

# London Borough of Redbridge SC

(AFFILIATED TO A.S.A London Region)

## REDBRIDGE WINTER MEET 2013

### LICENCE 3

ASA Licence no 3LR3002

**Under ASA laws and Fina Technical Rules of Swimming**

SATURDAY 5th & SUNDAY 6th JANUARY 2013

FULLWELL CROSS POOL

**Heat Declared Winner**

**Awards to the top six placed swimmers in each age group**

#### AGE GROUPS

**Ages, 9, 10&11,12&13, 14+ YEARS** Age is at midnight on the last day of the competition 6<sup>th</sup> January 2013)  
9 year olds can compete in all of the 200m events, 100IM and 50FC

Priority will be given to the fastest entries in each age group received by closing date. LBRSC have the right to reject entries for safety reasons due to over subscription. **All entries MUST be submitted electronically. CLOSING DATE FRIDAY 24<sup>th</sup> NOVEMBER 2012**

**THIS COMPETITION WILL BE OPERATING A CARDLESS SYSTEM. ALL COMPETITORS MUST REPORT TO THE DESK AT THE SHALLOW END OF THE POOL AND SIGN THEIR NAME IN EACH EVENT IN THAT PARTICULAR SESSION. THE REGISTRATION WILL BE BY EVENT NUMBER AND THEN ALPHABETICAL ORDER BY NAME. SWIMMERS / COACHES / PARENTS MUST NOT REGISTER OTHER SWIMMERS.**

**IN THE EVENT OF THE EVENT BEING OVER SUBSCRIBED, REJECTIONS WILL BE MADE BY INDIVIDUAL AGE GROUP AND NOT JOINT AGE GROUP. FOR EXAMPLE, IF 20 SWIMMERS NEED TO BE REJECTED IN THE 10-11 AGE GROUP, 10 SWIMMERS FROM EACH AGE GROUP WILL BE MADE. This applies to the 14+ age group.**

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### PROGRAMME OF EVENTS

#### Session 1 – Saturday 5th January 2013

Warm up tbc

1. Girls 10+ 400m Freestyle
2. Boys 200m Individual Medley
3. Girls 10yrs + 100m Breaststroke
4. Boys 10yrs + 100m Freestyle
5. Girls 200m Butterfly
6. Boys 200m Butterfly
7. Girls 50m Freestyle

#### Session 3 – Sunday 6th January 2013

Warm up tbc

14. Boys 10+ 400m Freestyle
15. Girls 200m Individual Medley
16. Boys 10yrs + 100m Butterfly
17. Girls 10yrs + 100m Butterfly
18. Boys 200m Breaststroke
19. Girls 200m Backstroke
20. Boys 100m Ind Medley

#### Session 2 – Saturday 5th January 2013

Warm up tbc

8. Boys 10+ 400m Ind. Medley
9. Girls 10yrs +100m Backstroke
10. Boys 10yrs + 100m Breaststroke
11. Girls 200m Freestyle
12. Boys 200m Backstroke
13. Girls 100 Ind Medley

#### Session 4 – Sunday 6th January 2013

Warm up tbc

21. Girls 10+ 400m Ind. Medley
22. Boys 10yrs + 100m Backstroke
23. Girls 10yrs + 100m Freestyle
24. Boys 200m Freestyle
25. Girls 200m Breaststroke
26. Boys 50m Freestyle

**CLOSING DATE Friday 24<sup>TH</sup> November 2012**

# Redbridge Winter Meet 2013 Level 3 MEET

(Under ASA laws and Fina Technical Rules of Swimming)

