

# NO FRILLS' NQT OPEN MEET 2009

## Entry Form

Club

Surname  1st name

Gender  Date of Birth  /  /

You will be  years old on the day (9/5/2009)

ASA No

Event	Upper Time	mm	:	ss	.	ss	Lower Time
100m Free		0	:	00	.	00	
200m Free		0	:	00	.	00	
400m Free		0	:	00	.	00	
800m Free		0	:	00	.	00	
1500m Free		0	:	00	.	00	
100m Breast		0	:	00	.	00	
200m Breast		0	:	00	.	00	
100m Back		0	:	00	.	00	
200m Back		0	:	00	.	00	
100m Fly		0	:	00	.	00	
200m Fly		0	:	00	.	00	
200m IM		0	:	00	.	00	
400m IM		0	:	00	.	00	

No of events

Cost @ £5.00 per event

Cost @ £6.00 per event

**Total**

**Send payment to & e-mail completed form to** **Your Clubs Meet Co-ordinator\*\***

Check with your Club for the closing date for entries (Max 11th April 2009)

Contact Name

Contact Address

Telephone No

E-mail

**\*\*If individual entry send to [windsor2009@gmail.com](mailto:windsor2009@gmail.com)**

Time Limits		10	11	12	13	14
100m Free	Upper	<b>From 200m</b>	<b>From 200m</b>	1:00.72	:59.86	:58.12
	Lower	<b>From 200m</b>	<b>From 200m</b>	1:15.00	1:10.00	1:07.00
200m Free	Upper	2:19.41	2:19.41	2:12.20	2:06.69	2:03.07
	Lower	3:00.00	2:48.00	2:37.00	2:27.00	2:20.00
400m Free	Upper	4:48.55	4:48.55	4:36.52	4:26.55	4:18.90
	Lower	6:12.00	5:46.00	5:24.00	5:05.00	4:51.00
800mFree	Upper	9:40.00	9:40.00	9:40.00	9:16.00	9:00.00
	Lower	12:18.00	12:18.00	11:33.00	11:00.00	10:32.00
1500mFree	Upper	18:25.00	18:25.00	18:25.00	17:40.00	17:07.00
	Lower	23:05.00	23:05.00	21:20.00	20:18.00	18:31.00
100m Breast	Upper	<b>From 200m</b>	<b>From 200m</b>	1:14.47	1:14.17	1:11.69
	Lower	<b>From 200m</b>	<b>From 200m</b>	1:32.00	1:26.00	1:22.00
200m Breast	Upper	3:00.94	3:00.94	2:49.44	2:40.85	2:34.42
	Lower	3:49.00	3:34.00	3:18.00	3:06.00	2:55.00
100m Back	Upper	<b>From 200m</b>	<b>From 200m</b>	1:09.56	1:06.20	1:03.48
	Lower	<b>From 200m</b>	<b>From 200m</b>	1:25.00	1:20.00	1:16.00
200m Back	Upper	2:37.71	2:37.71	2:28.85	2:22.06	2:17.28
	Lower	3:22.00	3:06.00	2:54.00	2:43.00	2:34.00
100m Fly	Upper	<b>From 200m</b>	<b>From 200m</b>	1:07.75	1:04.31	1:01.61
	Lower	<b>From 200m</b>	<b>From 200m</b>	1:26.00	1:19.50	1:16.50
200m Fly	Upper	2:39.11	2:39.11	2:29.59	2:22.03	2:16.36
	Lower	3:34.00	3:14.00	3:00.00	2:46.00	2:38.00
200m IM	Upper	2:38.90	2:38.90	2:30.61	2:23.73	2:19.09
	Lower	3:30.00	3:15.00	3:02.00	2:52.00	2:43.00
400m IM	Upper	5:35.33	5:35.33	5:18.24	5:04.70	4:54.89
	Lower	7:21.00	6:39.00	6:09.00	5:46.00	5:29.00

**Times in Bold Blue are to be calculated from 200m times**

**Entry by 25m times**

**Note 10/Under years age group - only swimmers who are 10 by 14/06/09**  
**10/under years age group – only swimmers who are 11 by the 14/06/09 ca**  
**1500m and 800m events**

<b>15</b>	<b>16</b>	<b>17+</b>
:56.63	:55.44	:54.46
1:05.00	1:04.50	1:02.00
2:00.63	1:57.96	1:57.01
2:16.00	2:14.00	2:12.00
4:14.86	4:10.13	4:07.40
4:42.00	4:37.00	4:34.00
8:50.00	8:40.00	8:36.00
10:13.00	10:00.00	9:50.00
16:46.00	16:30.00	16:30.00
18:56.00	18:28.00	18:13.00
1:09.79	1:08.16	1:07.39
1:20.00	1:19.50	1:18.00
2:31.21	2:29.09	2:26.42
2:50.00	2:47.00	2:45.00
1:01.71	1:00.60	:59.57
1:15.00	1:13.00	1:11.00
2:12.72	2:10.68	2:08.92
2:28.00	2:26.00	2:25.00
1:00.12	:59.01	:58.27
1:12.50	1:11.50	1:09.00
2:12.90	2:10.53	2:09.03
2:31.00	2:30.00	2:26.00
2:15.76	2:13.38	2:11.78
2:37.00	2:35.00	2:33.00
4:48.15	4:42.70	4:40.00
5:18.00	5:13.00	5:10.00

