

Dorset County ASA

2011 Integrated BAGCATs, Championships And Age Group Competition
Programme of Events (Venue: **Littledown**)

Session	Event No	Distance	Event	Male / Female	Type	Ages
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Saturday 26 February 2011

First session warm-up: 10.00 Start: TBC Estimated finish: TBC						
1	1	1500	Freestyle	Male	HDW	12 and over
	2	400	Ind. Medley	Female	HDW	10 and over
	3	50	Freestyle	Male	HDW	All ages
	4	4x50	Medley	Female	HDW	12 and under team
Second session warm up: TBC Start: TBC Estimated finish: TBC						
2	5	200	Butterfly	Male	HDW	All ages
	6	100	Backstroke	Female	HDW	10 and over
	7	100	Breaststroke	Male	HDW	10 and over
	8	200	Freestyle	Female	HDW	All ages
	9	50	Butterfly	Male	HDW	All ages
	10	4x100	Freestyle	Female	HDW	Open team

Sunday 27 February 2011

First session warm up: 10.00 Start: TBC Estimated finish: TBC						
3	11	800	Freestyle	Female	HDW	11 and over
	12	400	Ind. Medley	Male	HDW	10 and over
	13	50	Freestyle	Female	HDW	overall ages
	14	4x50	Medley	Male	HDW	12 and under team
Second session warm-up: TBC Start: TBC Estimated finish: TBC						
4	15	200	Butterfly	Female	HDW	All ages
	16	100	Backstroke	Male	HDW	10 and over
	17	100	Breaststroke	Female	HDW	10 and over
	18	200	Freestyle	Male	HDW	All ages
	19	50	Butterfly	Female	HDW	All ages
	20	4x100	Freestyle	Male	HDW	Open Team

Saturday 5 March 2011

First session warm-up: 11.00 Start: TBC Estimated finish: TBC						
5	21	400	Freestyle	Female	HDW	10 and over
	22	100	Freestyle	Male	HDW	10 and over
	23	100	Butterfly	Female	HDW	10 and over
	24	50	Backstroke	Male	HDW	All ages
	25	4x50	Freestyle	Female	HDW	12 and under team
Second session warm up: TBC Start: TBC Estimated finish: TBC						
6	26	200	Backstroke	Male	HDW	All ages
	27	200	Breaststroke	Female	HDW	All ages
	28	200	Ind. Medley	Male	HDW	All ages
	29	50	Breaststroke	Female	HDW	All ages
	30	4x100	Medley	Male	HDW	Open team

Sunday 6 March 2011

First session warm up: 11.00 Start: TBC Estimated finish: TBC						
7	31	400	Freestyle	Male	HDW	10 and over
	32	100	Freestyle	Female	HDW	10 and over
	33	100	Butterfly	Male	HDW	10 and over
	34	50	Backstroke	Female	HDW	All ages
	35	4x50	Freestyle	Male	HDW	12 and under team
Second session warm-up: TBC Start: TBC Estimated finish: TBC						
8	36	200	Backstroke	Female	HDW	All ages
	37	200	Breaststroke	Male	HDW	All ages
	38	200	Ind. Medley	Female	HDW	All ages
	39	50	Breaststroke	Male	HDW	All ages
	40	4x100	Medley	Female	HDW	Open team

