



Affiliated to ASA East Region

HITCHIN OPEN MEET

(Under ASA Laws and ASA Technical Rules)

Sunday 29th November 2009



Entry is initially on a first come first served basis

GIRLS - No faster than

EVENT	AGE						
	9	10	11	12	13	14	15+
50m Freestyle	36.40	33.00	31.70				
100m Freestyle				1.02.50	1.01.50	1.00.50	59.50
50m Breaststroke	47.60	44.20	41.10				
100m Breaststroke				1.23.90	1.19.00	1.18.50	1.17.00
50m Butterfly	43.10	38.10	35.30				
100m Butterfly				1.13.00	1.10.00	1.08.00	1.07.00
50m Backstroke	43.20	37.50	36.00				
100m Backstroke				1.15.20	1.10.90	1.09.00	1.04.90
100m Individual Medley	1.25.00	1.24.00	1.20.50				
200m Individual Medley				2.52.8	2.46.3	2.42.1	2.39.8

Boys- No faster than

EVENT	AGE						
	9	10	11	12	13	14	15+
50m Freestyle	36.00	30.50	30.00				
100m Freestyle				1.02.00	59.00	57.50	54.00
50m Breaststroke	48.80	42.70	41.40				
100m Breaststroke				1.26.00	1.16.00	1.13.00	1.08.50
50m Butterfly	42.00	34.50	34.00				
100m Butterfly				1.08.50	1.05.00	1.02.90	58.75
50m Backstroke	41.80	36.20	35.50				
100m Backstroke				1.15.80	1.09.00	1.04.80	1.01.00
100m Individual Medley	1.32.00	1.28.00	1.24.50				
200m Individual Medley				2.54.6	2.43.5	2.34.4	2.29.0



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