



# LINCOLN VULCANS SWIMMING CLUB

(AFFILIATED TO LINCOLNSHIRE ASA AND SWIM ENGLAND EAST MIDLAND REGION)

## LONG COURSE LICENSED OPEN MEET 2017

THIS IS A LEVEL 1 EVENT AND IS LICENSED BY THE ASA FOR ENTRY INTO COUNTY REGIONAL AND NATIONAL CHAMPIONSHIPS

### Qualifying Times

All entries are now linked to the ASA rankings via Sportsystem entry for verification.

#### BOYS – lower limit times

EVENT	10/11	12	13	14	15	16	17+
50m Freestyle	37.2	35.1	33.1	31.3	29.9	29.0	28.4
100m Freestyle	1:20.6	1:17.0	1:13.0	1:08.0	1:06.0	1:02.6	1:01.4
200m Freestyle	2:54.0	2:44.7	2:35.0	2:26.6	2:20.8	2:18.0	2:13.8
400m Freestyle	6:06.0	5:45.0	5:26.8	5:10.4	4:57.5	4:48.7	4:42.5
1500m Freestyle			20:15.00	19:24.0	18:46.0	18:16.0	18:00.0
100m Breaststroke	1:43.4	1:40.0	1:35.0	1:31.0	1:27.5	1:19.4	1:16.7
200m Breaststroke	3:44.4	3:32.2	3:19.3	3:09.9	3:06.8	3:02.7	2:56.3
100m Butterfly	1:44.4	1:40.6	1:36.1	1:26.4	1:21.7	1:15.8	1:09.0
200m Butterfly	3:31.20	3:27.6	3:17.7	3:12.7	3:07.5	2:56.7	2:36.9
100m Backstroke	1:32.5	1:29.2	1:25.7	1:19.0	1:16.0	1:14.3	1:09.6
200m Backstroke	3:13.3	3:04.5	2:55.1	2:48.4	2:44.3	2:38.8	2:29.0
200m Individual Medley	3:21.6	3:07.8	2:55.8	2:47.3	2:43.2	2:37.7	2:32.5

TIMES MUST HAVE BEEN ACHIEVED SINCE 7<sup>TH</sup> OCTOBER 2016