

Saturday 24th & Sunday 25th November 2018

The Pavilions in the Park, Horsham, West Sussex, RH12 2DF

Saturday 24 th November					
Session 1 Warm up 07.30 / Start 08.15 / Finish 10.15		Session 2 Warm up 10.20 / Start 11.25 / Finish 14.25		Session 3 Warm up 14.30 / Start 15.30 / Finish 18.00	
1	Boys 9 years + 400m Free	5	Girls 9 years + 200m Fly	11	Girls 9 years + 200m Free
2	Girls 9 years + 400m IM	6	Boys 9 years + 100m Back	12	Boys 9 years + 100m IM
3	Boys 9 years + 200m Breast	7	Girls 9 years + 50m Back	13	Girls 9 years + 50m Fly
4	Girls 9 years + 200m Back	8	Boys 9 years + 200m IM	14	Boys 9 years + 100m Fly
		9	Girls 9 years + 100m Free	15	Girls 9 years + 100m Breast
		10	Boys 9 years + 50m Breast	16	Boys 9 years + 50m Free

Sunday 25 th November					
Session 4 Warm up 07.30 / Start 08.15 / Finish 10.15		Session 5 Warm up 10.20 / Start 11.25 / Finish 14.25		Session 6 Warm up 14.30 / Start 15.30 / Finish 18.00	
17	Girls 9 years + 400m Free	21	Boys 9 years + 200m Fly	27	Boys 9 years + 200m Free
18	Boys 9 years + 400m IM	22	Girls 9 years + 100m Back	28	Girls 9 years + 100m IM
19	Girls 9 years + 200m Breast	23	Boys 9 years + 50m Back	29	Boys 9 years + 50m Fly
20	Boys 9 years + 200m Back	24	Girls 9 years + 200m IM	30	Girls 9 years + 100m Fly
		25	Boys 9 years + 100m Free	31	Boys 9 years + 100m Breast
		26	Girls 9 years + 50m Breast	32	Girls 9 years + 50m Free

Please note times are tentative and will be confirmed once all of the entries for the Meet have been processed.

- Venue:** Pavilions in the Park, Horsham, West Sussex, RH12 2DF
25m deck level pool, 8 lanes, electronic timing, anti-wave lane ropes
- Age Groups:** 9, 10, 11, 12, 13, 14, 15, 16+. Ages at 25th November 2018
- Events:** 50m, 100m and 200m all four strokes
100m, 200m and 400m IM All events will be heat declared winners
400m Freestyle
- Awards:** Medals to 1st, 2nd and 3rd Ribbons to 4th, 5th and 6th.
- Fees:** 50m, 100m & 200m events are £6 each
400m events are £9 each



Atlantis Christmas Cracker 2018

Boys Upper & Lower Qualifying Times

BOYS			9	10	11	12	13	14	15	16+
50m	Back	Upper	40.80	38.25	31.45	30.60	29.75	28.90	28.05	27.20
		Lower	55.20	51.75	42.55	41.40	40.25	39.10	37.95	36.80
	Breast	Upper	46.75	43.35	36.55	35.70	34.85	34.00	33.15	32.30
		Lower	1.03.25	58.65	49.45	48.30	47.15	46.00	44.85	43.70
	Fly	Upper	39.95	36.55	30.60	29.75	28.90	28.05	27.20	26.35
		Lower	54.05	49.45	41.40	40.25	39.10	37.95	36.80	35.65
	Free	Upper	35.70	33.15	27.20	26.35	25.50	24.65	23.80	22.95
		Lower	48.30	44.85	36.80	35.65	34.50	33.35	32.20	31.05
100m	Back	Upper	1.28.86	1.22.28	1.14.80	1.10.55	1.08.00	1.03.75	59.50	57.80
		Lower	2.00.23	1.51.32	1.41.20	1.35.45	1.32.00	1.26.25	1.20.50	1.18.20
	Breast	Upper	1.46.03	1.38.18	1.29.25	1.23.30	1.16.50	1.12.25	1.08.00	1.06.30
		Lower	2.23.45	2.12.82	2.00.75	1.52.70	1.43.50	1.37.75	1.32.00	1.29.70
	Fly	Upper	1.32.90	1.26.02	1.18.20	1.12.25	1.08.00	1.03.75	59.50	57.80
		Lower	2.05.69	1.56.38	1.45.80	1.37.75	1.32.00	1.26.25	1.20.50	1.18.20
	Free	Upper	1.17.75	1.11.99	1.05.45	1.01.20	57.80	54.40	52.70	51.85
		Lower	1.45.20	1.37.40	1.28.55	1.22.80	1.18.20	1.13.60	1.11.30	1.10.15
	IM	Upper	1.33.50	1.22.45	1.15.65	1.11.40	1.07.15	1.05.45	1.02.05	59.50
		Lower	2.06.50	1.51.55	1.42.35	1.36.60	1.30.85	1.28.55	1.23.95	1.20.50
200m	Back	Upper	3.07.00	2.50.00	2.39.80	2.31.30	2.20.25	2.15.15	2.10.05	2.07.50
		Lower	4.13.00	3.50.00	3.36.20	3.24.70	3.09.75	3.02.85	2.55.95	2.52.50
	Breast	Upper	3.41.00	3.24.00	3.07.00	2.58.50	2.50.00	2.41.50	2.33.00	2.28.75
		Lower	4.59.00	4.36.00	4.13.00	4.01.50	3.50.00	3.38.50	3.27.00	3.21.25
	Fly	Upper	3.24.00	3.11.25	2.58.50	2.45.75	2.33.00	2.20.25	2.11.75	2.08.35
		Lower	4.36.00	4.18.75	4.01.50	3.44.25	3.27.00	3.09.75	2.58.25	2.53.65
	Free	Upper	2.50.00	2.33.00	2.24.50	2.16.00	2.07.50	1.59.00	1.54.75	1.50.50
		Lower	3.50.00	3.27.00	3.15.50	3.04.00	2.52.50	2.41.00	2.35.25	2.29.50
	IM	Upper	3.11.25	3.02.75	2.41.50	2.33.00	2.24.50	2.16.00	2.11.75	2.07.50
		Lower	4.18.75	4.07.25	3.38.50	3.27.00	3.15.50	3.04.00	2.58.25	2.52.50
400m	Free	Upper	5.50.63	5.18.75	5.06.00	4.40.50	4.27.75	4.15.00	4.10.75	4.06.50
		Lower	7.54.38	7.11.25	6.54.00	6.19.50	6.02.25	5.45.00	5.39.25	5.33.50
	IM	Upper	6.32.70	5.57.00	5.44.25	5.31.50	5.14.50	4.57.50	4.49.00	4.40.50
		Lower	8.51.30	8.03.00	7.45.75	7.28.50	7.05.50	6.42.50	6.31.00	6.19.50



