

EALING SWIMMING CLUB

SHORT COURSE LICENSED OPEN MEET

Affiliated to ASA London Region, Under ASA Laws and FINA Technical Rules of Swimming.

Licensed by the ASA at Level 3 under number 3LR4240

Saturday 8th & Sunday 9th February 2014

The Northolt Leisure Centre, Eastcote Lane North, Northolt, Middx UB5 4AB

Boys Upper Limit. Swimmers must not have swum faster than times shown. There is no lower limit

EVENT	10/u	11	12	13	14	15	Open
50m Freestyle	33.30	31.90	30.00	28.65	27.45	26.10	25.60
100m Freestyle*	1.10.0	1.10.00	1.07.5	1.02.51	1.00.67	58.67	56.42
200m Freestyle	3.06.0	2.39.4	2.35.0	2.24.9	2.14.3	2.13.3	2.08.2
400m Freestyle	6.25.8	5.52.9	5.24.5	5.03.0	4.49.5	4.40.5	4.35.5
50m Breaststroke	46.3	43.5	40.7	37.3	35.2	33.8	31.4
100m Breaststroke*	1.36.5	1.36.5	1.32.9	1.26.1	1.21.1	1.15.0	1.10.7
200m Breaststroke	3.54.5	3.30.4	3.11.3	3.00.6	2.49.7	2.45.8	2.35.3
50m Butterfly	40.8	36.9	34.1	31.2	30.3	28.7	27.4
100m Butterfly*	1.30.5	1.30.5	1.17.0	1.11.2	1.07.0	1.06.0	1.03.6
200m Butterfly	3.38.6	3.15.0	3.00.6	2.48.7	2.38.7	2.28.5	2.22.9
50m Backstroke	40.1	37.56	36.0	32.4	31.6	29.4	28.43
100m Backstroke*	1.24.5	1.24.5	1.19.2	1.15.7	1.10.8	1.06.5	1.04.6
200m Backstroke	3.24.0	2.57.84	2.48.1	2.38.0	2.30.6	2.27.8	2.24.0
100m IM	1.34.6	1.22.39	1.20.2	1.14.8	1.10.5	1.07.6	1.04.9
200m IM	3.09.84	2.58.88	3.24.1	2.40.1	2.35.3	2.28.3	2.24.7

* 9 year old swimmers cannot enter these events

Girls Upper Limit. Swimmers must not have swum faster than times shown. There is no lower limit

EVENT	10/u	11	12	13	14	15	Open
50m Freestyle	34.0	31.4	30.6	29.8	29.0	28.5	27.5
100m Freestyle*	1.10.2	1.10.2	1.08.8	1.06.5	1.04.3	1.02.7	1.00.0
200m Freestyle	2.56.2	2.35.5	2.30.5	2.26.7	2.25.0	2.24.1	2.20.4
400m Freestyle	6.25.6	5.48.8	5.25.1	5.10.1	5.08.0	5.06.4	5.04.2
50m Breaststroke	47.1	41.8	39.0	38.4	37.5	36.8	35.0
100m Breaststroke*	1.36.8	1.36.8	1.30.3	1.28.7	1.25.7	1.23.2	1.21.1
200m Breaststroke	3.48.0	3.30.7	3.15.2	3.04.0	3.00.4	2.58.1	2.55.8
50m Butterfly	40.8	37.2	34.7	33.0	31.4	30.9	30.1
100m Butterfly*	1.24.9	1.24.9	1.20.9	1.15.9	1.14.5	1.10.2	1.08.9
200m Butterfly	3.35.0	3.15.2	3.00.4	2.48.1	2.43.7	2.39.8	2.36.8
50m Backstroke	41.2	37.0	35.8	34.4	32.6	31.5	31.0
100m Backstroke*	1.18.8	1.18.8	1.15.7	1.13.8	1.12.2	1.10.8	1.08.5
200m Backstroke	3.10.0	2.57.8	2.48.1	2.42.2	2.39.0	2.37.8	2.35.6
100m IM	1.28.9	1.24.2	1.16.1	1.15.8	1.14.4	1.13.0	1.12.8
200m IM	3.10.3	2.58.8	2.48.9	2.46.5	2.40.2	2.37.0	2.35.4

* 9 year old swimmers cannot enter these events

Please return entries by Closing Date Midday Monday 20th January 2014