

**2026 Saskatchewan Short Course
Summer Junior Provincials
June 12 to 14, 2026**



**Proudly hosted by: Saskatoon Lasers
on behalf of Swim Saskatchewan**



Swimming Canada Warm-up Competition Safety Procedures will be in effect at this competition.
[LINK](#)

Current Swimming Canada Rules will apply except as specifically modified in this meet package -
[Rules](#)

World Para Swimming Rules and Regulations will apply except as modified in this meet package for
Para swimmers – [Rules](#)

All participants in this event are reminded that they are bound by Swimming Canada's and Swim
Saskatchewan Policies including but not limited to, the Code of Conduct and Ethics, Athlete
Protection Policy, Social media policy as found in the Swim Sask's Safe Sport manual, which can be
found [HERE](#)

Effective September 1, 2026, Rule C.2.3.2.1 (Misconduct Provisions) will explicitly include misconduct
immediately prior to the start of a race such as: (1) deliberate or negligent spitting/spouting
water/blowing the nose in the pool or on the pool deck, (2) deliberate kicking or striking of the starting
platform (including the back plate), and (3) unsafe or uncontrolled pool entry (all swimmers must enter
the pool feet-first with control prior to the start). This update supports public health and facility hygiene
standards, helps protect participants and officials, and reduces facility/equipment damage and
associated costs. The Referee may disqualify a swimmer for such misconduct.

1. Name of Meet: 2026 Saskatchewan Short Course Summer Junior Provincials
Dates: June 12 – 14, 2026
Hosted by: Saskatoon Lasers on behalf of Swim Saskatchewan Inc.

2. SESSION TIMES:

Session #1 Friday, June 12, 2026

Warm-up: 3:30 PM - 4:20 PM Competition: 4:30 PM

Session #2 Saturday, June 13, 2026

Warm-up: 7:30 AM – 8:20 AM Competition: 8:30 AM

Session #3 Saturday, June 13, 2026

Warm-up: 3:30 PM – 4:20 PM Competition: 4:30 PM

Session #4 Sunday, June 14, 2026

Warm-up: 7:30 AM – 8:20 AM Competition: 8:30 AM

All sessions are Timed Final events.

**Meet Management reserves the right to change session start times once entries are received.
Coaches will be notified should any session start times change.**

Warm-up is only for swimmers registered in the competition.

COACH MEETING: Friday, June 12 2026 @ 3:15 PM time (15 minutes prior to warm-up).
Additional coaches' meetings may be held throughout the competition if
deemed necessary.
Meet Management will notify coaches of any additional meetings.

OFFICIALS BRIEFING: 45 minutes prior to the start of competition for each session.

- 3. LOCATION:** Shaw Centre
122 Bowlt Crescent Saskatoon SK
306-975-7744
- 4. FACILITY:**
- 1 x 10 Lane, 25 meter pool
 - Non-turbulent lane markers
 - Three (3) warm-up lanes will be available for the duration of the competition
 - HY-TEK Meet Manager software and Daktronics
 - Depth at Start end of the Pool: 3.02 meters
 - Depth at Turn end of the Pool: 3.02 meters
- 5. MEET MANAGER:** Jessica Gibson 306-501-4356 meetmanager@laserswimming.ca
CO MEET MANAGER: Anthony Gusikoski 306-371-7588 meetmanager@laserswimming.ca
- 6. OFFICIALS COORDINATOR:** Brandy Petersen 306-229-0350 officials@laserswimming.ca
- 7. OFFICIALS:**
- As this a provincial meet, with the Lasers hosting on behalf of Swim Sask, officials from all clubs are encouraged and requested to volunteer in any position they are qualified. Please contact the official's coordinator Brandy Petersen, at officials@laserswimming.ca
 - We will be offering a hospitality room, but officials are encouraged to bring their own water bottle and reusable coffee mugs.
- 8. ELIGIBILITY:**
- a) Entries will only be accepted for swimmers currently registered with a Swimming Canada or World Aquatics affiliated club. Para swimmers must have a valid classification listed on the Swimming Canada website [Classification – Swimming Canada](#)
 - b) All swimmers must be a minimum of 7 years of age as of the first day of competition: June 12, 2026
 - c) 10 & under Female and 11 & Under Males must have competed in at least one sanctioned competition in the current season (since September 1, 2025) to be eligible to be entered into the competition.
 - d) 11 & Over Female and 12 & Over Males must have achieved at least 1 Sask "A" qualifying time in their respective age that they will be at the competition (age as of first day of competition) during the qualifying period of January 1, 2025 to May 28, 2026
 - e) PARA swimmers are eligible to compete if they are Level 1 or 2 classified and have participated in at least one other sanctioned competition during the current swimming season since Sept 1, 2025
 - f) This competition is open to all clubs. There will be an entry limit of 300 swimmers for the meet, including out-of-province clubs. Sask clubs will have priority for entries.
 - g) Swimmers can also be de-qualified from events - see item #9 below.

