

BECKENHAM SWIMMING CLUB

Affiliated to ASA London Region and ASA Laws and FINA Technical Rules of Swimming



125TH ANNIVERSARY EASTER OPEN 2018

LEVEL 1 LICENSED LONG COURSE OPEN MEET

LICENCE NO. TBC

FRIDAY 30TH MARCH, SATURDAY 31ST MARCH AND SUNDAY 1ST APRIL

LONDON AQUATICS CENTRE, QUEEN ELIZABETH OLYMPIC PARK, STRATFORD, LONDON

PROGRAMME

FRIDAY 30TH MARCH 2018

SESSION 1

Sign In will Close at: 16.55hrs Session Starts: 17.40hrs
Combined Warm Up: 17.00 – 17.30hrs Expected Finish: 20.30hrs

Event 1 Girls 800m Freestyle
Event 2 Boys 1500m Freestyle

SATURDAY 31ST MARCH 2018

SESSION 2

Sign In Book Closes at: 08.10hrs
Warm Up for Boys: 08.00-08.30hrs
Warm Up for Girls: 08:30-09.00hrs
Start: 09.10hrs

Event 3 Boys 400m IM
Event 4 Girls 200m IM
Event 5 Boys 100m Butterfly
Event 6 Girls 200m Backstroke
Event 7 Boys 100m Breaststroke

SESSION 3

Sign In Book Closes at: tbc
Warm Up for Girls: tbc
Warm Up for Boys: tbc
Start: tbc

Event 8 Girls 400m Freestyle
Event 9 Boys 200m Freestyle
Event 10 Girls 200m Breaststroke
Event 11 Boys 50m Butterfly
Event 12 Girls 50m Backstroke

SESSION 4

Sign In Book Closes at: tbc
Warm Up for Boys: tbc
Warm Up for Girls: tbc
Start: tbc

Event 13 Boys 100m Freestyle
Event 14 Girls 200m Butterfly
Event 15 Boys 100m Backstroke
Event 16 Girls 50m Freestyle
Event 17 Boys 50m Breaststroke

SUNDAY 1ST APRIL 2018

SESSION 5

Sign In Book Closes at: 08.10hrs
Warm Up for Boys: 08.00-08.30hrs
Warm Up for Girls: 08:30-09.00hrs
Start: 09.10hrs

Event 18 Girls 400m IM
Event 19 Boys 200m IM
Event 20 Girls 100m Butterfly
Event 21 Boys 200m Backstroke
Event 22 Girls 100m Breaststroke

SESSION 6

Sign In Book Closes at: tbc
Warm Up for Girls: tbc
Warm Up for Boys: tbc
Start: tbc

Event 23 Boys 400m Freestyle
Event 24 Girls 200m Freestyle
Event 25 Boys 200m Breaststroke
Event 26 Girls 50m Butterfly
Event 27 Boys 50m Backstroke

SESSION 7

Sign In Book Closes at: tbc
Warm Up for Boys: tbc
Warm Up for Girls: tbc
Start: tbc

Event 28 Girls 100m Freestyle
Event 29 Boys 200m Butterfly
Event 30 Girls 100m Backstroke
Event 31 Boys 50m Freestyle
Event 32 Girls 50m Breaststroke

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Qualifying Times

Age as at 31 December 2018

Please use Long Course times. Conversions from Short Course to Long Course will be accepted.

ENTRY TIMES MUST BE EQUAL TO, OR FASTER THAN THESE TIMES

BOYS

Event	10/11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs/Ov
50m Freestyle	37.00	34.90	33.00	31.30	29.70	28.70	28.40
100m Freestyle	1:18.80	1:13.70	1:09.80	1:06.90	1:04.40	1:02.60	1:01.50
200m Freestyle	2:51.30	2:40.80	2:32.60	2:25.60	2:20.70	2:16.30	2:13.70
400m Freestyle	5:56.00	5:38.10	5:21.80	5:07.00	4:57.60	4:49.10	4:44.60
1500m Freestyle	OPEN QT: 22.20.50						
50m Breaststroke	48.20	44.60	41.80	39.70	37.80	36.80	35.80
100m Breaststroke	1:41.50	1:34.70	1:28.80	1:24.60	1:21.40	1:18.90	1:17.00
200m Breaststroke	3:39.10	3:25.20	3:12.50	3:02.50	2:55.40	2:51.60	2:47.00
50m Butterfly	40.80	38.10	35.90	34.00	32.20	31.40	30.60
100m Butterfly	1:27.70	1:21.50	1:16.80	1:12.80	1:09.80	1:07.80	1:06.50
200m Butterfly	3:12.50	2:59.90	2:49.90	2:40.90	2:34.40	2:30.40	2:27.60
50m Backstroke	43.20	40.50	38.20	36.10	34.50	33.50	32.70
100m Backstroke	1:29.80	1:24.10	1:19.20	1:15.00	1:12.20	1:10.30	1:09.30
200m Backstroke	3:12.00	3:00.70	2:50.30	2:42.30	2:36.00	2:31.40	2:28.60
200m IM	3:14.30	3:02.80	2:52.70	2:44.80	2:38.40	2:33.90	2:31.00
400m IM	6:50.80	6:26.70	6:06.40	5:49.30	5:36.20	5:27.60	5:22.60

GIRLS

Event	10/11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs/Ov
50m Freestyle	37.30	35.40	34.00	32.90	32.20	31.90	31.80
100m Freestyle	1:19.30	1:15.20	1:12.70	1:10.70	1:09.60	1:08.80	1:08.10
200m Freestyle	2:51.30	2:42.50	2:36.20	2:32.10	2:29.10	2:27.50	2:25.80
400m Freestyle	5:56.40	5:38.80	5:26.30	5:18.00	5:12.80	5:09.20	5:06.30
800m Freestyle	OPEN QT: 11.39.00						
50m Breaststroke	47.80	45.00	43.10	41.50	40.60	40.10	38.80
100m Breaststroke	1:41.60	1:35.20	1:30.80	1:28.50	1:27.50	1:26.10	1:25.20
200m Breaststroke	3:36.60	3:24.60	3:15.50	3:09.50	3:06.70	3:05.80	3:04.00
50m Butterfly	40.70	38.60	36.70	35.70	34.80	34.20	34.20
100m Butterfly	1:27.90	1:22.60	1:19.10	1:17.20	1:15.50	1:14.80	1:14.00
200m Butterfly	3:12.60	3:01.70	2:53.50	2:48.00	2:45.70	2:43.30	2:41.30
50m Backstroke	43.10	40.90	39.40	38.00	37.00	36.60	36.30
100m Backstroke	1:29.90	1:24.50	1:21.70	1:19.60	1:17.90	1:17.10	1:16.30
200m Backstroke	3:11.00	3:00.60	2:54.30	2:49.80	2:45.80	2:43.90	2:42.80
200m IM	3:14.30	3:03.30	2:56.80	2:52.30	2:48.90	2:46.90	2:45.50
400m IM	6:47.30	6:24.90	6:10.60	6:02.00	5:55.20	5:50.80	5:48.70

All events are Heat Declared Winners