



# HALSTEAD SWIMMING CLUB



## 4th Season Sprint Starter - Open Meet

Provisional Warm Up @ 17:30 + Start @ 18:30

Event No.	Gender	Distance	Stroke
1	Girls	100 Mtr	Individual Medley
2	Boys	100 Mtr	Individual Medley
3	Girls	50 Mtr	Butterfly
4	Boys	50 Mtr	Butterfly
5	Girls	50 Mtr	Backstroke
6	Boys	50 Mtr	Backstroke
7	Girls	50 Mtr	Breaststroke
8	Boys	50 Mtr	Breaststroke
9	Girls	50 Mtr	Freestyle
10	Boys	50 Mtr	Freestyle



### FEMALE - Qualification Times

Lower Limit							Stroke	Upper Limit						
9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15+ yrs		9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15+ yrs
---	---	---	---	---	---	---	100m IM	1:25.3	1:18.0	1:14.0	1:11.7	1:09.4	1:08.9	1:08.5
---	---	---	---	---	---	---	50m Fly	0:37.5	0:34.2	0:31.4	0:31.9	0:30.9	0:30.4	0:29.6
---	---	---	---	---	---	---	50m Back	0:38.0	0:35.5	0:34.1	0:33.1	0:32.0	0:31.5	0:30.6
---	---	---	---	---	---	---	50m Breast	0:43.0	0:40.4	0:38.4	0:36.8	0:36.5	0:35.8	0:35.3
---	---	---	---	---	---	---	50m Free	0:31.5	0:30.3	0:29.2	0:28.7	0:27.8	0:27.3	0:27.0

### MALE - Qualification Times

Lower Limit							Stroke	Upper Limit						
9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	16+ yrs		9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15+ yrs
---	---	---	---	---	---	---	100m IM	1:24.2	1:21.5	1:15.1	1:12.3	1:08.5	1:05.2	1:02.5
---	---	---	---	---	---	---	50m Fly	0:37.5	0:34.5	0:33.0	0:32.0	0:29.3	0:28.5	0:27.0
---	---	---	---	---	---	---	50m Back	0:38.5	0:36.3	0:34.5	0:32.4	0:30.0	0:28.5	0:27.4
---	---	---	---	---	---	---	50m Breast	0:44.2	0:42.8	0:40.8	0:39.0	0:35.6	0:33.6	0:32.1
---	---	---	---	---	---	---	50m Free	0:33.0	0:30.7	0:28.9	0:27.9	0:26.7	0:25.7	0:24.5

**CLOSING DATE FOR ENTRIES : Wednesday 20th July 2016**