:30.45	1:26.49	1:43.24	1:37.30	6:24.28	1:22.95	0:38.21	360	0:45.18	1:36.38	6:57.79	1:52.40	1:59.75	1:45.88	4:03.40
3:32.44	1:27.31	1:44.21	1:38.22	6:27.91	1:23.73	0:38.57	350	0:45.61	1:37.29	7:01.74	1:53.46	2:00.88	1:46.88	4:05.70
3:34.50	1:28.16	1:45.22	1:39.18	6:31.67	1:24.55	0:38.94	340	0:46.05	1:38.23	7:05.83	1:54.56	2:02.06	1:47.92	4:08.08
3:36.64	1:29.04	1:46.27	1:40.17	6:35.59	1:25.39	0:39.33	330	0:46.51	1:39.21	7:10.09	1:55.71	2:03.28	1:48.99	4:10.56
3:38.88	1:29.96	1:47.37	1:41.20	6:39.67	1:26.27	0:39.74	320	0:46.99	1:40.24	7:14.52	1:56.90	2:04.55	1:50.12	4:13.15
3:41.21	1:30.91	1:48.51	1:42.28	6:43.92	1:27.19	0:40.16	310	0:47.49	1:41.30	7:19.15	1:58.15	2:05.87	1:51.29	4:15.84
3:43.64	1:31.91	1:49.70	1:43.40	6:48.36	1:28.15	0:40.60	300	0:48.01	1:42.42	7:23.97	1:59.44	2:07.26	1:52.51	4:18.65
3:46.18	1:32.96	1:50.95	1:44.58	6:53.00	1:29.15	0:41.06	290	0:48.56	1:43.58	7:29.02	2:00.80	2:08.70	1:53.79	4:21.59
3:48.84	1:34.05	1:52.26	1:45.81	6:57.86	1:30.20	0:41.55	280	0:49.13	1:44.80	7:34.30	2:02.22	2:10.22	1:55.13	4:24.67
3:51.63	1:35.20	1:53.63	1:47.10	7:02.96	1:31.30	0:42.05	270	0:49.73	1:46.08	7:39.84	2:03.71	2:11.81	1:56.53	4:27.90
3:54.56	1:36.40	1:55.06	1:48.45	7:08.31	1:32.46	0:42.59	260	0:50.36	1:47.42	7:45.66	2:05.28	2:13.47	1:58.01	4:31.29
3:57.65	1:37.67	1:56.58	1:49.88	7:13.95	1:33.67	0:43.15	250	0:51.02	1:48.83	7:51.79	2:06.93	2:15.23	1:59.56	4:34.86
4:00.91	1:39.01	1:58.18	1:51.39	7:19.89	1:34.96	0:43.74	240	0:51.72	1:50.32	7:58.26	2:08.67	2:17.08	2:01.20	4:38.62
4:04.35	1:40.43	1:59.86	1:52.98	7:26.18	1:36.31	0:44.36	230	0:52.46	1:51.90	8:05.09	2:10.51	2:19.04	2:02.93	4:42.61
4:08.00	1:41.92	2:01.65	1:54.66	7:32.84	1:37.75	0:45.02	220	0:53.24	1:53.57	8:12.33	2:12.45	2:21.12	2:04.77	4:46.82
4:11.87	1:43.52	2:03.55	1:56.46	7:39.92	1:39.28	0:45.73	210	0:54.07	1:55.34	8:20.02	2:14.52	2:23.32	2:06.72	4:51.31
4:16.00	1:45.21	2:05.58	1:58.36	7:47.46	1:40.91	0:46.48	200	0:54.96	1:57.24	8:28.22	2:16.73	2:25.67	2:08.80	4:56.08
4:20.42	1:47.03	2:07.75	2:00.41	7:55.52	1:42.65	0:47.28	190	0:55.91	1:59.26	8:36.99	2:19.09	2:28.18	2:11.02	5:01.19
4:25.15	1:48.98	2:10.07	2:02.60	8:04.16	1:44.51	0:48.14	180	0:56.92	2:01.43	8:46.39	2:21.62	2:30.88	2:13.40	5:06.67
4:30.25	1:51.07	2:12.57	2:04.95	8:13.48	1:46.52	0:49.06	170	0:58.02	2:03.76	8:56.51	2:24.34	2:33.78	2:15.97	5:12.56
4:35.77	1:53.34	2:15.28	2:07.50	8:23.55	1:48.70	0:50.07	160	0:59.20	2:06.29	9:07.47	2:27.29	2:36.92	2:18.74	5:18.95
4:41.77	1:55.80	2:18.22	2:10.28	8:34.50	1:51.06	0:51.15	150	1:00.49	2:09.03	9:19.37	2:30.49	2:40.33	2:21.76	5:25.88
4:48.32	1:58.50	2:21.43	2:13.31	8:46.47	1:53.64	0:52.34	140	1:01.90	2:12.04	9:32.38	2:33.99	2:44.06	2:25.06	5:33.46
4:55.53	2:01.46	2:24.97	2:16.64	8:59.64	1:56.49	0:53.65	130	1:03.45	2:15.34	9:46.70	2:37.84	2:48.17	2:28.68	5:41.80
5:03.52	2:04.75	2:28.89	2:20.34	9:14.23	1:59.64	0:55.10	120	1:05.16	2:19.00	10:02.56	2:42.11	2:52.71	2:32.70	5:51.04
5:12.45	2:08.42	2:33.27	2:24.47	9:30.54	2:03.16	0:56.73	110	1:07.08	2:23.09	10:20.30	2:46.88	2:57.80	2:37.20	6:01.38

PNZ Performance & Development Swimming Programme - Points Table

MEN				S7, SB7, SM7				WOMEN						
200IM	50FLY	100BR	100BK	400FR	100FR	50FR	POINTS	50FR	100FR	400FR	100BK	100BR	50FLY	200IM
2:44.78	0:31.45	1:21.38	1:12.64	4:50.11	1:01.71	0:27.91	1100	0:32.86	1:09.84	5:16.92	1:23.60	1:32.52	0:37.29	3:02.08
2:45.28	0:31.55	1:21.63	1:12.86	4:50.99	1:01.90	0:27.99	1090	0:32.96	1:10.05	5:17.89	1:23.86	1:32.81	0:37.40	3:02.64
2:45.79	0:31.65	1:21.88	1:13.08	4:51.89	1:02.09	0:28.08	1080	0:33.06	1:10.26	5:18.86	1:24.11	1:33.09	0:37.52	3:03.20
2:46.31	0:31.75	1:22.14	1:13.31	4:52.79	1:02.28	0:28.17	1070	0:33.16	1:10.48	5:19.85	1:24.38	1:33.38	0:37.63	3:03.77
2:46.83	0:31.85	1:22.39	1:13.54	4:53.71	1:02.47	0:28.26	1060	0:33.27	1:10.70	5:20.86	1:24.64	1:33.67	0:37.75	3:04.34
2:47.36	0:31.95	1:22.65	1:13.77	4:54.64	1:02.67	0:28.35	1050	0:33.37	1:10.93	5:21.87	1:24.91	1:33.97	0:37.87	3:04.93
2:47.89	0:32.05	1:22.92	1:14.01	4:55.58	1:02.87	0:28.44	1040	0:33.48	1:11.15	5:22.90	1:25.18	1:34.27	0:37.99	3:05.52
2:48.43	0:32.15	1:23.19	1:14.24	4:56.53	1:03.08	0:28.53	1030	0:33.59	1:11.38	5:23.94	1:25.45	1:34.57	0:38.11	3:06.12
2:48.98	0:32.26	1:23.46	1:14.49	4:57.50	1:03.28	0:28.62	1020	0:33.70	1:11.62	5:25.00	1:25.73	1:34.88	0:38.24	3:06.72
2:49.54	0:32.36	1:23.73	1:14.73	4:58.48	1:03.49	0:28.71	1010	0:33.81	1:11.85	5:26.07	1:26.01	1:35.19	0:38.36	3:07.34
2:50.10	0:32.47	1:24.01	1:14.98	4:59.47	1:03.70	0:28.81	1000	0:33.92	1:12.09	5:27.15	1:26.30	1:35.51	0:38.49	3:07.96
2:50.67	0:32.58	1:24.29	1:15.23	5:00.47	1:03.91	0:28.91	990	0:34.03	1:12.33	5:28.25	1:26.59	1:35.83	0:38.62	3:08.59
2:51.25	0:32.69	1:24.58	1:15.49	5:01.49	1:04.13	0:29.00	980	0:34.15	1:12.58	5:29.36	1:26.88	1:36.16	0:38.75	3:09.23
2:51.84	0:32.80	1:24.87	1:15.75	5:02.53	1:04.35	0:29.10	970	0:34.27	1:12.83	5:30.49	1:27.18	1:36.48	0:38.88	3:09.88
2:52.43	0:32.91	1:25.16	1:16.01	5:03.57	1:04.57	0:29.20	960	0:34.38	1:13.08	5:31.63	1:27.48	1:36.82	0:39.02	3:10.54
2:53.03	0:33.03	1:25.46	1:16.27	5:04.63	1:04.80	0:29.31	950	0:34.50	1:13.33	5:32.79	1:27.79	1:37.16	0:39.15	3:11.20
2:53.64	0:33.15	1:25.76	1:16.54	5:05.71	1:05.03	0:29.41	940	0:34.63	1:13.59	5:33.97	1:28.10	1:37.50	0:39.29	3:11.88
2:54.26	0:33.27	1:26.07	1:16.82	5:06.80	1:05.26	0:29.52	930	0:34.75	1:13.86	5:35.16	1:28.41	1:37.85	0:39.43	3:12.56
2:54.89	0:33.39	1:26.38	1:17.09	5:07.91	1:05.50	0:29.62	920	0:34.88	1:14.12	5:36.37	1:28.73	1:38.20	0:39.57	3:13.26
2:55.53	0:33.51	1:26.69	1:17.37	5:09.03	1:05.73	0:29.73	910	0:35.00	1:14.39	5:37.60	1:29.06	1:38.56	0:39.72	3:13.96
2:56.18	0:33.63	1:27.01	1:17.66	5:10.17	1:05.98	0:29.84	900	0:35.13	1:14.67	5:38.84	1:29.38	1:38.92	0:39.87	3:14.68
2:56.84	0:33.76	1:27.34	1:17.95	5:11.33	1:06.22	0:29.95	890	0:35.26	1:14.95	5:40.11	1:29.72	1:39.29	0:40.01	3:15.40
2:57.50	0:33.88	1:27.67	1:18.24	5:12.51	1:06.47	0:30.06	880	0:35.40	1:15.23	5:41.39	1:30.06	1:39.67	0:40.17	3:16.14
2:58.18	0:34.01	1:28.00	1:18.54	5:13.70	1:06.73	0:30.18	870	0:35.53	1:15.52	5:42.69	1:30.40	1:40.05	0:40.32	3:16.89
2:58.87	0:34.14	1:28.34	1:18.85	5:14.91	1:06.98	0:30.30	860	0:35.67	1:15.81	5:44.02	1:30.75	1:40.43	0:40.47	3:17.65
2:59.57	0:34.28	1:28.69	1:19.15	5:16.14	1:07.25	0:30.41	850	0:35.81	1:16.10	5:45.36	1:31.10	1:40.83	0:40.63	3:18.42
3:00.28	0:34.41	1:29.04	1:19.47	5:17.39	1:07.51	0:30.53	840	0:35.95	1:16.40	5:46.73	1:31.46	1:41.23	0:40.79	3:19.21
3:01.00	0:34.55	1:29.39	1:19.78	5:18.66	1:07.78	0:30.66	830	0:36.09	1:16.71	5:48.11	1:31.83	1:41.63	0:40.96	3:20.00
3:01.73	0:34.69	1:29.76	1:20.11	5:19.95	1:08.06	0:30.78	820	0:36.24	1:17.02	5:49.52	1:32.20	1:42.04	0:41.12	3:20.81
3:02.48	0:34.83	1:30.12	1:20.44	5:21.26	1:08.34	0:30.91	810	0:36.39	1:17.34	5:50.96	1:32.58	1:42.46	0:41.29	3:21.64
3:03.23	0:34.98	1:30.50	1:20.77	5:22.59	1:08.62	0:31.03	800	0:36.54	1:17.66	5:52.41	1:32.96	1:42.89	0:41.46	3:22.47
3:04.00	0:35.12	1:30.88	1:21.11	5:23.95	1:08.91	0:31.17	790	0:36.69	1:17.98	5:53.89	1:33.35	1:43.32	0:41.64	3:23.32
3:04.79	0:35.27	1:31.26	1:21.45	5:25.33	1:09.20	0:31.30	780	0:36.85	1:18.31	5:55.40	1:33.75	1:43.76	0:41.81	3:24.19
3:05.58	0:35.43	1:31.66	1:21.81	5:26.73	1:09.50	0:31.43	770	0:37.01	1:18.65	5:56.93	1:34.16	1:44.20	0:41.99	3:25.07
3:06.39	0:35.58	1:32.06	1:22.16	5:28.16	1:09.80	0:31.57	760	0:37.17	1:19.00	5:58.49	1:34.57	1:44.66	0:42.18	3:25.97
3:07.22	0:35.74	1:32.46	1:22.53	5:29.61	1:10.11	0:31.71	750	0:37.33	1:19.35	6:00.08	1:34.99	1:45.12	0:42.36	3:26.88
3:08.06	0:35.90	1:32.88	1:22.90	5:31.09	1:10.43	0:31.85	740	0:37.50	1:19.70	6:01.69	1:35.41	1:45.59	0:42.55	3:27.80
3:08.91	0:36.06	1:33.30	1:23.27	5:32.59	1:10.75	0:32.00	730	0:37.67	1:20.06	6:03.33	1:35.85	1:46.07	0:42.75	3:28.75
3:09.78	0:36.23	1:33.73	1:23.66	5:34.13	1:11.07	0:32.14	720	0:37.85	1:20.43	6:05.01	1:36.29	1:46.56	0:42.94	3:29.71
3:10.67	0:36.40	1:34.17	1:24.05	5:35.69	1:11.40	0:32.29	710	0:38.02	1:20.81	6:06.71	1:36.74	1:47.06	0:43.14	3:30.69
3:11.57	0:36.57	1:34.62	1:24.45	5:37.28	1:11.74	0:32.45	700	0:38.20	1:21.19	6:08.45	1:37.20	1:47.57	0:43.35	3:31.69
3:12.50	0:36.75	1:35.07	1:24.85	5:38.90	1:12.09	0:32.60	690	0:38.39	1:21.58	6:10.22	1:37.66	1:48.09	0:43.56	3:32.71
3:13.43	0:36.92	1:35.53	1:25.27	5:40.55	1:12.44	0:32.76	680	0:38.57	1:21.98	6:12.03	1:38.14	1:48.61	0:43.77	3:33.74
3:14.39	0:37.11	1:36.01	1:25.69	5:42.24	1:12.80	0:32.92	670	0:38.76	1:22.39	6:13.87	1:38.62	1:49.15	0:43.99	3:34.80
3:15.37	0:37.29	1:36.49	1:26.12	5:43.96	1:13.16	0:33.09	660	0:38.96	1:22.80	6:15.75	1:39.12	1:49.70	0:44.21	3:35.88
3:16.37	0:37.48	1:36.98	1:26.56	5:45.71	1:13.54	0:33.26	650	0:39.16	1:23.22	6:17.67	1:39.63	1:50.26	0:44.43	3:36.98
3:17.38	0:37.68	1:37.48	1:27.01	5:47.50	1:13.92	0:33.43	640	0:39.36	1:23.65	6:19.62	1:40.14	1:50.83	0:44.66	3:38.11
3:18.42	0:37.88	1:38.00	1:27.46	5:49.33	1:14.31	0:33.61	630	0:39.57	1:24.09	6:21.62	1:40.67	1:51.41	0:44.90	3:39.26
3:19.48	0:38.08	1:38.52	1:27.93	5:51.20	1:14.70	0:33.79	620	0:39.78	1:24.54	6:23.66	1:41.21	1:52.01	0:45.14	3:40.43
3:20.57	0:38.29	1:39.06	1:28.41	5:53.11	1:15.11	0:33.97	610	0:40.00	1:25.00	6:25.75	1:41.76	1:52.62	0:45.38	3:41.63

