

**Entry Times** (Submitted times must be equal to or faster than the times below. Age groups are 11-12yrs, 13-14yrs, 15-16yrs, 17+yrs)

11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17+yrs	EVENT	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17+yrs
33.3	31.5	29.5	28	27	26.4	26.0	<b>50m Free</b>	32.7	31.6	30.2	30.0	29.8	29.6	29.6
1:14.2	1:09.1	1:04.5	1:01.4	59.9	59.1	57.0	<b>100m Free</b>	1:11.6	1:09.5	1:05.9	1:04.1	1:04.0	1:03.9	1:03.9
2:39.1	2:30.3	2:20.7	2:14.6	2:10.5	2:06.0	2:03.0	<b>200m Free</b>	2:40.6	2:30.5	2:22.7	2:19.5	2:19.0	2:18.8	2:18.8
5:28.0	5:16.3	4:58.1	4:44.6	4:36.1	4:31.1	4:18.0	<b>400m Free</b>	5:28.0	5:15.1	4:53.0	4:50.0	4:49.0	4:48.0	4:48.0
1:34.6	1:29.3	1:21.8	1:17.8	1:15.9	1:14.4	1:13.4	<b>100m Brst</b>	1:34.4	1:28.4	1:24.1	1:21.5	1:20.7	1:20.3	1:20.3
3:22.5	3:11.4	2:57.6	2:48.0	2:42.8	2:40.3	2:37.4	<b>200m Brst</b>	3:22.5	3:10.0	3:00.4	2:56.7	2:55.4	2:54.2	2:54.2
1:22.1	1:18.0	1:12.1	1:08.2	1:05.2	1:03.7	1:01.0	<b>100m Fly</b>	1:22.8	1:17.8	1:14.0	1:11.9	1:11.3	1:10.9	1:10.9
3:01.4	2:52.4	2:40.2	2:30.9	2:24.4	2:22.9	2:20.0	<b>200m Fly</b>	3:02.4	2:51.3	2:42.4	2:38.2	2:35.7	2:35.0	2:35.0
1:23.0	1:17.9	1:12.7	1:08.6	1:06.1	1:05.0	1:03.0	<b>100m Back 100m IM</b>	1:23.2	1:17.5	1:14.4	1:10.6	1:10.1	1:10.0	1:10.0
2:57.7	2:46.7	2:36.2	2:28.1	2:23.5	2:21.5	2:15.6	<b>200m Back</b>	2:58.0	2:46.0	2:37.3	2:31.3	2:30.0	2:29.5	2:29.8
3:01.6	2:50.8	2:39.8	2:30.3	2:25.9	2:24.6	2:17.0	<b>200m IM</b>	3:00.3	2:50.1	2:41.5	2:34.9	2:34.3	2:33.8	2:33.8
6:05.9	5:57.3	5:28.1	5:22.5	5:03.0	4:59.0	4:54.0	<b>400m IM</b>	6:08.8	6:02.6	5:42.1	5:30.0	5:27.0	5:24.0	5:24.0

**Sessions** There will be A & B finals for the 50m & 100m events comprising the fastest 16 swimmers irrespective of age group. \*And if we are not over-subscribed there will be an A final for the 200m events comprising fastest 8 swimmers irrespective of age group. Confirmation of 200m finals will be emailed and placed on the web.

\*\*Sessions 2,3,4 & 5 may have their start times changed depending on the number of entries  
*100m Finals (Blue) (100m IM's tbc)*  
*200m Finals\* (Red)*

\*If we are over subscribed there will be NO 200m Finals.

