

MAXWELL SWIMMING CLUB OPEN MEET

SAT/SUN 26/27TH SEP 2009

AQUA VALE AYLESBURY

NAME: CLUB NAME: AYLESBURY & DISTRICT

ASA Number:.....Date of Birth.....Age as at 27TH September 2009.....

Male/Female

ENTRY TIMES

BOYS					Consideration times					
9/10	11/12	13/14	15/16	17+	EVENT	9/10	11/12	13/14	15/16	17+
34.7	31.1	28.3	26.7	26.3	50m Freestyle	49.1	42.4	37.6	35.5	35.3
1:15.8	1:07.1	1:00.8	57.5	56.8	100m Freestyle	1:47.0	01:31.6	01:20.8	01:16.6	01:16.0
2:43.8	2:25.8	2:12.2	2:05.2	2:03.7	200m Freestyle	03:54.2	03:19.0	02:56.3	02:47.4	02:45.8
5:44.9	5:05.7	4:39.7	4:25.1	4:21.1	400m Freestyle	08:11.5	06:58.0	06:12.4	05:53.3	05:49.9
45.5	40.2	35.9	33.5	33.1	50m Breaststroke	63.9	54.3	47.5	44.8	44.1
1:39.4	1:26.2	1:16.9	1:12.1	1:11.0	100m Breaststroke	2:15.0	01:56.4	01:41.9	01:36.1	01:35.1
3:32.3	3:06.0	2:46.3	2:37.1	2:34.1	200m Breaststroke	05:00.6	04:12.8	03:40.0	03:29.4	03:26.2
38.9	34.6	31.1	29.1	28.5	50m Butterfly	54.9	47.3	41.3	38.6	38.0
1:28.3	1:15.4	1:07.3	1:03.3	1:02.0	100m Butterfly	2:00.00	01:43.2	01:29.6	01:24.7	01:23.0
3:13.3	2:46.2	2:28.9	2:19.5	2:16.0	200m Butterfly	04:39.1	03:47.8	03:17.9	03:06.6	03:03.0
40.1	36	32.5	30.1	29.8	50m Backstroke	56.5	48.6	43.0	40.1	39.8
1:27.0	1:15.9	1:07.9	1:03.9	1:02.7	100m Backstroke	1:59.0	01:42.9	01:30.3	01:25.1	01:24.3
3:03.1	2:42.2	2:25.9	2:17.8	2:16.2	200m Backstroke	04:22.7	03:40.5	03:14.9	03:04.1	03:02.2
3:07.8	2:45.6	2:29.2	2:21.3	2:19.3	200m Individual Medley	04:22.5	03:46.1	03:19.5	03:08.5	03:06.6
6:43.5	5:49.4	5:16.2	4:59.0	4:54.8	400m Individual Medley	10:00.9	07:59.2	07:03.0	06:39.1	06:35.7

GIRLS					Consideration times					
9/10	11/12	13/14	15/16	17+	EVENT	9/10	11/12	13/14	15/16	17+
35.3	32	30.3	29.5	29.5	50m Freestyle	48.9	42.8	40.0	39.1	39.1
1:17.5	1:08.3	1:04.7	1:03.0	1:02.9	100m Freestyle	01:47.5	01:31.5	01:26.0	01:24.3	01:23.9
2:44.9	2:27.0	2:19.3	2:15.6	2:14.6	200m Freestyle	03:50.1	03:18.1	03:05.0	03:00.8	02:59.4
5:49.8	5:06.0	4:50.9	4:44.3	4:42.2	400m Freestyle	08:06.6	06:53.0	06:25.0	06:18.5	06:16.2
45.9	40.6	38.1	37	36.9	50m Breaststroke	63.0	54.3	50.1	49.1	49.1
1:40.0	1:27.1	1:20.6	1:19.2	1:18.2	100m Breaststroke	02:16.7	01:56.0	01:46.7	01:45.4	01:45.0
3:32.7	3:06.8	2:54.1	2:50.7	2:49.6	200m Breaststroke	04:53.4	04:09.5	03:50.0	03:46.4	03:46.4
39	35	32.9	32	31.9	50m Butterfly	53.6	46.8	43.4	42.5	42.3
1:28.4	1:16.1	1:11.2	1:09.7	1:09.0	100m Butterfly	02:01.1	01:42.3	01:34.6	01:33.1	01:32.1
3:15.9	2:46.8	2:35.5	2:31.4	2:29.9	200m Butterfly	04:32.2	03:45.5	03:26.2	03:23.4	03:20.5
40.2	36.2	34.1	33.3	33	50m Backstroke	55.6	48.5	45.4	44.1	43.9
1:27.4	1:16.3	1:11.8	1:09.9	1:09.6	100m Backstroke	02:00.7	01:42.1	01:35.4	01:33.2	01:32.5
3:05.0	2:42.4	2:33.7	2:29.0	2:27.8	200m Backstroke	04:15.2	03:39.5	03:23.5	03:18.5	03:17.9
3:08.1	2:46.1	2:37.1	2:33.4	2:32.3	200m Individual Medley	04:20.2	03:44.4	03:28.6	03:25.0	03:23.7
6:43.6	5:49.6	5:29.7	5:21.4	5:20.1	400m Individual Medley	09:34.7	07:53.0	07:17.8	07:10.8	07:06.1

