



Basildon & Phoenix Swimming Club

SATURDAY WARM UP 1.00PM SESSION 1		SUNDAY WARM UP 1.00PM SESSION 3	
BOYS 400 FREESTYLE		GIRLS 400 FREESTYLE	
GIRLS 400 IM		BOYS 400 IM	
BOYS 50 BREASTSTROKE		GIRLS 50 BREASTSTROKE	
GIRLS 50 BACKSTROKE		BOYS 50 BACKSTROKE	
BOYS 200 BUTTERFLY		GIRLS 200 BUTTERFLY	
GIRLS 200 FREESTYLE		BOYS 200 FREESTYLE	
BOYS 100 BACKSTROKE		GIRLS 100 BACKSTROKE	
GIRLS 100 BREASTSTROKE		BOYS 100 BREASTSTROKE	
FINAL BOYS 50 BRST		FINAL GIRLS 50 BRST	
FINAL GIRLS 50 BACK		FINAL BOYS 50 BACK	
BOYS/GIRLS 800M FREESTYLE		GIRLS/BOYS 1500M FREESTYLE	
SATURDAY WARM UP TBC SESSION 2		SUNDAY WARM UP TBC SESSION 4	
BOYS 50 FREESTYLE		GIRLS 50 FREESTYLE	
GIRLS 50 BUTTERFLY		BOYS 50 BUTTERFLY	
BOYS 200 IM		GIRLS 200 IM	
GIRLS 100 FREESTYLE		BOYS 100 FREESTYLE	
BOYS 100 BUTTERFLY		GIRLS 100 BUTTERFLY	
GIRLS 200 BACKSTROKE		BOYS 200 BACKSTROKE	
BOYS 200 BREASTSTROKE		GIRLS 200 BREASTSTROKE	
FINAL GIRLS 50 FLY		FINAL BOYS 50 FLY	
FINAL BOYS 50 F/S		FINAL GIRLS 50 F/S	

LONGCOURSE Qualifying Times

BOYS						GIRLS						
9	10	11	12	13	14	9	10	11	12	13	14+	
42.6	40	39	35.9	34	33.3	50m Freestyle	45.8	41.8	39.3	37.4	36	34.9
1:27.8	1:25.8	1:20.8	1:15.7	1:11.8	1:08.9	100m Freestyle	1:35.2	1:29.2	1:25.3	1:20.2	1:18.7	1:17.7
3:25.4	3:10.6	2:55.3	2:45.8	2:37.6	2:30.6	200m Freestyle	3:30.1	3:10.4	2:59.3	2:49.5	2:39.2	2:38.1
7:22.5	6:30.4	5:59.0	5:40.1	5:28.8	5:10.0	400m Freestyle	7:20.7	6:27.4	5:59.4	5:39.8	5:29.3	5:19.0
		10:00.00	10:00.00	10:00.00	10:00.00	800 Freestyle			10:15.00	10:15.00	10:15.00	10:15.00
		18:30.00	18:30.00	18:30.00	18:30.00	1500 Freestyle			20:00.00	20:00.00	20:00.00	20:00.00
59.8	55.6	49.2	45.6	43.8	41.7	50m Breaststroke	59	58.2	49.8	48	47.1	46.5
1:55.5	1:50.5	1:49.5	1:39.7	1:32.8	1:29.6	100m Breaststroke	1:59.3	1:50.3	1:48.0	1:38.2	1:33.8	1:28.5
4:20.5	3:59.2	3:42.1	3:29.2	3:19.5	3:08.5	200m Breaststroke	4:27.3	3:55.5	3:38.6	3:28.9	3:18.5	3:15.5
49.8	48.5	47.8	39.1	38.9	36	50m Butterfly	49	46	44.7	39.6	38.7	37.7
1:35.7	1:34.7	1:27.7	1:25.5	1:19.8	1:18.8	100m Butterfly	1:45.1	1:39.1	1:29.9	1:29.6	1:25.1	1:19.2
4:03.7	3:40.3	3:20.5	3:10.9	2:59.9	2:49.9	200m Butterfly	3:59.6	3:39.6	3:19.6	3:09.7	2:59.5	2:49.0
50.3	48	45.2	43.5	39.2	38.1	50m Backstroke	55.2	48	47.1	45.9	39.4	38
1:35.8	1:34.8	1:30.8	1:28.1	1:27.2	1:20.0	100m Backstroke	1:45.5	1:39.5	1:29.9	1:28.5	1:27.7	1:19.6
3:55.7	3:35.8	3:25.0	3:15.7	2:59.3	2:49.3	200m Backstroke	3:59.7	3:29.3	3:19.0	3:09.6	2:59.3	2:49.8
3:55.0	3:39.8	3:24.3	3:12.8	2:59.7	2:49.8	200m Individual Medley	3:59.2	3:39.0	3:19.3	3:09.3	2:59.8	2:59.3
8:21.8	7:26.3	6:59.8	6:40.7	6:30.4	5:59.3	400m Individual Medley	8:24.4	7:26.2	6:49.3	6:29.9	6:10.6	6:02.0

