

SportsAid (Yorkshire & Humberside) UNISON Open Meet 2009

Minimum Entry Standards

(Times must have been achieved in the previous 12 months)

| BOYS | | | | | | | Event | GIRLS | | | | | | |
|--------|--------|--------|--------|--------|--------|-----------|--------------------|--------|--------|--------|--------|--------|--------|-----------|
| 10 | 11 | 12 | 13 | 14 | 15 | 16 & over | | 10 | 11 | 12 | 13 | 14 | 15 | 16 & over |
| 40.4 | 37.7 | 34.8 | 32.6 | 30.9 | 29.6 | 29.1 | 50m Free | 40.1 | 37.0 | 35.0 | 33.5 | 32.6 | 32.1 | 32.1 |
| 1:28.8 | 1:21.1 | 1:14.4 | 1:09.4 | 1:06.4 | 1:04.3 | 1:03.3 | 100m Free | 1:28.0 | 1:19.4 | 1:14.6 | 1:11.5 | 1:10.1 | 1:09.4 | 1:09.1 |
| 3:11.9 | 2:56.0 | 2:43.1 | 2:31.1 | 2:24.6 | 2:19.9 | 2:17.8 | 200m Free | 3:08.4 | 2:52.5 | 2:41.3 | 2:33.7 | 2:31.0 | 2:29.1 | 2:27.9 |
| 6:44.5 | 6:06.0 | 5:39.8 | 5:18.1 | 5:05.7 | 4:54.8 | 4:49.9 | 400m Free | 6:38.2 | 5:59.4 | 5:36.6 | 5:21.3 | 5:15.6 | 5:12.0 | 5:10.4 |
| 53.3 | 48.8 | 44.4 | 41.0 | 39.0 | 37.5 | 37.1 | 50m Breast | 51.4 | 47.3 | 44.2 | 42.2 | 41.0 | 40.3 | 40.2 |
| 1:55.7 | 1:44.2 | 1:35.0 | 1:27.9 | 1:23.7 | 1:20.9 | 1:19.9 | 100m Breast | 1:52.3 | 1:41.1 | 1:34.2 | 1:29.7 | 1:28.0 | 1:27.0 | 1:26.9 |
| 4:08.3 | 3:45.6 | 3:26.7 | 3:11.3 | 3:00.9 | 2:55.0 | 2:52.8 | 200m Breast | 3:59.9 | 3:37.9 | 3:24.1 | 3:12.8 | 3:08.4 | 3:07.4 | 3:07.1 |
| 44.7 | 41.5 | 38.1 | 35.4 | 33.6 | 32.1 | 31.7 | 50m Fly | 44.2 | 40.5 | 38.0 | 36.0 | 35.2 | 34.5 | 34.5 |
| 1:40.1 | 1:30.5 | 1:22.8 | 1:16.5 | 1:12.3 | 1:09.8 | 1:08.6 | 100m Fly | 1:40.1 | 1:28.3 | 1:22.4 | 1:18.5 | 1:16.3 | 1:15.7 | 1:15.6 |
| 3:50.0 | 3:21.9 | 3:03.7 | 2:49.7 | 2:39.8 | 2:34.2 | 2:31.3 | 200m Fly | 3:43.1 | 3:16.9 | 3:02.4 | 2:51.5 | 2:48.0 | 2:45.5 | 2:45.0 |
| 47.4 | 43.8 | 40.6 | 37.7 | 35.7 | 34.4 | 33.9 | 50m Back | 46.4 | 42.7 | 40.3 | 38.8 | 37.7 | 36.8 | 36.7 |
| 1:42.0 | 1:31.9 | 1:24.7 | 1:18.5 | 1:14.6 | 1:12.1 | 1:11.2 | 100m Back | 1:39.9 | 1:29.9 | 1:24.2 | 1:20.8 | 1:18.6 | 1:17.7 | 1:17.5 |
| 3:37.4 | 3:17.3 | 3:02.1 | 2:49.7 | 2:40.9 | 2:35.0 | 2:33.2 | 200m Back | 3:29.3 | 3:12.7 | 2:59.8 | 2:52.7 | 2:48.0 | 2:45.5 | 2:44.4 |
| 3:38.8 | 3:19.6 | 3:03.8 | 2:50.8 | 2:43.2 | 2:38.0 | 2:35.5 | 200m IM | 3:33.3 | 3:14.3 | 3:02.2 | 2:54.2 | 2:50.3 | 2:48.7 | 2:47.9 |