



Promoted By
STAFFORD APEX SWIMMING CLUB
(Affiliated to ASA Midland District and Staffordshire ASA)



LONG DISTANCE OPEN MEET
Friday 4th, Saturday 5th and Sunday 6th DECEMBER 2009.
License Number 2WM9471

Lower Limit Times

BOYS	Level 2 QT - SC Qualifying Times		Short Course Pool		
	EVENT	9	10/11	12/13	14/15
100m Freestyle	N/A	1:20.6	1:11.1	1:04.6	1:00.2
200m Freestyle	3:22.8	2:54.8	2:35.0	2:20.8	2:12.9
400m Freestyle	7:20.6	6:06.0	5:26.8	4:57.5	4:42.5
800m Freestyle	15:23.9	12:55.2	11:23.5	10:23.8	9:52.4
1500m Freestyle	29:13.5	24:40.7	21:33.8	19:43.1	18:44.3
100m Breaststroke	N/A	1:43.4	1:30.1	1:21.0	1:15.0
200m Breaststroke	4:17.8	3:42.4	3:15.3	2:55.8	2:42.3
100m Butterfly	N/A	1:30.4	1:19.1	1:10.7	1:05.1
200m Butterfly	4:08.3	3:18.2	2:54.7	2:35.5	2:24.4
100m Backstroke	N/A	1:30.5	1:19.7	1:11.5	1:05.4
200m Backstroke	3:43.8	3:13.3	2:51.1	2:34.3	2:22.9
100m Individual Medley	1:47.4	1:33.9	1:23.1	1:14.7	1:07.7
200m Individual Medley	3:49.7	3:17.6	2:55.8	2:38.2	2:27.6
400m Individual Medley	8:15.6	6:59.7	6:12.0	5:34.6	5:14.9

GIRLS	Level 2 QT - SC Qualifying Times		Short Course Pool		
	EVENT	9	10/11	12/13	14/15
100m Freestyle	N/A	1:21.3	1:13.5	1:09.9	1:07.1
200m Freestyle	3:24.5	2:55.4	2:38.0	2:30.2	2:26.1
400m Freestyle	7:25.4	6:04.9	5:29.8	5:13.8	5:07.2
800m Freestyle	15:17.5	12:34.3	11:17.3	10:46.5	10:29.5
1500m Freestyle	29:30.3	24:15.5	21:46.8	20:52.5	20:14.7
100m Breaststroke	N/A	1:43.5	1:32.3	1:27.1	1:23.2
200m Breaststroke	4:20.0	3:42.1	3:18.2	3:07.9	2:58.7
100m Butterfly	N/A	1:30.9	1:21.2	1:16.9	1:12.2
200m Butterfly	4:11.0	3:20.2	2:57.3	2:46.9	2:39.0
100m Backstroke	N/A	1:31.0	1:21.4	1:17.1	1:13.6
200m Backstroke	3:46.2	3:12.5	2:54.3	2:44.8	2:38.3
100m Individual Medley	1:48.8	1:34.2	1:24.9	1:20.9	1:16.5
200m Individual Medley	3:51.6	3:17.9	2:58.8	2:49.5	2:44.2
400m Individual Medley	8:12.3	6:57.3	6:14.4	5:55.8	5:44.5