

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



**PORTSMOUTH CHRISTMAS CRACKER 26<sup>TH</sup> / 27<sup>TH</sup> NOVEMBER**

<b>SESSION 1 SATURDAY 26<sup>TH</sup> NOV WARM UP 8.00AM START 8.30AM</b>
---

<b>EVENT No</b>	<b>101</b>	<b>BOYS</b>	<b>1500 FREE</b>
-----------------	------------	-------------	------------------

<b>SESSION 2 SATURDAY 26<sup>TH</sup> NOV WARM UP 10.45AM START 11.15AM</b>
---

<b>EVENT No</b>	<b>201</b>	<b>GIRLS</b>	<b>400 IM</b>
	<b>202</b>	<b>BOYS</b>	<b>200 IM</b>
	<b>203</b>	<b>GIRLS</b>	<b>100 BUTTERFLY</b>
	<b>204</b>	<b>BOYS</b>	<b>200 BUTTERFLY</b>
	<b>205</b>	<b>GIRLS</b>	<b>50 FREE</b>
	<b>206</b>	<b>BOYS</b>	<b>100 FREE</b>

<b>SESSION 3 SATURDAY 26<sup>TH</sup> NOV WARM UP TBC START TBC</b>
---

<b>EVENT No</b>	<b>301</b>	<b>BOYS</b>	<b>200 FREE</b>
	<b>302</b>	<b>GIRLS</b>	<b>400 FREE</b>
	<b>303</b>	<b>BOYS</b>	<b>100 BREAST</b>
	<b>304</b>	<b>GIRLS</b>	<b>200 BREAST</b>
	<b>305</b>	<b>BOYS</b>	<b>200 BACK</b>
	<b>306</b>	<b>GIRLS</b>	<b>100 BACK</b>

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



<b>SESSION 4 SUNDAY 27<sup>TH</sup> NOV</b>	<b>WARM UP 8.00AM</b>	<b>START 8.30AM</b>
---	-----------------------	---------------------

<b>EVENT No</b>	<b>401</b>	<b>GIRLS</b>	<b>800 FREE</b>
-----------------	------------	--------------	-----------------

<b>SESSION 5 SUNDAY 27<sup>TH</sup> NOV</b>	<b>WARM UP 10.00AM</b>	<b>START 10.30AM</b>
---	------------------------	----------------------

<b>EVENT NO</b>	<b>501</b>	<b>BOYS</b>	<b>400 IM</b>
	<b>502</b>	<b>GIRLS</b>	<b>200 IM</b>
	<b>503</b>	<b>BOYS</b>	<b>100 BUTTERFLY</b>
	<b>504</b>	<b>GIRLS</b>	<b>200 BUTTERFLY</b>
	<b>505</b>	<b>BOYS</b>	<b>50 FREE</b>
	<b>506</b>	<b>GIRLS</b>	<b>100 FREE</b>

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



**PORTSMOUTH CHRISTMAS CRACKER 26<sup>TH</sup> / 27<sup>TH</sup> NOVEMBER**

<b>SESSION 6 SUNDAY 27<sup>TH</sup> NOV</b>	<b>WARM UP TBC</b>	<b>START TBC</b>
---	--------------------	------------------

<b>EVENT No</b>	<b>601</b>	<b>GIRLS</b>	<b>200 FREE</b>
	<b>602</b>	<b>BOYS</b>	<b>400 FREE</b>
	<b>603</b>	<b>GIRLS</b>	<b>100 BREAST</b>
	<b>604</b>	<b>BOYS</b>	<b>200 BREAST</b>
	<b>605</b>	<b>GIRLS</b>	<b>200 BACK</b>
	<b>606</b>	<b>BOYS</b>	<b>100 BACK</b>

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



**CHRISTMAS CRACKER CONSIDERATION TIMES – Long Course or Conversions**

BOYS						EVENT	GIRLS				
11	12	13	14	15/16	17/OV		11	12	13	14/15	16/0V
40.00	35.00	32.90	31.20	30.50	29.50	50 FREE	40.00	35.00	32.90	31.60	31.00
1.20.00	1.13.5	1.08.4	1.04.7	1.02.3	1.00.7	100 FREE	1.20.00	1.13.3	1.09.7	1.07.3	1.06.4
2.50.00	2.39.6	2.29.9	2.20.6	2.15.8	2.12.0	200 FREE	2.50.00	2.39.4	2.30.8	2.24.8	2.23.0
6.00.00	5.31.3	5.11.9	4.55.9	4.46.9	4.38.2	400 FREE	6.00.00	5.32.0	5.14.4	5.02.7	4.58.9
N/A	N/A	N/A	N/A	N/A	N/A	800 FREE	12.30.00	11.29.5	10.49.9	10.23.2	10.12.8
25.00.00	23.45.2	20.43.0	19.33.6	18.49.6	18.21.3	1500 FREE	N/A	N/A	N/A	N/A	N/A
1.40.00	1.32.3	1.18.0	1.13.2	1.10.1	1.08.1	100 BACK	1.40.00	1.32.2	1.18.7	1.16.2	1.14.5
3.30.00	3.16.3	2.47.5	2.38.2	2.31.1	2.26.3	200 BACK	3.30.00	2.58.4	2.48.2	2.43.0	2.39.2
1.45.00	1.34.7	1.27.5	1.21.9	1.18.7	1.16.5	100 BREAST	1.45.00	1.33.7	1.28.1	1.24.5	1.23.4
3.45.00	3.25.2	3.10.6	2.58.2	2.49.9	2.45.4	200 BREAST	3.45.00	3.21.9	3.11.1	3.01.9	2.58.5
1.40.00	1.30.8	1.16.3	1.11.3	1.08.0	1.06.0	100 BUTTERFLY	1.40.00	1.21.8	1.17.1	1.14.1	1.12.4
3.40.00	3.29.2	2.49.3	2.38.3	2.30.2	2.25.6	200 BUTTERFLY	3.40.00	3.02.9	2.51.0	2.41.9	2.39.4
3.30.00	3.01.0	2.49.0	2.39.0	2.33.3	2.29.3	200 IM	3.30.00	2.59.5	2.50.2	2.44.3	2.42.4
7.00.00	6.29.2	6.02.0	5.37.8	5.26.1	5.16.6	400 IM	7.00.00	6.25.9	6.00.8	5.46.8	5.40.5