

**100 Meter**

Group	Speed	S	R	Dist	TIME	R-Rest	RAT	S-Rest	RAT
Group 1	00:10.3	1	6	x 60	06.18	00:06.2	1 : 1	00:24.7	1 : 4
Group 2	00:10.7	1	6	x 200	21.40	00:21.4	1 : 1	01:25.6	1 : 4
Group 3	00:11.1	1	6	x 150	16.65	00:16.6	1 : 1	01:06.6	1 : 4
Group 4	00:12.0	1	6	x 200	24.00	00:48.0	1 : 2	01:36.0	1 : 4
Group 5	00:12.6	1	6	x 250	31.50	01:03.0	1 : 2	02:06.0	1 : 4
Group 6	00:13.2	1	6	x 300	39.60	01:19.2	1 : 2	02:38.4	1 : 4

\*\*NOTES:

**200 Meter**

Group	Speed	S	R	Dist	TIME	R-Rest	RAT	S-Rest	RAT
Group 1	00:20.5	1	8	x 600	01:01.5	01:01.5	1 : 1	01:01.5	1 : 1
Group 2	00:21.3	1	8	x 600	01:03.9	01:03.9	1 : 1	02:07.8	1 : 2
Group 3	00:22.0	1	8	x 600	01:06.0	01:06.0	1 : 1	02:12.0	1 : 2
Group 4	00:22.4	1	6	x 500	00:56.0	01:52.0	1 : 2	01:52.0	1 : 2
Group 5	00:23.3	1	6	x 400	00:46.6	01:33.2	1 : 2	01:33.2	1 : 2
Group 6	00:24.0	1	6	x 400	00:48.0	01:36.0	1 : 2	01:36.0	1 : 2

\*\*NOTES:

**400 Meter**

Group	Speed	S	R	Dist	TIME	R-Rest	RAT	S-Rest	RAT
Group 1	00:46.0	1	10	x 400	00:46.0	00:46.0	1 : 1	00:46.0	1 : 1
Group 2	00:45.3	1	10	x 400	00:45.3	00:45.3	1 : 1	00:45.3	1 : 1
Group 3	00:45.2	1	8	x 400	00:45.2	00:45.2	1 : 1	00:45.2	1 : 1
Group 4	00:47.3	1	8	x 300	00:35.5	01:10.9	1 : 2	01:10.9	1 : 2
Group 5	00:47.2	1	12	x 200	00:23.6	00:47.2	1 : 2	00:47.2	1 : 2
Group 6	00:47.4	1	12	x 200	00:23.7	00:47.4	1 : 2	00:47.4	1 : 2

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