

Harlow Penguins Swimming Club presents

Winter Open Meet

A Level 3 Licensed meet No. 3ER152073

under ASA Laws & ASA Technical Rules of Swimming

at

Harlow LeisureZone, Essex. CM20 3DT

on

Saturday 28th November 2015

Session 1 - Warm-up 12.30; Start 13.30					Session 2 - Warm-up tbc				
Event 1	HDW	Girls	200m	Freestyle	Event 10	HDW	Boys	200m	Freestyle
Event 2	HDW	Boys	200m	Backstroke	Event 11	HDW	Girls	200m	Backstroke
Event 3	HDW	Girls	100m	Backstroke	Event 12	HDW	Boys	100m	Backstroke
Event 4	HDW	Boys	100m	Freestyle	Event 13	HDW	Girls	100m	Freestyle
Event 5	HDW	Girls	100m	Butterfly	Event 14	HDW	Boys	100m	Butterfly
Event 6	HDW	Boys	100m	Breaststroke	Event 15	HDW	Girls	100m	Breaststroke
Event 7	HDW	Girls	200m	Breaststroke	Event 16	HDW	Boys	200m	Breaststroke
Event 8	HDW	Boys	200m	Butterfly	Event 17	HDW	Girls	200m	Butterfly
Event 9	HDW	Girls	400m	Freestyle	Event 18	HDW	Boys	400m	Freestyle

GIRLS LOWER LIMIT TIMES

GIRLS UPPER LIMIT TIMES

9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/OVER	STROKE	9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/OVER
1:56.6	1:51.1	1:45.8	1:41.4	1:35.8	1:33.7	1:31.9	100m Back	1:16.1	1:12.4	1:09.0	1:06.1	1:02.5	1:01.1	0:59.9
2:14.4	2:08.0	2:01.9	1:57.0	1:49.7	1:47.0	1:42.5	100m Breast	1:27.6	1:23.5	1:19.5	1:16.3	1:11.6	1:09.8	1:06.8
1:56.6	1:51.1	1:45.8	1:42.2	1:36.6	1:33.2	1:29.5	100m Fly	1:16.1	1:12.4	1:09.0	1:06.7	1:03.0	1:00.8	0:58.3
1:45.2	1:40.2	1:35.5	1:28.8	1:25.3	1:22.7	1:19.6	100m Free	1:08.6	1:05.4	1:02.2	0:57.9	0:55.7	0:53.9	0:51.9
4:15.5	4:03.3	3:51.7	3:26.1	3:19.9	3:09.7	3:07.3	200m Back	2:46.6	2:38.7	2:31.1	2:14.4	2:10.4	2:03.7	2:02.2
4:54.8	4:40.7	4:27.4	4:03.6	3:53.3	3:41.4	3:37.8	200m Breast	3:12.2	3:03.1	2:54.4	2:38.9	2:32.2	2:24.4	2:22.1
4:37.0	4:23.8	4:11.3	3:41.5	3:30.8	3:22.4	3:16.8	200m Fly	3:00.7	2:52.1	2:43.9	2:24.4	2:17.5	2:12.0	2:08.3
3:48.3	3:37.5	3:27.1	3:08.6	2:55.9	2:49.1	2:46.7	200m Free	2:28.9	2:21.8	2:15.1	2:03.0	1:54.7	1:50.3	1:48.7
7:44.0	7:21.9	7:00.9	6:20.0	5:57.7	5:46.2	5:42.7	400m Free	5:02.6	4:48.2	4:34.5	4:07.8	3:53.3	3:45.7	3:43.5

BOYS LOWER LIMIT TIMES

BOYS UPPER LIMIT TIMES

9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/OVER	STROKE	9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/OVER
1:59.2	1:53.5	1:48.1	1:42.4	1:35.5	1:29.9	1:25.3	100m Back	1:17.7	1:14.0	1:10.5	1:06.7	1:02.2	0:58.6	0:55.7
2:16.9	2:10.4	2:04.2	1:57.3	1:49.3	1:43.8	1:39.4	100m Breast	1:29.3	1:25.1	1:21.0	1:16.5	1:11.3	1:07.7	1:04.8
1:59.2	1:53.5	1:48.1	1:42.4	1:35.5	1:29.9	1:25.4	100m Fly	1:17.7	1:14.0	1:10.5	1:06.7	1:02.2	0:58.6	0:55.7
1:47.8	1:42.6	1:37.8	1:27.4	1:23.8	1:16.5	1:13.1	100m Free	1:10.3	1:06.9	1:03.8	0:57.0	0:54.7	0:49.9	0:47.7
4:17.4	4:05.1	3:53.4	3:30.4	3:17.8	3:07.5	2:59.4	200m Back	2:47.9	2:39.9	2:32.3	2:17.2	2:09.0	2:02.3	1:57.0
5:13.2	4:58.3	4:44.0	4:06.1	3:52.1	3:39.9	3:29.2	200m Breast	3:24.2	3:14.5	3:05.2	2:40.5	2:31.4	2:23.4	2:16.4
4:41.7	4:28.3	4:15.5	3:44.1	3:28.7	3:17.8	3:06.5	200m Fly	3:03.7	2:55.0	2:46.7	2:26.2	2:16.1	2:09.0	2:01.6
3:50.8	3:39.8	3:29.3	3:06.3	2:53.6	2:46.5	2:38.1	200m Free	2:30.5	2:23.3	2:16.5	2:01.5	1:53.2	1:48.6	1:43.1
7:46.6	7:24.4	7:03.2	6:24.1	5:55.4	5:41.4	5:32.0	400m Free	5:04.3	4:49.8	4:36.0	4:10.5	3:51.8	3:42.7	3:36.5

Times based on 2016 Essex County Age Group Championships +15% / -25%.