

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



**PORTSMOUTH NATIONAL NON QUALIFIER MEET**

<b>SESSION 1</b>	<b>WARM UP 8AM</b>	<b>START 9AM</b>	<b>SATURDAY 9<sup>TH</sup> JULY</b>
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<b>EVENT 101</b>	<b>GIRLS</b>	<b>200 FREESTYLE</b>
<b>EVENT 102</b>	<b>BOYS</b>	<b>50 BUTTERFLY</b>
<b>EVENT 103</b>	<b>GIRLS</b>	<b>50 BACKSTROKE</b>
<b>EVENT 104</b>	<b>BOYS</b>	<b>200 BUTTERFLY</b>
<b>EVENT 105</b>	<b>GIRLS</b>	<b>100 BREASTSTROKE</b>
<b>EVENT 106</b>	<b>BOYS</b>	<b>100 BACKSTROKE</b>
<b>EVENT 107</b>	<b>GIRLS</b>	<b>400 INDIVIDUAL MEDLEY</b>

<b>SESSION 2</b>	<b>WARM UP TBC</b>	<b>START TBC</b>	<b>SATURDAY 9<sup>TH</sup> JULY</b>
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<b>EVENT 201</b>	<b>BOYS</b>	<b>400 FREESTYLE</b>
<b>EVENT 202</b>	<b>GIRLS</b>	<b>200 BACKSTROKE</b>
<b>EVENT 203</b>	<b>BOYS</b>	<b>50 BREASTSTROKE</b>
<b>EVENT 204</b>	<b>GIRLS</b>	<b>50 FREESTYLE</b>
<b>EVENT 205</b>	<b>BOYS</b>	<b>200 BREASTSTROKE</b>
<b>EVENT 206</b>	<b>GIRLS</b>	<b>100 BUTTERFLY</b>
<b>EVENT 207</b>	<b>BOYS</b>	<b>100 FREESTYLE</b>
<b>EVENT 208</b>	<b>GIRLS</b>	<b>200 INDIVIDUAL MEDLEY</b>

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<b>SESSION 3</b>	<b>WARM UP 8AM</b>	<b>START 9AM</b>	<b>SATURDAY 9<sup>TH</sup> JULY</b>
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<b>EVENT 301</b>	<b>BOYS</b>	<b>200 FREESTYLE</b>
<b>EVENT 302</b>	<b>GIRLS</b>	<b>50 BUTTERFLY</b>
<b>EVENT 303</b>	<b>BOYS</b>	<b>50 BACKSTROKE</b>
<b>EVENT 304</b>	<b>GIRLS</b>	<b>200 BUTTERFLY</b>
<b>EVENT 305</b>	<b>BOYS</b>	<b>100 BREASTSTROKE</b>
<b>EVENT 306</b>	<b>GIRLS</b>	<b>100 BACKSTROKE</b>
<b>EVENT 307</b>	<b>BOYS</b>	<b>400 INDIVIDUAL MEDLEY</b>

<b>SESSION 4</b>	<b>WARM UP TBC</b>	<b>START TBC</b>	<b>SATURDAY 9<sup>TH</sup> JULY</b>
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<b>EVENT 401</b>	<b>GIRLS</b>	<b>400 FREESTYLE</b>
<b>EVENT 402</b>	<b>BOYS</b>	<b>200 BACKSTROKE</b>
<b>EVENT 403</b>	<b>GIRLS</b>	<b>50 BREASTSTROKE</b>
<b>EVENT 404</b>	<b>BOYS</b>	<b>50 FREESTYLE</b>
<b>EVENT 405</b>	<b>GIRLS</b>	<b>200 BREASTSTROKE</b>
<b>EVENT 406</b>	<b>BOYS</b>	<b>100 BUTTERFLY</b>
<b>EVENT 407</b>	<b>GIRLS</b>	<b>100 FREESTYLE</b>
<b>EVENT 408</b>	<b>BOYS</b>	<b>200 INDIVIDUAL MEDLEY</b>

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**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

