

# Stockport Metro March Open Meet 2022

License Number: 1NW220367

To be held at Life Leisure Grand Central, Stockport

Friday 11<sup>th</sup> Match to Sunday 13<sup>th</sup> March 2022

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

## Competition Programme – 50m Long Course

### SESSION 1: Friday

W/Up: 5.00pm Start: 5.45pm

101 OPEN HDW 800 Freestyle

**10 minute warm down**

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

**10 Minute Break**

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 AGE Final 100 Butterfly

210 G YOUTH Final 100 Butterfly

211 B AGE Final 100 Freestyle

212 B YOUTH Final 100 Freestyle

213 G AGE Final 100 Breaststroke

214 G YOUTH Final 100 Breaststroke

### SESSION 3: Saturday

W/Up: 1.30pm Start: 2.30pm

301 B OPEN HDW 400 Freestyle

302 G OPEN HDW 100 Backstroke

303 B OPEN HDW 200 Breaststroke

**10 Minute Break**

304 G OPEN Heats 200 Freestyle

305 B OPEN HDW 200 Butterfly

306 G OPEN HDW 50 Freestyle

307 B OPEN HDW 50 Breaststroke

308 G AGE Final 100 Backstroke

309 G YOUTH 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

**10 Minute Break**

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 AGE Final 100 Butterfly

410 B YOUTH Final 100 Butterfly

411 G AGE Final 100 Freestyle

412 G YOUTH Final 100 Freestyle

413 B AGE Final 100 Breaststroke

414 B YOUTH Final 100 Breaststroke

### SESSION 5: Sunday

W/Up: 1.00pm Start: 2.00pm

501 G OPEN HDW 400 Freestyle

502 B OPEN HDW 100 Backstroke

503 G OPEN HDW 200 Breaststroke

**10 minute Break**

504 B OPEN Heats 200 Freestyle

505 G OPEN HDW 200 Butterfly

506 B OPEN HDW 50 Freestyle

507 G OPEN HDW 50 Breaststroke

508 B AGE Final 100 Backstroke

509 B YOUTH Final 100 Backstroke

# Stockport Metro Spring Meet – Level 1 Minimum Consideration Times - Long Course Pool

## GIRLS

EVENT	11	12	13	14	15	16	17	OPEN
<b>50m Freestyle</b>	39.26	37.26	35.79	34.63	33.89	33.58	33.47	32.11
<b>100m Freestyle</b>	01:23.47	01:19.16	01:16.53	01:14.42	01:13.26	01:12.42	01:11.68	01:10.84
<b>200m Freestyle</b>	03:00.32	02:51.05	02:44.42	02:40.11	02:36.95	02:35.26	02:33.47	02:33.47
<b>400m Freestyle</b>	06:15.16	05:56.63	05:43.47	05:34.74	05:29.26	05:25.47	05:22.42	05:22.42
<b>800m Freestyle</b>	12:19.60	11:39.00	11:10.80	10:56.00	10:45.50	10:36.00	10:35.10	10:28.30
<b>1500m Freestyle</b>	23:38.60	22:25.80	21:30.40	21:00.80	20:43.10	20:22.90	20:22.90	20:05.10
<b>50m Breaststroke</b>	50.32	47.37	45.37	43.68	42.74	42.21	41.89	40.63
<b>100m Breaststroke</b>	01:46.95	01:40.21	01:35.58	01:33.16	01:32.11	01:30.63	01:29.68	01:28.00
<b>200m Breaststroke</b>	03:48.00	03:35.68	03:25.79	03:19.47	03:16.53	03:15.58	03:13.68	03:09.26
<b>50m Butterfly</b>	42.84	40.63	38.63	37.58	36.63	36.00	36.00	34.32
<b>100m Butterfly</b>	01:32.53	01:26.95	01:23.26	01:21.26	01:19.47	01:18.74	01:17.89	01:15.89
<b>200m Butterfly</b>	03:22.74	03:11.26	03:02.63	02:56.84	02:54.42	02:51.89	02:49.79	02:46.63
<b>50m Backstroke</b>	45.37	43.05	41.47	40.00	38.95	38.53	38.21	37.16
<b>100m Backstroke</b>	01:34.63	01:28.95	01:26.00	01:23.79	01:22.00	01:21.16	01:20.32	01:18.53
<b>200m Backstroke</b>	03:21.05	03:10.11	03:03.47	02:58.74	02:54.53	02:52.53	02:51.37	02:48.32
<b>200m I.M.</b>	03:24.53	03:12.95	03:06.11	03:01.37	02:57.79	02:55.68	02:54.21	02:52.32
<b>400m I.M.</b>	07:08.74	06:45.16	06:30.11	06:21.05	06:13.89	06:09.26	06:07.05	06:02.00

## BOYS

11	12	13	14	15	16	17	OPEN	EVENT
38.95	36.74	34.74	32.95	31.26	30.21	29.89	28.84	<b>50m Freestyle</b>
01:22.95	01:17.58	01:13.47	01:10.42	01:07.79	01:05.89	01:04.74	01:03.68	<b>100m Freestyle</b>
03:00.32	02:49.26	02:40.63	02:33.26	02:28.11	02:23.47	02:20.74	02:20.74	<b>200m Freestyle</b>
06:14.74	05:55.89	05:38.74	05:23.16	05:13.26	05:04.32	04:59.58	04:58.32	<b>400m Freestyle</b>
12:44.60	11:47.10	11:12.80	10:42.50	10:21.80	10:05.00	09:55.50	09:52.50	<b>800m Freestyle</b>
24:44.70	22:20.50	21:16.60	20:19.00	19:37.10	19:07.70	18:49.00	18:43.30	<b>1500m Freestyle</b>
50.74	46.95	44.00	41.79	39.79	38.74	37.68	36.74	<b>50m Breaststroke</b>
01:46.84	01:39.68	01:33.47	01:29.05	01:25.68	01:23.05	01:21.05	01:19.79	<b>100m Breaststroke</b>
03:50.63	03:36.00	03:22.63	03:12.11	03:04.63	03:00.63	02:55.79	02:52.53	<b>200m Breaststroke</b>
42.95	40.11	37.79	35.79	33.89	33.05	32.21	31.26	<b>50m Butterfly</b>
01:32.32	01:25.79	01:20.84	01:16.63	01:13.47	01:11.37	01:10.00	01:08.42	<b>100m Butterfly</b>
03:22.63	03:09.37	02:58.84	02:49.37	02:42.53	02:38.32	02:35.37	02:32.32	<b>200m Butterfly</b>
45.47	42.63	40.21	38.00	36.32	35.26	34.42	33.37	<b>50m Backstroke</b>
01:34.53	01:28.53	01:23.37	01:18.95	01:16.00	01:14.00	01:12.95	01:11.05	<b>100m Backstroke</b>
03:22.11	03:10.21	02:59.26	02:50.84	02:44.21	02:39.37	02:36.42	02:34.42	<b>200m Backstroke</b>
03:24.53	03:12.42	03:01.79	02:53.47	02:46.74	02:42.00	02:38.95	02:37.05	<b>200m I.M.</b>
07:12.42	06:47.05	06:25.68	06:07.68	05:53.89	05:44.84	05:39.58	05:33.89	<b>400m I.M.</b>