



(Affiliated to the Essex A.S.A. and London Region)

1st SHORT COURSE LICENSED OPEN MEET

Licence No.3LR8544

(Held under ASA laws and ASA technical rules of swimming)

THIS IS A LEVEL 3 EVENT AND IS LICENSED BY THE ASA
FOR ENTRY INTO COUNTY AND DISTRICT CHAMPIONSHIPS

Upper and Lower Limit Times

BOYS

EVENT		9	10	11	12	13	14	15	OPEN
50m Freestyle	Upper Limit	38.00	34.10	32.10	30.20	28.80	27.80	26.70	25.40
	Qualifying Time	53.70	47.80	42.80	38.50	35.00	32.70	31.20	30.80
100m Freestyle	Upper Limit				1:05.2	1:02.0	1:00.4	57.5	55.8
	Qualifying Time				1:23.20	1:15.1	1:10.4	1:07.4	1:06.5
200m Freestyle	Upper Limit	3:03.6	2:46.0	2:35.8	2:25.9	2:17.5	2:11.0	2:07.4	2:03.1
	Qualifying Time	4:20.6	3:47.3	3:22.3	3:00.8	2:44.4	2:33.1	2:227.0	2:24.9
50m Breaststroke	Upper Limit	50.00	46.10	42.90	40.00	37.20	35.60	34.20	31.80
	Qualifying Time	1:10.0	1:01.90	55.00	49.20	44.20	41.30	39.30	38.0
100m Breaststroke	Upper Limit				1:26.0	1:19.9	1:16.2	1:13.5	1:09.4
	Qualifying Time				1:45.8	1:35.0	1:28.7	1:24.7	1:23.1
200m Breaststroke	Upper Limit	3:55.6	3:35.0	3:19.7	3:05.9	2:53.4	2:44.6	2:39.4	2:30.4
	Qualifying Time	5:30.7	4:50.5	4:16.5	3:48.8	3:26.3	3:11.7	3:03.5	3:00.9
50m Butterfly	Upper Limit	43.20	39.40	36.70	34.60	32.50	30.80	29.50	27.40
	Qualifying Time	1:00.1	53.00	47.10	42.40	38.50	35.80	33.90	33.40
100m Butterfly	Upper Limit				1:15.5	1:10.5	1:06.7	1:04.2	1:00.2
	Qualifying Time				1:32.8	1:23.7	1:17.6	1:13.8	1:13.0
200m Butterfly	Upper Limit	3:50.1	3:17.8	2:58.1	2:46.7	2:35.5	2:27.6	2:21.4	2:14.0
	Qualifying Time	5:14.4	4:25.0	3:49.0	3:25.1	3:04.9	2:51.7	2:42.8	2:40.9
50m Backstroke	Upper Limit	44.00	40.60	38.20	35.90	33.60	32.20	30.90	28.30
	Qualifying Time	1:01.8	54.80	48.90	44.00	39.80	37.30	35.40	34.70
100m Backstroke	Upper Limit				1:15.9	1:11.0	1:07.3	1:05.0	1:01.0
	Qualifying Time				1:33.3	1:24.4	1:18.3	1:14.8	1:13.7
200m Backstroke	Upper Limit	3:24.2	3:06.4	2:53.0	2:42.2	2:32.2	2:24.6	2:20.0	2:13.4
	Qualifying Time	4:47.5	4:12.9	3:43.4	3:20.1	3:01.3	2:48.6	2:41.3	2:39.4
100m Individual Medley	Upper Limit	1:37.5	1:29.4	1:24.3	1:19.3	1:14.0	1:10.3	1:07.9	1:03.5
	Qualifying Time	2:16.9	2:01.3	1:48.3	1:37.5	1:27.8	1:21.7	1:18.0	1:16.5
200m Individual Medley	Upper Limit	3:28.8	3:10.3	2:56.6	2:45.5	2:35.9	2:28.0	2:23.2	2:17.3
	Qualifying Time	4:54.1	4:18.6	3:48.5	3:24.8	3:06.0	2:52.7	2:45.1	2:43.2