Men's S7 100m Backstroke: Due to a competitor being listed twice on the ranking list, the #4 ranked time of 1:14.98 has been used.

PNZ Performance & Development Swimming Programme - Points Table

MEN				S7, SB7, SM7				WOMEN						
200IM	50FLY	100BR	100BK	400FR	100FR	50FR	POINTS	50FR	100FR	400FR	100BK	100BR	50FLY	200IM
3:21.68	0:38.50	1:39.60	1:28.90	5:55.06	1:15.52	0:34.16	600	0:40.22	1:25.47	6:27.88	1:42.32	1:53.24	0:45.63	3:42.85
3:22.81	0:38.71	1:40.16	1:29.40	5:57.06	1:15.95	0:34.35	590	0:40.44	1:25.95	6:30.06	1:42.89	1:53.88	0:45.89	3:44.10
3:23.97	0:38.93	1:40.74	1:29.91	5:59.10	1:16.38	0:34.55	580	0:40.67	1:26.44	6:32.29	1:43.48	1:54.53	0:46.15	3:45.38
3:25.15	0:39.16	1:41.32	1:30.43	6:01.18	1:16.83	0:34.75	570	0:40.91	1:26.95	6:34.57	1:44.08	1:55.19	0:46.42	3:46.69
3:26.37	0:39.39	1:41.92	1:30.97	6:03.32	1:17.28	0:34.95	560	0:41.15	1:27.46	6:36.90	1:44.70	1:55.87	0:46.70	3:48.04
3:27.61	0:39.63	1:42.54	1:31.51	6:05.51	1:17.75	0:35.16	550	0:41.40	1:27.99	6:39.29	1:45.33	1:56.57	0:46.98	3:49.41
3:28.88	0:39.87	1:43.17	1:32.08	6:07.75	1:18.22	0:35.38	540	0:41.65	1:28.53	6:41.74	1:45.98	1:57.29	0:47.27	3:50.82
3:30.19	0:40.12	1:43.81	1:32.65	6:10.05	1:18.71	0:35.60	530	0:41.91	1:29.08	6:44.25	1:46.64	1:58.02	0:47.56	3:52.26
3:31.53	0:40.38	1:44.47	1:33.24	6:12.41	1:19.21	0:35.83	520	0:42.18	1:29.65	6:46.83	1:47.32	1:58.77	0:47.86	3:53.74
3:32.90	0:40.64	1:45.15	1:33.85	6:14.83	1:19.73	0:36.06	510	0:42.46	1:30.23	6:49.47	1:48.02	1:59.54	0:48.18	3:55.26
3:34.31	0:40.91	1:45.85	1:34.47	6:17.31	1:20.26	0:36.30	500	0:42.74	1:30.83	6:52.18	1:48.73	2:00.34	0:48.49	3:56.81
3:35.76	0:41.19	1:46.56	1:35.11	6:19.86	1:20.80	0:36.54	490	0:43.03	1:31.44	6:54.97	1:49.47	2:01.15	0:48.82	3:58.41
3:37.25	0:41.47	1:47.30	1:35.76	6:22.48	1:21.36	0:36.80	480	0:43.32	1:32.07	6:57.83	1:50.22	2:01.98	0:49.16	4:00.06
3:38.78	0:41.76	1:48.05	1:36.44	6:25.17	1:21.93	0:37.05	470	0:43.63	1:32.72	7:00.77	1:51.00	2:02.84	0:49.50	4:01.75
3:40.35	0:42.06	1:48.83	1:37.13	6:27.94	1:22.52	0:37.32	460	0:43.94	1:33.39	7:03.80	1:51.80	2:03.73	0:49.86	4:03.49
3:41.97	0:42.37	1:49.63	1:37.85	6:30.80	1:23.13	0:37.60	450	0:44.26	1:34.07	7:06.92	1:52.62	2:04.64	0:50.23	4:05.28
3:43.64	0:42.69	1:50.45	1:38.58	6:33.73	1:23.75	0:37.88	440	0:44.60	1:34.78	7:10.13	1:53.46	2:05.57	0:50.61	4:07.12
3:45.36	0:43.02	1:51.30	1:39.34	6:36.76	1:24.39	0:38.17	430	0:44.94	1:35.51	7:13.44	1:54.34	2:06.54	0:50.99	4:09.02
3:47.14	0:43.36	1:52.18	1:40.12	6:39.89	1:25.06	0:38.47	420	0:45.29	1:36.26	7:16.85	1:55.24	2:07.54	0:51.40	4:10.99
3:48.97	0:43.71	1:53.08	1:40.93	6:43.11	1:25.75	0:38.78	410	0:45.66	1:37.04	7:20.37	1:56.17	2:08.56	0:51.81	4:13.01
3:50.86	0:44.07	1:54.02	1:41.76	6:46.44	1:26.45	0:39.10	400	0:46.04	1:37.84	7:24.01	1:57.13	2:09.63	0:52.24	4:15.10
3:52.82	0:44.44	1:54.99	1:42.63	6:49.89	1:27.19	0:39.43	390	0:46.43	1:38.67	7:27.77	1:58.12	2:10.73	0:52.68	4:17.26
3:54.84	0:44.83	1:55.99	1:43.52	6:53.45	1:27.95	0:39.78	380	0:46.83	1:39.53	7:31.67	1:59.15	2:11.86	0:53.14	4:19.50
3:56.94	0:45.23	1:57.02	1:44.44	6:57.14	1:28.73	0:40.13	370	0:47.25	1:40.42	7:35.70	2:00.21	2:13.04	0:53.61	4:21.82
3:59.11	0:45.64	1:58.09	1:45.40	7:00.97	1:29.54	0:40.50	360	0:47.68	1:41.34	7:39.88	2:01.31	2:14.26	0:54.11	4:24.22
4:01.37	0:46.07	1:59.21	1:46.40	7:04.94	1:30.39	0:40.88	350	0:48.13	1:42.29	7:44.22	2:02.46	2:15.53	0:54.62	4:26.71
4:03.71	0:46.52	2:00.37	1:47.43	7:09.07	1:31.27	0:41.28	340	0:48.60	1:43.29	7:48.73	2:03.65	2:16.84	0:55.15	4:29.30
4:06.15	0:46.99	2:01.57	1:48.50	7:13.36	1:32.18	0:41.69	330	0:49.09	1:44.32	7:53.42	2:04.88	2:18.21	0:55.70	4:31.99
4:08.69	0:47.47	2:02.82	1:49.62	7:17.83	1:33.13	0:42.12	320	0:49.59	1:45.40	7:58.30	2:06.17	2:19.64	0:56.27	4:34.80
4:11.33	0:47.98	2:04.13	1:50.79	7:22.49	1:34.12	0:42.57	310	0:50.12	1:46.52	8:03.38	2:07.51	2:21.12	0:56.87	4:37.72
4:14.10	0:48.50	2:05.49	1:52.01	7:27.35	1:35.16	0:43.04	300	0:50.67	1:47.69	8:08.70	2:08.92	2:22.67	0:57.50	4:40.77
4:16.98	0:49.05	2:06.92	1:53.28	7:32.43	1:36.24	0:43.53	290	0:51.25	1:48.91	8:14.25	2:10.38	2:24.29	0:58.15	4:43.97
4:20.01	0:49.63	2:08.41	1:54.61	7:37.76	1:37.37	0:44.04	280	0:51.85	1:50.19	8:20.07	2:11.91	2:25.99	0:58.83	4:47.31
4:23.18	0:50.24	2:09.98	1:56.01	7:43.34	1:38.56	0:44.57	270	0:52.48	1:51.54	8:26.17	2:13.52	2:27.77	0:59.55	4:50.81
4:26.51	0:50.87	2:11.63	1:57.48	7:49.20	1:39.80	0:45.14	260	0:53.15	1:52.95	8:32.57	2:15.21	2:29.64	1:00.31	4:54.49
4:30.02	0:51.54	2:13.36	1:59.02	7:55.38	1:41.12	0:45.73	250	0:53.84	1:54.44	8:39.32	2:16.99	2:31.61	1:01.10	4:58.37
4:33.72	0:52.25	2:15.18	2:00.65	8:01.89	1:42.50	0:46.36	240	0:54.58	1:56.00	8:46.43	2:18.87	2:33.69	1:01.94	5:02.46
4:37.63	0:53.00	2:17.12	2:02.38	8:08.78	1:43.97	0:47.02	230	0:55.36	1:57.66	8:53.95	2:20.85	2:35.89	1:02.82	5:06.78
4:41.77	0:53.79	2:19.16	2:04.20	8:16.07	1:45.52	0:47.72	220	0:56.19	1:59.42	9:01.93	2:22.96	2:38.21	1:03.76	5:11.36
4:46.17	0:54.63	2:21.34	2:06.15	8:23.83	1:47.17	0:48.47	210	0:57.07	2:01.28	9:10.39	2:25.19	2:40.69	1:04.76	5:16.22
4:50.87	0:55.52	2:23.66	2:08.21	8:32.09	1:48.93	0:49.26	200	0:58.00	2:03.27	9:19.42	2:27.57	2:43.32	1:05.82	5:21.41
4:55.88	0:56.48	2:26.13	2:10.43	8:40.92	1:50.80	0:50.11	190	0:59.00	2:05.40	9:29.07	2:30.12	2:46.14	1:06.95	5:26.95
5:01.26	0:57.51	2:28.79	2:12.80	8:50.39	1:52.82	0:51.03	180	1:00.08	2:07.68	9:39.41	2:32.85	2:49.16	1:08.17	5:32.90
5:07.06	0:58.61	2:31.65	2:15.35	9:00.59	1:54.99	0:52.01	170	1:01.23	2:10.13	9:50.56	2:35.79	2:52.41	1:09.48	5:39.30
5:13.33	0:59.81	2:34.75	2:18.11	9:11.63	1:57.34	0:53.07	160	1:02.48	2:12.79	10:02.62	2:38.97	2:55.93	1:10.90	5:46.23
5:20.14	1:01.11	2:38.11	2:21.12	9:23.62	1:59.89	0:54.22	150	1:03.84	2:15.68	10:15.72	2:42.42	2:59.76	1:12.44	5:53.75
5:27.59	1:02.53	2:41.79	2:24.40	9:36.74	2:02.68	0:55.48	140	1:05.33	2:18.84	10:30.04	2:46.20	3:03.94	1:14.13	6:01.98
5:35.78	1:04.10	2:45.84	2:28.01	9:51.16	2:05.75	0:56.87	130	1:06.96	2:22.31	10:45.80	2:50.36	3:08.54	1:15.98	6:11.04
5:44.86	1:05.83	2:50.32	2:32.01	10:07.15	2:09.15	0:58.41	120	1:08.77	2:26.16	11:03.26	2:54.96	3:13.64	1:18.03	6:21.07
5:55.01	1:07.77	2:55.33	2:36.49	10:25.01	2:12.95	1:00.13	110	1:10.79	2:30.46	11:22.78	3:00.11	3:19.34	1:20.33	6:32.28

Men's S7 100m Backstroke: Due to a competitor being listed twice on the ranking list, the #4 ranked time of 1:14.98 has been used.

