

## REGIONAL AGE GROUP CHAMPIONSHIPS 2018

Day 1 – Friday 1 <sup>st</sup> June 2018	Day 1 - Saturday 2 <sup>nd</sup> June 2018	Day 2 – Sunday 3 <sup>rd</sup> June 2018
<b>Session 1: Combined Heats</b>  <b>30 Minute Warm-Up</b>	<b>Session 2: Combined Heats</b>  <b>45 Minute Warm-Up</b>	<b>Session 6: Combined Heats</b>  <b>45 Minute Warm-Up</b>
Mixed 400m Medley Relay HDW (11-14 years)  Male 1500m Freestyle HDW  Female 800m Freestyle HDW	Female 800m Freestyle Relay HDW (11-14 years)  Male 200m IM  Female 200m Backstroke  Male 200m Breaststroke  Female 100m Breaststroke  Male 100m Backstroke  Female 400m Freestyle HDW  Male 50m Freestyle  <b>15 Minute Break</b>	Male 800m Freestyle Relay HDW (11-14 years)  Female 200m IM  Male 200m Backstroke  Female 200m Breaststroke  Male 100m Breaststroke  Female 100m Backstroke  Male 400m Freestyle HDW  Female 50m Freestyle  <b>15 Minute Break</b>
	<b>Session 3: Finals &amp; Presentations</b>  <b>No Warm-Up</b>	<b>Session 6: Finals &amp; Presentations</b>  <b>No-Warm-Up</b>
	Male 200m IM (11/12 years ; 13 years ; 14 years)  Female 200m Backstroke (11/12 years ; 13 years ; 14 years)  Male 200m Breaststroke (11/12 years ; 13 years ; 14 years)  Female 100m Breaststroke (11/12 years ; 13 years ; 14 years)  Male 100m Backstroke (11/12 years ; 13 years ; 14 years)  Male 50m Freestyle (11/12 years ; 13 years ; 14 years)	Female 200m IM (11/12 years ; 13 years ; 14 years)  Male 200m Backstroke (11/12 years ; 13 years ; 14 years)  Female 200m Breaststroke (11/12 years ; 13 years ; 14 years)  Male 100m Breaststroke (11/12 years ; 13 years ; 14 years)  Female 100m Backstroke (11/12 years ; 13 years ; 14 years)  Female 50m Freestyle (11/12 years ; 13 years ; 14 years)
<b>Session 4: Combined Heats</b>  <b>45 Minute Warm-Up</b>	<b>Session 7: Combined Heats</b>  <b>45 Minute Warm-Up</b>	

	Male 400m Medley Relay HDW (11-14 years) Female 400m Medley Relay HDW (11-14 years) Male 200m Freestyle Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 400m IM HDW  <b>15 Minute Break</b>	Female 400m Medley Relay HDW (11-14 years) Male 400m Medley Relay HDW (11-14 years) Female 200m Freestyle Male 200m Butterfly Female 100m Butterfly Male 100m Freestyle Female 400m IM HDW  <b>15 Minute Break</b>
	<b>Session 5: Finals &amp; Presentations</b>  <b>No Warm-Up</b>	<b>Session 8: Finals &amp; Presentations</b>  <b>No Warm-Up</b>
	Male 200m Freestyle (11/12 years ; 13 years ; 14 years) Female 200m Butterfly (11/12 years ; 13 years ; 14 years) Male 100m Butterfly (11/12 years ; 13 years ; 14 years) Female 100m Freestyle (11/12 years ; 13 years ; 14 years) Male 800m Freestyle HDW	Female 200m Freestyle (11/12 years ; 13 years ; 14 years) Male 200m Butterfly (11/12 years ; 13 years ; 14 years) Female 100m Butterfly (11/12 years ; 13 years ; 14 years) Male 100m Freestyle (11/12 years ; 13 years ; 14 years) Female 1500m Freestyle HDW

If a Friday evening session is not possible, the 800m and 1500m Freestyle events are to be run as 'Mixed' events in sessions 5 and 8 and the 400m Mixed Medley Relay to be placed at the beginning of Session 5

