



**Braintree and Bocking Swimming Club**  
**March Madness Regional Qualifier**  
**Licence Number: 3ER240176**

23rd & 24th March 2024

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

Saturday 23<sup>rd</sup> March 2024

**Session 1 – Warm Up @ 1pm Start @ 2.05pm**

Event No.	Gender	Distance	Stroke
1	Male/Open	200m	Freestyle
2	Female	200m	Freestyle
3	Male/Open	50m	Breaststroke
4	Female	50m	Breaststroke
5	Male/Open	100m	Butterfly
6	Female	100m	Butterfly
7	Male/Open	50m	Backstroke
8	Female	50m	Backstroke
9	Male/Open	200m	Individual Medley
10	Female	200m	Individual Medley

Sunday 24<sup>th</sup> March 2024

**Session 2 – Warm up @ 11.15am Start @ 12.20pm**

Event No.	Gender	Distance	Stroke
11	Female	200m	Breaststroke
12	Male/Open	200m	Breaststroke
13	Female	50m	Freestyle
14	Male/Open	50m	Freestyle
15	Female	100m	Backstroke
16	Male/Open	100m	Backstroke
17	Female	200m	Butterfly
18	Male/Open	200m	Butterfly



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**Session 3 – Warm up @ TBA Start @ TBA**

Event No.	Gender	Distance	Stroke
19	Female	200m	Backstroke
20	Male/Open	200m	Backstroke
21	Female	50m	Butterfly
22	Male/Open	50m	Butterfly
23	Female	100m	Breaststroke
24	Male/Open	100m	Breaststroke
25	Female	100m	Freestyle
26	Male/Open	100m	Freestyle

**Closing Date for Entries: Friday 8<sup>th</sup> March 2024**



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**Qualification Times - Upper Limits – Age on day of meet**

Female							Stroke	Male/Open						
9 & 10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16+yrs		9 & 10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16+yrs
36.0	33.0	31.0	30.0	29.0	28.0	27.0	50m back	36.0	33.0	30.0	27.0	26.0	25.0	24.0
41.0	38.0	36.0	35.0	33.0	32.0	30.0	50m breast	41.0	37.0	36.0	35.0	33.0	29.0	27.0
35.0	32.0	30.0	29.0	27.0	26.0	25.0	50m fly	35.0	31.0	30.0	29.0	26.0	24.0	22.0
30.0	28.0	27.0	26.0	25.0	24.0	23.0	50m Free	30.0	28.0	26.0	25.0	23.0	21.0	20.0
1:17.00	1:14.00	1:09.00	1:08.00	1:05.00	1:02.00	1:00.0	100m back	1:17.00	1:14.00	1:09.00	1:07.00	1:02.00	00:59.0	00:55.0
1:29.00	1:26.00	1:21.00	1:20.00	1:16.00	1:13.00	1:10.00	100m breast	1:29.00	1:26.00	1:21.00	1:20.00	1:13.00	1:09.00	1:04.00
1:23.00	1:20.00	1:15.00	1:09.00	1:07.00	1:04.00	1:01.00	100m fly	1:23.00	1:20.00	1:15.00	1:07.00	1:03.00	00:58.0	00:54.0
1:07.00	1:04.00	1:01.00	1:00.00	00:57.0	00:55.0	00:53.0	100 free	1:07.00	1:04.00	1:01.00	00:59.00	00:54.0	00:50.0	00:48.0
2:45.00	2:40.00	2:32.00	2:28.00	2:24.00	2:22.00	2:16.00	200IM	2:45.00	2:40.00	2:30.00	2:19.00	2:11.00	2:09.00	2:03.00
2:28.00	2:24.00	2:20.00	2:14.00	2:10.00	2:06.00	2:00.00	200 free	2:28.00	2:24.00	2:18.00	2:06.00	2:00.00	1:54.00	1:50.00
2:45.00	2:40.00	2:32.00	2:28.00	2:24.00	2:22.00	2:18.00	200 back	2:45.00	2:40.00	2:30.00	2:18.00	2:10.00	2:08.00	2:04.00
3:10.00	3:04.00	2:58.00	2:52.00	2:46.00	2:40.00	2:30.00	200 breast	3:10.00	3:04.00	2:50.00	2:42.00	2:36.00	2:30.00	2:20.00
3:10.00	2:48.00	2:42.00	2:30.00	2:24.00	2:20.00	2:16.00	200 fly	3:10.00	2:48.00	2:40.00	2:22.00	2:16.00	2:09.00	2:04.00