



# THE 200 METRE OPEN MEET

Hosted by Bishop's Stortford Swimming Club

## PROGRAMME OF EVENTS

Session 1 Warm-up 12:30pm Start 1:30pm

Event No.	Sex	Distance	Stroke
1	Boys	200m	Butterfly
2	Girls	200m	Ind. Medley
3	Boys	200m	Backstroke
4	Girls	200m	Freestyle
5	Boys	200m	Breaststroke

Session 2 Warm-up 5:00pm Start 6:00pm

Event No.	Sex	Distance	Stroke
6	Girls	200m	Butterfly
7	Boys	200m	Ind. Medley
8	Girls	200m	Backstroke
9	Boys	200m	Freestyle
10	Girls	200m	Breaststroke

## UPPER AND LOWER QUALIFYING TIMES

### FEMALE

Stroke	Upper Limit					
	9yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs
200 Back	3.30.58	3.12.22	2.58.67	2.50.41	2.40.52	
200 Breast	4.01.85	3.39.44	3.24.12	3.12.61	3.02.16	
200 Fly	3.43.17	3.19.88	3.04.08	2.53.40	2.43.04	
200 Free	3.09.31	2.53.85	2.42.44	2.33.59	2.23.95	
200 I M	3.34.52	3.15.96	3.03.22	2.54.22	2.44.11	

Stroke	Lower Limit					
	9yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs
200 Back	4.31.60	4.13.35	3.52.20	3.37.99	3.27.15	
200 Breast	5.09.88	4.47.72	4.14.81	4.07.94	3.53.19	
200 Fly	4.56.48	4.14.35	3.59.98	3.42.75	3.30.12	
200 Free	4.07.77	3.48.97	3.33.17	3.19.74	3.09.35	
200 I M	4.38.50	4.18.07	3.58.66	3.41.34	3.32.11	

### MALE

Stroke	Upper Limit					
	9yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs
200 Back	3.39.25	3.18.66	3.01.52	2.48.56	2.38.85	2.28.58
200 Breast	4.09.81	3.48.10	3.27.78	3.11.16	2.59.87	2.49.78
200 Fly	3.51.70	3.25.75	3.07.29	2.52.57	2.41.67	2.31.76
200 Free	3.15.14	2.59.21	2.44.22	2.32.20	2.23.60	2.13.66
200 I M	3.41.72	3.22.71	3.06.20	2.52.38	2.42.32	2.32.23

Stroke	Lower Limit					
	9yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs
200 Back	4.32.52	4.14.12	3.55.36	3.41.36	3.26.44	3.12.48
200 Breast	5.11.12	4.50.37	4.18.05	4.11.42	3.50.52	3.37.23
200 Fly	4.57.64	4.24.11	4.10.75	3.45.85	3.27.14	3.16.02
200 Free	4.09.04	3.50.43	3.34.90	3.21.90	3.06.87	2.55.57
200 I M	4.39.01	4.19.66	4.00.78	3.44.44	3.29.77	3.17.02

**CLOSING DATE FOR ENTRIES IS SATURDAY 19<sup>TH</sup> DECEMBER 2009**