

Women						Events		Men						
						A: 26.18	50 Free	A: 23.12	00:23.15					
						B: 26.57		B: 23.47	Russell Loo					
									MGQ 22					
01:00.10	00:59.88	00:59.77	00:59.33	00:59.26	00:58.03	A: 56.71	100 Free	A: 50.71	00:51.35	00:51.80	00:52.78	00:52.92	00:53.17	00:53.39
Trina Ling	Ashley Ng	Naomi Ong	Elyza Mak	Chang Nou Nou	Ashley Lim	B: 57.56	(Top 6 -Below)	B: 51.47	Russell Loo	Sage Tan	Randall Neo	Marc Lim	Sheldon Tan	Brandon Yap
									MGQ 22	MGQ 22	SNAG 23	MGQ 22	SNAG 23	MGQ 22
02:10.40	02:10.02	02:09.50	02:09.29	02:08.81	02:02.74	A: 2:04.04	200 Free	A: 1:51.92	01:53.83	01:54.12	01:55.58	01:55.63	01:56.02	01:57.49
Naomi Ong	Chang Nou Nou	Kayley Goh	Elyza Mak	Ashley Ng	Ashley Lim	B: 2:05.90	(Top 6 -Below)	B: 1:53.60	Sage Tan	Brandon Yap	Russell Loo	Marc Lim	Sheldon Tan	Zackery Tay
MGQ 22	MGQ 22	SNAG 23	MGQ 22	SNAG 23	SNAG 23				MGQ 22	MGQ 22	MGQ 22	MGQ 22	SNAG 23	MGQ 22
						A: 4:21.93	400 Free	A: 3:58.50						
						Ashley Lim	B: 4:25.86	B: 4:02.08						
						MGQ 22								
						A: 9:01.39	800 Free	A: 8:14.57						
						Ashley Lim	B: 9:09.51	B: 8:21.99						
						SNAG 23								
						A: 17:34.64	1500 Free	A: 15:45.66						
						B: 17:50.46		B: 15:59.85						
						A: 29.50	50 Back	A: 26.30						
						B: 29.95		B: 26.69						
						A: 1:03.34	100 Back	A: 56.48						
						B: 1:04.29		B: 57.33						
						A: 2:17.03	200 Back	A: 2:03.42	02:04.11					
						B: 2:19.08		B: 2:05.27	Zack Tay					
									Thai Nationals					
						A: 32.43	50 Breast	A: 28.57	00:28.09	00:28.77				
						B: 32.92		B: 29.00	Nick Mahabir	Jadon Young				
						A: 1:10.41	100 Breast	A: 1:02.46	01:01.04					
						B: 1:11.46		B: 1:03.40	Nick Mahabir					
									SNAG 23					
						A: 2:32.53	200 Breast	A: 2:16.23	02:12.97					
						B: 2:34.82		B: 2:18.27	Nick Mahabir					
									QLD McDonald					
						A: 27.51	50 Fly	A: 24.59	00:24.65					
						B: 27.93		B: 24.96	Randall Neo					
									SNAG 23					
						A: 1:00.97	100 Fly	A: 54.32	00:54.49	00:54.90				
						B: 1:01.89		B: 55.13	Randall Neo	Russell Loo				
									SNAG 23	SNAG 23				
						A: 2:15.07	200 Fly	A: 2:02.00						
						B: 2:17.09		B: 2:03.83						
						A: 2:19.01	200 IM	A: 2:04.95						
						B: 2:21.09		B: 2:06.82						
						04:58.17	400 IM	A: 4:29.15	04:32.80					
						Mikayla Tan **	B: 5:00.34	B: 4:33.19	Zack Tay					
						Fran Crippen SMOG			Thai Nationals					

Relays - Current Depth Chart as of March 24, 2023				Relays - Current Depth Chart as of March 24, 2023			
Women				Men			
4x100 Free				4x100 Free			
Top 6 Swimmers				Top 6 Swimmers			
Cuts				Cuts			
Ashley Lim	58.03			Russell	51.35		B
Nou Nou	59.26			Sage	51.80		
Elyza	59.33			Randall	52.78		
Naomi	59.77			Marc	52.92		
Ashley Ng	59.88			Sheldon	53.17		
Trina	60.10			Brandon	53.39		
		Addup				Addup	
		3:56.39				3:28.85	
		3:58.24				3:30.67	
* Fastest combination of available swimmers				* Fastest combination of available swimmers			
Relay Alternate less fastest qualifier				Relay Alternate less fastest qualifier			
4x200 Free				4x200 Free			
Top 6 Swimmers				Top 6 Swimmers			
Cuts				Cuts			
Ash Lim	02:02.74		A	Sage	1:53.83		
Ash Ng	02:08.81			Brandon	1:54.12		
Elyza	02:09.29			Marc	1:55.58		
Kayley	02:09.50			Russell	1:55.63		
Nou Nou	02:10.02			Sheldon	1:56.02		Addup
Naomi	02:10.40			Zackery	1:57.49		7:39.16
		Addup					7:41.35
		8:30.34					
		8:37.62					
* Fastest combination of available swimmers				* Fastest combination of available swimmers			
Relay Alternate less fastest qualifier				Relay Alternate less fastest qualifier			
4x100 Medley				4x100 Medley			
Top 2 per stroke as of 22/3/23				Top 2 per stroke as of 22/3/23			
Free				Free			
Ashley Lim	0:58.03			Russell	0:51.35		B
Nou Nou	0:59.26			Sage	0:51.80		
		Fastest	0:58.03	Randall	0:52.78		
					Fastest	0:51.35	
Back				Back			
Carol	1:06.60			Zackery	0:58.24		
Michelle Mei	1:07.06			Reagan	0:58.57		Relay LO at SNAG 23
	Fastest	1:06.60			Fastest	0:58.24	
Breast				Breast			
Melanie	1:12.63			Nick	1:01.04		B
Mikayla**	1:11.81			Jadon	1:04.44		
	Fastest	1:11.81			Fastest	1:01.04	
Fly				Fly			
Nou Nou	1:02.57			Randall	0:54.49		B
Vivienne	1:04.01			Russell	0:54.90		B
	Fastest	1:02.57			Fastest	0:54.49	
						Addup	
						3:45.12	
Best Available				Best Available			
		4:19.83				3:45.12	

