



SUDBURY & DISTRICT SWIMMING CLUB

(Affiliated to Suffolk County ASA & ASA East Region)

JANUARY LAST CHANCE TIME TRIAL

(Held Under ASA Law and Technical Rules)

Saturday 2nd & Sunday 3rd January 2016

Kingfisher Leisure Centre, Sudbury

Level 3 Licence – 3ER160314



Programme of Events

Session 1 Saturday 2nd January

WARM UP 12.45pm START 1.30pm

- Event 1 Male 400m Individual Medley
- Event 2 Female 100m Freestyle
- Event 3 Male 50m Breaststroke
- Event 4 Female 100m Backstroke
- Event 5 Male 200m Butterfly
- Event 6 Female 100m Individual Medley
- Event 7 Male 50m Freestyle

Session 2 Saturday 2nd January

WARM UP TBA

START TBA

- Event 8 Female 400m Individual Medley
- Event 9 Male 100m Freestyle
- Event 10 Female 50m Breaststroke
- Event 11 Male 100m Backstroke
- Event 12 Female 200m Butterfly
- Event 13 Male 100m Individual Medley
- Event 14 Female 50m Freestyle

Session 3 Sunday 3rd January

WARM UP 9.00am

START 9.45am

- Event 15 Male 200m Backstroke
- Event 16 Female 400m Freestyle
- Event 17 Male 50m Butterfly
- Event 18 Female 50m Backstroke
- Event 19 Male 200m Breaststroke
- Event 20 Female 100m Butterfly

Session 4 Sunday 3rd January

WARM UP TBA

START TBA

- Event 21 Male 400m Freestyle
- Event 22 Female 200m Backstroke
- Event 23 Male 50m Backstroke
- Event 24 Female 50m Butterfly
- Event 25 Male 100m Butterfly
- Event 26 Female 200m Breaststroke

Session 5 Sunday 3rd January

WARM UP TBA

START TBA

- Event 27 Male 200m Individual Medley
- Event 28 Female 100m Breaststroke
- Event 29 Male 200m Freestyle
- Event 30 Female 200m Individual Medley
- Event 31 Male 100m Breaststroke
- Event 32 Female 200m Freestyle



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Upper Limit Times = No Faster Than

