

Portsmouth Northsea Swimming Club
Mountbatten Sports Centre, Alexandra Park,
Portsmouth, Hampshire PO2 9QA
Tel: 02392 650242



PORTSMOUTH EASTER MEET 21ST – 24TH APRIL 2011

SESSION 1	WARM UP 4.00	START 5 PM	THURSDAY 21ST
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EVENT 101	MALES	1500 FREESTYLE
EVENT 102	FEMALES	800 FREESTYLE

SESSION 2	WARM UP 8.00 AM	START 9.00 AM	FRIDAY 22ND
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EVENT 201	MALES	50 BUTTERFLY
EVENT 202	FEMALES	50 BUTTERFLY
EVENT 203	MALES	100 BACKSTROKE
EVENT 204	FEMALES	100 BACKSTROKE
EVENT 205	MALES	400 INDIVIDUAL MEDLEY
EVENT 206	U13 MALES	50 BUTTERFLY FINAL
EVENT 207	OV 14 MALES	50 BUTTERFLY FINAL
EVENT 208	U13 FEMALES	50 BUTTERFLY FINAL
EVENT 209	OV14 FEMALES	50 BUTTERFLY FINAL
EVENT 210	U13 MALES	100 BACKSTROKE FINAL
EVENT 211	OV 14 MALES	100 BACKSTROKE FINAL
EVENT 212	U13 FEMALES	100 BACKSTROKE FINAL
EVENT 213	OV 14 FEMALES	100 BACKSTROKE FINAL

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SESSION 3	WARM UP 1.30 PM	START 2.30 PM	FRIDAY 22ND
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EVENT 301	FEMALES	100 BREASTSTROKE
EVENT 302	MALES	100 BREASTSTROKE
EVENT 303	FEMALES	200 BACKSTROKE
EVENT 304	MALES	200 BACKSTROKE
EVENT 305	U13 FEMALES	100 BREASTROKE FINAL
EVENT 306	OV14 FEMALES	100 BREASTSTROKE FINAL
EVENT 307	U13 MALES	100 BREASTSTROKE FINAL
EVENT 308	OV 14 MALES	100 BREASTSTROKE FINAL
EVENT 309	U13 FEMALES	200 BACKSTROKE FINAL
EVENT 310	OV 14 FEMALES	200 BACKSTROKE FINAL
EVENT 311	U13 MALES	200 BACKSTROKE FINAL
EVENT 312	OV14 MALES	200 BACKSTROKE FINAL

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SESSION 4	WARM UP 8.00AM	START 9AM	SATURDAY 23RD
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EVENT 401	FEMALES	50 BREASTSTROKE
EVENT 402	MALES	50 BREASTSTROKE
EVENT 403	FEMALES	100 BUTTERFLY
EVENT 404	MALES	100 BUTTERFLY
EVENT 405	FEMALES	400 INDIVIDUAL MEDLEY
EVENT 406	U13 FEMALES	50 BREASTSTROKE FINAL
EVENT 407	OV14 FEMALES	50 BREASTSTROKE FINAL
EVENT 408	U13 MALES	50 BREASTSTROKE FINAL
EVENT 409	OV14 MALES	50 BREASTSTROKE FINAL
EVENT 410	U13 FEMALES	100 BUTTERFLY FINAL
EVENT 411	OV14 FEMALES	100 BUTTERFLY FINAL
EVENT 412	U13 MALES	100 BUTTERFLY FINAL
EVENT 413	OV14 MALES	100 BUTTERFLY FINAL

SESSION 5	WARM UP 1.30PM	START 2.15PM	SATURDAY 23RD
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EVENT 501	FEMALES	200 INDIVIDUAL MEDLEY
EVENT 502	MALES	400 FREESTYLE
EVENT 503	FEMALES U13 & OV14 SKINS	

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SESSION 6	WARM UP 5.30 PM	START 6.15 PM	SATURDAY 23RD
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EVENT 601	MALES	200 INDIVIDUAL MEDLEY
EVENT 602	FEMALES	400 FREESTYLE
EVENT 603	MALES U13 & OV14 SKINS	

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SESSION 7	WARM UP 8.00AM	START 9.00AM	SUNDAY 24TH
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EVENT 701	MALES	50 BACKSTROKE
EVENT 702	FEMALES	50 BACKSTROKE
EVENT 703	MALES	200 BREASTSTROKE
EVENT 704	FEMALES	200 BREASTSTROKE
EVENT 705	MALES	100 FREESTYLE
EVENT 706	FEMALES	100 FREESTYLE
EVENT 707	U13 MALES	50 BACKSTROKE FINAL
EVENT 708	OV 14MALES	50 BACKSTROKE FINAL
EVENT 709	U13FEMALES	50 BACKSTROKE FINAL
EVENT 710	OV 14FEMALES	50 BACKSTROKE FINAL
EVENT 711	U13MALES	200 BREASTSTROKE FINAL
EVENT 712	OV14MALES	200 BREASTSTROKE FINAL
EVENT 713	U13 FEMALES	200 BREASTSTROKE FINAL
EVENT 714	OV 14FEMALES	200 BREASTSTROKE FINAL
EVENT 715	U13MALES	100 FREESTYLE FINAL
EVENT 716	OV14MALES	100 FREESTYLE FINAL
EVENT 717	U13 FEMALES	100 FREESTYLE FINAL
EVENT 718	OV 14FEMALES	100 FREESTYLE FINAL

