

ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION
County Association of East and London Regions



ESSEX COUNTY CHAMPIONSHIPS 2008

29/30 November 2008

QUALIFYING TIMES

	Ladies and Girls	Men's and Boys
50m Free (Skins Finals)	0.29.70	0.27.00
100m Free	1.04.90	0.58.70
200m Free	2.21.30	2.08.00
400m Free (HDW)	4.56.40	4.30.00
800m Free (HDW)	10.15.00 (C)	9.12.00 (C)
1500m Free (HDW)	18.50.00 (C)	17.30.00 (C)
50m Back	0.34.60	0.30.80
100m Back	1.14.00	1.06.40
200m Back	2.38.50	2.25.30
50m Breast	0.38.40	0.34.70
100m Breast	1.23.10	1.15.50
200m Breast	2.58.10	2.43.80
50m Fly	0.33.00	0.29.80
100m Fly	1.12.50	1.05.60
200m Fly	2.39.40	2.25.90
100m I.M.	1.14.00	1.06.90
200m I.M.	2.38.20	2.24.60
400m I.M. (HDW)	5.33.20	5.07.20

Notes.

1. Ages are at the 30 November 2008, Juniors being under the age of 17 years on that date.
2. The qualifying times have been set using the Sportssystem Qualifying Time Setting programme to make times comparable to the National Qualifying Times. The times are therefore between 30% and 45% of the NQT.
3. Competitors need to have achieved their entry times at a Licensed Meet within the twelve months preceding the closing date.
4. The finals of the 50m Freestyle will also be a Skins events.
5. C = Consideration Time.
Reserves may be accepted only at the discretion of the promoter.
6. Entries must be done electronically – details to be provided. Cheques and a hard copy of the entries should be accompanied by the Financial Summary sheet, together with a list of the names and addresses of all competing swimmers.

Roger Howkins
Swimming Manager
July 2008