Atlantis Christmas Cracker 2018

Girls Upper & Lower Qualifying Times

GIRLS			9	10	11	12	13	14	15	16+
50m	Back	Upper	40.80	38.25	32.30	31.45	30.60	29.75	28.90	28.05
		Lower	55.20	51.75	43.70	42.55	41.40	40.25	39.10	37.95
	Breast	Upper	46.75	43.35	37.40	36.55	35.70	34.85	34.00	33.15
		Lower	1.03.25	58.65	50.60	49.45	48.30	47.15	46.00	44.85
	Fly	Upper	39.95	36.55	31.45	30.60	29.75	28.90	28.05	27.20
		Lower	54.05	49.45	42.55	41.40	40.25	39.10	37.95	36.80
	Free	Upper	34.85	32.30	28.90	28.05	27.20	26.35	25.50	24.65
		Lower	47.15	43.70	39.10	37.95	36.80	35.65	34.50	33.35
100m	Back	Upper	1.26.84	1.20.41	1.13.10	1.08.85	1.06.30	1.05.45	1.04.60	1.03.75
		Lower	1.57.49	1.48.79	1.38.90	1.33.15	1.29.70	1.28.55	1.27.40	1.26.25
	Breast	Upper	1.40.98	1.33.50	1.25.00	1.19.05	1.16.50	1.14.80	1.13.95	1.13.10
		Lower	2.16.62	2.06.50	1.55.00	1.46.95	1.43.50	1.41.20	1.40.05	1.38.90
	Fly	Upper	1.30.88	1.24.15	1.16.50	1.12.25	1.08.00	1.06.30	1.05.45	1.04.60
		Lower	2.02.96	1.53.85	1.43.50	1.37.75	1.32.00	1.29.70	1.28.55	1.27.40
	Free	Upper	1.17.75	1.11.99	1.05.45	1.02.05	59.50	57.80	56.95	56.10
		Lower	1.45.20	1.37.40	1.28.55	1.23.95	1.20.50	1.18.20	1.17.05	1.15.90
	IM	Upper	1.29.25	1.20.75	1.14.80	1.11.40	1.08.00	1.06.30	1.04.60	1.02.90
Lower		2.00.75	1.49.25	1.41.20	1.36.60	1.32.00	1.29.70	1.27.40	1.25.10	
200m	Back	Upper	3.07.00	2.50.85	2.38.10	2.29.60	2.23.65	2.21.10	2.19.40	2.17.70
		Lower	4.13.00	3.51.15	3.33.90	3.22.40	3.14.35	3.10.90	3.08.60	3.06.30
	Breast	Upper	3.36.75	3.15.50	3.01.90	2.50.00	2.45.75	2.41.50	2.38.95	2.37.25
		Lower	4.53.25	4.24.50	4.06.10	3.50.00	3.44.25	3.38.50	3.35.05	3.32.75
	Fly	Upper	3.24.00	3.11.25	2.58.50	2.45.75	2.33.00	2.28.75	2.26.20	2.24.50
		Lower	4.36.00	4.18.75	4.01.50	3.44.25	3.27.00	3.21.25	3.17.80	3.15.50
	Free	Upper	2.50.00	2.28.75	2.20.25	2.11.75	2.07.50	2.05.80	2.04.10	2.03.25
		Lower	3.50.00	3.21.25	3.09.75	2.58.25	2.52.50	2.50.20	2.47.90	2.46.75
IM	Upper	3.02.75	2.54.25	2.41.50	2.33.00	2.24.50	2.22.80	2.21.10	2.20.25	
	Lower	4.07.25	3.55.75	3.38.50	3.27.00	3.15.50	3.13.20	3.10.90	3.09.75	
400m	Free	Upper	5.41.28	5.10.25	4.57.50	4.40.50	4.32.00	4.29.45	4.26.90	4.23.50
		Lower	7.41.73	6.59.75	6.42.50	6.19.50	6.08.00	6.04.55	6.01.10	5.56.50
	IM	Upper	6.32.70	5.57.00	5.44.25	5.23.00	5.14.50	5.01.75	4.59.20	4.57.50
		Lower	8.51.30	8.03.00	7.45.75	7.17.00	7.05.50	6.48.25	6.44.80	6.42.50

