

# Stockport Metro November Open Meet 2021

License Number:

To be held at Life Leisure Grand Central, Stockport

Friday 19<sup>th</sup> November to Sunday 21<sup>st</sup> November 2021

(held under the relevant FINA/Swim England/IPC Technical & Judicial Rules/Laws)

## Competition Programme – 25m Short Course

### SESSION 1: Friday

W/Up: 5.00pm Start: 5.45pm

101 OPEN HDW 800 Freestyle

10 min Break

102 OPEN HDW 1500 Freestyle

### SESSION 2: Saturday

W/Up: 8.00am Start: 9.00am

201 G OPEN HDW 400 IM  
202 B OPEN HDW 200 IM  
203 G OPEN Heats 100 Butterfly  
204 B OPEN HDW 100 Freestyle

205 G OPEN Heats 100 Breaststroke  
206 B OPEN Heats 200 Backstroke  
207 G OPEN HDW 50 Butterfly  
208 B OPEN HDW 50 Backstroke  
209 G OPEN Final 100 Butterfly  
210 B OPEN Final 100 Freestyle  
211 G OPEN Final 100 Breaststroke

### SESSION 3: Saturday

W/Up: TBC Start: TBC

301 G OPEN HDW 100 I.M  
302 B OPEN HDW 400 Freestyle  
303 G OPEN Heats 100 Backstroke  
304 B OPEN HDW 200 Breaststroke

305 G OPEN HDW 200 Freestyle  
306 B OPEN HDW 200 Butterfly  
307 G OPEN HDW 50 Freestyle  
308 B OPEN HDW 50 Breaststroke  
309 G OPEN Final 100 Backstroke

### SESSION 4: Sunday

W/Up: 8.00am Start: 9.00am

401 B OPEN HDW 400 IM  
402 G OPEN HDW 200 IM  
403 B OPEN Heats 100 Butterfly  
404 G OPEN Heats 100 Freestyle

405 B OPEN Heats 100 Breaststroke  
406 G OPEN HDW 200 Backstroke  
407 B OPEN HDW 50 Butterfly  
408 G OPEN HDW 50 Backstroke  
409 B OPEN Final 100 Butterfly  
410 G OPEN Final 100 Freestyle  
411 B OPEN Final 100 Breaststroke

### SESSION 5: Sunday

W/Up: TBC Start: TBC

501 B OPEN HDW 100 I.M  
502 G OPEN HDW 400 Freestyle  
503 B OPEN Heats 100 Backstroke  
504 G OPEN HDW 200 Breaststroke

505 B OPEN HDW 200 Freestyle  
506 G OPEN HDW 200 Butterfly  
507 B OPEN HDW 50 Freestyle  
508 G OPEN HDW 50 Breaststroke  
509 B OPEN Final 100 Backstroke

**Continuous Swim-Down facility available all weekend.**

**Over the Top Starts (where Possible)**

**Age as at 31st December 2021**

Please return all entries to Meet Entries Co-ordinator:

Ian Proud

67 Buckinghamshire Road

Belmont

Durham DH1 2BE

[swimming@proudys.plus.com](mailto:swimming@proudys.plus.com)

Entry Fees:	Via SportsSystems Files	via email/paper
Distance Events (800s & 1500s)	£12.50	£13.50
All Other Events	£7.50	£8.00

Please check the Stockport Metro website for details and for a downloadable entry pack.

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### Stockport Metro November Meet – Level 2 Minimum Consideration Times

**All times are 25m Short Course**

BOYS					GIRLS					
14 & U	15	16	17	OPEN	EVENT	14 & U	15	16	17	OPEN
29.0	27.9	27.2	26.8	25.8	<b>50m Freestyle</b>	31	30.4	30.1	30.1	28.6
1:02.2	1:00.2	58.7	57.9	56.7	<b>100m Freestyle</b>	1:06.2	1:05.3	1:04.3	1:04.2	1:02.9
2:15.4	2:11.1	2:07.7	2:06.1	2:05.1	<b>200m Freestyle</b>	2:22.4	2:20.0	2:18.4	2:17.3	2:16.9
4:46.5	4:36.9	4:30.5	4:26.0	4:26.0	<b>400m Freestyle</b>	4:57.5	4:52.4	4:50.2	4:48.0	4:48.0
9:52.0	9:34.4	9:20.9	9:12.7	9:12.7	<b>800m Freestyle</b>	9:55.0	9:50.2	9:44.6	9:42.2	9:38.0
18:26.4	17:55.5	17:30.2	17:20.0	17:10.0	<b>1500m Freestyle</b>	19:38.6	19:15.5	19:00.1	18:49.4	18:39.7
36.7	35.2	34.2	33.7	32.4	<b>50m Breaststroke</b>	38.9	38.1	37.8	37.6	36.1
1:18.7	1:15.6	1:13.5	1:12.3	1:10.6	<b>100m Breaststroke</b>	1:22.4	1:21.3	1:20.7	1:19.8	1:18.0
2:50.2	2:44.0	2:40.3	2:36.8	2:32.8	<b>200m Breaststroke</b>	2:58.0	2:55.5	2:54.1	2:52.9	2:47.5
31.8	30.4	29.6	29	27.8	<b>50m Butterfly</b>	33.6	32.9	32.6	32.5	30.7
1:08.8	1:05.9	1:04.6	1:03.1	1:01.3	<b>100m Butterfly</b>	1:12.8	1:11.8	1:11.1	1:10.4	1:07.7
2:32.4	2:25.0	2:22.3	2:18.5	2:16.0	<b>200m Butterfly</b>	2:39.0	2:35.9	2:34.4	2:32.8	2:29.0
33.2	31.7	30.6	30.3	28.6	<b>50m Backstroke</b>	34.9	34.4	33.9	33.7	32.2
1:09.5	1:06.7	1:05.1	1:03.9	1:01.6	<b>100m Backstroke</b>	1:13.5	1:12.0	1:11.3	1:11.0	1:09.0
2:29.4	2:23.8	2:20.6	2:18.6	2:14.5	<b>200m Backstroke</b>	2:37.2	2:33.9	2:32.0	2:30.8	2:28.4
1:10.6	1:08.1	1:06.6	1:05.5	1:04.2	<b>100m I.M</b>	1:14.7	1:13.5	1:12.7	1:12.2	1:11.5
2:32.9	2:27.4	2:24.2	2:21.8	2:19.0	<b>200m I.M.</b>	2:40.7	2:38.1	2:36.5	2:35.3	2:33.9
5:23.8	5:11.8	5:05.1	5:00.3	4:56.6	<b>400m I.M</b>	5:37.2	5:31.9	5:27.9	5:26.6	5:23.0