

# CHASE SWIMMING CLUB

Affiliated to A.S.A West Midland Region and Staffordshire A.S.A

## The 6th Roebuck A.S.A. Licensed Level 2 Meet

(Under A.S.A Laws and A.S.A. Technical Rules)

Central Baths, Wolverhampton 24th & 25th October 2009

Email queries to roebuck@chaseswimmingclub.co.uk

### ENTRY TIMES

		Male							Female						
		9	10	11	12	13	14	15+	9	10	11	12	13	14	15+
<b>50M</b>	Upper Lmt.	00:34.60	00:32.00	00:30.50	00:28.80	00:27.40	00:26.40	00:25.50	00:34.90	00:32.40	00:30.90	00:29.60	00:28.70	00:28.30	00:27.80
<b>Freestyle</b>	Lower Lmt	00:42.10	00:39.30	00:37.20	00:35.10	00:33.10	00:31.30	00:29.90	00:42.60	00:39.90	00:37.70	00:35.70	00:34.30	00:33.30	00:32.50
<b>100M</b>	Upper Lmt.	n/a	01:09.90	01:05.90	01:01.80	00:58.50	00:56.40	00:55.10	n/a	01:11.30	01:06.40	01:03.00	01:01.40	01:00.30	00:59.60
<b>Freestyle</b>	Lower Lmt	n/a	01:25.80	01:20.60	01:15.70	01:11.10	01:07.30	01:04.60	n/a	01:27.60	01:21.30	01:16.60	01:13.50	01:11.30	01:09.90
<b>200M</b>	Upper Lmt.	02:46.20	02:30.60	02:22.40	02:14.10	02:07.30	02:02.60	01:59.70	02:47.90	02:31.30	02:22.90	02:15.40	02:11.60	02:09.60	02:07.80
<b>Freestyle</b>	Lower Lmt	03:22.80	03:06.00	02:54.80	02:44.70	02:35.00	02:26.60	02:20.80	03:24.50	03:06.80	02:55.40	02:44.90	02:38.00	02:33.50	02:30.20
<b>400M</b>	Upper Lmt.	06:02.40	05:16.90	04:57.00	04:40.80	04:27.80	04:19.20	04:12.80	06:08.80	05:21.20	04:56.60	04:41.40	04:34.20	04:30.40	04:26.70
<b>Freestyle</b>	Lower Lmt	07:20.60	06:31.80	06:06.00	05:46.00	05:26.80	05:10.40	04:57.50	07:25.40	06:35.70	06:04.90	05:43.70	05:29.80	05:20.80	05:13.80
<b>100M</b>	Upper Lmt.	n/a	01:20.50	01:14.50	01:10.20	01:06.10	01:03.20	01:01.20	n/a	01:20.50	01:14.60	01:10.40	01:08.10	01:07.00	01:05.80
<b>Backstroke</b>	Lower Lmt	n/a	01:37.90	01:30.50	01:25.20	01:19.70	01:15.00	01:11.50	n/a	01:38.50	01:31.00	01:25.30	01:21.40	01:19.00	01:17.10
<b>200M</b>	Upper Lmt.	03:04.60	02:48.90	02:38.50	02:29.70	02:21.40	02:15.50	02:11.60	03:06.50	02:50.30	02:37.40	02:29.60	02:25.70	02:23.20	02:20.70
<b>Backstroke</b>	Lower Lmt	03:43.80	03:26.70	03:13.30	03:02.60	02:51.10	02:41.40	02:34.30	03:46.20	03:28.70	03:12.50	03:01.70	02:54.30	02:49.20	02:44.80
<b>100M</b>	Upper Lmt.	n/a	01:31.90	01:25.10	01:19.60	01:14.40	01:11.50	01:09.20	n/a	01:32.30	01:25.00	01:20.40	01:17.30	01:15.10	01:14.40
<b>Breaststroke</b>	Lower Lmt	n/a	01:51.70	01:43.40	01:36.90	01:30.10	01:25.10	01:21.00	n/a	01:52.50	01:43.50	01:37.30	01:32.30	01:28.70	01:27.10
<b>200M</b>	Upper Lmt.	03:33.40	03:16.10	03:02.80	02:51.90	02:41.50	02:34.60	02:30.20	03:35.40	03:16.10	03:02.30	02:52.50	02:45.80	02:42.20	02:40.50
<b>Breaststroke</b>	Lower Lmt	04:17.80	03:59.00	03:42.40	03:29.20	03:15.30	03:03.90	02:55.80	04:20.00	03:59.50	03:42.10	03:28.80	03:18.20	03:11.50	03:07.90
<b>100M</b>	Upper Lmt.	n/a	01:21.80	01:14.60	01:09.70	01:05.50	01:02.60	01:00.40	n/a	01:21.60	01:14.80	01:10.30	01:08.20	01:06.40	01:05.80
<b>Butterfly</b>	Lower Lmt	n/a	01:39.10	01:30.40	01:24.60	01:19.10	01:14.40	01:10.70	n/a	01:39.30	01:30.90	01:24.90	01:21.20	01:18.30	01:16.90
<b>200M</b>	Upper Lmt.	03:28.280	02:59.00	02:43.10	02:33.50	02:24.70	02:18.50	02:12.60	03:31.20	03:01.20	02:44.70	02:34.20	02:28.60	02:24.90	02:22.50
<b>Butterfly</b>	Lower Lmt	04:08.30	03:37.30	03:18.20	03:06.60	02:54.70	02:44.70	02:35.50	04:11.00	03:40.00	03:20.20	03:06.40	02:57.30	02:51.00	02:46.90
<b>200M</b>	Upper Lmt.	03:09.00	02:53.10	02:41.70	02:32.70	02:25.10	02:18.60	02:14.90	03:10.40	02:52.90	02:41.40	02:33.00	02:29.10	02:26.20	02:24.30
<b>Ind. Medley</b>	Lower Lmt	03:49.70	03:32.20	03:17.60	03:06.80	02:55.80	02:45.30	02:38.20	03:51.60	03:32.70	03:17.90	03:06.30	02:58.80	02:53.10	02:49.50
<b>400M</b>	Upper Lmt.	06:48.5	06:12.30	05:42.70	05:21.80	05:06.30	04:53.40	04:44.80	06:45.90	06:11.50	05:40.60	05:22.10	05:12.10	05:06.60	05:02.90
<b>Ind. Medley</b>	Lower Lmt	08:15.60	07:35.60	06:59.70	06:34.30	06:12.00	05:50.30	05:34.60	08:12.30	07:35.30	06:57.30	06:32.00	06:14.40	06:03.10	05:55.80

The above are worked out by have the upper Limits @ 5% above National 100%  
and the lower Limits @ 30% of National standard all times taken off Sportsystems site on 02/02/09