

RUNNYMEDE SWIMMING CLUB

OPEN COMPETITION ENTRY DETAILS

Event	The Alan Mitchell Memorial	
Organising Club	Thurrock Swimming Club	
Date	Sat 8 th & Sun 9 th October 2016	
Venue	Thurrock Swimming Club, Blackshots Lane, Grays, Essex	
Age Groups	9, 10 &11, 12 &13, 14+	NOTE: AGES AS AT 9th October 2016
Entry Cost	£5.50 per event entered	
Qualifying Times	ALL entries must be <u>slower</u> than the published times	
Conditions	Clubs must provide at least 1 official	
Closing Date	Entries must be given to Rhiannan or placed in the postbox in the Clubroom by FRIDAY 19th August 2016 No late entries will be accepted	



The Alan Mitchell Memorial County Qualifier

8th & 9th October 2016

License: 3ER160315

SCHEDULE

Session 1 Saturday Warm up 1pm – 1.45pm Signing in closes 1.10pm Start 1.50pm Approx finish time based on 2 3/4 hours 4.30pm					Session 3 Sunday Warm up 9.00am – 9.45 Signing in closes 9.10am Start 9.50am Approx finish time based on 3 hours 12.50				
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1	Boys	400	Freestyle	HDW	15	Girls	400	Freestyle	HDW
2	Girls	200	Backstroke	HDW	16	Boys	200	Backstroke	HDW
3	Boys	50	Freestyle	HDW	17	Girls	50	Freestyle	HDW
4	Girls	100	Butterfly	HDW	18	Boys	100	Butterfly	HDW
5	Boys	50	Backstroke	HDW	19	Girls	50	Backstroke	HDW
6	Girls	200	Breaststroke	HDW	20	Boys	200	Breaststroke	HDW
7	Boys	100	Freestyle	HDW	21	Girls	100	Freestyle	HDW
					22	Boys	100	Breaststroke	HDW

Session 2 Saturday Warm Up 5pm-5.45pm (TBC) Signing in closes 5pm Start 5.50 (TBC) Approx finish time 8.30 based on 2 3/4 hour session					Session 4 Sunday Warm up 1.30pm-2.15pm (TBC) Signing in closes 1.30pm Start 2.20pm (TBC) Approx finish time based on 3 hours 5.20pm				
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8	Girls	400	IM	HDW	23	Girls	100	Breaststroke	HDW
9	Boys	200	IM	HDW	24	Boys	400	IM	HDW
10	Girls	50	Butterfly	HDW	25	Girls	200	IM	HDW
11	Boys	100	Backstroke	HDW	26	Boys	50	Butterfly	HDW
12	Girls	200	Freestyle	HDW	27	Girls	100	Backstroke	HDW
13	Boys	50	Breaststroke	HDW	28	Boys	200	Freestyle	HDW
14	Girls	200	Butterfly	HDW	29	Girls	50	Breaststroke	HDW
					30	Boys	200	Butterfly	HDW

AGE GROUPS

9years, 10& 11 / 12 &13 / 14+ (Age is at midnight on the last day of the competition 9th October 2016)

CLOSING DATE FOR ENTRIES IS 11th September 2016

**Heat Declared Winner
Awards to the first six placed swimmers in each age group**

9 year olds are not eligible for 400 events.

Coaches are asked to ensure swimmers leave water by the side, and do not climb over the timing pads.

The Alan Mitchell Memorial County Qualifier

2016

UPPER LIMIT TIMES

BOYS				GIRLS				
9 Years	10&11 Years	12&13 years	14+ years	Events	9 Years	10&11 Years	12&13 Years	14+ Years
39.0	35.2	31.0	28.0	50m Back	39.0	36.5	33.1	30.9
46.0	41.8	36.0	33.4	50m Breast	46.0	41.4	38.8	36.9
39.0	35.5	31.5	27.0	50m Fly	39.0	35.2	32.9	30.9
34.0	31.5	29.4	25.7	50m Free	36.0	32.3	29.0	27.9
1.12.0	1.12.0	1.07.8	1.02.2	100m Back	1.16.0	1.16.0	1.12.0	1.06.9
1.23.0	1.23.0	1.17.6	1.12.4	100m Breast	1.27.0	1.27.0	1.22.4	1.17.1
1.13.0	1.13.0	1.10.5	1.00.3	100m Fly	1.16.0	1.16.0	1.12.0	1.08.8
1.05.5	1.05.5	1.00.9	55.0	100m Free	1.08.0	1.08.0	1.05.0	1.02.2
3.05.0	2.42.0	2.29.0	2.15.0	200m Back	3.15.0	2.42.5	2.32.5	2.26.0
3.30.0	3:04.0	2.54.8	2.36.9	200m Breast	3.36.0	3.10.0	3.00.9	2.47.4
3.25.0	2.53.2	2.34.5	2.12.2	200m Fly	3.29.1	2.52.0	2.42.3	2.28.5
2.47.1	2.28.0	2.14.0	2.03.5	200m Free	2.50.2	2.25.5	2.21.0	2.12.0
	5:05.0	4.42.0	4.20.7	400m Free		5:05.0	4.48.0	4.34.0
3.18.0	2.51.5	2.32.6	2.14.7	200m I/M	3.15.0	2.47.4	2.37.8	2.23.7
	6:00.0	5.22.2	4.47.8	400m I/M		5:55.0	5.40.1	5.15.8