

## Programme of Events

### FRIDAY 17<sup>th</sup> MARCH: Session 1

11	800M	F	FREE	HDW
12	1500M	M	FREE	HDW

### SATURDAY 18<sup>th</sup> MARCH: Session 2

21	400M	F	IM	HDW
22	200M	M	IM	HDW
23	100M	F	FLY	HDW
24	200M	M	BACK	HDW
25	100M	F	BREAST	HDW
26	100M	M	FREE	HDW
10 MINS SET UP BREAK				
27	50M	F	FLY	HDW
28	50M	M	BACK	HDW

### SUNDAY 19<sup>th</sup> MARCH: Session 4

41	400M	M	IM	HDW
42	200M	F	IM	HDW
43	100M	M	FLY	HDW
44	200M	F	BACK	HDW
45	100M	M	BREAST	HDW
46	100M	F	FREE	HDW
10 MINS SET UP BREAK				
47	50M	M	FLY	HDW
48	50M	F	BACK	HDW

### SATURDAY 18<sup>th</sup> MARCH: Session 3

31	400M	M	FREE	HDW
32	200M	F	FREE	HDW
33	200M	M	BREAST	HDW
34	100M	F	BACK	HDW
35	200M	M	FLY	HDW
10 MINS SET UP BREAK				
36	50M	F	FREE	HDW
37	50M	M	BREAST	HDW

### SUNDAY 19<sup>th</sup> MARCH: Session 5

51	400M	F	FREE	HDW
52	200M	M	FREE	HDW
53	200M	F	BREAST	HDW
54	100M	M	BACK	HDW
55	200M	F	FLY	HDW
10 MINS SET UP BREAK				
56	50M	M	FREE	HDW
57	50M	F	BREAST	HDW

# Millfield School Super Series

## Level 1 Long Course Open Meet

### 17<sup>th</sup> / 18<sup>th</sup> & 19<sup>th</sup> March 2017

Male							Event	Female						
11/U	12	13	14	15	16	17/Over		11/U	12	13	14	15	16	17/Over
37.0	34.9	33.0	31.3	29.7	28.7	27.4	<b>50m Freestyle</b>	37.3	35.4	34.0	32.9	32.2	31.9	30.5
1.18.8*	1.13.7	1.09.8	1.06.9	1.04.4	1.02.6	1.00.5	<b>100m Freestyle</b>	1.19.3*	1.15.2	1.12.7	1.10.7	1.09.6	1.08.8	1.07.3
2.51.3	2.40.8	2.32.6	2.25.6	2.20.7	2.16.3	2.13.7	<b>200m Freestyle</b>	2.51.3	2.42.5	2.36.2	2.32.1	2.29.1	2.27.5	2.25.8
5.56.0	5.38.1	5.21.8	5.07.0	4.57.6	4.49.1	4.43.4	<b>400m Freestyle</b>	5.56.4	5.38.8	5.26.3	5.18.0	5.12.8	5.09.2	5.06.3
							<b>800m Freestyle (F)</b>		11.39.00	11.10.80	10.56.00	10.45.00	10.36.00	10.26.00
	22.20.50	21.16.60	20.19.00	19.37.10	19.07.70	18.49.00	<b>1500m Free (M)</b>							
48.2	44.6	41.8	39.7	37.8	36.8	34.9	<b>50m Breaststroke</b>	47.8	45.0	43.1	41.5	40.6	40.1	38.6
1.41.5*	1.34.7	1.28.8	1.24.6	1.21.4	1.18.9	1.15.8	<b>100m Breaststroke</b>	1.41.6*	1.35.2	1.30.8	1.28.5	1.27.5	1.26.1	1.23.6
3.39.1	3.25.2	3.12.5	3.02.5	2.55.4	2.51.6	2.43.9	<b>200m Breaststroke</b>	3.36.6	3.24.9	3.15.5	3.09.5	3.06.7	3.05.8	2.59.8
40.8	38.1	35.9	34.0	32.2	31.4	29.7	<b>50m Butterfly</b>	40.7	38.6	36.7	35.7	34.8	34.2	32.6
1.27.7*	1.21.5	1.16.8	1.12.8	1.09.8	1.07.8	1.05.0	<b>100m Butterfly</b>	1.27.9*	1.22.6	1.19.1	1.17.2	1.15.5	1.14.8	1.12.1
3.12.5	2.59.9	2.49.9	2.40.9	2.34.4	2.30.4	2.24.7	<b>200m Butterfly</b>	3.12.6	3.01.7	2.53.5	2.48.0	2.45.7	2.43.3	2.38.3
43.2	40.5	38.2	36.1	34.5	33.5	31.7	<b>50m Backstroke</b>	43.1	40.9	39.4	38.0	37.0	36.6	35.3
1.29.8*	1.24.1	1.19.2	1.15.0	1.12.2	1.10.3	1.07.5	<b>100m Backstroke</b>	1.29.9*	1.24.5	1.21.7	1.19.6	1.17.9	1.17.1	1.14.6
3.12.0	3.00.7	2.50.3	2.42.3	2.36.0	2.31.4	2.26.7	<b>200m Backstroke</b>	3.11.0	3.00.6	2.54.3	2.49.8	2.45.8	2.43.9	2.39.9
3.14.3	3.02.8	2.52.7	2.44.8	2.38.4	2.33.9	2.29.2	<b>200m I/M</b>	3.14.3	3.03.3	2.56.8	2.52.3	2.48.9	2.46.9	2.43.7
6.50.8	6.26.7	6.06.4	5.49.3	5.36.2	5.27.6	5.17.2	<b>400m I/M</b>	6.47.3	6.24.9	6.10.6	6.02.0	5.55.2	5.50.8	5.43.9

At the promoter's discretion some 9/10 year old swimmers will be accepted for this meet, they will be considered in line with the 11 year old qualifying times, with the exception that 9yrs will not be accepted into all 100m events and 400m IM