



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



SESSION 5	WARM UP 1.30PM	START 2.15PM	SATURDAY 7th
------------------	-----------------------	---------------------	---------------------

EVENT 501	FEMALES	200 INDIVIDUAL MEDLEY
EVENT 502	MALES	400 FREESTYLE
EVENT 503	FEMALES	U13 & OV14 SKINS

SESSION 6	WARM UP 5.30 PM	START 6.15 PM	SATURDAY 7th
------------------	------------------------	----------------------	---------------------

EVENT 601	MALES	200 INDIVIDUAL MEDLEY
EVENT 602	FEMALES	400 FREESTYLE
EVENT 603	MALES	U13 & OV14 SKINS

SESSION 7	WARM UP 8.00AM	START 9.00AM	SUNDAY 8th
------------------	-----------------------	---------------------	-------------------

EVENT 701	MALES	50 BACKSTROKE
EVENT 702	FEMALES	50 BACKSTROKE
EVENT 703	MALES	200 BREASTSTROKE
EVENT 704	FEMALES	200 BREASTSTROKE
EVENT 705	MALES	100 FREESTYLE
EVENT 706	FEMALES	100 FREESTYLE
EVENT 701	MALES	50 BACKSTROKE FINALS
EVENT 702	FEMALES	50 BACKSTROKE FINALS
EVENT 703	MALES	200 BREASTSTROKE FINALS
EVENT 704	FEMALES	200 BREASTSTROKE FINALS
EVENT 705	MALES	100 FREESTYLE FINALS
EVENT 706	FEMALES	100 FREESTYLE FINALS

SESSION 8	WARM UP 1.30 PM	START 2.30PM	SUNDAY 8th
------------------	------------------------	---------------------	-------------------

EVENT 801	MALES	50 FREESTYLE
EVENT 802	FEMALES	50 FREESTYLE
EVENT 803	MALES	200 BUTTERFLY
EVENT 804	FEMALES	200 BUTTERFLY
EVENT 805	MALES	200 FREESTYLE
EVENT 806	FEMALES	200 FREESTYLE
EVENT 801	MALES	50 FREESTYLE FINALS
EVENT 802	MALES	50 FREESTYLE FINALS
EVENT 803	MALES	200 BUTTERFLY FINALS
EVENT 804	FEMALES	200 BUTTERFLY FINALS
EVENT 805	MALES	200 FREESTYLE FINALS
EVENT 806	FEMALES	200 FREESTYLE FINALS

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