
 HANCOCK <small>FAMILY MEDICAL FOUNDATION (INC)</small>	<h2>Hancock Family Medical Foundation New Year Challenge</h2> 
Host:	Swimming WA
Contact:	Ph: 9328 4599 Email: waswim@wa.swimming.org.au
Date of Event:	Saturday 28 and Sunday 29 January 2017
Location:	HBF Stadium
Time:	Morning: <ul style="list-style-type: none"> • Warm-up from 8:00am • Start at 9:00am Evening: <ul style="list-style-type: none"> • Warm-up from 4:30pm • Start at 5:30pm
Cost:	\$9.00 per individual event
Closing Date:	9:30pm SHARP Tuesday 17 January 2017
Recognition/ Awards:	Please note this is a times based event only and no medals will be awarded
Entry Method:	Online entries only via Swimming WA website: wa.swimming.org.au
Entry Information:	<ul style="list-style-type: none"> • All entrants must be Annual Members of Swimming WA. • All events are Open (no age groups). • Heats and Finals Format • The 50s, 100s, 200s and 400s will have A, B Finals. • The 800m, 1500m will be swum as timed finals with the fastest heat taking place in the evening session. • Swimmers who do not withdraw from a final within the allocated time frame will incur a \$50.00 fine (30 minutes after posting of morning heat results)
Timing Equipment:	AOE – touchpads at the start/finish and turn end
Qualifying Times:	<ul style="list-style-type: none"> • Swimmers are to refer to the Swimming WA State Qualifying times in the 2016-2017 Summer Almanac. • 12yrs must meet the 13yrs qualifying time.
Eligible Age Groups:	<ul style="list-style-type: none"> • 12 years to Open

EVENT PROGRAMME

Saturday 28 January 2017

Morning Session - Heats

1.	Mens 400m Freestyle
2.	Womens 200m Freestyle
3.	Mens 50m Backstroke
4.	Womens 200m Breaststroke
5.	Mens 100m Breaststroke
6.	Womens 100m Backstroke
7.	Mens 200m Butterfly
8.	Womens 100m Butterfly

9.	Mens 200m Backstroke
10.	Womens 50m Freestyle
11.	Mens 200m IM
12.	Womens 400m IM
13.	Mens 50m Butterfly
14.	Women 800m Freestyle -TF (except fastest heat)
15.	Mens 100m Freestyle

Evening Session - Finals

1.	Mens 400m Freestyle
2.	Womens 200m Freestyle
3.	Mens 50m Backstroke
4.	Womens 200m Breaststroke
5.	Mens 100m Breaststroke
6.	Womens 100m Backstroke
7.	Mens 200m Butterfly
8.	Womens 100m Butterfly

9.	Mens 200m Backstroke
10.	Womens 50m Freestyle
11.	Mens 200m IM
12.	Womens 400m IM
13.	Mens 50m Butterfly
14.	Women 800m Freestyle -TF (fastest heat)
15.	Mens 100m Freestyle



EVENT PROGRAMME

Sunday 29 January 2017

Morning Session - Heats

16.	Womens 100m Breaststroke
17.	Mens 200m Freestyle
18.	Womens 200m Butterfly
19.	Mens 200m Breaststroke
20.	Womens 200m Backstroke
21.	Mens 100m Butterfly
22.	Womens 50m Breaststroke
23.	Mens 50m Freestyle
24.	Womens 200m IM

25.	Mens 400m IM
26.	Womens 50m Backstroke
27.	Mens 100m Backstroke
28.	Womens 400m Freestyle
29.	Men 1500m Freestyle- TF (except fastest heat)
30.	Womens 50m Butterfly
31.	Mens 50m Breaststroke
32.	Womens 100m Freestyle

Evening Session - Finals

16.	Womens 100m Breaststroke
17.	Mens 200m Freestyle
18.	Womens 200m Butterfly
19.	Mens 200m Breaststroke
20.	Womens 200m Backstroke
21.	Mens 100m Butterfly
22.	Womens 50m Breaststroke
23.	Mens 50m Freestyle
24.	Womens 200m IM

25.	Mens 400m IM
26.	Womens 50m Backstroke
27.	Mens 100m Backstroke
28.	Womens 400m Freestyle
29.	Men 1500m Freestyle- TF (fastest heat)
30.	Womens 50m Butterfly
31.	Mens 50m Breaststroke
32.	Womens 100m Freestyle



HANCOCK
FAMILY MEDICAL FOUNDATION (INC)

