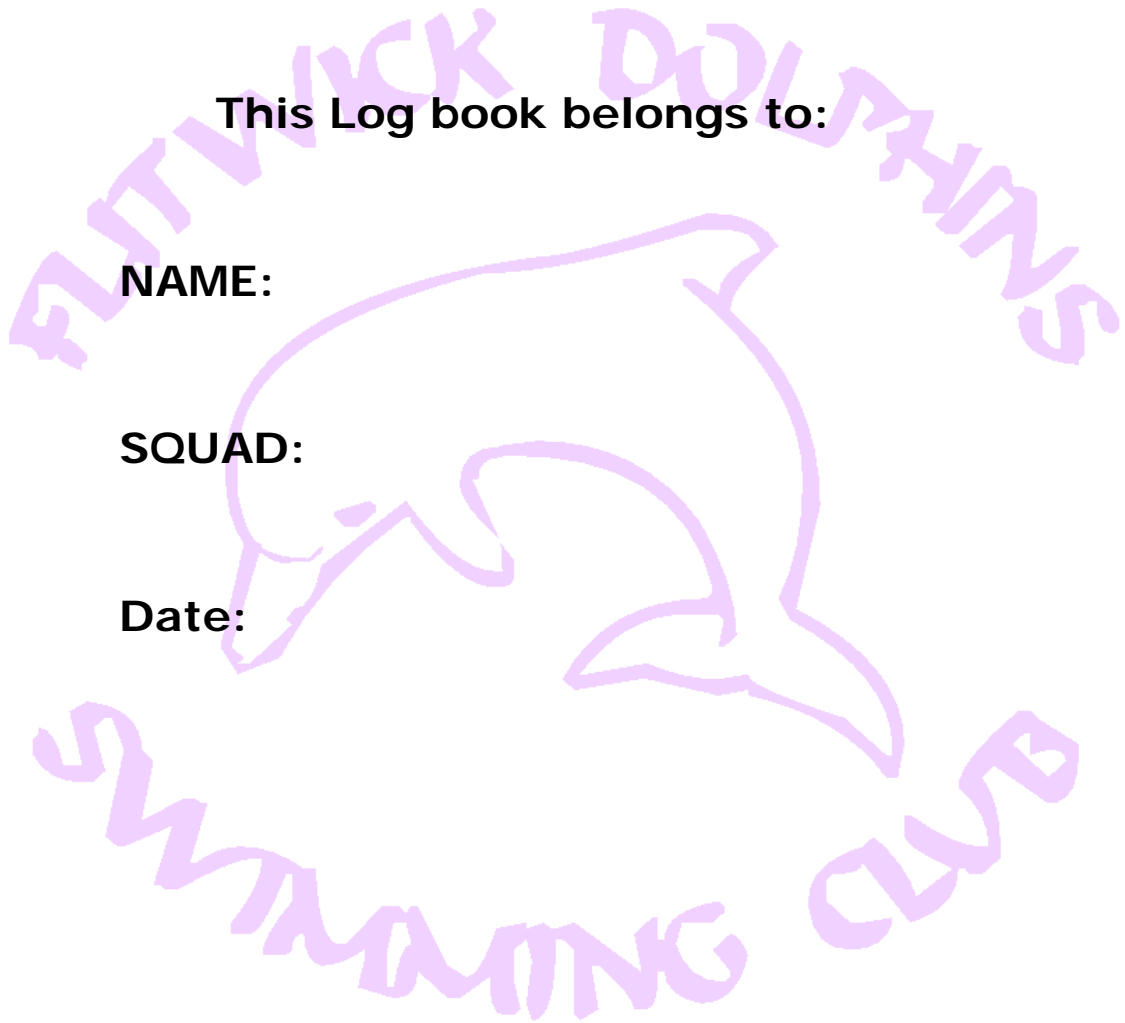


This Log book belongs to:

NAME:

SQUAD:

Date:



www.flitwickdolphins.com

Contents

1. Introduction to log books
2. Training log – session
3. Training log – weekly summary
4. Goal setting
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7. Food for success
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Junior Log Book

Introduction

Keeping a log book of all your training sessions and competitions is an important part of your swimming development and progression within swimming. It can be like a diary where you write down all your personal thoughts and feelings or simply a record of training sessions and personal best times. It is up to you how personal or detailed you make it. Your coaches would like to see your log book on occasions but they don't have to read it all if you do not wish them to. It is YOUR log book; use it how ever you want to.

