



**CITY OF SUNDERLAND ASC LC WINTER OPEN MEET- SAT/SUN 27 & 28 NOV 2010**

**Age Groups: - (Age as at 28th November 2010)**

Boys	11/under	12 years	13 years	14 years	15 years	16/over
Girls	11/under	12 years	13 years	14 years	15 years	16/over

**ORDER OF EVENTS**

**SESSION 1 – SATURDAY 27th NOV 2010 - WARM UP 8:00am - 9:00am START**

- 1 - 200m Freestyle Boys
- 2 - 200 IM Girls
- 3 - 50m Backstroke Boys Open
- 4 - 50m Freestyle Girls Open
- 5 - 200m Butterfly Boys
- 6 - 200m Backstroke Girls
- 7 - 100m Breaststroke Boys
- 8 - 4x100m Medley Team Girls
- 9 - 4x100m Freestyle Team Boys

**SESSION 2 – SATURDAY 27th NOVEMBER 2010 - WARM UP TBC**

- 10 - 400 IM Girls
- 11 - 100m Butterfly Boys
- 12 - 100m Backstroke Girls
- 13 - 400m Freestyle Boys
- 14 - 50m Butterfly Girls Open
- 15 - 50m Breaststroke Boys Open
- 16 - 200m Breaststroke Girls
- 17 - 100m Freestyle Boys
- 18 - 4x 50m Freestyle Team Girls (13 & Under)
- 19 - 4x 50m Medley Team Boys (13 & Under)

**SESSION 3 – SUNDAY 28th NOVEMBER 2010 WARM UP 8:00am - 9:00am START**

- 20 - 200m Freestyle Girls
- 21 - 200m IM Boys
- 22 - 50m Backstroke Girls Open
- 23 - 50m Freestyle Boys Open
- 24 - 200m Butterfly Girls
- 25 - 200m Backstroke Boys
- 26 - 100m Breaststroke Girls
- 27 - 4x100m Medley Team Boys
- 28 - 4x100m Freestyle Team Girls

**SESSION 4 – SUNDAY 28th NOVEMBER 2010 WARM UP TBC**

- 29 - 400m IM Boys
- 30 - 100m Butterfly Girls
- 31 - 100m Backstroke Boys
- 32 - 400m Freestyle Girls
- 33 - 50m Butterfly Boys Open
- 34 - 50m Breaststroke Girls Open
- 35 - 200m Breaststroke Boys
- 36 - 100m Freestyle Girls
- 37 - 4x 50m Freestyle Team Boys (13 & Under)
- 38 - 4x 50m Medley Team Girls (13 & Under)

**SESSION LENGTH APPROX 3.5 HRS EACH**



**City of Sunderland ASC LC WINTER Open Meet - Long Course Qualifying Times**

**SAT 27<sup>TH</sup> NOV/ SUN 28<sup>TH</sup> NOV 2010**

<b>MALE</b>	<b>100 Free</b>	<b>200 Free</b>	<b>400 Free</b>	<b>100 Back</b>	<b>200 Back</b>	<b>100 Breast</b>	<b>200 Breast</b>	<b>100 Fly</b>	<b>200 Fly</b>	<b>200 IM</b>	<b>400 IM</b>
<b>10/11</b>		2.45.00	5.35.00		3.08.00		3.30.00		3.12.00	3.10.00	6.40.00
<b>11</b>	1.17.00	2.45.00	5.35.00	1.30.00	3.08.00	1.38.00	3.30.00	1.25.00	3.12.00	3.10.00	6.40.00
<b>12</b>	1.15.00	2.40.00	5.25.00	1.27.00	3.00.00	1.36.00	3.22.00	1.22.00	3.00.00	2.58.00	6.20.00
<b>13</b>	1.13.00	2.33.00	5.14.00	1.21.00	2.50.00	1.29.00	3.12.00	1.19.00	2.53.00	2.55.00	5.56.00
<b>14</b>	1.11.00	2.25.00	5.05.00	1.18.00	2.46.00	1.25.00	3.01.00	1.16.00	2.45.00	2.47.00	5.40.00
<b>15</b>	1.08.00	2.19.00	4.49.00	1.15.00	2.41.00	1.22.00	2.55.00	1.12.00	2.39.00	2.39.00	5.30.00
<b>16/over</b>	1.03.00	2.14.00	4.41.00	1.12.00	2.33.00	1.19.00	2.50.00	1.09.00	2.32.00	2.33.00	5.22.00

**50M events have no qualifying time**

<b>FEMALE</b>	<b>100 Free</b>	<b>200 Free</b>	<b>400 Free</b>	<b>100 Back</b>	<b>200 Back</b>	<b>100 Breast</b>	<b>200 Breast</b>	<b>100 Fly</b>	<b>200 Fly</b>	<b>200 IM</b>	<b>400 IM</b>
<b>10/11</b>		2.51.00	5.45.00		3.11.00		3.33.00		3.12.00	3.14.00	6.50.00
<b>11</b>	1.19.00	2.51.00	5.45.00	1.30.00	3.11.00	1.41.00	3.33.00	1.28.00	3.12.00	3.14.00	6.50.00
<b>12</b>	1.16.00	2.42.00	5.35.00	1.27.00	3.01.00	1.36.00	3.24.00	1.25.00	3.00.00	3.00.00	6.15.00
<b>13</b>	1.14.00	2.35.00	5.22.00	1.22.00	2.54.00	1.31.00	3.15.00	1.21.00	2.55.00	2.55.00	6.00.00
<b>14</b>	1.11.00	2.32.00	5.15.00	1.19.00	2.49.00	1.29.00	3.08.00	1.19.00	2.48.00	2.50.00	5.50.00
<b>15</b>	1.09.00	2.30.00	5.05.00	1.17.00	2.46.00	1.26.00	3.05.00	1.16.00	2.45.00	2.48.00	5.47.00
<b>16/over</b>	1.08.00	2.28.00	5.00.00	1.16.00	2.44.00	1.26.00	3.03.00	1.15.00	2.45.00	2.48.00	5.45.00

**50M events have no qualifying time**