



HALSTEAD SWIMMING CLUB



7th Short Course Open Meet

Session 1 -

Provisional Warm Up @ 08:00 Start @ 09:15

Session 2 -

Provisional Warm Up @ 13:30 + Start @ 14:45

Event No.	Gender	Distance	Stroke
1	Girls	200 Mtr	Freestyle
2	Boys	200 Mtr	Freestyle
3	Girls	100 Mtr	Butterfly
4	Boys	100 Mtr	Butterfly
5	Girls	50 Mtr	Backstroke
6	Boys	50 Mtr	Backstroke
7	Girls	100 Mtr	Breaststroke
8	Boys	100 Mtr	Breaststroke
9	Girls	50 Mtr	Freestyle
10	Boys	50 Mtr	Freestyle

Event No.	Gender	Distance	Stroke
11	Girls	100 Mtr	Individual Medley
12	Boys	100 Mtr	Individual Medley
13	Girls	50 Mtr	Butterfly
14	Boys	50 Mtr	Butterfly
15	Girls	100 Mtr	Backstroke
16	Boys	100 Mtr	Backstroke
17	Girls	50 Mtr	Breaststroke
18	Boys	50 Mtr	Breaststroke
19	Girls	100 Mtr	Freestyle
20	Boys	100 Mtr	Freestyle

FEMALE - Qualification Times (Age at Day of Meet)

Stroke	Lower Limit								Upper Limit							
	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16+ yrs	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16+ yrs
50m Back	---	---	---	---	---	---	---	---	0:38.0	0:35.5	0:34.1	0:33.1	0:32.0	0:31.5	0:30.6	0:30.1
50m Breast	---	---	---	---	---	---	---	---	0:43.0	0:40.4	0:38.4	0:36.8	0:36.5	0:35.8	0:35.3	0:35.0
50m Fly	---	---	---	---	---	---	---	---	0:37.5	0:34.2	0:31.4	0:31.2	0:30.9	0:30.4	0:29.6	0:29.3
50m Free	---	---	---	---	---	---	---	---	0:31.5	0:30.3	0:29.2	0:28.7	0:27.8	0:27.3	0:27.0	0:26.7
100m Back	---	---	---	---	---	---	---	---	---	1:18.0	1:14.2	1:09.3	1:08.5	1:07.9	1:06.4	1:05.6
100m Breast	---	---	---	---	---	---	---	---	---	1:30.0	1:24.7	1:21.4	1:20.0	1:18.1	1:17.5	1:16.4
100m Fly	---	---	---	---	---	---	---	---	---	1:18.0	1:14.9	1:09.0	1:08.0	1:06.8	1:06.2	1:05.3
100m Free	---	---	---	---	---	---	---	---	---	1:07.0	1:03.2	1:00.2	0:58.9	0:58.2	0:57.3	0:56.3
100m IM	---	---	---	---	---	---	---	---	1:25.3	1:18.0	1:14.0	1:11.7	1:09.4	1:08.9	1:08.5	1:07.6
200m Free	---	---	---	---	---	---	---	---	2:41.7	2:32.1	2:22.0	2:16.0	2:10.0	2:08.0	2:06.6	2:04.9

MALE - Qualification Times (Age at Day of Meet)

Stroke	Lower Limit								Upper Limit							
	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16+ yrs	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16+ yrs
50m Back	---	---	---	---	---	---	---	---	0:38.5	0:36.3	0:34.5	0:32.4	0:30.0	0:28.5	0:27.4	0:26.9
50m Breast	---	---	---	---	---	---	---	---	0:44.2	0:42.8	0:40.8	0:39.0	0:35.6	0:33.6	0:32.1	0:30.4
50m Fly	---	---	---	---	---	---	---	---	0:37.5	0:34.5	0:33.0	0:32.0	0:29.3	0:28.5	0:27.0	0:25.2
50m Free	---	---	---	---	---	---	---	---	0:33.0	0:30.7	0:28.9	0:27.9	0:26.7	0:25.7	0:24.5	0:23.3
100m Back	---	---	---	---	---	---	---	---	---	1:19.0	1:14.0	1:09.0	1:05.2	1:03.2	1:00.7	0:57.9
100m Breast	---	---	---	---	---	---	---	---	---	1:30.0	1:25.0	1:22.6	1:17.3	1:15.4	1:11.2	1:07.0
100m Fly	---	---	---	---	---	---	---	---	---	1:18.0	1:14.0	1:09.5	1:05.2	1:02.3	0:59.3	0:57.3
100m Free	---	---	---	---	---	---	---	---	---	1:10.0	1:05.0	0:59.9	0:56.5	0:54.6	0:52.9	0:51.9
100m IM	---	---	---	---	---	---	---	---	1:24.2	1:21.5	1:15.1	1:12.3	1:08.5	1:05.2	1:02.5	0:59.2
200m Free	---	---	---	---	---	---	---	---	2:41.6	2:29.0	2:28.0	2:15.0	2:08.8	2:01.5	1:57.5	1:55.3

OM16 - 7th Open Meet - Flyer - General - 22-01-16 (2) **CLOSING DATE FOR ENTRIES : Wednesday 9th March 2015**