Age as at 31st December 2016

FEMALE QUALIFYING TIMES										EVENT	MALE QUALIFYING TIMES							
QT	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17+yrs		10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17+yrs	
Upper	37.5	37.5	34.5	33.0	31.3	30.5	29.5	28.8	50m Free	37.9	37.9	33.1	31.0	29.9	28.5	27.2	26.0	
Upper	1:20.0	1:20.0	1:13.8	1:07.7	1:06.7	1:05.3	1:03.2	1:01.5	100m Free	1:22.4	1:22.4	1:11.3	1:07.1	1:03.8	1:01.4	57.2	56.0	
Upper	2:55.9	2:55.9	2:38.1	2:27.4	2:19.5	2:15.5	2:14.8	2:13.4	200m Free	2:45.1	2:45.1	2:35.3	2:28.8	2:17.0	2:11.7	2:03.2	1:59.0	
Upper	5:55.0	5:55.0	5:28.7	5:01.9	4:51.7	4:43.2	4:40.4	4:39.6	400m Free	5:52.4	5:52.4	5:30.5	4:52.1	4:39.6	4:33.5	4:21.8	4:19.4	
Upper	41.5	41.5	38.4	35.1	34.8	34.5	34.3	34.1	50m Back	43.9	43.9	38.8	35.4	33.1	32.5	31.8	30.9	
Upper	1:30.5	1:30.5	1:21.5	1:15.8	1:11.4	1:11.1	1:10.9	1:10.7	100m Back	1:34.5	1:34.5	1:20.9	1:16.0	1:03.0	1:09.2	1:04.2	1:03.9	
Upper	3:05.0	3:05.0	2:49.5	2:40.1	2:37.1	2:33.5	2:31.2	2:30.9	200m Back	3:16.5	3:16.5	3:01.8	2:44.2	2:33.9	2:28.2	2:18.1	2:16.3	
Upper	49.9	49.9	43.9	42.1	40.2	39.3	38.9	38.5	50m Breast	53.5	53.5	43.5	38.7	37.7	37.2	34.5	33.7	
Upper	1:46.1	1:46.1	1:36.3	1:28.8	1:26.0	1:22.0	1:19.0	1:17.0	100m Breast	1:50.7	1:50.7	1:32.5	1:25.9	1:22.7	1:19.5	1:13.5	1:12.4	
Upper	3:42.5	3:42.5	3:20.7	3:10.4	3:03.5	2:57.2	2:54.7	2:52.9	200m Breast	3:49.7	3:49.7	3:28.4	3:01.5	2:59.3	2:42.3	2:38.5	2:35.0	
Upper	44.4	44.4	40.0	35.9	34.4	33.5	33.0	32.7	50m Fly	47.9	47.9	41.7	35.8	33.8	32.9	30.3	29.0	
Upper	1:36.0	1:36.0	1:25.6	1:18.9	1:15.7	1:12.1	1:10.3	1:09.9	100m Fly	1:31.7	1:31.7	1:17.3	1:12.4	1:10.8	1:08.1	1:03.1	1:01.9	
Upper	3:11.2	3:11.2	2:57.1	2:44.3	2:39.5	2:34.7	2:32.8	2:32.2	200m Fly	3:10.7	3:10.7	2:56.8	2:33.0	2:28.3	2:25.8	2:21.9	2:10.1	
Upper	1:34.2	1:34.2	1:22.0	1:19.7	1:17.0	1:14.4	1:13.8	1:12.0	100m IM	1:34.8	1:34.8	1:25.1	1:18.9	1:14.4	1:11.9	1:09.6	1:05.9	
Upper	3:11.1	3:11.1	2:59.9	2:50.0	2:44.0	2:38.7	2:35.2	2:32.5	200m IM	3:14.6	3:14.6	2:53.2	2:42.8	2:38.2	2:30.5	2:20.7	2:15.7	
Upper			6:21.5	5:57.6	5:40.0	5:26.0	5:19.0	5:16.0	400m IM			6:29.7	5:56.5	5:36.8	5:22.7	5:15.0	5:00.6	

Entry times should only be those you have achieved within the County Qualifying Period eg. For Suffolk, times achieved since 22nd March 2015



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Male Entry Form

Name (As registered with the ASA).....

Address

Town..... County Post Code

Telephone Number..... Date of Birth..... / /

ASA Reg No..... CLUB

Event	Distance/Stroke	Time
1	400m I.M.	
3	50m Breaststroke	
5	200m Butterfly	
7	50m Freestyle	
9	100m Freestyle	
11	100m Backstroke	
13	100m I.M.	
15	200m Backstroke	

Event	Distance/Stroke	Time
17	50m Butterfly	
19	200m Breaststroke	
21	400m Freestyle	
23	50m Backstroke	
25	100m Butterfly	
27	200m I.M.	
29	200m Freestyle	
31	100m Breaststroke	

Total No of entries..... @ £3.50 each	£ :
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I declare that the above particulars are correct and agree to abide by the conditions laid down by the promoters

(Sudbury & District Swimming Club)

Signature of competitor:

I certify that the above competitor is an ASA registered member of our club and are eligible to compete as defined

by ASA law: **Signature of Club Official:** **Post:**

Please make cheque payable to Sudbury & District Swimming Club (S.D.S.C.) and send to:

Mrs Karen Bedford, 2 Cedar Walk, Acton, Sudbury, Suffolk, CO10 0UN

CLOSING DATE Friday 11th December 2015



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Female Entry Form

Name (As registered with the ASA).....

Address

Town..... County Post Code

Telephone Number..... Date of Birth / /

ASA Reg No..... CLUB.....

Event	Distance/Stroke	Time
2	100m Freestyle	
4	100m Backstroke	
6	100m I.M.	
8	400m I.M	
10	50m Breaststroke	
12	200m Butterfly	
14	50m Freestyle	
16	400m Freestyle	

Event	Distance/Stroke	Time
18	50m Backstroke	
20	100m Butterfly	
22	200m Backstroke	
24	50m Butterfly	
26	200m Breaststroke	
28	100m Breaststroke	
30	200m I.M.	
32	200m Freestyle	

Total No of entries..... @ £3.50 each	£ :
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