

EALING SWIMMING CLUB

December Christmas L3 OPEN

Affiliated to ASA London Region, Under ASA Laws and FINA Technical Rules of Swimming.
Licensed by the ASA at Level 3 under number 3LR170531

Saturday 2nd & Sunday 3rd December 2017

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

Boys Upper and Lower Limit

EVENT		9/10	11	12	13	14	15	Open
50m Freestyle	Upper Limit	29.26	28.42	26.88	25.40	24.52	23.74	21.15
	Qualifying Time	48.93	44.96	41.93	38.73	35.67	33.41	32.00
100m Freestyle	Upper Limit	1.05.48	1.01.71	58.76	55.29	53.50	52.06	50.76
	Qualifying Time	1.46.88	1.37.66	1.30.79	1.23.55	1.16.99	1.12.42	1.10.51
200m Freestyle	Upper Limit	2.20.17	2.11.43	2.08.40	2.00.60	1.55.07	1.52.10	1.48.90
	Qualifying Time	3.52.36	3.32.70	3.17.95	3.02.39	2.47.87	2.38.02	2.34.89
400m Freestyle	Upper Limit	4.57.17	4.37.89	4.35.23	4.15.12	4.01.46	3.58.31	3.56.31
	Qualifying Time	6.54.80	6.06.00	5.46.00	5.26.80	5.10.40	4.57.45	4.48.50
50m Breaststroke	Upper Limit	38.79	36.90	33.54	32.46	31.62	29.64	27.11
	Qualifying Time	1.03.40	57.91	53.71	49.08	45.19	42.19	40.85
100m Breaststroke	Upper Limit	1.26.45	1.21.09	1.13.66	1.08.62	1.06.89	1.04.70	1.00.00
	Qualifying Time	2.18.03	2.04.96	1.55.64	1.45.63	1.37.13	1.30.79	1.27.59
200m Breaststroke	Upper Limit	3.08.41	2.56.30	2.42.03	2.31.59	2.26.55	2.18.59	2.08.59
	Qualifying Time	4.56.12	4.28.87	4.09.72	3.48.96	3.29.94	3.16.89	3.10.75
50m Butterfly	Upper Limit	31.64	31.14	28.80	27.69	25.96	24.86	22.51
	Qualifying Time	54.17	49.40	46.19	42.46	39.02	36.35	32.55
100m Butterfly	Upper Limit	1.11.71	1.08.54	1.04.49	1.00.09	58.85	55.54	50.31
	Qualifying Time	2.02.08	1.49.13	1.41.06	1.32.45	1.24.75	1.19.15	1.14.22
200m Butterfly	Upper Limit	2.42.47	2.23.81	2.26.50	2.13.32	2.04.81	2.02.97	1.58.80
	Qualifying Time	4.28.31	3.59.33	3.42.76	3.24.45	3.07.80	2.45.18	2.35.66
50m Backstroke	Upper Limit	33.15	32.57	29.46	28.58	27.73	26.78	24.35
	Qualifying Time	55.76	51.15	47.88	43.86	40.62	37.87	35.60
100m Backstroke	Upper Limit	1.12.01	1.09.96	1.05.66	1.01.78	58.58	56.94	52.21
	Qualifying Time	2.01.02	1.49.07	1.41.61	1.33.25	1.25.53	1.20.08	1.15.25
200m Backstroke	Upper Limit	2.37.44	2.30.57	2.17.77	2.15.59	2.04.10	2.03.07	1.53.95
	Qualifying Time	4.16.49	3.54.13	3.38.48	3.20.64	3.04.40	2.52.83	2.41.60
100m IM	Upper Limit	1.14.33	1.10.79	1.06.97	1.03.24	1.01.65	58.22	55.37
	Qualifying Time	2.03.08	1.53.21	1.45.62	1.37.15	1.28.97	1.23.49	1.15.22
200m IM	Upper Limit	2.38.74	2.28.11	2.25.61	2.16.65	2.07.92	2.05.64	1.57.32
	Qualifying Time	4.24.01	4.00.01	3.43.46	3.26.37	3.08.96	2.57.52	2.40.86

