## 2023-2024 LCM Men Senior Provincial Championships - Minimal Qualifiving standard IMOS

| Distance | Stroke | S/SB/SM 1 | S/SB/SM 2 | S/SB/SM 3 | S/SB/SM 4 | S/SB/SM 5 | S/SB/SM 6 | S/SB/SM 7 | S/SB/SM 8 | S/SB/SM 9 | S/SM 10 | S/SB/SM 11 | S/SB/SM 12 | S/SB/SM 13 | S/SB/SM 14 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 50 | Backstroke | 02:38.57 | 01:44.37 | 01:22.69 | 01:13.74 | 00:58.91 |  |  |  |  |  |  |  |  |  |
| 100 | Backstroke | 05:28.46 | 03:44.26 |  |  |  | 01:58.91 | 01:51.35 | 01:40.26 | 01:32.87 | 01:28.20 | 01:50.53 | 01:36.58 | 01:30.42 | 01:28.39 |
| 50 | Breaststroke | 04:52.72 | 04:37.72 | 01:18.96 |  |  |  |  |  |  |  |  |  |  |  |
| 100 | Breaststroke |  |  |  | 02:45.47 | 02:32.32 | 02:03.98 | 02:01.12 | 01:50.36 | 01:42.87 |  | 01:59.75 | 01:46.64 | 01:41.76 | 01:38.22 |
| 50 | Butterfly |  | 01:16.37 | 01:09.37 | 01:02.37 | 00:56.85 | 00:48.94 | 00:46.05 |  |  |  |  |  |  |  |
| 100 | Butterfly |  |  |  |  |  |  |  | 01:33.02 | 01:27.03 | 01:25.23 | 01:52.30 | 01:28.77 | 01:23.51 | 01:22.17 |
| 50 | Freestyle | 02:08.22 | 01:54.35 | 01:16.33 | 01:00.16 | 00:50.67 | 00:46.55 | 00:41.91 | 00:39.61 | 00:36.86 | 00:34.96 | 00:39.86 | 00:35.55 | 00:35.06 | 00:34.96 |
| 100 | Freestyle | 04:46.37 | 04:11.89 | 02:51.82 | 02:16.74 | 01:52.97 | 01:40.07 | 01:33.84 | 01:26.51 | 01:21.94 | 01:15.94 | 01:33.79 | 01:21.13 | 01:17.77 | 01:16.11 |
| 200 | Freestyle | 10:42.72 | 07:39.39 | 06:37.17 | 05:04.12 | 04:15.12 |  |  |  |  |  |  |  |  | 02:46.48 |
| 400 | Freestyle |  |  |  |  |  | 07:53.86 | 07:12.58 | 06:38.39 | 06:14.91 | 05:57.49 | 07:33.26 | 07:25.74 | 06:16.92 |  |
| 150 | Medley | 14:25.46 | 11:52.72 | 06:36.16 | 04:25.60 |  |  |  |  |  |  |  |  |  |  |
| 200 | Medley |  |  |  |  | 06:33.61 | 04:20.14 | 03:59.95 | 03:31.66 | 03:22.14 | 03:10.73 | 03:57.89 | 03:59.31 | 03:14.20 | 03:08.98 |

2023-2024 LCM Women Senior Provincial Championships - Minimal Qualifying Standard [MQS]

