



SANDWELL AQUATICS CLUB

SPRING LONG COURSE

OPEN MEET

Sandwell Aquatics Centre, Smethwick

9th & 10th March 2024

ENTRIES OPEN 20TH JANUARY 2024

Entries will be processed on a first come first served basis from the 20th January 2024

✉ SANDWELLAQUATICS@OUTLOOK.COM

www.sandwellaquatics.club



Regional
Qualifier
Event



**Sandwell Aquatics Club Spring
(50m LC) Open Meet
9 & 10 March 2024
Programme of Events
Licence Nr. 3WM240271**

Saturday 9th March 2024			Saturday 9th March 2024		
Session 1			Session 2		
F	101	400m Individual Medley	M/O	201	400m Freestyle
M/O	102	200m Individual Medley	F	202	200m Freestyle
F	103	100m Backstroke	M/O	203	100m Butterfly
M/O	104	200m Backstroke	F	204	100m Freestyle
		Mid-Session Break if required			Mid-Session Break if required
F	105	200m Breaststroke	M/O	205	200m Butterfly
M/O	106	50m Butterfly	F	206	50m Breaststroke
F	107	50m Freestyle	M/O	207	50m Backstroke
M/O	108	100m Breaststroke			
Sunday 10th March 2024			Sunday 10th March 2024		
Session 3			Session 4		
M/O	301	400m Individual Medley	F	401	400m Freestyle
F	302	200m Individual Medley	M/O	402	200m Freestyle
M/O	303	100m Backstroke	F	403	100m Butterfly
F	304	200m Backstroke	M/O	404	100m Freestyle
		Mid-Session Break if required			Mid-Session Break if required
M/O	305	200m Breaststroke	F	405	200m Butterfly
F	306	50m Butterfly	M/O	406	50m Breaststroke
M/O	307	50m Freestyle	F	407	50m Backstroke
F	308	100m Breaststroke			

*Points will be won for each event entered on the basis of 8 points for winner down to 1 point for 8th place in each age group. The top swimmer awards will go to one male/open and one female who has accrued the most points across all age groups, Visiting Club with most points will also receive an award.

SANDWELL AQUATICS CLUB - SPRING LC OM 2024

9-10 MARCH 2024

Licence number - 3WM240271

Long Course Qualifying Times

Please note : There are NO lower cut off times, these are the long course upper cut off times, entry times submitted that are faster than those shown will not be accepted

Male/Open									Female							
9	10	11	12	13	14	15	Open	Event	9	10	11	12	13	14	15	Open
38.10	34.20	32.90	32.10	28.81	27.10	26.50	25.70	50m Freestyle	37.50	32.90	31.80	31.00	30.10	29.00	28.50	28.00
1:23.00	1:16.00	1:13.10	1:11.00	1:04.89	1:01.6	58.81	55.90	100m Freestyle	1:22.10	1:19.00	1:11.10	1:10.20	1:06.90	1:06.00	1:04.00	594.00
3:05.00	2:49.00	2:40.13	2:38.55	2:24.91	2:17.70	2:11.89	2:03.10	200m Freestyle	3:06.21	2:58.00	2:38.09	2:36.95	2:23.1	2:20.91	2:17.30	2:10.20
6:00.00	6:00.00	5:35.69	5:29.09	5:20.24	4:53.09	4:43.50	4:29.90	400m Freestyle	6:00.00	6:00.00	5:33.89	5:30.0	5:10.25	4:54.10	4:47.80	4:42.49
50.20	47.90	44.10	41.25	39.80	35.79	33.69	31.60	50m breaststoke	49.29	45.90	41.90	41.00	38.75	37.10	36.33	35.00
1:53.90	1:44.5	1:39.50	1:37.90	1:29.70	1:22.0	1:15.50	1:10.10	100m Breaststroke	1:50.10	1:38.90	1:32.30	1:31.0	1:26.1	1:23.50	1:20.89	1:17.15
3:55.00	3:44.80	3:29.60	3:27.90	3:11.90	2:54.20	2:43.70	2:38.10	200m Breaststroke	3:55.00	3:32.65	3:26.0	3:25.1	3:09.00	2:58.70	2:54.79	2:46.30
45.90	42.25	37.75	33.90	32.10	30.70	28.85	27.20	50m Butterfly	45.00	41.80	36.00	35.10	33.90	32.90	31.10	29.20
1:59.90	1:32.00	1:24.00	1:22.35	1:20.90	1:12.0	1:06.51	1:01.25	100m Butterfly	1:56.50	1:35.40	1:25.00	1:23.30	1:18.1	1:13.25	1:10.49	1:07.00
3:47.1	3:47.1	3:23.89	3:21.9	2:56.75	2:45.65	2:31.25	2:27.11	200m Butterfly	3:46.80	3:46.80	3:20.90	3:18.10	3:02.75	2:54.20	2:47.90	2:38.50
43.99	41.10	37.00	36.10	34.79	31.25	30.90	29.50	50m Backstroke	43.09	40.25	37.50	36.80	34.30	33.40	32.10	31.00
1:36.00	1:33.90	1:23.49	1:21.10	1:17.10	1:10.00	1:07.40	1:04.50	100m Backstroke	1:35.20	1:30.00	1:23.10	1:22.39	1:15.6	1:13.70	1:10.57	1:07.80
3:38.00	3:24.90	2:56.70	2:53.15	2:44.20	2:33.20	2:21.00	2:16.30	200m Backstroke	3:32.00	3:08.90	2:53.29	2:52.70	2:42.49	2:34.60	2:32.60	2:30.30
3:40.00	3:29.60	2:58.50	2:56.20	2:44.19	2:29.90	2:23.00	2:16.90	200m Individual Medley	3:30.00	3:12.90	2:56.29	2:46.49	2:38.31	2:30.10	2:28.00	2:20.19
7:25.00	7:25.00	6:30.00	6:27.90	6:08.99	5:32.50	5:12.10	4:52.00	400m Individual Medley	7:25.00	7:25.00	6:28.20	6:01.15	5:43.88	5:30.45	5:22.90	5:07.70