

EALING SWIMMING CLUB

February L3 OPEN

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

Licensed by the ASA at Level 3 under 3LR180254

Saturday 24th & Sunday 25th February 2018

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 Tuesday 6th February 2018**

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Saturday 24th & Sunday 25th February 2018

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**