



HANCOCK
FAMILY MEDICAL FOUNDATION (INC)

Hancock Family Medical Foundation New Years Junior Challenge



Please note entries may close prior to the advertised closing date to avoid over subscription and a late finishing time.

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:	Warm up will start at the completion of the Heats Session of the Hancock Family Medical Foundation New Year Challenge. Confirmation of Warm-up and Start times will be advised nearer to the Meet on the SWA website.
Cost:	\$9.00 per individual event
Recognition/ Awards:	Medals will be awarded to 1st, 2nd and 3rd in each Age group
Closing Date:	9.30pm SHARP on Tuesday 17 January 2017
Entry Method:	All online via Swimming WA website
Entry Information:	<ul style="list-style-type: none"> • All swimmers must be Annual Members of Swimming WA • Times must have been achieved since 1 January 2016 • All events will be swum as timed finals • Maximum of six events per swimmer
Timing Equipment:	• AOE – touchpads at the start/finish and turn end
Qualifying Times:	<ul style="list-style-type: none"> • Swimmers need to meet the 2016/17 Swimming WA AA Summer Qualifying times to enter • Swimmers to enter with their own age group qualifying time. • Seven year olds must meet the Eight year old qualifying time.
Eligible Age Groups:	<ul style="list-style-type: none"> • Age as at the first day of competition • Seven to 12 years



EVENT PROGRAMME

Saturday 28 January 2016

1.	Boys 9yrs-12yrs 200m IM
2.	Girls 9yrs-12yrs 200m IM
3.	Boys 12yrs/U 50m Butterfly
4.	Girls 12yrs/U 50m Butterfly
5.	Boys 10yrs-12yrs 200m Breaststroke
6.	Girls 10yrs-12yrs 200m Breaststroke

7.	Boys 12yrs/U 50m Backstroke
8.	Girls 12yrs/U 50m Backstroke
9.	Boys 12yrs/U 100m Freestyle
10.	Girls 12yrs/U 100m Freestyle
11.	Boys 11yrs-12yrs 200m Butterfly
12.	Girls 12yrs 200m Butterfly

Sunday 29 January 2016

13.	Boys 12yrs/U 100m Backstroke
14.	Girls 12yrs/U 100m Backstroke
15.	Boys 9yrs-12yrs 200m Freestyle
16.	Girls 9yrs-12yrs 200m Freestyle
17.	Boys 12yrs/U 50m Breaststroke
18.	Girls 12yrs/U 50m Breaststroke
19.	Boys 12yrs/U 100m Butterfly

20.	Girls 12yrs/U 100m Butterfly
21.	Boys 12yrs/U 50m Freestyle
22.	Girls 12yrs/U 50m Freestyle
23.	Boys 12yrs/U 100m Breaststroke
24.	Girls 12yrs/U 100m Breaststroke
25.	Boys 10yrs-12yrs 200m Backstroke
26.	Girls 10yrs-12yrs 200m Backstroke



2016-2017 'AA' LONG COURSE QUALIFYING TIMES

Male		8	9	10	11	12	13	14	15	16	17/18	Open
Freestyle	50m	0:49.00	0:46.00	0:40.00	0:38.50	0:36.00	0:31.20	0:30.00	0:29.20	0:29.00	0:28.10	0:26.30
	100m	1:58.00	1:51.00	1:28.00	1:24.50	1:19.00	1:07.90	1:05.50	1:03.40	1:02.70	1:01.60	0:58.30
	200m		3:53.00	3:25.00	2:58.00	2:45.00	2:32.70	2:28.10	2:23.20	2:21.30	2:19.10	2:11.10
	400m				6:13.00	5:45.00	5:08.20	4:58.00	4:50.10	4:46.70	4:41.10	4:40.50
	800m				12:49.00	11:51.00	10:49.00	10:23.00	10:06.10	9:59.30	9:45.80	9:49.40
	1500m						20:11.00	19:33.80	19:11.20	18:37.40	18:31.70	18:14.40
Backstroke	50m	0:58.00	0:55.00	0:49.00	0:47.50	0:45.00	0:37.10	0:35.60	0:34.60	0:34.00	0:33.50	0:30.80
	100m	2:10.00	2:02.00	1:40.00	1:37.00	1:32.00	1:18.30	1:15.30	1:13.00	1:11.90	1:10.50	1:07.10
	200m			3:49.00	3:20.00	3:09.00	2:54.70	2:47.60	2:42.90	2:40.50	2:37.00	2:28.00
Breaststroke	50m	1:04.00	1:00.00	0:55.00	0:52.50	0:50.00	0:41.50	0:39.70	0:38.60	0:37.70	0:37.10	0:33.90
	100m	2:27.00	2:18.00	1:57.00	1:52.00	1:46.00	1:29.20	1:25.30	1:23.00	1:21.00	1:19.80	1:15.20
	200m			4:15.00	3:49.00	3:36.00	3:18.30	3:11.20	3:07.70	3:03.00	3:01.50	2:47.60
Butterfly	50m	0:58.00	0:55.00	0:49.00	0:45.50	0:41.00	0:34.50	0:32.80	0:31.70	0:31.20	0:30.70	0:28.10
	100m		2:12.00	1:47.00	1:40.00	1:35.00	1:15.50	1:11.90	1:09.60	1:08.20	1:07.30	1:03.80
	200m				3:38.00	3:15.00	2:55.80	2:47.60	2:42.30	2:39.90	2:33.50	2:24.80
Ind. Medley	200m		4:20.00	3:50.00	3:25.00	3:07.00	2:54.90	2:48.20	2:44.70	2:40.50	2:38.80	2:28.20
	400m				7:12.00	6:28.00	6:01.20	5:42.00	5:34.10	5:26.80	5:21.70	5:18.90
Freestyle Relay	4x50m		3:29.00	3:02.00	2:41.00	2:31.00	2:15.00	2:09.00	2:07.00	2:06.00	2:02.00	1:52.00
	4x100m								4:21.00	4:19.00	4:12.00	4:06.00
	4x200m									9:20.00	9:11.00	9:02.00
Medley Relay	4x50m		4:04.00	3:38.00	3:10.00	2:58.00	2:35.00	2:27.00	2:24.00	2:22.00	2:19.00	2:05.00
	4x100m								4:47.00	4:46.00	4:42.00	4:34.00