| Distance | Stroke | S/SB/SM 1 | S/SB/SM 2 | S/SB/SM 3 | S/SB/SM 4 | S/SB/SM 5 | S/SB/SM 6 | S/SB/SM 7 | S/SB/SM 8 | S/SB/SM 9 | S/SM 10 | S/SB/SM 11 | S/SB/SM 12 | S/SB/SM 13 | S/SB/SM 14 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 50 | Backstroke | 03:10.90 | 02:39.02 | 01:44.60 | 01:28.39 | 01:11.51 |  |  |  |  |  |  |  |  |  |
| 100 | Backstroke | 06:21.82 | 05:03.70 |  |  |  | 02:12.65 | 02:06.09 | 01:55.64 | 01:46.75 | 01:42.29 | 02:04.72 | 01:54.76 | 01:40.23 | 01:42.37 |
| 50 | Breaststroke | 03:49.10 | 02:13.63 | 01:35.75 |  |  |  |  |  |  |  |  |  |  |  |
| 100 | Breaststroke |  |  |  | 03:22.28 | 02:46.89 | 02:33.66 | 02:27.06 | 02:09.48 | 01:58.55 |  | 02:21.56 | 02:08.12 | 01:57.59 | 01:58.15 |
| 50 | Butterfly |  |  | 02:00.90 | 01:41.82 | 01:19.23 | 00:59.48 | 00:56.35 |  |  |  |  |  |  |  |
| 100 | Butterfly |  |  |  |  |  |  |  | 01:51.89 | 01:41.76 | 01:36.87 | 02:00.90 | 01:52.02 | 01:42.37 | 01:38.80 |
| 50 | Freestyle | 02:45.46 | 01:54.22 | 01:53.85 | 01:06.98 | 01:03.40 | 00:52.90 | 00:50.58 | 00:46.13 | 00:41.84 | 00:39.80 | 00:47.21 | 00:43.40 | 00:39.64 | 00:39.64 |
| 100 | Freestyle | 05:56.37 | 04:08.18 | 03:35.30 | 02:45.46 | 02:12.81 | 01:56.74 | 01:49.18 | 01:42.47 | 01:30.38 | 01:28.36 | 01:45.67 | 01:35.27 | 01:30.57 | 01:27.35 |
| 200 | Freestyle |  | 08:54.54 | 07:58.22 | 06:53.63 | 04:59.23 |  |  |  |  |  |  |  |  | 03:09.69 |
| 400 | Freestyle |  |  |  |  |  | 08:18.29 | 08:05.51 | 07:21.65 | 06:57.35 | 06:37.28 | 08:20.52 | 09:03.57 | 06:50.42 |  |
| 150 | Medley |  | 10:10.90 | 06:21.82 | 05:12.97 |  |  |  |  |  |  |  |  |  |  |
| 200 | Medley |  |  |  |  | 06:33.61 | 04:45.98 | 04:43.02 | 04:16.80 | 03:48.57 | 03:38.81 | 04:26.63 | 04:23.48 | 03:40.26 | 03:40.81 |

2023-2024 SCM Men Senior Provincial Championships - Minimal Qualifying Standard [MQS]

| Distance | Stroke | S/SB/SM 1 | S/SB/SM 2 | S/SB/SM 3 | S/SB/SM 4 | S/SB/SM 5 | S/SB/SM 6 | S/SB/SM 7 | S/SB/SM 8 | S/SB/SM 9 | S/SM 10 | S/SB/SM 11 | S/SB/SM 12 | S/SB/SM 13 | S/SB/SM 14 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 50 | Backstroke | 02:41.74 | 01:46.46 | 01:24.34 | 01:15.21 | 01:00.09 |  |  |  |  |  |  |  |  |  |
| 100 | Backstroke | 05:35.03 | 03:48.75 |  |  |  | 01:58.91 | 01:51.35 | 01:38.29 | 01:31.05 | 01:26.47 | 01:52.74 | 01:36.58 | 01:28.65 | 01:26.66 |
| 50 | Breaststroke | 04:58.57 | 04:43.27 | 01:20.54 |  |  |  |  |  |  |  |  |  |  |  |
| 100 | Breaststroke |  |  |  | 02:48.78 | 02:35.37 | 02:03.98 | 02:01.12 | 01:48.20 | 01:40.85 |  | 02:02.14 | 01:46.64 | 01:39.76 | 01:36.29 |
| 50 | Butterfly |  | 01:17.90 | 01:10.76 | 01:03.62 | 00:57.99 | 00:48.94 | 00:46.05 |  |  |  |  |  |  |  |
| 100 | Butterfly |  |  |  |  |  |  |  | 01:31.20 | 01:25.32 | 01:23.56 | 01:54.55 | 01:28.77 | 01:21.87 | 01:20.56 |
| 50 | Freestyle | 02:10.78 | 01:56.64 | 01:17.86 | 01:01.36 | 00:51.68 | 00:46.55 | 00:41.91 | 00:38.83 | 00:36.14 | 00:34.27 | 00:40.66 | 00:35.55 | 00:34.37 | 00:34.27 |
| 100 | Freestyle | 04:52.10 | 04:16.93 | 02:55.26 | 02:19.47 | 01:55.23 | 01:40.07 | 01:33.84 | 01:24.81 | 01:20.33 | 01:14.45 | 01:35.67 | 01:21.13 | 01:16.25 | 01:14.62 |
| 200 | Freestyle | 10:55.57 | 07:48.58 | 06:45.11 | 05:10.20 | 04:20.22 |  |  |  |  |  |  |  |  | 02:43.22 |
| 400 | Freestyle |  |  |  |  |  | 07:53.86 | 07:12.58 | 06:30.58 | 06:07.56 | 05:50.48 | 07:42.33 | 07:25.74 | 06:09.53 |  |
| 150 | Medley | 14:42.77 | 12:06.97 | 06:44.08 | 04:30.91 |  |  |  |  |  |  |  |  |  |  |
| 200 | Medley |  |  |  |  | 06:41.48 | 04:20.14 | 03:59.95 | 03:27.51 | 03:18.18 | 03:06.99 | 04:02.65 | 03:59.31 | 03:10.39 | 03:05.27 |

