

HOLYWELL ASC. – Valentine Meet 2019 12th and 13th January 2019

Programme of Events

All Heats will be run as combined age groups

For these Events Consideration and Qualifying Times apply – only times faster than the Consideration Times (CT) are eligible for these races and Qualifying Times (QT) (Equivalent to ASA A Grade Qualifying times) will be used if the Meet is oversubscribed. Only CT times have been used for Boys 800m and Girls 1500m

Note that times submitted must be the fastest time as indicated in the overall British Rankings if available (regardless of year that the times were set) and set before the entry closing date of the Meet.

All races are HDW

Age Groups: 9, 10, 11, 12, 13, 14, 15/O, 50m all strokes, 100m all strokes, 200m all strokes, + 200m and 400m IM

Girls/Boys Mixed: 800m & 1500m (Max - three heats 800m and two 1500 heats)

NB Start times subject to change dependant on numbers of entries and session times – they are currently based on last year's Valentine Meet

Saturday, 12th January 2019

Session: 1 Warm Up 08.30 AM Starts at 09:30 AM TBC

- 1 Boys 9 & Over 100 Freestyle
- 2 Girls 9 & Over 100 Butterfly
- 3 Boys 9 & Over 50 Butterfly
- 4 Girls 9 & Over 50 Breaststroke
- 5 Boys 200 Backstroke
- 6 Girls 9 & Over 400 IM
- 7 Boys 200 Breaststroke

Session: 2 Warm-up 12:15 PM Starts at 01:15 PM TBC

- 8 Girls 9 & Over 100 Breaststroke
- 9 Boys 9 & Over 100 Backstroke
- 10 Girls 9 & Over 50 Butterfly
- 11 Boys 9 & Over 50 Freestyle
- 12 Girls 200 Freestyle
- 13 Boys 200 Butterfly
- 14 Girls 200 IM
- Break: 20 Minutes
- 15 Mixed 800 Freestyle

Sunday, 13th January 2019

Session: 3 Warm Up 08.30 AM Starts at 09:30 AM TBC

- 16 Girls 9 & Over 100 Freestyle
- 17 Boys 9 & Over 100 Butterfly
- 18 Girls 9 & Over 50 Backstroke
- 19 Boys 9 & Over 50 Breaststroke
- 20 Girls 200 Backstroke
- 21 Boys 9 & Over 400 IM
- 22 Girls 200 Breaststroke
- 23 Boys 9 & Over 100 Breaststroke

Session: 4 Warm-up 12:45 PM Starts at 1:45 PM TBC

- 24 Girls 9 & Over 100 Backstroke
- 25 Boys 9 & Over 50 Backstroke
- 26 Girls 9 & Over 50 Freestyle
- 27 Boys 200 Freestyle
- 28 Girls 200 Butterfly
- 29 Boys 200 IM
- Break: 20 Minutes
- 30 Mixed 1500 Freestyle



HOLYWELL A.S.C.

Boys

	9y		10y		11y		12y		13y		14y		15y/O	
	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT
50 Free	58.0	40.7	55.0	38.0	53.0	35.9	50.0	33.9	48.0	32.1	45.0	30.4	43.0	29.1
100 Free	02:09.0	01:31.5	01:50.3	01:22.9	01:35.9	01:17.8	01:24.5	01:13.2	01:16.4	01:08.9	01:11.0	01:05.4	01:08.4	01:03.1
200 Free	3:55.7	3:15.7	3:49.5	2:59.3	3:28.8	2:48.8	3:08.1	2:39.1	3:10.1	2:30.1	3:02.5	2:22.5	2:47.2	02:17.2
50 Breast	1:10.0	53.2	1:07.0	49.2	1:01.0	46.5	1:00.0	43.7	58.0	40.7	55.0	38.6	51.0	36.8
100 Breast	2:46.6	1:59.7	2:20.6	1:48.1	2:02.1	1:40.1	1:47.2	1:33.8	1:36.3	1:27.4	1:30.0	1:22.7	1:25.6	01:19.1
200 Brest	4:49.2	4:09.2	4:31.2	3:51.2	4:15.1	3:35.1	4:02.5	3:22.5	3:49.5	3:09.5	3:38.9	2:58.9	3:41.5	02:51.5
50 Fly	1:02.0	45.9	1:00.0	42.4	58.00	39.6	55.0	37.5	50.0	35.3	45.0	33.4	40.0	31.7
100 Fly	2:34.9	1:50.1	2:04.3	1:35.9	1:47.5	1:27.6	1:34.8	1:22.0	1:24.9	1:16.7	1:18.9	1:12.3	1:14.8	01:08.5
200 Fly	4:40.0	4:00.0	4:10.4	3:30.4	3:51.7	3:11.7	3:40.8	3:00.8	3:29.5	2:49.5	3:20.1	2:40.1	3:11.8	02:31.8
50 Back	1:02.0	46.9	1:00.0	43.6	58.00	41.2	55.0	39	50.0	36.5	45.0	34.8	40.0	33.1
100 Back	02:24.5	01:43.3	02:03.5	01:34.7	01:47.3	01:27.6	01:34.6	01:22.5	01:25.6	01:17.3	01:19.5	01:13.0	01:15.7	01:09.8
200 Back	04:06.70	03:36.70	03:59.70	03:19.70	03:46.9	03:06.9	03:36.5	02:56.5	03:25.9	02:45.9	03:17.0	02:37.0	03:10.4	02:30.4
200 IM	04:21.7	03:41.7	04:05.1	03:25.1	03:51.0	03:11.0	03:40.5	03:00.5	03:30.4	02:50.4	03:20.7	02:40.7	03:14.3	02:34.3
400 IM	11:19.8	07:58.6	10:05.9	07:20.2	08:25.7	06:45.5	07:22.1	06:20.9	06:40.3	06:00.4	06:13.0	05:40.6	05:49.4	05:26.4
800 Free	17:00.0		16:00.0		14:12.0		13:44.0		13:10.0		12:50.0		12:44.0	
1500 Free	29:00.0	28:00.0	27:00.0	26:00.0	25:30.0	23:50.5	25:30.0	22:01.7	23:30.0	20:52.8	23:00.0	19:55.5	22:30.0	18:40.6

