

GRADED GALA – PROGRAMME OF EVENTS

Meet 1 The Cook Meet 2nd – 4th October 2009

Closing Date Friday 17th September 2009

Friday PM Session 1 Warm up 5.00 pm Start 6.00 pm

- 1 Mixed 1500m freestyle (Max 4 Heats)
- 2 Mixed 800m freestyle (Max 6 Heats)

Coaches must advise the referee 1 hour prior to the start of the gala if a swimmer is attempting a record and in that instance the final 2 heats will be separate male / female heats. The Friday Session will finish no later than 9 PM. That means we may have to restrict entries. Priority will be given to entries received before the closing date and, in the case of the April Earth Day Gala, entries for the Age Group and Youth Championship.

Saturday am Session 2 Warm up 9 am Start 10am

- 3 Women's 50m Freestyle (Including Freestyle Skins Heats)
- 4 Men's 50 Freestyle (Including Freestyle Skins Heats)
- 5 Women's 100m Freestyle
- 6 Men's 400m IM
- 7 Women's 200m Butterfly
- 8 Men's 50m Backstroke
- 9 Women's 50m Breaststroke
- 10 Men's 200m Freestyle
- 11 Women's 100m Backstroke
- 12 *Men's 50m Freestyle Skins Finals*
- 13 *Women's 50m Freestyle Skins Finals*

Saturday pm Session 3 Warm up estimated 13:00, start 14:00 and target finish time 16:30

- 14 Men's 100m Breaststroke
- 15 Women's 400m Freestyle
- 16 Men's 200m Backstroke
- 17 Women's 200m IM
- 18 Men's 100m Butterfly
- 19 Women's 200m Breaststroke
- 20 Men's 100m IM

Sunday am Session 4 Warm up 9 am Start 10 am

- 21 Men's 100 Freestyle
- 22 Women's 50m Butterfly
- 23 Men's 200m Butterfly
- 24 Women's 400m IM
- 25 Men's 50m Breaststroke
- 26 Women's 50m Backstroke
- 27 Men's 100m Backstroke

Sunday pm Session 5 Warm up estimated 13.00, start 14.00 and target finish time 16:30

- 28 Women's 200m Freestyle
- 29 Men's 400m Freestyle
- 30 Women's 100m Breaststroke
- 31 Men's 200m IM
- 32 Women's 200m Backstroke
- 33 Men's 200m Breaststroke
- 34 Women's 100m Butterfly
- 35 Men's 50m Butterfly



Meet 2 The Halloween Meet 23rd – 25th October 2009

Closing date Fri. 9th October 2009

Friday PM Session 1 Warm up 5.00 pm Start 6.00 pm

- 1 Mixed 800m freestyle (Max 6 Heats)
- 2 Mixed 1500m freestyle (Max 4 Heats)

Coaches must advise the referee 1 hour prior to the start of the gala if a swimmer is attempting a record and in that instance the final 2 heats will be separate male / female heats. The Friday Session will finish no later than 9 PM. That means we may have to restrict entries. Priority will be given to entries received before the closing date and, in the case of the April Earth Day Gala, entries for the Age Group and Youth Championship.

Saturday am Session 2 Warm up 9 am Start 10 am

- 3 Men's 50m Butterfly (Including Butterfly Skins Heats)
- 4 Women's 50m Butterfly (Including Butterfly Skins Heats)
- 5 Men's 100m Freestyle
- 6 Women's 50m Freestyle
- 7 Men's 200m Butterfly
- 8 Women's 400m IM
- 9 Men's 50m Breaststroke
- 10 Women's 50m Backstroke
- 11 *Men's 50 Butterfly Skins Finals*
- 12 *Women's 50m Butterfly Skins Finals*

Saturday pm Session 3 Warm up estimated 13:00, start 14:00 and target finish time 16:30

- 13 Women's 200m Freestyle
- 14 Men's 400m Freestyle
- 15 Women's 100m Breaststroke
- 16 Men's 200m IM
- 17 Women's 200m Backstroke
- 18 Men's 200m Breaststroke
- 19 Women's 100m Butterfly

