



Sherwood Colliery Swimming Club - Robin Hood Open Meet

15th & 16th September 2018 – Ponds Forge (50m pool) Sheffield

(Under ASA Laws and ASA Technical Rules of Swimming)
Licensed Level 3EM181255



Qualifying Standards 25m Pool

Level 3 Licensed Meet - ALL TIMES ARE UPPER LIMITS (i.e. not faster than)								
BOYS								
EVENT	9	10	11	12	13	14	15	16/over
50m Freestyle	33.0	31.1	29.6	27.9	26.6	25.6	24.8	24.4
100m Freestyle	1:12.0	1:07.8	1:03.9	59.8	56.8	54.8	53.6	52.6
200m Freestyle	2:39.0	2:26.1	2:18.0	2:09.8	2:03.4	1:59.0	1:56.4	1:54.3
400m Freestyle		5:07.2	4:47.7	4:31.7	4:19.5	4:11.6	4:05.8	4:01.8
50m Breaststroke	43.0	41.0	38.5	36.1	33.8	32.5	31.4	30.7
100m Breaststroke	1:34.0	1:29.3	1:22.7	1:17.2	1:12.3	1:09.5	1:07.3	1:05.9
200m Breaststroke	3:26.0	3:10.6	2:57.4	2:46.6	2:36.7	2:30.2	2:26.1	2:23.8
50m Butterfly	38.5	34.9	32.8	31.1	29.3	28.1	27.1	26.6
100m Butterfly	1:27.0	1:19.6	1:12.5	1:07.6	1:03.6	1:00.8	58.8	58.0
200m Butterfly	3:22.0	2:54.0	2:38.3	2:28.8	2:20.5	2:14.6	2:09.1	2:07.7
50m Backstroke	38.5	36.0	34.1	32.3	30.4	29.4	28.4	27.6
100m Backstroke	1:22.0	1:18.3	1:12.3	1:08.0	1:04.1	1:01.4	59.5	58.5
200m Backstroke	2:48.0	2:44.0	2:33.8	2:25.0	2:17.2	2:11.7	2:08.1	2:06.1
200m Individual Medley	3:06.0	2:48.1	2:36.8	2:27.9	2:20.7	2:14.6	2:11.2	2:09.2
GIRLS								
EVENT	9	10	11	12	13	14	15	16/over
50m Freestyle	33.0	31.4	30.0	28.6	27.9	27.5	27.1	26.9
100m Freestyle	1:12.0	1:09.0	1:04.3	1:01.0	59.6	58.6	58.0	57.5
200m Freestyle	2:38.5	2:26.5	2:18.4	2:11.0	2:07.6	2:05.9	2:04.4	2:03.6
400m Freestyle		5:11.3	4:47.2	4:32.4	4:26.0	4:22.7	4:19.4	4:18.9
50m Breaststroke	43.0	41.0	38.5	36.4	35.2	34.5	34.0	33.8
100m Breaststroke	1:34.0	1:29.6	1:22.5	1:18.0	1:15.1	1:13.0	1:12.4	1:12.3
200m Breaststroke	3:25.0	3:10.2	2:56.9	2:47.2	2:41.1	2:37.7	2:36.3	2:35.9
50m Butterfly	36.0	34.8	33.1	31.4	30.5	29.9	29.4	29.3
100m Butterfly	1:26.0	1:19.3	1:12.6	1:08.2	1:06.2	1:04.6	1:04.1	1:03.8
200m Butterfly	3:20.0	2:56.0	2:39.8	2:29.4	2:24.4	2:20.9	2:18.8	2:18.3
50m Backstroke	38.5	35.9	34.0	32.5	31.6	31.0	30.7	30.4
100m Backstroke	1:25.5	1:18.1	1:12.3	1:08.2	1:06.2	1:05.1	1:04.1	1:03.8
200m Backstroke	2:50.0	2:45.1	2:32.5	2:25.0	2:21.5	2:19.2	2:16.9	2:15.9
200m Individual Medley	3:02.0	2:47.4	2:36.3	2:28.2	2:24.7	2:22.1	2:20.5	2:19.8