Girls

	9y		10y		11y		12y		13y		14y		15y/O	
	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT
50 Free	01:00.0	41.1	58.0	38.5	55.0	36.5	53.0	34.7	48.0	33.3	45.0	32.4	43.0	31.7
100 Free	02:01.3	01:32.9	01:41.0	01:24.6	01:29.4	01:18.7	01:21.8	01:14.3	01:17.1	01:11.5	01:15.0	01:09.5	01:14.4	01:08.3
200 Free	03:57.6	03:17.6	03:40.4	03:00.4	03:29.6	02:49.6	03:19.9	02:39.9	03:13.6	02:33.6	03:09.6	02:29.6	03:06.6	02:26.6
50 Breast	01:07.0	54.2	01:03.0	50	01:01.0	46.7	58.0	44	55.0	42.1	50.0	40.8	48.0	39.8
100 Breast	02:35.6	02:00.2	02:08.0	01:48.8	01:53.6	01:40.2	01:43.6	01:34.4	01:36.7	01:29.8	01:33.0	01:26.5	01:32.4	01:25.1
200 Breast	04:31.5	03:51.5	04:51.7	04:11.7	04:14.9	03:34.9	04:02.4	03:22.4	03:52.8	03:12.8	03:46.7	03:06.7	03:43.5	03:03.5
50 Fly	01:07.0	46.5	01:03.0	42.4	01:00.0	40.1	58.0	37.9	55.0	36.4	50.0	35.2	48.0	34.4
100 Fly	02:24.3	01:51.4	01:53.2	01:36.0	01:39.9	01:28.0	01:31.2	01:22.4	01:25.2	01:19.0	01:23.0	01:16.3	01:21.8	01:15.1
200 Fly	04:43.5	04:03.6	04:02.8	03:32.8	03:53.9	03:13.9	03:40.7	03:00.7	03:32.6	02:52.6	03:26.7	02:46.7	03:23.0	02:43.0
50 Back	01:02.0	47.3	01:00.0	43.8	58.00	41.4	55.0	39.3	50.0	37.7	45.0	36.5	40.0	35.9
100 Back	02:15.7	01:45.2	01:53.2	01:35.2	01:40.3	01:28.1	01:31.2	01:22.7	01:25.9	01:19.2	01:23.0	01:17.0	01:22.0	01:15.3
200 Back	04:18.8	03:38.8	04:01.8	03:21.8	03:46.3	03:06.3	03:36.3	02:56.3	03:29.6	02:49.6	03:24.6	02:44.8	03:41.1	02:41.1
200 IM	04:24.0	03:44.0	04:05.6	03:25.6	03:51.4	03:11.4	03:40.6	03:00.6	03:33.8	03:33.8	03:28.7	02:48.7	03:25.5	02:45.5
400 IM	10:26.7	07:56.1	08:57.1	07:19.7	07:45.8	06:43.6	07:02.2	06:19.9	06:35.9	06:03.9	06:23.0	05:53.8	06:18.7	05:47.3
800 Free	17:30.0	14:48.2	15:30.0	13:36.7	14:12.0	12:09.5	13:44.0	11:29.3	13:10.0	10:58.3	12:50.0	10:40.8	12:44.0	10:28.5
1500 Free	29:00.0		27:00.0		25:30.0		24:30.0		23:30.0		22:30.0		22:00.0	

