

Portsmouth Northsea Swimming Club  
 Mountbatten Sports Centre, Alexandra Park,  
 Portsmouth, Hampshire PO2 9QA  
 Tel: 02392 650242



**PORTSMOUTH DISTANCE MEET 14<sup>TH</sup> MAY 2011**

<b>SESSION 1</b>	<b>WARM UP 12.00</b>	<b>START 12.30PM</b>
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**EVENT 101 MALE 1500 FREESTYLE**  
**EVENT 102 FEMALE 400 INDIVIDUAL MEDLEY**

<b>SESSION 2</b>	<b>WARM UP 4.00PM</b>	<b>START 4.30PM</b>
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**EVENT 201 FEMALE 800 FREESTYLE**  
**EVENT 202 MALE 400 INDIVIDUAL MEDLEY**

<b>QUALIFYING TIMES – Long Course Times or conversions</b>										
<b>BOYS</b>						<b>GIRLS</b>				
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15 OV</b>	<b>EVENT</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15 OV</b>
<b>6.10.00</b>	<b>5.45.00</b>	<b>5.25.00</b>	<b>5.12.00</b>	<b>5.05.00</b>	<b>400 IM</b>	<b>6.10.00</b>	<b>5.50.00</b>	<b>5.30.00</b>	<b>5.25.00</b>	<b>5.20.00</b>
<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>800 FREE</b>	<b>10.50.00</b>	<b>10.20.00</b>	<b>10.00.00</b>	<b>9.50.00</b>	<b>9.40.00</b>
<b>20.00.00</b>	<b>20.00.00</b>	<b>19.00.00</b>	<b>18.30.00</b>	<b>17.45.00</b>	<b>1500 FREE</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>