- 20 Men's 100m Backstroke
- 21 Women's 100m IM

Sunday am Session 4 Warm up 9 am start 10 am

- 22 Men's 50m Freestyle
- 23 Women's 100m Freestyle
- 24 Men's 400m IM
- 25 Women's 200m Butterfly
- 26 Men's 50m Backstroke
- 27 Women's 50m Breaststroke
- 28 Men's 200m Freestyle
- 29 Women's 100m Backstroke

Sunday pm Session 5 Warm up estimated 13:00, start 14:00 and target finish time 16:30

- 30 Men's 100m Breaststroke
- 31 Women's 400m Freestyle
- 32 Men's 200m Backstroke
- 33 Women's 200m IM
- 34 Men's 100m Butterfly
- 35 Women's 200m Breaststroke
- 36 Men's 100m IM

Meet 3 The Burns Meet 22nd – 24th January 2010

Closing Date Friday 8th January 2010

Friday PM Session 1 Warm up 5.00 pm Start 6.00 pm

- 1 Mixed 1500m freestyle (Max 4 Heats)
- 2 Mixed 800m freestyle (Max 6 Heats)



Coaches must advise the referee 1 hour prior to the start of the gala if a swimmer is attempting a record and in that instance the final 2 heats will be separate male / female heats. The Friday Session will finish no later than 9 PM. That means we may have to restrict entries. Priority will be given to entries received before the closing date and, in the case of the April Earth Day Gala, entries for the Age Group and Youth Championship.

Saturday am Session 2 Warm up 9 am Start 10 am

- 3 Women's 50m Backstroke (Including Backstroke Skins Heats)
- 4 Men's 50 Freestyle
- 5 Women's 100m Freestyle
- 6 Men's 400m IM
- 7 Women's 200m Butterfly
- 8 Men's 50m Backstroke (Including Backstroke Skins Heats)
- 9 Women's 50m Breaststroke
- 10 Men's 200m Freestyle
- 11 Women's 100m Backstroke
- 12 *Men's 50m Backstroke Skins Finals*
- 13 *Women's 50m Backstroke Skins Finals*

Saturday pm Session 3 Warm up estimated 13:00, start 14:00 and target finish time 16:30

- 14 Men's 100m Breaststroke
- 15 Women's 400m Freestyle
- 16 Men's 200m Backstroke
- 17 Women's 200m IM
- 18 Men's 100m Butterfly
- 19 Women's 200m Breaststroke
- 20 Men's 100m IM

Sunday am Session 4 Warm up 9 am Start 10 am

- 21 Women's 50m Butterfly
- 22 Men's 100m Freestyle
- 23 Women's 50m Freestyle
- 24 Men's 200m Butterfly
- 25 Women's 400m IM
- 26 Men's 50m Breaststroke
- 27 Women's 200m Freestyle
- 28 Men's 100m Backstroke

Sunday pm Session 5 Warm up estimated 13.00, start 14.00 and target finish time 16:30

- 29 Men's 400m Freestyle
- 30 Women's 100m Breaststroke

- 31 Men's 200m IM
- 32 Women's 200m Backstroke
- 33 Men's 200m Breaststroke
- 34 Women's 100m Butterfly
- 35 Men's 50m Butterfly
- 36 Women's 100m IM



Meet 4 The St. Valentine's Meet 12th-14th February 2010

Closing date Fri. 29th January 2010

Friday PM Session 1 Warm up 5.00 pm Start 6.00 pm

- 1 Mixed 800m freestyle (Max 6 Heats)
- 2 Mixed 1500m freestyle (Max 4 Heats)

Coaches must advise the referee 1 hour prior to the start of the gala if a swimmer is attempting a record and in that instance the final 2 heats will be separate male / female heats. The Friday Session will finish no later than 9 PM. That means we may have to restrict entries. Priority will be given to entries received before the closing date and, in the case of the April Earth Day Gala, entries for the Age Group and Youth Championship.

