

2009 Cumbria Autumn Graded Series – Gala Programme & Qualifying Times

Gala 1	Gala 2	Gala 3	Gala 4
Venue - Kendal	Venue – Kendal	Venue - Whitehaven	Venue - Whitehaven
Date – 21/11/2009	Date - 21/11/2009	Date – 28/11/2009	Date – 28/11/2009
Time – 9.30am warm up for 10.15am start	Time – 2.15pm warm up for 3.00pm start	Time – 9.30am warm up for 10.15am start	Time – 2.15pm warm up for 3.00pm start
Event 1 Girls 9/over 200m fly	Event 9 Girls 9/over 200m IM	Event 17 Girls 9/over 200m Breast	Event 25 Boys 9/over 200m IM
Event 2 Boys 9/over 200m Free	Event 10 Boys 9/over 50m Free	Event 18 Boys 9/over 100m IM	Event 26 Girls 10/over 400m Free
Event 3 Girls 11/over 100m Breast	Event 11 Girls 11/over 100m Fly	Event 19 Girls 11/over 100m Back	Event 27 Boys 9/over 50m Breast
Event 4 Boys 12/over 100m Back	Event 12 Boys 9/over 50m Fly	Event 20 Boys 10/over 400m Free	Event 28 Girls 9/over 200m Back
Event 5 Girls 11/over 400m IM	Event 13 Girls 9/over 200m Free	Event 21 Girls 11/over 100m Free	Event 29 Boys 9/over 200m Fly
Event 6 Boys 9/over 200m Breast	Event 14 Boys 11/over 400m IM	Event 22 Boys 9/over 200m Back	Event 30 Girls 9/over 50m Free
Event 7 Girls 9/over 50m Fly	Event 15 Girls 9/over 50m Breast	Event 23 Girls 9/over 100m IM	Event 31 Boys 12/over 100m Breast
Event 8 Boys 12/over 100m Free	Event 16 Boys 9/over 50m Back	Event 24 Boys 12/over 100m Fly	Event 32 Girls 9/over 50m Back