PNZ Performance & Development Swimming Programme - Points Table

MEN				S6, SB6, SM6				WOMEN						
200IM	50FLY	100BR	100BK	400FR	100FR	50FR	POINTS	50FR	100FR	400FR	100BK	100BR	50FLY	200IM
2:43.18	0:31.36	1:27.15	1:14.64	5:10.02	1:06.48	0:29.74	1100	0:36.05	1:16.88	5:37.81	1:27.70	1:39.66	0:39.51	3:09.10
2:43.68	0:31.45	1:27.41	1:14.87	5:10.97	1:06.69	0:29.83	1090	0:36.16	1:17.11	5:38.84	1:27.97	1:39.97	0:39.63	3:09.67
2:44.18	0:31.55	1:27.68	1:15.10	5:11.92	1:06.89	0:29.92	1080	0:36.27	1:17.35	5:39.88	1:28.24	1:40.27	0:39.76	3:10.26
2:44.69	0:31.65	1:27.95	1:15.33	5:12.89	1:07.10	0:30.02	1070	0:36.38	1:17.59	5:40.93	1:28.51	1:40.59	0:39.88	3:10.85
2:45.21	0:31.75	1:28.23	1:15.57	5:13.87	1:07.31	0:30.11	1060	0:36.49	1:17.83	5:42.00	1:28.79	1:40.90	0:40.01	3:11.45
2:45.73	0:31.85	1:28.51	1:15.81	5:14.87	1:07.52	0:30.20	1050	0:36.61	1:18.08	5:43.08	1:29.07	1:41.22	0:40.13	3:12.05
2:46.26	0:31.95	1:28.79	1:16.05	5:15.87	1:07.74	0:30.30	1040	0:36.73	1:18.33	5:44.18	1:29.35	1:41.54	0:40.26	3:12.66
2:46.80	0:32.05	1:29.08	1:16.29	5:16.89	1:07.96	0:30.40	1030	0:36.85	1:18.58	5:45.29	1:29.64	1:41.87	0:40.39	3:13.29
2:47.34	0:32.16	1:29.37	1:16.54	5:17.92	1:08.18	0:30.50	1020	0:36.97	1:18.84	5:46.42	1:29.93	1:42.20	0:40.52	3:13.92
2:47.89	0:32.26	1:29.66	1:16.79	5:18.97	1:08.40	0:30.60	1010	0:37.09	1:19.10	5:47.56	1:30.23	1:42.54	0:40.65	3:14.55
2:48.45	0:32.37	1:29.96	1:17.05	5:20.03	1:08.63	0:30.70	1000	0:37.21	1:19.36	5:48.71	1:30.53	1:42.88	0:40.79	3:15.20
2:49.02	0:32.48	1:30.26	1:17.31	5:21.10	1:08.86	0:30.80	990	0:37.33	1:19.63	5:49.88	1:30.83	1:43.23	0:40.93	3:15.86
2:49.59	0:32.59	1:30.57	1:17.57	5:22.19	1:09.09	0:30.91	980	0:37.46	1:19.90	5:51.07	1:31.14	1:43.58	0:41.07	3:16.52
2:50.17	0:32.70	1:30.88	1:17.84	5:23.30	1:09.33	0:31.01	970	0:37.59	1:20.17	5:52.27	1:31.45	1:43.93	0:41.21	3:17.19
2:50.76	0:32.81	1:31.19	1:18.11	5:24.41	1:09.57	0:31.12	960	0:37.72	1:20.45	5:53.49	1:31.77	1:44.29	0:41.35	3:17.87
2:51.35	0:32.93	1:31.51	1:18.38	5:25.55	1:09.81	0:31.23	950	0:37.85	1:20.73	5:54.72	1:32.09	1:44.65	0:41.49	3:18.57
2:51.96	0:33.04	1:31.83	1:18.66	5:26.70	1:10.06	0:31.34	940	0:37.99	1:21.01	5:55.98	1:32.42	1:45.02	0:41.64	3:19.27
2:52.57	0:33.16	1:32.16	1:18.94	5:27.87	1:10.31	0:31.45	930	0:38.12	1:21.30	5:57.25	1:32.75	1:45.40	0:41.79	3:19.98
2:53.20	0:33.28	1:32.50	1:19.22	5:29.05	1:10.56	0:31.57	920	0:38.26	1:21.60	5:58.54	1:33.08	1:45.78	0:41.94	3:20.70
2:53.83	0:33.40	1:32.83	1:19.51	5:30.25	1:10.82	0:31.68	910	0:38.40	1:21.89	5:59.85	1:33.42	1:46.17	0:42.09	3:21.43
2:54.47	0:33.53	1:33.18	1:19.80	5:31.47	1:11.08	0:31.80	900	0:38.54	1:22.20	6:01.17	1:33.77	1:46.56	0:42.25	3:22.18
2:55.12	0:33.65	1:33.52	1:20.10	5:32.71	1:11.35	0:31.92	890	0:38.68	1:22.50	6:02.52	1:34.12	1:46.95	0:42.41	3:22.93
2:55.78	0:33.78	1:33.88	1:20.40	5:33.96	1:11.62	0:32.04	880	0:38.83	1:22.81	6:03.89	1:34.47	1:47.36	0:42.57	3:23.70
2:56.45	0:33.91	1:34.23	1:20.71	5:35.24	1:11.89	0:32.16	870	0:38.98	1:23.13	6:05.28	1:34.83	1:47.77	0:42.73	3:24.47
2:57.14	0:34.04	1:34.60	1:21.02	5:36.53	1:12.17	0:32.28	860	0:39.13	1:23.45	6:06.69	1:35.20	1:48.18	0:42.89	3:25.26
2:57.83	0:34.17	1:34.97	1:21.34	5:37.85	1:12.45	0:32.41	850	0:39.28	1:23.78	6:08.12	1:35.57	1:48.61	0:43.06	3:26.07
2:58.53	0:34.31	1:35.34	1:21.66	5:39.18	1:12.74	0:32.54	840	0:39.44	1:24.11	6:09.58	1:35.95	1:49.04	0:43.23	3:26.88
2:59.24	0:34.44	1:35.72	1:21.99	5:40.54	1:13.03	0:32.67	830	0:39.59	1:24.45	6:11.06	1:36.33	1:49.47	0:43.40	3:27.71
2:59.97	0:34.58	1:36.11	1:22.32	5:41.92	1:13.32	0:32.80	820	0:39.75	1:24.79	6:12.56	1:36.72	1:49.92	0:43.58	3:28.55
3:00.71	0:34.73	1:36.51	1:22.66	5:43.32	1:13.62	0:32.93	810	0:39.92	1:25.13	6:14.08	1:37.12	1:50.37	0:43.76	3:29.40
3:01.46	0:34.87	1:36.91	1:23.00	5:44.74	1:13.93	0:33.07	800	0:40.08	1:25.49	6:15.64	1:37.52	1:50.82	0:43.94	3:30.27
3:02.22	0:35.02	1:37.31	1:23.35	5:46.19	1:14.24	0:33.21	790	0:40.25	1:25.85	6:17.21	1:37.93	1:51.29	0:44.12	3:31.16
3:03.00	0:35.17	1:37.73	1:23.70	5:47.66	1:14.56	0:33.35	780	0:40.42	1:26.21	6:18.82	1:38.35	1:51.76	0:44.31	3:32.05
3:03.78	0:35.32	1:38.15	1:24.06	5:49.16	1:14.88	0:33.49	770	0:40.60	1:26.58	6:20.45	1:38.77	1:52.25	0:44.50	3:32.97
3:04.59	0:35.47	1:38.58	1:24.43	5:50.69	1:15.20	0:33.64	760	0:40.77	1:26.96	6:22.11	1:39.20	1:52.74	0:44.70	3:33.90
3:05.40	0:35.63	1:39.01	1:24.80	5:52.24	1:15.54	0:33.79	750	0:40.95	1:27.35	6:23.81	1:39.64	1:53.23	0:44.90	3:34.85
3:06.23	0:35.79	1:39.46	1:25.18	5:53.82	1:15.88	0:33.94	740	0:41.14	1:27.74	6:25.53	1:40.09	1:53.74	0:45.10	3:35.81
3:07.08	0:35.95	1:39.91	1:25.57	5:55.43	1:16.22	0:34.10	730	0:41.33	1:28.14	6:27.28	1:40.54	1:54.26	0:45.30	3:36.79
3:07.94	0:36.12	1:40.37	1:25.97	5:57.06	1:16.57	0:34.25	720	0:41.52	1:28.54	6:29.06	1:41.01	1:54.79	0:45.51	3:37.79
3:08.82	0:36.28	1:40.84	1:26.37	5:58.73	1:16.93	0:34.41	710	0:41.71	1:28.96	6:30.88	1:41.48	1:55.32	0:45.72	3:38.81
3:09.72	0:36.46	1:41.32	1:26.78	6:00.43	1:17.29	0:34.58	700	0:41.91	1:29.38	6:32.73	1:41.96	1:55.87	0:45.94	3:39.84
3:10.63	0:36.63	1:41.80	1:27.19	6:02.17	1:17.67	0:34.74	690	0:42.11	1:29.81	6:34.62	1:42.45	1:56.43	0:46.16	3:40.90
3:11.56	0:36.81	1:42.30	1:27.62	6:03.93	1:18.04	0:34.91	680	0:42.31	1:30.25	6:36.55	1:42.95	1:56.99	0:46.39	3:41.98
3:12.51	0:36.99	1:42.81	1:28.05	6:05.73	1:18.43	0:35.08	670	0:42.52	1:30.69	6:38.51	1:43.46	1:57.57	0:46.62	3:43.08
3:13.47	0:37.18	1:43.32	1:28.50	6:07.57	1:18.83	0:35.26	660	0:42.74	1:31.15	6:40.51	1:43.98	1:58.16	0:46.85	3:44.20
3:14.46	0:37.37	1:43.85	1:28.95	6:09.45	1:19.23	0:35.44	650	0:42.96	1:31.61	6:42.56	1:44.51	1:58.77	0:47.09	3:45.34
3:15.47	0:37.56	1:44.39	1:29.41	6:11.36	1:19.64	0:35.62	640	0:43.18	1:32.09	6:44.64	1:45.05	1:59.38	0:47.33	3:46.51
3:16.50	0:37.76	1:44.94	1:29.88	6:13.32	1:20.06	0:35.81	630	0:43.41	1:32.57	6:46.77	1:45.60	2:00.01	0:47.58	3:47.70
3:17.55	0:37.96	1:45.50	1:30.36	6:15.31	1:20.49	0:36.00	620	0:43.64	1:33.07	6:48.95	1:46.17	2:00.65	0:47.84	3:48.92
3:18.62	0:38.17	1:46.07	1:30.85	6:17.35	1:20.92	0:36.20	610	0:43.87	1:33.57	6:51.17	1:46.75	2:01.31	0:48.10	3:50.16

