



# Sherwood Colliery Swimming Club - Robin Hood Open Meet

## 14<sup>th</sup> & 15<sup>th</sup> September 2019 – Ponds Forge (50m pool) Sheffield



(Under Swim England Regulations and Technical Rules)  
Licensed Level 3EM191754



### Qualifying Standards 25m Pool:

Level 3 Licensed Meet - ALL TIMES ARE UPPER LIMITS (i.e. not faster than)								
<b>BOYS</b>								
<b>EVENT</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16/over</b>
50m Freestyle	33.7	31.7	30.2	28.5	27.1	26.1	25.3	24.9
100m Freestyle	1:13.4	1:09.2	1:04.4	1:01.0	57.9	55.9	54.7	53.7
200m Freestyle	2:42.2	2:29.2	2:20.8	2:12.4	2:05.9	2:01.4	1:58.7	1:56.6
400m Freestyle		5:13.3	4:53.5	4:37.1	4:24.7	4:16.6	4:10.7	4:06.6
50m Breaststroke	43.9	41.8	39.3	36.8	34.5	33.2	32.0	31.3
100m Breaststroke	1:35.9	1:31.1	1:28.7	1:18.7	1:13.8	1:10.9	1:08.7	1:07.2
200m Breaststroke	3:30.1	3:14.4	3:01.0	2:49.9	2:39.8	2:33.2	2:29.0	2:26.7
50m Butterfly	39.3	35.6	33.5	31.70	29.9	28.7	27.6	27.1
100m Butterfly	1:28.7	1:21.2	1:13.9	1:09.0	1:04.9	1:02.0	1:00.0	59.00
200m Butterfly	3:26.0	2:57.5	2:41.5	2:31.8	2:23.3	2:17.3	2:11.7	2:10.3
50m Backstroke	39.3	36.7	34.8	33.0	31.0	30.0	29.0	28.2
100m Backstroke	1:23.6	1:19.9	1:13.8	1:09.4	1:05.4	1:02.6	1:00.7	59.7
200m Backstroke	2:51.4	2:47.3	2:36.9	2:27.9	2:19.9	2:14.3	2:10.7	2:08.6
200m Individual Medley	3:09.7	2:51.5	2:39.8	2:30.9	2:23.5	2:17.3	2:13.8	2:11.8
<b>GIRLS</b>								
<b>EVENT</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16/over</b>
50m Freestyle	33.7	32.0	30.6	29.2	28.5	28.1	27.6	27.4
100m Freestyle	1:13.4	1:10.3	1:05.6	1:02.2	1:00.8	59.8	59.2	58.7
200m Freestyle	2:41.7	2:29.4	2:21.7	2:13.6	2:10.2	2:08.4	2:06.9	2:06.1
400m Freestyle		5:17.5	4:52.9	4:37.9	4:31.3	4:28.0	4:24.6	4:24.1
50m Breaststroke	43.9	41.8	39.3	37.1	35.9	35.2	34.7	34.5
100m Breaststroke	1:35.9	1:31.4	1:24.1	1:19.6	1:16.6	1:14.6	1:13.9	1:13.8
200m Breaststroke	3:29.1	3:14.0	3:00.4	2:50.5	2:44.3	2:40.9	2:39.4	2:39.1
50m Butterfly	36.7	35.5	33.8	32.0	31.1	30.5	30.0	29.9
100m Butterfly	1:27.2	1:20.9	1:14.1	1:09.6	1:07.5	1:05.9	1:05.4	1:05.1
200m Butterfly	3:24.0	2:59.5	2:43.0	2:32.4	2:27.3	2:23.7	2:21.6	2:21.1
50m Backstroke	39.3	36.6	34.7	33.2	32.2	31.6	31.3	31.0
100m Backstroke	1:27.2	1:19.7	1:13.8	1:09.6	1:07.5	1:06.4	1:05.4	1:05.1
200m Backstroke	2:53.4	2:48.4	2:38.6	2:27.9	2:28.0	2:22.0	2:19.6	2:18.6
200m Individual Medley	3:05.6	2:50.8	2:39.4	2:31.2	2:27.6	2:24.9	2:23.3	2:22.6