

ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION
County Association of East and London Regions



ESSEX CHAMPIONSHIPS 2009
21/22 NOVEMBER 2009

QUALIFYING TIMES

	Ladies and Girls	Men's and Boys
50m Free (Skins Finals)	0.29.70	0.27.00
100m Free	1.04.90	0.58.70
200m Free	2.21.30	2.08.00
400m Free (HDW)	4.56.40	4.30.00
800m Free (HDW)	10.15.00	9.12.00 (C)
1500m Free (HDW)	18.50.00 (C)	17.30.00
50m Back	0.34.60	0.30.80
100m Back	1.14.00	1.06.40
200m Back	2.38.50	2.25.30
50m Breast	0.38.40	0.34.70
100m Breast	1.23.10	1.15.50
200m Breast	2.58.10	2.43.80
50m Fly	0.33.00	0.29.80
100m Fly	1.12.50	1.05.60
200m Fly	2.39.40	2.25.90
100m I.M.	1.14.00	1.05.60
200m I.M.	2.38.20	2.24.60
400m I.M. (HDW)	5.33.20	5.07.20

Notes.

1. Ages are at the 22 November 2009, Juniors being under the age of 17 years on that date.
2. The qualifying times have been set using the Sportsystem Qualifying Time Setting programme to make times comparable to the National Qualifying Times. For Ladies/Girls events the times are therefore between 20% and 45% of the NQT and for Mens/Boys between 15% and 45%.
3. Competitors who fail to achieve the qualifying time may have to submit proof that they have achieved this standard or be excluded from further events.
4. The final of the 50m Freestyle will also be a Skins event.
5. C = Consideration Time. These events will be restricted Reserves may be accepted only at the discretion of the promoter.
6. Entries must be done electronically – details to be provided. Cheques and a hard copy of the entries should be accompanied by the Financial Summary sheet, together with a list of the names and addresses of all competing swimmers.