



Bexley Swimming Club

Registered Charity No: 1156407

Founded 1968

Affiliated to Swim England London Region

Bexley Swimming Club Short Course Open Meet

'Sprint to Summer'

Sunday 31st May 2020

Level 3

Licence Number: 3LR200872

Crook Log Leisure Centre, Brampton Road, Bexleyheath, Kent DA7 4HH

PROGRAMME & UPPER QUALIFYING TIMES

SESSION 1 (Warm-up: 8.00am / Start: 9.05am – TBC)

<u>EVENT</u>	<u>9/10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15+</u>
1 Girls 200 Freestyle	2:30:00	2:25:00	2:20:00	2:15:00	2:10:00	2:05:00
2 Boys 200 Individual Medley	2:45:00	2:40:00	2:35:00	2:25:00	2:20:00	2:10:00
3 Girls 50 Breaststroke	39:00	38:00	37:00	35:00	34:00	33:00
4 Boys 50 Backstroke	35:00	34:25	32:25	30:50	29:25	24:50
5 Girls 100 Freestyle	1:10:00	1:08:00	1:04:00	1:02:00	1:00:00	58:00
6 Boys 100 Butterfly	1:20:00	1:16:00	1:10:00	1:06:00	1:03:00	1:00:00
7 Girls 50 Butterfly	37:50	34:75	31:85	30:25	29:10	26:50
8 Boys 100 Breaststroke	1:35:00	1:30:00	1:21:00	1:15:00	1:13:00	1:10:00
9 Girls 100 Backstroke	1:20:00	1:15:00	1:10:00	1:07:00	1:05:50	1:03:00
10 Boys 50 Freestyle	30:75	30:00	28:75	26:50	25:40	21:80

SESSION 2 (Warm-up: 1.00pm / Start: 2.05pm – TBC)

<u>EVENT</u>	<u>9/10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15+</u>
11 Boys 200 Freestyle	2:30:00	2:24:00	2:13:00	2:08:00	2:03:00	1:58:00
12 Girls 200 Individual Medley	2:47:00	2:42:00	2:35:00	2:31:00	2:29:00	2:25:00
13 Boys 50 Breaststroke	40:00	39:00	37:00	34:75	32:50	27:00
14 Girls 50 Backstroke	37:00	35:50	31:75	30:25	30:00	27:00
15 Boys 100 Freestyle	1:10:00	1:06:00	1:02:00	59:00	55:00	50:00
16 Girls 100 Butterfly	1:20:00	1:18:00	1:15:00	1:10:00	1:08:00	1:06:00
17 Boys 50 Butterfly	34:75	32:50	31:00	28:75	28:00	24:10
18 Girls 100 Breaststroke	1:30:00	1:27:00	1:22:00	1:19:00	1:17:00	1:14:00
19 Boys 100 Backstroke	1:22:00	1:15:00	1:12:00	1:07:00	1:04:00	1:00:50
20 Girls 50 Freestyle	32:00	30.50	29:00	27:50	27:00	25:00

Qualifying times are Short Course (converted Long Course times will be accepted).

Ages as at midnight on 31st May 2020.

All events are Heat Declared Winner (HDW).