

# London Borough of Redbridge SC

(AFFILIATED TO A.S.A London Region)

## REDBRIDGE WINTER MEET 2012

### LICENCE 3

SATURDAY 7th & SUNDAY 8th JANUARY 2012

FULLWELL CROSS POOL

### Heat Declared Winner

Awards to the top six placed swimmers in each age group

### AGE GROUPS

**Ages, 9, 10&11,12&13, 14+ YEARS** Age is at midnight on the last day of the competition 8<sup>th</sup> January 2012)

9 year olds can compete in all of the 200m events, 100IM and 50FC

**COST £4.50 PER RACE/£5.00 FOR 400 FREE AND 400 IM.**

Priority will be given to the fastest entries in each age group received by closing date. LBRSC have the right to reject entries for safety reasons due to over subscription. **All entries MUST be submitted electronically. CLOSING DATE FRIDAY 3rd DECEMBER 2011/THE CLOSING DATE FOR BPSC SWIMMERS WILL BE FRIDAY 18<sup>TH</sup> NOVEMBER 2011 – ALL ENTRY TIMES MUST BE ACCURATELY ENTERED OR THEY COULD BE REJECTED.**

# REDBRIDGE WINTER MEET 2012

## LICENCE 3

ASA Licence no 3LR2001

**Ages, 9, 10&11,12&13, 14+ YEARS** Age is at midnight on the last day of the competition 8<sup>th</sup> January 2012)

### PROGRAMME OF EVENTS

#### Session 1 – Saturday 7th January 2012

Warm up 8.00am. Start 9.00am.

1. Girls 10+ 400m Freestyle
2. Boys 200m Individual Medley
3. Girls 10yrs + 100m Breaststroke
4. Boys 10yrs + 100m Freestyle
5. Girls 200m Butterfly
6. Boys 200m Butterfly
7. Girls 50m Freestyle

#### Session 3 – Sunday 8th January 2012

Warm up 8.00am. Start 9.00am

14. Boys 10+ 400m Freestyle
15. Girls 200m Individual Medley
16. Boys 10yrs + 100m Butterfly
17. Girls 10yrs + 100m Butterfly
18. Boys 200m Breaststroke
19. Girls 200m Backstroke
20. Boys 100m Ind Medley

#### Session 2 – Saturday 7th January 2012

Warm up tbc

8. Boys 10+ 400m Ind. Medley
9. Girls 10yrs +100m Backstroke
10. Boys 10yrs + 100m Breaststroke
11. Girls 200m Freestyle
12. Boys 200m Backstroke
13. Girls 100 Ind Medley

#### Session 4 – Sunday 8th January 2012

Warm up tbc

21. Girls 10+ 400m Ind. Medley
22. Boys 10yrs + 100m Backstroke
23. Girls 10yrs + 100m Freestyle
24. Boys 200m Freestyle
25. Girls 200m Breaststroke
26. Boys 50m Freestyle

**CLOSING DATE Friday 3rd December 2011**

**THE CLOSING DATE FOR BPSW SWIMMERS WILL BE FRIDAY 18<sup>TH</sup> NOVEMBER 2011 – ALL ENTRY TIMES MUST BE ACCURATELY ENTERED OR THEY COULD BE REJECTED.**

BOYS				GIRLS				
9 years 25m	10 & 11 years 25m	12 & 13 years 25m	14+ (based on 15 yr times) 25m	Event	9 years 25m	10 & 11 years 25m	12 & 13 years 25m	14+ (based on 15 yr times) 25m
39	31.9	28.2	25.5	50m Freestyle ULT	37.5	32.4	28.8	28
50	42.9	39.2	36.5	50m Freestyle QT	48.5	43.4	39.8	39
	1.04.19	57.17	53.77	100m Freestyle ULT		1.05.19	1.00.50	58.72
	1.34.19	1.27.17	1.23.77	100m Freestyle QT		1.35.19	1.30.50	1.28.72
3.00.6	2.18.98	2.04.45	1.57.16	200m Freestyle ULT	3.00.7	2.20.36	2.10.11	2.06.34
3.50.6	3.08.98	2.54.45	2.47.16	200m Freestyle QT	3.50.7	3.10.36	3.00.11	2.50.34
	4.51.11	4.22.26	4.07.38	400m Freestyle ULT		4.52.98	4.32.85	4.25.25
	5.41.11	5.12.26	4.57.38	400m Freestyle QT		5.42.98	5.22.85	5.15.25
	1.12.26	1.04.69	1.00.24	100m Backstroke ULT		1.13.26	1.07.59	1.05.38
	1.42.26	1.34.69	1.30.24	100m Backstroke QT		1.43.26	1.37.59	1.35.38
3.21.9	2.35.86	2.18.97	2.10.07	200m Backstroke ULT	3.21.9	2.36.02	2.24.47	2.19.89
4.11.9	3.25.86	3.08.97	3.00.07	200m Backstroke QT	4.11.9	3.26.02	3.14.47	3.09.89
	1.22.36	1.12.96	1.08.11	100m Breaststroke ULT		1.23.36	1.16.73	1.14.31
	1.52.36	1.42.96	1.38.11	100m Breaststroke QT		1.53.36	1.46.73	1.44.31
3.55.4	3.00.52	2.39.17	2.28.61	200m Breaststroke ULT	3.53.8	2.58.67	2.44.78	2.40.69
4.45.4	3.50.52	3.29.17	3.18.61	200m Breaststroke QT	4.43.8	3.48.67	3.34.78	3.30.69
	1.12.98	1.04.08	59.35	100m Butterfly ULT		1.13.98	1.07.53	1.05.19
	1.42.98	1.34.08	1.29.35	100m Butterfly QT		1.43.98	1.37.53	1.35.19
3.48.5	2.43.19	2.22.79	2.11.56	200m Butterfly ULT	3.49.4	2.43.31	2.27.77	2.22.37
4.38.5	3.33.19	3.12.79	3.01.56	200m Butterfly QT	4.39.4	3.33.31	3.17.77	3.12.37
1.36.2	1.19.1	1.09.5	1.02.5	100m Ind. Medley ULT	1.34.3	1.18	1.10.4	1.08.5
2.01.2	1.44.1	1.34.5	1.27.5	100m Ind. Medley QT	1.59.3	1.43	1.35.4	1.33.5
3.27.4	2.38.53	2.21.49	2.12.92	200m Ind. Medley ULT	3.19.1	2.38.78	2.27.47	2.23.57
4.17.4	3.28.53	3.11.49	3.02.92	200m Ind. Medley QT	4.09.1	3.28.78	3.17.47	3.13.57
	5.39.58	4.59.75	4.41.63	400m Ind. Medley ULT		5.37.25	5.10.17	5.02.31
	6.29.58	5.49.75	5.31.63	400ind Medley QT		6.27.25	6.00.17	5.52.31

All of the times are based on the 2011 National & County Times. 14yr + based on 15 yr National Times. 9 year olds are based on County times. Double age groups are based on the higher age.

- 1) 50m Upper Limit Times are 3secs faster than the County times and the QTs are 11secs slower than the ULT.
- 2) 100m QTs are 30 secs slower than the ULT (10-11 boys ULTs and QTs are 1 sec faster than the girls).
- 3) 100IM Upper Limit times are 8 secs faster than the County times and the QTs are 25 secs slower than the ULT - 14+ are based on 15year old County Times
- 4) 200m QTs are 50 secs slower than the ULT. For 9 year olds 200m Upper Limit times are 16 secs faster than the County times and the QTs are 50 secs faster than the ULT.
- 5) 400m QTs are 50 secs slower than the ULT