2023-2024 SCM Women Senior Provincial Championships - Minimal Qualifying Standard [MQS]

| 2023-2024 SCM Women Senior Provincial Championships - Minimal Qualifying Standard [MQS] |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Distance | Stroke | S/SB/SM 1 | S/SB/SM 2 | S/SB/SM 3 | S/SB/SM 4 | S/SB/SM 5 | S/SB/SM 6 | S/SB/SM 7 | S/SB/SM 8 | S/SB/SM 9 | S/SM 10 | S/SB/SM 11 | S/SB/SM 12 | S/SB/SM 13 | S/SB/SM 14 |
| 50 | Backstroke | 03:14.72 | 02:42.20 | 01:46.69 | 01:30.16 | 01:12.94 |  |  |  |  |  |  |  |  |  |
| 100 | Backstroke | 06:29.46 | 05:09.77 |  |  |  | 02:12.65 | 02:06.09 | 01:53.37 | 01:44.66 | 01:40.28 | 02:07.21 | 01:54.76 | 01:38.26 | 01:40.36 |
| 50 | Breaststroke | 03:53.68 | 02:16.30 | 01:37.67 |  |  |  |  |  |  |  |  |  |  |  |
| 100 | Breaststroke |  |  |  | 03:26.33 | 02:50.23 | 02:33.66 | 02:27.06 | 02:06.94 | 01:56.23 |  | 02:24.39 | 02:08.12 | 01:55.28 | 01:55.83 |
| 50 | Butterfly |  |  | 02:03.32 | 01:43.86 | 01:20.81 | 00:59.48 | 00:56.35 |  |  |  |  |  |  |  |
| 100 | Butterfly |  |  |  |  |  |  |  | 01:49.70 | 01:39.76 | 01:34.97 | 02:03.32 | 01:52.02 | 01:40.36 | 01:36.86 |
| 50 | Freestyle | 02:48.77 | 01:56.50 | 01:56.13 | 01:08.32 | 01:04.67 | 00:52.90 | 00:50.58 | 00:45.23 | 00:41.02 | 00:39.02 | 00:48.15 | 00:43.40 | 00:38.86 | 00:38.86 |
| 100 | Freestyle | 06:03.50 | 04:13.14 | 03:39.61 | 02:48.77 | 02:15.47 | 01:56.74 | 01:49.18 | 01:40.46 | 01:28.61 | 01:26.63 | 01:47.78 | 01:35.27 | 01:28.79 | 01:25.64 |
| 200 | Freestyle |  | 09:05.23 | 08:07.78 | 07:01.90 | 05:05.21 |  |  |  |  |  |  |  |  | 03:05.97 |
| 400 | Freestyle |  |  |  |  |  | 08:18.29 | 08:05.51 | 07:12.99 | 06:49.17 | 06:29.49 | 08:30.53 | 09:03.57 | 06:42.37 |  |
| 150 | Medley |  | 10:23.12 | 06:29.46 | 05:19.23 |  |  |  |  |  |  |  |  |  |  |
| 200 | Medley |  |  |  |  | 06:41.48 | 04:45.98 | 04:43.02 | 04:11.76 | 03:44.09 | 03:34.52 | 04:31.96 | 04:23.48 | 03:35.94 | 03:36.48 |