9. QUALIFYING AND DEQUALIFYING TIMES:

a) 10 & under Females and 11 & under Males

- In order to enter the 400 Free, an athlete must have swum the 400 Free in a sanctioned competition during the current swim season (since September 1, 2025)
- There are no de-qualifying times for 10 & under Females or 11 & under Males.

b) 11 & over Females and 12 & over Males

Qualifying period is January 1, 2025 to May 28, 2026

- Swimmers that have 3 or more ManSask AA times are *ineligible* for this competition.
- Saskatchewan swimmers that age up to a new age category between Junior Provincials and ManSask may enter this competition as EXHIBITION in their current age category, based on their age as of May 28, 2026, as long as they do not have any AA times in the new age category.
Example: a 12-year old female that ages up to 13 between May 28 and June 12, 2026
When doing entries for a swimmer in this scenario, then coaches must click on the “Exh” option.
- 11 & Over Females and 12 & Over Males must have achieved at least 1 Sask “A” in their respective age that they will be at the competition, during the qualifying period, and then may enter up to 7 additional events for a maximum of 8 individual swims. Saskatchewan “A” times Short Course and Long Course times 2024-2028 can be found at: [Time Standards — Swim Saskatchewan](#)
- Must have a 400m+ qualifying standard achieved during the qualifying period, to race in a 400m+ event. Swimmers who have achieved at least one “A” time in any 400m+ event may enter any of the 400m+ events.
- De-qualifying times for 11 & Over Females and 12 & Over Males are Saskatchewan “AA” Short & Long Course Times 2024-2028. Swimmers who achieve a Short Course OR Long Course “AA” Time in an event during the qualifying period or between the entry deadline and the first day of the meet must be scratched from that event.

c) Para-Swimmers

- Para swimmers that are Level 3 or Internationally classified are *ineligible* for this competition.
- Para-Swimmers do not require a qualifying standard to enter the competition, however if they have achieved a [MET standard](#) then they are de-qualified from swimming that event.
- Para swimmers are encouraged to only enter events that are listed for their classification on the [Para Swimming Provincial Standards](#) document.
- Para swimmers may enter events that do not have a qualifying time in the Junior Para Swimming Provincial standards document (i.e., 200 Free for classes S6 to S13), as well 200 back, 200 breast and 200 Fly, but *may not* enter any of the following events: 800 Free, and 400 IM.

10. ENTRY DEADLINE: Entries are to be submitted no later than: **10:00 pm on Thurs May 28, 2026**

- All coaches attending the competition, must be provided when entries are uploaded.
- If a coach from the same club as the swimmers is not attending the meet, then you must inform the Meet Manager with the name of the coach and club that will be responsible for coaching your swimmers.

11. ENTRY FEES:

- Swimmer Surcharge: \$20.00 per swimmer
- Individual events: \$10.00 per swimmer per event.
- Relay Teams: \$16.00 per relay per event
- Deck entry fees are twice the normal entry fee per event.
- Entry fees can be paid by cheque made payable to Saskatoon Lasers Swim Club or by e-transfer to treasurer@laserswimming.ca
- Payment must be received on or before the start of warm-ups on the first day of competition.
- No swimmer/club will be allowed to swim whose entry fees have not been paid.

