

## Regional Development Meet Structure

<u>ROUND 1.</u> EVENTS	<u>ROUND 2.</u> EVENTS	<u>ROUND 3.</u> EVENTS	<u>ROUND 4.</u> EVENTS	<u>ROUND 5.</u> EVENTS	<u>ROUND 6.</u> EVENTS
100 FREE	100 BREAST	100 FREE	100 BREAST	50/100 FLY	100/200m Back
200 BREAST	200 BACK	200 IM	200 FREE	100 BACK	100/200m Breast
100 BACK	50/100 FLY	100 BACK	50/100 FLY	100 BREAST	100/200m Free
100m IM	100m IM	100m IM	100m IM	100 FREE 100 IM	50/100m Fly 100/200m IM

Every Development Meet will have 100 and 200 metre events. There are six Development Meets in one season and each meet has specific events as listed above. A swimmer can enter any event that they do not have an A time in. If a swimmer achieves an A time at a Regional Development Meet they can attend a Regional Qualifying Meet in that event. All swimmers must have an entry time for these meets as NTs will not be accepted.

## Regional Development Meet Cut Off Times

Girls

Boys

B U/11	C U/11	B U/13	C U/13	B 14& OVER	C14& OVER		B U/11	C U/11	B U/13	C U/13	B14& OVER	C 14& OVER
1.36	1.46	1.31	1.41	1.26	1.36	100M Backstroke	1.36	1.46	1.29	1.39	1.24	1.34
3.30	3.50	3.20	3.40	3.10	3.30	200M Backstroke	3.30	3.50	3.15	3.35	3.05	3.25
1.48	2.00	1.43	1.53	1.38	1.48	100M Breaststroke	1.48	1.58	1.41	1.51	1.36	1.46
4.00	4.20	3.50	4.10	3.40	4.00	200M Breaststroke	4.00	4.20	3.45	4.05	3.35	3.55
.44	.54	1.36	1.46	1.31	1.41	50/100M Butterfly	.44	.54	1.34	1.44	1.29	1.39
3.40	4.00	3.30	3.50	3.20	3.40	200M Butterfly	3.40	4.00	3.25	3.45	3.15	3.35
1.22	1.32	1.17	1.27	1.12	1.22	100M Freestyle	1.22	1.32	1.15	1.25	1.10	1.20
3.00	3.20	2.50	3.10	2.40	3.00	200M Freestyle	3.00	3.20	2.46	3.06	2.36	2.56
1.35	1.45	1.30	1.40	1.26	1.36	100M/200M IM	1.35	1.45	1.29	1.39	1.20	1.34

An A time is faster than a B time listed above. All U11 can only swim 50m Fly.

All swimmers must be 10 years old to enter a Regional Development Meet. The swimmer must be 10 yrs on 31<sup>st</sup> December of the year of competition (For example, a swimmer born in 2005 will swim as a 12 year old during 2017 and a 13 year old in 2018)