

NOTES



Oswestry Otters ASC — The Wilfred Owen Summer Meet 13<sup>th</sup> & 14<sup>th</sup> July 2019 —  
Wavertree Sports Park

(50m pool) Liverpool  
(Under ASA Laws and ASA Technical Rules of Swimming)

Licensed Level 3 - 3WM190539

# SWimMark

ESSENTIAL CLUB

THIS FORM IS FOR INTERNAL CLUB USE/MANUAL ENTIERES

Surname:		First Name	
ASA Reg No:	DISABILITY Y/N S            SM            SB		Date of Birth:
Email:		Phone:	
Event Number	M	F	Entry times
50m Free style	403	203	
100m Free style	305	105	
200m Freestyle	206	406	
400m Freestyle	307	107	
50m Backstroke	102	302	
100m Backstroke	202	402	
200m Backstroke	407	207	
50m Breaststroke	204	404	
100m Breaststroke	104	304	
200m Breaststroke	401	201	
50m Butterfly	303	103	
100m Butterfly	405	205	
200m Butterfly	106	306	
200m Individual	301	101	
Number of events entered:		Total Payment (£6.00 per event) + £1.00 Registration Fee:	

Please return the entry form to Caroline Johnson (Email: [martin-hughes@hotmail.co.uk](mailto:martin-hughes@hotmail.co.uk)), Nerys Jones or George **by 22<sup>nd</sup> April, 2019.**

## NOTES

1. Long course event, events are age integrated and have heat declared winners.
2. Swimmers must have a time for the events they are entered into and Caroline will convert short course times to long course times as necessary.
3. Swimmers will be split into 'A' and 'B' categories based on time swum on the day. Where there are more than 6 competitors in an age group in each event, competitors placed 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each event, in each age group, for 'A' and 'B' graded times will receive a medal. If there are 6 or less swimmers, only grade 'A' will be presented.
4. Upper cut of times will be applied to all events with all entry times less than or equal to the qualifying times given in tables below.

### Category A

Level 3 Licensed Meet – ALL TIMES ARE UPPER LIMITS (i.e. not faster than)						
BOYS						
EVENT	10	11	12	13	14	15
50m Freestyle	33.4	31.5	30.0	28.3	26.7	26.1
100 m Freestyle	1:14.5	1:09.4	1:06.0	1:02.5	58.4	56.3
200m Freestyle	2:45.2	2:31.4	2:23.4	2:15.0	2:08.0	2:03.7
400m Freestyle	6:05.2	5:22.9	5:03.9	4:46.2	4:31.7	4:24.4
50m Backstroke	39.3	36.6	34.8	32.7	30.7	30.0
100m Backstroke	1:27.5	1:19.3	1:15.6	1:10.3	1:06.5	1:04.7
200m Backstroke	3:04.5	2:49.2	2:41.8	2:31.4	2:24.0	2:19.9
50m Breaststroke	45.7	41.8	39.2	36.4	33.9	32.9
100m Breaststroke	1:41.7	1:32.4	1:26.6	1:20.8	1:15.0	1:12.8
200m Breaststroke	3:33.0	3:19.9	3:08.3	2:54.6	2:44.1	2:39.2
50m Butterfly	37.6	34.8	32.9	30.8	28.8	28.0
100m Butterfly	1:31.8	1:20.2	1:14.5	1:09.5	1:04.8	1:02.5
200m Butterfly	3:20.0	3:04.8	2:52.1	2:38.2	2:28.1	2:20.9
200m Individual Medley	3:07.09	2:52.2	2:44.4	2:33.1	2:24.6	2:21.1
GIRLS						
EVENT	10	11	12	13	14	15+
50m Freestyle	33.4	31.4	30.1	29.0	28.3	27.8
100 m Freestyle	1:15.1	1:09.4	1:06.0	1:03.8	1:01.9	1:01.0
200m Freestyle	2:43.7	2:31.2	2:20.08	2:17.7	2:14.2	2:11.7
400m Freestyle	5:57.3	5:24.8	5:04.4	4:51.8	4:42.6	4:38.4
50m Backstroke	39.6	36.6	34.6	33.3	32.6	32.2
100m Backstroke	1:25.9	1:19.2	1:15.1	1:11.9	1:10.2	1:09.0
200m Backstroke	3:02.6	2:50.4	2:40.9	2:33.8	2:30.9	2:28.8
50m Breaststroke	44.8	41.6	38.8	37.2	36.1	35.6
100m Breaststroke	1:39.8	1:31.3	1:25.5	1:21.4	1:19.3	1:18.4
200m Breaststroke	3:33.0	3:18.4	3:04.4	2:54.7	2:51.1	2:50.0
50m Butterfly	37.6	34.8	32.6	31.5	30.5	29.9
100m Butterfly	1:29.8	1:21.2	1:14.6	1:10.8	1:08.3	1:07.2
200m Butterfly	3:20.0	3:11.9	2:50.9	2:40.4	2:32.8	2:32.1
200m Individual Medley	3:04.9	2:52.3	2:43.0	2:35.7	2:32.3	2:30.0