PNZ Performance & Development Swimming Programme - Points Table

MEN

S6, SB6, SM6

WOMEN

200IM	50FLY	100BR	100BK	400FR	100FR	50FR	POINTS	50FR	100FR	400FR	100BK	100BR	50FLY	200IM
3:19.72	0:38.38	1:46.66	1:31.35	6:19.44	1:21.37	0:36.40	600	0:44.12	1:34.09	6:53.44	1:47.34	2:01.98	0:48.36	3:51.44
3:20.84	0:38.59	1:47.26	1:31.87	6:21.57	1:21.83	0:36.60	590	0:44.37	1:34.62	6:55.76	1:47.94	2:02.66	0:48.63	3:52.74
3:21.99	0:38.82	1:47.87	1:32.39	6:23.75	1:22.29	0:36.81	580	0:44.62	1:35.16	6:58.14	1:48.56	2:03.36	0:48.91	3:54.07
3:23.16	0:39.04	1:48.50	1:32.93	6:25.98	1:22.77	0:37.03	570	0:44.88	1:35.71	7:00.57	1:49.19	2:04.08	0:49.20	3:55.43
3:24.37	0:39.27	1:49.14	1:33.48	6:28.26	1:23.26	0:37.25	560	0:45.14	1:36.28	7:03.06	1:49.83	2:04.82	0:49.49	3:56.82
3:25.60	0:39.51	1:49.80	1:34.04	6:30.60	1:23.76	0:37.47	550	0:45.42	1:36.86	7:05.61	1:50.49	2:05.57	0:49.79	3:58.25
3:26.86	0:39.75	1:50.47	1:34.62	6:33.00	1:24.28	0:37.70	540	0:45.69	1:37.45	7:08.22	1:51.17	2:06.34	0:50.09	3:59.71
3:28.15	0:40.00	1:51.16	1:35.21	6:35.46	1:24.81	0:37.94	530	0:45.98	1:38.06	7:10.90	1:51.87	2:07.13	0:50.40	4:01.21
3:29.48	0:40.25	1:51.87	1:35.82	6:37.98	1:25.35	0:38.18	520	0:46.27	1:38.69	7:13.64	1:52.58	2:07.94	0:50.72	4:02.74
3:30.84	0:40.52	1:52.60	1:36.44	6:40.56	1:25.90	0:38.43	510	0:46.57	1:39.33	7:16.46	1:53.31	2:08.77	0:51.05	4:04.32
3:32.23	0:40.78	1:53.34	1:37.08	6:43.21	1:26.47	0:38.68	500	0:46.88	1:39.99	7:19.35	1:54.06	2:09.62	0:51.39	4:05.94
3:33.67	0:41.06	1:54.11	1:37.73	6:45.94	1:27.05	0:38.94	490	0:47.20	1:40.66	7:22.32	1:54.83	2:10.50	0:51.74	4:07.60
3:35.14	0:41.34	1:54.90	1:38.41	6:48.74	1:27.65	0:39.21	480	0:47.52	1:41.36	7:25.37	1:55.62	2:11.40	0:52.10	4:09.31
3:36.66	0:41.63	1:55.70	1:39.10	6:51.62	1:28.27	0:39.49	470	0:47.86	1:42.07	7:28.50	1:56.44	2:12.32	0:52.46	4:11.06
3:38.22	0:41.93	1:56.54	1:39.81	6:54.58	1:28.91	0:39.77	460	0:48.20	1:42.81	7:31.73	1:57.28	2:13.27	0:52.84	4:12.87
3:39.82	0:42.24	1:57.39	1:40.55	6:57.63	1:29.56	0:40.06	450	0:48.56	1:43.56	7:35.05	1:58.14	2:14.25	0:53.23	4:14.73
3:41.47	0:42.56	1:58.28	1:41.30	7:00.77	1:30.23	0:40.36	440	0:48.92	1:44.34	7:38.47	1:59.03	2:15.26	0:53.63	4:16.64
3:43.18	0:42.89	1:59.19	1:42.08	7:04.00	1:30.93	0:40.67	430	0:49.30	1:45.14	7:42.00	1:59.94	2:16.30	0:54.04	4:18.62
3:44.93	0:43.22	2:00.12	1:42.89	7:07.34	1:31.64	0:40.99	420	0:49.69	1:45.97	7:45.64	2:00.89	2:17.38	0:54.47	4:20.65
3:46.75	0:43.57	2:01.09	1:43.72	7:10.79	1:32.38	0:41.32	410	0:50.09	1:46.83	7:49.39	2:01.86	2:18.49	0:54.91	4:22.76
3:48.62	0:43.93	2:02.09	1:44.57	7:14.35	1:33.15	0:41.67	400	0:50.50	1:47.71	7:53.27	2:02.87	2:19.63	0:55.36	4:24.93
3:50.56	0:44.31	2:03.13	1:45.46	7:18.03	1:33.93	0:42.02	390	0:50.93	1:48.62	7:57.28	2:03.91	2:20.81	0:55.83	4:27.17
3:52.56	0:44.69	2:04.20	1:46.38	7:21.84	1:34.75	0:42.38	380	0:51.37	1:49.57	8:01.43	2:04.99	2:22.04	0:56.32	4:29.50
3:54.64	0:45.09	2:05.31	1:47.33	7:25.78	1:35.60	0:42.76	370	0:51.83	1:50.54	8:05.73	2:06.10	2:23.31	0:56.82	4:31.90
3:56.79	0:45.50	2:06.46	1:48.31	7:29.87	1:36.47	0:43.16	360	0:52.31	1:51.56	8:10.19	2:07.26	2:24.62	0:57.34	4:34.40
3:59.03	0:45.93	2:07.65	1:49.33	7:34.12	1:37.38	0:43.56	350	0:52.80	1:52.61	8:14.81	2:08.46	2:25.99	0:57.88	4:36.99
4:01.35	0:46.38	2:08.89	1:50.39	7:38.53	1:38.33	0:43.99	340	0:53.31	1:53.70	8:19.62	2:09.71	2:27.40	0:58.44	4:39.67
4:03.76	0:46.84	2:10.18	1:51.50	7:43.11	1:39.31	0:44.43	330	0:53.85	1:54.84	8:24.61	2:11.01	2:28.88	0:59.03	4:42.47
4:06.28	0:47.33	2:11.52	1:52.65	7:47.89	1:40.34	0:44.88	320	0:54.40	1:56.03	8:29.82	2:12.36	2:30.41	0:59.64	4:45.38
4:08.90	0:47.83	2:12.92	1:53.85	7:52.86	1:41.41	0:45.36	310	0:54.98	1:57.26	8:35.24	2:13.76	2:32.01	1:00.27	4:48.42
4:11.63	0:48.35	2:14.38	1:55.10	7:58.06	1:42.52	0:45.86	300	0:55.58	1:58.55	8:40.90	2:15.23	2:33.68	1:00.93	4:51.59
4:14.49	0:48.90	2:15.91	1:56.41	8:03.49	1:43.68	0:46.38	290	0:56.22	1:59.90	8:46.82	2:16.77	2:35.43	1:01.62	4:54.90
4:17.48	0:49.48	2:17.51	1:57.78	8:09.18	1:44.90	0:46.93	280	0:56.88	2:01.31	8:53.02	2:18.38	2:37.26	1:02.35	4:58.37
4:20.63	0:50.08	2:19.19	1:59.21	8:15.15	1:46.18	0:47.50	270	0:57.57	2:02.79	8:59.52	2:20.07	2:39.18	1:03.11	5:02.01
4:23.92	0:50.72	2:20.95	2:00.72	8:21.42	1:47.53	0:48.10	260	0:58.30	2:04.34	9:06.35	2:21.84	2:41.19	1:03.91	5:05.84
4:27.40	0:51.38	2:22.80	2:02.31	8:28.02	1:48.94	0:48.73	250	0:59.07	2:05.98	9:13.54	2:23.71	2:43.31	1:04.75	5:09.86
4:31.06	0:52.09	2:24.76	2:03.98	8:34.98	1:50.44	0:49.40	240	0:59.88	2:07.70	9:21.13	2:25.68	2:45.55	1:05.64	5:14.11
4:34.93	0:52.83	2:26.83	2:05.76	8:42.33	1:52.01	0:50.11	230	1:00.73	2:09.53	9:29.14	2:27.76	2:47.91	1:06.57	5:18.59
4:39.04	0:53.62	2:29.02	2:07.63	8:50.13	1:53.69	0:50.85	220	1:01.64	2:11.46	9:37.64	2:29.96	2:50.42	1:07.57	5:23.35
4:43.40	0:54.46	2:31.35	2:09.63	8:58.42	1:55.46	0:51.65	210	1:02.60	2:13.51	9:46.67	2:32.31	2:53.08	1:08.62	5:28.40
4:48.05	0:55.35	2:33.83	2:11.75	9:07.24	1:57.36	0:52.50	200	1:03.63	2:15.70	9:56.29	2:34.80	2:55.92	1:09.75	5:33.79
4:53.01	0:56.31	2:36.48	2:14.03	9:16.68	1:59.38	0:53.40	190	1:04.73	2:18.04	10:06.57	2:37.47	2:58.96	1:10.95	5:39.54
4:58.34	0:57.33	2:39.33	2:16.46	9:26.80	2:01.55	0:54.37	180	1:05.90	2:20.55	10:17.60	2:40.34	3:02.21	1:12.24	5:45.72
5:04.08	0:58.43	2:42.39	2:19.09	9:37.71	2:03.89	0:55.42	170	1:07.17	2:23.26	10:29.48	2:43.42	3:05.72	1:13.63	5:52.37
5:10.29	0:59.63	2:45.71	2:21.93	9:49.50	2:06.42	0:56.55	160	1:08.54	2:26.18	10:42.33	2:46.76	3:09.51	1:15.14	5:59.56
5:17.04	1:00.92	2:49.31	2:25.01	10:02.32	2:09.17	0:57.78	150	1:10.03	2:29.36	10:56.30	2:50.38	3:13.63	1:16.77	6:07.38
5:24.41	1:02.34	2:53.25	2:28.39	10:16.33	2:12.17	0:59.12	140	1:11.66	2:32.84	11:11.57	2:54.35	3:18.13	1:18.56	6:15.93
5:32.52	1:03.90	2:57.58	2:32.10	10:31.75	2:15.48	1:00.60	130	1:13.45	2:36.66	11:28.36	2:58.71	3:23.09	1:20.52	6:25.33
5:41.52	1:05.63	3:02.38	2:36.21	10:48.83	2:19.14	1:02.24	120	1:15.44	2:40.89	11:46.97	3:03.54	3:28.58	1:22.70	6:35.75
5:51.57	1:07.56	3:07.75	2:40.81	11:07.92	2:23.24	1:04.07	110	1:17.66	2:45.63	12:07.78	3:08.94	3:34.72	1:25.13	6:47.39

PNZ Performance & Development Swimming Programme - Points Table

MEN				S5, SB5, SM5				WOMEN						
200IM	50FLY	100BR	50BK	200FR	100FR	50FR	POINTS	50FR	100FR	200FR	50BK	100BR	50FLY	200IM
2:55.90	0:35.91	1:31.86	0:37.57	2:33.91	1:12.21	0:32.51	1100	0:35.75	1:17.60	2:47.05	0:43.32	1:48.83	0:48.03	3:53.62
2:56.44	0:36.02	1:32.14	0:37.68	2:34.38	1:12.43	0:32.61	1090	0:35.86	1:17.83	2:47.56	0:43.45	1:49.16	0:48.18	3:54.33
2:56.98	0:36.13	1:32.43	0:37.80	2:34.86	1:12.65	0:32.71	1080	0:35.97	1:18.07	2:48.07	0:43.59	1:49.49	0:48.32	3:55.05
2:57.53	0:36.24	1:32.72	0:37.92	2:35.34	1:12.88	0:32.81	1070	0:36.08	1:18.31	2:48.59	0:43.72	1:49.83	0:48.47	3:55.78
2:58.09	0:36.36	1:33.01	0:38.03	2:35.82	1:13.11	0:32.91	1060	0:36.19	1:18.56	2:49.12	0:43.86	1:50.18	0:48.63	3:56.52
2:58.65	0:36.47	1:33.30	0:38.15	2:36.32	1:13.34	0:33.02	1050	0:36.30	1:18.81	2:49.66	0:44.00	1:50.53	0:48.78	3:57.27
2:59.22	0:36.59	1:33.60	0:38.28	2:36.82	1:13.57	0:33.12	1040	0:36.42	1:19.06	2:50.20	0:44.14	1:50.88	0:48.94	3:58.03
2:59.80	0:36.71	1:33.90	0:38.40	2:37.32	1:13.81	0:33.23	1030	0:36.54	1:19.31	2:50.75	0:44.28	1:51.24	0:49.09	3:58.80
3:00.39	0:36.83	1:34.21	0:38.52	2:37.83	1:14.05	0:33.34	1020	0:36.66	1:19.57	2:51.31	0:44.43	1:51.60	0:49.25	3:59.57
3:00.98	0:36.95	1:34.52	0:38.65	2:38.35	1:14.29	0:33.45	1010	0:36.78	1:19.83	2:51.87	0:44.57	1:51.97	0:49.42	4:00.36
3:01.58	0:37.07	1:34.83	0:38.78	2:38.88	1:14.54	0:33.56	1000	0:36.90	1:20.10	2:52.44	0:44.72	1:52.34	0:49.58	4:01.16
3:02.19	0:37.19	1:35.15	0:38.91	2:39.41	1:14.79	0:33.67	990	0:37.02	1:20.37	2:53.02	0:44.87	1:52.72	0:49.75	4:01.97
3:02.81	0:37.32	1:35.47	0:39.04	2:39.95	1:15.04	0:33.79	980	0:37.15	1:20.64	2:53.61	0:45.02	1:53.10	0:49.92	4:02.79
3:03.43	0:37.45	1:35.80	0:39.18	2:40.50	1:15.30	0:33.90	970	0:37.28	1:20.92	2:54.20	0:45.18	1:53.49	0:50.09	4:03.62
3:04.07	0:37.58	1:36.13	0:39.31	2:41.06	1:15.56	0:34.02	960	0:37.41	1:21.20	2:54.80	0:45.33	1:53.88	0:50.26	4:04.46
3:04.71	0:37.71	1:36.47	0:39.45	2:41.62	1:15.83	0:34.14	950	0:37.54	1:21.48	2:55.41	0:45.49	1:54.28	0:50.43	4:05.32
3:05.36	0:37.84	1:36.81	0:39.59	2:42.19	1:16.09	0:34.26	940	0:37.67	1:21.77	2:56.03	0:45.65	1:54.68	0:50.61	4:06.19
3:06.03	0:37.98	1:37.15	0:39.73	2:42.77	1:16.37	0:34.38	930	0:37.80	1:22.06	2:56.66	0:45.81	1:55.09	0:50.79	4:07.06
3:06.70	0:38.11	1:37.50	0:39.87	2:43.36	1:16.64	0:34.51	920	0:37.94	1:22.36	2:57.30	0:45.98	1:55.51	0:50.98	4:07.96
3:07.38	0:38.25	1:37.86	0:40.02	2:43.95	1:16.92	0:34.63	910	0:38.08	1:22.66	2:57.95	0:46.15	1:55.93	0:51.16	4:08.86
3:08.07	0:38.40	1:38.22	0:40.17	2:44.56	1:17.20	0:34.76	900	0:38.22	1:22.96	2:58.60	0:46.32	1:56.36	0:51.35	4:09.78
3:08.77	0:38.54	1:38.59	0:40.32	2:45.17	1:17.49	0:34.89	890	0:38.36	1:23.27	2:59.27	0:46.49	1:56.79	0:51.54	4:10.71
3:09.48	0:38.68	1:38.96	0:40.47	2:45.80	1:17.78	0:35.02	880	0:38.51	1:23.59	2:59.95	0:46.67	1:57.23	0:51.74	4:11.66
3:10.21	0:38.83	1:39.34	0:40.62	2:46.43	1:18.08	0:35.15	870	0:38.65	1:23.91	3:00.63	0:46.84	1:57.68	0:51.94	4:12.62
3:10.94	0:38.98	1:39.72	0:40.78	2:47.07	1:18.38	0:35.29	860	0:38.80	1:24.23	3:01.33	0:47.03	1:58.13	0:52.14	4:13.59
3:11.69	0:39.13	1:40.11	0:40.94	2:47.72	1:18.69	0:35.43	850	0:38.95	1:24.56	3:02.04	0:47.21	1:58.59	0:52.34	4:14.58
3:12.45	0:39.29	1:40.50	0:41.10	2:48.39	1:19.00	0:35.57	840	0:39.11	1:24.89	3:02.76	0:47.40	1:59.06	0:52.55	4:15.59
3:13.22	0:39.45	1:40.91	0:41.26	2:49.06	1:19.32	0:35.71	830	0:39.26	1:25.23	3:03.49	0:47.59	1:59.54	0:52.76	4:16.61
3:14.00	0:39.61	1:41.32	0:41.43	2:49.75	1:19.64	0:35.86	820	0:39.42	1:25.58	3:04.23	0:47.78	2:00.02	0:52.97	4:17.65
3:14.79	0:39.77	1:41.73	0:41.60	2:50.44	1:19.96	0:36.00	810	0:39.59	1:25.93	3:04.99	0:47.97	2:00.51	0:53.19	4:18.71
3:15.60	0:39.93	1:42.15	0:41.77	2:51.15	1:20.30	0:36.15	800	0:39.75	1:26.29	3:05.76	0:48.17	2:01.01	0:53.41	4:19.78
3:16.42	0:40.10	1:42.58	0:41.95	2:51.87	1:20.63	0:36.30	790	0:39.92	1:26.65	3:06.54	0:48.38	2:01.52	0:53.63	4:20.87
3:17.26	0:40.27	1:43.02	0:42.13	2:52.60	1:20.98	0:36.46	780	0:40.09	1:27.02	3:07.33	0:48.58	2:02.04	0:53.86	4:21.98
3:18.11	0:40.44	1:43.46	0:42.31	2:53.34	1:21.33	0:36.61	770	0:40.26	1:27.39	3:08.14	0:48.79	2:02.57	0:54.09	4:23.11
3:18.97	0:40.62	1:43.91	0:42.49	2:54.10	1:21.68	0:36.77	760	0:40.43	1:27.77	3:08.96	0:49.00	2:03.10	0:54.33	4:24.26
3:19.85	0:40.80	1:44.37	0:42.68	2:54.87	1:22.04	0:36.94	750	0:40.61	1:28.16	3:09.79	0:49.22	2:03.65	0:54.57	4:25.43
3:20.75	0:40.98	1:44.84	0:42.87	2:55.65	1:22.41	0:37.10	740	0:40.80	1:28.56	3:10.65	0:49.44	2:04.20	0:54.81	4:26.62
3:21.66	0:41.17	1:45.32	0:43.07	2:56.45	1:22.78	0:37.27	730	0:40.98	1:28.96	3:11.51	0:49.67	2:04.77	0:55.06	4:27.83
3:22.59	0:41.36	1:45.80	0:43.27	2:57.27	1:23.17	0:37.44	720	0:41.17	1:29.37	3:12.40	0:49.90	2:05.34	0:55.32	4:29.07
3:23.54	0:41.55	1:46.30	0:43.47	2:58.09	1:23.55	0:37.62	710	0:41.36	1:29.79	3:13.29	0:50.13	2:05.93	0:55.58	4:30.32
3:24.50	0:41.75	1:46.80	0:43.68	2:58.94	1:23.95	0:37.80	700	0:41.56	1:30.21	3:14.21	0:50.37	2:06.52	0:55.84	4:31.61
3:25.49	0:41.95	1:47.32	0:43.89	2:59.80	1:24.35	0:37.98	690	0:41.76	1:30.65	3:15.14	0:50.61	2:07.13	0:56.11	4:32.91
3:26.49	0:42.16	1:47.84	0:44.10	3:00.68	1:24.77	0:38.16	680	0:41.96	1:31.09	3:16.10	0:50.85	2:07.75	0:56.38	4:34.24
3:27.51	0:42.36	1:48.37	0:44.32	3:01.57	1:25.19	0:38.35	670	0:42.17	1:31.54	3:17.07	0:51.11	2:08.38	0:56.66	4:35.60
3:28.55	0:42.58	1:48.92	0:44.54	3:02.48	1:25.61	0:38.55	660	0:42.38	1:32.00	3:18.06	0:51.36	2:09.03	0:56.95	4:36.99
3:29.62	0:42.79	1:49.47	0:44.77	3:03.41	1:26.05	0:38.74	650	0:42.60	1:32.47	3:19.07	0:51.63	2:09.69	0:57.24	4:38.40
3:30.70	0:43.02	1:50.04	0:45.00	3:04.36	1:26.50	0:38.94	640	0:42.82	1:32.95	3:20.10	0:51.89	2:10.36	0:57.53	4:39.84
3:31.81	0:43.24	1:50.62	0:45.24	3:05.33	1:26.95	0:39.15	630	0:43.04	1:33.44	3:21.15	0:52.17	2:11.05	0:57.84	4:41.31
3:32.95	0:43.47	1:51.21	0:45.48	3:06.33	1:27.42	0:39.36	620	0:43.27	1:33.94	3:22.23	0:52.45	2:11.75	0:58.14	4:42.82
3:34.10	0:43.71	1:51.82	0:45.73	3:07.34	1:27.89	0:39.57	610	0:43.51	1:34.45	3:23.33	0:52.73	2:12.46	0:58.46	4:44.36

