



# SUDBURY & DISTRICT SWIMMING CLUB

(Affiliated to Suffolk County ASA & ASA East Region)

## RECESSION OPEN MEET

(Held Under ASA Law and Technical Rules)

**Saturday 24<sup>th</sup> OCTOBER 2009**

Kingfisher Leisure Centre, Sudbury



Ages as of 24<sup>th</sup> October 2009

### **UPPER TIME LIMITS**

Times submitted must be for the events entered and be personal best times achieved in the 12 months before the meet, no faster than the limits shown on the charts below

#### BOYS

AGE/EVENT	9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15 YRS	16 YRS	17 YRS +
50m Free	38.9	36.2	34.4	32.4	30.8	29.3	28.2	27.5	27.0
100m Free			1.14.1	1.09.9	1.06.1	1.03.0	1.00.9	59.3	58.4
200m Free	3.06.9	2.50.9	2.41.4	2.32.1	2.23.8	2.17.1	2.12.5	2.09.1	2.07.3
100m Back			1.23.9	1.19.0	1.14.2	1.10.3	1.07.5	1.05.8	1.04.4
200m Back	3.27.1	3.10.7	2.58.9	2.48.9	2.39.1	2.31.1	2.25.4	2.22.0	2.19.9
100m Breast			1.35.8	1.29.7	1.23.8	1.19.7	1.16.5	1.14.3	1.13.0
200m Breast	3.58.6	3.40.8	3.25.9	3.13.7	3.01.7	2.52.3	2.45.8	2.41.8	2.38.3
100m Fly			1.23.9	1.18.4	1.13.6	1.09.7	1.06.07	1.05.2	1.03.8
200m Fly	3.50.6	3.20.9	3.03.8	2.53.0	2.42.6	2.34.3	2.26.6	2.23.8	2.19.8
200m I.M	3.31.8	3.15.5	3.02.8	2.52.6	2.43.4	2.34.7	2.29.1	2.25.6	2.23.2

#### GIRLS

AGE/EVENT	9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15 YRS	16 YRS	17 YRS +
50m Free	39.4	36.8	34.9	33.2	32.1	31.3	30.7	30.4	30.4
100m Free		1.20.8	1.15.2	1.11.1	1.08.8	1.07.0	1.06.0	1.05.0	1.04.9
200m Free	3.09.1	2.52.1	2.42.0	2.32.9	2.27.5	2.24.1	2.21.6	2.19.9	2.18.7
100m Back		1.31.0	1.24.2	1.19.3	1.16.1	1.14.3	1.12.8	1.12.1	1.11.7
200m Back	3.29.5	3.12.7	2.58.2	2.48.8	2.43.0	2.38.9	2.35.6	2.33.6	2.32.3
100m Breast		1.44.1	1.35.9	1.30.5	1.26.4	1.23.3	1.22.3	1.21.6	1.20.6
200m Breast	4.01.4	3.41.4	3.25.8	3.14.1	3.05.4	3.00.0	2.57.4	2.55.8	2.54.8
100m Fly		1.31.9	1.24.3	1.19.0	1.16.1	1.36.6	1.12.6	1.11.8	1.11.1
200m Fly	3.54.5	3.23.8	3.05.6	2.53.3	2.46.0	2.40.8	2.37.6	2.36.1	2.34.4
200m I.M	3.34.3	3.16.2	3.02.09	2.52.9	2.47.0	2.42.6	2.39.9	2.38.2	2.37.0