

SUDBURY & DISTRICT SWIMMING CLUB - LAST CHANCE TIME TRIAL 2010 - (Age as at JANUARY 10TH 2010) - SEE NOTES BELOW

**THIS IS A LEVEL 4 LICENSED MEET - LICENCE NUMBER tba
KINGFISHER LEISURE POOL, SUDBURY (25M)**

FEMALE CONSIDERATION TIMES							EVENT	MALE CONSIDERATION TIMES							
9	10	11	12	13	14 / 15	16+		9	10	11	12	13	14	15 / 16	17+
1.10.0	1.08.0	55.0	50.0	48.0	42.0	37.0	50 free	1.12.0	1.10.0	55.0	48.0	45.0	40.0	38.0	35.0
/	2.20.0	1.55.0	1.45.0	1.40.0	1.35.0	1.30.0	100 free	/	/	2.05.9	1.40.0	1.35.0	1.30.0	1.28.0	1.25.0
4.45.0	4.30.0	4.00.0	3.45.0	3.35.0	3.25.0	3.15.0	200 free	4.50.0	4.45.0	3.55.0	3.45.0	3.30.0	3.25.0	3.20.0	3.00.0
10.30.0	10.00.0	9.00.0	8.30.0	8.00.0	7.45.0	7.15.0	400 free	10.45.0	10.30.0	8.45.0	8.30.0	8.00.0	7.45.0	7.30.0	7.00.0
1.15.0	1.10.0	58.0	55.0	50.0	48.0	42.0	50 back	1.15.0	1.10.0	55.0	52.0	48.0	45.0	43.0	40.0
/	2.25.0	2.20.0	1.55.0	1.45.0	1.40.0	1.35.0	100 back	/	/	2.25.0	1.50.0	1.42.0	1.38.0	1.35.0	1.30.0
4.55.0	4.45.0	4.30.0	4.00.0	3.45.0	3.35.0	3.25.0	200 back	4.55.0	4.50.0	4.25.0	3.55.0	3.40.0	3.30.0	3.25.0	3.15.0
1.18.0	1.15.0	1.10.0	58.0	55.0	50.0	48.0	50 breast	1.20.0	1.18.0	1.08.0	56.0	54.0	50.0	45.0	42.0
/	2.30.0	2.25.0	2.20.0	1.55.0	1.45.0	1.40.0	100 breast	/	/	2.20.0	2.15.0	1.50.0	1.40.0	1.35.0	1.30.0
5.00.0	4.55.0	4.45.0	4.30.0	4.00.0	3.45.0	3.35.0	200 breast	5.05.0	5.00.0	4.40.0	4.28.0	3.58.0	3.40.0	3.35.0	3.30.0
1.15.0	1.10.0	58.0	55.0	50.0	48.0	42.0	50 fly	1.15.0	1.10.0	55.0	52.0	48.0	45.0	43.0	40.0
/	2.25.0	2.20.0	1.55.0	1.45.0	1.40.0	1.35.0	100 fly	/	/	2.25.0	1.50.0	1.42.0	1.38.0	1.35.0	1.30.0
4.55.0	4.45.0	4.30.0	4.00.0	3.45.0	3.35.0	3.25.0	200 fly	4.55.0	4.50.0	4.25.0	3.55.0	3.40.0	3.30.0	3.25.0	3.15.0
2.45.0	2.40.0	2.30.0	/	/	/	/	100 im	2.45.0	2.35.0	2.15.0	/	/	/	/	/
4.55.0	4.45.0	4.30.0	4.00.0	3.45.0	3.35.0	3.25.0	200 im	4.55.0	4.50.0	4.25.0	3.55.0	3.40.0	3.30.0	3.25.0	3.15.0
11.00.0	10.30.0	10.00.0	9.00.0	8.30.0	8.00.0	7.45.0	400 im	11.00.0	10.45.0	10.00.0	8.45.0	8.15.0	8.00.0	7.45.0	7.15.0

ANY SWIMMER AGED 8 WHO WILL BE 9 BEFORE MARCH 21st 2010 WILL BE PERMITTED TO ENTER THE COMPETITION PROVIDED THEY HAVE ACHIEVED THE CONSIDERATION TIME.

SWIMMERS WITH TIMES SLOWER THAN THE CONSIDERATION TIMES WILL BE ALLOWED TO SWIM PROVIDED THEY HAVE ENTERED PRIOR TO THE COMPETITION AND AT THE DISCRETION OF THE PROMOTER. IF THE EVENT IS OVER SUBSCRIBED, PRIORITY WILL BE GIVEN TO SUDBURY & DISTRICT SWIMMERS. ANY REJECTED ENTRIES WILL BE FULLY REFUNDED

The above times are to be achieved in a 25m pool or converted using the ASA Equivalent Performance Tables.

Please e-mail any queries to: robin_deal@sudburyswimming.org.uk