

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



**PORTSMOUTH SPRINT MEET**

**SATURDAY 18<sup>TH</sup> JUNE 2011**

<b>SESSION 1</b>	<b>WARM UP 12.00</b>	<b>START 12.45PM</b>
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<b>EVENT 101</b>	<b>MALE</b>	<b>50 BUTTERFLY</b>
<b>EVENT 102</b>	<b>FEMALE</b>	<b>50 BACKSTROKE</b>
<b>EVENT 103</b>	<b>MALE</b>	<b>50 BREASTSTROKE</b>
<b>EVENT 104</b>	<b>FEMALE</b>	<b>50 FREESTYLE</b>
<b>EVENT 105</b>	<b>MALE</b>	<b>100 BACKSTROKE</b>
<b>EVENT 106</b>	<b>FEMALE</b>	<b>100 BUTTERFLY</b>
<b>EVENT 107</b>	<b>MALE</b>	<b>100 FREESTYLE</b>
<b>EVENT 108</b>	<b>FEMALE</b>	<b>100 BREASTROKE</b>

<b>SESSION 2</b>	<b>WARM UP TBC</b>	<b>START TBC</b>
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<b>EVENT 201</b>	<b>FEMALE</b>	<b>50 BUTTERFLY</b>
<b>EVENT 202</b>	<b>MALE</b>	<b>50 BACKSTROKE</b>
<b>EVENT 203</b>	<b>FEMALE</b>	<b>50 BREASTSTROKE</b>
<b>EVENT 204</b>	<b>MALE</b>	<b>50 FREESTYLE</b>
<b>EVENT 205</b>	<b>FEMALE</b>	<b>100 BACKSTROKE</b>
<b>EVENT 206</b>	<b>MALE</b>	<b>100 BUTTERFLY</b>
<b>EVENT 207</b>	<b>FEMALE</b>	<b>100 FREESTYLE</b>
<b>EVENT 208</b>	<b>MALE</b>	<b>100 BREASTROKE</b>

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

**BOYS**

**GIRLS**

9 / 10	11	12	13	14	15+	EVENT	9 / 10	11	12	13	14	15+
38.00	36.00	34.00	32.00	31.00	30.00	50 Butterfly	38.00	36.00	35.00	34.00	33.00	32.00
40.00	37.00	35.00	33.00	32.00	31.00	50 Backstroke	40.00	38.00	36.00	34.00	33.00	32.00
42.00	40.00	38.00	37.00	36.00	35.00	50 Breaststroke	42.00	40.00	39.00	38.00	37.00	36.00
34.00	33.00	32.00	30.00	29.00	28.00	50 Freestyle	34.00	33.00	32.00	31.00	30.00	29.00
1.20.00	1.16.00	1.12.00	1.10.00	1.08.00	1.05.00	100 Butterfly	1.20.00	1.16.0	1.13.0	1.11.00	1.09.00	1.07.00
1.21.0	1.17.0	1.13.0	1.11.00	1.09.0	1.06.0	100 Backstroke	1.22.00	1.17.0	1.14.0	1.12.0	1.09.0	1.08.0
1.27.00	1.23.0	1.21.0	1.19.0	1.17.0	1.15.0	100 Breaststroke	1.27.00	1.23.0	1.22.0	1.20.0	1.19.0	1.18.00
1.11.00	1.09.0	1.05.0	1.01.0	1.00.00	58.00	100 Freestyle	1.10.00	1.08.0	1.06.00	1.04.00	1.02.0	1.01.00