

AUTUMN DEVELOPMENT MEET
AT Southbury Road , Enfield, on 23rd & 24th OCTOBER 2010

ORDER OF EVENTS

(please note: warm up and start times are provisional and will be confirmed when all the entries have been received)

SATURDAY 23rd October 2010

SESSION 1

Warm-up 8.15am session start 9.15am

- 1 Boys 11-15 400 IM
- 2 Girls 9-15 200 Butterfly
- 3 Boys 9-15 200 Breaststroke
- 4 Girls 10-15 100 Butterfly
- 5 Boys 9-15 100 Ind Medley
- 6 Girls 9 50 Backstroke
- 7 Boys 9-10 50 Backstroke
- 8 Mixed 11-15 1500 Freestyle

SESSION 2

Warm-up 1.15pm session start 2pm

- 9 Boys 9-15 400 Freestyle
- 10 Girls 9-15 200 IM
- 11 Boys 9-15 200 Backstroke
- 12 Girls 10-15 100 Freestyle
- 13 Boys 11-15 100 Breaststroke
- 14 Girls 10-15 100 Backstroke
- 15 Girls 9 50 Freestyle
- 16 Boys 9-10 50 Freestyle
- 17 Girls 9-15 200 Breaststroke

SUNDAY 24th October 2010

SESSION 3

Warm up 8.15am session starts 9.15am

- 18 Girls 11-15 400 IM
- 19 Boys 9-15 200 Butterfly
- 20 Girls 9-15 200 Backstroke
- 21 Boys 11-15 100 Freestyle
- 22 Girls 9-15 100 Ind Medley
- 23 Boys 9-10 50 Breaststroke
- 24 Girls 9 50 Breaststroke
- 25 Mixed 11-15 800 Freestyle

SESSION 4

Warm-up 1.15pm session start 2pm

- 26 Girls 9-15 400 Freestyle
- 27 Boys 9-15 200 IM
- 28 Girls 9-15 200 Freestyle
- 29 Boys 11-15 100 Butterfly
- 30 Girls 10-15 100 Breaststroke
- 31 Boys 11-15 100 Backstroke
- 32 Boys 9-10 50 Butterfly
- 33 Girls 9 50 Butterfly
- 34 Boys 9-15 200 Freestyle

NOTE: Mixed events are separate
BOYS & GIRLS events with both
sexes swimming together

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TIME STANDARDS

Swimmers should not have swum faster than these times

BOYS	9	10	11	12	13	14	15
50m Free	39.3	36.90					
100m Free			1.13.50	1.08.50	1.05.00	1.03.10	1.02.10
200m Free	3.09.00	2.54.30	2.39.00	2.28.90	2.21.40	2.17.30	2.15.90
400m Free	6.31.80	6.02.90	5.34.80	5.12.70	4.58.50	4.57.50	4.48.70
800m Free		12.55.2	12.06.4	11.23.5	10.49.4	10.23.8	10.05.0
1500m Free			22.13.0	20.39.7	19.39.0	19.01.0	18.52.7
50m Breast	51.30	47.50					
100m Breast			1.36.90	1.30.10	1.25.10	1.21.00	1.18.40
200m Breast	3.59.00	3.41.40	3.21.30	3.06.60	2.56.70	2.55.80	2.50.70
50m Fly	43.80	41.10					
100m Fly			1.24.60	1.19.10	1.14.40	1.10.70	1.08.80
200m Fly	3.43.60	3.20.00	3.06.60	2.54.70	2.44.70	2.35.50	2.31.70
50m Back	45.10	42.10					
100m Back			1.25.20	1.19.70	1.15.00	1.11.50	1.09.30
200m Back	3.30.00	3.12.90	2.54.10	2.45.00	2.35.60	2.34.30	2.29.80
100m IM	1.39.60	1.31.20	1.26.00	1.22.40	1.20.40	1.17.50	1.17.00
200m IM	3.32.20	3.17.00	3.01.10	2.48.70	2.40.30	2.35.30	2.32.30
400m IM			6.23.70	5.57.90	5.39.20	5.34.60	5.25.40
GIRLS	9	10	11	12	13	14	15
50m Free	39.70	36.40					
100m Free		1.18.40	1.13.80	1.10.80	1.09.50	1.09.0	1.08.7
200m Free	3.05.10	2.50.60	2.39.50	2.31.70	2.30.00	2.29.5	2.28.0
400m Free	6.31.60	5.53.80	5.30.90	5.15.10	5.14.0	5.13.8	5.10.2
800m Free		12.16.6	11.24.4	10.49.7	10.34.4	10.29.6	10.25.6
1500m Free			22.51.6	21.46.8	21.23.8	20.52.5	20.30.7
50m Breast	51.20	46.80					
100m Breast		1.43.50	1.37.30	1.32.30	1.28.70	1.27.10	1.26.20
200m Breast	3.55.00	3.35.70	3.21.20	3.10.00	3.08.70	3.07.90	3.05.80
50m Fly	43.80	40.20					
100m Fly		1.30.90	1.24.90	1.21.20	1.18.30	1.16.90	1.15.80
200m Fly	3.40.00	3.20.20	3.06.40	2.57.30	2.51.00	2.46.90	2.44.80
50m Back	45.20	41.40					
100m Back		1.31.00	1.25.30	1.21.40	1.19.00	1.17.10	1.16.10
200m Back	3.28.70	3.06.30	2.55.10	2.47.20	2.45.00	2.44.80	2.42.40
100m IM	1.38.50	1.31.20	1.26.00	1.22.40	1.20.40	1.17.50	1.17.00
200m IM	3.32.30	3.12.60	3.00.40	2.52.50	2.47.30	2.46.40	2.44.70
400m IM			6.21.10	6.01.70	5.57.00	5.55.80	5.50.50