

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



PORTSMOUTH CHRISTMAS CRACKER 26TH / 27TH NOVEMBER

SESSION 1 SATURDAY 26TH NOV WARM UP 8.00AM START 8.30AM

EVENT No	101	BOYS	1500 FREE
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SESSION 2 SATURDAY 26TH NOV WARM UP 10.45AM START 11.15AM

EVENT No	201	GIRLS	400 IM
	202	BOYS	200 IM
	203	GIRLS	100 BUTTERFLY
	204	BOYS	200 BUTTERFLY
	205	GIRLS	50 FREE
	206	BOYS	100 FREE

SESSION 3 SATURDAY 26TH NOV WARM UP TBC START TBC

EVENT No	301	BOYS	200 FREE
	302	GIRLS	400 FREE
	303	BOYS	100 BREAST
	304	GIRLS	200 BREAST
	305	BOYS	200 BACK
	306	GIRLS	100 BACK

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SESSION 4 SUNDAY 27TH NOV	WARM UP 8.00AM	START 8.30AM
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EVENT No	401	GIRLS	800 FREE
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SESSION 5 SUNDAY 27TH NOV	WARM UP 10.00AM	START 10.30AM
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EVENT NO	501	BOYS	400 IM
	502	GIRLS	200 IM
	503	BOYS	100 BUTTERFLY
	504	GIRLS	200 BUTTERFLY
	505	BOYS	50 FREE
	506	GIRLS	100 FREE

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SESSION 6 SUNDAY 27TH NOV WARM UP TBC START TBC

EVENT No	601	GIRLS	200 FREE
	602	BOYS	400 FREE
	603	GIRLS	100 BREAST
	604	BOYS	200 BREAST
	605	GIRLS	200 BACK
	606	BOYS	100 BACK

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CHRISTMAS CRACKER CONSIDERATION TIMES – Long Course or Conversions

BOYS						EVENT	GIRLS				
11	12	13	14	15/16	17/OV		11	12	13	14/15	16/0V
40.00	35.00	32.90	31.20	30.50	29.50	50 FREE	40.00	35.00	32.90	31.60	31.00
1.20.00	1.13.5	1.08.4	1.04.7	1.02.3	1.00.7	100 FREE	1.20.00	1.13.3	1.09.7	1.07.3	1.06.4
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	2.24.8	2.23.0
6.00.00	5.31.3	5.11.9	4.55.9	4.46.9	4.38.2	400 FREE	6.00.00	5.32.0	5.14.4	5.02.7	4.58.9
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
1.40.00	1.32.3	1.18.0	1.13.2	1.10.1	1.08.1	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	2.26.3	200 BACK	3.30.00	2.58.4	2.48.2	2.43.0	2.39.2
1.45.00	1.34.7	1.27.5	1.21.9	1.18.7	1.16.5	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
1.40.00	1.30.8	1.16.3	1.11.3	1.08.0	1.06.0	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	2.41.9	2.39.4
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	2.44.3	2.42.4
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