Your log book can:

- Remind you of your goals
- Help you achieve your goals
- Remind you of your PB's (Personal best times)
- Help you evaluate your performances and achievements
- Help you set new goals

In your log book you should keep the following information:

- Personal best times, competition achievements
- Before each training session write down your own goal for the session i.e. I will try to do everything my Coach asks; I will do every tumble turn correctly.
- After each session write down:
 - Day, Date, time of session and coach of session
 - An outline of the session i.e. Outline of main set / sub sets
 - Total distanced covered during the session
 - How you felt the session went for you i.e. good, felt ill etc.
 - Anything you need to work on – goal for next session
- On a weekly basis try to write down how many sessions you attended and if you missed any why i.e. illness, holiday, school commitments, you are asked to attend at least 75% of training sessions allocated to your squad.

Your log book can be hand written or typed on a computer. You can build up a ring binder where you can keep all the information together and when you look back you can see how much you have achieved or why something might not have gone to plan. Your log book is not homework; it is something you should want to do to help you progress in swimming.

All the information you need to help you write your log book, set your goals and improve your swimming can be found in this pack or on the club website www.flitwickdolphins.com along with extra log book sheets to record your information.

If you need any further help or guidance please speak to me.

Good luck
Becky

Training Log - Session

Name: _____

Squad: _____

Day: _____

Date: _____

Time: _____

Coach: _____

Goal for session: _____

Aim of session: _____

Main Set: _____

Sub Set: _____

Total Distance: _____

Rate how you felt (1= very Bad 5= very good)

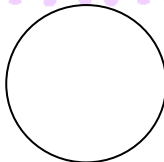
Health 1 2 3 4 5

Confidence 1 2 3 4 5

Energy/tiredness 1 2 3 4 5

Enthusiasm 1 2 3 4 5

Face (Happy, sad, okay)



Goal for next session: _____

Weekly summary

Name: _____ Squad: _____

Date: _____ (week Monday – Sunday)

Total number of sessions: _____ (minimum target 75%)

Total Distance: _____

What I improved most this week: _____

What I need to work on next week: _____

Gala / Competition: (If had one) _____

Race	Time	PB (Y/N)

Comment: _____

Rate how you felt the whole week went (1= very bad, 5= very good)

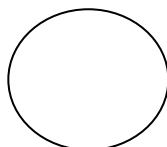
Health 1 2 3 4 5

Confidence 1 2 3 4 5

Energy/tiredness 1 2 3 4 5

Enthusiasm 1 2 3 4 5

Face (Happy, sad, okay)



Goal Setting

Think about what you would like to achieve in Swimming. This should involve thoughts about school activities and other interests / sports you are involved with. Goals should be achievable yet challenging and personal to you.

Use these guidelines to set your own goals for Swimming:

- Training Sessions – your short term goals should be based on setting goals for each session to enable you to achieve your medium and long term goals.
- Open Meets / Club galas – You should be looking to enter galas in order to keep your PB's up to date and aim to achieve qualifying times for Beds County Championships held over 2 weekends in March each year (Closing date for entries is January) Regional Championship (June) National Championships (July / August)
- To have fun and enjoy swimming
- Long term goals should be your ultimate ambition in swimming / life / School, what do you want to achieve?

Remember to write each goal; then write HOW you are going to achieve a goal, and WHEN you are going to achieve it by. Write 2-3 goals for each time frame and make sure you check your goals regularly and tick them when you have achieved them and make new goals. There is space to split your short term goals into training, competition and school as these goals should be more detailed than your medium and long term goals. (Spare sheets are available on the website)

Long term goals (6 months +)

Goal	How you are going to achieve it?	By when?
1		
2		
3		

Medium term goals (1-6 months)

Goal	How are you going to achieve it?	By when?
1		
2		
3		

Short term goals (1 week – 1 month)

Training

Goal	How you are going to achieve it	By when
1		
2		
3		

Short term goals (1 week – 1 month)

Competition

Goal	How you are going to achieve it	By when
1		
2		
3		

Short term goals (1 week – 1 month)

www.flitwickdolphins.com School

Goal	How you are going to achieve it	By when
1		
2		
3		

Getting the most out of a training session

A happy coach + well behaved swimmers = A good session and enjoyment for all

ARRIVE on poolside at least 10 MINUTES before the start of the session and complete your land warm up (see land warm up sheet), at the session start time you should be ready to enter the water as soon as the coach tells you to. This includes having hat and goggles on, all your equipment with you and having been to the toilet!

