

Harlow Penguins Swimming Club presents Age Group Qualifier Open Meet

A Level 3 Licensed meet 3ER231226

under Swim England Laws & Swim England Technical Rules of Swimming

at

Harlow LeisureZone, Essex. CM20 3DT

on

Saturday 9th December 2023

Session 1 - Warm-up 12.30; Start 13.30					Session 2 - Warm-up 16.30; Start 17.30				
Event 101	HDW	Female	400m	Freestyle	Event 215	HDW	Male/Open	400m	Freestyle
Event 102	HDW	Male/Open	200m	Breaststroke	Event 216	HDW	Female	200m	Breaststroke
Event 103	HDW	Female	200m	Freestyle	Event 217	HDW	Male/Open	200m	Freestyle
Event 104	HDW	Male/Open	200m	IM	Event 218	HDW	Female	200m	IM
Event 105	HDW	Female	50m	Backstroke	Event 219	HDW	Male/Open	50m	Backstroke
Event 106	HDW	Male/Open	50m	Breaststroke	Event 220	HDW	Female	50m	Breaststroke
Event 107	HDW	Female	100m	Butterfly	Event 221	HDW	Male/Open	100m	Butterfly
Event 108	HDW	Male/Open	100m	Freestyle	Event 222	HDW	Female	100m	Freestyle
Event 109	HDW	Female	200m	Backstroke	Event 223	HDW	Male/Open	200m	Backstroke
Event 110	HDW	Male/Open	200m	Butterfly	Event 224	HDW	Female	200m	Butterfly
Event 111	HDW	Female	50m	Freestyle	Event 225	HDW	Male/Open	50m	Freestyle
Event 112	HDW	Male/Open	50m	Butterfly	Event 226	HDW	Female	50m	Butterfly
Event 113	HDW	Female	100m	Breaststroke	Event 227	HDW	Male/Open	100m	Breaststroke
Event 114	HDW	Male/Open	100m	Backstroke	Event 228	HDW	Female	100m	Backstroke

All open events ages 9 and over

Age as at 9th December 2023

Limited number of heats per event

Entries accepted on fastest-swimmer basis

Upper limit QTs based on 2020 Essex County Age Group Championships -20%