2016-2017 'AA' LONG COURSE QUALIFYING TIMES

Female		8	9	10	11	12	13	14	15	16	17/18	Open
Freestyle	50m	0:49.00	0:46.00	0:40.00	0:38.50	0:36.00	0:32.80	0:32.30	0:32.10	0:31.70	0:31.40	0:29.70
	100m	1:58.00	1:51.00	1:28.00	1:25.00	1:19.00	1:11.10	1:09.90	1:09.40	1:08.70	1:08.40	1:04.90
	200m		3:53.00	3:25.00	2:58.00	2:45.00	2:38.80	2:36.40	2:34.60	2:33.50	2:32.30	2:23.70
	400m				6:13.00	5:45.00	5:18.50	5:13.60	5:10.40	5:07.00	5:04.80	5:03.30
	800m				12:49.00	11:51.00	10:59.20	10:47.90	10:40.00	10:32.10	10:20.80	10:17.90
	1500m						21:52.60	21:10.90	20:40.40	20:32.50	20:09.90	20:08.40
Backstroke	50m	0:58.00	0:55.00	0:49.00	0:48.00	0:45.00	0:38.50	0:38.00	0:37.70	0:37.60	0:37.20	0:34.10
	100m	2:10.00	2:02.00	1:40.00	1:37.00	1:32.00	1:21.00	1:20.10	1:19.30	1:19.10	1:18.50	1:14.00
	200m			3:49.00	3:20.00	3:09.00	2:58.80	2:56.10	2:55.00	2:54.50	2:54.50	2:41.40
Breaststroke	50m	1:04.00	1:00.00	0:55.00	0:53.00	0:50.00	0:43.10	0:42.90	0:42.70	0:42.30	0:42.10	0:38.00
	100m	2:27.00	2:18.00	1:57.00	1:52.00	1:46.00	1:32.40	1:31.80	1:31.20	1:30.70	1:30.10	1:24.00
	200m			4:15.00	3:49.00	3:36.00	3:25.40	3:23.00	3:22.40	3:21.20	3:19.50	3:04.20
Butterfly	50m	0:58.00	0:55.00	0:49.00	0:46.00	0:41.00	0:35.80	0:35.20	0:34.90	0:34.60	0:34.50	0:31.60
	100m		2:12.00	1:47.00	1:40.00	1:35.00	1:18.70	1:17.30	1:16.80	1:16.00	1:15.90	1:11.20
	200m				3:38.00	3:15.00	3:00.80	2:59.70	2:54.70	2:54.10	2:53.50	2:41.00
Ind. Medley	200m		4:20.00	3:50.00	3:25.00	3:07.00	2:59.40	2:57.90	2:56.50	2:55.90	2:54.70	2:43.30
	400m				7:12.00	6:32.00	6:11.10	6:03.50	5:57.30	5:54.40	5:49.90	5:47.20
Freestyle Relay	4x50m		3:29.00	3:02.00	2:41.00	2:31.00	2:21.00	2:19.00	2:17.00	2:16.00	2:15.00	2:09.00
	4x100m								4:46.00	4:44.00	4:43.00	4:40.00
	4x200m									10:08.00	10:04.00	9:53.00
Medley Relay	4x50m		4:04.00	3:38.00	3:10.00	2:58.00	2:37.00	2:34.00	2:35.00	2:34.00	2:33.00	2:20.00
	4x100m								5:14.00	5:14.00	5:11.00	5:08.00