Your SAFETY and those of others in the pool, is your coaches prime responsibility and is important for everyone. So please:

- NO jumping or diving in to the pool unless you are asked (Lower yourself into the pool, unless otherwise told)
- NEVER push or fool around with other swimmers
- ALWAYS listen to your coaches instructions
- ALWAYS be aware of other swimmers in the pool

DISCIPLINE is important for your own safety and will provide a good learning environment. A well disciplined swimmer trains well and will compete well and reach their full potential. Remember you are not the only swimmer in the pool; all the other swimmers deserve the coaches' attention as much as you.

DON'T grab the person in front of you to overtake them. Swim down the middle of the lane, or change positions at the wall. DON'T stop in the middle of the lane and cause a pile up, always move out the way of other swimmers. If you have been caught up by the swimmer behind you let them pass, don't speed up and try and stay in front, it doesn't matter where you are in the lane, all that matters is you are doing what your coach asked YOU to do correctly.

LISTEN carefully to your coach, which includes looking at them and watching demonstrations carefully. Remember you can't hear with your head under water.

STAND STILL whilst listening to your coach, DON'T be tempted to grab or interfere with other swimmers, focus on your on swimming, and NOT splashing around.

SPACE Give the person in front of you enough room to push off the wall and leave 5 seconds before you set off. Be aware of swimmers behind you; give them enough space to finish at the wall (not 5 metres away), always complete the length with the correct turn or finish. (All races finish at the wall!). Remember practice makes you confident.

EQUIPMENT for training sessions: you need suitable swim wear, hat, goggles and a drinks bottle you should also have a pull buoy, kick board and fins. It is important that all equipment is placed neatly at the end of your lane and replaced after use sensibly and not thrown around.

PLEASE bring a drinks bottle to every training session filled with water or diluted squash NOT fizzy drinks. You may not feel it but you do sweat in the water and become dehydrated if you don't drink. Please DON'T share drinks bottles with other swimmers, squirt other swimmers, empty drinks bottles into the pool/on to poolside, or bring disposable bottles then leave them on poolside.

Keep your coach happy then you can enjoy swimming and work hard.

Food for Success

As a swimmer your diet is very important to help your muscles work efficiently during exercise and re-fuel after exercise.

Your diet should be:

High in Carbohydrate

(Bread, Rice, Potatoes, Pasta, fruit and snack food such as cereal bars)

The most important fuel for your muscles is carbohydrate and the limited stores in your body needed to be refuelled between exercise, which means training sessions as well as competitions; your body can't work at its best if it hasn't got enough energy.

Enough Protein

(Eggs, Cheese, Milk, Meat, Fish, Beans, Bread, Potatoes)

You need more protein than if you weren't exercising to repair muscle damage during exercise. If you eat a high carbohydrate, low fat diet you should be getting the right amounts of protein. Excess protein doesn't build muscle bulk and strength, these develop with appropriate training.

Low in Fat

(Fried food, Pastry, Spreads, Fatty meat e.g. Burgers)

You can store a lot of fat in you body, and you don't need it for energy, so cut down on the fatty foods.

High in Fluids

(10 glasses a day in addition to a sports bottle during and after training)

You need to drink little and often, particularly when you are exercising and the weather is hot, not just when you are thirsty, dehydration will affect your performance. Monitor the colour of your urine, if it is dark you need to need to drink more, if it is light you are drinking enough. You DO NOT need carbohydrate drinks (Lucuozade, Powerade) as these will dehydrate you further, the only time to drink any of these drink is after training or competition to help you refuel with enough carbohydrate in a short time.

Top Tips

1. Alter meal times to suit your training times - Have a high carbohydrate meal with a drink 1-2 hours before training and ASAP after training / competition. At least 50g of Carbohydrate should be eaten immediately after training and then every 2hrs afterwards (daytime) e.g. 2 Bananas or 3 slices of bread with jam or 2 cereal bars, 1 litre of fluid (milk, fruit juice)
2. Sip fluids (water/weak squash) during training/competition.
3. Snacks should be high in Carbohydrate low in fat.
4. Remember everyone is different and has different energy requirements, your body needs fuel to work and it needs re-fuelling after work.

