

Regional Age Group LC Championships 2018

Programme of Events

Day 1 – Friday 1 st June 2018	Day 1 - Saturday 2 nd June 2018	Day 2 – Sunday 3 rd June 2018
Session 1: Combined Heats 30 Minute Warm-Up	Session 2: Combined Heats 45 Minute Warm-Up	Session 6: Combined Heats 45 Minute Warm-Up
Mixed 400m Medley Relay HDW (11-14 years) Male 1500m Freestyle HDW Female 800m Freestyle HDW	Female 800m Freestyle Relay HDW (11-14 years) Male 200m IM Female 200m Backstroke Male 200m Breaststroke Female 100m Breaststroke Male 100m Backstroke Female 400m Freestyle HDW Male 50m Freestyle 15 Minute Break	Male 800m Freestyle Relay HDW (11-14 years) Female 200m IM Male 200m Backstroke Female 200m Breaststroke Male 100m Breaststroke Female 100m Backstroke Male 400m Freestyle HDW Female 50m Freestyle 15 Minute Break
	Session 3: Finals & Presentations No Warm-Up	Session 6: Finals & Presentations No-Warm-Up
	Male 200m IM (11/12 years ; 13 years ; 14 years) Female 200m Backstroke (11/12 years ; 13 years ; 14 years) Male 200m Breaststroke (11/12 years ; 13 years ; 14 years) Female 100m Breaststroke (11/12 years ; 13 years ; 14 years) Male 100m Backstroke (11/12 years ; 13 years ; 14 years) Male 50m Freestyle (11/12 years ; 13 years ; 14 years)	Female 200m IM (11/12 years ; 13 years ; 14 years) Male 200m Backstroke (11/12 years ; 13 years ; 14 years) Female 200m Breaststroke (11/12 years ; 13 years ; 14 years) Male 100m Breaststroke (11/12 years ; 13 years ; 14 years) Female 100m Backstroke (11/12 years ; 13 years ; 14 years) Female 50m Freestyle (11/12 years ; 13 years ; 14 years)
	Session 4: Combined Heats 45 Minute Warm-Up	Session 7: Combined Heats 45 Minute Warm-Up
	Male 400m Medley Relay HDW (11-14 years) Female 400m Medley Relay HDW (11-14 years) Male 200m Freestyle Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 400m IM HDW 15 Minute Break	Female 400m Medley Relay HDW (11-14 years) Male 400m Medley Relay HDW (11-14 years) Female 200m Freestyle Male 200m Butterfly Female 100m Butterfly Male 100m Freestyle Female 400m IM HDW 15 Minute Break
	Session 5: Finals & Presentations No Warm-Up	Session 8: Finals & Presentations No Warm-Up
	Male 200m Freestyle (11/12 years ; 13 years ; 14 years) Female 200m Butterfly (11/12 years ; 13 years ; 14 years) Male 100m Butterfly (11/12 years ; 13 years ; 14 years) Female 100m Freestyle (11/12 years ; 13 years ; 14 years) Male 800m Freestyle HDW	Female 200m Freestyle (11/12 years ; 13 years ; 14 years) Male 200m Butterfly (11/12 years ; 13 years ; 14 years) Female 100m Butterfly (11/12 years ; 13 years ; 14 years) Male 100m Freestyle (11/12 years ; 13 years ; 14 years) Female 1500m Freestyle HDW

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LC Qualifying & Consideration Times 2018

