

SUDBURY & DISTRICT SWIMMING CLUB - LAST CHANCE TIME TRIAL 2009 - (Age as at JANUARY 10TH 2009) - SEE NOTES BELOW

THIS IS A LEVEL 4 LICENSED MEET - LICENCE NUMBER 4ER9106

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
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

ANY SWIMMER AGED 8 WHO WILL BE 9 BEFORE MARCH 22ND 2009 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. ALL TIMES TO BE ACHIEVED FROM 1ST JUNE 2008. Entry will be based on the above qualifying times.

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