| 2023-2024 LCM Men Senior Provincial Championships - Minimal Entry Time [MET] |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Distance | Stroke | S/SB/SM 1 | S/SB/SM 2 | S/SB/SM 3 | S/SB/SM 4 | S/SB/SM 5 | S/SB/SM 6 | S/SB/SM 7 | S/SB/SM 8 | S/SB/SM 9 | S/SM 10 | S/SB/SM 11 | S/SB/SM 12 | S/SB/SM 13 | S/SB/SM 14 |
| 50 | Backstroke | 03:01.22 | 01:59.28 | 01:34.50 | 01:24.27 | 01:07.33 |  |  |  |  |  |  |  |  |  |
| 100 | Backstroke | 06:15.39 | 04:16.29 |  |  |  | 02:15.90 | 02:07.26 | 01:54.59 | 01:46.14 | 01:40.80 | 02:06.32 | 01:50.37 | 01:43.33 | 01:41.02 |
| 50 | Breaststroke | 05:34.54 | 05:17.40 | 01:30.24 |  |  |  |  |  |  |  |  |  |  |  |
| 100 | Breaststroke |  |  |  | 03:09.11 | 02:54.08 | 02:21.69 | 02:18.42 | 02:06.12 | 01:57.57 |  | 02:16.86 | 02:01.88 | 01:56.30 | 01:52.25 |
| 50 | Butterfly |  | 01:27.28 | 01:19.28 | 01:11.28 | 01:04.97 | 00:55.93 | 00:52.63 |  |  |  |  |  |  |  |
| 100 | Butterfly |  |  |  |  |  |  |  | 01:46.31 | 01:39.46 | 01:37.41 | 02:08.35 | 01:41.45 | 01:35.44 | 01:33.91 |
| 50 | Freestyle | 02:26.53 | 02:10.69 | 01:27.23 | 01:08.76 | 00:57.91 | 00:53.20 | 00:47.90 | 00:45.27 | 00:42.13 | 00:39.96 | 00:45.55 | 00:40.63 | 00:40.07 | 00:39.96 |
| 100 | Freestyle | 05:27.28 | 04:47.87 | 03:16.37 | 02:36.27 | 02:09.11 | 01:54.37 | 01:47.24 | 01:38.87 | 01:33.65 | 01:26.79 | 01:47.19 | 01:32.72 | 01:28.88 | 01:26.98 |
| 200 | Freestyle | 12:14.54 | 08:45.02 | 07:33.91 | 05:47.56 | 04:51.56 |  |  |  |  |  |  |  |  | 03:10.26 |
| 400 | Freestyle |  |  |  |  |  | 09:01.55 | 08:14.37 | 07:35.30 | 07:08.47 | 06:48.56 | 08:38.01 | 08:29.41 | 07:10.76 |  |
| 150 | Medley | 16:29.09 | 13:34.54 | 07:32.76 | 05:03.54 |  |  |  |  |  |  |  |  |  |  |
| 200 | Medley |  |  |  |  | 07:29.84 | 04:57.31 | 04:34.23 | 04:01.89 | 03:51.01 | 03:37.98 | 04:31.87 | 04:33.50 | 03:41.94 | 03:35.97 | 50


