

MEDWAY ASA

RECOMMENDED OPEN EVENT ENTRY TIMES COMMENCING APPENDIX C (revised)

| Event | Recommended Time |
|--------------------------|-------------------------|
| <u>100m Freestyle</u> | |
| Ladies | 1.08 |
| Girls | 1.08 |
| Men | 1.02 |
| Boys | 1.03 |
| <u>200m Freestyle</u> | |
| Ladies | 2.44 |
| Girls | 2.44 |
| Men | 2.30 |
| Boys | 2.36 |
| <u>400m Freestyle</u> | |
| Ladies | 4.55 |
| Girls | 5.00 |
| Men | 4.45 |
| Boys | 4.45 |
| <u>100m Backstroke</u> | |
| Ladies | 1.17 |
| Girls | 1.17 |
| Men | 1.09 |
| Boys | 1.14 |
| <u>100m Breaststroke</u> | |
| Ladies | 1.25 |
| Girls | 1.30 |
| Men | 1.20 |
| Boys | 1.23 |
| <u>100m Butterfly</u> | |
| Ladies | 1.16 |
| Girls | 1.20 |
| Men | 1.07 |
| Boys | 1.10 |
| <u>4x25m IM</u> | |
| Ladies | 1.21 |
| Girls | 1.21 |
| Men | 1.12 |
| Boys | 1.17 |
| <u>4x50m IM</u> | |
| Ladies | 2.48 |
| Girls | 2.44 |
| Men | 2.37 |
| Boys | 2.39 |