

NOVA CENTURION SWIMMING CLUB

MARCH SPRINT MEET

10TH MARCH 2019

Harvey Hadden Sports Village – Nottingham NG8 4PB
 (Under the relevant ASA/FINA/IPC Laws and Technical Rules of Swimming)
 License Number 3EM190181

Swimmers must NOT BE FASTER THAN the times below
 LONG COURSE TIMES (short course converted will be accepted)

Based on 50m Pool

BOYS	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15 +yrs
EVENT							
50m Freestyle	35.0	32.0	29.5	28.5	26.5	25.0	24.0
100m Freestyle	1:15.0	1:10.0	1:05.0	1:01.0	59.0	56.0	54.0
50m Backstroke	40.0	37.5	34.0	32.0	29.0	28.0	27.0
100m Backstroke	1:25.0	1:20.0	1:14.0	1:11.0	1:06.0	1:04.0	1:00.0
50m Breaststroke	50.0	45.0	40.0	36.0	34.0	32.0	30.0
100m Breaststroke	1:48.0	1:37.0	1:30.0	1:20.0	1:15.0	1:11.0	1:09.0
50m Butterfly	39.0	35.0	31.0	30.0	27.5	26.5	25.5
100m Butterfly	1:20.0	1:12.0	1:10.0	1:08.0	1:03.0	1:00.0	58.0
200m Individual Medley	3:15.0	2:57.0	2:47.0	2:31.0	2:24.0	2:20.0	2:18.0
GIRLS	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15+yrs
EVENT							
50m Freestyle	38.0	33.5	31.0	29.5	28.5	28.0	27.5
100m Freestyle	1:20.0	1:15.0	1:08.0	1:05.0	1:01.0	1:00.0	58.5
50m Backstroke	45.0	38.5	36.0	33.0	31.0	30.5	29.5
100m Backstroke	1:26.5	1:23.0	1:19.0	1:13.0	1:10.0	1:07.0	1:06.5
50m Breaststroke	50.0	43.0	40.0	38.5	36.0	35.0	33.0
100m Breaststroke	1:48.0	1:40.0	1:25.0	1:23.0	1:20.0	1:15.0	1:13.5
50m Butterfly	43.0	37.0	34.0	31.0	29.0	28.5	28.0
100m Butterfly	1:40.0	1:20.0	1:13.0	1:10.0	1:08.0	1:07.0	1:06.0
200m Individual medley	3:15.0	3:00.0	2:40.0	2:35.0	2:25.0	2:24.0	2:22.0



University of Nottingham Sport



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