

Stockport Metro November Meet 2018

At Life Leisure Grand Central, Stockport.

Friday 16th to Sunday 18th November 2018

This meet is aimed at all club members who require electronic qualifying times in order to compete in future regional and national championships. This is a level 2 meet and all times are short course (25 metres).

Closing Date: Wednesday 17th October 2018 at 8pm.

Age as at 31st December 2018.

The entry fee for 800 & 1500 is £11.50 and £7.50 for all other events – please add an admin fee of £3.00 per swimmer and make cheques payable to Skipton Swimming Club and put in the posting box at the pool.

Competition Programme – 25m Short Course

SESSION 1: Friday			SESSION 2: Saturday			SESSION 3: Saturday			SESSION 4: Sunday			SESSION 5: Sunday					
W/Up:	Start:	Time	W/Up:	Start:	Time	W/Up:	Start:	Time	W/Up:	Start:	Time	W/Up:	Start:	Time			
101	G	OPEN	HDW	800	Freestyle	401	B	OPEN	HDW	400	IM	501	B	OPEN	HDW	100	LM
102	B	OPEN	10 min Break	1500	Freestyle	402	G	OPEN	HDW	200	IM	502	G	OPEN	HDW	400	Freestyle
SESSION 2: Saturday			SESSION 4: Sunday			SESSION 5: Sunday			SESSION 5: Sunday			SESSION 5: Sunday					
201	G	OPEN	HDW	400	IM	401	B	OPEN	HDW	400	IM	501	B	OPEN	HDW	100	LM
202	B	OPEN	HDW	200	IM	402	G	OPEN	HDW	200	IM	502	G	OPEN	HDW	400	Freestyle
203	G	OPEN	Heats	100	Butterfly	403	B	OPEN	Heats	100	Butterfly	503	B	OPEN	Heats	100	Backstroke
204	B	OPEN	Heats	100	Freestyle	404	G	OPEN	Heats	100	Freestyle	504	G	OPEN	HDW	200	Backstroke
205	G	OPEN	Heats	100	Breaststroke	405	B	OPEN	Heats	100	Breaststroke	505	B	OPEN	HDW	200	Freestyle
206	B	OPEN	HDW	200	Backstroke	406	G	OPEN	HDW	200	Backstroke	506	G	OPEN	HDW	200	Butterfly
207	G	OPEN	HDW	50	Butterfly	407	B	OPEN	HDW	50	Butterfly	507	B	OPEN	HDW	50	Freestyle
208	B	OPEN	HDW	50	Backstroke	408	G	OPEN	HDW	50	Backstroke	508	G	OPEN	HDW	50	Backstroke
209	G	AGE	Final	100	Butterfly	409	B	AGE	Final	100	Butterfly	509	B	AGE	HDW	50	Breaststroke
210	B	YOUTH	Final	100	Butterfly	410	B	YOUTH	Final	100	Butterfly	510	B	YOUTH	Final	100	Backstroke
211	G	AGE	Final	100	Freestyle	411	G	AGE	Final	100	Freestyle	511	G	AGE	Final	100	Backstroke
212	B	YOUTH	Final	100	Freestyle	412	G	YOUTH	Final	100	Freestyle	512	G	15/O	Invitation	Medley "SKINS"	
213	G	AGE	Final	100	Breaststroke	413	B	AGE	Final	100	Breaststroke						
214	G	YOUTH	Final	100	Breaststroke	414	B	YOUTH	Final	100	Breaststroke						
SESSION 3: Saturday			SESSION 5: Sunday			SESSION 5: Sunday			SESSION 5: Sunday			SESSION 5: Sunday					
301	G	OPEN	HDW	100	LM	501	B	OPEN	HDW	100	LM	501	B	OPEN	HDW	100	LM
302	B	OPEN	HDW	400	Freestyle	502	G	OPEN	HDW	400	Freestyle	502	G	OPEN	HDW	400	Freestyle
303	G	OPEN	Heats	100	Backstroke	503	B	OPEN	Heats	100	Backstroke	503	B	OPEN	Heats	100	Backstroke
304	B	OPEN	HDW	200	Breaststroke	504	G	OPEN	HDW	200	Breaststroke	504	G	OPEN	HDW	200	Breaststroke
305	G	OPEN	HDW	200	Freestyle	505	B	OPEN	HDW	200	Freestyle	505	B	OPEN	HDW	200	Freestyle
306	B	OPEN	HDW	200	Butterfly	506	G	OPEN	HDW	200	Butterfly	506	G	OPEN	HDW	200	Butterfly
307	G	OPEN	HDW	50	Freestyle	507	B	OPEN	HDW	50	Freestyle	507	B	OPEN	HDW	50	Freestyle
308	B	OPEN	HDW	50	Breaststroke	508	G	OPEN	HDW	50	Breaststroke	508	G	OPEN	HDW	50	Breaststroke
309	G	AGE	Final	100	Backstroke	509	B	AGE	Final	100	Backstroke	509	B	AGE	Final	100	Backstroke
310	G	YOUTH	Final	100	Backstroke	510	B	YOUTH	Final	100	Backstroke	510	B	YOUTH	Final	100	Backstroke
311	B	14/U	Invitation	Medley "SKINS"	311	B	14/U	Invitation	Medley "SKINS"	311	B	14/U	Invitation	Medley "SKINS"	311	B	14/U
312	B	15/O	Invitation	Medley "SKINS"	312	B	15/O	Invitation	Medley "SKINS"	312	B	15/O	Invitation	Medley "SKINS"	312	B	15/O