12. ENTRIES REFUND POLICY: [As per Winter Swimming Policy WC-4](#)

13. ENTRY LIMIT:

- Swimmers can enter up to **8 individual events** plus relays.
- There will be a maximum of 300 swimmers allowed into the meet. Entries will be accepted by Sask clubs first, on a first come, first entered basis, by the date and time the entry file is received and then out of province clubs.
- The Club that enters the 300th swimmer will be the last entries accepted into the meet.

14. ENTRIES:

- All entries must be uploaded to the Swimming Canada Online Entries System. No entries will be accepted by email.
- Entry times will be accepted in either short course or long course. Converted times will NOT be accepted.
- **All entries must pass time validation.**
- NT's will be accepted for a swimmer that does not have a time in a particular event, or their entry time is prior to January 1, 2025. Coach estimated times will not be accepted for a swimmer that does not have a time; the swimmer must be entered with NT.
- For any entry questions, please contact Nicole Hedman-Chernick at: office@swimsask.ca

15. RELAY ENTRIES:

- Relay swimmers must be properly entered in at least one (1) individual event. Relay-only swimmers will *not* be allowed.
- 11 & Over Female and 12 & Over Male swimmers with a ManSask AA time in a 50 or 100 stroke prior to the start of the competition will be de-qualified from that leg of the relay.
- A swimmer who achieves an "AA" time in an event at this meet will be permitted to swim on a relay team.
- Clubs may enter any number of relays but only a **maximum** of 2 relay teams in each age category **can score**.
- Relay Names** – relay entries can be submitted with or without names. For clubs that submit relay names in their entry file, they will not be required to submit another relay card during the meet, unless they have a swimmer name or order change.
- Mixed relays** must consist of 2 swimmers of each gender.

RELAY ENTRIES CONTINUED:

- g) There are no qualifying times for relay events. However, to obtain seeding, an entry time should be submitted.
- h) **Friday relay** – if clubs did not submit relay names in their Entry File, then relay cards will be required to be completed and submitted by no later than the finish of all the 100 Free events - Event #6.
- i) There will be no swimmer name or order changes after submission of the relay card.
- j) **Saturday relays** - If clubs did not submit relay names in their Entry File, then relay cards will be required to be completed and submitted within 30 minutes after the conclusion of the Friday Evening session for the relay that is in the Saturday morning session and within 30 minutes after the conclusion of the Saturday morning session for the relay that will be held in the Saturday Evening Session.
- k) **Sunday Relay** – if clubs did not submit relay names in their Entry File, then relay cards will be required to be completed and submitted within 30 minutes after the conclusion of the Saturday evening session
- l) If the names or swimmer order changes are required for the Saturday or Sunday Relays, then new relay cards with the changes will be accepted up to 30 minutes prior to the start competition in the session in which the relay event is held.
- m) Failure to provide the above, the relay will be considered exhibition and therefore is not eligible for points and awards.

16. DECK ENTRIES:

- Deck entries may be permitted at the discretion of Meet Management and only if space permits; additional heats will not be created.
- Deck entries are for additional swims for swimmers already entered in the competition and have passed registration validation, to swim additional swims in empty lanes.
- Deck entries shall not cause a swimmer to exceed the maximum entry limit of 8 events.
- Deck Entries are not for day of competition entries.
- Deck entries will be classified as exhibition swims and therefore will not be scored or given awards.
- The cost of all deck entries will be twice the normal entry fee. Payment in cash or cheque must accompany the entry when handed to the Clerk of Course or Meet Office and before being assigned a lane.
- De-qualifying times are still in effect for deck entries. If a swimmer has an “AA” time, then they are not allowed to deck enter.

17. MEET FORMAT/COMPETITION:

- All events are Timed Finals.
- Male and Female events will be swum separately.
- This meet will be swum via the following Age Groups except for the 400 IM and 1500 Free events:
 - Female events: 10 & under, 11 & 12 and 13 & over
 - Male events: 11 & under, 12 & 13, 14 & over
 - Mixed Relays: 11 & under, 12 & 13, 14 & over
- 400 IM will be swum as 11 & 12 and 13 & over Females and 12 & 13 and 14 & over male
- 1500 Free will be swum as 11 & over female and 12 & over male
- There are no Para-specific events or entry standards.

