

**LIVERPOOL & DISTRICT SWIMMING & WATER POLO ASSOCIATION**  
**Affiliated to the Lancashire County Water Polo & Swimming Association**

**AGE GROUP & SWIMMING CHAMPIONSHIPS 2010**  
**HELD UNDER ASA LAWS & FINA TECHNICAL RULES OF SWIMMING**

**GENERAL NOTES FOR THE COMPLETION OF ENTRY FORMS**

**PLEASE:-**

1. Make available to the swimmers the Individual Entry Forms and Programme of Events.
2. Check the date is completed in the space on the entry forms for when you want them returned.  
**REMEMBER** they must be returned to the Hon. Championship Secretary by **3<sup>rd</sup> January 2010.**
3. Remind the swimmers how important it is to have a submitted entry time and make sure it is the best time recorded for the event converted to a 25 metres pool time if necessary.
4. Collect all the entry forms from the swimmers and return them with the appropriate fees to the Hon. Championship Secretary by **3<sup>rd</sup> January 2010.**

Once the forms have been received by the Hon. Championship Secretary and the programmes prepared. The completed entry confirmations will be returned for distribution to the swimmers.

We will assume all swimmers are competing unless they withdraw from events.

Information on how to withdraw will be sent to you with the confirmation of entry.

**AGE GROUPS**

50metre Events	10, 11, 12 year old boys & girls
100metre Events	12 year old and over boys & 11 year old and over girls
200metre Events	9 year old and over boys & girls
400metres Freestyle	10 year old and over boys & girls
400metre I.M.	12 year old and over boys & girls
800metres Freestyle	12 year old and over boys & 11 year old and over girls
1500metres Freestyle	12 year old and over boys & 11 year old and over girls

**AGE WILL BE AS ON THE LAST DAY OF COMPETITIONS ON  
13th February 2010**

Thank you for your help.

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**AGE GROUP & SWIMMING CHAMPIONSHIPS 2010**  
**UNDER ASA LAWS & FINA TECHNICAL RULES**

**GALA 1 – Licence Number 2NW0139**

<b>Session 1</b> 6 <sup>th</sup> February	EVENT 1	MENS	200m	BREASTSTROKE
	EVENT 2	WOMENS	100m	FREESTYLE
	EVENT 3	BOYS	50m	FREESTYLE
	Warm up 8.00am	EVENT 4	GIRLS	50m BUTTERFLY
	Start 9.00am	EVENT 5	MIXED	1500m FREESTYLE
	EVENT 101	WOMENS	100m	FREESTYLE FINAL
	EVENT 5	MIXED	1500m	FREESTYLE FINAL HT

<b>Session 2</b> 6 <sup>th</sup> February	EVENT 6	MENS	100m	BUTTERFLY	
	EVENT 7	WOMENS	400m	FREESTYLE	
	EVENT 8	BOYS	50m	BACKSTROKE	
	Time depends on entries	EVENT 9	GIRLS	50m	BREASTSTROKE
		EVENT 10	MENS	200m	FREESTYLE
		EVENT 11	WOMENS	200m	BUTTERFLY
		EVENT 201	MENS	100m	BUTTERFLY FINAL
		EVENT 12	WOMENS	400m	FREESTYLE TEAM
		EVENT 13	MENS	400m	MEDLEY TEAM

<b>Session 3</b> 6 <sup>th</sup> February	EVENT 14	WOMENS	200m	INDIVIDUAL MEDLEY	
	EVENT 15	MENS	400m	INDIVIDUAL MEDLEY	
	EVENT 16	WOMENS	100m	BREASTSTROKE	
	Time depends on entries	EVENT 17	MENS	100m	BACKSTROKE
		EVENT 18	WOMENS	200m	BACKSTROKE
		EVENT 301	MENS	100m	BACKSTROKE FINAL
		EVENT 302	WOMENS	100m	BREASTSTROKE FINAL

