

MEDWAY ASA

RECOMMENDED OPEN EVENT ENTRY TIMES COMMENCING
APPENDIX C (revised)

Event	Recommended Time
<u>100m Freestyle</u>	
Ladies	1.08
Girls	1.08
Men	1.02
Boys	1.03
<u>200m Freestyle</u>	
Ladies	2.44
Girls	2.44
Men	2.30
Boys	2.36
<u>400m Freestyle</u>	
Ladies	4.55
Girls	5.00
Men	4.45
Boys	4.45
<u>100m Backstroke</u>	
Ladies	1.17
Girls	1.17
Men	1.09
Boys	1.14
<u>100m Breaststroke</u>	
Ladies	1.25
Girls	1.30
Men	1.20
Boys	1.23
<u>100m Butterfly</u>	
Ladies	1.16
Girls	1.20
Men	1.07
Boys	1.10
<u>4x25m IM</u>	
Ladies	1.21
Girls	1.21
Men	1.12
Boys	1.17
<u>4x50m IM</u>	
Ladies	2.48
Girls	2.44
Men	2.37
Boys	2.39