

EALING SWIMMING CLUB

End of Season Open

Under Swim England Laws and Regulations Technical Rules of Swimming.

Licensed by the ASA at Level 3 under 3LR19

Saturday 8th & Sunday 9th June 2019

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

Swimmers must not have swum faster than times shown; times based on Short Course time

Boys Qualifying Standard;

EVENT	9/10	11	12	13	14	15	16+
50m Freestyle	29.26	28.42	26.88	25.40	24.52	23.74	21.15
100m Freestyle	1.05.48	1.01.71	58.76	55.29	53.50	52.06	50.76
200m Freestyle	2.20.17	2.11.43	2.08.40	2.00.60	1.55.07	1.52.10	1.48.90
400m Freestyle	4.57.17	4.37.89	4.35.23	4.15.12	4.01.46	3.58.31	3.56.31
50m Breaststroke	38.79	36.90	33.54	32.46	31.62	29.64	27.11
100m Breaststroke	1.26.45	1.21.09	1.13.66	1.08.62	1.06.89	1.04.70	1.00.00
200m Breaststroke	3.08.41	2.56.30	2.42.03	2.31.59	2.26.55	2.18.59	2.08.59
50m Butterfly	31.64	31.14	28.80	27.69	25.96	24.86	22.51
100m Butterfly	1.11.71	1.08.54	1.04.49	1.00.09	58.85	55.54	50.31
200m Butterfly	2.42.47	2.23.81	2.26.50	2.13.32	2.04.81	2.02.97	1.58.80
50m Backstroke	33.15	32.57	29.46	28.58	27.73	26.78	24.35
100m Backstroke	1.12.01	1.09.96	1.05.66	1.01.78	58.58	56.94	52.21
200m Backstroke	2.37.44	2.30.57	2.17.77	2.15.59	2.04.10	2.03.07	1.53.95
100m IM	1.14.33	1.10.79	1.06.97	1.03.24	1.01.65	58.22	55.37
200m IM	2.38.74	2.28.11	2.25.61	2.16.65	2.07.92	2.05.64	1.57.32

Girls Qualifying Standard

EVENT	9/10	11	12	13	14	15	16+
50m Freestyle	30.25	28.29	27.80	27.20	26.19	25.39	24.67
100m Freestyle	1.10.16	1.05.20	1.00.07	58.35	57.41	56.20	54.18
200m Freestyle	2.28.44	2.14.97	2.09.98	2.03.02	2.02.58	2.00.72	1.56.09
400m Freestyle	5.14.57	4.43.90	4.33.36	4.19.47	4.13.70	4.12.22	4.04.40
50m Breaststroke	39.13	35.09	34.79	33.33	33.06	31.96	30.03
100m Breaststroke	1.26.35	1.20.41	1.17.96	1.12.48	1.10.56	1.09.23	1.07.40
200m Breaststroke	3.04.96	2.48.13	2.42.78	2.38.66	2.34.07	2.30.79	2.23.69
50m Butterfly	33.67	32.13	30.70	28.92	27.95	27.54	26.82
100m Butterfly	1.17.21	1.12.13	1.06.39	1.03.86	1.02.41	59.70	58.69
200m Butterfly	2.52.55	2.41.79	2.32.71	2.18.54	2.16.88	2.12.51	2.10.46
50m Backstroke	35.09	31.44	30.00	29.68	29.56	28.11	27.44
100m Backstroke	1.16.83	1.10.98	1.05.41	1.03.00	1.02.27	1.00.56	58.83
200m Backstroke	2.39.95	2.25.21	2.22.25	2.16.76	2.13.37	2.12.08	2.07.15
100m IM	1.20.21	1.12.30	1.09.20	1.06.12	1.05.94	1.03.40	1.02.18
200m IM	2.48.26	2.30.35	2.25.58	2.20.26	2.19.40	2.16.32	2.09.51