

Harlow Penguins Swimming Club

Junior Development Meet

A Level 3 Licensed meet No. applied for
under ASA Laws & ASA Technical Rules of Swimming

at

Harlow LeisureZone, Essex. CM20 3DT

on

Saturday 5 April 2014

One Sesion - Warm-up 18.00; Start 19.00				
Event 1	HDW	Girls	100m	IM
Event 2	HDW	Boys	50m	Butterfly
Event 3	HDW	Girls	50m	Freestyle
Event 4	HDW	Boys	50m	Backstroke
Event 5	HDW	Girls	50m	Breaststroke
Event 6	HDW	Boys	100m	IM
Event 7	HDW	Girls	50m	Backstroke
Event 8	HDW	Boys	50m	Breaststroke
Event 9	HDW	Girls	50m	Butterfly
Event 10	HDW	Boys	50m	Freestyle

GIRLS ULT (not faster than)

STROKE	9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/OVER
50m Back	48.0	43.5	41.1	39.4	37.0	36.9	36.8
50m Breast	55.0	49.4	47.4	44.8	42.5	41.9	41.7
50m Fly	50.5	42.2	39.9	37.9	35.9	35.9	35.7
50m Free	41.5	38.3	36.4	34.7	32.8	32.9	32.7
100m IM	1.52.3	1.38.0	1.26.0	1.21.7	1.18.4	1.16.9	1.16.5

BOYS ULT (not faster than)

STROKE	9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/OVER
50m Back	49.5	44.8	41.5	39.4	36.5	35.0	34.4
50m Breast	56.2	50.8	47.8	45.0	41.6	39.6	39.1
50m Fly	51.5	43.5	40.0	38.0	35.3	33.5	33.0
50m Free	43.0	38.7	35.9	33.9	32.2	30.7	30.5
100m IM	1.54.2	1.39.5	1.27.1	1.22.3	1.17.5	1.13.2	1.10.5

Upper limit times are Essex age group 2014 short course Qualifying Time.

There are no Lower limit qualifying times.