

LINCOLN VULCANS SWIMMING CLUB



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GRANTHAM SWIMMING CLUB

(AFFILIATED TO THE LINCOLNSHIRE ASA AND THE EAST MIDLANDS REGION)

SHORT COURSE LICENSED LEVEL 3 OPEN MEET 2017

(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 REGIONAL CHAMPIONSHIPS

Swimmers must **NOT BE FASTER** than the times below

Upper Limit Times

GIRLS

EVENT		9	10	11	12	13	14	15	16/O
50m Freestyle	Upper Limit	38.2	35.4	33.4	31.8	30.7	30.0	29.6	28.3
100m Freestyle	Upper Limit		1:16.9	1:11.9	1:07.8	1:05.6	1:04.3	1:03.4	1:01.7
200m Freestyle	Upper Limit	3:04.3	2:45.4	2:34.9	2:26.1	2:20.7	2:18.3	2:16.2	2:14.4
50m Breaststroke	Upper Limit	50.4	45.9	42.8	40.4	38.6	37.7	37.0	35.4
100m Breaststroke	Upper Limit		1:36.8	1:31.8	1:26.4	1:22.4	1:19.9	1:19.0	1:16.4
200m Breaststroke	Upper Limit	3:54.6	3:32.9	3:16.9	3:05.2	2:56.6	2:52.3	2:50.5	2:43.9
50m Butterfly	Upper Limit	43.5	39.1	36.8	34.9	33.5	32.7	32.1	30.4
100m Butterfly	Upper Limit		1:25.7	1:20.7	1:15.5	1:12.7	1:10.5	1:10.0	1:06.8
200m Butterfly	Upper Limit	3:51.6	3:16.8	2:58.2	2:46.2	2:39.1	2:34.2	2:31.7	2:26.7
50m Backstroke	Upper Limit	44.3	40.3	37.9	36.0	34.7	33.9	33.5	31.8
100m Backstroke	Upper Limit		1:25.7	1:20.7	1:15.7	1:12.7	1:11.3	1:10.0	1:08.1
200m Backstroke	Upper Limit	3:24.4	3:05.3	2:50.4	2:41.5	2:35.9	2:32.2	2:29.6	2:25.9
100m IM	Upper Limit	1:38.2	1:29.6	1:23.3	1:19.2	1:15.9	1:14.6	1:13.6	1:10.3
200m IM	Upper Limit	3:28.9	3:08.5	2:54.5	2:44.8	2:39.4	2:35.7	2:33.6	2:30.5

BOYS

EVENT		9	10	11	12	13	14	15	16/O
50m Freestyle	Upper Limit	38.0	35.1	33.1	31.2	29.4	28.1	27.1	25.4
100m Freestyle	Upper Limit		1:15.2	1:11.2	1:07.2	1:03.0	1:00.4	58.5	55.8
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
50m Breaststroke	Upper Limit	50.0	46.1	42.9	40.0	37.2	35.6	34.2	31.8
100m Breaststroke	Upper Limit		1:37.0	1:33.0	1:26.0	1:19.9	1:16.2	1:13.5	1:09.4
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
50m Butterfly	Upper Limit	43.2	39.4	36.7	34.6	32.5	30.8	29.5	27.4
100m Butterfly	Upper Limit		1:25.5	1:20.5	1:15.5	1:10.5	1:06.7	1:04.2	1:00.2
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
50m Backstroke	Upper Limit	44.0	40.6	38.2	35.9	33.6	32.2	30.9	28.3
100m Backstroke	Upper Limit		1:23.9	1:19.9	1:15.9	1:11.0	1:07.3	1:05.0	1:01.0
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
100m IM	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
200m IM	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