PNZ Performance & Development Swimming Programme - Points Table

MEN

S5, SB5, SM5

WOMEN

200IM	50FLY	100BR	50BK	200FR	100FR	50FR	POINTS	50FR	100FR	200FR	50BK	100BR	50FLY	200IM
3:35.29	0:43.95	1:52.43	0:45.98	3:08.37	1:28.38	0:39.79	600	0:43.75	1:34.97	3:24.45	0:53.02	2:13.19	0:58.78	4:45.93
3:36.50	0:44.20	1:53.07	0:46.24	3:09.43	1:28.87	0:40.01	590	0:44.00	1:35.50	3:25.60	0:53.32	2:13.94	0:59.11	4:47.53
3:37.73	0:44.45	1:53.71	0:46.50	3:10.51	1:29.38	0:40.24	580	0:44.25	1:36.05	3:26.77	0:53.62	2:14.71	0:59.45	4:49.18
3:39.00	0:44.71	1:54.37	0:46.77	3:11.62	1:29.90	0:40.48	570	0:44.50	1:36.61	3:27.98	0:53.94	2:15.49	0:59.80	4:50.86
3:40.30	0:44.97	1:55.05	0:47.05	3:12.76	1:30.43	0:40.72	560	0:44.77	1:37.18	3:29.21	0:54.25	2:16.29	1:00.15	4:52.58
3:41.62	0:45.24	1:55.74	0:47.33	3:13.92	1:30.98	0:40.96	550	0:45.04	1:37.76	3:30.47	0:54.58	2:17.11	1:00.51	4:54.34
3:42.98	0:45.52	1:56.45	0:47.62	3:15.11	1:31.54	0:41.21	540	0:45.31	1:38.36	3:31.76	0:54.92	2:17.95	1:00.88	4:56.15
3:44.38	0:45.81	1:57.18	0:47.92	3:16.33	1:32.11	0:41.47	530	0:45.60	1:38.98	3:33.08	0:55.26	2:18.82	1:01.27	4:58.00
3:45.81	0:46.10	1:57.93	0:48.23	3:17.58	1:32.69	0:41.73	520	0:45.89	1:39.61	3:34.44	0:55.61	2:19.70	1:01.66	4:59.90
3:47.27	0:46.40	1:58.69	0:48.54	3:18.86	1:33.30	0:42.00	510	0:46.19	1:40.26	3:35.83	0:55.97	2:20.61	1:02.06	5:01.84
3:48.78	0:46.71	1:59.48	0:48.86	3:20.18	1:33.91	0:42.28	500	0:46.49	1:40.92	3:37.26	0:56.34	2:21.54	1:02.47	5:03.84
3:50.32	0:47.02	2:00.29	0:49.19	3:21.53	1:34.55	0:42.57	490	0:46.81	1:41.60	3:38.73	0:56.72	2:22.50	1:02.89	5:05.90
3:51.91	0:47.35	2:01.12	0:49.53	3:22.92	1:35.20	0:42.86	480	0:47.13	1:42.30	3:40.24	0:57.12	2:23.48	1:03.32	5:08.01
3:53.54	0:47.68	2:01.97	0:49.88	3:24.35	1:35.87	0:43.16	470	0:47.46	1:43.02	3:41.79	0:57.52	2:24.49	1:03.77	5:10.17
3:55.22	0:48.02	2:02.85	0:50.24	3:25.82	1:36.56	0:43.47	460	0:47.80	1:43.76	3:43.38	0:57.93	2:25.53	1:04.23	5:12.41
3:56.95	0:48.37	2:03.75	0:50.61	3:27.33	1:37.27	0:43.79	450	0:48.15	1:44.53	3:45.03	0:58.36	2:26.60	1:04.70	5:14.70
3:58.74	0:48.74	2:04.68	0:50.99	3:28.89	1:38.00	0:44.12	440	0:48.51	1:45.31	3:46.72	0:58.80	2:27.70	1:05.19	5:17.07
4:00.57	0:49.11	2:05.64	0:51.38	3:30.50	1:38.76	0:44.46	430	0:48.89	1:46.12	3:48.46	0:59.25	2:28.84	1:05.69	5:19.51
4:02.47	0:49.50	2:06.63	0:51.78	3:32.15	1:39.53	0:44.81	420	0:49.27	1:46.96	3:50.26	0:59.72	2:30.01	1:06.20	5:22.02
4:04.42	0:49.90	2:07.65	0:52.20	3:33.87	1:40.34	0:45.17	410	0:49.67	1:47.82	3:52.12	1:00.20	2:31.22	1:06.74	5:24.62
4:06.44	0:50.31	2:08.70	0:52.63	3:35.63	1:41.17	0:45.55	400	0:50.08	1:48.71	3:54.04	1:00.69	2:32.47	1:07.29	5:27.30
4:08.53	0:50.74	2:09.79	0:53.08	3:37.46	1:42.02	0:45.93	390	0:50.51	1:49.63	3:56.02	1:01.21	2:33.76	1:07.86	5:30.08
4:10.69	0:51.18	2:10.92	0:53.54	3:39.35	1:42.91	0:46.33	380	0:50.94	1:50.59	3:58.07	1:01.74	2:35.10	1:08.45	5:32.95
4:12.93	0:51.64	2:12.09	0:54.02	3:41.31	1:43.83	0:46.75	370	0:51.40	1:51.57	4:00.20	1:02.29	2:36.48	1:09.06	5:35.92
4:15.25	0:52.11	2:13.30	0:54.51	3:43.34	1:44.78	0:47.18	360	0:51.87	1:52.60	4:02.40	1:02.86	2:37.92	1:09.70	5:39.00
4:17.66	0:52.60	2:14.56	0:55.03	3:45.45	1:45.77	0:47.62	350	0:52.36	1:53.66	4:04.69	1:03.46	2:39.41	1:10.35	5:42.20
4:20.16	0:53.11	2:15.87	0:55.56	3:47.64	1:46.80	0:48.08	340	0:52.87	1:54.76	4:07.07	1:04.07	2:40.96	1:11.04	5:45.52
4:22.76	0:53.64	2:17.23	0:56.12	3:49.91	1:47.87	0:48.56	330	0:53.40	1:55.91	4:09.54	1:04.71	2:42.57	1:11.75	5:48.98
4:25.47	0:54.20	2:18.64	0:56.70	3:52.28	1:48.98	0:49.07	320	0:53.95	1:57.11	4:12.11	1:05.38	2:44.24	1:12.49	5:52.58
4:28.30	0:54.77	2:20.12	0:57.30	3:54.76	1:50.14	0:49.59	310	0:54.52	1:58.35	4:14.79	1:06.08	2:45.99	1:13.26	5:56.33
4:31.24	0:55.38	2:21.66	0:57.93	3:57.34	1:51.35	0:50.13	300	0:55.12	1:59.65	4:17.59	1:06.80	2:47.81	1:14.06	6:00.25
4:34.33	0:56.00	2:23.27	0:58.59	4:00.03	1:52.61	0:50.70	290	0:55.75	2:01.01	4:20.52	1:07.56	2:49.72	1:14.90	6:04.34
4:37.55	0:56.66	2:24.95	0:59.28	4:02.86	1:53.94	0:51.30	280	0:56.40	2:02.44	4:23.58	1:08.36	2:51.72	1:15.79	6:08.63
4:40.94	0:57.35	2:26.72	1:00.00	4:05.82	1:55.33	0:51.92	270	0:57.09	2:03.93	4:26.80	1:09.19	2:53.81	1:16.71	6:13.12
4:44.50	0:58.08	2:28.58	1:00.76	4:08.93	1:56.79	0:52.58	260	0:57.81	2:05.50	4:30.18	1:10.07	2:56.01	1:17.68	6:17.85
4:48.24	0:58.84	2:30.53	1:01.56	4:12.21	1:58.32	0:53.27	250	0:58.58	2:07.15	4:33.73	1:10.99	2:58.33	1:18.70	6:22.82
4:52.19	0:59.65	2:32.60	1:02.40	4:15.66	1:59.95	0:54.00	240	0:59.38	2:08.89	4:37.48	1:11.96	3:00.77	1:19.78	6:28.06
4:56.36	1:00.50	2:34.78	1:03.29	4:19.31	2:01.66	0:54.77	230	1:00.23	2:10.73	4:41.45	1:12.99	3:03.35	1:20.92	6:33.61
5:00.79	1:01.41	2:37.09	1:04.24	4:23.19	2:03.48	0:55.59	220	1:01.12	2:12.69	4:45.65	1:14.08	3:06.09	1:22.13	6:39.48
5:05.49	1:02.37	2:39.54	1:05.24	4:27.30	2:05.41	0:56.46	210	1:02.08	2:14.76	4:50.11	1:15.24	3:09.00	1:23.41	6:45.73
5:10.50	1:03.39	2:42.16	1:06.31	4:31.68	2:07.46	0:57.39	200	1:03.10	2:16.97	4:54.87	1:16.47	3:12.10	1:24.78	6:52.38
5:15.85	1:04.48	2:44.95	1:07.46	4:36.37	2:09.66	0:58.38	190	1:04.19	2:19.33	4:59.95	1:17.79	3:15.41	1:26.24	6:59.49
5:21.60	1:05.65	2:47.95	1:08.68	4:41.39	2:12.02	0:59.44	180	1:05.35	2:21.86	5:05.41	1:19.20	3:18.97	1:27.81	7:07.12
5:27.78	1:06.92	2:51.18	1:10.00	4:46.80	2:14.56	1:00.58	170	1:06.61	2:24.59	5:11.28	1:20.73	3:22.79	1:29.50	7:15.33
5:34.47	1:08.28	2:54.68	1:11.43	4:52.66	2:17.30	1:01.82	160	1:07.97	2:27.55	5:17.64	1:22.37	3:26.93	1:31.33	7:24.22
5:41.75	1:09.77	2:58.48	1:12.99	4:59.02	2:20.29	1:03.16	150	1:09.45	2:30.75	5:24.54	1:24.17	3:31.43	1:33.31	7:33.88
5:49.70	1:11.39	3:02.63	1:14.68	5:05.98	2:23.55	1:04.63	140	1:11.06	2:34.26	5:32.09	1:26.12	3:36.35	1:35.48	7:44.44
5:58.44	1:13.18	3:07.20	1:16.55	5:13.63	2:27.14	1:06.25	130	1:12.84	2:38.12	5:40.40	1:28.28	3:41.76	1:37.87	7:56.06
6:08.14	1:15.16	3:12.26	1:18.62	5:22.11	2:31.12	1:08.04	120	1:14.81	2:42.39	5:49.60	1:30.67	3:47.76	1:40.52	8:08.93
6:18.97	1:17.37	3:17.92	1:20.94	5:31.59	2:35.57	1:10.04	110	1:17.01	2:47.17	5:59.89	1:33.33	3:54.46	1:43.48	8:23.32