**GALA 2 – Licence Number 2NW0140**

<b>Session 4</b> 13 <sup>th</sup> February	EVENT 19	WOMENS	200m	BREASTSTROKE	
	EVENT 20	MENS	100m	FREESTYLE	
	EVENT 21	GIRLS	50m	FREESTYLE	
	Warm up 8.00am	EVENT 22	BOYS	50m	BUTTERFLY
		Start 9.00am	EVENT 23	MIXED	800m FREESTYLE
	EVENT 401	MENS	100m	FREESTYLE FINAL	
	EVENT 24	MIXED	800m	FREESTYLE FINAL HT	

<b>Session 5</b> 13 <sup>th</sup> February	EVENT 25	WOMENS	100m	BUTTERFLY	
	EVENT 26	MENS	400m	FREESTYLE	
	EVENT 27	GIRLS	50m	BACKSTROKE	
	EVENT 28	BOYS	50m	BREASTSTROKE	
	Time depends on entries	EVENT 29	WOMENS	200m	FREESTYLE
		EVENT 30	MENS	200m	BUTTERFLY
		EVENT 501	WOMENS	100m	BUTTERFLY FINAL
		EVENT 31	MENS	400m	FREESTYLE TEAM
		EVENT 32	WOMENS	400m	MEDLEY TEAM

<b>Session 6</b> 13 <sup>th</sup> February	EVENT 33	MENS	200m	INDIVIDUAL MEDLEY	
	EVENT 34	WOMENS	400m	INDIVIDUAL MEDLEY	
	EVENT 35	MENS	100m	BREASTSTROKE	
	Time depends on entries	EVENT 36	WOMENS	100m	BACKSTROKE
		EVENT 37	MENS	200m	BACKSTROKE
		EVENT 601	WOMENS	100m	BACKSTROKE FINAL
		EVENT 602	MENS	100m	BREASTSTROKE FINAL

**Liverpool & District Swimming & Water Polo Association**  
**Lower Limit Qualifying Times for the Age Groups & Championships 2010**  
**Swimmers must have achieved these times.**

