



KINGSTON UPON HULL SWIMMING CLUB

(Affiliated to ASA NER Region)

REGIONAL QUALIFIER SHORT COURSE MEET 2020

Under ASA Laws & ASA Technical Rules

Licensed Level 3

For entry into Regional and County Championships

Saturday 3rd October 2020

Sunday 4th October 2020

Ennerdale Leisure Centre, Hull

Events

9 yrs,	50m and 200m all strokes and 100m IM
10/11, 12/13, 14/15 & 16ov	50m and 200m all strokes, 100 and 200m IM
11 & Over	400 Free and 400 IM

Awards

9 yrs, 10/11 year olds	Medals/Awards 1st – 3rd
12/13, 14/15 and 16ov	Medals/Awards 1st – 3rd
400m Events - 11 & Over	Medals/Awards 1st - 3rd

Age as at: 4th October 2020



Hull Regional Qualifier

Short Course Level 3 Meet 2020

Age as at 4th October 2020

Saturday 3rd October 2020

Session One Warm Up 8am Start 9am

1. BOYS 400m Free (10 & Over)
2. GIRLS 200m Free
3. BOYS 200m Back
4. GIRLS 50m Breast
5. BOYS 50m Fly
6. GIRLS 200m IM (10yrs & Over)

Saturday 3rd October 2020

Session Two Warm Up 1pm Start 2pm

7. BOYS 400m IM (10 & Over)
8. GIRLS 100m IM (9yrs & Over)
9. BOYS 200m Breast
10. GIRLS 50m Back
11. BOYS 50m Free
12. GIRLS 200m Fly

Sunday 4th October 2020

Session Three Warm Up 8am Start 9am

13. GIRLS 400m Free
14. BOYS 200m Free
15. GIRLS 200m Back
16. BOYS 50m Breast
17. GIRLS 50m Fly
18. BOYS 200m IM (10yrs & Over)

Sunday 4th October 2020

Session Four Warm Up 1pm Start 2pm

19. GIRLS 400m IM (10 & Over)
20. BOYS 100m IM (9yrs & Over)
21. GIRLS 200m Breast
22. BOYS 50m Back
23. GIRLS 50m Free
24. BOYS 200m Fly



UPPER CUT- OFF TIMES
Swimmers should not
(9yrs Age Group Have

be faster than the ULT
No ULT)

UPPER CUT-OFF TIMES												
Boys						EVENT	Girls					
9	10	11	12&13	14&15	16/OV		9	10	11	12&13	14&15	16/OV
-	30.0	30.00	27.00	25.00	23.00	50 Free	-	31.00	31.00	29.00	27.00	26.00
-	2:22.0	2:22.0	2:05.0	1:58.0	1:52.0	200 Free	-	2:23.0	2:23.0	2:09.0	2:07.0	2:03.0
		5:10.0	4:30.0	4:12.0	4:00.0	400 Free			5:03.0	4:37.0	4:29.0	4:20.0
-	40.0	40.00	35.00	31.00	29.00	50 Breast		39.00	39.00	37.00	35.00	33.00
-	3:11.00	3:11.00	2:50.0	2:30.0	2:20.0	200 Breast		3:06.0	3:06.0	2:52.0	2:42.0	2:35.0
-	35.00	35.00	31.00	27.00	25.00	50m Fly		35.00	35.00	32.00	29.00	28.00
-	2:54.0	2:54.0	2:30.0	2:13.0	2:06.0	200m Fly		3:00.0	3:00.0	2:36.0	2:24.0	2:18.0
-	35.00	35.00	31.00	28.00	26.00	50m Back		35.00	35.00	32.00	30.00	29.00
-	2:45.0	2:45.0	2:22.0	2:12.0	2:04.0	200m Back		2:41.0	2:41.0	2:27.0	2:20.0	2:15.0
-	1:21.0	1:21.0	1:13.0	1:02.0	29.00	100 IM		1:18.0	1:18.0	1:13.0	1:08.0	1:06.0
	2:42.0	2:42.0	2:23.0	2:14.0	2:06.0	200 IM		2:41.0	2:41.0	2:28.0	2:24.0	2:19.0
		5:54.0	5:08.0	4:46.0	4:31.0	400 IM			5:50.0	5:22.0	5:06.0	4:54.0

Please note for the following times for the 400 IM – swimmers must have swum faster than the times stated below (and slower than the times listed above).

Please note the following times for 400 IM - swimmers must have swum faster than the times stated below (and slower than the times listed above) -						
Boys	11	12	13	14	15	16+
400m Free	6:22.2	5:44.4	5:19.5	4:54.8	4:46.2	4:40.5
400m IM	6:35.0	6:35.0	5:50.0	5:15.0	5:05.0	5:00.0
Girls	11	12	13	14	15	16+
400m Free	5:58.5	5:23.9	5:01.60	4:55.0	4:51.2	4:49.3
400m IM	6:25.0	6:25.0	5:30.0	5:25.0	5:15.0	5:10.0

SCHEDULE OF EVENTS