Flexibility and stretching

Why stretch?

- A good level of flexibility helps you perform economically (so you use less energy)
- Stretching helps prevent tightness in muscles and injuries if done CORRECTLY and at the RIGHT TIME

How to Stretch

Dynamic Stretches or Blood flow exercises

- What?
 - MOVING your muscles through a range of movements to get the blood flowing and start to warm up the muscles
 - For example, arm swinging, neck rolling, hip circles
 - Start off small and slowly work up to bigger faster movements
 - Work from your head down to your toes so you don't miss anything
- When?
 - Land warm up BEFORE entering the pool, to help begin to warm up the muscles gradually to help prevent injury and get the most out of your muscles in the pool
 - As much as you can (4-5 sets of 5-12 movements or at least 10 minutes)
 - At competitions you should do dynamic stretching before your pool warm up and then before your race to wake your muscles up and prepare them for hard work.

Static Stretching

- What?
 - HOLDING your muscles in one position so you can feel a stretch
 - Hold the stretch for 30 seconds and repeat
 - Hold the stretch still, don't bounce
 - Work from your head down to your toes so you don't miss anything
- When?
 - Best used AFTER swim down, when your muscles are warm
 - The Shower is a good place to stretch after a session
 - Work particularly on muscle where you are tight

Note:

- Just before growth spurt (10-13 years old) and during the growth spurt (13-15 years old) is a good time to working on flexibility and stretching as bones grow faster than muscles and flexibility of the muscles is reduced during this time.

Certificates

National Plan for Teaching Swimming (NPTS)

The new ASA NPTS scheme is designed so that Stages 8 to 10 can be completed by a swimmer who has started competitive club training. There are certificates at stages 8 to 10 in competitive swimming, diving, water polo and synchronised swimming. The competitive swimming certificates are designed to work on the skills required to learn how to train and perform all strokes and skills to ASA law. The swimmers will also work on skills from the diving certificates, to enable them to learn how to control their body and develop the skills required to perform a shallow racing dive preparing the swimmer to progress to their 'Competitive start award' a standard swimmers must reach to dive in competitions. The skills required for Stage 8 to 10 in competitive swimming and diving certificates are worked on in all training sessions, and assessment of skills in continual.

It is not compulsory to buy the certificates but as and when a swimmer has performed all elements to the required standard they will be given a slip and be able to purchase the relevant certificate from the club.

Pre Competitive Development Awards

These ASA awards have been designed specifically to lay the foundations to give young swimmers the tools for taking part in competitive swimming. The main emphasis is on the development of underpinning skills and effective technique and include starts, turns and finishes, use of a pace clock, together with the introduction of land based loosening exercises and relevant drills appropriate to the four competitive strokes.

There are two levels which are available through the club and the sessions that Silver and Bronze squads take part in include all the skills and techniques required for these awards. The swimmers are being continually assessed and when they have completed all the necessary skills consistently they will be awarded these certificates. It is not compulsory to buy the certificates but they are available to purchase from the club for a small fee

For further information on any of the certificates available please speak to Becky Gilbertson, assistant coach.

www.flitwickdolphins.com

FDSC Fixtures and Selection Policy

Interclub Galas

The club takes part in three leagues, the *Chilterns League*, (10 and under to Open) the *Milton Keynes and District Junior League* (up to 12 and under) and the West Midlands Division of the *National League*. (11/under to Open) The Chilterns League is a C-grade competition with 'no faster than' time limits, but we pick our fastest team within those limits (exceeding the speed limit means that no points are scored for that event). The Junior and National leagues are very competitive and we field our best available team for every gala. The club also takes part in a number of one-off galas with other clubs. It is very important that if selected for a gala that you make every effort to swim, everyone contributes to a team effort, if swimmers pull out it could mean that there are not enough swimmers to make a relay team ending up in the team losing points. Please tell your coach as soon as possible if you are unable to swim. The club awards certificates and trophies to swimmers for the number of times they have represented the club.

