

REGIONAL YOUTH/SENIOR LC CHAMPIONSHIPS 2018

Day 1 – Friday 4 th May 2018	Day 1 - Saturday 5 th May 2018	Day 2 – Sunday 6 th May 2018
Session 1: Combined Heats	Session 2: Combined Heats	Session 6: Combined Heats
30 Minute Warm-Up	45 Minute Warm-Up	45 Minute Warm-Up
Mixed 400m Medley Relay HDW (15/Over) Male 1500m Freestyle HDW Female 800m Freestyle HDW	Female 800m Freestyle Relay HDW (15/Over) Male 200m IM Female 200m Backstroke Male 200m Breaststroke Female 100m Breaststroke Male 100m Backstroke Female 50m Butterfly (17/Over Only) Male 50m Freestyle Female 400m Freestyle HDW	Male 800m Freestyle Relay HDW (15/Over) Female 200m IM Male 200m Backstroke Female 200m Breaststroke Male 100m Breaststroke Female 100m Backstroke Male 50m Butterfly (17/Over Only) Female 50m Freestyle Male 400m Freestyle HDW
	Session 3: Finals & Presentations	Session 6: Finals & Presentations
	No Warm-Up	No-Warm-Up
	Male 200m IM (15 years ; 16 years ; 17/Over) Female 200m Backstroke (15 years ; 16 years ; 17/Over) Male 200m Breaststroke (15 years ; 16 years ; 17/Over) Female 100m Breaststroke (15 years ; 16 years ; 17/Over) Male 100m Backstroke (15 years ; 16 years ; 17/Over) Female 50m Butterfly (17/Over) Male 50m Freestyle (15 years ; 16 years ; 17/Over)	Female 200m IM (15 years ; 16 years ; 17/Over) Male 200m Backstroke (15 years ; 16 years ; 17/Over) Female 200m Breaststroke (15 years ; 16 years ; 17/Over) Male 100m Breaststroke (15 years ; 16 years ; 17/Over) Female 100m Backstroke (15 years ; 16 years ; 17/Over) Male 50m Butterfly (17/Over) Female 50m Freestyle (15 years ; 16 years ; 17/Over)
	Session 4: Combined Heats	Session 7: Combined Heats
	45 Minute Warm-Up	45 Minute Warm-Up
	Male 400m Medley Relay HDW (15/Over) Female 400m Medley Relay HDW (15/Over)	Female 400m Medley Relay HDW (15/Over) Male 400m Medley Relay HDW (15/Over)

	Male 200m Freestyle Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 50m Breaststroke (17/Over Only) Female 50m Backstroke (17/Over Only) Male 400m IM HDW	Female 200m Freestyle Male 200m Butterfly Female 100m Butterfly Male 100m Freestyle Female 50m Breaststroke (17/Over Only) Male 50m Backstroke (17/Over Only) Female 400m IM HDW
	Session 5: Finals & Presentations	Session 8: Finals & Presentations
	No Warm-Up	No Warm-Up
	Male 200m Freestyle (15 years ; 16 years ; 17/Over) Female 200m Butterfly (15 years ; 16 years ; 17/Over) Male 100m Butterfly (15 years ; 16 years ; 17/Over) Female 100m Freestyle (15 years ; 16 years ; 17/Over) Male 50m Breaststroke (17/Over) Female 50m Backstroke (17/Over) Male 800m Freestyle HDW	Female 200m Freestyle (15 years ; 16 years ; 17/Over) Male 200m Butterfly (15 years ; 16 years ; 17/Over) Female 100m Butterfly (15 years ; 16 years ; 17/Over) Male 100m Freestyle (15 years ; 16 years ; 17/Over) Female 50m Breaststroke (17/Over) Male 50m Backstroke (17/Over) 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 8

