



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.

GIRLS – lower limit times

EVENT	10/11	12	13	14	15	16	17+
50m Freestyle	38.7	36.7	35.3	34.3	33.0	32.0	31.0
100m Freestyle	1:23.3	1:19.6	1:15.5	1:13.3	1:12.0	1:11.7	1:09.4
200m Freestyle	2:57.4	2:44.9	2:38.0	2:36.5	2:34.2	2:32.0	2:28.4
400m Freestyle	6:04.9	5:43.7	5:29.8	5:23.8	5:20.8	5:15.2	5:09.2
800m Freestyle			10:40.0	10:25.0	10:16.0	10:09.0	10:07.0
100m Breaststroke	1:47.5	1:44.3	1:42.3	1:40.7	1:36.1	1:34.2	1:30.9
200m Breaststroke	3:42.1	3:30.0	3:27.2	3:24.5	3:22.9	3:21.8	3:15.1
100m Butterfly	1:46.9	1:42.09	1:40.2	1:38.3	1:36.9	1:34.8	1:32.9
200m Butterfly	3:47.2	3:38.4	3:30.3	3:28.0	3:24.9	3:20.8	3:15.8
100m Backstroke	1:35.0	1:30.3	1:28.4	1:26.0	1:24.1	1:23.1	1:20.6
200m Backstroke	3:12.5	3:04.7	2:58.3	2:55.2	2:54.8	2:53.4	2:45.6
200m Individual Medley	3:19.9	3:08.3	3:00.5	2:58.1	2:56.5	2:53.2	2:48.7

TIMES MUST HAVE BEEN ACHIEVED SINCE 7TH OCTOBER 2016