



MIDLAND SWIMMING
2011 SHORT COURSE CHAMPIONSHIPS
(Combining the ASA East Midland and ASA West Midland Regions)
Corby East Midlands International Pool
Saturday 3rd & Sunday 4th December
(Under ASA Laws and ASA Technical Rules of Swimming)
(License WMR-128)



QUALIFYING TIMES

JUNIOR TIMES APPLY TO SWIMMERS AGE 15/UNDER ON 4TH DECEMBER 2011

TIMES TO BE ACHIEVED FROM 1ST JANUARY 2011

(POOL LENGTH 25 METRES)

EVENT	JUNIOR MEN	MEN	JUNIOR WOMEN	WOMEN
50m FREESTYLE	25.9	25.9	28.6	28.6
100m FREESTYLE	57.2	55.9	1.02.0	1.01.2
200m FREESTYLE	2.05.7	2.02.8	2.14.3	2.13.0
400m FREESTYLE	4.25.6	4.19.9	4.40.2	4.38.7
800m FREESTYLE			9.43.5	9.39.0
1500m FREESTYLE	17.46.4	17.22.3		
50m BREASTSTROKE	32.9	32.9	36.3	36.3
100m BREASTSTROKE	1.13.9	1.11.9	1.19.5	1.19.0
200m BREASTSTROKE	2.40.3	2.36.7	2.51.5	2.50.3
50m BUTTERFLY	28.6	28.6	31.4	31.4
100m BUTTERFLY	1.04.5	1.03.2	1.10.2	1.09.5
200m BUTTERFLY	2.21.6	2.19.3	2.32.3	2.31.0
50m BACKSTROKE	29.5	29.5	32.6	32.6
100m BACKSTROKE	1.05.3	1.03.7	1.10.3	1.09.8
200m BACKSTROKE	2.20.6	2.17.5	2.30.3	2.28.7
100m IND MEDLEY	1.08.2	1.06.0	1.13.9	1.12.8
200m IND MEDLEY	2.24.1	2.21.1	2.34.4	2.33.0
400m IND MEDLEY	5.04.6	4.58.3	5.24.1	5.20.6

IMPORTANT

Entry to the meet must be made via the competitors club using Sportsystems Entry Manager.

Entry times must be obtained in licensed meets and be traceable to GB Ranking.

Split times are not accepted, with the exception of the first leg of a relay.
In this case a printed result sheet or website link must be provided that shows the full result and the swimmers names.

CLOSING DATE FOR ENTRIES -- THURSDAY 17th NOVEMBER

Dependent on the number of entries the slowest competitors may be rejected at the discretion of the promoter.