

**ATLANTIS S.C.  
SPRING OPEN MEET ~ 2010  
APPENDIX 1 – QUALIFYING TIMES**

**ENTRY TIMES MUST BE NO SLOWER THAN THE LOWER TIMES INDICATED NOR FASTER THAN THE UPPER LIMITS**

| <b>GIRLS</b>             |       | <b>FREESTYLE</b> |             |             | <b>BACKSTROKE</b> |             |             | <b>BREASTSTROKE</b> |             |             | <b>BUTTERFLY</b> |             |             | <b>INDIV. MEDLEY</b> |
|--------------------------|-------|------------------|-------------|-------------|-------------------|-------------|-------------|---------------------|-------------|-------------|------------------|-------------|-------------|----------------------|
| <b>AGE on 2 MAY 2010</b> |       | <b>50m</b>       | <b>100m</b> | <b>200m</b> | <b>50m</b>        | <b>100m</b> | <b>200m</b> | <b>50m</b>          | <b>100m</b> | <b>200m</b> | <b>50m</b>       | <b>100m</b> | <b>200m</b> | <b>200m</b>          |
| <b>9yrs</b>              | Lower | 55.50            |             | 4:21.80     | 1:01.80           |             | 4:40.00     | 1:08.20             |             | 5:34.10     | 59.90            |             | 5:26.20     | 4:55.60              |
|                          | Upper | 40.70            |             | 3:05.00     | 42.70             |             | 3:20.30     | 48.60               |             | 3:52.10     | 43.10            |             | 4:11.00     | 3:25.00              |
| <b>10yrs</b>             | Lower | 49.10            |             | 3:40.50     | 52.30             |             | 3:59.00     | 59.60               |             | 4:34.70     | 50.20            |             | 4:13.50     | 3:59.90              |
|                          | Upper | 36.60            |             | 2:59.50     | 41.50             |             | 3:11.90     | 46.80               |             | 3:49.00     | 42.10            |             | 3:40.00     | 3:21.50              |
| <b>11yrs</b>             | Lower | 44.10            | 1:32.40     |             | 47.50             | 1:40.30     |             | 53.00               | 1:53.60     |             | 45.40            | 1:39.90     |             | 3:34.70              |
|                          | Upper | 35.20            | 1:17.80     |             | 40.80             | 1:29.00     |             | 45.50               | 1:35.60     |             | 38.20            | 1:27.60     |             | 2:59.20              |
| <b>12yrs</b>             | Lower | 38.10            | 1:24.30     |             | 43.20             | 1:34.00     |             | 49.50               | 1:47.30     |             | 41.60            | 1:31.20     |             | 3:16.10              |
|                          | Upper | 34.50            | 1:15.10     |             | 38.10             | 1:20.50     |             | 44.10               | 1:33.00     |             | 37.90            | 1:25.20     |             | 2:54.00              |
| <b>13yrs</b>             | Lower | 36.80            | 1:20.40     |             | 40.70             | 1:30.40     |             | 45.30               | 1:39.20     |             | 40.20            | 1:25.20     |             | 3:04.00              |
|                          | Upper | 34.10            | 1:12.40     |             | 37.20             | 1:18.20     |             | 43.00               | 1:32.30     |             | 35.20            | 1:19.80     |             | 2:52.00              |
| <b>14yrs</b>             | Lower | 35.00            | 1:18.10     |             | 39.50             | 1:23.30     |             | 44.00               | 1:33.30     |             | 37.80            | 1:23.00     |             | 2:59.30              |
|                          | Upper | 32.20            | 1:11.90     |             | 36.00             | 1:16.80     |             | 41.50               | 1:28.00     |             | 34.90            | 1:17.70     |             | 2:48.10              |
| <b>15yrs</b>             | Lower | 34.50            | 1:16.20     |             | 39.00             | 1:22.00     |             | 43.20               | 1:32.40     |             | 37.30            | 1:21.80     |             | 2:56.00              |
|                          | Upper | 31.50            | 1:10.30     |             | 35.50             | 1:15.40     |             | 40.80               | 1:26.40     |             | 34.20            | 1:16.90     |             | 2:47.40              |
| <b>16+yrs</b>            | Lower | 33.50            | 1:14.20     |             | 38.60             | 1:21.50     |             | 42.90               | 1:32.10     |             | 37.10            | 1:19.00     |             | 2:53.80              |
|                          | Upper | 29.40            | 1:02.70     |             | 32.00             | 1:12.50     |             | 34.20               | 1:24.00     |             | 33.90            | 1:12.00     |             | 2:43.00              |

