



CITY OF COVENTRY SWIMMING CLUB

(affiliated to ASA West Midlands Region)

May Open Meet – License 1

Designated for Entry into National and District Events
(Under ASA law and ASA Technical rules)

Saturday 8th and Sunday 9th May 2010

Awards

1. Top visiting club trophy
2. Three fastest swimmers in each event in each age group.
3. Top swimmer in each age group
4. No presentations other than for the top awards.

In accordance with the conditions of the Coventry Sportscentre Trust and the Child Protection policy no photographic equipment may be used during this event.

If any adults attending the Gala are qualified officials and are willing to help on the day, their assistance would be appreciated by the City of Coventry Swimming Club.

For draft programme, details of Gala, maps and directions to the pool please visit our website:

www.coventry-swimming.org.uk

For any additional information please contact:

georgina.holtom@coventry-swimming.org.uk

For offers of help please contact:

kevin.sherwood@coventry-swimming.org.uk



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Programme of Events

Saturday 8th May 2010– Start Time 9.00 am

<u>Session One</u>	Warm up 8.00 am
Event 101	Boys 400m Individual Medley
Event 102	Girls 400m Individual Medley
Event 103	Boys 100m Freestyle
Event 104	Girls 100m Freestyle
Event 105	Boys 200m Backstroke
Event 106	Girls 200m Backstroke
Event 107	Boys 50m Butterfly
Event 108	Girls 50m Butterfly

Session Two

Event 201	Boys 200m Freestyle
Event 202	Girls 200m Freestyle
Event 203	Boys 100m Butterfly
Event 204	Girls 100m Butterfly
Event 205	Boys 200m Breaststroke
Event 206	Girls 200m Breaststroke
Event 207	Boys 50m Backstroke
Event 208	Girls 50m Backstroke

Sunday 9th May 2010– Start Time 9.00am

<u>Session Three</u>	Warm up 8.00 am
Event 301	Boys 400m Freestyle
Event 302	Girls 400m Freestyle
Event 303	Boys 100m Breaststroke
Event 304	Girls 100m Breaststroke
Event 305	Boys 200m Butterfly
Event 306	Girls 200m Butterfly
Event 307	Boys 50m Freestyle
Event 308	Girls 50m Freestyle

Session Four

Event 401	Boys 200m Individual Medley
Event 402	Girls 200m Individual Medley
Event 403	Boys 100m Backstroke
Event 404	Girls 100m Backstroke
Event 405	Boys 50 Breaststroke
Event 406	Girls 50 Breaststroke

Level 1 Licensed Meet - Minimum Permitted Qualifying Times - Long Course Pool

BOYS

EVENT	9	10	11	12	13	14	15/OVER
50m Freestyle	42.6	39	37	34.9	33	31.3	29.7
100m Freestyle			1:18.8	1:13.7	1:09.8	1:06.9	1:04.4
200m Freestyle	3:23.4	3:03.6	2:51.3	2:40.8	2:32.6	2:25.6	2:20.7
400m Freestyle	7:22.5	6:26.4	5:56.0	5:38.1	5:21.8	5:07.0	4:57.6
50m Breaststroke	56.8	51.6	48.2	44.6	41.8	39.7	37.8
100m Breaststroke			1:41.5	1:34.7	1:28.8	1:24.6	1:21.4
200m Breaststroke	3:20.5	3:57.2	3:39.1	3:25.2	3:12.5	3:02.5	2:55.4
50m Butterfly	48.8	43.5	40.8	38.1	35.9	34	32.2
100m Butterfly			1:27.7	1:21.5	1:16.8	1:12.8	1:09.8
200m Butterfly	4:03.7	3:32.3	3:12.5	2:59.9	2:49.9	2:40.9	2:34.4
50m Backstroke	50.3	46	43.2	40.5	38.2	36.1	34.5
100m Backstroke			1:29.8	1:24.1	1:19.2	1:15.0	1:12.2
200m Backstroke	3:46.7	3:25.8	3:12.0	3:00.7	2:50.3	2:42.3	2:36.0
200m Individual Medley	3:52.00	3:29.6	3:14.3	3:02.8	2:52.7	2:44.8	2:38.4
400m Individual Medley	8:21.9	7:26.3	6:50.8	6:26.7	6:06.4	5:49.3	5:36.2

GIRLS

EVENT	9	10	11	12	13	14	15/OVER
50m Freestyle	42.8	39.8	37.3	35.4	34	32.9	32.2
100m Freestyle		1:26.2	1:19.3	1:15.2	1:12.7	1:10.7	1:09.6
200m Freestyle	3:29.1	3:04.4	2:51.3	2:42.5	2:36.2	2:32.1	2:29.1
400m Freestyle	7:20.7	6:27.4	5:56.4	5:38.8	5:26.3	5:18.0	5:12.8
50m Breaststroke	57	51.2	47.8	45	43.1	41.5	40.6
100m Breaststroke		1:50.3	1:41.6	1:35.2	1:30.8	1:28.5	1:27.5
200m Breaststroke	4:27.3	3:55.5	3:36.6	3:24.9	3:15.5	3:09.5	3:06.7
50m Butterfly	48.2	44	40.7	38.6	36.7	35.7	34.8
100m Butterfly		1:37.1	1:27.9	1:22.6	1:19.1	1:17.2	1:15.5
200m Butterfly	3:56.6	3:34.6	3:12.6	3:01.7	2:53.5	2:48.0	2:45.7
50m Backstroke	50.2	46	43.1	40.9	39.4	38	37
100m Backstroke		1:37.5	1:29.9	1:24.5	1:21.7	1:19.6	1:17.9
200m Backstroke	3:52.7	3:26.3	3:11.0	3:00.6	2:54.3	2:49.8	2:45.8
200m Individual Medley	3:55.2	3:29.6	3:14.3	3:03.3	2:56.8	2:52.3	2:48.9
400m Individual Medley	8:24.4	7:26.2	6:47.3	6:24.9	6:10.6	6:02.0	5:55.2



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APPLICATION FOR POOLSIDE PASS

Club:		
No Required:		1 day £6.00 each
		2 day £10.00 each
<u>Position in Club</u>	<u>Names of Applicant</u>	
Coach:		
Team Manager:		
Chaperone:		

I confirm that the above listed applicants for Poolside Passes have been CRB checked and are currently registered with the ASA.

Signed:..... Club Secretary

Dated:.....