How to get selected

Flitwick Dolphins is a competitive swimming club and we enter competitions with the aim of winning, or doing as well as we can. We therefore pick the fastest team available. The team list is drafted using the PB (Personal Best) times of every swimmer for each event. The coaches' decision on selection is final; each swimmer is selected for any swim with the whole team in mind. The only way for a swimmer to break into the team is to become faster than a swimmer who is already in it, using Club and County Championships, time trials and Open Meets to set times. Team selection is also influenced by availability and by age.

Club Championships

The Club Championships are open to every swimmer in the club, are great fun, often very competitive and a great opportunity to establish PB's in all events. They are held in the autumn.

Open Meets

As the name suggests, Open Meets are open to anyone, although most charge a fee and have qualifying times that a swimmer must have achieved in order to enter. Open meets can set their own qualifying times and these can be a large range, and are normally just a guide to entry, if the meet is heavily subscribed the promoters may reject entries, depending on the open meet this can be done by taking the slowest swims out or on a first come first served basis. Open meets are run as 'age on day of meet'. Some meets are licensed by the ASA; times set at these meets are used to compile the national rankings and can be used for entry into the Regional and National championships.

Silver and Bronze squad swimmers should be looking out for open meets which are Level 3 or C grade and some swimmers will have times fast enough for Level 2 or B Grade competitions. Open meets entered by the club are promoted on the fixtures list and web site. The closing dates for entries are normally 6-8 weeks prior to the meet. If you are unsure what to enter please speak to your coach.

County, Regional and National Championships

The Bedfordshire County Championships are held in March and are an important event for the club. Every swimmer who qualifies should enter. Entry forms normally come out at the beginning of January and have to be returned to the club by the end of January. It is important that you enter open meets and club championship in the September to December the calendar year before to ensure you have the best chance of gaining qualifying times for County Championships.

The next levels up are the East Region, which holds age group, youth and open championships, and the Nationals. The qualifying times for these championships are very tough.

Being prepared for Competitions Checklist

The week before competition

- For an open meet if the meet has entry cards make sure you have collected them from your coach
- A lot of open meets run as 'card less' meets these days, it is very important that if the meet is 'card less' that you find out whether you need to sign in on arrival at the meet or whether it is positive withdrawal (this means that your coach has to withdraw you from your events, in some meets if this is not done, there is a fine imposed if you do not swim the races you have entered)
- Attend all your training sessions leading up to the competition, vital information will be given, and the sessions are planned around competitions for your benefit
- Get as much sleep as possible
- Eat the right food e.g. Balanced, healthy diet, cut out the junk food!!
- Make sure you are drinking enough — It is Very Important to keep hydrated
- Avoid activities that are likely to end up with you being injured, you don't want any broken bones that will prevent you from competing

The night before the competition

- Pack your own bag — this should include:
 1. More than 1 swimming costume -at least one for warm up and one for racing
 2. FDSC hat and goggles + spares
 3. 2 towels, one for poolside, one for changing
 4. Warm clothes i.e. FDSC t-shirt, tracksuit and SHOES
 5. Entry cards if the meet is using them
 6. DRINKS, water or weak juice
 7. A snack for poolside or a packed lunch/tea if you are swimming in more than one session or if the gala is more than half an hour from home (make sure it is suitable to eat before you swim or immediately afterwards i.e. Sandwiches, pasta, jelly, fruit, a small amount of chocolate, are all good food for energy before you swim)
- If you are swimming in more than one session, make sure you have a set of dry clothes and swim wear.
- Do you know when warm up is?

- When does the gala start?
- Do your parents know how to get to the pool?
- How long will the journey take?
- What time are you leaving?

On the day of Competition

Arrival

- Arrive in plenty of time to get changed and find out where everything is before warm up
- Post your Cards when you arrive or sign in if the meet is card less or tell your coach you have arrived from positive withdrawal (If you don't you will not be able to swim)
- Find a space with the rest of the team

Warm up

- Do you know what you are doing for warm up?
(It is your time to get yourself prepared for your race!!)
- Do you know what races you are doing?
- Do your land warm up before the pool warm up, see flexibility and stretching sheet, you should do dynamic stretching at this point.
- During the warm up keep moving
- Do your goggles fit?
- How many strokes from the flags to backstroke turn?
- ONLY dive in the sprint lanes, when announced
- After your pool warm up, change into a dry costume, keep dry and warm
- Keep drinking, but you should NOT need to eat unless you have a long time before your race, if so eat a piece of fruit or small amount of jelly, NOT lots of sweets as you will feel sick.
- Keep yourself occupied, but conserve your energy, cheer on the rest of the team.

