



MIDLAND SWIMMING
2010 SHORT COURSE CHAMPIONSHIPS
(Combining the ASA East Midland and ASA West Midland Regions)
Corby East Midlands International Pool
Saturday 6th & Sunday 7th November
(Under ASA Laws and ASA Technical Rules of Swimming)



QUALIFYING TIMES

JUNIOR TIMES APPLY TO SWIMMERS AGE 15/UNDER ON 7TH NOVEMBER 2010

TIMES TO BE ACHIEVED FROM 1ST JANUARY 2010

(POOL LENGTH 25 METRES)

EVENT	JUNIOR MEN	MEN	JUNIOR WOMEN	WOMEN
50m FREESTYLE	26.2	26.2	28.9	28.9
100m FREESTYLE	59.0	57.5	1.03.9	1.03.0
200m FREESTYLE	2.08.3	2.05.2	2.17.0	2.15.6
400m FREESTYLE	4.30.9	4.25.1	4.46.0	4.44.3
800m FREESTYLE	9.22.2	9.09.8	9.43.5	9.39.0
1500m FREESTYLE	17.46.4	17.22.3	18.51.7	18.37.1
50m BREASTSTROKE	33.2	33.2	36.6	36.6
100m BREASTSTROKE	1.14.0	1.12.1	1.19.6	1.19.2
200m BREASTSTROKE	2.40.3	2.37.1	2.51.8	2.50.7
50m BUTTERFLY	28.8	28.8	31.7	31.7
100m BUTTERFLY	1.04.6	1.03.3	1.10.3	1.09.7
200m BUTTERFLY	2.21.9	2.19.5	2.32.6	2.31.4
50m BACKSTROKE	29.8	29.8	32.9	32.9
100m BACKSTROKE	1.05.4	1.03.9	1.10.4	1.09.9
200m BACKSTROKE	2.20.8	2.17.68	2.30.6	2.29.0
100m IND MEDLEY	1.09.1	1.07.5	1.14.8	1.14.1
200m IND MEDLEY	2.24.3	2.21.3	2.34.7	2.33.4
400m IND MEDLEY	5.05.1	4.59.0	5.24.7	5.21.4

IMPORTANT

Entry times for ALL events MUST be achieved in licensed competition (level 1, 2 or 3.)
Dependent on the number of entries the slowest competitors
may be rejected at the discretion of the promoter.

Time conversions must be made using the ASA Equivalent Performance Tables, available at
www.sportsys.co.uk select 'British Swimming Downloads'

Please note a new version of the Sportsystems Entry Manager now automatically
validates entered times against the GB Ranking Database and the qualifying times for the meet.

**ENTRIES MUST BE SUBMITTED VIA YOUR CLUB COORDINATOR CLOSING DATE FOR ENTRIES TO
BE RECEIVED BY THE CHAMPIONSHIP ADMINISTRATOR IS TUESDAY 12TH OCTOBER**