

LANCASHIRE COUNTY WATER POLO & SWIMMING ASSOCIATION 2010 CONSIDERATION
TIMES



BOYS EVENT	County Qualifying Times					Short Course Pool				
	9	10	11	12	13	14	15	16	OPEN	
50m Freestyle	41.0	38.3	36.7	33.9	31.6	30.1	29.0	28.4	28.2	
100m Freestyle				1:11.3	1:06.5	1:03.5	1:02.5	1:01.3	1:00.8	
200m Freestyle	3:22.7	3:00.4	2:49.2	2:35.2	2:27.4	2:20.0	2:14.8	2:12.9	2:11.6	
400m Freestyle		6:13.2	5:45.3	5:24.4	5:04.2	4:49.9	4:39.9	4:36.6	4:37.9	
800m Freestyle				10:52.0	10:25.1	9:59.6	9:31.5	9:30.9	9:30.9	
1500m Freestyle				20:10.9	19:07.7	18:29.4	17:50.2	17:40.3	17:29.9	
50m Breaststroke	54.8	50.1	46.3	42.4	39.0	37.0	35.5	33.8	33.8	
100m Breaststroke				1:32.1	1:25.0	1:20.5	1:17.5	1:16.0	1:16.0	
200m Breaststroke	4:18.8	3:55.5	3:34.9	3:17.2	3:03.7	2:52.0	2:50.1	2:47.5	2:45.0	
50m Butterfly	46.6	41.9	38.9	36.8	33.0	32.0	30.5	29.9	29.4	
100m Butterfly				1:21.6	1:15.0	1:10.7	1:07.5	1:06.8	1:05.4	
200m Butterfly	4:20.3	3:38.3	3:18.7	3:00.2	2:43.9	2:35.3	2:28.5	2:27.3	2:24.4	
50m Backstroke	47.6	43.2	40.1	36.9	34.2	32.4	31.4	31.1	30.8	
100m Backstroke				1:21.3	1:15.7	1:11.2	1:08.3	1:07.1	1:07.0	
200m Backstroke	3:45.2	3:23.2	3:09.2	2:51.4	2:40.6	2:31.9	2:26.3	2:24.3	2:24.3	
200m Individual Medley	3:40.8	3:25.0	3:11.3	2:57.4	2:45.4	2:36.6	2:30.2	2:27.8	2:26.3	
400m Individual Medley				6:18.4	5:54.0	5:36.4	5:18.6	5:13.3	5:13.3	
GIRLS EVENT	County Qualifying Times					Short Course Pool				
	9	10	11	12	13	14	15	16	OPEN	
50m Freestyle	41.9	38.1	35.2	33.2	31.8	31.0	30.9	30.6	30.3	
100m Freestyle			1:16.1	1:11.2	1:08.1	1:06.8	1:05.8	1:05.4	1:05.1	
200m Freestyle	3:21.2	2:55.1	2:44.3	2:34.5	2:28.5	2:26.0	2:24.8	2:23.5	2:22.5	
400m Freestyle		6:08.5	5:40.4	5:21.4	5:06.8	4:58.9	4:55.8	4:56.6	4:59.0	
800m Freestyle			11:02.0	10:30.3	10:12.5	10:02.5	9:55.7	9:52.4	9:52.4	
1500m Freestyle			21:34.0	20:54.0	20:17.1	19:36.9	19:40.6	19:41.6	19:37.6	
50m Breaststroke	55.2	49.4	45.6	42.4	40.3	39.1	38.4	38.3	38.3	
100m Breaststroke			1:37.5	1:30.8	1:26.1	1:24.4	1:22.5	1:22.3	1:22.0	
200m Breaststroke	4:22.5	3:46.7	3:30.2	3:15.6	3:07.3	3:03.0	3:01.5	3:00.1	3:00.1	
50m Butterfly	47.4	41.9	38.9	36.4	34.8	33.7	33.2	33.0	32.8	
100m Butterfly			1:26.7	1:20.8	1:16.7	1:14.7	1:13.8	1:13.5	1:12.7	
200m Butterfly	4:20.6	3:35.8	3:15.0	2:58.4	2:47.3	2:42.0	2:40.7	2:40.7	2:38.4	
50m Backstroke	48.5	43.5	40.2	37.8	36.2	35.2	34.7	34.3	34.1	
100m Backstroke			1:25.8	1:20.7	1:17.2	1:15.3	1:14.0	1:13.6	1:13.0	
200m Backstroke	3:40.8	3:14.2	3:03.8	2:49.6	2:42.4	2:39.8	2:37.2	2:35.8	2:35.3	
200m Individual Medley	3:44.5	3:20.2	3:05.9	2:56.5	2:47.9	2:43.9	2:41.6	2:41.0	2:40.0	
400m Individual Medley				6:13.4	5:57.1	5:47.2	5:42.9	5:41.6	5:37.9	

All times must have been achieved between
1st September 2009 and 16th February 2010 at a Licensed Meet

**LANCASHIRE COUNTY WATER POLO & SWIMMING ASSOCIATION
AGE GROUP & SWIMMING CHAMPIONSHIPS 2010
INDIVIDUAL ENTRY FORM**

FORENAME _____ SURNAME _____

ADDRESS _____

POST CODE _____

PHONE NUMBER _____

EMAIL ADDRESS _____

MALE/FEMALE (DELETE AS APPROPRIATE) DATE OF BIRTH ____/____/____

ASA REG NUMBER _____ AGE AT 21/03/10 ____

CLUB _____

DISTANCE	STROKE	AGE GROUPS 25M POOL TIMES	CHAMPIONSHIPS 25M POOL TIMES	Date & Gala Time achieved
50M	FREESTYLE			
100M	FREESTYLE			
200M	FREESTYLE			
400M	FREESTYLE			
800M	FREESTYLE			
1500M	FREESTYLE			
50M	BACKSTROKE			
100M	BACKSTROKE			
200M	BACKSTROKE			
50M	BREASTSTROKE			
100M	BREASTSTROKE			
200M	BREASTSTROKE			
50M	BUTTERFLY			
100M	BUTTERFLY			
200M	BUTTERFLY			
200M	INDIVIDUAL MEDLEY			
400M	INDIVIDUAL MEDLEY			

**THIS COLUMN MUST
BE COMPLETED**

FEES ENCLOSED _____ ENTRIES @ £5.00 £ _____

I certify that the above details are correct and comply with ASA regulations.

Signed

Parent _____ Competition Sec. _____

THIS FORM MUST BE SIGNED BY PARENT, AND COMPETITION SECRETARY.

PLEASE RETURN THIS FORM TO Poolside Registration Desk at Salt Ayre _____ BY Tues 9th Feb 2010 _____

FIRST ENTRY COLUMN IS FOR AGE GROUP EVENTS FROM 9 YEARS TO 16 YEARS DEPENDING ON ENTRY CRITERIA. PLEASE SEE INFORMATION ON BAGCAT ENTRY CRITERIA.

SECOND ENTRY COLUMN IS FOR CHAMPIONSHIP EVENTS -- PRESENTATIONS IN THESE EVENTS ARE FOR 1ST, 2ND & 3RD IN THE UNDER 16 AGE GROUP AND OPEN AGE GROUP