



MIDLAND SWIMMING
LONG COURSE CHAMPIONSHIPS 2017
(Combining the Swim England East Midland and West Midland Regions)
Nottingham – Harvey Hadden Sports Village
Saturday 4th & Sunday 5th November
(Under ASA Laws and ASA Technical Rules of Swimming)
License Level 1 TBA



QUALIFYING TIMES (25m POOL)

Junior times apply to swimmers age 15/under on the 31st December 2017

Times to be achieved from 1st January 2017 (pool length 25 metres)

| EVENT | JUNIOR MEN | MEN | JUNIOR WOMEN | WOMEN |
|---------------------------|----------------|----------------|----------------|----------------|
| 50m FREESTYLE | 25.3 | 25.3 | 28.0 | 28.0 |
| 100m FREESTYLE | 56.0 | 54.7 | 1.00.6 | 59.9 |
| 200m FREESTYLE | 2.01.7 | 1.58.4 | 2.09.5 | 2.08.3 |
| 400m FREESTYLE | 4.17.9 | 4.12.3 | 4.29.0 | 4.27.5 |
| 800m FREESTYLE - see note | Not applicable | Not applicable | 9.18.4 | 9.18.6 |
| 1500m FREESTYLE -see note | 16.59.3 | 16.59.3 | Not applicable | Not applicable |
| 50m BREASTSTROKE | 32.1 | 32.1 | 35.5 | 35.5 |
| 100m BREASTSTROKE | 1.12.3 | 1.10.3 | 1.17.9 | 1.17.4 |
| 200m BREASTSTROKE | 2.37.1 | 2.33.5 | 2.48.0 | 2.46.9 |
| 50m BUTTERFLY | 28.0 | 28.0 | 30.6 | 30.6 |
| 100m BUTTERFLY | 1.02.4 | 1.01.8 | 1.08.6 | 1.08.1 |
| 200m BUTTERFLY | 2.18.7 | 2.16.5 | 2.29.1 | 2.27.9 |
| 50m BACKSTROKE | 28.9 | 28.9 | 31.8 | 31.8 |
| 100m BACKSTROKE | 1.03.9 | 1.02.3 | 1.08.9 | 1.08.4 |
| 200m BACKSTROKE | 2.17.8 | 2.14.7 | 2.29.8 | 2.24.9 |
| 200m IND MEDLEY | 2.17.7 | 2.14.8 | 2.27.3 | 2.26.0 |
| 400m IND MEDLEY | 4.54.1 | 4.47.2 | 5.11.2 | 5.07.9 |

**Entry to the meet must be made via the competitor's club
using Sportsystems Entry Manager.**

Entry times are only accepted from GB Ranking, Level 1, 2 or 3.

**The womens 800m and mens 1500m will be restricted to the fastest 16 swimmers (2 heats)
(3 reserves will be allowed)**

**TEAM EVENTS: Entry is restricted to one team per club
At least two members of the team must hold a Midland qualifying time in at least one individual event.**

CLOSING DATE FOR ENTRIES -- WEDNESDAY 18th OCTOBER

**Should the meet be oversubscribed the slowest competitors
may be rejected at the discretion of the promoter.**