



Basildon & Phoenix Swimming Club

Race Schedule

SATURDAY SESSION 1 WARM UP 1.00PM		SUNDAY SESSION 3 WARM UP 1PM	
BOYS 400M FREESTYLE		GIRLS 400M FREESTYLE	
GIRLS 400M IM		BOYS 400M IM	
BOYS 50M BREASTSTROKE		GIRLS 50M BREASTSTROKE	
GIRLS 50M BUTTERFLY		BOYS 50M BUTTERFLY	
BOYS 200M BACKSTROKE		GIRLS 200M BACKSTROKE	
GIRLS 200M BREASTSTROKE		BOYS 200M BREASTSTROKE	
BOYS 100M BUTTERFLY		GIRLS 100M BUTTERFLY	
GIRLS 100M FREESTYLE		BOYS 100M FREESTYLE	
SATURDAY SESSION 2 WARM UP TBC		SUNDAY SESSION 4 WARM UP TBC	
BOYS 200M IM		GIRLS 200M IM	
GIRLS 50M FREESTYLE		BOYS 50M FREESTYLE	
BOYS 50M BACKSTROKE		GIRLS 50M BACKSTROKE	
GIRLS 100M IM		BOYS 100M IM	
BOYS 200M FREESTYLE		GIRLS 200M FREESTYLE	
GIRLS 200M BUTTERFLY		BOYS 200M BUTTERFLY	
BOYS 100M BACKSTROKE		GIRLS 100M BACKSTROKE	
GIRLS 100M BREASTSTROKE		BOYS 100M BREASTSTROKE	

THESE ARE UPPER LIMIT TIMES

ALL TIMES ARE SHORT COURSE OR LONG COURSE CONVERTED

GIRLS								BOYS					
9	10	11	12	13	14+			9	10	11	12	13	14+
37.8	35.1	34.1	32.0	31.5	30.0	50m	Back	37.8	35.5	33.4	31.5	28.0	25.9
43.8	42.4	39.8	37.5	36.8	35.0	50m	Breast	43.8	41.8	40.0	36.6	34.6	31.4
37.5	34.9	33.9	31.9	31.4	29.3	50m	Fly	37.5	35.0	33.0	31.3	29.5	25.2
32.0	32.0	30.7	29.0	27.8	25.9	50m	Free	32.0	31.0	30.0	29.0	28.0	26.0
1.14.3	1.13.3	1.12.3	1.09.5	1.07.9	1.00.6	100m	Back	1.07.3	1.06.3	1.05.3	1.04.3	1.03.2	1.00.1
1.23.4	1.22.4	1.21.4	1.20.0	1.19.1	1.16.4	100m	Brst	1.20.3	1.19.3	1.17.3	1.15.3	1.14.4	1.10.0
1.15.0	1.14.0	1.13.0	1.12.0	1.10.8	1.07.3	100m	Fly	1.10.2	1.09.2	1.08.2	1.07.2	1.06.3	58.0
1.05.2	1.04.2	1.03.2	1.02.9	1.01.2	1.00.3	100m	free	1.02.5	1.01.5	1.00.5	59.5	58.6	53.9
3.00.5	2.48.2	2.40.8	2.32.0	2.30.9	2.25.3	200m	Back	3.00.0	2.44.0	2.33.0	2.28.0	2.25.0	2.10.1
3.20.5	3.18.8	3.05.9	3.00.5	2.55.4	2.35.7	200m	Breast	3.20.0	3.10.0	3.00.8	2.50.2	2.40.9	2.32.8
3.20.5	3.00.6	2.45.3	2.40.0	2.30.1	2.15.7	200m	Fly	3.20.2	3.00.0	2.40.5	2.30.0	2.20.2	2.05.5
2.40.1	2.30.0	2.20.0	2.15.0	2.12.0	2.08.9	200m	Free	2.30.0	2.20.0	2.15.0	2.10.8	2.05.5	2.00.0
5.30.0	5.15.4	5.00.0	4.54.0	4.45.0	4.30.0	400m	Free	5.30.0	5.15.0	5.00.0	4.40.9	4.34.7	4.15.8
1.25.0	1.20.0	1.15.7	1.14.4	1.13.9	1.05.6	100m	I/M	1.26.5	1.20.1	1.15.3	1.14.5	1.11.2	1.02.2
3.00.4	2.50.0	2.40.8	2.30.9	2.25.7	2.15.2	200m	I/M	3.00.5	2.50.5	2.40.6	2.30.4	2.20.7	2.10.6
6.30.0	6.10.7	5.40.1	5.35.0	5.30.8	5.10.1	400m	I/M	6.50.0	6.00.6	5.40.2	5.30.0	5.10.8	4.40.9