**in swim the**

Time	Limits	10	11	12	13	14
100m Free	Upper	<b>From 200m</b>	1:05.10	1:02.84	1:01.51	1:00.56
	Lower	<b>From 200m</b>	1:18.00	1:14.00	1:11.00	1:10.00
200m Free	Upper	2:20.67	2:20.67	2:15.62	2:12.16	2:10.22
	Lower	2:58.00	2:46.00	2:36.00	2:31.00	2:27.00
400m Free	Upper	4:52.09	4:52.09	4:41.72	4:35.61	4:32.14
	Lower	6:11.00	5:40.00	5:20.00	5:08.00	5:04.00
800m Free	Upper	10:10.00	10:10.00	9:41.00	9:24.00	9:17.00
	Lower	12:00.00	12:00.00	11:24.00	10:57.00	10:43.00
1500m Free	Upper	20:02.00	20:02.00	19:01.00	18:12.00	17:59.00
	Lower	22:43.00	22:43.00	21:32.00	20:40.00	20:27.00
100m Breast	Upper	<b>From 200m</b>	1:24.10	1:19.59	1:17.02	1:15.65
	Lower	<b>From 200m</b>	1:38.00	1:32.00	1:28.10	1:26.00
200m Breast	Upper	2:59.84	2:59.84	2:51.43	2:45.77	2:42.65
	Lower	3:47.00	3:28.00	3:15.00	3:06.00	3:02.00
100m Back	Upper	<b>From 200m</b>	1:14.32	1:10.81	1:08.98	1:07.77
	Lower	<b>From 200m</b>	1:28.00	1:22.00	1:19.00	1:16.00
200m Back	Upper	2:37.81	2:37.81	2:31.06	2:27.88	2:24.54
	Lower	3:17.00	3:01.00	2:51.00	2:44.00	2:41.00
100m Fly	Upper	<b>From 200m</b>	1:12.79	1:09.37	1:07.22	1:06.46
	Lower	<b>From 200m</b>	1:28.00	1:23.00	1:18.50	1:16.50
200m Fly	Upper	2:40.28	2:40.28	2:32.71	2:27.24	2:24.66
	Lower	3:30.00	3:10.00	2:57.00	2:49.00	2:43.00
200m IM	Upper	2:39.83	2:39.83	2:32.94	2:29.71	2:27.55
	Lower	3:21.00	3:06.00	2:58.00	2:50.00	2:45.00
400m IM	Upper	5:35.81	5:35.81	5:21.83	5:14.17	5:10.27
	Lower	7:05.00	6:30.00	6:04.00	5:49.00	5:41.00

**Times in Bold Pink are to be calculated from 200m times**

**Entry by 25m times**

**Note 10/Under years age group - only swimmers who are 10 by 14/06/09**  
**10/under years age group – only swimmers who are 11 by the 14/06/09 c**  
**1500m and 800m events**

15	16	17+
1:00.13	:59.66	:59.66
1:09.00	1:08.00	1:08.00
2:08.80	2:08.10	2:07.36
2:25.00	2:24.00	2:23.00
4:29.19	4:28.25	4:27.03
4:58.00	4:57.00	4:55.00
9:12.00	9:07.00	9:07.00
10:35.00	10:29.00	10:27.00
17:52.00	17:39.00	17:39.00
20:03.00	19:46.00	19:43.00
1:15.00	1:14.77	1:14.30
1:25.00	1:24.50	1:24.00
2:41.96	2:41.01	2:40.84
2:59.00	2:57.00	2:57.00
1:06.41	1:06.17	1:05.82
1:15.00	1:14.00	1:14.00
2:21.95	2:20.92	2:20.48
2:38.00	2:37.00	2:36.00
1:05.62	1:05.18	1:04.81
1:15.50	1:14.50	1:14.00
2:23.83	2:22.35	2:21.26
2:41.00	2:39.00	2:38.00
2:25.71	2:24.89	2:24.60
2:43.00	2:42.00	2:38.00
5:05.55	5:04.50	5:02.59
5:36.00	5:35.00	5:34.00

can swim the

Swim Schedule

BERKSHIRE AND SOUTH BUCKINGHAMSHIRE  
**AMATEUR SWIMMING ASSOCIATION**  
 (Sub-Region of ASA South East Region)  
**NO FRILLS' NQT OPEN MEET - 9 May 2009**  
 (Under ASA Laws & ASA Technical Rules of Swimming)

**Saturday 9th May 2009**

<b>Session 1</b>	<b>Warm-up 10:30</b>	<b>Start 11:15</b>
<b>Event</b>		
1	1500 Freestyle	Girls/Boys
2	800 Freestyle	Girls/Boys
<b>Session 2</b>	<b>Warm-up 12:30</b>	<b>Start 13:15</b>
<b>Event</b>		
3	400 Individual Medley	Girls
4	400 Freestyle	Boys
5	100 Backstroke	Girls
6	200 Breaststroke	Boys
7	200 Butterfly	Girls
8	100 Butterfly	Boys
9	100 Freestyle	Girls
10	200 Individual Medley	Boys
11	100 Breaststroke	Girls
12	200 Freestyle	Boys
13	200 Backstroke	Girls
<b>Session 3</b>	<b>Warm-up 16:30</b>	<b>Start 17:15</b>
<b>Event</b>		
14	400 Individual Medley	Boys
15	400 Freestyle	Girls
16	100 Backstroke	Boys
17	200 Breaststroke	Girls
18	200 Butterfly	Boys
19	100 Butterfly	Girls
20	100 Freestyle	Boys
21	200 Individual Medley	Girls
22	100 Breaststroke	Boys
23	200 Freestyle	Girls
24	200 Backstroke	Boys

## Swim Schedule