2016-2017 STATE CHAMPIONSHIP LONG COURSE QUALIFYING TIMES

Male		8	9	10	11	12	13	14	15	16	17/18	Open
Freestyle	50m	0:45.00	0:42.00	0:38.40	0:36.00	0:33.50	0:30.10	0:29.00	0:28.20	0:28.00	0:27.10	0:25.70
	100m	1:47.00	1:41.00	1:23.00	1:17.00	1:12.00	1:05.50	1:03.20	1:01.20	1:00.50	0:59.40	0:56.20
	200m		3:31.00	3:04.00	2:42.00	2:35.00	2:27.60	2:23.10	2:18.30	2:16.50	2:14.30	2:06.50
	400m				5:42.00	5:22.00	5:00.30	4:50.40	4:42.70	4:39.40	4:33.90	4:30.60
	800m				11:53.00	11:13.00	10:32.50	10:07.20	9:50.70	9:44.10	9:30.90	9:28.70
	1500m						19:40.30	19:04.00	18:42.00	18:09.00	18:03.50	17:36.00
Backstroke	50m	0:53.00	0:50.00	0:46.00	0:44.00	0:41.00	0:35.80	0:34.40	0:33.40	0:32.80	0:32.30	0:30.10
	100m	1:58.00	1:52.00	1:34.00	1:29.00	1:24.00	1:15.50	1:12.60	1:10.40	1:09.30	1:08.00	1:04.70
	200m			3:26.00	3:06.00	2:55.00	2:48.80	2:41.90	2:37.40	2:35.10	2:31.70	2:22.80
Breaststroke	50m	0:58.00	0:55.00	0:51.00	0:49.00	0:46.00	0:40.10	0:38.30	0:37.20	0:36.30	0:35.80	0:33.20
	100m	2:16.00	2:07.00	1:48.00	1:43.00	1:36.00	1:26.10	1:22.30	1:20.10	1:18.10	1:17.00	1:12.50
	200m			3:59.00	3:33.00	3:18.00	3:11.60	3:04.70	3:01.30	2:56.70	2:55.40	2:41.70
Butterfly	50m	0:52.00	0:49.00	0:44.00	0:41.00	0:37.50	0:33.30	0:31.60	0:30.60	0:30.10	0:29.60	0:27.50
	100m		2:00.00	1:37.00	1:30.00	1:24.00	1:12.90	1:09.30	1:07.10	1:05.80	1:04.90	1:01.50
	200m				3:11.00	2:53.00	2:49.80	2:41.90	2:36.80	2:34.50	2:28.20	2:19.70
Ind. Medley	200m		4:05.00	3:40.00	3:15.00	2:55.00	2:49.00	2:42.50	2:39.10	2:35.10	2:33.40	2:23.00
	400m					6:12.00	5:52.00	5:33.30	5:25.60	5:18.50	5:13.50	5:07.70
Freestyle Relay	4x50m		3:12.00	2:47.00	2:30.00	2:21.00	2:10.00	2:05.00	2:02.00	2:01.00	1:58.00	1:48.00
	4x100m								4:15.00	4:12.00	4:06.00	3:57.00
	4x200m									9:06.00	8:57.00	8:43.00
Medley Relay	4x50m		3:43.00	3:20.00	2:54.00	2:41.00	2:30.00	2:22.00	2:20.00	2:17.00	2:14.00	2:00.00
	4x100m								4:40.00	4:39.00	4:34.00	4:24.00

2016/2017 STATE CHAMPIONSHIP LONG COURSE QUALIFYING TIMES

Female		8	9	10	11	12	13	14	15	16	17/18	Open
Freestyle	50m	0:45.00	0:42.00	0:38.00	0:36.00	0:33.50	0:31.60	0:31.20	0:31.00	0:30.60	0:30.30	0:29.10
	100m	1:47.00	1:41.00	1:22.00	1:17.00	1:13.00	1:08.60	1:07.50	1:06.90	1:06.30	1:06.00	1:02.60
	200m		3:31.00	3:04.00	2:42.00	2:38.00	2:33.40	2:31.10	2:29.40	2:28.20	2:27.10	2:18.60
	400m				5:42.00	5:27.00	5:10.50	5:05.60	5:02.50	4:59.20	4:57.00	4:52.60
	800m				11:53.00	11:18.00	10:42.40	10:31.40	10:23.70	10:16.00	10:05.00	9:56.20
	1500m						20:55.30	20:38.60	20:08.90	20:01.20	19:39.20	19:26.00
Backstroke	50m	0:53.00	0:50.00	0:46.00	0:44.00	0:41.00	0:37.10	0:36.70	0:36.30	0:36.20	0:35.90	0:33.40
	100m	1:58.00	1:52.00	1:34.00	1:29.00	1:24.00	1:18.10	1:17.30	1:16.50	1:16.30	1:15.70	1:11.30
	200m			3:26.00	3:06.00	2:55.00	2:52.80	2:50.10	2:49.10	2:48.50	2:48.50	2:35.70
Breaststroke	50m	0:58.00	0:55.00	0:51.00	0:49.00	0:46.00	0:41.60	0:41.40	0:41.20	0:40.90	0:40.60	0:37.10
	100m	2:16.00	2:07.00	1:48.00	1:43.00	1:37.00	1:29.10	1:28.60	1:28.00	1:27.50	1:26.90	1:21.00
	200m			3:59.00	3:33.00	3:20.00	3:18.40	3:16.10	3:15.60	3:14.40	3:12.70	2:57.70
Butterfly	50m	0:52.00	0:49.00	0:44.00	0:41.00	0:38.50	0:34.60	0:33.90	0:33.70	0:33.40	0:33.30	0:30.90
	100m		2:00.00	1:37.00	1:30.00	1:25.00	1:15.90	1:14.60	1:14.10	1:13.30	1:13.20	1:08.60
	200m				3:11.00	3:00.00	2:54.70	2:53.60	2:48.80	2:48.20	2:47.60	2:35.40
Ind. Medley	200m		4:05.00	3:40.00	3:15.00	2:57.00	2:53.30	2:51.80	2:50.50	2:49.90	2:48.80	2:37.60
	400m					6:21.00	6:01.70	5:54.20	5:48.20	5:45.40	5:41.00	5:35.00
Freestyle Relay	4x50m		3:12.00	2:47.00	2:30.00	2:21.00	2:16.00	2:14.00	2:13.00	2:12.00	2:10.00	2:05.00
	4x100m								4:39.00	4:37.00	4:35.00	4:30.00
	4x200m									9:52.00	9:49.00	9:32.00
Medley Relay	4x50m		3:43.00	3:20.00	2:54.00	2:41.00	2:32.00	2:29.00	2:30.00	2:29.00	2:28.00	2:15.00
	4x100m								5:06.00	5:06.00	5:03.00	4:57.00