

Northampton Swimming Club Ltd Winter Festival Open Meet

(Affiliated to the ASA East Midland Region)

(Held under ASA Law and ASA Technical Rules)

Corby East Midlands, International Swimming Pool Fri 4th, Sat 5th and Sun 6th Dec 2009

Level 1 Meet (1EM9565)

Male Cut off times

Event	11/u	12	13	14	15/16	17 and over
50m Freestyle	37.0	34.9	33.0	31.3	28.7	27.4
100m Freestyle	1.18.8	1.13.7	1.09.8	1.06.9	1.02.5	1.00.5
200m Freestyle	2.51.3	2.40.8	2.32.6	2.25.6	2.16.2	2.13.7
400m Freestyle	5.56.5	5.38.1	5.21.8	5.07.0	4.49.0	4.43.4
800m Freestyle	11.44.6	10.47.1	10.12.8	9.42.5	9.05.0	8.52.5
1500m Freestyle	22.44.7	22.20.5	19.16.6	18.19.0	17.07.6	16.43.3
100m Breaststroke	1.41.5	1.34.7	1.28.8	1.24.6	1.18.8	1.15.8
200m Breaststroke	3.39.1	3.25.2	3.12.5	3.02.5	2.51.5	2.43.9
100m Butterfly	1.27.7	1.21.5	1.16.8	1.12.8	1.07.7	1.05.0
200m Butterfly	3.12.5	2.59.9	2.49.9	2.40.9	2.30.3	2.24.7
100m Backstroke	1.29.8	1.24.1	1.19.2	1.15.0	1.10.2	1.07.5
200m Backstroke	3.12.0	3.00.7	2.50.3	2.42.3	2.30.3	2.26.7
200m IM	3.14.3	3.02.8	2.52.7	2.44.8	2.33.8	2.29.2
400m IM	6.50.8	6.26.7	6.06.4	5.49.3	5.27.5	5.17.2