



**PORTSMOUTH EASTER MEET 5th – 8th APRIL 2012**

**SESSION 1      WARM UP 4.00      START 5 PM      THURSDAY 5th**

EVENT 101      MALES      1500 FREESTYLE  
 EVENT 102      FEMALES      800 FREESTYLE

**SESSION 2      WARM UP 8.00 AM      START 9.00 AM      FRIDAY 6th**

EVENT 201      MALES      50 BUTTERFLY  
 EVENT 202      FEMALES      50 BUTTERFLY  
 EVENT 203      MALES      100 BACKSTROKE  
 EVENT 204      FEMALES      100 BACKSTROKE  
 EVENT 205      MALES      400 INDIVIDUAL MEDLEY  
 EVENT 201      MALES      50 BUTTERFLY FINALS  
 EVENT 202      FEMALES      50 BUTTERFLY FINALS  
 EVENT 203      MALES      100 BACKSTROKE FINALS  
 EVENT 204      FEMALES      100 BACKSTROKE FINALS

**SESSION 3      WARM UP 1.30 PM      START 2.30 PM      FRIDAY 6th**

EVENT 301      FEMALES      100 BREASTSTROKE  
 EVENT 302      MALES      100 BREASTSTROKE  
 EVENT 303      FEMALES      200 BACKSTROKE  
 EVENT 304      MALES      200 BACKSTROKE  
 EVENT 301      FEMALES      100 BREASTSTROKE FINALS  
 EVENT 302      MALES      100 BREASTSTROKE FINALS  
 EVENT 303      FEMALES      200 BACKSTROKE FINALS  
 EVENT 304      MALES      200 BACKSTROKE FINAL

**SESSION 4      WARM UP 8.00AM      START 9AM      SATURDAY 7th**

EVENT 401      FEMALES      50 BREASTSTROKE  
 EVENT 402      MALES      50 BREASTSTROKE  
 EVENT 403      FEMALES      100 BUTTERFLY  
 EVENT 404      MALES      100 BUTTERFLY  
 EVENT 405      FEMALES      400 INDIVIDUAL MEDLEY  
 EVENT 401      FEMALES      50 BREASTSTROKE FINALS  
 EVENT 402      MALES      50 BREASTSTROKE FINALS  
 EVENT 403      FEMALES      100 BUTTERFLY FINALS  
 EVENT 404      MALES      100 BUTTERFLY FINALS

**Portsmouth Northsea Swimming Club**  
**Mountbatten Sports Centre, Alexandra Park,**  
**Portsmouth, Hampshire PO2 9QA**  
**Tel: 02392 650242**



<b>SESSION 5</b>	<b>WARM UP 1.30PM</b>	<b>START 2.15PM</b>	<b>SATURDAY 7th</b>
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<b>EVENT 501</b>	<b>FEMALES</b>	<b>200 INDIVIDUAL MEDLEY</b>
<b>EVENT 502</b>	<b>MALES</b>	<b>400 FREESTYLE</b>
<b>EVENT 503</b>	<b>FEMALES</b>	<b>U13 &amp; OV14 SKINS</b>

<b>SESSION 6</b>	<b>WARM UP 5.30 PM</b>	<b>START 6.15 PM</b>	<b>SATURDAY 7th</b>
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<b>EVENT 601</b>	<b>MALES</b>	<b>200 INDIVIDUAL MEDLEY</b>
<b>EVENT 602</b>	<b>FEMALES</b>	<b>400 FREESTYLE</b>
<b>EVENT 603</b>	<b>MALES</b>	<b>U13 &amp; OV14 SKINS</b>

<b>SESSION 7</b>	<b>WARM UP 8.00AM</b>	<b>START 9.00AM</b>	<b>SUNDAY 8th</b>
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<b>EVENT 701</b>	<b>MALES</b>	<b>50 BACKSTROKE</b>
<b>EVENT 702</b>	<b>FEMALES</b>	<b>50 BACKSTROKE</b>
<b>EVENT 703</b>	<b>MALES</b>	<b>200 BREASTSTROKE</b>
<b>EVENT 704</b>	<b>FEMALES</b>	<b>200 BREASTSTROKE</b>
<b>EVENT 705</b>	<b>MALES</b>	<b>100 FREESTYLE</b>
<b>EVENT 706</b>	<b>FEMALES</b>	<b>100 FREESTYLE</b>
<b>EVENT 701</b>	<b>MALES</b>	<b>50 BACKSTROKE FINALS</b>
<b>EVENT 702</b>	<b>FEMALES</b>	<b>50 BACKSTROKE FINALS</b>
<b>EVENT 703</b>	<b>MALES</b>	<b>200 BREASTSTROKE FINALS</b>
<b>EVENT 704</b>	<b>FEMALES</b>	<b>200 BREASTSTROKE FINALS</b>
<b>EVENT 705</b>	<b>MALES</b>	<b>100 FREESTYLE FINALS</b>
<b>EVENT 706</b>	<b>FEMALES</b>	<b>100 FREESTYLE FINALS</b>

