



AMATEUR SWIMMING ASSOCIATION

# MIDLAND SWIMMING

COVENTRY SPORTS CENTRE

SATURDAY 4<sup>TH</sup> AND SUNDAY 5<sup>TH</sup> NOVEMBER 2006



## 2006 LONG COURSE CHAMPIONSHIPS QUALIFYING TIMES

JUNIOR TIMES APPLY TO SWIMMERS AGE 15/UNDER ON 5<sup>TH</sup> NOVEMBER 2006

TIMES TO BE ACHIEVED FROM 1<sup>ST</sup> JANUARY 2006

(POOL LENGTH 25 METRES)

| MEN     | JUNIOR MEN | EVENT             | WOMEN   | JUNIOR WOMEN |
|---------|------------|-------------------|---------|--------------|
| 27.0    | 27.8       | 50m FREESTYLE     | 30.0    | 30.2         |
| 58.2    | 59.8       | 100m FREESTYLE    | 1.04.3  | 1.04.9       |
| 2.07.0  | 2.10.2     | 200m FREESTYLE    | 2.17.5  | 2.19.6       |
| 4.27.3  | 4.35.4     | 400m FREESTYLE    | 4.47.9  | 4.50.9       |
| 9.51.4  | 9.57.3     | 800m FREESTYLE    | 9.55.1  | 9.58.5       |
| 17.40.9 | 18.11.4    | 1500m FREESTYLE   | 20.20.8 | 20.23.9      |
| 33.9    | 35.0       | 50m BREASTSTROKE  | 37.7    | 37.9         |
| 1.12.7  | 1.15.1     | 100m BREASTSTROKE | 1.20.2  | 1.20.9       |
| 2.37.8  | 2.43.2     | 200m BREASTSTROKE | 2.53.5  | 2.54.7       |
| 29.2    | 30.2       | 50m BUTTERFLY     | 32.5    | 32.9         |
| 1.03.6  | 1.05.5     | 100m BUTTERFLY    | 1.10.6  | 1.11.6       |
| 2.19.6  | 2.24.9     | 200m BUTTERFLY    | 2.34.1  | 2.35.2       |
| 30.6    | 31.5       | 50m BACKSTROKE    | 33.7    | 34.2         |
| 1.04.3  | 1.06.5     | 100m BACKSTROKE   | 1.10.9  | 1.11.8       |
| 2.19.3  | 2.23.1     | 200m BACKSTROKE   | 2.31.3  | 2.33.4       |
| 2.22.6  | 2.26.4     | 200m IND MEDLEY   | 2.36.1  | 2.37.5       |
| 5.02.9  | 5.10.7     | 400m IND MEDLEY   | 5.26.7  | 5.29.8       |

Times for 50m, 100m, 200m and 400m events must be achieved at a licensed meet level 1,2 or 3.

Times for 800m and 1500m events may be achieved in non-licensed competition, a licensed meet or organised time trials.

**TIMES FROM RELAY SPLITS WILL NOT BE ACCEPTED.**

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

(SEE SEPARATE FORM FOR DISABILITY INCLUSIVE QUALIFYING TIMES)

**CLOSING DATE FOR ENTRIES – Tuesday 10th OCTOBER**