



BBSC Winter Sprints Open Meet

Sunday 28th January 2024

Licence – 3ER240083

Venue: Braintree Swimming & Fitness, Charter Way, Essex, CM77 8YJ

Warm up – 13.30 Start 14.35

Event No.	Gender	Distance	Stroke
1	Female	100 Mtr	Individual Medley
2	Male/Open	100 Mtr	Individual Medley
3	Female	50 Mtr	Butterfly
4	Male/Open	50 Mtr	Butterfly
5	Female	50 Mtr	Backstroke
6	Male/Open	50 Mtr	Backstroke
7	Female	50 Mtr	Breaststroke
8	Male/Open	50 Mtr	Breaststroke
9	Female	50 Mtr	Freestyle
10	Male/Open	50 Mtr	Freestyle

Closing Dates for Entries: 12th January 2024

Qualification Times - Upper Limits – Age on day of meet														
Female								Male/Open						
9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15+yrs	Stroke	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15+yrs
1:25.3	1:18.0	1:14.0	1:11.7	1:09.4	1:08.9	1:08.5	100m IM	1:24.2	1:21.5	1:15.1	1:12.3	1:08.5	1:05.2	1:02.5
36.5	34.5	33.0	31.5	30.0	29.0	28.0	50m Fly	36.5	34.5	33.0	30.5	28.8	26.8	25.5
36.0	34.5	33.0	31.0	29.8	29.0	28.0	50m Back	36.0	34.5	33.0	30.5	29.5	28.5	26.5
40.0	38.0	37.0	35.5	34.0	32.5	31.5	50m Breast	40.0	38.0	37.0	35.0	33.2	31.0	29.8
34.0	31.5	30.5	29.0	28.0	27.0	26.0	50m Free	34.0	31.5	30.5	28.0	26.5	25.8	24.8