Please return entries by Closing Date Midnight Thursday 9th November 2017

EALING SWIMMING CLUB

December Christmas L3 OPEN

Affiliated to ASA London Region, Under ASA Laws and FINA Technical Rules of Swimming.
Licensed by the ASA at Level 3 under number 3LR170531

Saturday 2nd & Sunday 3rd December 2017

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

Girls Upper and Lower Limit

EVENT		9/10	11	12	13	14	15	Open
50m Freestyle	Upper Limit	30.25	28.29	27.80	27.20	26.19	25.39	24.67
	Qualifying Time	48.37	44.75	41.66	39.14	37.43	36.26	34.15
100m Freestyle	Upper Limit	1.10.16	1.05.20	1.00.07	58.35	57.41	56.20	54.18
	Qualifying Time	1.46.25	1.36.70	1.29.64	1.24.25	1.20.44	1.18.22	1.16.25
200m Freestyle	Upper Limit	2.28.44	2.14.97	2.09.98	2.03.02	2.02.58	2.00.72	1.56.09
	Qualifying Time	3.47.61	3.28.68	3.13.27	3.01.35	2.53.36	2.48.22	2.35.78
400m Freestyle	Upper Limit	5.14.57	4.43.90	4.33.36	4.19.47	4.13.70	4.12.22	4.04.40
	Qualifying Time	6.59.01	6.20.30	6.01.01	5.48.40	5.35.50	5.30.00	5.26.10
50m Breaststroke	Upper Limit	39.13	35.09	34.79	33.33	33.06	31.96	30.03
	Qualifying Time	1.02.42	57.12	52.83	49.43	47.02	45.53	41.62
100m Breaststroke	Upper Limit	1.26.35	1.20.41	1.17.96	1.12.48	1.10.56	1.09.23	1.07.40
	Qualifying Time	2.15.80	2.02.68	1.53.44	1.45.65	1.40.03	1.37.42	1.32.88
200m Breaststroke	Upper Limit	3.04.96	2.48.13	2.42.78	2.38.66	2.34.07	2.30.79	2.23.69
	Qualifying Time	4.49.60	4.23.14	4.03.42	3.46.76	3.35.79	3.29.90	3.12.68
50m Butterfly	Upper Limit	33.67	32.13	30.70	28.92	27.95	27.54	26.82
	Qualifying Time	53.03	48.89	45.41	42.55	40.54	39.21	35.10
100m Butterfly	Upper Limit	1.17.21	1.12.13	1.06.39	1.03.86	1.02.41	59.70	58.69
	Qualifying Time	1.59.22	1.47.55	1.38.97	1.32.84	1.28.04	1.25.74	1.22.78
200m Butterfly	Upper Limit	2.52.55	2.41.79	2.32.71	2.18.54	2.16.88	2.12.51	2.10.46
	Qualifying Time	4.24.49	3.56.66	3.37.18	3.22.89	3.12.56	3.06.58	3.00.65
50m Backstroke	Upper Limit	35.09	31.44	30.39	29.68	29.56	28.11	27.44
	Qualifying Time	55.00	50.58	47.12	44.19	42.11	41.00	39.12
100m Backstroke	Upper Limit	1.16.83	1.10.98	1.06.41	1.03.00	1.02.27	1.00.56	58.83
	Qualifying Time	1.59.06	1.47.88	1.39.64	1.33.24	1.29.02	1.26.19	1.23.89
200m Backstroke	Upper Limit	2.39.95	2.25.21	2.22.25	2.16.76	2.13.37	2.12.08	2.07.15
	Qualifying Time	4.12.90	3.48.79	3.32.50	3.19.79	3.10.64	3.04.46	2.59.56
100m IM	Upper Limit	1.20.21	1.12.30	1.09.20	1.06.12	1.05.94	1.03.40	1.02.18
	Qualifying Time	1.59.76	1.51.71	1.43.96	1.37.11	1.33.06	1.30.39	1.25.41
200m IM	Upper Limit	2.48.26	2.30.35	2.25.58	2.20.26	2.19.40	2.16.32	2.09.51
	Qualifying Time	4.18.65	3.55.69	3.38.35	3.25.15	3.15.40	3.09.74	2.59.99

Please return entries by Closing Date Midnight Thursday 9th November 2017