



TEAM THANET

John White Speedo Sprint

Programme and Upper Qualifying Times

These are short course QTs - This gala is aimed at all competitive swimmers

SATURDAY – 6th JULY

SESSION 1 - Saturday		Warm-up time 1:00pm / Start time 2.15pm			
EVENT		9/10	11/12	13/14	15+
101	Open/Male 100 Freestyle	01:02.00	00:58.00	00:54.00	00:50.00
102	Female 200 Individual Medley	02:20.00	02:16.00	02:12.00	02:06.00
103	Open/Male 50 Breaststroke	00:38.00	00:34.00	00:30.00	00:28.00
104	Female 50 Butterfly	00:33.00	00:31.00	00:29.00	00:27.00
105	Open/Male 200 Individual Medley	02:14.00	02:10.00	02:06.00	02:02.00
106	Female 100 Breaststroke	01:18.00	01:14.00	01:10.00	01:06.00
15 minute break					
SESSION 1 – Saturday - FINALS					
107	FINAL Open/Male 100m Freestyle – 12 and under				
108	FINAL Open/Male 100m Freestyle – 13 and over				
109	FINAL Female 50m Butterfly – 12 and under				
110	FINAL Female 50m Butterfly – 13 and over				
111	FINAL Open/Male 50m Breaststroke – 12 and under				
112	FINAL Open/Male 50m Breaststroke – 13 and over				
113	FINAL Female 50m Breaststroke – 12 and under				
114	FINAL Female 50m Breaststroke – 13 and over				
ESTIMATED FINISH TIME 5.45pm					



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SUNDAY – 7th JULY

SESSION 2 - Sunday		Warm-up time 9:00am / Start time 10:15am			
EVENT		9/10	11/12	13/14	15+
201	Open/Male 50 Butterfly	00:32.00	00:30.00	00:28.00	00:26.00
202	Female 50 Freestyle	00:30.00	00:28.00	00:26.00	00:24.00
203	Open/Male 100 Breaststroke	01:08.00	01:04.00	01:00.00	00:56.00
204	Female 100 Backstroke	01:10.00	01:06.00	01:02.00	00:58.00
205	Open/Male 50 Freestyle	00:28.00	00:26.00	00:24.00	00:22.00
206	Female 50 Breaststroke	00:35.00	00:33.00	00:31.00	00:29.00
207	Open/Male 100 Backstroke	01:08.00	01:04.00	01:00.00	00:56.00
20 minute break					
SESSION 2 – Sunday - FINALS					
208	FINAL Open/Male 50m Butterfly – 12 and under				
209	FINAL Open/Male 50m Butterfly – 13 and over				
210	FINAL Female 50m Freestyle – 12 and under				
211	FINAL Female 50m Freestyle – 13 and over				
212	FINAL Open/Male 100m Breaststroke – 12 and under				
213	FINAL Open/Male 100m Breaststroke – 13 and over				
214	FINAL Female 100m Backstroke – 12 and under				
215	FINAL Female 100m Backstroke – 13 and over				
216	FINAL Open/Male 50m Freestyle – 12 and under				
217	FINAL Open/Male 50m Freestyle – 13 and over				
218	FINAL Female 50m Breaststroke – 12 and under				
219	FINAL Female 50m Breaststroke – 13 and over				
220	FINAL Open/Male 100m Backstroke – 12 and under				
221	FINAL Open/Male 100m Backstroke – 13 and over				
SESSION 3- Sunday		Est Warm-up time 2.00pm / Start time 3.00pm / Est Finish 6.45pm			
EVENT		9/10	11/12	13/14	15+
301	Female 100 Individual Medley	01:09.00	01:05.00	01:01.00	00:57.00
302	Open/Male 100 Individual Medley	01:08.00	01:04.00	01:00.00	00:56.00
303	Female 100 Butterfly	01:10.00	01:06.00	01:02.00	00:58.00
304	Open/Male 50 Backstroke	00:32.00	00:30.00	00:28.00	00:26.00
305	Female 50 Backstroke	00:33.00	00:31.00	00:29.00	00:27.00
306	Open/Male 100 Butterfly	01:08.00	01:06.00	01:04.00	01:02.00
407	Female 100 Freestyle	01:08.00	01:04.00	01:00.00	00:56.00
20 minute break					
SESSION 3 – Sunday - FINALS					
317	FINAL Female 100m Individual Medley – 12 and under				
318	FINAL Female 100m Individual Medley – 13 and over				
407	FINAL Open/Male 100m Individual Medley – 12 and under				
408	FINAL Open/Male 100m Individual Medley – 13 and over				
409	FINAL Female 100m Butterfly – 12 and under				
410	FINAL Female 100m Butterfly – 13 and over				
411	FINAL Open/Male 50m Backstroke – 12 and under				
412	FINAL Open/Male 50m Backstroke – 13 and over				
413	FINAL Female 50m Backstroke – 12 and under				
414	FINAL Female 50m Backstroke – 13 and over				
415	FINAL Open/Male 100m Butterfly – 12 and under				
416	FINAL Open/Male 100m Butterfly – 13 and over				
417	FINAL Female 100m Freestyle – 12 and under				
418	FINAL Female 100m Freestyle – 13 and over				