



Corby East Midlands International Pool

Annual Long Course Open Meet

Saturday & Sunday 24th & 25th March 2018

Licence No. 3EM180193

Entry Times

Female Upper Limit Times

Event	10/11	12	13	14	15	16/OV
50m Freestyle	00:29.3	00:28.3	00:27.2	00:26.8	00:26.7	00:26.6
100m Freestyle	01:03.6	01:01.5	00:59.0	00:57.7	00:57.5	00:57.3
200m Freestyle	02:17.2	02:12.3	02:07.7	02:04.3	02:03.9	02:02.0
400m Freestyle	04:45.5	04:36.4	04:26.8	04:22.1	04:20.9	04:17.1
50m Breaststroke	00:38.5	00:36.8	00:35.3	00:34.2	00:33.8	00:33.7
100m Breaststroke	01:23.4	01:18.3	01:17.6	01:14.9	01:14.0	01:13.7
200m Breaststroke	02:57.5	02:49.0	02:45.8	02:42.7	02:41.0	02:40.4
50m Butterfly	00:33.0	00:31.6	00:29.9	00:29.4	00:28.9	00:28.8
100m Butterfly	01:15.3	01:11.1	01:08.0	01:05.5	01:05.2	01:04.5
200m Butterfly	02:51.9	02:45.3	02:34.4	02:30.0	02:29.9	02:26.2
50m Backstroke	00:33.6	00:32.4	00:31.3	00:30.5	00:30.4	00:30.3
100m Backstroke	01:11.6	01:08.7	01:07.0	01:05.1	01:04.6	01:04.0
200m Backstroke	02:31.6	02:27.9	02:23.1	02:19.7	02:19.3	02:18.9
200m IM	02:34.7	02:30.1	02:24.8	02:21.0	02:20.8	02:20.6
400m IM	05:31.5	05:18.7	05:07.3	05:03.6	05:03.0	05:02.8

Male Upper Limit Times

Event	10/11	12	13	14	15	16/OV
50m Freestyle	00:29.3	00:27.8	00:26.1	00:25.0	00:24.2	00:24.0
100m Freestyle	01:04.5	01:01.0	00:57.0	00:54.3	00:52.6	00:52.0
200m Freestyle	02:19.0	02:11.4	02:02.9	01:58.6	01:54.7	01:53.4
400m Freestyle	04:47.6	04:36.6	04:21.7	04:12.5	04:06.4	04:04.0
50m Breaststroke	00:39.2	00:36.4	00:34.6	00:32.2	00:31.9	00:31.0
100m Breaststroke	01:26.0	01:20.0	01:15.0	01:10.8	01:09.6	01:06.6
200m Breaststroke	03:01.4	02:53.3	02:39.9	02:33.8	02:31.8	02:27.0
50m Butterfly	00:33.5	00:31.3	00:29.3	00:27.8	00:26.8	00:25.9
100m Butterfly	01:17.7	01:11.0	01:06.1	01:01.5	00:59.0	00:58.6
200m Butterfly	02:57.2	02:43.0	02:34.5	02:21.9	02:18.8	02:11.7
50m Backstroke	00:33.9	00:32.3	00:30.5	00:29.4	00:28.1	00:27.9
100m Backstroke	01:13.2	01:09.5	01:06.0	01:02.7	00:59.9	00:59.7
200m Backstroke	02:33.5	02:27.1	02:19.9	02:13.6	02:10.2	02:07.1
200m IM	02:39.3	02:29.0	02:21.7	02:14.4	02:10.9	02:10.5
400m IM	05:37.4	05:18.7	05:00.3	04:50.0	04:45.9	04:36.6

Notes:- Age as of 31st December 2018

Times should be for a 50m Pool and no faster than the table above