

Appendix 1

PROGRAMME OF EVENTS

SATURDAY 8 OCTOBER 2022

SESSION 1

SESSION 2

Withdrawal closes:		8.10am	Withdrawal closes:		TBC
Warm Up for Boys:		8.10am-8.30am	Warm Up for Boys:		TBC
Warm Up for Girls:		8.30am-8.50am	Warm Up for Girls:		TBC
Start:		9.00am	Start:		TBC
Event 101	Boys 400m IM		Event 201	Boys 200m Freestyle	
Event 102	Girls 200m IM		Event 202	Girls 400m Freestyle	
Event 103	Boys 100m Backstroke		Event 203	Boys 100m Breaststroke	
Event 104	Girls 100m Freestyle		Event 204	Girls 100m Butterfly	
Event 105	Boys 200m Breaststroke		Event 205	Boys 200m Backstroke	
Event 106	Girls 200m Butterfly		Event 206	Girls 50m Backstroke	
Event 107	Boys 50m Butterfly		Event 207	Boys 50m Freestyle	
Event 108	Girls 50m Breaststroke		Event 208	Girls 100m IM	

SUNDAY 9 OCTOBER 2022

SESSION 3

SESSION 4

Withdrawal closes:		8.10am	Withdrawal closes:		TBC
Warm Up for Girls:		8.10am-8.30am	Warm Up for Girls:		TBC
Warm Up for Boys:		8.30am-8.50am	Warm Up for Boys:		TBC
Start:		9.00am	Start:		TBC
Event 301	Girls 400m IM		Event 401	Girls 200m Freestyle	
Event 302	Boys 200m IM		Event 402	Boys 400m Freestyle	
Event 303	Girls 100m Backstroke		Event 403	Girls 100m Breaststroke	
Event 304	Boys 100m Freestyle		Event 404	Boys 100m Butterfly	
Event 305	Girls 200m Breaststroke		Event 405	Girls 200m Backstroke	
Event 306	Boys 200m Butterfly		Event 406	Boys 50m Backstroke	
Event 307	Girls 50m Butterfly		Event 407	Girls 50m Freestyle	
Event 308	Boys 50m Breaststroke		Event 408	Boys 100m IM	

Appendix 2

UPPER LIMIT QUALIFYING TIMES (SHORT COURSE)

		Boys Upper Limit Qualifying Times								
		09	10	11	12	13	14	15	16	17+
Freestyle	50m	00:33.0	00:31.0	00:29.0	00:27.0	00:26.0	00:25.0	00:24.0	00:22.0	00:22.0
	100m	01:17.0	01:10.0	01:06.0	01:02.0	00:59.0	00:57.0	00:55.0	00:52.0	00:52.0
	200m	02:43.0	02:30.0	02:22.0	02:15.0	02:08.0	02:02.0	01:55.0	01:53.0	01:53.0
	400m	05:45.6	05:20.5	04:58.9	04:42.9	04:29.0	04:20.0	04:08.0	04:05.0	04:05.0
Breaststroke	50m	00:45.0	00:43.0	00:39.0	00:36.0	00:35.0	00:33.0	00:31.0	00:30.0	00:30.0
	100m	01:40.0	01:30.0	01:26.0	01:22.0	01:17.0	01:14.0	01:11.0	01:09.0	01:09.0
	200m	03:38.9	03:18.0	03:04.5	02:52.1	02:41.4	02:33.9	02:31.9	02:28.9	02:28.9
Butterfly	50m	00:38.0	00:34.0	00:32.0	00:30.0	00:29.0	00:28.0	00:27.0	00:26.0	00:26.0
	100m	01:26.0	01:18.0	01:14.0	01:10.0	01:06.0	01:03.0	01:01.0	01:00.0	01:00.0
	200m	03:39.6	03:05.3	02:46.7	02:35.2	02:25.8	02:18.3	02:10.3	02:08.3	02:08.3
Backstroke	50m	00:38.0	00:34.0	00:33.0	00:31.0	00:30.0	00:28.0	00:27.0	00:26.0	00:26.0
	100m	01:26.0	01:17.0	01:13.0	01:10.0	01:06.0	01:04.0	01:01.0	01:00.0	01:00.0
	200m	03:11.7	02:53.2	02:39.7	02:29.6	02:21.9	02:15.6	02:10.6	02:05.6	02:05.6
Individual Medley	100m	01:19.5	01:16.4	01:12.3	01:08.3	01:06.0	01:04.3	01:02.6	01:01.0	01:01.0
	200m	03:12.0	02:50.0	02:36.0	02:32.0	02:25.0	02:20.0	02:18.0	02:14.0	02:14.0
	400m	06:59.0	06:50.8	06:26.7	05:49.6	05:31.2	05:05.0	04:45.8	04:40.8	04:40.8

Appendix 3

UPPER LIMIT QUALIFYING TIMES (SHORT COURSE)

		Girls Upper Limit Qualifying Times								
		09	10	11	12	13	14	15	16	17+
Freestyle	50m	00:33.0	00:31.0	00:30.0	00:28.0	00:27.0	00:27.0	00:26.0	00:24.0	00:24.0
	100m	01:17.0	01:10.0	01:07.0	01:03.0	01:01.0	00:59.5	00:58.0	00:54.0	00:54.0
	200m	02:42.0	02:30.0	02:22.0	02:16.0	02:12.0	02:08.0	02:06.0	02:02.0	02:02.0
	400m	05:45.6	05:20.5	04:58.9	04:42.9	04:37.0	04:30.0	04:20.0	04:18.0	04:18.0
Breaststroke	50m	00:44.0	00:41.0	00:39.0	00:36.0	00:35.5	00:35.0	00:34.0	00:31.0	00:31.0
	100m	01:39.0	01:30.0	01:25.0	01:21.0	01:18.0	01:14.0	01:12.0	01:10.0	01:10.0
	200m	03:41.4	03:17.9	03:02.4	02:52.9	02:45.7	02:41.7	02:31.7	02:28.7	02:28.7
Butterfly	50m	00:38.0	00:34.0	00:32.0	00:31.0	00:30.0	00:29.0	00:28.0	00:25.0	00:25.0
	100m	01:26.0	01:18.0	01:14.0	01:11.0	01:08.0	01:05.0	01:04.0	01:00.0	01:00.0
	200m	03:39.3	03:03.5	02:46.2	02:36.0	02:29.2	02:24.7	02:14.7	02:10.7	02:10.7
Backstroke	50m	00:38.0	00:34.0	00:33.0	00:32.0	00:31.0	00:29.0	00:28.0	00:24.0	00:24.0
	100m	01:26.0	01:17.0	01:13.0	01:12.0	01:09.0	01:05.0	01:04.0	01:00.0	01:00.0
	200m	03:10.4	02:51.3	02:39.2	02:30.8	02:26.3	02:22.9	02:12.9	02:10.9	02:10.9
Individual Medley	100m	01:20.8	01:18.5	01:16.8	01:14.2	01:11.6	01:11.0	01:10.1	01:08.5	01:08.5
	200m	03:10.0	02:50.0	02:36.0	02:33.0	02:29.0	02:26.0	02:24.0	02:20.0	02:20.0
	400m	06:59.0	06:50.8	06:26.7	05:49.6	05:31.2	05:05.0	05:00.0	04:50.0	04:50.0