

CITY OF DERBY LONG COURSE MEET

12 - 13 JAN 2008

Saturday 12th Jan

Swimmer	Event										
	200m IM	100m Br		200m Fr				50m Bk	100m Fr		50m Fly
		Splits		Splits					Splits		
50m	100m	50m	100m	150m	200m	50m	100m				
Charlotte Harrison	2.52.93							37.71	31.93	1.07.64	34.83
Chelsea Prouten		40.15	1.25.67						32.76	1.07.75	
Tamara Richards				33.79	1.11.31	1.48.41	2.23.88	34.20	32.21	1.05.61	33.03

Short Course Conversion

Swimmer	Event										
	200m IM	100m Br		200m Fr				50m Bk	100m Fr		50m Fly
		Splits		Splits					Splits		
50m	100m	50m	100m	150m	200m	50m	100m				
Charlotte Harrison	2.50.63							37.11	31.23	1.06.34	34.33
Chelsea Prouten		39.45	1.24.27						32.26	1.06.65	
Tamara Richards				33.29	1.10.11	1.47.01	2.21.58	33.60	31.51	1.04.31	32.43

Sunday 13th Jan

Swimmer	Event														
	200m IM	100m Bk		50m Br	200m Fr				100m Fly		200m Br				50m Fr
		Splits			Splits				Splits		Splits				
50m	100m	50m	100m	150m	200m	50m	100m	50m	100m	50m	100m	150m	200m		
Charlotte Harrison		39.19	1.23.35		33.68	1.12.30	1.52.23	2.30.43	35.99	1.20.99					32.15
Chelsea Prouten	2.48.00			38.45							42.66	1.30.80	2.20.94	3.09.35	31.84
Tamara Richards	2.41.04			39.38					34.67	1.14.19	Heat				30.70
									33.89	1.12.59	Final				

Short Course Conversion

Swimmer	Event														
	200m IM	100m Bk		50m Br	200m Fr				100m Fly		200m Br				50m Fr
		Splits			Splits				Splits		Splits				
50m	100m	50m	100m	150m	200m	50m	100m	50m	100m	50m	100m	150m	200m		
Charlotte Harrison		38.79	1.22.45		33.18	1.11.10	1.51.03	2.28.13	35.59	1.19.44					31.55
Chelsea Prouten	2.45.60			37.75							42.06	1.29.40	2.18.96	3.06.85	31.14
Tamara Richards	2.38.54								34.17	1.13.29	Heat				30.00
									33.39	1.11.59	Final				

RQT x 7
 PB Long Course x 10