

# HALSTEAD AMATEUR SWIMMING CLUB



## 1st Short Course Open Meet - Licence # 3ER0015

### Session 1 - Provisional Warm Up @ 08:45 + Start @ 10:00

Event No.	Sex	Distance	Stroke
1	Girls	200 Metre	Individual Medley
2	Boys	100 Metre	Individual Medley
3	Girls	100 Metre	Butterfly
4	Boys	100 Metre	Butterfly
5	Girls	50 Metre	Backstroke
6	Boys	50 Metre	Backstroke
7	Girls	100 Metre	Breaststroke
8	Boys	100 Metre	Breaststroke
9	Girls	50 Metre	Freestyle
10	Boys	50 Metre	Freestyle

### Session 2 - Provisional Warm Up @ 14:00 + Start @ 15:00

Event No.	Sex	Distance	Stroke
11	Girls	100 Metre	Individual Medley
12	Boys	200 Metre	Individual Medley
13	Girls	50 Metre	Butterfly
14	Boys	50 Metre	Butterfly
15	Girls	100 Metre	Backstroke
16	Boys	100 Metre	Backstroke
17	Girls	50 Metre	Breaststroke
18	Boys	50 Metre	Breaststroke
19	Girls	100 Metre	Freestyle
20	Boys	100 Metre	Freestyle

### FEMALE - Qualification Times

Stroke	Lower Limit								Upper Limit							
	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16+ yrs	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16+ yrs
50m Back	1:02.0	0:57.5	0:55.1	0:53.1	0:51.0	0:50.5	0:50.1	0:49.6	0:37.0	0:34.5	0:34.1	0:33.1	0:31.0	0:30.5	0:30.1	0:29.6
50m Breast	1:09.0	1:03.4	1:00.4	0:57.8	0:55.5	0:54.8	0:54.3	0:54.0	0:44.0	0:40.4	0:39.4	0:37.8	0:35.5	0:34.8	0:34.3	0:34.0
50m Fly	1:01.5	0:56.2	0:53.9	0:51.9	0:49.9	0:49.4	0:48.6	0:48.3	0:36.5	0:33.2	0:32.9	0:31.9	0:29.9	0:29.4	0:28.6	0:28.3
50m Free	0:55.5	0:52.3	0:50.4	0:48.7	0:46.8	0:46.3	0:46.0	0:45.7	0:30.5	0:29.3	0:29.4	0:28.7	0:26.8	0:26.3	0:26.0	0:25.7
100m Back		2:00.0	1:49.2	1:44.3	1:42.5	1:40.9	1:39.4	1:38.6		1:20.0	1:14.0	1:09.3	1:07.5	1:07.9	1:06.4	1:05.6
100m Breast		2:10.0	2:01.7	1:55.4	1:53.0	1:50.1	1:49.5	1:48.4		1:30.0	1:26.7	1:20.4	1:18.0	1:17.1	1:16.5	1:15.4
100m Fly		2:01.0	1:49.9	1:44.0	1:42.0	1:39.8	1:39.2	1:38.3		1:21.0	1:14.9	1:09.0	1:07.0	1:06.8	1:06.2	1:05.3
100m Free		1:50.0	1:38.2	1:35.2	1:32.9	1:31.2	1:30.3	1:29.3		1:10.0	1:03.2	1:00.2	0:57.9	0:58.2	0:57.3	0:56.3
100m IM	2:07.3	1:57.0	1:51.0	1:46.7	1:43.4	1:41.9	1:41.5	1:40.6	1:27.3	1:17.0	1:16.0	1:11.7	1:08.4	1:08.9	1:08.5	1:07.6
200m IM	4:20.1	4:03.4	3:47.0	3:31.8	3:24.9	3:15.7	3:14.8	3:14.2	3:05.1	2:48.4	2:37.0	2:26.8	2:19.9	2:25.7	2:24.8	2:24.2

### MALE - Qualification Times

Stroke	Lower Limit								Upper Limit							
	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16+ yrs	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16+ yrs
50m Back	1:03.5	0:58.8	0:55.5	0:53.4	0:50.5	0:49.0	0:47.4	0:46.9	0:38.5	0:35.8	0:34.5	0:33.4	0:30.5	0:29.0	0:27.4	0:26.9
50m Breast	1:10.2	1:04.8	1:00.8	0:58.0	0:54.6	0:52.6	0:51.1	0:50.4	0:45.2	0:41.8	0:39.8	0:38.0	0:34.6	0:32.6	0:31.1	0:30.4
50m Fly	1:02.5	0:57.5	0:54.0	0:52.0	0:49.3	0:47.5	0:46.0	0:45.2	0:37.5	0:34.5	0:33.0	0:32.0	0:29.3	0:27.5	0:26.0	0:25.2
50m Free	0:57.0	0:52.7	0:49.9	0:47.9	0:46.2	0:44.7	0:43.5	0:42.8	0:32.0	0:29.7	0:28.9	0:27.9	0:26.2	0:24.7	0:23.5	0:22.8
100m Back		1:59.0	1:49.0	1:44.0	1:40.2	1:36.2	1:34.2	1:31.4		1:19.0	1:14.0	1:09.0	1:05.2	1:03.2	1:01.2	0:58.4
100m Breast		2:10.0	2:00.0	1:55.6	1:50.3	1:46.4	1:43.2	1:40.0		1:30.0	1:25.0	1:20.6	1:15.3	1:13.4	1:10.2	1:07.0
100m Fly		1:59.0	1:49.0	1:44.5	1:40.2	1:36.3	1:33.3	1:30.8		1:19.0	1:14.0	1:09.5	1:05.2	1:03.3	1:00.3	0:57.8
100m Free		1:50.0	1:40.0	1:34.9	1:30.5	1:27.6	1:25.9	1:24.9		1:10.0	1:05.0	0:59.9	0:55.5	0:54.6	0:52.9	0:51.9
100m IM	2:09.2	1:58.5	1:52.1	1:47.3	1:42.5	1:38.2	1:35.5	1:33.2	1:29.2	1:18.5	1:17.1	1:12.3	1:07.5	1:05.2	1:02.5	1:00.2
200m IM	4:28.4	4:05.0	3:49.5	3:32.6	3:23.4	3:09.7	3:04.1	3:00.6	3:13.4	2:50.0	2:39.5	2:27.6	2:18.4	2:19.7	2:14.1	2:10.6

**CLOSING DATE FOR ENTRIES : Monday 8th March 2010**