# NOTES

## Category B

Level 3 Licensed Meet – ALL TIMES ARE UPPER LIMITS (i.e. not faster than)						
BOYS						
EVENT	10	11	12	13	14	15
50m Freestyle	46.6	44.0	40.8	37.9	35.3	33.0
100 m Freestyle	1:41.3	1:34.3	1:26.9	1:20.7	1:15.8	1:11.6
200m Freestyle	3:40.3	3:25.4	3:09.8	2:56.7	2:45.2	2:36.5
400m Freestyle	7:44.6	7:08.5	6:39.9	6:13.1	5:48.6	5:31.1
50m Backstroke	54.7	51.4	47.4	44.0	40.7	38.3
100m Backstroke	1:55.6	1:47.0	1:38.8	1:31.4	1:24.9	1:20.2
200m Backstroke	4:06.3	3:49.6	3:32.7	3:16.9	3:03.9	2:53.4
50m Breaststroke	1:01.3	57.1	52.2	48.2	44.8	41.9
100m Breaststroke	2:11.6	2:00.8	1:51.2	1:42.6	1:35.7	1:30.3
200m Breaststroke	4:42.6	4:21.1	4:00.8	3:42.3	3:26.6	3:14.7
50m Butterfly	51.7	48.4	44.6	41.3	38.4	35.8
100m Butterfly	1:53.8	1:44.2	1:35.8	1:28.6	1:22.3	1:17.5
200m Butterfly	4:11.9	3:49.5	3:31.6	3:16.1	3:02.2	2:51.4
200m Individual Medley	4:10.5	3:52.4	3:35.2	3:19.9	3:06.6	2:56.2
GIRLS						
EVENT	10	11	12	13	14	15+
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200m Freestyle	3:37.1	3:20.8	3:07.0	2:56.6	2:49.8	2:44.8
400m Freestyle	7:36.1	6:58.5	6:30.4	6:09.2	5:55.2	5:45.6
50m Backstroke	53.9	50.2	46.8	44.3	42.3	40.8
100m Backstroke	1:54.3	1:44.9	1:37.1	1:32.2	1:28.6	1:25.9
200m Backstroke	4:02.0	3:43.4	3:27.5	3:16.6	3:09.1	3:03.0
50m Breaststroke	59.8	55.6	51.5	48.5	46.1	44.7
100m Breaststroke	2:09.2	1:58.5	1:49.2	1:42.5	1:38.7	1:36.4
200m Breaststroke	4:35.8	4:12.9	3:55.2	3:40.8	3:31.5	3:26.1
50m Butterfly	51.3	47.4	44.1	41.3	39.6	38.3
100m Butterfly	1:53.2	1:42.4	1:34.7	1:29.2	1:25.9	1:23.3
200m Butterfly	4:10.2	3:44.6	3:28.3	3:15.7	3:07.1	3:02.6
200m Individual Medley	4:06.4	3:47.4	3:30.8	3:19.8	3:12.2	3:06.4

### 5. Event schedule:

Afternoon start times to be confirmed on close of entries

SATURDAY – Warm-up from 8am START 9am				SUNDAY – Warmup from 8am START 9am			
101	Girls	10/ov	200IM	301	Boys	10/ov	200IM
102	Boys	10/ov	50 Back	302	Girls	10/ov	50 Back
103	Girls	10/ov	50 Fly	303	Boys	10/ov	50 Fly
104	Boys	10/ov	100 Breast	304	Girls	10/ov	100 Breast
105	Girls	10/ov	100 Free	305	Boys	10/ov	100 Free
106	Boys	10/ov	200 Fly	306	Girls	10/ov	200 Fly
107	Girls	10/ov	400 Free	307	Boys	10/ov	400 Free
SATURDAY – Warm-up from TBA START TBA				SUNDAY – Warmup from TBA START TBA			
201	Girls	10/ov	200 Breast	401	Boys	10/ov	200 Breast
202	Boys	10/ov	100 Back	402	Girls	10/ov	100 Back
203	Girls	10/ov	50 Free	403	Boys	10/ov	50 Free
204	Boys	10/ov	50 Breast	404	Girls	10/ov	50 Breast
205	Girls	10/ov	100 Fly	405	Boys	10/ov	100 Fly
206	Boys	10/ov	200 Free	406	Girls	10/ov	200 Free
207	Girls	10/ov	200 Back	407	Boys	10/ov	200 Back