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SESSION 8	WARM UP 1.30 PM	START 2.30PM	SUNDAY 24TH
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EVENT 801	MALES	50 FREESTYLE
EVENT 802	FEMALES	50 FREESTYLE
EVENT 803	MALES	200 BUTTERFLY
EVENT 804	FEMALES	200 BUTTERFLY
EVENT 805	MALES	200 FREESTYLE
EVENT 806	FEMALES	200 FREESTYLE
EVENT 807	U13 MALES	50 FREESTYLE FINAL
EVENT 808	OV 14MALES	50 FREESTYLE FINAL
EVENT 809	U13MALES	50 FREESTYLE FINAL
EVENT 810	OV 14 MALES	50 FREESTYLE FINAL
EVENT 811	U13MALES	200 BUTTERFLY FINAL
EVENT 812	OV14MALES	200 BUTTERFLY FINAL
EVENT 813	U13 FEMALES	200 BUTTERFLY FINAL
EVENT 814	OV14 FEMALES	200 BUTTERFLY FINAL
EVENT 815	U13 MALES	200 FREESTYLE FINAL
EVENT 816	OV14 MALES	200 FREESTYLE FINAL
EVENT 817	U13FEMALES	200 FREESTYLE FINAL
EVENT 818	OV 14FEMALES	200 FREESTYLE FINAL

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BOYS						EVENT	GIRLS				
10/11	12	13	14	15/16	17/OV		10/11	12	13	14/15	16/0V
40.00	36.00	34.90	33.20	30.50	29.50	50 FREE	40.00	36.00	34.90	33.60	31.00
1.20.00	1.13.5	1.08.4	1.04.7	1.03.3	1.02.7	100 FREE	1.20.00	1.13.3	1.10.7	1.08.3	1.07.4
2.50.00	2.39.6	2.29.9	2.20.6	2.15.8	2.12.0	200 FREE	2.50.00	2.39.4	2.30.8	2.27.8	2.23.0
6.00.00	5.31.3	5.11.9	4.55.9	4.50.9	4.45.2	400 FREE	6.00.00	5.32.0	5.14.4	5.07.7	5.02.9
N/A	N/A	N/A	N/A	N/A	N/A	800 FREE	12.30.00	11.29.5	10.49.9	10.23.2	10.12.8
25.00.00	23.45.2	20.43.0	19.33.6	18.49.6	18.21.3	1500 FREE	N/A	N/A	N/A	N/A	N/A
42.00	39.00	37.5	35.0	33.5	32.0	50 BACK	42.00	39.5	38.0	35.0	34.5
1.40.00	1.32.3	1.18.0	1.13.2	1.11.1	1.09.1	100 BACK	1.40.00	1.32.2	1.18.7	1.16.2	1.14.5
3.30.00	3.16.3	2.47.5	2.38.2	2.31.1	2.29.3	200 BACK	3.30.00	2.58.4	2.48.2	2.43.0	2.39.2
51.0	45.9	42.5	39.8	37.5	35.0	50 BREAST	51.0	46.5	43.0	40.0	38.5
1.45.00	1.34.7	1.27.5	1.24.9	1.20.7	1.18.5	100 BREAST	1.45.00	1.33.7	1.28.1	1.24.5	1.23.4
3.45.00	3.25.2	3.10.6	2.58.2	2.49.9	2.45.4	200 BREAST	3.45.00	3.21.9	3.11.1	3.01.9	2.58.5
44.0	38.5	36.7	34.0	32.5	31.0	50 BUTTERFLY	44.0	39.0	37.0	34.5	32.0
1.40.00	1.30.8	1.22.3	1.15.3	1.11.0	1.08.0	100 BUTTERFLY	1.40.00	1.21.8	1.17.1	1.14.1	1.12.4
3.40.00	3.29.2	2.49.3	2.38.3	2.30.2	2.25.6	200 BUTTERFLY	3.40.00	3.02.9	2.51.0	2.44.9	2.40.4
3.30.00	3.01.0	2.49.0	2.39.0	2.33.3	2.29.3	200 IM	3.30.00	2.59.5	2.50.2	2.46.3	2.44.4
7.00.00	6.29.2	6.02.0	5.37.8	5.26.1	5.16.6	400 IM	7.00.00	6.25.9	6.00.8	5.46.8	5.40.5

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