## Upper Limit/ Qualifying Times

BOYS				Event	GIRLS			
9 years	10 & 11 years	12 & 13 years	14+ (based on 15 yr times)		9 years	10 & 11 years	12 & 13 years	14+ (based on 15 yr times)
25m	25m	25m	25m		25m	25m	25m	25m
39	31.9	28.2	25.5	<b>50m Freestyle ULT</b>	37.5	32.4	28.8	28
50	42.9	39.2	36.5	<b>50m Freestyle QT</b>	48.5	43.4	39.8	39
	1.07.20	1.00.50	55.90	<b>100m Freestyle ULT</b>		1.08.20	1.02.90	1.00.30
	1.37.20	1.30.50	1.25.90	<b>100m Freestyle QT</b>		1.38.20	1.32.9	1.30.30
3.08.60	2.31.00	2.11.80	2.00.50	<b>200m Freestyle ULT</b>	3.08.7	2.30.00	2.13.00	2.09.6
3.58.60	3.21.00	3.01.80	2.50.50	<b>200m Freestyle QT</b>	3.58.7	3.20.00	3.03.00	2.59.6
	5.12.00	4.30.90	4.10.90	<b>400m Freestyle ULT</b>		5.08.40	4.39.00	4.32.00
	6.02.00	5.20.90	5.00.90	<b>400m Freestyle QT</b>		5.58.40	5.29.00	5.22.00
	1.18.20	1.10.20	1.04.20	<b>100m Backstroke ULT</b>		1.19.20	1.12.50	1.09.40
	1.48.20	1.40.20	1.34.20	<b>100m Backstroke QT</b>		1.49.20	1.42.50	1.39.40
3.35.90	2.49.00	2.29.00	2.17.10	<b>200m Backstroke ULT</b>	3.35.90	2.46.20	2.41.00	2.26.40
4.25.90	3.39.00	3.19.00	3.07.10	<b>200m Backstroke QT</b>	4.25.90	3.36.20	3.31.00	3.16.40
	1.31.70	1.22.30	1.15.20	<b>100m Breaststroke ULT</b>		1.32.70	1.24.00	1.20.50
	2.01.70	1.52.30	1.45.20	<b>100m Breaststroke QT</b>		2.02.70	1.54.00	1.50.50
4.19.40	3.20.00	2.56.20	2.40.70	<b>200m Breaststroke ULT</b>	3.55.8	3.00.70	2.46.78	2.42.69
5.09.40	4.10.00	3.46.20	3.30.70	<b>200m Breaststroke QT</b>	4.45.8	3.50.70	3.36.78	3.32.69
	1.19.90	1.11.20	1.03.30	<b>100m Butterfly ULT</b>		1.19.90	1.12.00	1.09.20
	1.49.90	1.41.20	1.33.30	<b>100m Butterfly QT</b>		1.49.90	1.42.00	1.39.20
4.02.50	2.56.90	2.34.00	2.18.40	<b>200m Butterfly ULT</b>	4.03.40	2.53.60	2.36.00	2.28.40
4.52.50	3.46.90	3.24.00	3.08.40	<b>200m Butterfly QT</b>	4.53.40	3.43.60	3.26.00	3.18.40
1.48.20	1.21.10	1.11.50	1.04.50	<b>100m Ind. Medley ULT</b>	1.46.30	1.20.00	1.12.40	1.10.50
2.18.20	1.51.10	1.41.50	1.34.50	<b>100m Ind. Medley QT</b>	2.16.30	1.50.00	1.42.40	1.40.50
3.41.40	2.52.50	2.41.40	2.17.10	<b>200m Ind. Medley ULT</b>	3.33.10	2.50.00	2.32.90	2.27.80
4.31.40	3.42.50	3.31.40	3.07.10	<b>200m Ind. Medley QT</b>	4.23.10	3.40.00	3.22.90	3.17.80
	6.05.60	5.20.00	4.48.40	<b>400m Ind. Medley ULT</b>		5.58.70	5.23.00	5.12.50
	6.55.60	6.10.00	5.38.40	<b>400m Ind. Medley QT</b>		6.48.70	6.13.00	6.02.50

All of the times are based on the 2012 County Times. 14yr + based on 15 yr National Times. Double age groups are based on the higher age.

- 1) 50m Upper Limit Times are 3secs faster than the County times and the QTs are 11secs slower than the ULT.
- 2) 100m ULTs are 5 secs faster. QTs are 30 secs slower than the ULT (10-11 boys ULTs and QTs are 1 sec faster than the girls).
- 3) 100IM Upper Limit times are 8 secs faster than the County times and the QTs are 25 secs slower than the ULT
- 4) 200m ULT 12 secs faster. The QT's are 50 secs slower than the ULT. For 9 year olds 200m Upper Limit times are 20 secs faster than the County times.
- 5) 400m ULTs 20 secs faster. QTs are 50 secs slower than the ULT