PNZ Performance & Development Swimming Programme - Points Table

MEN				S4, SB4, SM4				WOMEN					
150IM	50FLY	100BR	50BK	200FR	100FR	50FR	POINTS	50FR	100FR	200FR	50BK	100BR	150IM
2:35.88	0:46.45	1:38.46	0:46.87	2:58.81	1:23.04	0:37.71	1100	0:51.16	1:51.72	3:50.20	0:59.42	1:54.45	3:22.35
2:36.35	0:46.59	1:38.76	0:47.01	2:59.35	1:23.29	0:37.83	1090	0:51.31	1:52.06	3:50.90	0:59.60	1:54.79	3:22.97
2:36.83	0:46.74	1:39.07	0:47.15	2:59.91	1:23.55	0:37.94	1080	0:51.47	1:52.41	3:51.61	0:59.79	1:55.15	3:23.59
2:37.32	0:46.88	1:39.37	0:47.30	3:00.46	1:23.81	0:38.06	1070	0:51.63	1:52.76	3:52.33	0:59.97	1:55.51	3:24.22
2:37.81	0:47.03	1:39.68	0:47.45	3:01.03	1:24.07	0:38.18	1060	0:51.79	1:53.11	3:53.06	1:00.16	1:55.87	3:24.86
2:38.31	0:47.18	1:40.00	0:47.60	3:01.60	1:24.34	0:38.30	1050	0:51.96	1:53.47	3:53.80	1:00.35	1:56.23	3:25.51
2:38.82	0:47.33	1:40.32	0:47.75	3:02.18	1:24.61	0:38.42	1040	0:52.12	1:53.83	3:54.54	1:00.54	1:56.61	3:26.17
2:39.33	0:47.48	1:40.64	0:47.91	3:02.77	1:24.88	0:38.55	1030	0:52.29	1:54.20	3:55.30	1:00.74	1:56.98	3:26.83
2:39.85	0:47.63	1:40.97	0:48.06	3:03.37	1:25.16	0:38.67	1020	0:52.46	1:54.57	3:56.07	1:00.94	1:57.36	3:27.51
2:40.38	0:47.79	1:41.30	0:48.22	3:03.97	1:25.44	0:38.80	1010	0:52.64	1:54.95	3:56.84	1:01.14	1:57.75	3:28.19
2:40.91	0:47.95	1:41.64	0:48.38	3:04.58	1:25.72	0:38.93	1000	0:52.81	1:55.33	3:57.63	1:01.34	1:58.14	3:28.88
2:41.45	0:48.11	1:41.98	0:48.54	3:05.20	1:26.01	0:39.06	990	0:52.99	1:55.72	3:58.43	1:01.55	1:58.54	3:29.58
2:42.00	0:48.27	1:42.33	0:48.71	3:05.83	1:26.30	0:39.19	980	0:53.17	1:56.11	3:59.24	1:01.75	1:58.94	3:30.29
2:42.55	0:48.44	1:42.68	0:48.87	3:06.46	1:26.59	0:39.33	970	0:53.35	1:56.51	4:00.05	1:01.97	1:59.35	3:31.01
2:43.11	0:48.61	1:43.03	0:49.04	3:07.11	1:26.89	0:39.46	960	0:53.53	1:56.91	4:00.89	1:02.18	1:59.76	3:31.74
2:43.68	0:48.78	1:43.39	0:49.21	3:07.76	1:27.20	0:39.60	950	0:53.72	1:57.32	4:01.73	1:02.40	2:00.18	3:32.48
2:44.26	0:48.95	1:43.76	0:49.39	3:08.43	1:27.51	0:39.74	940	0:53.91	1:57.73	4:02.58	1:02.62	2:00.60	3:33.23
2:44.85	0:49.12	1:44.13	0:49.56	3:09.10	1:27.82	0:39.88	930	0:54.10	1:58.15	4:03.45	1:02.84	2:01.03	3:33.99
2:45.45	0:49.30	1:44.50	0:49.74	3:09.78	1:28.14	0:40.03	920	0:54.30	1:58.58	4:04.33	1:03.07	2:01.47	3:34.77
2:46.05	0:49.48	1:44.89	0:49.93	3:10.47	1:28.46	0:40.17	910	0:54.50	1:59.01	4:05.22	1:03.30	2:01.91	3:35.55
2:46.66	0:49.66	1:45.27	0:50.11	3:11.18	1:28.78	0:40.32	900	0:54.70	1:59.45	4:06.12	1:03.53	2:02.36	3:36.35
2:47.28	0:49.85	1:45.67	0:50.30	3:11.89	1:29.12	0:40.47	890	0:54.90	1:59.90	4:07.04	1:03.77	2:02.82	3:37.15
2:47.91	0:50.04	1:46.06	0:50.49	3:12.62	1:29.45	0:40.62	880	0:55.11	2:00.35	4:07.97	1:04.01	2:03.28	3:37.97
2:48.56	0:50.23	1:46.47	0:50.68	3:13.35	1:29.79	0:40.78	870	0:55.32	2:00.81	4:08.92	1:04.25	2:03.75	3:38.80
2:49.21	0:50.42	1:46.88	0:50.87	3:14.10	1:30.14	0:40.94	860	0:55.53	2:01.28	4:09.88	1:04.50	2:04.23	3:39.65
2:49.87	0:50.62	1:47.30	0:51.07	3:14.86	1:30.49	0:41.10	850	0:55.75	2:01.75	4:10.86	1:04.75	2:04.72	3:40.51
2:50.54	0:50.82	1:47.72	0:51.28	3:15.63	1:30.85	0:41.26	840	0:55.97	2:02.23	4:11.85	1:05.01	2:05.21	3:41.38
2:51.22	0:51.02	1:48.15	0:51.48	3:16.41	1:31.21	0:41.42	830	0:56.19	2:02.72	4:12.86	1:05.27	2:05.71	3:42.26
2:51.91	0:51.23	1:48.59	0:51.69	3:17.20	1:31.58	0:41.59	820	0:56.42	2:03.22	4:13.88	1:05.53	2:06.22	3:43.16
2:52.62	0:51.44	1:49.04	0:51.90	3:18.01	1:31.96	0:41.76	810	0:56.65	2:03.72	4:14.92	1:05.80	2:06.74	3:44.08
2:53.34	0:51.65	1:49.49	0:52.12	3:18.83	1:32.34	0:41.94	800	0:56.89	2:04.24	4:15.98	1:06.08	2:07.26	3:45.01
2:54.06	0:51.87	1:49.95	0:52.33	3:19.67	1:32.73	0:42.11	790	0:57.13	2:04.76	4:17.05	1:06.35	2:07.80	3:45.95
2:54.80	0:52.09	1:50.42	0:52.56	3:20.52	1:33.12	0:42.29	780	0:57.37	2:05.29	4:18.15	1:06.64	2:08.34	3:46.92
2:55.56	0:52.31	1:50.89	0:52.78	3:21.38	1:33.52	0:42.47	770	0:57.62	2:05.83	4:19.26	1:06.92	2:08.89	3:47.89
2:56.32	0:52.54	1:51.38	0:53.01	3:22.26	1:33.93	0:42.66	760	0:57.87	2:06.38	4:20.39	1:07.22	2:09.46	3:48.89
2:57.10	0:52.78	1:51.87	0:53.25	3:23.16	1:34.35	0:42.85	750	0:58.12	2:06.94	4:21.55	1:07.51	2:10.03	3:49.90
2:57.90	0:53.01	1:52.37	0:53.49	3:24.07	1:34.77	0:43.04	740	0:58.39	2:07.51	4:22.72	1:07.82	2:10.61	3:50.93
2:58.71	0:53.25	1:52.88	0:53.73	3:25.00	1:35.20	0:43.24	730	0:58.65	2:08.09	4:23.91	1:08.12	2:11.21	3:51.98
2:59.53	0:53.50	1:53.40	0:53.98	3:25.94	1:35.64	0:43.44	720	0:58.92	2:08.68	4:25.13	1:08.44	2:11.81	3:53.05
3:00.37	0:53.75	1:53.93	0:54.23	3:26.90	1:36.09	0:43.64	710	0:59.20	2:09.28	4:26.37	1:08.76	2:12.43	3:54.14
3:01.22	0:54.00	1:54.47	0:54.49	3:27.88	1:36.54	0:43.84	700	0:59.48	2:09.89	4:27.63	1:09.08	2:13.05	3:55.25
3:02.10	0:54.26	1:55.02	0:54.75	3:28.88	1:37.01	0:44.06	690	0:59.76	2:10.51	4:28.92	1:09.42	2:13.69	3:56.38
3:02.98	0:54.53	1:55.58	0:55.02	3:29.90	1:37.48	0:44.27	680	1:00.05	2:11.15	4:30.23	1:09.75	2:14.35	3:57.53
3:03.89	0:54.80	1:56.16	0:55.29	3:30.94	1:37.96	0:44.49	670	1:00.35	2:11.80	4:31.57	1:10.10	2:15.01	3:58.71
3:04.81	0:55.07	1:56.74	0:55.57	3:32.00	1:38.45	0:44.71	660	1:00.66	2:12.46	4:32.93	1:10.45	2:15.69	3:59.91
3:05.76	0:55.35	1:57.33	0:55.85	3:33.08	1:38.96	0:44.94	650	1:00.96	2:13.14	4:34.32	1:10.81	2:16.38	4:01.13
3:06.72	0:55.64	1:57.94	0:56.14	3:34.19	1:39.47	0:45.17	640	1:01.28	2:13.83	4:35.75	1:11.18	2:17.09	4:02.38
3:07.70	0:55.93	1:58.56	0:56.44	3:35.31	1:39.99	0:45.41	630	1:01.60	2:14.53	4:37.20	1:11.55	2:17.81	4:03.66
3:08.71	0:56.23	1:59.20	0:56.74	3:36.46	1:40.53	0:45.65	620	1:01.93	2:15.25	4:38.68	1:11.94	2:18.55	4:04.96
3:09.73	0:56.54	1:59.85	0:57.05	3:37.64	1:41.07	0:45.90	610	1:02.27	2:15.99	4:40.19	1:12.33	2:19.30	4:06.29

Women's S4 150m Individual Medley: Due to the re-classification of a competitor, the #4 ranked time of 3:28.88 has been used.