The race

- Make sure you have your hat, goggles and drink with you, and you have been to the toilet
- Before your race, you need to go to the marshalling area, this is normally when the event before has started. It is your responsibility to get to the marshalling area on time.
- In the marshalling area, you will be given your card with your heat and lane number or and be told this and lined up in order, then your heat will be told when to move round to the blocks
- Use the time in the marshalling area to think about your race and do some dynamic stretching to get you warm up
- Have a good race, good luck, most importantly ENJOY the experience
- After your race report to your coach for feedback on the race
- Check results after the race, you may have a medal to collect

REMEMBER: A good swimmer is organised, knows what to do and when.

- If you are unsure about anything ASK your coach,
- **DON'T rely on your parents, YOUR RACE, YOUR RESPONSIBILITY !**

Competition Warm ups

A warm up at a competition is very important both physically and mentally to prepare yourself for the races ahead. Your warm up will be slightly different depending on competition and the races you have that day. The basic structure should be the same, but you should adapt each time to make sure you have done all you need to do in the time allowed and you are confident about the races you are about to do in the session.

Always start with a **land warm up** of dynamic stretches to get your blood flowing, at least 10 minutes is good so make sure you are on poolside in plenty of time.

In the pool

Warm up 1 for league swims and if you only have time for a 10-15 minutes warm up

- 200 – 300m frontcrawl / backstroke loosener
- 2 – 4 x 50m No.1 stroke or race strokes progressive
(Each swim gets faster 1= steady, 4 = sprint)
- 2 x 25m Sprints from dive race strokes
- If time 50-100m steady 350 – 650m

Warm up 2 for Open Meets and County Championships 20-30mins

- 200-400m Frontcrawl / backstroke loosener swim and drills
- 200 or 400m IM or No.1 race stroke
- 4 x25m or 4 x 50m race stroke progressive
(Each swim gets faster 1= steady, 4 = sprint)
- 2 x 25m Sprint race stroke walk back or swim back in another lane
- 50 – 100m Steady choice 600 – 1150m

Your warm up should prepare your body and your mind for the races ahead, don't do too much warm up that you get tired and don't do too little warm up that you aren't fully prepared. Use each competition as experience and you will learn what suits you best, and discuss with your coach.

After warm up, you need to stay warm, change into a dry racing costume and put a club t-shirt, tracksuit and SHOES on. If you get cold it will affect your race. Keep drinking small amounts often if you have a long time before your race you may want to eat a banana or something similar to keep your energy levels up.

Key things to do and think about in a warm up

- Start slowly with frontcrawl and backstroke
- Do some fast swimming towards the end, so your body can feel speed
- Make sure you have checked your turns at speed
- Make sure you have checked your goggles don't leak
- Use sprint lane to check goggles and make sure you are comfortable with diving block
- Make sure everything you do is high quality and the best you can do
- Think about how you are going to race
- Keep moving, so everyone can get a good warm up
- If you are unsure about something do it again until you are confident

Remember it is your warm up and your chance to prepare yourself to swim well, so use the time wisely and responsibly

A Record of My Times

Stroke	Date	Place	50 Metres	100 Metres	200 Metres	400 Metres
Butterfly	1.					
	2.					
	3.					
	4.					
	5.					
	6.					
Backstroke	1.					
	2.					
	3.					
	4.					
	5.					
	6.					
Breaststroke	1.					
	2.					
	3.					
	4.					
	5.					
	6.					
Freestyle	1.					
	2.					
	3.					
	4.					
	5.					
	6.					
Individual Medley	1.					
	2.					
	3.					
	4.					
	5.					
	6.					



