

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



PORTSMOUTH NORTHSEA

LEVEL 3 OPEN MEET 2011

Saturday 1st & Sunday 2nd October 2011

ORDER OF EVENTS

SESSION 1 – SATURDAY 1ST OCTOBER 2011 - WARM UP 8:00am - 9:00am START

- 1 - 400m Individual Medley Girls**
- 2 - 200m Freestyle Boys**
- 3 - 100m Backstroke Girls**
- 4 - 100m Butterfly Boys**
- 5 - 50m Butterfly Girls**
- 6 - 50m Freestyle Boys**
- 7 - 200m Breaststroke Girls**
- 8 - 4x100m Freestyle Team Boys**
- 9 - 4x100m Medley Team Girls**

SESSION 2 – 1ST OCTOBER 2011 - WARM UP TBC

- 10 - 400m Freestyle Boys**
- 11 - 200m Individual Medley Girls**
- 12 - 100m Freestyle Boys**
- 13 - 50m Backstroke Girls**
- 14 - 50m Breaststroke Boys**
- 15 - 200m Butterfly Girls**
- 16 - 200m Backstroke Boys**
- 17 - 100m Breaststroke Girls**
- 18 - 4x 50m Freestyle Team Boys (13 & Under)**
- 19 - 4x 50m Medley Team Girls (13 & Under)**



SESSION 3 – SUNDAY 2ND OCTOBER 2011 - WARM UP 8:00am - 9:00am START

- 20 - 400m Individual Medley Boys**
- 21 - 200m Freestyle Girls**
- 22 - 100m Backstroke Boys**
- 23 - 100m Butterfly Girls**
- 24 - 50m Butterfly Boys**
- 25 - 50m Freestyle Girls**
- 26 - 200m Breaststroke Boys**
- 27 - 4x100m Freestyle Team Girls**
- 28 - 4x100m Medley Team Boys**

SESSION 4 – SUNDAY 2ND OCTOBER 2011 - WARM UP TBC

- 29 - 400m Freestyle Girls**
- 30 - 200m Individual Medley Boys**
- 31 - 100m Freestyle Girls**
- 32 - 50m Backstroke Boys**
- 33 - 50m Breaststroke Girls**
- 34 - 200m Butterfly Boys**
- 35 - 200m Backstroke Girls**
- 36 - 100m Breaststroke Boys**
- 37 - 4x 50m Freestyle Team Girls (13 & Under)**
- 38 - 4x 50m Medley Team Boys (13 & Under)**

SESSION LENGTH APPROXIMATELY 3.5 HRS EACH

Age Groups: - (Age as at 2ND October 2011)

Boys 9 Years 10 Years 11 Years 12 years 13 years 14 years 15 years 16/over

Girls 9 Years 10 Years 11 Years 12 years 13 years 14 years 15 years 16/over

(Please Note that 9 year olds are not permitted to compete in 100m events)



QUALIFYING TIMES SWIMMERS MUST NOT HAVE SWAM FASTER THAN THE TIMES BELOW (LONG COURSE)

BOYS

GIRLS

9/10	11	12	13	14	15 & OVER	EVENT	9/10	11	12	13	14	15 & OVER
32.00	31.00	29.50	28.50	27.00	24.85	50 FREE	32.00	31.00	30.50	30.00	29.00	28.47
1.10.40	1.07.00	1.01.91	58.79	56.79	53.86	100 FREE	1.10.40	1.06.41	1.03.59	1.01.92	1.00.90	1.00.90
2.30.90	2.22.74	2.14.32	2.07.95	2.03.54	1.57.23	200 FREE	2.30.90	2.23.37	2.16.76	2.13.09	2.10.88	2.10.88
5.15.70	4.59.06	4.42.93	4.30.12	4.21.82	4.09.86	400 FREE	5.15.70	5.00.17	4.46.54	4.39.01	4.34.61	4.34.61
37.00	35.00	33.00	31.00	29.00	27.50	50 BACK	37.00	35.00	34.00	33.00	32.50	32.00
1.20.10	1.15.00	1.11.27	1.07.48	1.05.00	1.01.60	100 BACK	1.20.10	1.15.88	1.12.26	1.10.11	1.08.85	1.07.95
2.50.20	2.42.24	2.32.57	2.24.86	2.19.57	2.13.43	200 BACK	2.50.20	2.41.56	2.34.53	2.29.56	2.26.81	2.26.10
38.00	35.00	32.50	30.50	28.50	26.50	50 FLY	38.00	34.00	33.00	32.00	31.50	31.00
1.21.00	1.16.00	1.09.94	1.05.66	1.02.88	58.87	100 FLY	1.21.00	1.15.55	1.11.17	1.08.70	1.07.14	1.06.26
2.58.10	2.48.57	2.36.39	2.26.98	2.20.26	2.11.83	200 FLY	2.58.10	2.49.08	2.37.92	2.30.99	2.27.87	2.26.62
40.00	39.00	38.00	36.50	34.50	32.50	50 BREAST	40.00	37.00	36.00	35.00	34.50	34.00
1.33.00	1.25.00	1.20.82	1.16.04	1.13.15	1.08.95	100 BREAST	1.33.00	1.26.03	1.21.70	1.19.37	1.17.80	1.17.14
3.20.10	3.07.11	2.54.92	2.44.87	2.39.53	2.30.95	200 BREAST	3.20.10	3.04.96	2.55.24	2.50.62	2.47.82	2.46.47
2.50.50	2.42.97	2.32.92	2.25.62	2.20.52	2.13.32	200 IM	2.50.50	2.42.53	2.35.37	2.30.93	2.28.64	2.26.82
6.00.00	5.47.65	5.26.56	5.10.36	4.59.11	4.47.08	400 IM	6.00.00	5.46.93	5.28.18	5.18.73	5.13.54	5.11.30