PNZ Performance & Development Swimming Programme - Points Table

MEN				S4, SB4, SM4				WOMEN					
150IM	50FLY	100BR	50BK	200FR	100FR	50FR	POINTS	50FR	100FR	200FR	50BK	100BR	150IM
3:10.78	0:56.85	2:00.51	0:57.36	3:38.84	1:41.63	0:46.16	600	1:02.61	2:16.74	4:41.74	1:12.73	2:20.07	4:07.65
3:11.85	0:57.17	2:01.18	0:57.68	3:40.07	1:42.20	0:46.42	590	1:02.96	2:17.51	4:43.32	1:13.14	2:20.86	4:09.05
3:12.95	0:57.50	2:01.88	0:58.01	3:41.33	1:42.79	0:46.68	580	1:03.32	2:18.29	4:44.94	1:13.55	2:21.66	4:10.47
3:14.07	0:57.83	2:02.59	0:58.35	3:42.62	1:43.38	0:46.95	570	1:03.69	2:19.10	4:46.60	1:13.98	2:22.49	4:11.93
3:15.22	0:58.17	2:03.31	0:58.70	3:43.93	1:44.00	0:47.23	560	1:04.07	2:19.92	4:48.30	1:14.42	2:23.33	4:13.42
3:16.39	0:58.52	2:04.05	0:59.05	3:45.28	1:44.62	0:47.51	550	1:04.46	2:20.76	4:50.03	1:14.87	2:24.19	4:14.94
3:17.60	0:58.88	2:04.81	0:59.41	3:46.67	1:45.27	0:47.81	540	1:04.85	2:21.63	4:51.81	1:15.33	2:25.08	4:16.51
3:18.83	0:59.25	2:05.60	0:59.78	3:48.08	1:45.92	0:48.11	530	1:05.26	2:22.51	4:53.64	1:15.80	2:25.98	4:18.11
3:20.10	0:59.63	2:06.40	1:00.16	3:49.54	1:46.60	0:48.41	520	1:05.67	2:23.42	4:55.51	1:16.28	2:26.91	4:19.75
3:21.40	1:00.02	2:07.22	1:00.55	3:51.03	1:47.29	0:48.73	510	1:06.10	2:24.35	4:57.43	1:16.78	2:27.87	4:21.44
3:22.73	1:00.41	2:08.06	1:00.95	3:52.56	1:48.00	0:49.05	500	1:06.54	2:25.31	4:59.40	1:17.28	2:28.85	4:23.17
3:24.10	1:00.82	2:08.92	1:01.37	3:54.13	1:48.73	0:49.38	490	1:06.99	2:26.29	5:01.42	1:17.81	2:29.85	4:24.95
3:25.51	1:01.24	2:09.81	1:01.79	3:55.74	1:49.48	0:49.72	480	1:07.45	2:27.30	5:03.50	1:18.34	2:30.89	4:26.78
3:26.96	1:01.67	2:10.73	1:02.23	3:57.40	1:50.25	0:50.07	470	1:07.92	2:28.33	5:05.63	1:18.89	2:31.95	4:28.66
3:28.45	1:02.12	2:11.67	1:02.67	3:59.11	1:51.04	0:50.43	460	1:08.41	2:29.40	5:07.83	1:19.46	2:33.04	4:30.59
3:29.98	1:02.57	2:12.64	1:03.13	4:00.87	1:51.86	0:50.80	450	1:08.91	2:30.50	5:10.10	1:20.05	2:34.17	4:32.58
3:31.56	1:03.04	2:13.63	1:03.61	4:02.68	1:52.70	0:51.18	440	1:09.43	2:31.63	5:12.43	1:20.65	2:35.33	4:34.63
3:33.19	1:03.53	2:14.66	1:04.10	4:04.55	1:53.57	0:51.58	430	1:09.97	2:32.80	5:14.83	1:21.27	2:36.52	4:36.74
3:34.87	1:04.03	2:15.72	1:04.60	4:06.47	1:54.46	0:51.98	420	1:10.52	2:34.00	5:17.31	1:21.91	2:37.75	4:38.92
3:36.60	1:04.54	2:16.82	1:05.12	4:08.46	1:55.39	0:52.40	410	1:11.09	2:35.24	5:19.87	1:22.57	2:39.03	4:41.17
3:38.39	1:05.08	2:17.95	1:05.66	4:10.51	1:56.34	0:52.84	400	1:11.67	2:36.53	5:22.51	1:23.25	2:40.34	4:43.49
3:40.24	1:05.63	2:19.12	1:06.22	4:12.64	1:57.33	0:53.28	390	1:12.28	2:37.85	5:25.25	1:23.96	2:41.70	4:45.90
3:42.15	1:06.20	2:20.33	1:06.79	4:14.83	1:58.35	0:53.75	380	1:12.91	2:39.23	5:28.08	1:24.69	2:43.11	4:48.38
3:44.14	1:06.79	2:21.58	1:07.39	4:17.11	1:59.40	0:54.23	370	1:13.56	2:40.65	5:31.00	1:25.44	2:44.56	4:50.96
3:46.19	1:07.40	2:22.88	1:08.01	4:19.47	2:00.50	0:54.72	360	1:14.24	2:42.12	5:34.04	1:26.23	2:46.07	4:53.63
3:48.33	1:08.04	2:24.23	1:08.65	4:21.92	2:01.64	0:55.24	350	1:14.94	2:43.65	5:37.19	1:27.04	2:47.64	4:56.40
3:50.55	1:08.70	2:25.63	1:09.32	4:24.46	2:02.82	0:55.78	340	1:15.66	2:45.24	5:40.47	1:27.89	2:49.27	4:59.28
3:52.85	1:09.39	2:27.08	1:10.01	4:27.10	2:04.04	0:56.34	330	1:16.42	2:46.89	5:43.87	1:28.76	2:50.96	5:02.27
3:55.25	1:10.10	2:28.60	1:10.73	4:29.86	2:05.32	0:56.92	320	1:17.21	2:48.61	5:47.42	1:29.68	2:52.72	5:05.38
3:57.75	1:10.85	2:30.18	1:11.48	4:32.73	2:06.66	0:57.52	310	1:18.03	2:50.41	5:51.11	1:30.63	2:54.56	5:08.63
4:00.37	1:11.63	2:31.83	1:12.27	4:35.73	2:08.05	0:58.15	300	1:18.89	2:52.28	5:54.97	1:31.63	2:56.48	5:12.03
4:03.10	1:12.44	2:33.56	1:13.09	4:38.86	2:09.50	0:58.81	290	1:19.78	2:54.24	5:59.01	1:32.67	2:58.48	5:15.57
4:05.96	1:13.29	2:35.36	1:13.95	4:42.14	2:11.03	0:59.51	280	1:20.72	2:56.29	6:03.23	1:33.76	3:00.58	5:19.28
4:08.96	1:14.19	2:37.26	1:14.85	4:45.58	2:12.63	1:00.23	270	1:21.71	2:58.44	6:07.66	1:34.91	3:02.79	5:23.18
4:12.11	1:15.13	2:39.25	1:15.80	4:49.20	2:14.30	1:00.99	260	1:22.74	3:00.70	6:12.31	1:36.11	3:05.10	5:27.27
4:15.43	1:16.12	2:41.34	1:16.80	4:53.00	2:16.07	1:01.80	250	1:23.83	3:03.07	6:17.21	1:37.37	3:07.54	5:31.58
4:18.93	1:17.16	2:43.55	1:17.85	4:57.02	2:17.94	1:02.64	240	1:24.98	3:05.58	6:22.38	1:38.71	3:10.10	5:36.12
4:22.63	1:18.26	2:45.89	1:18.96	5:01.26	2:19.91	1:03.54	230	1:26.19	3:08.23	6:27.85	1:40.12	3:12.82	5:40.92
4:26.55	1:19.43	2:48.37	1:20.14	5:05.76	2:22.00	1:04.49	220	1:27.48	3:11.04	6:33.64	1:41.61	3:15.70	5:46.01
4:30.71	1:20.67	2:51.00	1:21.39	5:10.54	2:24.21	1:05.50	210	1:28.85	3:14.03	6:39.79	1:43.20	3:18.76	5:51.42
4:35.15	1:21.99	2:53.80	1:22.73	5:15.63	2:26.58	1:06.57	200	1:30.30	3:17.21	6:46.34	1:44.89	3:22.02	5:57.18
4:39.90	1:23.41	2:56.80	1:24.16	5:21.07	2:29.11	1:07.72	190	1:31.86	3:20.61	6:53.35	1:46.70	3:25.50	6:03.34
4:44.99	1:24.92	3:00.01	1:25.69	5:26.91	2:31.82	1:08.95	180	1:33.53	3:24.26	7:00.87	1:48.64	3:29.24	6:09.95
4:50.47	1:26.56	3:03.48	1:27.33	5:33.20	2:34.74	1:10.28	170	1:35.33	3:28.19	7:08.96	1:50.73	3:33.26	6:17.06
4:56.40	1:28.32	3:07.22	1:29.12	5:40.00	2:37.90	1:11.71	160	1:37.28	3:32.44	7:17.72	1:52.99	3:37.62	6:24.76
5:02.84	1:30.25	3:11.29	1:31.05	5:47.39	2:41.33	1:13.27	150	1:39.39	3:37.06	7:27.24	1:55.45	3:42.35	6:33.13
5:09.89	1:32.34	3:15.74	1:33.17	5:55.47	2:45.08	1:14.97	140	1:41.70	3:42.11	7:37.64	1:58.13	3:47.52	6:42.27
5:17.64	1:34.65	3:20.64	1:35.50	6:04.37	2:49.21	1:16.85	130	1:44.25	3:47.66	7:49.09	2:01.09	3:53.21	6:52.33
5:26.23	1:37.21	3:26.07	1:38.09	6:14.22	2:53.79	1:18.93	120	1:47.07	3:53.82	8:01.77	2:04.36	3:59.52	7:03.48
5:35.83	1:40.07	3:32.13	1:40.97	6:25.23	2:58.90	1:21.25	110	1:50.22	4:00.70	8:15.95	2:08.02	4:06.57	7:15.95

Women's S4 150m Individual Medley: Due to the re-classification of a competitor, the #4 ranked time of 3:28.88 has been used.

PNZ Performance & Development Swimming Programme - Points Table

MEN			S3, SB3, SM3					WOMEN				
150IM	50BR	50BK	200FR	100FR	50FR	POINTS	50FR	100FR	200FR	50BK	50BR	150IM
3:06.01	0:49.44	0:52.81	3:21.32	1:37.92	0:44.32	1100	0:58.78	2:09.43	4:39.33	1:02.35	1:04.37	4:00.62
3:06.57	0:49.59	0:52.97	3:21.94	1:38.22	0:44.45	1090	0:58.96	2:09.83	4:40.18	1:02.54	1:04.57	4:01.36
3:07.15	0:49.75	0:53.13	3:22.56	1:38.52	0:44.59	1080	0:59.14	2:10.23	4:41.05	1:02.73	1:04.77	4:02.10
3:07.73	0:49.90	0:53.29	3:23.19	1:38.83	0:44.73	1070	0:59.33	2:10.63	4:41.92	1:02.92	1:04.97	4:02.85
3:08.32	0:50.06	0:53.46	3:23.82	1:39.14	0:44.87	1060	0:59.51	2:11.04	4:42.80	1:03.12	1:05.17	4:03.61
3:08.91	0:50.22	0:53.63	3:24.47	1:39.45	0:45.01	1050	0:59.70	2:11.45	4:43.70	1:03.32	1:05.38	4:04.38
3:09.52	0:50.38	0:53.80	3:25.12	1:39.77	0:45.16	1040	0:59.89	2:11.87	4:44.60	1:03.52	1:05.59	4:05.16
3:10.13	0:50.54	0:53.98	3:25.78	1:40.09	0:45.30	1030	1:00.09	2:12.30	4:45.52	1:03.73	1:05.80	4:05.95
3:10.75	0:50.70	0:54.15	3:26.45	1:40.41	0:45.45	1020	1:00.28	2:12.73	4:46.45	1:03.94	1:06.01	4:06.76
3:11.37	0:50.87	0:54.33	3:27.13	1:40.75	0:45.60	1010	1:00.48	2:13.17	4:47.40	1:04.15	1:06.23	4:07.57
3:12.01	0:51.04	0:54.51	3:27.82	1:41.08	0:45.75	1000	1:00.68	2:13.61	4:48.35	1:04.36	1:06.45	4:08.39
3:12.65	0:51.21	0:54.69	3:28.52	1:41.42	0:45.90	990	1:00.88	2:14.06	4:49.32	1:04.58	1:06.67	4:09.22
3:13.31	0:51.38	0:54.88	3:29.22	1:41.76	0:46.06	980	1:01.09	2:14.51	4:50.30	1:04.79	1:06.90	4:10.07
3:13.97	0:51.56	0:55.07	3:29.94	1:42.11	0:46.22	970	1:01.30	2:14.97	4:51.29	1:05.02	1:07.13	4:10.92
3:14.64	0:51.74	0:55.26	3:30.67	1:42.46	0:46.38	960	1:01.51	2:15.44	4:52.30	1:05.24	1:07.36	4:11.79
3:15.32	0:51.92	0:55.45	3:31.40	1:42.82	0:46.54	950	1:01.73	2:15.91	4:53.32	1:05.47	1:07.60	4:12.67
3:16.01	0:52.10	0:55.65	3:32.15	1:43.19	0:46.70	940	1:01.94	2:16.39	4:54.36	1:05.70	1:07.83	4:13.57
3:16.71	0:52.29	0:55.84	3:32.91	1:43.55	0:46.87	930	1:02.17	2:16.88	4:55.41	1:05.94	1:08.08	4:14.47
3:17.42	0:52.48	0:56.05	3:33.68	1:43.93	0:47.04	920	1:02.39	2:17.38	4:56.48	1:06.17	1:08.32	4:15.39
3:18.14	0:52.67	0:56.25	3:34.46	1:44.31	0:47.21	910	1:02.62	2:17.88	4:57.56	1:06.42	1:08.57	4:16.32
3:18.87	0:52.86	0:56.46	3:35.25	1:44.69	0:47.39	900	1:02.85	2:18.39	4:58.66	1:06.66	1:08.83	4:17.27
3:19.62	0:53.06	0:56.67	3:36.05	1:45.08	0:47.56	890	1:03.08	2:18.90	4:59.77	1:06.91	1:09.08	4:18.23
3:20.37	0:53.26	0:56.88	3:36.87	1:45.48	0:47.74	880	1:03.32	2:19.43	5:00.90	1:07.16	1:09.34	4:19.20
3:21.13	0:53.47	0:57.10	3:37.69	1:45.88	0:47.92	870	1:03.56	2:19.96	5:02.05	1:07.42	1:09.61	4:20.19
3:21.91	0:53.67	0:57.32	3:38.54	1:46.29	0:48.11	860	1:03.81	2:20.50	5:03.22	1:07.68	1:09.88	4:21.20
3:22.70	0:53.88	0:57.54	3:39.39	1:46.71	0:48.30	850	1:04.06	2:21.05	5:04.40	1:07.94	1:10.15	4:22.22
3:23.50	0:54.09	0:57.77	3:40.26	1:47.13	0:48.49	840	1:04.31	2:21.61	5:05.60	1:08.21	1:10.43	4:23.25
3:24.31	0:54.31	0:58.00	3:41.14	1:47.56	0:48.68	830	1:04.57	2:22.17	5:06.83	1:08.48	1:10.71	4:24.31
3:25.14	0:54.53	0:58.24	3:42.03	1:47.99	0:48.88	820	1:04.83	2:22.75	5:08.07	1:08.76	1:10.99	4:25.38
3:25.98	0:54.75	0:58.48	3:42.94	1:48.44	0:49.08	810	1:05.10	2:23.33	5:09.33	1:09.04	1:11.29	4:26.46
3:26.84	0:54.98	0:58.72	3:43.87	1:48.89	0:49.28	800	1:05.37	2:23.93	5:10.62	1:09.33	1:11.58	4:27.57
3:27.71	0:55.21	0:58.97	3:44.81	1:49.34	0:49.49	790	1:05.64	2:24.53	5:11.92	1:09.62	1:11.88	4:28.69
3:28.59	0:55.45	0:59.22	3:45.76	1:49.81	0:49.70	780	1:05.92	2:25.15	5:13.25	1:09.92	1:12.19	4:29.84
3:29.49	0:55.69	0:59.47	3:46.74	1:50.28	0:49.91	770	1:06.20	2:25.77	5:14.60	1:10.22	1:12.50	4:31.00
3:30.40	0:55.93	0:59.73	3:47.73	1:50.76	0:50.13	760	1:06.49	2:26.41	5:15.97	1:10.53	1:12.82	4:32.18
3:31.33	0:56.18	1:00.00	3:48.74	1:51.25	0:50.35	750	1:06.79	2:27.06	5:17.37	1:10.84	1:13.14	4:33.39
3:32.28	0:56.43	1:00.27	3:49.76	1:51.75	0:50.58	740	1:07.09	2:27.72	5:18.79	1:11.16	1:13.47	4:34.61
3:33.25	0:56.69	1:00.54	3:50.81	1:52.26	0:50.81	730	1:07.39	2:28.39	5:20.24	1:11.48	1:13.80	4:35.86
3:34.23	0:56.95	1:00.82	3:51.87	1:52.78	0:51.04	720	1:07.70	2:29.07	5:21.72	1:11.81	1:14.14	4:37.13
3:35.23	0:57.21	1:01.10	3:52.95	1:53.30	0:51.28	710	1:08.02	2:29.77	5:23.22	1:12.14	1:14.49	4:38.43
3:36.25	0:57.48	1:01.39	3:54.06	1:53.84	0:51.53	700	1:08.34	2:30.48	5:24.75	1:12.49	1:14.84	4:39.75
3:37.29	0:57.76	1:01.69	3:55.18	1:54.39	0:51.77	690	1:08.67	2:31.20	5:26.31	1:12.83	1:15.20	4:41.09
3:38.35	0:58.04	1:01.99	3:56.33	1:54.95	0:52.03	680	1:09.00	2:31.94	5:27.91	1:13.19	1:15.57	4:42.46
3:39.43	0:58.33	1:02.29	3:57.50	1:55.52	0:52.28	670	1:09.35	2:32.69	5:29.53	1:13.55	1:15.94	4:43.86
3:40.53	0:58.62	1:02.61	3:58.69	1:56.10	0:52.55	660	1:09.69	2:33.46	5:31.19	1:13.92	1:16.32	4:45.29
3:41.66	0:58.92	1:02.93	3:59.91	1:56.69	0:52.81	650	1:10.05	2:34.24	5:32.88	1:14.30	1:16.71	4:46.75
3:42.81	0:59.23	1:03.25	4:01.15	1:57.29	0:53.09	640	1:10.41	2:35.04	5:34.60	1:14.68	1:17.11	4:48.23
3:43.98	0:59.54	1:03.59	4:02.42	1:57.91	0:53.37	630	1:10.78	2:35.86	5:36.36	1:15.08	1:17.51	4:49.75
3:45.18	0:59.86	1:03.93	4:03.72	1:58.54	0:53.65	620	1:11.16	2:36.69	5:38.16	1:15.48	1:17.93	4:51.30
3:46.40	1:00.18	1:04.27	4:05.04	1:59.19	0:53.94	610	1:11.55	2:37.54	5:40.00	1:15.89	1:18.35	4:52.88