Saturday am Session 2 Warm up 9 am Start 10 am

- 3 Men's 100m Freestyle
- 4 Women's 50m Freestyle
- 5 Men's 200m Butterfly
- 6 Women's 400m IM
- 7 Men's 100m Backstroke
- 8 Women's 50m Backstroke
- 9 Men's 400m Freestyle
- 10 Women's 200m Freestyle

Saturday pm Session 3 Warm up estimated 13:00, start 14:00 and target finish time 16:30

- 11 Women's 100m Breaststroke
- 12 Men's 200m IM
- 13 Women's 200m Backstroke
- 14 Men's 200m Breaststroke
- 15 Women's 100m Butterfly
- 16 Men's 50m Butterfly
- 17 Women's 100m IM
- 18 Men's 50m Freestyle
- 19 Women's 50m Butterfly

Sunday am Session 4 Warm up 9 am start 10 am

- 20 Men's 50m Backstroke
- 21 Women's 100m Freestyle
- 22 Men's 400m IM
- 23 Women's 200m Butterfly
- 24 Men's 50m Breaststroke (Including Breaststroke Skins Heats)
- 25 Women's 50m Breaststroke (Including Breaststroke Skins Heats)
- 26 Men's 200m Freestyle
- 27 Women's 100m Backstroke
- 28 *Men's 50m Breaststroke Skins Finals*

29 *Women's 50m Breaststroke Skins Finals*

Sunday pm Session 5 Warm up estimated 13:00, start 14:00 and target finish time 16:30

- 30 Men's 100m Breaststroke
- 31 Women's 400m Freestyle
- 32 Men's 200m Backstroke
- 33 Women's 200m IM
- 34 Men's 100m Butterfly
- 35 Women's 200m Breaststroke
- 36 Men's 100m IM



Meet 5 The Earth Day Distance Championships 16th-18th April 2010

Closing Date Friday 26th March 2010

Friday PM Session 1 Warm up 5.00 pm Start 6.00 pm

- 1 Mixed 1500m freestyle (Max 4 Heats)
- 2 Mixed 800m freestyle (Max 6 Heats)

Coaches must advise the referee 1 hour prior to the start of the gala if a swimmer is attempting a record and in that instance the final 2 heats will be separate male / female heats. The Friday Session will finish no later than 9 PM. That means we may have to restrict entries. Priority will be given to entries received before the closing date and, in the case of the April Earth Day Gala, entries for the Age Group and Youth Championship.

Saturday am Session 2 Warm up 9 am Start 10 am

- 3 Women's 50m Freestyle (Including Freestyle Skins Heats)
- 4 Men's 50 Freestyle (Including Freestyle Skins Heats)
- 5 Women's 100m Freestyle
- 6 Men's 400m IM
- 7 Women's 200m Butterfly
- 8 Men's 50m Backstroke
- 9 Women's 50m Breaststroke
- 10 Men's 200m Freestyle
- 11 Women's 100m Backstroke
- 12 *Men's 50m Freestyle Skins Finals*
- 13 *Women's 50m Freestyle Skins Finals*

Saturday pm Session 3 Warm up estimated 13:00, start 14:00 and target finish time 16:30

- 14 Men's 100m Breaststroke
- 15 Women's 400m Freestyle
- 16 Men's 200m Backstroke
- 17 Women's 200m IM
- 18 Men's 100m Butterfly
- 19 Women's 200m Breaststroke
- 20 Men's 100m IM

Sunday am Session 4 Warm up 9 am Start 10 am

- 21 Men's 100 Freestyle
- 22 Women's 50m Butterfly
- 23 Men's 200m Butterfly
- 24 Women's 400m IM
- 25 Men's 50m Breaststroke
- 26 Women's 50m Backstroke

27 Men's 100m Backstroke

Sunday pm Session 5 Warm up estimated 13.00, start 14.00 and target finish time 16:30

- 28 Women's 200m Freestyle
- 29 Men's 400m Freestyle
- 30 Women's 100m Breaststroke
- 31 Men's 200m IM
- 32 Women's 200m Backstroke
- 33 Men's 200m Breaststroke
- 34 Women's 100m Butterfly
- 35 Men's 50m Butterfly
- 35 Women's 100m IM



