

Harlow Penguins Swimming Club presents

2018 Winter Open Meet

A Level 3 Licensed meet No. 3ER181952

under ASA Laws & ASA Technical Rules of Swimming

at

Harlow LeisureZone, Essex. CM20 3DT

on

Friday 23rd November 2018

Session 1 - Warm-up 18.30; Start 19.30				
Even 1	HDW	Girls	50m	Breaststroke
Event 2	HDW	Boys	50m	Breastroke
Event 3	HDW	Girls	50m	Backstroke
Event 4	HDW	Boys	50m	Backstroke
Event 5	HDW	Girls	50m	Butterfly
Event 6	HDW	Boys	50m	Butterfly

Saturday 24th November 2018

Session 2 - Warm-up 12.30; Start 13.30					Session 3 – Warm-up 17.15; Start 18.15				
Even 7	HDW	Girls	400m	Freestyle	Event 19	HDW	Boys	400m	IM
Event 8	HDW	Boys	400m	Freestyle	Event 20	HDW	Girls	400m	IM
Event 9	HDW	Girls	100m	Breaststroke	Event 21	HDW	Boys	100m	Backstroke
Event 10	HDW	Boys	100m	Breaststroke	Event 22	HDW	Girls	100m	Backstroke
Event 11	HDW	Girls	200m	Backstroke	Event 23	HDW	Boys	200m	Freestyle
Event 12	HDW	Boys	200m	Backstroke	Event 24	HDW	Girls	200m	Freestyle
Event 13	HDW	Girls	200m	IM	Event 25	HDW	Boys	100m	Butterfly
Event 14	HDW	Boys	200m	IM	Event 26	HDW	Girls	100m	Butterfly
Event 15	HDW	Girls	200m	Butterfly	Event 27	HDW	Boys	200m	Breaststroke
Event 16	HDW	Boys	200m	Butterfly	Event 28	HDW	Girls	200m	Breaststroke
Event 17	HDW	Girls	50m	Freestyle	Event 29	HDW	Boys	100m	Freestyle
Event 18	HDW	Boys	50m	Freestyle	Event 30	HDW	Girls	100m	Freestyle

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Session 1: Friday 23rd November 2018

Sessions 2 & 3: Saturday 24th November 2018

GIRLS LOWER LIMIT TIMES

GIRLS UPPER LIMIT TIMES

9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/OVER	STROKE	9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/OVER
0:51.5	0:50.5	0:49.5	0:48.4	0:46.1	0:43.7	0:43.6	50m Back	0:33.6	0:32.9	0:32.2	0:31.6	0:30.1	0:28.5	0:28.4
1:01.2	0:59.3	0:57.5	0:55.7	0:53.8	0:50.0	0:49.3	50m Breast	0:39.9	0:38.7	0:37.5	0:36.3	0:35.1	0:32.6	0:32.2
0:54.3	0:51.9	0:49.5	0:47.0	0:44.7	0:42.4	0:42.3	50m Fly	0:35.4	0:33.8	0:32.2	0:30.7	0:29.2	0:27.7	0:27.6
0:48.3	0:46.0	0:43.7	0:41.4	0:40.2	0:39.1	0:39.1	50m Free	0:31.5	0:30.0	0:28.5	0:27.0	0:26.3	0:25.5	0:25.5
1:58.0	1:51.3	1:44.7	1:38.0	1:34.3	1:32.6	1:30.7	100m Back	1:16.9	1:12.6	1:08.2	1:03.9	1:01.5	1:00.4	0:59.2
2:10.6	2:05.7	2:00.8	1:55.8	1:48.6	1:45.8	1:41.3	100m Breast	1:25.2	1:22.0	1:18.7	1:15.5	1:10.8	1:09.0	1:06.1
1:56.4	1:50.5	1:44.7	1:38.8	1:35.5	1:32.0	1:28.3	100m Fly	1:15.9	1:12.1	1:08.2	1:04.4	1:02.2	1:00.0	0:57.6
1:44.7	1:38.9	1:33.2	1:27.4	1:22.8	1:20.4	1:18.4	100m Free	1:08.3	1:04.5	1:00.8	0:57.0	0:54.0	0:52.4	0:51.2
4:24.0	4:04.7	3:45.4	3:26.1	3:20.1	3:13.2	3:07.3	200m Back	2:52.2	2:39.6	2:27.0	2:14.4	2:10.5	2:06.0	2:02.2
5:20.2	4:54.6	4:29.1	4:03.6	3:52.3	3:44.8	3:37.8	200m Breast	3:28.8	3:12.1	2:55.5	2:38.9	2:31.5	2:26.6	2:22.1
5:22.9	4:49.1	4:15.3	3:41.5	3:30.8	3:22.4	3:16.8	200m Fly	3:30.6	3:08.5	2:46.5	2:24.4	2:17.5	2:12.0	2:08.3
3:56.9	3:40.8	3:24.7	3:08.6	2:55.9	2:49.1	2:46.7	200m Free	2:34.5	2:24.0	2:13.5	2:03.0	1:54.7	1:50.3	1:48.7
8:02.1	7:28.0	6:54.0	6:20.0	5:57.7	5:46.2	5:42.7	400m Free	5:14.4	4:52.2	4:30.0	4:07.8	3:53.3	3:45.7	3:43.5
4:17.6	4:01.5	3:45.4	3:29.3	3:19.9	3:09.6	3:04.8	200m IM	2:48.0	2:37.5	2:27.0	2:16.5	2:10.4	2:03.7	2:00.5
		7:15.5	7:17.8	6:49.5	6:35.6	6:29.6	400m IM			4:44.0	4:45.5	4:27.1	4:18.0	4:14.1