**REGIONAL AGE GROUP CHAMPIONSHIPS 2018  
LC QUALIFYING & CONSIDERATION TIMES**

Event	Age Group	Qualifying Time LC	Consideration Time LC

<b>MALE (Age as of 31<sup>st</sup> December 2018)</b>			
<b>50m Freestyle</b>	11/12 years	35.06	36.65
	13 years	34.47	35.06
	14 years	31.29	32.79
<b>100m Freestyle</b>	11/12 years	1.14.01	1.17.37
	13 years	1.10.65	1.14.01
	14 years	1.04.35	1.11.92
<b>200m Freestyle</b>	11/12 years	2.39.75	2.46.91
	13 years	2.32.49	2.39.75
	14 years	2.28.85	2.35.61
<b>400m Freestyle</b>	11/12 years	5.39.55	5.54.98
	13 years	5.24.12	5.39.55
	14 years	5.18.18	5.32.64
<b>800m Freestyle</b>	11/12 years	Swimmers who qualify for 1500m are eligible to enter this event	Swimmers who qualify for 1500m are eligible to enter this event
	13 years		
	14 years		
<b>1500m Freestyle</b>	11/12 years	23.24.93	24.28.89
	13 years	22.21.07	23.24.93
	14 years	21.10.67	22.08.42
<b>100m Backstroke</b>	11/12 years	1.26.26	1.30.18
	13 years	1.22.34	1.26.26
	14 years	1.18.46	1.22.03
<b>200m Backstroke</b>	11/12 years	3.01.23	3.09.46
	13 years	2.52.99	3.01.23
	14 years	2.48.56	2.56.22
<b>100m Breaststroke</b>	11/12 years	1.39.97	1.44.51
	13 years	1.35.43	1.39.97
	14 years	1.30.20	1.34.30
	11/12 years	3.35.20	3.44.98

200m Breaststroke	13 years	3.25.42	3.35.20
	14 years	3.12.64	3.21.49
100m Butterfly	11/12 years	1.29.61	1.33.68
	13 years	1.25.54	1.29.61
	14 years	1.16.84	1.20.33
200m Butterfly	11/12 years	3.16.22	3.25.13
	13 years	3.07.30	3.16.22
	14 years	2.58.09	3.06.18
200m IM	11/12 years	3.06.28	3.14.74
	13 years	2.57.81	3.06.28
	14 years	2.48.42	2.56.07
400m IM	11/12 years	6.32.63	6.50.47
	13 years	6.14.78	6.32.63
	14 years	5.50.33	6.06.25

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LC QUALIFYING & CONSIDERATION TIMES**

Event	Age Group	Qualifying Time LC	Consideration Time LC
<b>FEMALE (Age as of 31<sup>st</sup> December 2018)</b>			
50m Freestyle	11/12 years	35.44	37.26
	13 years	33.20	34.70
	14 years	31.69	33.20

<b>100m Freestyle</b>	11/12 years	1.14.20	1.17.86
	13 years	1.11.57	1.14.71
	14 years	1.08.22	1.11.57
<b>200m Freestyle</b>	11/12 years	2.39.97	2.47.59
	13 years	2.36.18	2.43.27
	14 years	2.29.08	2.36.18
<b>400m Freestyle</b>	11/12 years	5.44.85	6.01.27
	13 years	5.37.51	5.46.85
	14 years	5.22.17	5.37.51
<b>800m Freestyle</b>	11/12 years	11.59.14	12.33.39
	13 years	11.24.24	11.55.34
	14 years	10.53.14	11.24.24
<b>1500m Freestyle</b>	11/12 years	Swimmers who qualify for 800m are eligible to enter this event	Swimmers who qualify for 800m are eligible to enter this event
	13 years		
	14 years		
<b>100m Backstroke</b>	11/12 years	1.25.21	1.28.27
	13 years	1.23.05	1.26.82
	14 years	1.19.27	1.23.05
<b>200m Backstroke</b>	11/12 years	2.59.88	3.08.45
	13 years	2.56.28	3.04.29
	14 years	2.48.27	2.56.28
<b>100m Breaststroke</b>	11/12 years	1.39.23	1.43.96
	13 years	1.34.24	1.38.52
	14 years	1.29.96	1.34.24
<b>200m Breaststroke</b>	11/12 years	3.28.76	3.38.66
	13 years	3.25.74	3.35.09
	14 years	3.16.39	3.25.74
<b>100m Butterfly</b>	11/12 years	1.27.16	1.31.31
	13 years	1.21.63	1.25.34
	14 years	1.17.92	1.21.63

200m Butterfly	11/12 years	3.19.37	3.28.86
	13 years	3.01.30	3.09.54
	14 years	2.53.06	3.01.30
200m IM	11/12 years	3.04.91	3.12.67
	13 years	2.57.38	3.05.44
	14 years	2.49.32	2.57.38
400m IM	11/12 years	6.36.53	6.55.41
	13 years	6.34.14	6.52.05
	14 years	6.16.22	6.34.14