<b>SESSION 8</b>	<b>WARM UP 1.30 PM</b>	<b>START 2.30PM</b>	<b>SUNDAY 8th</b>
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<b>EVENT 801</b>	<b>MALES</b>	<b>50 FREESTYLE</b>
<b>EVENT 802</b>	<b>FEMALES</b>	<b>50 FREESTYLE</b>
<b>EVENT 803</b>	<b>MALES</b>	<b>200 BUTTERFLY</b>
<b>EVENT 804</b>	<b>FEMALES</b>	<b>200 BUTTERFLY</b>
<b>EVENT 805</b>	<b>MALES</b>	<b>200 FREESTYLE</b>
<b>EVENT 806</b>	<b>FEMALES</b>	<b>200 FREESTYLE</b>
<b>EVENT 801</b>	<b>MALES</b>	<b>50 FREESTYLE FINALS</b>
<b>EVENT 802</b>	<b>MALES</b>	<b>50 FREESTYLE FINALS</b>
<b>EVENT 803</b>	<b>MALES</b>	<b>200 BUTTERFLY FINALS</b>
<b>EVENT 804</b>	<b>FEMALES</b>	<b>200 BUTTERFLY FINALS</b>
<b>EVENT 805</b>	<b>MALES</b>	<b>200 FREESTYLE FINALS</b>
<b>EVENT 806</b>	<b>FEMALES</b>	<b>200 FREESTYLE FINALS</b>



**ALL FINALS WILL BE FOR AGE GROUPS - 13 & UNDER AND 14 & OVER**

**Qualifying times Easter Meet 2012**

BOYS						EVENT	GIRLS				
10/11	12	13	14	15/16	17/OV		10/11	12	13	14/15	16/OV
40.00	36.00	34.90	33.20	30.50	29.50	50 FREE	40.00	36.00	34.90	33.60	31.00
1.20.00	1.13.5	1.08.4	1.04.7	1.03.3	1.02.7	100 FREE	1.20.00	1.13.3	1.10.7	1.08.3	1.07.4
2.50.00	2.39.6	2.29.9	2.20.6	2.15.8	2.12.0	200 FREE	2.50.00	2.39.4	2.30.8	2.27.8	2.23.0
6.00.00	5.31.3	5.11.9	4.55.9	4.50.9	4.45.2	400 FREE	6.00.00	5.32.0	5.14.4	5.07.7	5.02.9
N/A	N/A	N/A	N/A	N/A	N/A	800 FREE	12.30.00	11.29.5	10.49.9	10.23.2	10.12.8
25.00.00	23.45.2	20.43.0	19.33.6	18.49.6	18.21.3	1500 FREE	N/A	N/A	N/A	N/A	N/A
42.00	39.00	37.5	35.0	33.5	32.0	50 BACK	42.00	39.5	38.0	35.0	34.5
1.40.00	1.32.3	1.18.0	1.13.2	1.11.1	1.09.1	100 BACK	1.40.00	1.32.2	1.18.7	1.16.2	1.14.5
3.30.00	3.16.3	2.47.5	2.38.2	2.31.1	2.29.3	200 BACK	3.30.00	2.58.4	2.48.2	2.43.0	2.39.2
51.0	45.9	42.5	39.8	37.5	35.0	50 BRST	51.0	46.5	43.0	40.0	38.5
1.45.00	1.34.7	1.27.5	1.24.9	1.20.7	1.18.5	100 BRST	1.45.00	1.33.7	1.28.1	1.24.5	1.23.4
3.45.00	3.25.2	3.10.6	2.58.2	2.49.9	2.45.4	200 BRST	3.45.00	3.21.9	3.11.1	3.01.9	2.58.5
44.0	38.5	36.7	34.0	32.5	31.0	50 FLY	44.0	39.0	37.0	34.5	32.0
1.40.00	1.30.8	1.22.3	1.15.3	1.11.0	1.08.0	100 FLY	1.40.00	1.21.8	1.17.1	1.14.1	1.12.4
3.40.00	3.29.2	2.49.3	2.38.3	2.30.2	2.25.6	200 FLY	3.40.00	3.02.9	2.51.0	2.44.9	2.40.4
3.30.00	3.01.0	2.49.0	2.39.0	2.33.3	2.29.3	200 IM	3.30.00	2.59.5	2.50.2	2.46.3	2.44.4
7.00.00	6.29.2	6.02.0	5.37.8	5.26.1	5.16.6	400 IM	7.00.00	6.25.9	6.00.8	5.46.8	5.40.5

Long Course Times or conversions