**Level 2 Meet in Short Course Pool.**

<b>BOYS</b>										
EVENT	9	10	11	12	13	14	15	16	17	OPEN
50m Freestyle		39.3	37.2	35.1						
100m Freestyle			1:20.6	1:15.7	1:11.1	1:07.3	1:04.6	1:02.6	1:01.4	1:00.2
200m Freestyle	3:22.8	3:06.0	2:54.8	2:44.7	2:35.0	2:26.6	2:20.8	2:16.3	2:13.8	2:12.9
400m Freestyle		6:31.8	6:06.0	5:46.0	5:26.8	5:10.4	4:57.5	4:48.7	4:42.5	4:42.5
800m Freestyle			12:55.2	12:06.4	11:23.5	10:49.4	10:23.8	10:05.0	9:52.4	9:52.4
1500m Freestyle	29:13.5	26:50.1	24:40.7	22:48.6	21:33.8	20:30.4	19:43.1	19:06.6	18:45.1	18:44.3
50m Breaststroke		51.3	48	45.1	41.9	39.6	37.7	36.4	35.7	34.4
100m Breaststroke			1:43.4	1:36.9	1:30.1	1:25.1	1:21.0	1:18.4	1:16.7	1:15.0
200m Breaststroke	4:17.8	3:59.0	3:42.4	3:29.2	3:15.3	3:03.9	2:55.8	2:50.7	2:46.3	2:42.3
50m Butterfly		43.8	41	38.8	36.4	34.3	32.5	31.5	30.7	29.6
100m Butterfly			1:30.4	1:24.6	1:19.1	1:14.4	1:10.7	1:08.8	1:07.0	1:05.1
200m Butterfly	4:08.3	3:37.3	3:18.2	3:06.6	2:54.7	2:44.7	2:35.5	2:31.7	2:26.9	2:24.4
50m Backstroke		45.1	42.5	40.3	37.6	35.8	33.9	32.6	32.1	30.4
100m Backstroke			1:30.5	1:25.2	1:19.7	1:15.0	1:11.5	1:09.3	1:07.6	1:05.4
200m Backstroke	3:43.8	3:26.7	3:13.3	3:02.6	2:51.1	2:41.4	2:34.3	2:29.8	2:27.0	2:22.9
200m Individual Medley	3:49.7	3:32.2	3:17.6	3:06.8	2:55.8	2:45.3	2:38.2	2:33.7	2:30.5	2:27.6
400m Individual Medley				6:34.3	6:12.0	5:50.3	5:34.6	5:25.4	5:18.7	5:14.9
<b>GIRLS</b>										
EVENT	9	10	11	12	13	14	15	16	17	OPEN
50m Freestyle		39.9	37.7	35.7	34.3	33.3	32.5	32	31.9	30.5
100m Freestyle			1:21.3	1:16.6	1:13.5	1:11.3	1:09.9	1:08.7	1:08.4	1:07.1
200m Freestyle	3:24.5	3:06.8	2:55.4	2:44.9	2:38.0	2:33.5	2:30.2	2:28.0	2:26.4	2:26.1
400m Freestyle		6:35.7	6:04.9	5:43.7	5:29.8	5:20.8	5:13.8	5:10.2	5:07.2	5:07.2
800m Freestyle			12:34.3	11:50.8	11:17.3	10:57.8	10:46.5	10:37.8	10:34.5	10:29.5
1500m Freestyle			24:15.5	22:51.6	21:46.8	21:23.8	20:52.5	20:30.7	20:24.2	20:14.7
50m Breaststroke		51.7	48.3	45.4	43.2	41.8	40.8	40.3	40	38.5
100m Breaststroke			1:43.5	1:37.3	1:32.3	1:28.7	1:27.1	1:26.2	1:24.9	1:23.2
200m Breaststroke	4:20.0	3:59.5	3:42.1	3:28.8	3:18.2	3:11.5	3:07.9	3:05.8	3:04.1	2:58.7
50m Butterfly		43.9	41.3	39.1	37.3	36.1	35.2	34.7	34.6	32.7
100m Butterfly			1:30.9	1:24.9	1:21.2	1:18.3	1:16.9	1:15.8	1:14.9	1:12.2
200m Butterfly	4:11.0	3:40.0	3:20.2	3:06.4	2:57.3	2:51.0	2:46.9	2:44.8	2:42.8	2:39.0
50m Backstroke		45.3	42.7	40.5	38.7	37.5	36.8	36.1	35.8	34.4
100m Backstroke			1:31.0	1:25.3	1:21.4	1:19.0	1:17.1	1:16.1	1:15.6	1:13.6
200m Backstroke	3:46.2	3:28.7	3:12.5	3:01.7	2:54.3	2:49.2	2:44.8	2:42.4	2:40.6	2:38.3
200m Individual Medley	3:51.6	3:32.7	3:17.9	3:06.3	2:58.8	2:53.1	2:49.5	2:47.2	2:45.7	2:44.2
400m Individual Medley				6:32.0	6:14.4	6:03.1	5:55.8	5:50.5	5:48.2	5:44.5

**LIVERPOOL & DISTRICT SWIMMING & WATER POLO ASSOCIATION  
CHAMPIONSHIPS & AGE GROUPS 2010  
INDIVIDUAL ENTRY FORM**

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

POST CODE \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

MALE/FEMALE (DELETE AS APPROPRIATE)      DATE OF BIRTH \_\_\_\_/\_\_\_\_/\_\_\_\_

ASA REG NUMBER \_\_\_\_\_ AGE AT 14/02/09 \_\_\_\_\_

CLUB \_\_\_\_\_

DISTANCE	STROKE	ENTRY TIME FROM A 25M POOL OR CONVERTED TO A 25 M TIME
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	

FEE'S ENCLOSED \_\_\_\_\_ ENTRIES @£4.50 £ \_\_\_\_\_

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

Signed \_\_\_\_\_ Parent \_\_\_\_\_ Official \_\_\_\_\_

PLEASE RETURN THIS FORM TO \_\_\_\_\_ BY \_\_\_\_\_