Event winner's advancement to ManSask

Each event winner in the following age groups will automatically qualify for the July 2026 ManSask Championships. This applies to Sask athletes only. In the event that the winner of an event is from outside of Sask, then no Sask swimmer will advance to ManSask in that event.

Female:	11 & 12	Male:	12 & 13
	13 & 14		14 & 15
	15 & Over		16 & Over

Report will be run by Swim Sask to provide the updated event winners by the above age categories and clubs will be notified.

18. SEEDING:

- Time-Final events will be seeded according to entry time within each age category as per the age categories listed in #17 above, except for the 1500 Free which will be senior seeded, which will be swum fastest to slowest.
 - **NOTE:** 1500 free events will be swum during different sessions for females and males. Males in Session 1 on Friday and Females in Session 3 on Saturday
- Para swimmers will be fully integrated, as there are no separate Para events, and will be seeded according to their entry time.
- Heats may be combined as necessary
- Meet Management has the right to limit entries should the session timelines be too long.

Positive Check-in for 1500m Free

- **Positive check-ins for 1500 free is required.** Coach or swimmer can do check-in. Check-in must be done as follows:
 - For the Male 1500 Free check-in must be done by the conclusion of 100 Free event # 6
 - For Female 1500 Free check-in must be done by the conclusion of 200 Backstroke event # 66
 - If necessary, these events may be re-seeded after positive check-in.
 - Failure to check-in will result in the swimmer being deemed a scratch and may subsequently also be scratched from all their remaining final events, including relays schedule for that day.

19. **START:** Starts will be conducted from Starting Platforms (blocks) as per World Aquatics Rule II.16.1.4 and Swimming Canada Rule 4.1.
Starts may also be conducted from the Deck or Bulkhead as per Swimming Canada Rule C4.1.1
In-water starts will be conducted as per Swimming Canada Rule C4.1.2

d/Deaf and Hard of Hearing

This competition can provide the following accommodation for swimmers who are D/deaf or Hard of hearing:

1. Non-verbal instruction provided by a support person that has a status of "Active" in the Swimming Canada Registration system.
2. An External Strobe light

20. SCRATCHES:

- a) Clubs are requested to report any scratches no later than 30 minutes prior to the start of each session. Scratches must be submitted on a scratch form which will be available from Admin Deck.
- b) Scratches simply create empty lanes, as there shall be no-reseeding except perhaps in the 1500 Free.
- c) There is no scratch penalty except for loss of entry fee.
- d) Entry fees will not be refunded for scratches received after the entry deadline date.

21. SCORING:

For individual and relay events as follows: 1st-10th place: 15-12-9-7-6-5-4-3-2-1

22. AWARDS:

- a) **Individual events:**
 - Medals for placing 1st, 2nd & 3rd
 - Ribbons for placing 4th to 10th
- b) **Top 3 Improvement Point Winner:** per age group & gender based on the following improvement points:
 - If seed time is an NT = 1 point
 - 0.00 to 1.00 second improvement = 1 point
 - 1.01 to 3.00 second improvement = 2 points
 - 3.01 to 5.00 second improvement = 3 points
 - 5.01 to 7.00 second improvement = 5 points
 - 7.01 to 9.00 second improvement = 7 points
 - 9.01 to 10.00 second improvement = 9 points
 - 10.01 to 99 second improvement = 10 points
- c) **Relay Events:** Medals for placing 1st
- d) **Club Awards:**
 - Two Team Awards –Top Small Team and Top Large Team
 - Large team – clubs with 20 or more swimmers entered as of entry deadline date
 - Small team – clubs with 19 or less swimmers entered as of entry deadline date.