GIRLS 15yo 50m BUTTERFLY amended to 34.20 (1.2.2010)

**ATLANTIS S.C.**  
**SPRING OPEN MEET ~ 2010**  
**APPENDIX 2 – BOY'S QUALIFYING TIMES**

ENTRY TIMES MUST BE NO SLOWER THAN THE LOWER TIMES INDICATED NOR FASTER THAN THE UPPER LIMITS

| BOYS   |       | FREESTYLE            |         |         | BACKSTROKE |         |         | BREASTSTROKE |         |         | BUTTERFLY |         |         | INDIV. MEDLEY |
|--------|-------|----------------------|---------|---------|------------|---------|---------|--------------|---------|---------|-----------|---------|---------|---------------|
|        |       | AGE on<br>2 MAY 2010 | 50m     | 100m    | 200m       | 50m     | 100m    | 200m         | 50m     | 100m    | 200m      | 50m     | 100m    | 200m          |
| 9yrs   | Lower | 57.50                |         | 4:40.00 | 1:05.50    |         | 4:55.50 | 1:14.00      |         | 5:54.00 | 1:04.50   |         | 5:48.00 | 5:17.50       |
|        | Upper | 39.40                |         | 3:16.00 | 45.80      |         | 3:30.60 | 53.60        |         | 4:08.80 | 46.00     |         | 4:08.30 | 3:37.80       |
| 10yrs  | Lower | 50.00                |         | 3:45.00 | 57.00      |         | 4:13.00 | 1:04.30      |         | 5:05.00 | 55.30     |         | 4:40.40 | 4:31.40       |
|        | Upper | 36.60                |         | 2:50.10 | 42.20      |         | 3:14.50 | 49.20        |         | 3:57.00 | 43.50     |         | 3:37.30 | 3:28.00       |
| 11yrs  | Lower | 44.20                | 1:35.90 |         | 50.40      | 1:47.30 |         | 54.00        | 2:02.00 |         | 49.00     | 1:47.50 |         | 3:56.60       |
|        | Upper | 34.70                | 1:16.30 |         | 41.00      | 1:29.20 |         | 46.00        | 1:38.50 |         | 39.00     | 1:28.20 |         | 3:11.50       |
| 12yrs  | Lower | 39.00                | 1:24.50 |         | 45.60      | 1:40.60 |         | 49.70        | 1:50.50 |         | 43.20     | 1:35.10 |         | 3:28.70       |
|        | Upper | 33.50                | 1:10.40 |         | 39.00      | 1:22.40 |         | 43.70        | 1:33.20 |         | 38.80     | 1:25.40 |         | 3:05.00       |
| 13yrs  | Lower | 35.40                | 1:16.40 |         | 42.30      | 1:38.60 |         | 44.60        | 1:38.50 |         | 39.20     | 1:24.90 |         | 3:08.80       |
|        | Upper | 30.50                | 1:07.40 |         | 36.80      | 1:18.00 |         | 41.30        | 1:30.10 |         | 36.20     | 1:16.50 |         | 2:50.10       |
| 14yrs  | Lower | 33.10                | 1:12.50 |         | 37.70      | 1:36.50 |         | 41.70        | 1:29.80 |         | 38.10     | 1:19.50 |         | 2:56.00       |
|        | Upper | 30.00                | 1:05.20 |         | 33.50      | 1:14.00 |         | 39.60        | 1:25.10 |         | 35.10     | 1:14.40 |         | 2:41.60       |
| 15yrs  | Lower | 31.60                | 1:08.40 |         | 35.60      | 1:34.60 |         | 39.70        | 1:25.60 |         | 36.20     | 1:15.40 |         | 2:47.60       |
|        | Upper | 28.50                | 1:03.10 |         | 32.90      | 1:11.50 |         | 35.20        | 1:19.00 |         | 33.00     | 1:10.70 |         | 2:38.20       |
| 16+yrs | Lower | 31.00                | 1:05.70 |         | 35.00      | 1:33.00 |         | 39.10        | 1:24.10 |         | 33.70     | 1:14.10 |         | 2:43.00       |
|        | Upper | 27.50                | 59.90   |         | 30.00      | 1:08.60 |         | 31.50        | 1:15.20 |         | 29.90     | 1:06.50 |         | 2:32.40       |

Boys 14yo 100m FREESTYLE Upper Limit amended to 1:05.20 (1.2.2010)

Boys 12yo - 14yo 100m BACKSTROKE Lower Limits amended (1.2.2010)

Boys 13yo 100m BREASTSTROKE Lower Limit amended to 1:38.50 (1.2.2010)