



(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

GIRLS

EVENT		9	10	11	12	13	14	15	OPEN
50m Freestyle	Upper Limit	38.20	35.40	33.40	31.80	30.70	30.00	29.60	28.30
	Qualifying Time	51.50	45.00	40.80	37.80	35.50	34.50	34.00	33.80
100m Freestyle	Upper Limit			1:11.9	1:07.8	1:05.6	1:04.3	1:03.4	1:01.7
	Qualifying Time			1:28.2	1:20.9	1:16.3	1:14.1	1:13.1	1:12.5
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
	Qualifying Time	4:07.9	3:30.8	3:10.2	2:54.7	2:43.9	2:39.8	2:37.3	2:36.1
50m Breaststroke	Upper Limit	50.40	45.90	42.80	40.40	38.60	37.70	37.00	35.40
	Qualifying Time	1:07.0	57.80	52.10	47.90	44.80	43.40	42.60	42.00
100m Breaststroke	Upper Limit			1:31.8	1:26.4	1:22.4	1:19.9	1:19.0	1:16.4
	Qualifying Time			1:52.0	1:42.5	1:35.6	1:32.1	1:31.0	1:30.8
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
	Qualifying Time	5:11.8	4:28.5	3:59.9	3:39.9	3:25.0	3:18.5	3:16.2	3:15.7
50m Butterfly	Upper Limit	43.50	39.10	36.80	34.90	33.50	32.70	32.10	30.40
	Qualifying Time	57.80	49.30	44.80	41.30	38.70	37.50	36.90	36.70
100m Butterfly	Upper Limit			1:20.7	1:15.5	1:12.7	1:10.5	1:10.0	1:06.8
	Qualifying Time			1:38.2	1:29.7	1:24.2	1:21.2	1:20.5	1:20.0
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
	Qualifying Time	5:01.1	4:06.4	3:36.7	3:17.2	3:04.4	2:57.6	2:54.7	2:54.2
50m Backstroke	Upper Limit	44.30	40.30	37.90	36.00	34.70	33.90	33.50	31.80
	Qualifying Time	59.20	51.00	46.30	42.80	40.10	39.00	38.50	38.10
100m Backstroke	Upper Limit			1:20.7	1:15.7	1:12.7	1:11.3	1:10.0	1:08.1
	Qualifying Time			1:38.6	1:30.1	1:24.5	1:22.2	1:20.7	1:20.4
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
	Qualifying Time	4:33.1	3:54.7	3:28.8	3:12.4	3:01.2	2:55.4	2:52.5	2:51.6
100m Individual Medley	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
	Qualifying Time	2:11.3	1:53.3	1:41.9	1:34.1	1:28.0	1:25.8	1:24.5	1:23.8
200m Individual Medley	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
	Qualifying Time	4:40.0	3:59.2	3:34.0	3:16.7	3:05.3	2:59.8	2:57.2	2:56.7