FEMALES A GRADE QUALIFYING TIMES

AGE / EVENT	9	10	11	12
50M FREE	0.45.00	0.44.00	0.41.00	0.39.00
100M FREE	1.39.00	1.30.00	1.25.00	1.22.00
200M FREE	3.36.00	3.24.00	3.13.00	3.04.00
400M FREE	7.34.00	7.00.00	6.36.00	6.16.00
800M FREE	15.30.00	14.40.00	13.54.00	13.13.00
1500 FREE	30.00.00	29.00.00	28.00.00	27.00.00
50M BACK	0.51.00	0.48.00	0.46.00	0.43.00
100M BACK	1.50.00	1.48.00	1.44.00	1.33.00
200M BACK	3.57.00	3.40.00	3.30.00	3.15.00
50M BREAST	0.57.00	0.54.00	0.51.00	0.49.00
100MBREAST	2.04.00	1.57.00	1.50.00	1.43.00
200MBREAST	4.26.00	4.11.00	4.00.00	3.40.00
50M FLY	0.49.00	0.46.00	0.43.00	0.41.00
100M FLY	1.48.00	1.45.00	1.43.00	1.39.00
200M FLY	3.56.00	3.40.00	3.26.00	3.21.00
100 IM	1.43.00	1.41.00	1.38.00	1.35.00
200M IM	4.02.00	3.48.00	3.36.00	3.26.00
400M IM	8.29.00	8.00.00	7.35.00	7.13.00

FEMALES A GRADE QUALIFYING TIMES

AGE / EVENT	13	14	15	16	Open
50 FREE	0.37.00	0.35.00	0.34.00	0.33.00	0.31.00
100 FREE	1:18.00	1:17.00	1:14.00	1:11.00	1:09.00
200 FREE	2:51.80	2:48.00	2:41.00	2:35.00	2:30.00
400 FREE	6:08.00	5:53.00	5:39.00	5:27.00	5:15.00
800 FREE	12:38.00	12:06.00	11:37.00	11:12.00	10:48.00
1500 FREE	26:00.00	25:00.00	24:00.00	23:00.00	22:00.00
50 BACK	0.41.00	0.40.00	0.38.00	0.37.00	0.35.00
100 BACK	1:28.00	1:25.00	1:22.00	1:19.00	1:16.00
200 BACK	3:09.00	3:04.00	2:57.00	2:50.00	2:44.00
50 BREAST	0.46.00	0.44.00	0.43.00	0.41.00	0.40.00

100 BREAST	1:38.00	1:36.00	1:33.00	1:29.00	1:26.00
200 BREAST	3:35.00	3:27.00	3:19.00	3:11.00	3:05.00
50 FLY	0.39.00	0.38.00	0.36.00	0.35.00	0.34.00
100 FLY	1:27.00	1:24.00	1:20.00	1:17.00	1:15.00
200 FLY	3:09.00	3:03.00	2:56.00	2:50.00	2:44.00
100 IM	1:31.00	1:27.00	1:24.00	1:21.00	1:18.00
200 IM	3:17.00	3:08.00	3:01.00	2:54.00	2:48.00
400 IM	6:53.00	6:36.00	6:20.00	6:07.00	5:54.00

FEMALES B GRADE QUALIFYING TIMES

AGE / EVENT	9	10	11	12	13	14	15	16+
50M FREE	0.47.00	0.45.00	0.44.00	0.41.00	0.39.00	0.37.00	0.35.00	0.34.00
100M FREE	1.40.00	1.36.00	1.31.00	1.27.00	1.25.00	1.22.00	1.19.00	1.17.00
200M FREE	3.48.00	3.28.00	3.18.00	3.10.00	3.00.00	2.53.00	2.47.00	2.43.00
400M FREE	7.49.00	7.05.00	6.41.00	6.21.00	6.11.00	5.59.00	5.43.00	5.31.00
800 FREE	15.40.00	15.30.00	14.40.00	13.54.00	13.13.00	12:38.00	12.06.00	11:37.00
1500 FREE	31.00.00	30.00.00	29.00.000	28.00.00	27.00.00	26:00.00	25:00.00	24:00.00
50M BACK	0.53.00	0.50.00	0.48.00	0.46.00	0.43.00	0.41.00	0.40.00	0.38.00
100M BACK	1.58.00	1.55.00	1.48.00	1.37.00	1.33.00	1.30.00	1.27.00	1.24.00
200M BACK	4.09.00	3.46.00	3.36.00	3.22.00	3.16.00	3.09.00	3.02.00	2.56.00
50M BREAST	0.59.00	0.57.00	0.54.00	0.51.00	0.49.00	0.46.00	0.44.00	0.43.00
100 BREAST	2.12.00	2.00.00	1.55.00	1.49.00	1.44.00	1.41.00	1.37.00	1.34.00
200 BREAST	4.38.00	4.16.00	4.05.00	3.46.00	3.44.00	3.36.00	3.28.00	3.22.00
50M FLY	0.50.00	0.48.00	0.46.00	0.43.00	0.41.00	0.39.00	0.38.00	0.36.00
100M FLY	1.55.00	1.51.00	1.48.00	1.44.00	1.32.00	1.28.00	1.25.00	1.23.00
200M FLY	4.08.00	3.46.00	3.32.00	3.27.00	3.15.00	3.08.00	3.02.00	2.56.00
100 IM	1.45.00	1.43.00	1.41.00	1.38.00	1.35.00	1.31.00	1.27.00	1.24.00
200M IM	4.14.00	3.54.00	3.40.00	3.30.00	3.20.00	3.13.00	3.06.00	3.00.00
400M IM	8.44.00	8.08.00	7.40.00	7.24.00	6.59.00	6.40.00	6.25.00	6.10.00

