



Sherwood Colliery Swimming Club - Robin Hood Open Meet

10th & 11th September 2022 – Ponds Forge (50m pool) Sheffield



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



Qualifying Standards 50m Pool

Entry times will be verified against ranking (any level of meet) unless no entry time is available in which case an estimated time may be submitted. Times faster than those below will be rejected.

| Level 3 Licensed Meet - ALL TIMES ARE UPPER LIMITS (i.e. not faster than) | | | | | | | | |
|---|----------|-----------|-----------|-----------|-----------|-----------|-----------|----------------|
| BOYS | | | | | | | | |
| EVENT | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16/over |
| 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 |
| GIRLS | | | | | | | | |
| EVENT | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16/over |
| 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 |