**100m IM's added to programme**  
 26<sup>th</sup> March 2009

<b>Session 1 – Saturday</b> WU 1pm Start 2pm				
1	Male	100m	breaststroke	heats
2	Female	100m	backstroke	heats
3	Male	400m	freestyle	hdw
4	Female	200m	butterfly	*
5	Male	200m	IM	*
<i>2f</i>	<i>Female</i>	<i>100m</i>	<i>backstroke</i>	<i>A+B</i>
<i>1f</i>	<i>Male</i>	<i>100m</i>	<i>breaststroke</i>	<i>A+B</i>
<i>4f</i>	<i>Female</i>	<i>200m</i>	<i>butterfly</i>	<i>A*</i>
<i>5f</i>	<i>Male</i>	<i>200m</i>	<i>IM</i>	<i>A*</i>
<b>Session 2 – Saturday</b> **WU 5pm Start 6pm				
6	Female	100m	freestyle	heats
7	Male	400m	IM	hdw
8	Female	200m	backstroke	*
9	Male	100m	butterfly	heats
<i>9a/25</i>	<i>Female</i>	<i>100m</i>	<i>IM</i>	<i>heats</i>
<i>6f</i>	<i>Female</i>	<i>100m</i>	<i>freestyle</i>	<i>A+B</i>
<i>9f</i>	<i>Male</i>	<i>100m</i>	<i>butterfly</i>	<i>A+B</i>
<i>8f</i>	<i>Female</i>	<i>200m</i>	<i>backstroke</i>	<i>A</i>
<i>25f</i>	<i>Female</i>	<i>100m</i>	<i>IM (tbc)</i>	<i>A+B</i>

<b>Session 3 – Sunday</b> WU 8.30am Start 9.30am				
10	Male	100m	backstroke	heats
11	Female	100m	butterfly	heats
12	Male	200m	freestyle	*
13	Female	200m	breaststroke	*
<i>13a/26</i>	<i>Male</i>	<i>100m</i>	<i>IM</i>	<i>heats</i>
<i>10f</i>	<i>Male</i>	<i>100m</i>	<i>Backstroke</i>	<i>A+B</i>
<i>11f</i>	<i>Female</i>	<i>100m</i>	<i>butterfly</i>	<i>A+B</i>
<i>12f</i>	<i>Male</i>	<i>200m</i>	<i>freestyle</i>	<i>A*</i>
<i>13f</i>	<i>Female</i>	<i>200m</i>	<i>breaststroke</i>	<i>A*</i>
<i>26f</i>	<i>Male</i>	<i>100m</i>	<i>IM (tbc)</i>	<i>A+B</i>
<b>Session 4 – Sunday</b> **WU 12.30pm Start 1.30pm				
14	Female	100m	breaststroke	heats
15	Male	100m	freestyle	heats
16	Female	400m	IM	hdw
17	Male	200m	butterfly	*
18	Female	200m	freestyle	*
<i>15f</i>	<i>Male</i>	<i>100m</i>	<i>freestyle</i>	<i>A+B</i>
<i>14f</i>	<i>Female</i>	<i>100m</i>	<i>breaststroke</i>	<i>A+B</i>
<i>17f</i>	<i>Male</i>	<i>200m</i>	<i>butterfly</i>	<i>A*</i>
<i>18f</i>	<i>Female</i>	<i>200m</i>	<i>freestyle</i>	<i>A*</i>
<b>Session 1 – Sunday</b> **WU 4.30pm Start 5.30pm				
19	Female	50m	freestyle	heats
20	Male	200m	backstroke	*
21	Female	200m	IM	*
22	Male	50m	freestyle	heats
23	Female	400m	freestyle	hdw
24	Male	200m	breaststroke	*
<i>19f</i>	<i>Female</i>	<i>50m</i>	<i>freestyle</i>	<i>A+B</i>
<i>20f</i>	<i>Male</i>	<i>200m</i>	<i>backstroke</i>	<i>A*</i>
<i>21f</i>	<i>Female</i>	<i>200m</i>	<i>IM</i>	<i>A*</i>
<i>22f</i>	<i>Male</i>	<i>50m</i>	<i>Free</i>	<i>A+B</i>
<i>24f</i>	<i>Male</i>	<i>200m</i>	<i>Breaststroke</i>	<i>A*</i>