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Qualifying Times

BOYS	9	10	11	12	13	14	15	16 +
50m Freestyle	40.7	38.0	35.9	33.9	32.1	30.40	29.1	28.3
100m Freestyle	x	§	§	1:13.2	1:08.9	1:05.4	1:03.1	1:01.2
200m Freestyle	3:15.7	2:59.3	2:48.8	2:39.1	2:30.1	2:22.5	2:17.2	2:13.2
400m Freestyle	6:18.0**	6:18.0	5:53.3	5:34.0	5:16.4	5:01.5	4:50.1	4:42.1
1500m Freestyle	x	x	22:01.7**	22:01.7	20:52.8	19:55.5	19:13.8	18:40.6
50m Breaststroke	53.2	49.6	46.5	43.7	40.7	38.6	36.8	35.6
100m Breaststroke	x	§	§	1:33.8	1:27.4	1:22.7	1:19.1	1:16.6
200m Breaststroke	4:09.2	3:51.2	3:35.1	3:22.5	3:09.5	2:58.9	2:51.5	2:47.0
50m Butterfly	45.9	42.4	39.6	37.5	35.3	33.4	31.7	30.9
100m Butterfly	x	§	§	1:22.0	1:16.7	1:12.3	1:09.0	1:07.3
200m Butterfly	4:00.0	3:30.4	3:11.7	3:00.8	2:49.5	2:40.1	2:31.8	2:28.3
50m Backstroke	46.9	43.6	41.2	39.0	36.5	34.8	33.1	31.9
100m Backstroke	x	§	§	1:22.5	1:17.3	1:13.0	1:09.8	1:07.8
200m Backstroke	3:36.7	3:19.7	3:06.9	2:56.5	2:45.9	2:37.0	2:30.4	2:26.5
200m Ind. Medley	3:41.7	3:25.1	3:11.0	3:00.5	2:50.4	2:40.7	2:34.3	2:30.3
400m Ind. Medley	7:37.7 **	7:20.2	6:45.5	6:20.9	6:00.4	5:40.6	5:26.4	5:18.1

* Girls 10 yrs and Boys 10/11 yrs cannot enter 100m events unless they qualify for and enter the 200m event in that stroke.

GIRLS	9	10	11	12	13	14	15	16 +
50m Freestyle	41.1	38.5	36.5	34.7	33.3	32.4	31.7	31.3
100m Freestyle	x	§	1:18.7	1:14.3	1:11.5	1:09.5	1:08.3	1:07.1
200m Freestyle	3:17.6	3:00.4	2:49.6	2:39.9	2:33.6	2:29.6	2:26.6	2:24.6
400m Freestyle	6:22.2 **	6:22.2	5:52.9	5:33.0	5:20.5	5:12.5	5:06.2	5:03.1
800m Freestyle	x	12:09.5**	12:09.5	11:29.3	10:58.3	10:40.8	10:30.7	10:23.5
50m Breaststroke	54.2	50.0	46.7	44.0	42.1	40.8	39.8	39.4
100m Breaststroke	x	§	1:40.2	1:34.4	1:29.8	1:26.5	1:25.1	1:24.3
200m Breaststroke	4:11.7	3:51.5	3:34.9	3:22.4	3:12.8	3:06.7	3:03.5	3:01.6
50m Butterfly	46.5	42.4	40.1	37.9	36.4	35.2	34.4	34.0
100m Butterfly	x	§	1:28.0	1:22.4	1:19.0	1:16.3	1:15.1	1:14.1
200m Butterfly	4:03.6	3:32.8	3:13.9	3:00.7	2:52.6	2:46.7	2:43.0	2:41.2
50m Backstroke	47.3	43.8	41.4	39.3	37.7	36.5	35.9	35.3
100m Backstroke	x	§	1:28.1	1:22.7	1:19.2	1:17.0	1:15.3	1:14.4
200m Backstroke	3:38.8	3:21.8	3:06.3	2:56.3	2:49.6	2:44.8	2:41.1	2:38.7
200m Ind. Medley	3:44.0	3:25.6	3:11.4	3:00.6	2:53.8	2:48.7	2:45.5	2:43.4
400m Ind. Medley	7:19.7 **	7:19.7	6:43.6	6:19.9	6:03.9	5:53.8	5:47.3	5:42.6

