

# REDBRIDGE REGIONAL MEET 2014

## LICENCE 3

ASA Licence no 3LR

Ages, 9, 10&11,12&13, 14+ YEARS Age is at midnight on the last day of the competition 20th April 2014)

### PROGRAMME OF EVENTS

#### Session 1 – Saturday 26th April 2014

Warm up tbc

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 27th April 2014

Warm up tbc

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 26th April 2014

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 27th April 2014

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

BOYS				Event	GIRLS			
9 years	10 & 11 years	12 & 13 years	14+ (based on 15 yr times)		9 years	10 & 11 years	12 & 13 years	14+ (based on 15 yr times)
25m	25m	25m	25m		25m	25m	25m	25m
40	32.9	29.2	26.5	<b>50m Freestyle ULT</b>	38.5	33.4	29.8	29
51	43.9	40.2	37.5	<b>50m Freestyle QT</b>	49.5	44.4	40.8	40
	1.07.20	1.00.50	55.90	<b>100m Freestyle ULT</b>		1.08.20	1.02.90	1.00.30
	1.37.20	1.30.50	1.25.90	<b>100m Freestyle QT</b>		1.38.20	1.32.9	1.30.30
3.14.60	2.31.00	2.11.80	2.01.50	<b>200m Freestyle ULT</b>	3.14.7	2.30.00	2.13.00	2.09.6
4.04.60	3.21.00	3.01.80	2.51.50	<b>200m Freestyle QT</b>	4.04.7	3.20.00	3.03.00	2.59.6
	5.12.00	4.30.90	4.10.90	<b>400m Freestyle ULT</b>		5.08.40	4.39.00	4.32.00
	6.02.00	5.20.90	5.00.90	<b>400m Freestyle QT</b>		5.58.40	5.29.00	5.22.00
	1.18.20	1.10.20	1.04.20	<b>100m Backstroke ULT</b>		1.19.20	1.12.50	1.09.40
	1.48.20	1.40.20	1.34.20	<b>100m Backstroke QT</b>		1.49.20	1.42.50	1.39.40
3.35.90	2.49.00	2.29.00	2.17.10	<b>200m Backstroke ULT</b>	3.35.90	2.46.20	2.31.00	2.26.40
4.25.90	3.39.00	3.19.00	3.07.10	<b>200m Backstroke QT</b>	4.25.90	3.36.20	3.21.00	3.16.40
	1.31.70	1.22.30	1.15.20	<b>100m Breaststroke ULT</b>		1.32.70	1.24.00	1.20.50
	2.01.70	1.52.30	1.45.20	<b>100m Breaststroke QT</b>		2.02.70	1.54.00	1.50.50
4.19.40	3.20.00	2.57.20	2.41.70	<b>200m Breaststroke ULT</b>	4.07.8	3.17.80	2.58.50	2.52.00
5.09.40	4.10.00	3.47.20	3.31.70	<b>200m Breaststroke QT</b>	4.57.8	4.07.80	3.48.50	3.42.00
	1.19.90	1.10.20	1.03.30	<b>100m Butterfly ULT</b>		1.19.90	1.12.00	1.09.20
	1.49.90	1.40.20	1.33.30	<b>100m Butterfly QT</b>		1.49.90	1.42.00	1.39.20
4.02.50	2.56.90	2.34.00	2.18.40	<b>200m Butterfly ULT</b>	4.03.40	2.53.60	2.36.00	2.28.40
4.52.50	3.46.90	3.24.00	3.08.40	<b>200m Butterfly QT</b>	4.53.40	3.43.60	3.26.00	3.18.40
1.49.20	1.22.10	1.12.50	1.05.50	<b>100m Ind. Medley ULT</b>	1.47.30	1.21.00	1.13.40	1.11.50
2.19.20	1.52.10	1.42.50	1.35.50	<b>100m Ind. Medley QT</b>	2.17.30	1.51.00	1.43.40	1.41.50
3.41.40	2.52.50	2.41.40	2.17.10	<b>200m Ind. Medley ULT</b>	3.33.10	2.50.00	2.32.90	2.27.80
4.31.40	3.42.50	3.31.40	3.07.10	<b>200m Ind. Medley QT</b>	4.23.10	3.40.00	3.22.90	3.17.80
	6.05.60	5.20.00	4.48.40	<b>400m Ind. Medley ULT</b>		5.58.70	5.23.00	5.12.50
	6.55.60	6.10.00	5.38.40	<b>400ind Medley QT</b>		6.48.70	6.13.00	6.02.50