

**City of Peterborough Swimming Club**  
**Licensed Open Meet 2010**

**Programme of Events**

**DAY 1 - Friday 9<sup>th</sup> April 2010**

<b>Session 1 - Continuous Warm-up From 6.45pm for 7:10pm start</b>					
1	Male 400m I.M.	All Age Groups	3	Male 400m Freestyle	All Age Groups
2	Female 400m I.M.	All Age Groups	4	Female 400m Freestyle	All Age Groups

**DAY 2 - Saturday 10<sup>th</sup> April 2010**

<b>Session 2 - Warm-up 8.30am for 9.40am start</b>					
5	Male 200m I.M.	All Age Groups	9	Male 200m Butterfly	All Age Groups
6	Female 200m Freestyle	All Age Groups	10	Female 100m Backstroke	10-16+ years
7	Male 50 Backstroke	All Age Groups	11	Male 50m Freestyle	All Age Groups
8	Female 100m Breaststroke	10-16+ years			

<b>Session 3 - Warm-up and start TBA</b>					
12	Female 200m Backstroke	All Age Groups	15	Male 200m Breaststroke	All Age Groups
13	Male 100m Butterfly	11-16+ years	16	Female 50m Butterfly	All Age Groups
14	Female 50m Breaststroke	All Age Groups	17	Male 100m Freestyle	11-16+ years

**DAY 2 - Sunday 11<sup>th</sup> April 2010**

<b>Session 4 - Warm-up 8.30am for 9.40am start</b>					
18	Female 200m I.M.	All Age Groups	22	Female 200m Butterfly	All Age Groups
19	Male 200m Freestyle	All Age Groups	23	Male 100m Backstroke	11-16+ years
20	Female 50 Backstroke	All Age Groups	24	Female 50m Freestyle	All Age Groups
21	Male 100m Breaststroke	11-16+ years			

<b>Session 5 - Warm-up and start TBA</b>					
25	Male 200m Backstroke	All Age Groups	28	Female 200m Breaststroke	All Age Groups
26	Female 100m Butterfly	10-16+ years	29	Male 50m Butterfly	All Age Groups
27	Male 50m Breaststroke	All Age Groups	30	Female 100m Freestyle	10-16+ years

**Age groups for events are: Age at 11<sup>th</sup> April 2010**

50m, 200m and 400m events All Age Groups  
 100m events \* Female - 10-16+ years  
 Male - 11-16+ years

**CITY OF PETERBOROUGH SWIMMING CLUB**  
**LICENSED OPEN MEET**

**Friday 9<sup>th</sup> April, Saturday 10<sup>th</sup> April and Sunday 11<sup>th</sup> April 2010**

**Qualifying Times**

		Boys										Girls									
		9	10	11	12	13	14	15	16 & over		EVENT	9	10	11	12	13	14	15	16 & over		
42.10	39.30	37.20	35.10	33.10	31.30	29.90	27.40				50m Freestyle	42.60	39.90	37.70	35.70	34.30	33.30	32.50	30.50		
		01:20.60	01:15.70	01:11.10	01:07.30	01:04.60	01:00.20				100m Freestyle		01:27.60	01:21.30	01:16.60	01:13.50	01:11.30	01:09.90	01:07.10		
03:22.80	03:06.00	02:54.80	02:44.70	02:35.00	02:26.60	02:20.80	02:12.90				200m Freestyle	03:24.50	03:06.80	02:55.40	02:44.90	02:38.00	02:33.50	02:30.20	02:26.10		
07:20.60	06:31.80	06:06.00	05:46.00	05:26.80	05:10.40	04:57.50	04:42.50				400m Freestyle	07:25.40	06:35.70	06:04.90	05:43.70	05:29.80	05:20.80	05:13.80	05:07.20		
55.10	51.30	48.00	45.10	41.90	39.60	37.70	34.40				50m Breaststroke	55.90	51.70	48.30	45.40	43.20	41.80	40.80	38.50		
		01:43.40	01:36.90	01:30.10	01:25.10	01:21.00	01:15.00				100m Breaststroke		01:52.50	01:43.50	01:37.30	01:32.30	01:28.70	01:27.10	01:23.20		
04:17.80	03:59.00	03:42.40	03:29.20	03:15.30	03:03.90	02:55.80	02:42.30				200m Breaststroke	04:20.00	03:59.50	03:42.10	03:28.80	03:18.20	03:11.50	03:07.90	02:58.70		
47.40	43.80	41.00	38.80	36.40	34.30	32.50	29.60				50m Butterfly	47.90	43.90	41.30	39.10	37.30	36.10	35.20	32.70		
		01:30.40	01:24.60	01:19.10	01:14.40	01:10.70	01:05.10				100m Butterfly		01:39.30	01:30.90	01:24.90	01:21.20	01:18.30	01:16.90	01:12.20		
04:08.30	03:37.30	03:18.20	03:06.60	02:54.70	02:44.70	02:35.50	02:24.40				200m Butterfly	04:11.00	03:40.00	03:20.20	03:06.40	02:57.30	02:51.00	02:46.90	02:39.00		
48.60	45.10	42.50	40.30	37.60	35.80	33.90	30.40				50m Backstroke	48.90	45.30	42.70	40.50	38.70	37.50	36.80	34.40		
		01:30.50	01:25.20	01:19.70	01:15.00	01:11.50	01:05.40				100m Backstroke		01:38.50	01:31.00	01:25.30	01:21.40	01:19.00	01:17.10	01:13.60		
03:43.80	03:26.70	03:13.30	03:02.60	02:51.10	02:41.40	02:34.30	02:22.90				200m Backstroke	03:46.20	03:28.70	03:12.50	03:01.70	02:54.30	02:49.20	02:44.80	02:38.30		
03:49.70	03:32.20	03:17.60	03:06.80	02:55.80	02:45.30	02:38.20	02:27.60				200m Individual Medley	03:51.60	03:32.70	03:17.90	03:06.30	02:58.80	02:53.10	02:49.50	02:44.20		
08:15.60	07:35.60	06:59.70	06:34.30	06:12.00	05:50.30	05:34.60	05:14.90				400m Individual Medley	08:12.30	07:35.30	06:57.30	06:32.00	06:14.40	06:03.10	05:55.80	05:44.50		

Based on the ASA Minimum Qualifying Standards for Level 2 Meet