

Summer Festival of Swimming
22nd and 23rd July 2023 at Moorways Sports Village, Derby
 (Under Swim England Regulations and Technical Rules)
 Licensed Level 3 Long Course 3EM231444

Event Schedule

Warm up & start times to be confirmed following the closing date

Saturday 22 nd July 2023 - Session One		
Event		Distance/Stroke
101	Girls	100m Freestyle
102	Boys	50m Backstroke
103	Girls	200m IM
104	Boys	100m Breaststroke
105	Girls	50m Butterfly
106	Boys	200m Butterfly
107	Girls	200m Backstroke
Saturday 22 nd July 2023 - Session Two		
Event		Distance/Stroke
201	Boys	200m Freestyle
202	Girls	50m Freestyle
203	Boys	100m Backstroke
204	Girls	200m Breaststroke
205	Boys	50m Breaststroke
206	Girls	100m Butterfly
207	Mixed	4 x 50m Medley Relay

Sunday 23 rd July 2023 - Session Three		
Event		Distance/Stroke
301	Boys	100m Freestyle
302	Girls	50m Backstroke
303	Boys	200m IM
304	Girls	100m Breaststroke
305	Boys	50m Butterfly
306	Girls	200m Butterfly
307	Boys	200m Backstroke
Sunday 23 rd July 2023 - Session Four		
Event		Distance/Stroke
401	Girls	200m Freestyle
402	Boys	50m Freestyle
403	Girls	100m Backstroke
404	Boys	200m Breaststroke
405	Girls	50m Breaststroke
406	Boys	100m Butterfly
407	Mixed	4x50m Freestyle Relay

Upper Limit Times (50m Pool)

(Times must be slower than the times below, times given are long course times)

Girls						Event (50m Times)	Boys					
9	10	11	12	13/14	15/Ov		9	10	11	12	13/14	15/Ov
33.00	31.80	30.60	28.80	27.30	26.40	50m Freestyle	33.20	31.30	30.70	27.80	25.60	23.20
1.17.20	1.13.60	1.04.40	1.00.30	1.00.00	57.10	100m Freestyle	1.15.80	1.09.40	1.06.00	59.60	55.70	50.70
2.44.40	2.38.20	2.20.00	2.12.50	2.10.10	2.03.60	200m Freestyle	2.40.20	2.34.00	2.22.80	2.10.40	2.00.50	1.53.30
39.70	36.20	34.00	32.40	30.80	31.10	50m Backstroke	38.70	37.30	34.40	32.60	29.50	27.10
1.25.30	1.17.10	1.14.90	1.08.00	1.05.90	1.04.00	100m Backstroke	1.23.90	1.21.80	1.15.70	1.09.60	1.03.70	58.00
3.08.80	2.50.30	2.41.20	2.25.40	2.22.10	2.17.20	200m Backstroke	3.07.20	3.01.00	2.42.00	2.34.70	2.18.50	2.06.80
37.60	36.00	32.70	30.00	29.20	28.00	50m Butterfly	37.80	36.20	33.50	30.80	26.70	25.00
1.26.50	1.24.30	1.15.00	1.05.20	1.04.70	1.04.10	100m Butterfly	1.35.40	1.23.30	1.14.10	1.09.00	1.00.80	55.10
3.17.50	3.15.80	2.58.70	2.24.80	2.24.10	2.19.30	200m Butterfly	3.17.30	3.15.10	3.02.50	2.35.40	2.17.20	2.14.70
44.30	42.90	39.20	37.80	34.30	32.10	50m Breaststroke	42.60	41.20	39.60	36.10	32.40	30.00
1.36.80	1.34.60	1.29.10	1.18.60	1.16.10	1.12.20	100m Breaststroke	1.35.70	1.34.10	1.29.20	1.20.80	1.10.70	1.06.20
3.37.70	3.25.60	3.14.10	2.46.60	2.42.60	2.41.70	200m Breaststroke	3.39.70	3.25.60	3.13.60	2.51.10	2.34.60	2.31.70
3.03.30	3.01.20	2.43.70	2.27.10	2.26.80	2.21.50	200m IM	3.20.60	3.00.70	2.41.60	2.32.70	2.21.60	2.15.80