FEMALES C/DEVELOPMENT GRADE QUALIFYING TIMES

AGE / EVENT	9	10	11	12	13	14	15	16+
50M FREE	0.50.00	0.47.00	0.45.00	0.44.00	0.41.00	0.39.00	0.37.00	0.35.00
100M FREE	1.46.00	1.40.00	1.38.00	1.33.00	1.29.00	1.27.00	1.25.00	1.20.00
200M FREE	4.12.00	3.48.00	3.28.00	3.18.00	3.10.00	3.00.00	2.53.00	2.47.00
400M FREE	8.04.00	7.49.00	7.05.00	6.41.00	6.21.00	6.11.00	5.59.00	5.43.00
800 FREE	16.00.00	15.30.00	15.00.00	14.40.00	13.54.00	13.13.00	12:38.00	12.06.00
1500 FREE	32.00.00	31.00.00	30.00.00	29.00.00	28.00.00	27.00.00	26:00.00	25:00.00
50M BACK	0.55.00	0.53.00	0.50.00	0.48.00	0.46.00	0.43.00	0.41.00	0.40.00
100M BACK	2.07.00	1.58.00	1.55.00	1.48.00	1.37.00	1.33.00	1.30.00	1.27.00
200M BACK	4.24.00	4.09.00	3.46.00	3.36.00	3.22.00	3.16.00	3.09.00	3.02.00
50M BREAST	1.00.00	0.59.00	0.57.00	0.54.00	0.51.00	0.49.00	0.46.00	0.44.00
100 BREAST	2.21.00	2.12.00	2.00.00	1.55.00	1.49.00	1.44.00	1.41.00	1.37.00
200 BREAST	4.53.00	4.38.00	4.16.00	4.05.00	3.46.00	3.44.00	3.36.00	3.28.00
50M FLY	0.55.00	0.50.00	0.48.00	0.46.00	0.43.00	0.41.00	0.39.00	0.38.00
100M FLY	2.04.00	1.55.00	1.51.00	1.47.00	1.44.00	1.32.00	1.28.00	1.25.00
200M FLY	4.23.00	4.08.00	3.46.00	3.32.00	3.27.00	3.15.00	3.08.00	3.02.00
100 IM	1.50.00	1.45.00	1.43.00	1.41.00	1.38.00	1.35.00	1.31.00	1.27.00
200M IM	4.29.00	4.14.00	3.54.00	3.40.00	3.30.00	3.20.00	3.13.00	3.06.00
400M IM	9.00.00	8.44.00	8.08.00	7.40.00	7.24.00	6.59.00	6.40.00	6.25.00

C GRADE Note: 1500, 800, 400 and 200 times are provided for guidance only. C Grade swimmers may NOT swim in the 1500,800 frs, 400 IM, 200 IM, 200 BF, Or 200 BRS. Entries to 400 free will be restricted to 10 top C Grade swimmers' times entered and are susceptible to the fine if they do not finish within the C Grade QT

Fines: A and B Grade swimmers who do not achieve at least the C Grade QT will be fined £5