PLEASE ENTER YOUR ENTRY TIME IN THE BOXES BELOW

If you do not have entry times speak to your coach.

50 Free	100 Free	200 Free	400 Free	50 Breast	100 Breast	200 Breast	200 IM
50 Fly	100 Fly	200 Fly	50 Back	100 Back	200 Back		400IM

Number of Events Entered.....@£4.50 = £_____

RETURN WITH PAYMENT MADE PAYABLE TO ADSC NO LATER THAN JULY 15th

FOR FURTHER DETAILS INCLUDING PROGRAMME OF EVENTS VISIT WWW.ADSC.ORG.UK

MAXWELL SWIM CLUB
SUMMER MEET
ASA Category 3
(Applied for)
THE AQUA VALE, AYLESBURY

Saturday 26th September 2009

Session One - Warm-Up 8.00am, Start 9.00am

1.	9/10,11/12, 13/14,15/16,17/+	Boys	400m	Free
2.	9/10, 11/12,13/14,15/16,17/+	Girls	200m	Backstroke
3.	9/10, 11/12,13/14,15/16,17/+	Boys	50m	Breaststroke
4.	9/10, 11/12,13/14,15/16,17/+	Girls	200m	Butterfly
5.	9/10, 11/12, 13/14,15/16,17/+	Boys	50m	Butterfly
6.	9/10, 11/12,13/14,15/16,17/+	Girls	200m	Freestyle
7.	9/10, 11/12,13/14,15/16,17/+	Boys	100m	Backstroke

Session Two - To be advised

8.	9/10, 11/12,13/14,15/16,17/+	Girls	400m	Individual Medley
9.	9/10, 11/12,13/14,15/16,17/+	Boys	200m	Breaststroke
10.	9/10, 11/12,13/14,15/16,17/+	Girls	50m	Backstroke
11.	9/10, 11/12,13/14,15/16,17/+	Boys	100m	Butterfly
12.	9/10, 11/12,13/14,15/16,17/+	Girls	100m	Breaststroke
13.	9/10, 11/12,13/14,15/16,17/+	Boys	100m	Freestyle
14.	9/10, 11/12,13/14,15/16,17/+	Girls	50m	Freestyle
15.	9/10, 11/12,13/14,15/16,17/+	Boys	200m	Individual Medley

Sunday 27st September 2009

Session Three - Warm-Up 8.00am, Start 9.00am

16.	9/10, 11/12,13/14, 15/16,17/+	Girls	400m	Freestyle
17.	9/10, 11/12, 13/14,15/16,17/+	Boys	200m	Backstroke
18.	9/10, 11/12, 13/14,15/16,17/+	Girls	50m	Breaststroke
19.	9/10, 11/12,13/14,15/16,17/+	Boys	200m	Butterfly
20.	9/10, 11/12, 13/14,15/16,17/+	Girls	50m	Butterfly
22.	9/10, 11/12,13/14,15/16,17/+	Boys	200m	Freestyle
22.	9/10, 11/12,13/14,15/16,17/+	Girls	100m	Backstroke

Session Four – To be advised

23.	9/10, 11/12,13/14,15/16,17/+	Boys	400m	Individual Medley
24.	9/10, 11/12,13/14,15/16,17/+	Girls	200m	Breaststroke
25.	9/10, 11/12,13/14,15/16,17/+	Boys	50m	Backstroke
26.	9/10, 11/12,13/14,15/16,17/+	Girls	100m	Butterfly
27.	9/10, 11/12,13/14,15/16,17/+	Boys	100m	Breaststroke
28.	9/10, 11/12,13/14,15/16,17/+	Girls	100m	Freestyle
29.	9/10, 11/12,13/14,15/16,17/+	Boys	50m	Freestyle
30.	9/10, 11/12,13/14,15/16,17/+	Girls	200m	Individual Medley