BOYS LOWER LIMIT TIMES

BOYS UPPER LIMIT TIMES

9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/OVER	STROKE	9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/OVER
0:55.2	0:52.9	0:50.6	0:48.3	0:46.0	0:43.1	0:41.4	50m Back	0:36.0	0:34.5	0:33.0	0:31.5	0:30.0	0:28.1	0:27.0
1:05.5	1:02.1	0:58.7	0:55.2	0:52.9	0:48.3	0:46.7	50m Breast	0:42.8	0:40.5	0:38.2	0:36.0	0:34.5	0:31.5	0:30.5
0:57.5	0:54.1	0:50.6	0:47.2	0:44.8	0:41.7	0:39.7	50m Fly	0:37.5	0:35.2	0:33.0	0:30.7	0:29.3	0:27.2	0:25.9
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1:58.4	1:52.7	1:47.0	1:41.2	1:34.3	1:28.8	1:24.2	100m Back	1:17.2	1:13.5	1:09.8	1:06.0	1:01.5	0:57.9	0:54.9
2:16.8	2:09.9	2:03.1	1:56.2	1:48.1	1:42.7	1:38.2	100m Breast	1:29.2	1:24.7	1:20.2	1:15.8	1:10.5	1:07.0	1:04.0
1:58.4	1:52.7	1:47.0	1:41.2	1:34.3	1:28.8	1:24.3	100m Fly	1:17.2	1:13.5	1:09.8	1:06.0	1:01.5	0:57.9	0:55.0
1:57.3	1:46.9	1:36.6	1:26.2	1:22.7	1:15.3	1:12.0	100m Free	1:16.5	1:09.7	1:03.0	0:56.3	0:53.9	0:49.1	0:47.0
4:15.3	4:00.3	3:45.4	3:30.4	3:17.8	3:07.5	2:59.4	200m Back	2:46.5	2:36.7	2:27.0	2:17.2	2:09.0	2:02.3	1:57.0
5:15.1	4:52.1	4:29.1	4:06.1	3:52.1	3:39.9	3:29.2	200m Breast	3:25.5	3:10.5	2:55.5	2:40.5	2:31.4	2:23.4	2:16.4
5:18.3	4:46.9	4:15.5	3:44.1	3:28.7	3:17.8	3:06.5	200m Fly	3:27.6	3:07.1	2:46.7	2:26.2	2:16.1	2:09.0	2:01.6
4:05.0	3:45.4	3:25.9	3:06.3	2:53.6	2:46.5	2:38.1	200m Free	2:39.8	2:27.0	2:14.2	2:01.5	1:53.2	1:48.6	1:43.1
7:53.8	7:23.9	6:54.0	6:24.1	5:55.4	5:41.4	5:32.0	400m Free	5:09.0	4:49.5	4:30.0	4:10.5	3:51.8	3:42.7	3:36.5
4:15.3	4:00.9	3:46.5	3:32.2	3:18.5	3:07.9	2:57.9	200m IM	2:46.5	2:37.1	2:27.8	2:18.4	2:09.5	2:02.6	1:56.0
		7:23.4	7:25.7	6:42.7	6:33.3	6:10.1	400m IM			4:49.2	4:50.7	4:22.6	4:16.5	4:01.4

Times based on 2018 Essex County Age Group Championships. ULT are -25% and LQT are +15%. Age on 24th November 2018.