

Why 200s?

Long Term Athlete Development studies have shown that, physiologically, young swimmers – 10 year old girls & 10 and 11 year old boys – are able to race 200m & 50m events more easily than 100m events. This is because 200m events require good technique whilst being swum aerobically, whilst 50m events are sprints.

100m events cross the boundary from sprint to aerobic swim and are therefore physiologically harder for young swimmers. Therefore, at county & regional championships no qualifying times are set for 100m events in these age groups. Only swimmers whose technique is good enough to let them achieve the 200m qualifying standard can enter the 100m event.

This meet provides an excellent opportunity for swimmers to achieve 200m qualifying times for county championships in 2009. The time bandings are such that any of you can enter.

BARNET COPTHALL SWIMMING CLUB

200 MEET ♦ SUNDAY 19th October 2008

UNDER A.S.A. LAWS AND A.S.A. TECHNICAL RULES

Doors Open 11:45pm

Afternoon session : Warm-up 12:00 pm Cards by 12:00 pm Start 1:00 pm

Event 1	GIRLS	9, 10, 11, 12, 13 & 14+ Yrs	200m BUTTERFLY
Event 2	BOYS	9, 10, 11, 12, 13 & 14+ Yrs	200m BACKSTROKE
Event 3	GIRLS	9, 10, 11, 12, 13 & 14+ Yrs	200m BREASTSTROKE
Event 4	BOYS	9, 10, 11, 12, 13 & 14+ Yrs	200m FREESTYLE

Afternoon session : Warm-up 4:15 pm Cards by 4:15 pm Start 5.00 pm

Event 5	BOYS	9, 10, 11, 12, 13 & 14+ Yrs	200m BUTTERFLY
Event 6	GIRLS	9, 10, 11, 12, 13 & 14+ Yrs	200m BACKSTROKE
Event 7	BOYS	9, 10, 11, 12, 13 & 14+ Yrs	200m BREASTSTROKE
Event 8	GIRLS	9, 10, 11, 12, 13 & 14+ Yrs	200m FREESTYLE

MEET This meet is a Level 3 Licensed Meet – number 3LR8296

AGE GROUPS Age groups as above. AGES AS ON 19th OCTOBER 2008.

AWARDS Will be made to 1st, 2nd and 3rd placed swimmers in each age group.

ENTRY FEES £4.25 per event plus £1.50 club admin fee (Cheques payable to Chesham SC)

CLOSING DATE LATEST - to Liz by 6th July 08 – the meet is first come first served!

Barnet Copthall 200 Meet 2008

3LR8296

Upper Limit Times - swimmers should be no faster than these times*

Event	Age 9	Age 10	Age 11	Age 12	Age 13	Age 14+
BOYS						
200 free	02:55.00	02:45.00	02:30.00	02:20.00	02:15.00	02:10.00
200 back	03:10.00	03:00.00	02:50.00	02:35.00	02:30.00	02:25.00
200 breast	03:40.00	03:30.00	03:15.00	02:55.00	02:50.00	02:45.00
200 fly	03:40.00	03:15.00	03:00.00	02:40.00	02:35.00	02:30.00
GIRLS						
200 free	02:55.00	02:45.00	02:30.00	02:25.00	02:20.00	02:15.00
200 back	03:10.00	03:00.00	02:50.00	02:40.00	02:35.00	02:30.00
200 breast	03:40.00	03:30.00	03:15.00	03:00.00	02:55.00	02:50.00
200 fly	03:40.00	03:15.00	02:55.00	02:45.00	02:40.00	02:35.00

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Qualifying Times - swimmers should be no slower than these times*

Event	Age 9	Age 10	Age 11	Age 12	Age 13	Age 14+
BOYS						
200 free	04:20.00	04:00.00	03:45.00	03:25.00	02:55.00	02:45.00
200 back	04:40.00	04:20.00	04:00.00	03:35.00	03:15.00	03:05.00
200 breast	05:15.00	04:45.00	04:15.00	03:55.00	03:40.00	03:30.00
200 fly	05:05.00	04:20.00	04:00.00	03:35.00	03:10.00	03:00.00
GIRLS						
200 free	04:15.00	04:00.00	03:45.00	03:30.00	03:00.00	02:50.00
200 back	04:35.00	04:20.00	04:00.00	03:40.00	03:20.00	03:10.00
200 breast	05:10.00	04:45.00	04:15.00	04:00.00	03:45.00	03:35.00
200 fly	05:00.00	04:20.00	04:00.00	03:40.00	03:15.00	03:05.00