| 100 | Backstroke | 07:16.37 | 05:47.09 |  |  |  | 02:31.60 | 02:24.10 | 02:12.16 | 02:02.00 | 01:56.90 | 02:22.54 | 02:11.16 | 01:54.55 | 01:56.99 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 50 | Breaststroke | 04:21.83 | 02:32.72 | 01:49.43 |  |  |  |  |  |  |  |  |  |  |  |
| 100 | Breaststroke |  |  |  | 03:51.18 | 03:10.73 | 02:55.61 | 02:48.07 | 02:27.98 | 02:15.49 |  | 02:41.78 | 02:26.42 | 02:14.39 | 02:15.03 |
| 50 | Butterfly |  |  | 02:18.17 | 01:56.37 | 01:30.55 | 01:07.98 | 01:04.40 |  |  |  |  |  |  |  |
| 100 | Butterfly |  |  |  |  |  |  |  | 02:07.87 | 01:56.30 | 01:50.71 | 02:18.17 | 02:08.03 | 01:56.99 | 01:52.92 |
| 50 | Freestyle | 03:09.09 | 02:10.53 | 02:10.11 | 01:16.55 | 01:12.46 | 01:00.45 | 00:57.81 | 00:52.72 | 00:47.82 | 00:45.48 | 00:53.95 | 00:49.60 | 00:45.30 | 00:45.30 |
| 100 | Freestyle | 06:47.28 | 04:43.63 | 04:06.05 | 03:09.09 | 02:31.78 | 02:13.41 | 02:04.77 | 01:57.11 | 01:43.29 | 01:40.98 | 02:00.77 | 01:48.88 | 01:43.51 | 01:39.83 |
| 200 | Freestyle |  | 10:10.91 | 09:06.53 | 07:52.72 | 05:41.98 |  |  |  |  |  |  |  |  | 03:36.79 |
| 400 | Freestyle |  |  |  |  |  | 09:29.47 | 09:14.87 | 08:24.74 | 07:56.97 | 07:34.04 | 09:32.02 | 10:21.22 | 07:49.05 |  |
| 150 | Medley |  | 11:38.17 | 07:16.37 | 05:57.68 |  |  |  |  |  |  |  |  |  |  |
| 200 | Medley |  |  |  |  | 07:29.84 | 05:26.83 | 05:23.45 | 04:53.48 | 04:21.22 | 04:10.07 | 05:04.72 | 05:01.12 | 04:11.73 | 04:12.35 |


| 2023-2024 SCM Men Senior Provincial Championships - Minimal Entry Time [MET] |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Distance | Stroke | S/SB/SM 1 | S/SB/SM 2 | S/SB/SM 3 | S/SB/SM 4 | S/SB/SM 5 | S/SB/SM 6 | S/SB/SM 7 | S/SB/SM 8 | S/SB/SM 9 | S/SM 10 | S/SB/SM 11 | S/SB/SM 12 | S/SB/SM 13 | S/SB/SM 14 |
| 50 | Backstroke | 03:04.84 | 02:01.67 | 01:36.39 | 01:25.96 | 01:08.68 |  |  |  |  |  |  |  |  |  |
| 100 | Backstroke | 06:22.90 | 04:21.42 |  |  |  | 02:15.90 | 02:07.26 | 01:52.34 | 01:44.06 | 01:38.82 | 02:08.85 | 01:50.37 | 01:41.30 | 01:39.04 |
| 50 | Breaststroke | 05:41.23 | 05:23.75 | 01:32.04 |  |  |  |  |  |  |  |  |  |  |  |
| 100 | Breaststroke |  |  |  | 03:12.89 | 02:57.56 | 02:21.69 | 02:18.42 | 02:03.65 | 01:55.26 |  | 02:19.60 | 02:01.88 | 01:54.02 | 01:50.05 |
| 50 | Butterfly |  | 01:29.03 | 01:20.87 | 01:12.71 | 01:06.27 | 00:55.93 | 00:52.63 |  |  |  |  |  |  |  |
| 100 | Butterfly |  |  |  |  |  |  |  | 01:44.23 | 01:37.51 | 01:35.50 | 02:10.92 | 01:41.45 | 01:33.57 | 01:32.07 |
| 50 | Freestyle | 02:29.46 | 02:13.30 | 01:28.97 | 01:10.14 | 00:59.07 | 00:53.20 | 00:47.90 | 00:44.38 | 00:41.30 | 00:39.18 | 00:46.46 | 00:40.63 | 00:39.28 | 00:39.18 |
| 100 | Freestyle | 05:33.83 | 04:53.63 | 03:20.30 | 02:39.40 | 02:11.69 | 01:54.37 | 01:47.24 | 01:36.93 | 01:31.81 | 01:25.09 | 01:49.33 | 01:32.72 | 01:27.14 | 01:25.27 |
| 200 | Freestyle | 12:29.23 | 08:55.52 | 07:42.99 | 05:54.51 | 04:57.39 |  |  |  |  |  |  |  |  | 03:06.53 |
| 400 | Freestyle |  |  |  |  |  | 09:01.55 | 08:14.37 | 07:26.37 | 07:00.07 | 06:40.55 | 08:48.37 | 08:29.41 | 07:02.31 |  |
| 150 | Medley | 16:48.87 | 13:50.83 | 07:41.82 | 05:09.61 |  |  |  |  |  |  |  |  |  |  |
| 200 | Medley |  |  |  |  | 07:38.84 | 04:57.31 | 04:34.23 | 03:57.15 | 03:46.48 | 03:33.71 | 04:37.31 | 04:33.50 | 03:37.59 | 03:31.74 |