REGIONAL YOUTH/SENIOR LC CHAMPIONSHIPS 2018 LC QUALIFYING & CONSIDERATION TIMES

Event	Age Group as of 31/12/18	Qualifying Time LC	Consideration Time LC
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MALE			
50m Freestyle	15 years	29.85	31.27
	16 years	28.60	29.90
	17/Over	27.30	28.60
100m Freestyle	15 years	1.05.62	1.08.75
	16 years	1.04.35	1.07.27
	17/Over	1.01.42	1.04.35
200m Freestyle	15 years	2.22.08	2.28.85
	16 years	2.21.68	2.28.12
	17/Over	2.15.24	2.21.68
400m Freestyle	15 years	5.03.72	5.18.18
	16 years	5.05.80	5.19.70
	17/Over	4.51.90	5.05.80
800m Freestyle	15 years	Swimmers who qualify for 1500m are eligible to enter this event	Swimmers who qualify for 1500m are eligible to enter this event
	16 years		
	17/Over		
1500m Freestyle	15 years	20.32.91	21.10.67
	16 years	20.33.76	21.30.84
	17/Over	19.37.68	20.33.76
50m Backstroke	17/Over	31.99	33.44
100m Backstroke	15 years	1.14.89	1.18.46
	16 years	1.15.32	1.18.74
	17/Over	1.11.90	1.15.32
200m Backstroke	15 years	2.40.90	2.48.56
	16 years	2.42.97	2.50.37
	17/Over	2.35.56	2.42.97
50m Breaststroke	17/Over	33.09	34.67

100m Breaststroke	15 years	1.26.10	1.30.20
	16 years	1.25.96	1.29.86
	17/Over	1.22.05	1.25.96
200m Breaststroke	15 years	3.03.88	3.12.64
	16 years	3.08.90	3.17.48
	17/Over	3.00.30	3.08.90
50m Butterfly	17/Over	27.89	29.22
100m Butterfly	15 years	1.13.35	1.16.84
	16 years	1.13.76	1.17.11
	17/Over	1.10.41	1.13.76
200m Butterfly	15 years	2.49.14	2.57.19
	16 years	2.42.04	2.49.40
	17/Over	2.34.67	2.42.04
200m IM	15 years	2.40.76	2.48.42
	16 years	2.43.26	2.50.68
	17/Over	2.35.84	2.43.26
400m IM	15 years	5.34.41	5.45.93
	16 years	5.43.13	5.58.72
	17/Over	5.27.53	5.43.13

**REGIONAL YOUTH/SENIOR LC CHAMPIONSHIPS 2018
LC QUALIFYING & CONSIDERATION TIMES**

Event	Age Group as of 31/12/18	Qualifying Time LC	Consideration Time LC
FEMALE			

50m Freestyle	15 years	31.51	32.94
	16 years	30.08	31.51
	17/Over	29.84	30.84
100m Freestyle	15 years	1.09.82	1.12.99
	16 years	1.06.65	1.09.82
	17/Over	1.05.00	1.08.10
200m Freestyle	15 years	2.31.96	2.38.86
	16 years	2.25.05	2.31.96
	17/Over	2.23.59	2.30.43
400m Freestyle	15 years	5.28.48	5.43.41
	16 years	5.13.55	5.28.48
	17/Over	5.06.63	5.21.23
800m Freestyle	15 years	11.05.74	11.36.00
	16 years	10.37.48	11.05.74
	17/Over	10.24.13	10.37.48
1500m Freestyle	15 years	Swimmers who qualify for 800m are eligible to enter this event	Swimmers who qualify for 800m are eligible to enter this event
	16 years		
	17/Over		
50m Backstroke	17/Over	34.42	36.06
100m Backstroke	15 years	1.21.71	1.25.42
	16 years	1.18.00	1.21.71
	17/Over	1.14.79	1.18.35
200m Backstroke	15 years	2.54.35	3.02.27
	16 years	2.46.42	2.54.35
	17/Over	2.43.18	2.50.95
50m Breaststroke	17/Over	38.12	39.94

100m Breaststroke	15 years	1.33.03	1.37.25
	16 years	1.28.80	1.33.03
	17/Over	1.24.02	1.28.55
200m Breaststroke	15 years	3.23.02	3.32.22
	16 years	3.13.79	3.23.02
	17/Over	3.09.00	3.18.00
50m Butterfly	17/Over	31.59	33.09
100m Butterfly	15 years	1.20.71	1.24.37
	16 years	1.17.04	1.20.71
	17/Over	1.14.55	1.18.10
200m Butterfly	15 years	2.57.48	3.05.54
	16 years	2.49.41	2.57.48
	17/Over	2.47.87	2.55.86
200m IM	15 years	2.53.37	3.01.25
	16 years	2.45.49	2.53.37
	17/Over	2.43.80	2.51.60
400m IM	15 years	6.18.05	6.35.23
	16 years	6.00.87	6.18.05
	17/Over	5.56.44	6.14.41