

Event Schedule
5.30pm Warm up

1	Boys	200m	IM	HDW
2	Girls	200m	IM	HDW
3	Boys	50m	Freestyle	HDW
4	Girls	50m	Fly	HDW
5	Boys	50m	Breast	HDW
6	Girls	50m	Back	HDW
7	Boys	50m	Fly	HDW
8	Girls	50m	Breast	HDW
9	Boys	50m	Back	HDW
10	Girls	50m	Freestyle	HDW

UPPER LIMIT TIMES

Entry Times Should Be No Faster than the Upper Limit Times

Boys Events	9 Years	10 Years	11 Years	12 Years	13 Years	14+ Years
50m Back	00.36.00	00.36.00	00.35.00	00.33.00	00.32.00	00.30.00
50m Breast	00.42.00	00.42.00	00.40.00	00.39.00	00.38.00	00.34.00
50m Fly	00.39.00	00.39.00	00.36.00	00.34.00	00.33.00	00.29.00
50m Free	00.32.00	00.32.00	00.31.00	00.30.00	00.29.00	00.26.00
200 IM	03.06.00	3.05.00	2.53.00	2.47.00	2.35.50	2.24.5

Girls Events	9 Years	10 Years	11 Years	12 Years	13 Years	14+ Years
50m Back	00.38.00	00.37.00	00.35.00	00.34.00	00.32.00	00.30.00
50m Breast	00.45.00	00.43.00	00.42.00	00.41.00	00.40.00	00.36.00
50m Fly	00.38.00	00.37.00	00.36.00	00.35.00	00.33.00	00.29.00
50m Free	00.33.00	00.32.00	00.32.00	00.31.00	00.30.00	00.27.00
200 IM	03.08.00	03.02.00	02.53.00	02.47.00	02.36.00	02.26.00

Event Conditions

Event	Jingle Bells
Date	Saturday 1 st December 2018
Venue	Basildon Sporting Village, Cranes Farm Road Basildon, Essex SS14 3GR
Pool	25M, 8 Lane pool with Electronic timing
Level	3
Age Groups	9,10,11,12,13,14+
Age On Day	1 st December 2018
Awards	Top 3 in each Age Group
Events	All 50's And 200 IM
Race Entry Fee	£5.50 per event
Spectator Entrance Fee	£5.00
Individual Entries Returned to	
All Enquiries to	competitions@runnymedeswimmingclub.com
Closing Date	20 th October 2018
Meet Manager	Rhiannan Falkus