Please Note Ages @ 31st December 2018

Stockport Metro November 2018

Closing Date: Wednesday 17th October 2018 at 8pm.

Name _____ Age as at 31/12/2018 _____

- | Events | Entry Time |
|--|------------|
| <input type="checkbox"/> 50 Free 11yrs & Over | _____ |
| <input type="checkbox"/> 100 Free 11yrs & Over. | _____ |
| <input type="checkbox"/> 200 Free 11yrs & Over. | _____ |
| <input type="checkbox"/> 400 Free 11yrs & Over. | _____ |
| <input type="checkbox"/> 800 Free 11yrs & Over. | _____ |
| <input type="checkbox"/> 1500 Free 11yrs & Over. | _____ |
| <input type="checkbox"/> 50 Back 11yrs & Over | _____ |
| <input type="checkbox"/> 100 Back11yrs & Over | _____ |
| <input type="checkbox"/> 200 Back11yrs & Over | _____ |
| <input type="checkbox"/> 50 Breast 11yrs & Over | _____ |
| <input type="checkbox"/> 100 Breast11yrs & Over | _____ |
| <input type="checkbox"/> 200 Breast11yrs & Over | _____ |
| <input type="checkbox"/> 50 Fly 11yrs & Over | _____ |
| <input type="checkbox"/> 100 Fly 11yrs & Over | _____ |
| <input type="checkbox"/> 200 Fly 11yrs & Over | _____ |
| <input type="checkbox"/> 100 IM 11yrs & Over | _____ |
| <input type="checkbox"/> 200 IM 11yrs & Over | _____ |
| <input type="checkbox"/> 400 IM 11yrs & Over | _____ |

Closing Date: - Wednesday 17th October 2018 at 8pm.