		9 year		10 year		11 year		12 year		13 year		14 years and over	
		Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
100m IM	ULT	01:42.0	01:41.6	01:34.1	01:34.5	01:28.2	01:28.6	01:23.8	01:24.3	01:19.0	01:21.0	01:08.8	01:15.4
	QT	02:05.3	02:09.8	01:53.3	01:53.9	01:46.3	01:46.7	01:41.0	01:41.6	01:35.1	01:37.5	01:22.8	01:30.8
200m IM	ULT	03:37.0	03:36.2	03:19.1	03:18.3	03:03.7	03:04.5	02:54.6	02:55.7	02:44.5	02:48.7	02:26.3	02:40.4
	QT	04:32.6	04:36.2	04:01.1	04:02.3	03:41.3	03:42.3	03:30.3	03:31.6	03:18.2	03:23.2	02:56.2	03:13.2
400m IM	ULT	N/A	N/A	N/A	N/A	06:43.0	06:31.6	06:05.9	06:08.4	05:47.0	05:55.3	05:32.5	05:44.4
	QT	N/A	N/A	N/A	N/A	07:53.5	07:51.8	07:20.9	07:23.8	06:58.1	07:08.1	06:40.6	06:54.9
50m Freestyle	ULT	40.7	40.6	37.4	37.5	34.7	35.1	32.3	33.6	31.2	32.0	27.5	30.7
	QT	49.0	50.3	45.4	45.1	41.7	42.3	39.0	40.5	37.6	38.6	33.1	37.0
100m Freestyle	ULT	N/A	N/A	N/A	N/A	N/A	01:14.7	01:10.3	01:11.6	01:06.5	01:09.6	59.1	01:05.7
	QT	N/A	N/A	N/A	N/A	N/A	01:30.0	01:24.7	01:26.2	01:20.2	01:23.8	01:11.2	01:19.2
200m Freestyle	ULT	03:10.9	03:07.8	02:55.1	02:54.4	02:42.5	02:43.0	02:33.1	02:35.2	02:24.9	02:28.2	02:09.2	02:21.4
	QT	04:03.1	04:01.6	03:33.2	03:30.1	03:15.7	03:16.4	03:04.4	03:07.0	02:54.5	02:58.5	02:35.6	02:50.4
400m Freestyle	ULT	N/A	N/A	06:04.2	06:06.4	05:37.2	05:36.3	05:20.3	05:20.5	05:02.9	05:06.7	04:33.6	04:56.7
	QT	N/A	N/A	07:26.8	07:29.6	06:46.1	06:45.0	06:25.8	06:26.1	06:04.8	06:09.4	05:29.5	05:57.4
50m Backstroke	ULT	46.8	45.9	43.3	42.2	41.1	39.6	37.3	38.3	35.2	36.7	31.2	34.4
	QT	57.9	57.2	52.2	50.9	49.6	47.7	44.9	46.2	42.4	44.2	37.6	41.5
100m Backstroke	ULT	N/A	N/A	N/A	N/A	N/A	01:24.2	01:19.3	01:19.9	01:14.9	01:16.5	01:06.5	01:13.3
	QT	N/A	N/A	N/A	N/A	N/A	01:41.4	01:35.5	01:36.2	01:30.3	01:32.1	01:20.1	01:28.3
200m Backstroke	ULT	03:34.6	03:34.9	03:15.1	03:15.4	03:00.6	02:58.3	02:48.2	02:51.0	02:40.1	02:44.4	02:24.0	02:37.2
	QT	04:35.1	04:34.0	03:59.2	03:56.2	03:37.5	03:34.8	03:22.6	03:26.0	03:12.9	03:18.0	02:53.5	03:09.3
50m Breaststroke	ULT	53.4	52.0	49.1	48.0	45.5	45.0	41.8	42.6	38.6	40.8	34.2	39.1
	QT	01:06.4	01:05.1	59.1	57.8	54.9	54.2	50.4	51.3	46.5	49.1	41.2	47.1
100m Breaststroke	ULT	N/A	N/A	N/A	N/A	N/A	01:35.7	01:28.9	01:30.7	01:24.0	01:26.8	01:14.4	01:23.2
	QT	N/A	N/A	N/A	N/A	N/A	01:55.3	01:47.1	01:49.2	01:41.2	01:44.6	01:29.7	01:40.3
200m Breaststroke	ULT	04:05.3	04:03.8	03:45.1	03:43.7	03:27.6	03:27.4	03:14.9	03:15.8	03:01.5	03:06.5	02:43.3	02:59.4
	QT	05:02.5	05:18.7	04:32.6	04:32.4	04:10.1	04:09.9	03:54.7	03:55.9	03:38.7	03:44.7	03:16.7	03:36.1
50m Butterfly	ULT	45.8	44.9	41.9	41.3	38.6	38.8	36.7	36.8	34.1	35.5	30.0	32.8
	QT	01:02.8	56.2	50.5	49.8	46.5	46.7	44.3	44.3	41.1	42.7	36.2	39.6
100m Butterfly	ULT	N/A	N/A	N/A	N/A	N/A	01:24.3	01:18.1	01:20.0	01:14.1	01:17.1	01:05.3	01:13.0
	QT	N/A	N/A	N/A	N/A	N/A	01:41.5	01:34.1	01:36.8	01:29.3	01:32.9	01:18.7	01:27.9
200m Butterfly	ULT	03:50.8	03:48.9	03:24.2	03:24.4	03:08.8	03:07.5	02:56.0	02:56.4	02:44.9	02:48.6	02:25.3	02:41.4
	QT	05:21.2	05:13.7	04:16.9	04:13.0	03:47.4	03:45.9	03:32.0	03:32.5	03:18.6	03:23.1	02:55.0	03:14.4

Qualifying times and upper limit times for entry to each event - entry times must be between this range