MALES A GRADE QUALIFYING TIMES

AGE / EVENT	9	10	11	12	13
50M FREE	0.45.00	0.40.00	0.38.00	0.36.00	0.34.00
100M FREE	1.39.00	1.28.00	1.23.00	1.19.00	1.15.00
200M FREE	3.36.00	3.14.00	3.03.00	2.53.00	2.45.00
400M FREE	7.34.00	6.50.00	6.26.00	6.06.00	5.48.00
800 FREE	15.00.00	14.00.00	13.00.00	12.20.00	11.15.00
1500M FREE	29.47.00	27.16.00	25.44.00	24.23.00	23.12.00
50M BACK	0.51.00	0.45.00	0.42.00	0.40.00	0.38.00
100M BACK	1.50.00	1.47.00	1.40.00	1.29.00	1.23.00
200M BACK	3.57.00	3.30.00	3.20.00	3.10.00	3.00.00
50M BREAST	0.57.00	0.50.00	0.47.00	0.45.00	0.42.00
100MBREAST	2.04.00	1.50.00	1.45.00	1.41.00	1.34.00
200MBREAST	4.26.00	3.59.00	3.46.00	3.34.00	3.23.00
50M FLY	0.49.00	0.43.00	0.41.00	0.39.00	0.37.00
100M FLY	1.48.00	1.43.00	1.39.00	1.36.00	1.27.00
200M FLY	3.56.00	3.32.00	3.20.00	3.15.00	3.05.00
100 IM	1.43.00	1.40.00	1.36.00	1.30.00	1.25.00
200M IM	4.02.00	3.37.00	3.25.00	3.14.00	3.04.00
400M IM	8.29.00	7.43.00	7.17.00	6.54.00	6.34.00

MALES A GRADE QUALIFYING TIMES

Age / Event	14	15	16	17	Open
50 FREE	0.32.00	0.31.00	0.30.00	0.29.00	0.28.00
100 FREE	1:11.00	1:08.00	1:06.00	1:03.00	1:01.00
200 FREE	2:37.00	2:31.00	2:25.00	2:19.00	2:15.00
400 FREE	5:32.00	5:18.00	5:06.00	4:55.00	4:45.00
800 FREE	11:06.00	11:00.00	10:40.00	10:16.00	9:55.00
1500 FREE	23:09.00	22:53.00	22:23.00	21:38.00	20:57.00
50 BACK	0.36.00	0.35.00	0.33.00	0.32.00	0.31.00
100 BACK	1:19.00	1:16.00	1:13.00	1:10.00	1:08.00
200 BACK	2:52.00	2:45.00	2:38.00	2:32.00	2:27.00
50 BREAST	0.40.00	0.39.00	0.37.00	0.36.00	0.35.00
100 BREAST	1:29.00	1:26.00	1:22.00	1:19.00	1:17.00
200 BREAST	3:14.00	3:06.00	2:59.00	2:52.00	2:46.00
50 FLY	0.35.00	0.34.00	0.32.00	0.31.00	0.30.00
100 FLY	1:18.00	1:14.00	1:12.00	1:09.00	1:06.00
200 FLY	2:52.00	2:45.00	2:38.00	2:32.00	2:27.00
100 IM	1:21.00	1:18.00	1:15.00	1:12.00	1:10.00

