

BLACKPOOL ROCKS OPEN MEET 2018 LICENSE NO. 3NW190260

Palatine Leisure Centre Blackpool Friday/Saturday/Sunday 3rd 4th 5th May 2019

Under ASA Laws and ASA Technical Rules of Swimming

BOYS CONSIDERATION TIMES						Short Course 25m.			GIRLS CONSIDERATION TIMES					
9	10	11	12	13	14/Ov	QT	Events	QT	9	10	11	12	13	14/Ov
47.00	43.00	40.00	37.00	35.00	33.00	Lwr	50m	Lwr	47.00	43.00	42.00	39.00	37.00	34.00
33.00	31.00	29.00	28.00	27.00	25.00	Upr		Upr	33.00	31.00	29.00	28.00	27.00	26.00
1:38.00	1:31.00	1:23.00	1:16.00	1:12.00	1:07.00	Lwr	100m	Lwr	1:38.00	1:31.00	1:24.00	1:18.00	1:15.00	1:10.00
1:20.00	1:11.00	1:05.00	1:04.00	1:01.00	59.00	Upr		Upr	1:20.00	1:11.00	1:07.00	1:05.00	1:03.00	1:02.00
3:30.00	3:18.00	3:00.00	2:48.00	2:36.00	2:27.00	Lwr	200m	Lwr	3:30.00	3:18.00	3:05.00	2:52.00	2:40.00	2:30.00
2:45.00	2:32.00	2:24.00	2:18.00	2:14.00	2:09.00	Upr		Upr	2:45.00	2:32.00	2:25.00	2:20.00	2:17.00	2:15.00
6:50.00	6:45.00	6:25.00	5:45.00	5:27.00	5:19.00	Lwr	400m	Lwr	6:50.00	6:45.00	6:30.00	5:50.00	5:37.00	5:33.00
5:15.00	5:10.00	4:55.00	4:40.00	4:27.00	4:19.00	Upr		Upr	5:15.00	5:10.00	5:00.00	4:45.00	4:37.00	4:33.00
57.00	55.00	52.00	48.00	45.00	42.00	Lwr	50m	Lwr	57.00	55.00	52.00	49.00	46.00	43.00
42.00	41.00	38.00	36.00	34.00	33.00	Upr		Upr	42.00	41.00	39.00	37.00	36.00	35.00
1:59.00	1:51.00	1:42.00	1:38.00	1:32.00	1:27.00	Lwr	100m	Lwr	1:59.00	1:51.00	1:43.00	1:40.00	1:36.00	1:32.00
1:40.00	1:35.00	1:28.00	1:22.00	1:18.00	1:16.00	Upr		Upr	1:40.00	1:35.00	1:28.00	1:24.00	1:22.00	1:21.00
4:28.00	4:06.00	3:50.00	3:29.00	3:20.00	3:04.00	Lwr	200m	Lwr	4:28.00	4:06.00	3:51.00	3:30.00	3:27.00	3:18.00
3:32.00	3:16.00	3:05.00	2:56.00	2:47.00	2:21.00	Upr		Upr	3:32.00	3:16.00	3:07.00	2:57.00	2:52.00	2:50.00
50.00	48.00	46.00	43.00	40.00	38.00	Lwr	50m	Lwr	50.00	48.00	46.00	44.00	41.00	39.00
34.00	33.00	32.00	31.00	30.00	29.00	Upr		Upr	34.00	33.00	33.00	32.00	31.00	30.00
1:50.00	1:38.00	1:34.00	1:28.00	1:19.00	1:13.00	Lwr	100m	Lwr	1:50.00	1:38.00	1:35.00	1:29.00	1:23.00	1:18.00
1:30.00	1:23.00	1:16.00	1:12.00	1:07.00	1:05.00	Upr		Upr	1:30.00	1:23.00	1:16.00	1:13.00	1:11.00	1:10.00
4:31.00	3:51.00	3:34.00	3:20.00	3:05.00	2:58.00	Lwr	200m	Lwr	4:31.00	3:51.00	3:28.00	3:14.00	2:59.00	2:52.00
3:35.00	3:00.00	2:43.00	2:38.00	2:27.00	2:21.00	Upr		Upr	3:35.00	3:00.00	2:45.00	2:40.00	2:33.00	2:28.00
53.00	49.00	46.00	43.00	40.00	37.00	Lwr	50m	Lwr	53.00	49.00	47.00	44.00	42.00	40.00
36.00	34.00	33.00	32.00	32.00	30.00	Upr		Upr	36.00	34.00	33.00	32.00	31.00	31.00
1:49.00	1:39.00	1:33.00	1:27.00	1:21.00	1:15.00	Lwr	100m	Lwr	1:49.00	1:39.00	1:34.00	1:28.00	1:24.00	1:19.00
1:30.00	1:23.00	1:16.00	1:12.00	1:08.00	1:06.00	Upr		Upr	1:30.00	1:23.00	1:16.00	1:13.00	1:11.00	1:09.00
3:55.00	3:40.00	3:20.00	3:00.00	2:50.00	2:40.00	Lwr	200m	Lwr	3:55.00	3:40.00	3:20.00	3:02.00	2:52.00	2:47.00
3:06.00	2:52.00	2:43.00	2:34.00	2:26.00	2:21.00	Upr		Upr	3:06.00	2:52.00	2:39.00	2:35.00	2:30.00	2:28.00
1:45.00	1:37.00	1:33.00	1:27.00	1:23.00	1:19.00	Lwr	100m	Lwr	1:45.00	1:37.00	1:33.00	1:29.00	1:25.00	1:21.00
1:25.00	1:20.00	1:16.00	1:12.00	1:08.00	1:04.00	Upr		Upr	1:25.00	1:20.00	1:16.00	1:14.00	1:11.00	1:08.00
3:50.00	3:30.00	3:18.00	3:05.00	2:53.00	2:44.00	Lwr	200m	Lwr	3:50.00	3:30.00	3:12.00	3:05.00	2:54.00	2:52.00
3:08.00	2:58.00	2:40.00	2:33.00	2:25.00	2:20.00	Upr		Upr	3:08.00	2:58.00	2:42.00	2:35.00	2:31.00	2:28.00