** Swimmers who will be competing in an older age group at the ASASW BAGCAT Championships 2011 only.

§ - 200m QT Required

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Consideration Times

BOYS	9	10	11	12	13	14	15	16 +
50m Freestyle	46.7	43.5	40.8	38.4	35.9	33.6	31.7	30.6
100m Freestyle	x	§	▣	1:22.9	1:17.3	1:12.3	1:08.8	1:06.2
200m Freestyle	3:44.8	3:26.8	3:12.6	3:00.8	2:48.7	2:37.7	2:29.8	2:24.3
400m Freestyle	x	7:15.7	6:43.9	6:20.1	5:55.7	5:34.0	5:16.9	5:05.7
1500m Freestyle	x	x	x	25:04.5	23:29.2	22:04.2	21:00.3	20:14.0
50m Breaststroke	1:00.9	56.6	52.7	49.2	45.5	42.5	40.1	38.5
100m Breaststroke	x	§	▣	1:46.0	1:37.7	1:31.4	1:26.2	1:22.8
200m Breaststroke	4:44.8	4:24.5	4:04.1	3:49.0	3:32.1	3:17.5	3:06.9	3:00.5
50m Butterfly	52.4	48.4	44.9	42.4	39.4	36.8	34.5	33.3
100m Butterfly	x	§	▣	1:32.6	1:25.7	1:19.8	1:15.2	1:12.7
200m Butterfly	4:32.2	4:00.0	3:37.7	3:24.1	3:09.7	2:56.7	2:45.4	2:40.3
50m Backstroke	53.6	49.9	46.6	43.9	40.7	38.3	36.0	34.4
100m Backstroke	x	§	▣	1:33.1	1:26.4	1:20.5	1:16.0	1:13.2
200m Backstroke	4:08.1	3:48.7	3:32.4	3:19.7	3:05.8	2:53.4	2:44.0	2:38.3
200m Ind. Medley	4:13.8	3:55.2	3:37.5	3:24.5	3:11.0	2:57.7	2:48.4	2:42.5
400m Ind. Medley	x	8:24.1	7:42.2	7:12.3	6:44.0	6:16.7	5:56.3	5:44.4

* Girls 10 yrs and Boys 10/11 yrs cannot enter 100m events unless they enter and are accepted for the 200m event in that stroke.

GIRLS	9	10	11	12	13	14	15	16 +
50m Freestyle	46.7	43.9	41.1	38.7	36.8	35.4	34.5	33.9
100m Freestyle	x	§	1:29.0	1:23.2	1:19.1	1:16.1	1:14.3	1:12.8
200m Freestyle	3:44.3	3:26.1	3:11.8	2:59.3	2:50.0	2:43.8	2:39.8	2:36.8
400m Freestyle	x	7:16.1	6:39.5	6:14.0	5:55.1	5:42.6	5:34.0	5:28.8
800m Freestyle	x	x	13:44.7	12:52.6	12:08.9	11:42.6	11:27.7	11:16.2
50m Breaststroke	1:01.2	56.7	52.6	49.1	46.4	44.5	43.3	42.6
100m Breaststroke	x	§	1:52.8	1:45.5	1:39.2	1:34.6	1:32.6	1:31.2
200m Breaststroke	4:44.1	4:23.1	4:02.1	3:46.3	3:32.9	3:24.2	3:19.8	3:16.6
50m Butterfly	52.4	48.2	45.0	42.3	40.0	38.4	37.4	36.7
100m Butterfly	x	§	1:39.0	1:32.0	1:27.2	1:23.3	1:21.6	1:20.2
200m Butterfly	4:32.3	4:00.7	3:38.1	3:22.0	3:10.5	3:02.3	2:57.4	2:54.5
50m Backstroke	53.6	49.9	46.6	43.8	41.5	39.9	39.0	38.2
100m Backstroke	x	§	1:39.2	1:32.5	1:27.5	1:24.2	1:21.9	1:20.6
200m Backstroke	4:07.8	3:49.6	3:30.3	3:17.4	3:07.4	3:00.4	2:55.3	2:51.9
200m Ind. Medley	4:14.2	3:54.2	3:36.4	3:22.6	3:12.3	3:04.8	3:00.3	2:57.2
400m Ind. Medley	x	8:20.4	7:35.9	7:06.0	6:42.5	6:27.8	6:18.4	6:11.2

§ - 200m QT Required

▣ - 200m CT Required