200 IM	2:56.00	2:49.00	2:42.00	2:36.00	2:31.00
400 IM	6:16.00	6:00.00	5:46.00	5:33.90	5:22.00

MALES B GRADE QUALIFYING TIMES

AGE EVENT	9	10	11	12	13	14	15	16
50 FREE	0.47.00	0.44.00	0.40.00	0.38.00	0.36.00	0.34.00	0.32.00	0.31.00
100M FREE	1.40.00	1.36.00	1.31.00	1.27.00	1.19.00	1.16.00	1.14.00	1.11.00
200M FREE	3.48.00	3.26.00	3.19.00	3.05.00	2.49.00	2.43.00	2.38.00	2.31.00
400M FREE	7.49.00	7.05.00	6.41.00	6.21.00	5.57.00	5.39.00	5.23.00	5.12.00
800 FRS	15.40.00	14.30.00	13.30.00	12.45.00	12.15.00	12.00.00	11.40.00	11.00.00
1500 FRS	30.00.00	28.00.00	27.00.00	25.00.00	24.00.00	23.30.00	23.00.00	22.50.00
50 BACK	0.53.00	0.49.00	0.47.00	0.45.00	0.41.00	0.38.00	0.36.00	0.35.00
100M BACK	1.58.00	1.55.00	1.48.00	1.37.00	1.27.00	1.24.00	1.21.00	1.18.00
200M BACK	4.09.00	3.36.00	3.33.00	3.22.00	3.04.00	2.57.00	2.50.00	2.44.00
50 BRS	0.59.00	0.56.00	0.53.00	0.50.00	0.48.00	0.45.00	0.43.00	0.42.00
100M BRS	2.12.00	1.58.00	1.53.00	1.49.00	1.37.00	1.34.00	1.30.00	1.27.00
200M BRS	4.38.00	4.11.00	3.58.00	3.46.00	3.26.00	3.19.00	3.11.00	3.04.00
50 FLY	0.50.00	0.47.00	0.45.00	0.42.00	0.40.00	0.38.00	0.37.00	0.35.00
100M FLY	1.55.00	1.51.00	1.47.00	1.44.00	1.30.00	1.22.00	1.20.00	1.17.00
200M FLY	4.08.00	3.44.00	3.32.00	3.27.00	3.09.00	2.57.00	2.50.00	2.44.00
100 IM	1.45.00	1.42.00	1.40.00	1.37.00	1.34.00	1.30.00	1.25.00	1.22.00
200M IM	4.14.00	3.49.00	3.37.00	3.26.00	3.08.00	3.01.00	2.53.00	2.48.00
400M IM	8.44.00	7.58.00	7.27.00	7.04.00	6.39.00	6.20.00	6.06.00	5.49.00

MALES C/DEVELOPMENT GRADE QUALIFYING TIMES

AGE EVENT	9	10	11	12	13	14	15	16
50 FREE	0.50.00	0.46.00	0.44.00	0.42.00	0.40.00	0.37.00	0.35.00	0.34.00
100M FREE	1.46.00	1.40.00	1.36.00	1.31.00	1.27.00	1.19.00	1.16.00	1.14.00
200M FREE	4.12.00	3.48.00	3.26.00	3.19.00	3.05.00	2.49.00	2.43.00	2.38.00
400M FREE	8.04.00	7.49.00	7.05.00	6.41.00	6.21.00	5.57.00	5.39.00	5.23.00
800 FRS	15.50.00	15.00.00	14.00.00	13.30.00	13.00.00	12.30.00	12.00.00	11.30.00
1500 FRS	31.00.00	29.00.00	28.00.00	26.00.00	25.00.00	24.00.00	23.30.00	23.00.00
50 BACK	0.55.00	0.52.00	0.48.00	0.46.00	0.44.00	0.41.00	0.39.00	0.37.00
100M BACK	2.07.00	1.58.00	1.55.00	1.48.00	1.37.00	1.27.00	1.24.00	1.21.00
200M BACK	4.24.00	4.09.00	3.36.00	3.33.00	3.22.00	3.04.00	2.57.00	2.50.00
50 BRS	1.00.00	0.57.00	0.55.00	0.52.00	0.49.00	0.47.00	0.44.00	0.42.00
100M BRS	2.21.00	2.12.00	1.58.00	1.53.00	1.49.00	1.37.00	1.34.00	1.30.00
200M BRS	4.53.00	4.38.00	4.11.00	3.58.00	3.46.00	3.26.00	3.19.00	3.11.00
50 FLY	0.55.00	0.48.00	0.46.00	0.44.00	0.41.00	0.39.00	0.37.00	0.36.00
100M FLY	2.04.00	1.55.00	1.51.00	1.47.00	1.44.00	1.30.00	1.22.00	1.20.00
200M FLY	4.23.00	4.08.00	3.44.00	3.32.00	3.27.00	3.09.00	2.57.00	2.50.00
100 IM	1.50.00	1.43.00	1.41.00	1.39.00	1.36.00	1.33.00	1.29.00	1.25.00
200M IM	4.29.00	4.14.00	3.49.00	3.37.00	3.26.00	3.08.00	3.01.00	2.53.00
400M IM	9.00.00	8.44.00	7.58.00	7.27.00	7.04.00	6.39.00	6.20.00	6.06.00

C GRADE Note: 1500, 800, 400 and 200 times are provided for guidance only. C Grade swimmers may NOT swim in the 1500,800 frs, 400 IM, 200 IM, 200 BF, or 200 BRS. Entries to 400 free will be restricted to 10 top C Grade swimmers' times entered and are susceptible to the fine if they do not finish within the C Grade QT

Fines: A and B Grade swimmers who do not achieve at least the C Grade QT will be fined £5