

## 2016 Best in the West Open Meet

### Consideration Times

- Please note that times from Accredited Meets are required. Please submit a proof of time report with your entry file.  
Failure to do so may result in a request to provide evidence of times. Should you receive such a request you will be advised of the deadline for verification. Where no satisfactory proof can be provided the competitor shall withdraw, forfeit their entry fee and will be excluded from the Meet.
- Times must have been achieved since 01 May 2015.
- Submitted times to be Long Course, conversions are allowed.

MALE		EVENT	FEMALE	
Age Group	Open		Open	Age Group
	00:28.00	50 FREE	00:30.00	
01:23.00	01:00.00	100 FREE	01:04.00	01:25.00
02:55.00	2:15.00	200 FREE	02:24.00	03:05.00
	04:35.00	400 FREE	04:50.00	
		800 FREE	09:50.00	
	18:30.00	1500 FREE		
	00:33.00	50 BACK	00:36.00	
01:35.00	01:08.00	100 BACK	01:13.00	01:40.00
03:20.00	02:28.00	200 BACK	02:35.00	03:11.00
	00:38.00	50 BREAST	00:41.00	
01:55.00	01:19.00	100 BREAST	01:26.00	02:10.00
04:00.00	02:50.00	200 BREAST	03:01.00	04:05.00
	00:32.00	50 FLY	00:33.00	
02:00.00	01:07.00	100 FLY	01:14.00	02:10.00
04:10.00	02:35.00	200 FLY	02:45.00	04:20.00
03:25.00	02:25.00	200 IM	02:35.00	03:35.00
	05:10.00	400 IM	05:35.00	

- **Notes:**
- Age Group Events will be swum as heat declared winner events.
- There will be "A" Finals for 50, 100, 200 and 400 events.
- There will be "A" and "B" Finals for 100 and 200 events.
- 800 and 1500 Freestyle events will be swum as heat declared winner events.