Men's S3 200m Freestyle: The #3 ranked time of 2:37.82 has been corrected to 3:37.82.

Men's S3 50m Backstroke: Due to a competitor being ranked twice on the ranking list, the #4 ranked time of 0:54.51 has been used.

Women's SB3 50m Breaststroke: Due to the re-classification of a competitor, the #4 ranked time of 1:06.45 has been used.

PNZ Performance & Development Swimming Programme - Points Table

MEN				S3, SB3, SM3				WOMEN				
150IM	50BR	50BK	200FR	100FR	50FR	POINTS	50FR	100FR	200FR	50BK	50BR	150IM
3:47.65	1:00.51	1:04.63	4:06.40	1:59.84	0:54.24	600	1:11.94	2:38.41	5:41.88	1:16.31	1:18.79	4:54.50
3:48.93	1:00.85	1:04.99	4:07.78	2:00.52	0:54.55	590	1:12.35	2:39.30	5:43.80	1:16.74	1:19.23	4:56.15
3:50.24	1:01.20	1:05.36	4:09.20	2:01.21	0:54.86	580	1:12.76	2:40.21	5:45.76	1:17.17	1:19.68	4:57.85
3:51.58	1:01.56	1:05.74	4:10.65	2:01.91	0:55.18	570	1:13.18	2:41.14	5:47.77	1:17.62	1:20.14	4:59.58
3:52.95	1:01.92	1:06.13	4:12.13	2:02.63	0:55.50	560	1:13.62	2:42.10	5:49.83	1:18.08	1:20.62	5:01.35
3:54.35	1:02.30	1:06.53	4:13.65	2:03.37	0:55.84	550	1:14.06	2:43.07	5:51.94	1:18.55	1:21.10	5:03.17
3:55.79	1:02.68	1:06.94	4:15.21	2:04.13	0:56.18	540	1:14.52	2:44.07	5:54.10	1:19.03	1:21.60	5:05.03
3:57.26	1:03.07	1:07.36	4:16.80	2:04.90	0:56.53	530	1:14.98	2:45.10	5:56.31	1:19.53	1:22.11	5:06.93
3:58.78	1:03.47	1:07.79	4:18.44	2:05.70	0:56.89	520	1:15.46	2:46.15	5:58.58	1:20.04	1:22.63	5:08.89
4:00.33	1:03.88	1:08.23	4:20.11	2:06.51	0:57.26	510	1:15.95	2:47.23	6:00.91	1:20.56	1:23.17	5:10.89
4:01.92	1:04.31	1:08.68	4:21.84	2:07.35	0:57.64	500	1:16.45	2:48.34	6:03.30	1:21.09	1:23.72	5:12.95
4:03.55	1:04.74	1:09.14	4:23.61	2:08.21	0:58.03	490	1:16.97	2:49.48	6:05.75	1:21.64	1:24.29	5:15.07
4:05.23	1:05.19	1:09.62	4:25.42	2:09.10	0:58.43	480	1:17.50	2:50.64	6:08.28	1:22.20	1:24.87	5:17.24
4:06.96	1:05.65	1:10.11	4:27.29	2:10.01	0:58.84	470	1:18.05	2:51.85	6:10.87	1:22.78	1:25.47	5:19.47
4:08.74	1:06.12	1:10.61	4:29.22	2:10.94	0:59.27	460	1:18.61	2:53.08	6:13.54	1:23.37	1:26.08	5:21.77
4:10.56	1:06.60	1:11.13	4:31.20	2:11.90	0:59.70	450	1:19.18	2:54.36	6:16.28	1:23.99	1:26.71	5:24.14
4:12.45	1:07.11	1:11.67	4:33.24	2:12.90	1:00.15	440	1:19.78	2:55.67	6:19.11	1:24.62	1:27.37	5:26.58
4:14.39	1:07.62	1:12.22	4:35.34	2:13.92	1:00.61	430	1:20.39	2:57.02	6:22.03	1:25.27	1:28.04	5:29.09
4:16.39	1:08.15	1:12.79	4:37.51	2:14.97	1:01.09	420	1:21.03	2:58.41	6:25.04	1:25.94	1:28.73	5:31.68
4:18.46	1:08.70	1:13.38	4:39.74	2:16.06	1:01.58	410	1:21.68	2:59.85	6:28.14	1:26.63	1:29.45	5:34.35
4:20.60	1:09.27	1:13.98	4:42.06	2:17.19	1:02.09	400	1:22.36	3:01.34	6:31.35	1:27.35	1:30.19	5:37.12
4:22.81	1:09.86	1:14.61	4:44.45	2:18.35	1:02.62	390	1:23.05	3:02.87	6:34.67	1:28.09	1:30.95	5:39.97
4:25.09	1:10.47	1:15.26	4:46.92	2:19.55	1:03.16	380	1:23.78	3:04.46	6:38.10	1:28.86	1:31.74	5:42.93
4:27.46	1:11.10	1:15.93	4:49.48	2:20.80	1:03.73	370	1:24.52	3:06.11	6:41.65	1:29.65	1:32.56	5:45.99
4:29.91	1:11.75	1:16.63	4:52.14	2:22.09	1:04.31	360	1:25.30	3:07.82	6:45.34	1:30.47	1:33.41	5:49.17
4:32.46	1:12.42	1:17.35	4:54.89	2:23.43	1:04.92	350	1:26.10	3:09.59	6:49.16	1:31.33	1:34.29	5:52.46
4:35.10	1:13.13	1:18.10	4:57.76	2:24.82	1:05.55	340	1:26.94	3:11.43	6:53.14	1:32.21	1:35.21	5:55.88
4:37.86	1:13.86	1:18.88	5:00.73	2:26.27	1:06.20	330	1:27.81	3:13.35	6:57.27	1:33.13	1:36.16	5:59.44
4:40.72	1:14.62	1:19.69	5:03.83	2:27.78	1:06.89	320	1:28.71	3:15.34	7:01.57	1:34.09	1:37.15	6:03.15
4:43.71	1:15.41	1:20.54	5:07.07	2:29.35	1:07.60	310	1:29.66	3:17.42	7:06.06	1:35.10	1:38.18	6:07.01
4:46.82	1:16.24	1:21.43	5:10.44	2:30.99	1:08.34	300	1:30.64	3:19.59	7:10.74	1:36.14	1:39.26	6:11.05
4:50.08	1:17.11	1:22.35	5:13.97	2:32.71	1:09.12	290	1:31.67	3:21.86	7:15.63	1:37.23	1:40.39	6:15.26
4:53.50	1:18.02	1:23.32	5:17.66	2:34.51	1:09.93	280	1:32.75	3:24.23	7:20.76	1:38.38	1:41.57	6:19.68
4:57.08	1:18.97	1:24.34	5:21.54	2:36.39	1:10.78	270	1:33.88	3:26.72	7:26.13	1:39.58	1:42.81	6:24.31
5:00.84	1:19.97	1:25.41	5:25.61	2:38.37	1:11.68	260	1:35.07	3:29.34	7:31.78	1:40.84	1:44.11	6:29.17
5:04.80	1:21.02	1:26.53	5:29.89	2:40.45	1:12.62	250	1:36.32	3:32.09	7:37.73	1:42.17	1:45.48	6:34.29
5:08.97	1:22.13	1:27.71	5:34.41	2:42.65	1:13.62	240	1:37.64	3:35.00	7:44.00	1:43.56	1:46.93	6:39.70
5:13.39	1:23.30	1:28.97	5:39.19	2:44.98	1:14.67	230	1:39.04	3:38.07	7:50.63	1:45.04	1:48.46	6:45.41
5:18.07	1:24.55	1:30.30	5:44.25	2:47.44	1:15.79	220	1:40.52	3:41.33	7:57.65	1:46.61	1:50.07	6:51.46
5:23.04	1:25.87	1:31.71	5:49.63	2:50.06	1:16.97	210	1:42.09	3:44.78	8:05.12	1:48.28	1:51.79	6:57.89
5:28.33	1:27.28	1:33.21	5:55.37	2:52.84	1:18.23	200	1:43.76	3:48.47	8:13.07	1:50.05	1:53.63	7:04.74
5:33.99	1:28.78	1:34.82	6:01.50	2:55.83	1:19.58	190	1:45.55	3:52.41	8:21.57	1:51.95	1:55.59	7:12.07
5:40.07	1:30.40	1:36.54	6:08.07	2:59.02	1:21.03	180	1:47.47	3:56.64	8:30.70	1:53.99	1:57.69	7:19.92
5:46.61	1:32.14	1:38.40	6:15.15	3:02.47	1:22.59	170	1:49.54	4:01.19	8:40.52	1:56.18	1:59.95	7:28.39
5:53.69	1:34.02	1:40.41	6:22.81	3:06.19	1:24.27	160	1:51.77	4:06.11	8:51.15	1:58.55	2:02.40	7:37.54
6:01.38	1:36.06	1:42.59	6:31.13	3:10.24	1:26.10	150	1:54.20	4:11.46	9:02.70	2:01.13	2:05.06	7:47.49
6:09.78	1:38.30	1:44.98	6:40.23	3:14.67	1:28.11	140	1:56.86	4:17.31	9:15.32	2:03.95	2:07.97	7:58.36
6:19.03	1:40.75	1:47.60	6:50.24	3:19.53	1:30.31	130	1:59.78	4:23.75	9:29.21	2:07.05	2:11.17	8:10.33
6:29.28	1:43.48	1:50.51	7:01.33	3:24.93	1:32.75	120	2:03.02	4:30.88	9:44.60	2:10.48	2:14.72	8:23.59
6:40.74	1:46.52	1:53.77	7:13.73	3:30.96	1:35.48	110	2:06.64	4:38.85	10:01.80	2:14.32	2:18.69	8:38.41

Men's S3 200m Freestyle: The #3 ranked time of 2:37.82 has been corrected to 3:37.82.

Men's S3 50m Backstroke: Due to a competitor being ranked twice on the ranking list, the #4 ranked time of 0:54.51 has been used.

Women's SB3 50m Breaststroke: Due to the re-classification of a competitor, the #4 ranked time of 1:06.45 has been used.