**Norwich Swan Swimming Club**

Affiliated to ASA East Region and Norfolk County ASA

www.norwichswansc.co.uk

**Norwich Swan Open Meet**

**21st and 22nd April 2018**

Cut Off Times

Entry Times must be SLOWER than the times listed below

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **Girls** |  |  |
| **EVENT** | **12/U** | **13** | **14** | **15/O** |
| **50 Fr** | 31.29 | 30.17 | 29.30 | 28.16 |
| **100 Fr** | 1:08.39 | 1:06.12 | 1:03.55 | 1:00.51 |
| **200 Fr** | 2:27.58 | 2:22.35 | 2:17.85 | 2:11.92 |
| **400 Fr** | 5:07.22 | 4:57.47 | 4:51.51 | 4:36.70 |
| **50 Br** | 41.05 | 39.20 | 38.02 | 37.08 |
| **100 Br** | 1:29.76 | 1:24.26 | 1:23.83 | 1:20.61 |
| **200 Br** | 3:10.96 | 3:02.86 | 2:58.94 | 2:54.25 |
| **50 Fly** | 34.98 | 33.53 | 32.04 | 30.91 |
| **100 Fly** | 1:21.02 | 1:16.99 | 1:13.69 | 1:08.05 |
| **200 Fly** | 3:06.94 | 3:03.60 | 2:49.62 | 2:38.88 |
| **50 Ba** | 36.04 | 34.66 | 33.57 | 32.21 |
| **100 Ba** | 1:17.06 | 1:13.93 | 1:11.77 | 1:08.93 |
| **200 Ba** | 2:43.17 | 2:39.18 | 2:36.48 | 2:28.73 |
| **200 IM** | 2:46.42 | 2:43.11 | 2:36.51 | 2:30.78 |
| **400 IM** | 5.56.70 | 5.46.67 | 5.36.68 | 5.29.05 |
| **Boys** |
| **Event** | **12/U** | **13** | **14** | **15/O** |
| **50 Fr** | 31.38 | 29.61 | 27.90 | 25.07 |
| **100 Fr** | 1:09.42 | 1:05.73 | 1:02.09 | 54.83 |
| **200 Fr** | 2:29.60 | 2:22.78 | 2:15.20 | 1:59.70 |
| **400 Fr** | 5:12.64 | 5:00.67 | 4:46.74 | 4:15.03 |
| **50 Br** | 41.65 | 38.52 | 36.30 | 33.04 |
| **100 Br** | 1:32.57 | 1:26.17 | 1:21.50 | 1:11.02 |
| **200 Br** | 3:15.27 | 3:08.45 | 2:57.13 | 2:37.30 |
| **50 Fly** | 35.40 | 32.82 | 31.33 | 27.67 |
| **100 Fly** | 1:23.70 | 1:16.83 | 1:11.76 | 1:01.27 |
| **200 Fly** | 3:10.74 | 3:01.33 | 2:46.91 | 2:20.30 |
| **50 Ba** | 36.42 | 34.20 | 32.39 | 29.10 |
| **100 Ba** | 1:18.84 | 1:14.72 | 1:11.09 | 1:02.40 |
| **200 Ba** | 2:45.21 | 2:39.91 | 2:32.04 | 2:15.41 |
| **200 IM** | 2:51.53 | 2:41.97 | 2:34.00 | 2:16.47 |
| **400 IM** | 6:03.04 | 5:46.39 | 5:29.63 | 4.51.96 |