Bedfordshire Amateur Swimming Association

(Affiliated to the ASA East Region)

The Bedfordshire County Age Group and County Championships – 2010

February 27th (1500m) March 6th, 7th, 20th & 21st

(Under ASA Laws & ASA Technical Rules)
A Level Two Licensed Meet



QUALIFYING TIMES

BOYS								EVENT	GIRLS							
BAGCATS						YOUTH			BAGCATS					YOUTH		
9 [†] Years	10 [†] Years	11 [†] Years	12 [†] Years	13 [†] Years	14 [†] Years	15&16 [†] Years	17&OV [†] Years		9 [†] Years	10 [†] Years	11 [†] Years	12 [†] Years	13 [†] Years	14&15 [†] Years	16&OV [†] Years	
43.7	40.9	38.6	36.3	34.2	32.2	30.6	29.0	50m Freestyle	44.2	41.4	39.1	36.9	35.3	34.1	32.8	
-	-	-	1:18.4	1:13.5	1:09.3	1:06.3	1:02.7	100m Freestyle	-	-	1:24.3	1:19.2	1:15.8	1:13.3	1:10.4	
3:30.6	3:13.9	3:01.8	2:50.9	2:40.4	2:31.0	2:24.4	2:16.8	200m Freestyle	3:32.5	3:14.5	3:01.7	2:50.6	2:42.9	2:37.7	2:31.6	
-	6:48.7	6:20.6	5:59.0	5:38.3	5:19.6	5:05.3	4:48.9	400m Freestyle	-	6:52.3	6:18.6	5:55.7	5:40.1	5:29.8	5:17.9	
-	-	-	12:30.4	11:38.5	10:59.0	10:28.3	10:25.1	800m Freestyle	-	-	12:41.2	11:45.1	11:07.7	10:51.6	10:41.7	
-	-	-	23:11.6	21:25.6	20:16.8	19:35.0	19:05.0	1500m Freestyle	-	-	24:33.3	23:23.2	22:15.8	21:29.8	21:23.4	
50.4	46.9	44.1	41.7	38.8	36.8	34.8	32.8	50m Backstroke	50.8	47.1	44.3	41.8	39.9	38.5	37.0	
-	-	-	1:28.3	1:22.4	1:17.2	1:13.4	1:09.1	100m Backstroke	-	-	1:34.2	1:28.2	1:23.9	1:21.1	1:17.9	
3:52.3	3:35.4	3:20.6	3:09.2	2:56.9	2:46.2	2:38.2	2:30.2	200m Backstroke	3:54.8	3:37.2	3:19.6	3:07.9	2:59.7	2:53.8	2:46.3	
57.1	53.4	49.8	46.7	43.4	40.8	38.7	36.5	50m Breaststroke	58.1	53.7	50	46.8	44.5	43	41.2	
-	-	-	1:40.3	1:33.1	1:27.6	1:23.1	1:18.4	100m Breaststroke	-	-	1:47.2	1:40.5	1:35.1	1:31.1	1:28.3	
4:27.4	4:08.7	3:50.8	3:36.8	3:22.0	3:09.3	3:00.2	2:50.0	200m Breaststroke	4:29.5	4:09.1	3:49.9	3:35.8	3:24.2	3:16.7	3:10.2	
49.3	45.6	42.5	40.1	37.5	35.3	33.3	31.4	50m Butterfly	49.7	45.6	42.8	40.3	38.4	37.1	35.5	
-	-	-	1:27.7	1:21.8	1:16.5	1:12.5	1:08.5	100m Butterfly	-	-	1:34.1	1:27.8	1:23.6	1:20.3	1:17.6	
4:16.3	3:45.8	3:25.8	3:13.5	3:00.6	2:49.5	2:39.5	2:30.2	200m Butterfly	4:19.6	3:48.2	3:27.3	3:12.6	3:02.8	2:55.6	2:48.8	
1:51.3	1:43.6	1:37.5	1:31.9	1:25.9	1:20.3	1:16.6	1:11.9	100m I.M.	1:52.9	1:42.4	1:37.7	1:32.0	1:27.4	1:24.9	1:21.3	
3:58.1	3:41.2	3:25.4	3:13.4	3:01.8	2:50.2	2:42.2	2:33.8	200m I.M.	4:00.5	3:41.2	3:25.2	3:12.7	3:04.3	2:58.0	2:51.3	
-	7:54.7	7:16.1	6:49.0	6:24.9	6:00.7	5:43.3	5:25.7	400m I.M.	-	7:53.4	7:12.4	6:45.1	6:25.8	6:13.2	5:59.0	

[†]Ages as at March 21st 2010