RSC Rugby Races Sprints Meet 2021 Saturday 04 December



Upper time limits (Short Course 25m)

Upper Times (you must be slower than this to enter)

BOYS							GIRLS							
9	10	11	12	13	14	15+	EVENT	9	10	11	12	13	14	15+
0:32.9	0:31.1	0:29.6	0:27.9	0:26.6	0:25.6	0:24.8	50m Free	0:32.9	0:31.4	0:30.0	0:28.6	0:27.9	0:27.5	0:27.1
0:42.9	0:41.0	0:38.5	0:36.1	0:33.8	0:32.5	0:31.4	50m Breast	0:42.5	0:41.0	0:38.5	0:36.4	0:35.2	0:34.5	0:34.0
0:35.6	0:34.9	0:32.8	0:31.1	0:29.3	0:28.1	0:27.1	50m Fly	0:35.7	0:34.8	0:33.1	0:31.4	0:30.5	0:29.9	0:29.4
0:37.9	0:36.0	0:34.1	0:32.3	0:30.4	0:29.4	0:28.4	50m Back	0:36.6	0:35.9	0:34.0	0:32.5	0:31.6	0:31.0	0:30.7
1:12.8	1:07.8	1:03.9	0:59.8	0:56.8	0:54.8	0:53.6	100m Free	1:11.9	1:09.0	1:04.3	1:01.0	0:59.6	0:58.6	0:58.0

SESSION 1: Warm-up: 13:00, Start 13:45 - Sat. 04 December 2021						
Event No.	EVENT Age Group					
1	100m	Boys	FREESTYLE	Open		
2	50m	Girls	BACKSTROKE	Open		
3	50m	Boys	BREASTSTROKE	Open		
4	50m	Girls	BUTTERFLY	Open		
5	50m	Boys	FREESTYLE	Open		

SESSION 2: Warm-up: TBC, Start TBC - Sat. 04 December 2021							
Event No.	EVENT Age Group						
6	100m	Girls	FREESTYLE	Open			
7	50m	Boys	BACKSTROKE	Open			
8	50m	Girls	BREASTSTROKE	Open			
9	50m	Boys	BUTTERFLY	Open			
10	50m	Girls	FREESTYLE	Open			