

**Bexley Swimming Club**

Registered Charity No: 1156407

Founded 1968

Affiliated to Swim England London Region

**Bexley Swimming Club Short Course Open Meet – Level 3**

**‘Sprint to Christmas’**

**Sunday 15th December 2019**

**Level 3**

**Licence Number: 3LR191894**

**Crook Log Leisure Centre, Brampton Road, Bexleyheath, Kent DA7 4HH**

**PROGRAMME & UPPER QUALIFYING TIMES**

**SESSION 1 *(Warm-up: 8.00am / Start: 9.05am – TBC)***

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **EVENT** | | **9/10** | **11** | **12** | **13** | **14** | **15+** |
| 1 | Girls 200 Freestyle | 2:30:00 | 2:25:00 | 2:20:00 | 2:15:00 | 2:10:00 | 2:05:00 |
| 2 | Boys 200 Individual Medley | 2:45:00 | 2:40:00 | 2:35:00 | 2:25:00 | 2:20:00 | 2:10:00 |
| 3 | Girls 50 Butterfly | 37:50 | 34:75 | 31:85 | 30.25 | 29:10 | 26:50 |
| 4 | Boys 100 Backstroke | 1:22:00 | 1:15:00 | 1:12:00 | 1:07:00 | 1:04:00 | 1:00:50 |
| 5 | Girls 50 Breaststroke | 39:00 | 38:00 | 37:00 | 35:00 | 34:00 | 33:00 |
| 6 | Boys 100 Freestyle | 1:10:00 | 1:06:00 | 1:02:00 | 59:00 | 55:00 | 50:00 |
| 7 | Girls 100 Butterfly | 1:20:00 | 1:18:00 | 1:15:00 | 1:10:00 | 1:08:00 | 1:06:00 |
| 8 | Boys 50 Backstroke | 35:00 | 34:25 | 32:25 | 30:50 | 29:25 | 24:50 |
| 9 | Girls 100 Breaststroke | 1:30:00 | 1:27:00 | 1:22:00 | 1:19:00 | 1:17:00 | 1:14:00 |
| 10 | Boys 50 Freestyle | 30:75 | 30:00 | 28:75 | 26:50 | 25:40 | 21:80 |

**SESSION 2 *(Warm-up: 1.00pm / Start: 2.05pm – TBC)***

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **EVENT** | | **9/10** | **11** | **12** | **13** | **14** | **15+** |
| 11 | Boys 200 Freestyle | 2:30:00 | 2:24:00 | 2:13:00 | 2:08:00 | 2:03:00 | 1:58:00 |
| 12 | Girls 200 Individual Medley | 2:47:00 | 2:42:00 | 2:35:00 | 2:31:00 | 2:29:00 | 2:25:00 |
| 13 | Boys 50 Butterfly | 34:75 | 32:50 | 31:00 | 28:75 | 28:00 | 24:10 |
| 14 | Girls 100 Backstroke | 1:20:00 | 1:15:00 | 1:10:00 | 1:07:00 | 1:05:50 | 1:03:00 |
| 15 | Boys 50 Breaststroke | 40:00 | 39:00 | 37:00 | 34:75 | 32:50 | 27:00 |
| 16 | Girls 100 Freestyle | 1:10:00 | 1:08:00 | 1:04:00 | 1:02:00 | 1:00:00 | 58:00 |
| 17 | Boys 100 Butterfly | 1:20:00 | 1:16:00 | 1:10:00 | 1:06:00 | 1:03:00 | 1:00:00 |
| 18 | Girls 50 Backstroke | 37:00 | 35:50 | 31:75 | 30:25 | 30:00 | 27:00 |
| 19 | Boys 100 Breaststroke | 1:35:00 | 1:30:00 | 1:21:00 | 1:15:00 | 1:13:00 | 1:10:00 |
| 20 | Girls 50 Freestyle | 32:00 | 30.50 | 29:00 | 27:50 | 27:00 | 25:00 |

Qualifying times are Short Course (converted Long Course times will be accepted).

Ages as at midnight on 15th December 2019.

All events are Heat Declared Winner (HDW).