| 2023-2024 SCM Women Senior Provincial Championships - Minimal Entry Time [MET] |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Distance | Stroke | S/SB/SM 1 | S/SB/SM 2 | S/SB/SM 3 | S/SB/SM 4 | S/SB/SM 5 | S/SB/SM 6 | S/SB/SM 7 | S/SB/SM 8 | S/SB/SM 9 | S/SM 10 | S/SB/SM 11 | S/SB/SM 12 | S/SB/SM 13 | S/SB/SM 14 |
| 50 | Backstroke | 03:42.53 | 03:05.36 | 02:01.93 | 01:43.04 | 01:23.36 |  |  |  |  |  |  |  |  |  |
| 100 | Backstroke | 07:25.10 | 05:54.03 |  |  |  | 02:31.60 | 02:24.10 | 02:09.57 | 01:59.61 | 01:54.61 | 02:25.39 | 02:11.16 | 01:52.30 | 01:54.70 |
| 50 | Breaststroke | 04:27.07 | 02:35.77 | 01:51.62 |  |  |  |  |  |  |  |  |  |  |  |
| 100 | Breaststroke |  |  |  | 03:55.80 | 03:14.54 | 02:55.61 | 02:48.07 | 02:25.08 | 02:12.83 |  | 02:45.02 | 02:26.42 | 02:11.75 | 02:12.38 |
| 50 | Butterfly |  |  | 02:20.93 | 01:58.70 | 01:32.36 | 01:07.98 | 01:04.40 |  |  |  |  |  |  |  |
| 100 | Butterfly |  |  |  |  |  |  |  | 02:05.36 | 01:54.02 | 01:48.54 | 02:20.93 | 02:08.03 | 01:54.70 | 01:50.71 |
| 50 | Freestyle | 03:12.87 | 02:13.14 | 02:12.71 | 01:18.08 | 01:13.91 | 01:00.45 | 00:57.81 | 00:51.69 | 00:46.88 | 00:44.59 | 00:55.03 | 00:49.60 | 00:44.41 | 00:44.41 |
| 100 | Freestyle | 06:55.43 | 04:49.30 | 04:10.97 | 03:12.87 | 02:34.82 | 02:13.41 | 02:04.77 | 01:54.81 | 01:41.26 | 01:39.00 | 02:03.19 | 01:48.88 | 01:41.48 | 01:37.87 |
| 200 | Freestyle |  | 10:23.13 | 09:17.46 | 08:02.17 | 05:48.82 |  |  |  |  |  |  |  |  | 03:32.54 |
| 400 | Freestyle |  |  |  |  |  | 09:29.47 | 09:14.87 | 08:14.84 | 07:47.62 | 07:25.14 | 09:43.46 | 10:21.22 | 07:39.85 |  |
| 150 | Medley |  | 11:52.13 | 07:25.10 | 06:04.83 |  |  |  |  |  |  |  |  |  |  |
| 200 | Medley |  |  |  |  | 07:38.84 | 05:26.83 | 05:23.45 | 04:47.73 | 04:16.10 | 04:05.17 | 05:10.81 | 05:01.12 | 04:06.79 | 04:07.40 |