Stockport Metro November Meet – Level 2 Minimum Consideration Times – All times are 25m Shot Course

BOYS																	GIRLS						
11	12	13	14	15	16	17	OPEN	EVENT	11	12	13	14	15	16	17	OPEN							
33.9	32	30.4	29	27.9	27.2	26.8	25.8	50m Freestyle	34.5	32.8	31.7	31	30.4	30.1	30.1	28.6							
1:13.4	1:08.9	1:05.1	1:02.2	1:00.2	58.7	57.9	56.7	100m Freestyle	1:14.2	1:10.2	1:07.9	1:06.2	1:05.3	1:04.3	1:04.2	1:02.9							
2:39.1	2:29.8	2:21.8	2:15.4	2:11.1	2:07.7	2:06.1	2:05.1	200m Freestyle	2:39.7	2:30.9	2:25.7	2:22.4	2:20.0	2:18.4	2:17.3	2:16.9							
5:32.4	5:14.3	4:58.6	4:46.5	4:36.9	4:30.5	4:26.0	4:26.0	400m Freestyle	5:32.0	5:14.2	5:03.9	4:57.5	4:52.4	4:50.2	4:48.0	4:48.0							
								800m Freestyle	11:05.8	10:32.1	10:08.9	9:55.0	9:50.2	9:44.6	9:42.2	9:38.0							
21:40.0	20:05.0	19:06.1	18:26.4	17:55.5	17:30.2	17:20.0	17:10.0	1500m Freestyle															
43.9	41.2	38.5	36.7	35.2	34.2	33.7	32.4	50m Breaststroke	44.1	41.6	40	38.9	38.1	37.8	37.6	36.1							
1:34.5	1:28.5	1:22.7	1:18.7	1:15.6	1:13.5	1:12.3	1:10.6	100m Breaststroke	1:34.6	1:29.3	1:25.3	1:22.4	1:21.3	1:20.7	1:19.8	1:18.0							
3:23.1	3:10.9	2:59.3	2:50.2	2:44.0	2:40.3	2:36.8	2:32.8	200m Breaststroke	3:23.0	3:11.5	3:03.1	2:58.0	2:55.5	2:54.1	2:52.9	2:47.5							
37.5	35.5	33.4	31.8	30.4	29.6	29	27.8	50m Butterfly	37.9	35.9	34.6	33.6	32.9	32.6	32.5	30.7							
1:22.7	1:17.3	1:12.6	1:08.8	1:05.9	1:04.6	1:03.1	1:01.3	100m Butterfly	1:23.1	1:18.0	1:15.1	1:12.8	1:11.8	1:11.1	1:10.4	1:07.7							
3:01.2	2:50.6	2:40.4	2:32.4	2:25.0	2:22.3	2:18.5	2:16.0	200m Butterfly	3:03.1	2:51.0	2:43.9	2:39.0	2:35.9	2:34.4	2:32.8	2:29.0							
38.9	36.9	34.6	33.2	31.7	30.6	30.3	28.6	50m Backstroke	39	37.1	35.8	34.9	34.4	33.9	33.7	32.2							
1:22.7	1:17.9	1:13.2	1:09.5	1:06.7	1:05.1	1:03.9	1:01.6	100m Backstroke	1:23.1	1:18.2	1:15.2	1:13.5	1:12.0	1:11.3	1:11.0	1:09.0							
2:56.3	2:46.5	2:37.0	2:29.4	2:23.8	2:20.6	2:18.6	2:14.5	200m Backstroke	2:56.6	2:46.5	2:40.9	2:37.2	2:33.9	2:32.0	2:30.8	2:28.4							
1:23.2	1:18.6	1:14.5	1:10.6	1:08.1	1:06.6	1:05.5	1:04.2	100m I.M.	1:23.9	1:19.3	1:16.7	1:14.7	1:13.5	1:12.7	1:12.2	1:11.5							
3:00.1	2:50.1	2:41.2	2:32.9	2:27.4	2:24.2	2:21.8	2:19.0	200m I.M.	3:00.3	2:50.6	2:44.9	2:40.7	2:38.1	2:36.5	2:35.3	2:33.9							
6:22.1	5:58.8	5:40.6	5:23.8	5:11.8	5:05.1	5:00.3	4:56.6	400m I.M.	6:20.3	5:58.8	5:45.2	5:37.2	5:31.9	5:27.9	5:26.6	5:23.0							