Event	Age Group	Qualifying Time LC	Consideration Time LC
MALE (Age as of 31st December 2018)			
50m Freestyle	11/12 years	35.06	36.65
	13 years	34.47	35.06
	14 years	31.29	32.79
100m Freestyle	11/12 years	1.14.01	1.17.37
	13 years	1.10.65	1.14.01
	14 years	1.04.35	1.11.92
200m Freestyle	11/12 years	2.39.75	2.46.91
	13 years	2.32.49	2.39.75
	14 years	2.28.85	2.35.61
400m Freestyle	11/12 years	5.39.55	5.54.98
	13 years	5.24.12	5.39.55
	14 years	5.18.18	5.32.64
800m Freestyle	11/12 years	Swimmers who qualify for 1500m Freestyle are also eligible to enter this event.	Swimmers who qualify for 1500m Freestyle are also eligible to enter this event.
	13 years		
	14 years		
1500m Freestyle	11/12 years	23.24.93	24.28.89
	13 years	22.21.07	23.24.93
	14 years	21.10.67	22.08.42
100m Backstroke	11/12 years	1.26.26	1.30.18
	13 years	1.22.34	1.26.26
	14 years	1.18.46	1.22.03
200m Backstroke	11/12 years	3.01.23	3.09.46
	13 years	2.52.99	3.01.23
	14 years	2.48.56	2.56.22
100m Breaststroke	11/12 years	1.39.97	1.44.51
	13 years	1.35.43	1.39.97
	14 years	1.30.20	1.34.30
200m Breaststroke	11/12 years	3.35.20	3.44.98
	13 years	3.25.42	3.35.20
	14 years	3.12.64	3.21.49

100m Butterfly	11/12 years	1.29.61	1.33.68
	13 years	1.25.54	1.29.61
	14 years	1.16.84	1.20.33
200m Butterfly	11/12 years	3.16.22	3.25.13
	13 years	3.07.30	3.16.22
	14 years	2.58.09	3.06.18
200m IM	11/12 years	3.06.28	3.14.74
	13 years	2.57.81	3.06.28
	14 years	2.48.42	2.56.07
400m IM	11/12 years	6.32.63	6.50.47
	13 years	6.14.78	6.32.63
	14 years	5.50.33	6.06.25

Event	Age Group	Qualifying Time LC	Consideration Time LC
FEMALE (Age as of 31 st December 2018)			
50m Freestyle	11/12 years	35.44	37.26
	13 years	33.20	34.70
	14 years	31.69	33.20
100m Freestyle	11/12 years	1.14.20	1.17.86
	13 years	1.11.57	1.14.71
	14 years	1.08.22	1.11.57
200m Freestyle	11/12 years	2.39.97	2.47.59
	13 years	2.36.18	2.43.27
	14 years	2.29.08	2.36.18
400m Freestyle	11/12 years	5.44.85	6.01.27
	13 years	5.37.51	5.46.85
	14 years	5.22.17	5.37.51
800m Freestyle	11/12 years	11.59.14	12.33.39
	13 years	11.24.24	11.55.34
	14 years	10.53.14	11.24.24
1500m Freestyle	11/12 years	Swimmers who qualify for 800m Freestyle are also eligible to enter this event.	Swimmers who qualify for 800m Freestyle are also eligible to enter this event.
	13 years		
	14 years		
100m Backstroke	11/12 years	1.25.21	1.28.27
	13 years	1.23.05	1.26.82
	14 years	1.19.27	1.23.05
200m Backstroke	11/12 years	2.59.88	3.08.45
	13 years	2.56.28	3.04.29
	14 years	2.48.27	2.56.28
100m Breaststroke	11/12 years	1.39.23	1.43.96
	13 years	1.34.24	1.38.52
	14 years	1.29.96	1.34.24
200m Breaststroke	11/12 years	3.28.76	3.38.66
	13 years	3.25.74	3.35.09
	14 years	3.16.39	3.25.74
100m Butterfly	11/12 years	1.27.16	1.31.31
	13 years	1.21.63	1.25.34
	14 years	1.17.92	1.21.63
200m Butterfly	11/12 years	3.19.37	3.28.86
	13 years	3.01.30	3.09.54

	14 years	2.53.06	3.01.30
200m IM	11/12 years	3.04.91	3.12.67
	13 years	2.57.38	3.05.44
	14 years	2.49.32	2.57.38
400m IM	11/12 years	6.36.53	6.55.41
	13 years	6.34.14	6.52.05
	14 years	6.16.22	6.34.14