23. RESULTS:

- Will be done via the following age categories:
 - Female events: 10 & under, 11 & 12 and 13 & over
 - Male events: 11 & under, 12 & 13, 14 & over
 - Mixed Relays: 11 & under, 12 & 13, 14 & over
- Unofficial results may be made available on Meet Mobile
- All official rulings will be made by officials on the pool deck.
- If Livestreaming is available, it will not be used to question the ruling of officials.
- Result file will be uploaded to REMS.

24. OFFICIAL SPLITS:

- As per Swimming Canada rule 13.3.3 Meet Management requires that a coach wishing to rely on a time achieved by a swimmer for an interval shorter than the total distance of the event, must advise the Referee and Meet Management prior to the commencement of the event in question will be held.
- Official Split requests must be submitted to Meet Management a minimum of 30 mins prior to the start of the session that the event is being held.
- The Official Split Request Form is available through Meet Management or by downloading [here](#).
- Clubs must be prepared to provide additional timers when an Official Split is requested.
- Official splits will be reported as a separate event in the meet results.

25. MEET SAFETY RULE:

- [Swimming Canada Competition Warm-Up Safety Procedures](#) will be in effect at this meet.
- It is coach's responsibility to inform the swimmers and ensure their discipline and adherence to the Swimming Canada Competition Warm-Up Safety Procedures.
- Diving will be allowed only during the last 15 minutes of warm-ups. Lanes 0 and 1 will become dive lanes and will have one-way swimming only.
- Depending on the number of Para swimmers entered in the meet and their sport classes, an outside lane may be designated exclusively for Para swimmers during warm-ups.
- Safety marshals will be on the pool deck during the assigned warm-up period.
 - Kick boards, pull buoys and snorkels will be allowed during the warm-up period.
 - Hand paddles and flippers will not be allowed, nor will tubing or cord assisted sprinting.

26. GENERAL FACILITY INFO:

- Swim meets will prioritize athletes, coaches, and officials on the pool deck.
- Only swimmers competing in this meet, declared coaches, meet officials, volunteers, approved para-swimmer support personnel and approved photographers are allowed on the pool deck at all times. Spectators must sit in the upper viewing area.
- Live streaming will be available; links will be provided at www.laserswimming.ca
- Provide any other information

27. OTHER MEET RELATED EVENTS:

N/A

28. COMMUNITY INFORMATION AND ACCOMODATIONS:

There are no specific hotels set aside for this meet. However, the hotel closest to the pool is:

- Best Western Blairmore: 306.242.2299

29. OTHER INFORMATION:

Photography/Videography

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

Safe Sport

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

Swimwear

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



30. EVENT SCHEDULE/ORDER OF EVENTS

<p>SESSION 1 Friday, June 12, 2026 Warm-up: 3:30 p.m. Competition Starts: 4:30 p.m.</p>
100m Freestyle
200m Individual Medley
200m Butterfly
50m Backstroke
Male 12 & over 1500m Freestyle
4 x 50 m Freestyle Relay

<p>SESSION 2 Saturday, June 13, 2026 Warm-up: 7:30 a.m. Competition Starts: 8:30 a.m.</p>
4 x 50m Mixed Freestyle Relay*
100m Backstroke
50m Breaststroke
100m Butterfly
400m Freestyle

***Mixed Relays must consist of two members of each gender**

<p>SESSION 3 Saturday, June 13, 2026 Warm-up: 3:30 p.m. Competition Starts: 4:30 p.m.</p>
200m Backstroke
50m Freestyle
200m Breaststroke
Female 11 & over 1500 Freestyle
4 x 50m Medley Relay

<p>SESSION 4 Sunday, June 14, 2026 Warm-up: 7:30 a.m. Competition Starts: 8:30 a.m.</p>
4 x 50m Mixed Medley Relay*
100m Breaststroke
200m Freestyle
50m Butterfly
400m Individual Medley (11/12 & over only)



