MIDLAND SWIMMING

2016 SHORT COURSE CHAMPIONSHIPS

(Combining the ASA East Midland and ASA West Midland Regions)

Nottingham – Harvey Hadden Sports Village

Saturday 5th & Sunday 6th November

(Under ASA Laws and ASA Technical Rules of Swimming)

License 2EM162223

QUALIFYING TIMES

Junior times apply to swimmers age 15/under on the 31st December 2016

Times to be achieved from 1st January 2016 (pool length 25 metres)

EVENT	JUNIOR MEN	MEN	JUNIOR WOMEN	WOMEN
50m FREESTYLE	25.6	25.6	28.3	28.3
100m FREESTYLE	56.6	55.3	1.01.3	1.00.5
200m FREESTYLE	2.03.1	1.59.6	2.10.9	2.09.6
400m FREESTYLE	4.20.5	4.14.9	4.31.8	4.30.2
800m FREESTYLE - see note	Not applicable	Not applicable	9.24.1	9.24.3
1500m FREESTYLE -see note	17.09.6	17.09.6	Not applicable	Not applicable
50m BREASTSTROKE	32.5	32.5	35.9	35.9
100m BREASTSTROKE	1.13.1	1.11.1	1.18.7	1.18.2
200m BREASTSTROKE	2.38.7	2.35.1	2.49.7	2.48.6
50m BUTTERFLY	28.3	28.3	31.0	31.0
100m BUTTERFLY	1.03.8	1.02.5	1.09.3	1.08.8
200m BUTTERFLY	2.20.1	2.17.9	2.30.7	2.29.4
50m BACKSTROKE	29.2	29.2	32.2	32.2
100m BACKSTROKE	1.04.6	1.03.0	1.09.6	1.09.1
200m BACKSTROKE	2.19.2	2.16.1	2.31.4	2.26.4
100m IND MEDLEY	1.07.5	1.05.3	1.13.1	1.11.7
200m IND MEDLEY	2.19.1	2.16.2	2.28.8	2.27.5
400m IND MEDLEY	4.57.1	4.50.1	5.14.4	5.11.1

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 19th OCTOBER
Should the meet be oversubscribed the slowest competitors may be rejected at the discretion of the promoter.

www.midlandchampionships.org.uk