



Southend on Sea Swimming Club

www.southendswimmingclub.co.uk

Licence No: 3ER181243

Race Schedule

SESSION 1
Girls 50m Freestyle
Boys 50m Freestyle
Girls 50m Breaststroke
Boys 50m Breaststroke
Girls 100m Individual Medley
Boys 100m Individual Medley
Girls 50m Backstroke
Boys 50m Backstroke
Girls 50m Butterfly
Boys 50m Butterfly

Upper Limits – No Qualifying Times (Short Course)

BOYS		9/10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs/ov
50m Freestyle	Cut-off	31.90	30.00	28.50	28.00	27.30	26.50	25.20
50m Backstroke	Cut-off	36.70	34.00	32.80	31.80	31.00	30.00	29.00
50m Breaststroke	Cut-off	41.80	39.00	36.90	35.50	34.50	32.50	31.30
50m Butterfly	Cut-off	35.70	33.00	31.80	30.50	29.90	29.00	28.70
100m Individual Medley	Cut-off	1:23.80	1:11.17	1:11.60	1:09.50	1:08.60	1:06.00	1:02.70
GIRLS		9/10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs/ov
50m Freestyle	Cut-off	32.00	31.00	30.00	29.50	29.00	28.50	28.00
50m Backstroke	Cut-off	36.60	35.00	33.50	33.00	32.50	32.00	31.70
50m Breaststroke	Cut-off	42.00	40.00	38.00	37.50	37.00	36.00	35.20
50m Butterfly	Cut-off	37.00	35.50	34.00	33.00	32.00	31.00	30.60
100m Individual Medley	Cut-off	1:24.40	1:18.00	1:11.20	1:10.50	1:09.20	1:08.50	1:07.70