



Corby East Midlands

International Pool

Corby's 4th Annual Long Course Open Meet

Saturday 6th October 2018

License No. 3EM181247

Entry Times

Female Upper Limit Times

Event	10/UN	11/12	13/14	15/16	17/OV
50m Freestyle	31.8	29.3	27.2	26.7	26.6
100m Freestyle	1:09.1	1:03.6	59.0	57.5	57.3
50m Breaststroke	41.8	38.5	35.3	33.8	33.7
100m Breaststroke	1:30.7	1:23.4	1:17.6	1:14.0	1:13.7
50m Butterfly	35.9	33.0	29.9	28.9	28.8
100m Butterfly	1:21.8	1:15.3	1:08.0	1:05.2	1:04.5
50m Backstroke	36.5	33.6	31.3	30.4	30.3
100m Backstroke	1:17.8	1:11.6	1:07.0	1:04.6	1:04.0
200m IM	2:48.1	2:34.7	2:24.8	2:20.8	2:20.6

Male Upper Limit Times

Event	10/UN	11/12	13/14	15/16	17/OV
50m Freestyle	31.9	28.7	24.4	23.7	23.5
100m Freestyle	1:10.1	1:03.1	53.3	51.5	50.8
50m Breaststroke	42.6	39.2	34.6	31.9	31.0
100m Breaststroke	1:33.5	1:26.0	1:15.0	1:09.6	1:06.6
50m Butterfly	36.4	32.8	27.4	25.3	25.1
100m Butterfly	1:24.5	1:17.7	1:06.1	59.0	58.6
50m Backstroke	36.8	33.1	28.1	27.4	27.3
100m Backstroke	1:19.6	01:10.0	01:00.2	57.3	57.1
200m IM	2:53.2	2:39.3	2:21.7	2:10.9	2:10.5

Notes:- Closing date is 10/07/18 and is on a First Come, First Served basis

Age as of Date of Gala

Times should be for a 25m Pool and No faster than the table above



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Programme of Events

Session 1 Warm Up 13:45hrs – Start 14:30hrs		Session 2 Warm Up 17:45hrs – Start 18:30hrs	
Event No.	Events	Event No.	Events
101	Girls 200m IM	201	Boys 200m IM
102	Boys 50m Free	202	Girls 50m Free
103	Girls 50m Breast	203	Boys 50m Breast
104	Boys 100m Fly	204	Girls 100m Fly
105	Girls 100m Back	205	Boys 100m Back
106	Boys 100m Breast	206	Girls 100m Breast
107	Girls 50m Fly	207	Boys 50m Fly
108	Boys 50m Back	208	Girls 50m Back
109	Girls 100m Free	209	Boys 100m Free

Notes:- Age Groups 10 Years & Under, 11/12, 13/14, 15/16 & 17 Years and over,
Minimum age 9 Years on day of gala



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Meet Entry Form

Club			
Surname		First Name	
Date of Birth		ASA Number	
Contact No.		Email	

Session 1			Session 2		
Event No.	Events	Entry Time	Event No.	Events	Entry Time
101	Girls 200 IM		201	Boys 200 IM	
102	Boys 50m Free		202	Girls 50m Free	
103	Girls 50m Breast		203	Boys 50m Breast	
104	Boys 100m Fly		204	Girls 100m Fly	
105	Girls 100 Back		205	Boys 100 Back	
106	Boys 100m Breast		206	Girls 100m Breast	
107	Girls 50m Fly		207	Boys 50m Fly	
108	Boys 50m Back		208	Girls 50m Back	
109	Girls 100 Free		209	Boys 100 Free	

Total number of races entered (electronic)		@ £6 each	£
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Notes:-

Age is as of 6th October 2018. Minimum age is 9 years on day of the gala

Times should be for a 25m pool and no faster than the Entry Times