Event List

SESSION 1 – Friday, June 12, 2026				
Warm-Up: 3:30pm			Start: 4:30pm	
Female	Age Group	Event	Age Group	Male
1	10 & U	100m Freestyle	11 & U	2
3	11 & 12	100m Freestyle	12 & 13	4
5	13 & O	100m Freestyle	14 & O	6
7	10 & U	200m Individual Medley	11 & U	8
9	11 & 12	200m Individual Medley	12 & 13	10
11	13 & O	200m Individual Medley	14 & O	12
13	10 & U	200m Butterfly	11 & U	14
15	11 & 12	200m Butterfly	12 & 13	16
17	13 & O	200m Butterfly	14 & O	18
19	10 & U	50m Backstroke	11 & U	20
21	11 & 12	50m Backstroke	12 & 13	22
23	13 & O	50m Backstroke	14 & O	24
		1500m Freestyle	12 & O	26
27	10 & U	4 x 50m Freestyle Relay	11 & U	28
29	11 & 12	4 x 50m Freestyle Relay	12 & 13	30
31	13 & O	4 x 50m Freestyle Relay	14 & O	32

SESSION 2 – Saturday, June 13, 2026				
Warm-Up: 7:30am			Start: 8:30am	
Female	Age Group	Event	Age Group	Male
33	11 & U	4 x 50m MIXED Freestyle Relay*	11 & U	
34	12 & 13	4 x 50m MIXED Freestyle Relay*	12 & 13	
35	14 & O	4 x 50m MIXED Freestyle Relay*	14 & O	
*Mixed relays must consist of two members of each gender				
37	10 & U	100m Backstroke	11 & U	38
39	11 & 12	100m Backstroke	12 & 13	40
41	13 & O	100m Backstroke	14 & O	42
43	10 & U	50m Breaststroke	11 & U	44
45	11 & 12	50m Breaststroke	12 & 13	46
47	13 & O	50m Breaststroke	14 & O	48
49	10 & U	100m Butterfly	11 & U	50
51	11 & 12	100m Butterfly	12 & 13	52
53	13 & O	100m Butterfly	14 & O	54
55	10 & U	400m Freestyle	11 & U	56
57	11 & 12	400m Freestyle	12 & 13	58
59	13 & O	400m Freestyle	14 & O	60

SESSION 3 – Saturday, June 13, 2026				
Warm-Up: 3:30pm			Start: 4:30pm	
Female	Age Group	Event	Age Group	Male
61	10 & U	200m Backstroke	11 & U	62
63	11 & 12	200m Backstroke	12 & 13	64
65	13 & O	200m Backstroke	14 & O	66
67	10 & U	50m Freestyle	11 & U	68
69	11 & 12	50m Freestyle	12 & 13	70
71	13 & O	50m Freestyle	14 & O	72
73	10 & U	200m Breaststroke	11 & U	74
75	11 & 12	200m Breaststroke	12 & 13	76
77	13 & O	200m Breaststroke	14 & O	78
79	11 & O	1500m Freestyle		
81	10 & U	4 x 50m Medley Relay	11 & U	82
83	11 & 12	4 x 50m Medley Relay	12 & 13	84
85	13 & O	4 x 50m Medley Relay	14 & O	86

SESSION 4 – Sunday, June 14, 2026				
Warm-Up: 7:30am			Heats Start: 8:30am	
Female	Age Group	Event	Age Group	Male
87	11 & U	4 x 50m MIXED Medley Relay*	11 & U	
88	12 & 13	4 x 50m MIXED Medley Relay*	12 & 13	
89	14 & O	4 x 50m MIXED Medley Relay*	14 & O	
*Mixed Relays must consist of two members of each gender				
91	10 & U	100m Breaststroke	11 & U	92
93	11 & 12	100m Breaststroke	12 & 13	94
95	13 & O	100m Breaststroke	14 & O	96
97	10 & U	200m Freestyle	11 & U	98
99	11 & 12	200m Freestyle	12 & 13	100
101	13 & O	200m Freestyle	14 & O	102
103	10 & U	50m Butterfly	11 & U	104
105	11 & 12	50m Butterfly	12 & 13	106
107	13 & O	50m Butterfly	14 & O	108
109	11 & 12	400m Individual Medley	12 & 13	110
111	13 & O	400m Individual Medley	14 & O	112