



**MIDLAND SWIMMING**  
**2009 SHORT COURSE CHAMPIONSHIPS**  
(Combining the ASA East Midland and ASA West Midland Regions)  
**Corby East Midlands International Pool**  
**Saturday 7<sup>th</sup> & Sunday 8<sup>th</sup> November**  
(Under ASA Laws and ASA Technical Rules of Swimming)



# QUALIFYING TIMES

JUNIOR TIMES APPLY TO SWIMMERS AGE 15/UNDER ON 8<sup>TH</sup> NOVEMBER 2009

TIMES TO BE ACHIEVED FROM 1ST JANUARY 2009

(POOL LENGTH 25 METRES)

EVENT	JUNIOR MEN	MEN	JUNIOR WOMEN	WOMEN
50m FREESTYLE	<b>26.9</b>	<b>26.9</b>	<b>29.8</b>	<b>29.8</b>
100m FREESTYLE	59.6	58.7	1.04.5	1.04.1
200m FREESTYLE	2.09.7	2.07.7	2.18.5	2.17.9
400m FREESTYLE	4.30.9	4.25.1	4.46.0	4.44.3
800m FREESTYLE	8.58.0	8.48.0	<b>9.25.0</b>	<b>9.25.0</b>
1500m FREESTYLE	17.37.0	17.17.0	<b>18.12.0</b>	<b>18.12.0</b>
50m BREASTSTROKE	<b>33.8</b>	<b>33.8</b>	<b>37.4</b>	<b>37.4</b>
100m BREASTSTROKE	1.14.8	1.13.5	1.20.5	1.20.4
200m BREASTSTROKE	2.42.3	2.40.3	2.53.6	2.53.4
50m BUTTERFLY	<b>29.4</b>	<b>29.4</b>	<b>32.3</b>	<b>32.3</b>
100m BUTTERFLY	1.05.3	1.04.6	1.11.1	1.10.8
200m BUTTERFLY	2.23.5	2.22.3	2.34.2	2.33.9
50m BACKSTROKE	<b>30.4</b>	<b>30.4</b>	<b>33.5</b>	<b>33.5</b>
100m BACKSTROKE	1.06.1	1.05.1	1.11.2	1.11.1
200m BACKSTROKE	2.22.3	2.20.6	2.32.2	2.31.4
100m IND MEDLEY	1.09.1	1.07.5	1.14.8	1.14.1
200m IND MEDLEY	2.25.9	2.24.2	2.36.3	2.35.9
400m IND MEDLEY	5.08.4	5.05.1	5.28.1	5.26.6

## 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.

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 13<sup>TH</sup> OCTOBER**