

WINTER SHORT COURSE CHAMPIONSHIPS 2018

(Combining the East Midland and West Midland Regions)

Nottingham – Harvey Hadden Sports Village

Saturday 3rd & Sunday 4th November

(Under ASA Laws and ASA Technical Rules of Swimming including World Para-Swimming rules and regulations as appropriate)

License Level 2 – 2EM182245

QUALIFYING TIMES (25m POOL)

Junior times apply to swimmers age 15 & under on the 31st December 2018

Times to be achieved from 1st January 2018 (pool length 25 metres)

EVENT	JUNIOR MEN	MEN	JUNIOR WOMEN	WOMEN
50m FREESTYLE	25.70	25.70	28.40	28.40
100m FREESTYLE	56.10	54.80	1.00.70	1.00.00
200m FREESTYLE	2.01.80	1.58.50	2.09.60	2.08.40
400m FREESTYLE	4.18.00	4.12.40	4.29.10	4.27.60
800m FREESTYLE - see note	Not applicable	Not applicable	9.18.50	9.18.70
1500m FREESTYLE -see note	17.00.30	16.59.40	Not applicable	Not applicable
50m BREASTSTROKE	32.60	32.60	36.00	36.00
100m BREASTSTROKE	1.12.40	1.10.40	1.18.00	1.17.50
200m BREASTSTROKE	2.37.20	2.33.60	2.48.10	2.47.00
50m BUTTERFLY	28.40	28.40	31.10	31.10
100m BUTTERFLY	1.02.50	1.01.90	1.08.70	1.08.20
200m BUTTERFLY	2.18.80	2.16.60	2.29.20	2.28.00
50m BACKSTROKE	29.30	29.30	32.30	32.30
100m BACKSTROKE	1.04.00	1.02.40	1.09.00	1.08.50
200m BACKSTROKE	2.17.90	2.14.80	2.29.90	2.25.00
100m IND MEDLEY	1.07.40	1.05.10	1.12.40	1.11.70
200m IND MEDLEY	2.17.80	2.14.90	2.27.40	2.26.10
400m IND MEDLEY	4.54.20	4.47.30	5.11.30	5.08.00

Please note that times are resolved to 1/100th - Converted times accepted

Entry to the meet must be made via the competitor's club using the Online Entry System

Entry times must be recorded in British Ranking from licensed level 1, 2 or 3 meets. Split times, either intermediate distance or the first leg of a relay race are not acceptable for entry

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 have entered at least one individual event in this Championships, any members not entering an individual must be registered on the online system

CLOSING DATE FOR ENTRIES -- THURSDAY 18TH OCTOBER

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