

HSSA Championships 2010

Suggested lower entry times

Girls

	Junior	Intermediate	Senior
50FS	35.00	34.5	33.5
100FS	1:30	1:20	1:15
200FS	2:50	2:40	2:35
400FS	5:30	5:30	5:30
100BK	1:30	1:25	1:22
200BK	2:58	2:55	2:55
100BR	1:40	1:38	1:35
200BR	3:30	3:20	3:15
100FLY	1:35	1:25	1:20
200FLY	2:55	2:50	2:50
200IM	3:10	3:00	2:55
400IM	6:20	6:15	6:10

Boys

	Junior	Intermediate	Senior
50FS	35.00	32.00	31.00
100FS	1:30	1:20	1:10
200FS	2:50	2:40	2:35
400FS	5:20	5:10	5:00
100BK	1:25	1:23	1:20
200BK	2:55	2:50	2:45
100BR	1:35	1:30	1:25
200BR	3:25	3:15	3:10
100FLY	1:25	1:22	1:15
200FLY	2:55	2:50	2:50
200IM	3:10	2:50	2:45
400IM	6:05	5:50	5:20

- NB: the above times are GUIDELINES only. There are NO lower time limits. These times are based on times achieved last year and are given to provide guidance for swimmers to try to avoid disappointment if it is necessary to reject slower times to enable the competition to run within the time allocated.
- Swimmers who have entered faster than the above times will not necessarily be accepted – cut off times will be allocated to ensure that there is sufficient time to run the event.
- Swimmers who have already entered slower times should not be concerned – all entries will be considered and as few as possible will be rejected.