

	Time today	25m split	50m split	100m split	150m split	entry time
Shannon						
200m Breaststroke	3.40.16	21.9	49.94	1.47.08	2.45.38	3.46.87
200m Freestyle	2.56.38	18.9	40.72	1.26.26	2.13.21	3.07.17
200m Butterfly	3.33.55		46.56	1.41.35	2.40.09	3.42.78
200m Backstroke	3.16.73		47.37	1.42.30	2.27.90	3.31.66
Sophie						
200 IM	3.00.15		41.27	1.25.25	2.19.97	3.04.75
200m Backstroke	2.54.53		40.71	1.26.06	2.11.57	3.00.55
Adam						
200 Freestyle	2.38.46		35.61	1.16.01	1.58.64	2.48.52
200 IM	3.02.09		42.37	1.28.98	2.23.38	3.12.80
Aaron						
200m Backstroke	2.56.20		41.2	1.26.28	2.12.25	3.01.44
	PB's noted in red					