

EAST MIDLANDS REGION (50m)CHAMPIONSHIPS 2019



Gala 1, Corby 27th/28th April License 1EM191623
Gala 2, Sheffield 6th May License 1EM191624
Gala 3, Sheffield 18th/19th May License 1EM191625



(Swim England Regulations and Technical Rules)
including World Para-Swimming Rules as appropriate

PARA-SWIMMING INFORMATION

(Please read in conjunction with the Championship Conditions)

Para-Swimmers may enter any event in the Championships subject to meeting the able bodied qualifying times. In addition the events below are specific to the appropriate Para-Swimming classifications and subject to the qualifying times issued by British Para-Swimming. All events are swum integrated with able bodied swimmers

The full Gala Schedules and the Championship Conditions can be found online at www.asaem.org.uk

**Swimmers 11,12 & 13yrs swim at Gala 1, Corby
Swimmer 14yrs/over swim at Galas 2 and 3 in Sheffield**

EVENTS	Male	Female
50m Freestyle	S1-S14	S1-S14
100m Freestyle	S1-S14	S1-S14
200m Freestyle	S1-S5 & S14	S1-S5 & S14
400m Freestyle	S6-S14	S6-S14
50m Backstroke	S1-S5	S1-S5
100m Backstroke	S1,S2 & S6-S14	S1,S2 & S6-S14
50m Breaststroke	SB1-SB3	SB1-SB3
100m Breaststroke	SB4-SB9, SB11-SB14	SB4-SB9, SB11-SB14
50m Butterfly	S1-S7	S1-S7
100m Butterfly	S8-S14	S8-S14
200m Individual Medley	SM5-SM14	SM5-SM14

**ENTRIES MUST BE SUBMITTED ELECTRONICALLY BY A CLUB ADMINISTRATOR
USING THE ON-LINE ENTRY SYSTEM**

NOTE:

**The Results from all galas will be accepted by British Swimming Ranking
and are eligible for British Records**

**Subject to World Para-Swimming approval the results from Gala 2 & Gala 3
will be accepted by WPS Ranking and are eligible European Records**

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	MALE	FEMALE		MALE	FEMALE
50m FREESTYLE			50m BACKSTROKE		
S1	02:24.08	02:14.58	S1	01:56.90	03:37.46
S2	01:35.54	01:54.27	S2	01:26.70	02:06.82
S3	01:09.58	01:16.24	S3	01:17.31	01:29.76
S4	01:04.64	01:05.97	S4	01:12.74	01:23.36
S5	00:52.54	01:02.38	S5	00:57.87	01:13.09
S6	00:48.94	00:57.89	100m BACKSTROKE		
S7	00:45.58	00:54.30	S1	04:01.10	07:10.90
S8	00:43.62	00:49.97	S2	03:07.09	04:27.55
S9	00:41.86	00:47.17	S6	02:07.49	02:16.48
S10	00:38.05	00:45.63	S7	01:56.50	02:15.15
S11	00:43.22	00:50.03	S8	01:49.87	02:04.64
S12	00:38.50	00:46.53	S9	01:43.57	01:55.23
S13	00:38.06	00:45.18	S10	01:34.88	01:51.01
S14	00:40.64	00:45.66	S11	01:56.67	02:10.16
100m FREESTYLE			S12	01:38.34	01:56.27
S1	05:08.88	06:39.41	S13	01:37.33	01:50.88
S2	04:17.79	05:18.77	S14	01:38.78	01:47.81
S3	02:47.86	02:40.34			
S4	02:18.43	02:19.39			
S5	01:50.91	02:13.26	50m BREASTSTROKE		
S6	01:45.73	01:57.57	SB1	02:55.36	03:37.31
S7	01:39.92	01:56.70	SB2	01:33.18	02:13.25
S8	01:35.71	01:45.02	SB3	01:19.95	01:32.19
S9	01:30.06	01:41.54	100m BREASTSTROKE		
S10	01:23.18	01:37.66	SB4	02:48.19	03:00.86
S11	01:35.66	01:51.18	SB5	02:37.57	02:41.98
S12	01:27.39	01:37.46	SB6	02:15.20	02:41.10
S13	01:24.11	01:37.06	SB7	02:09.07	02:28.34
S14	01:26.46	01:38.06	SB8	01:55.06	02:15.52
200m FREESTYLE			SB9	01:47.04	02:04.67
S1	08:12.64	10:35.89	SB11	02:03.44	02:19.60
S2	06:38.18	11:07.74	SB12	01:52.40	02:09.28
S3	05:38.21	07:56.62	SB13	01:48.30	02:02.77
S4	04:59.39	05:31.02	SB14	01:47.95	02:02.94
S5	04:06.69	04:35.55			
S14	03:08.56	03:23.66			

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	MALE	FEMALE		MALE	FEMALE
400m FREESTYLE			50m BUTTERFLY		
S6	08:20.06	08:43.15	S1	00:00.00	00:00.00
S7	07:41.90	08:33.92	S2	03:50.69	03:43.66
S8	07:24.18	07:59.22	S3	02:14.69	01:52.06
S9	06:53.28	07:38.93	S4	01:13.62	01:36.94
S10	06:34.58	07:18.99	S5	00:59.65	01:14.69
S11	07:53.28	08:49.44	S6	00:52.43	00:58.85
S12	07:11.28	07:41.92	S7	00:48.58	00:58.88
S13	06:41.26	07:31.66	100m BUTTERFLY		
S14	06:56.90	07:45.50	S8	01:40.24	02:02.82
200m IM			S9	01:37.22	01:50.99
SM5	05:27.01	05:55.60	S10	01:29.38	01:48.51
SM6	04:28.83	04:53.44	S11	01:44.70	02:14.67
SM7	04:10.34	04:52.05	S12	01:32.75	01:48.70
SM8	03:52.67	04:30.37	S13	01:33.71	01:45.28
SM9	03:42.24	04:14.82	S14	01:32.58	01:44.75
SM10	03:32.24	03:58.29			
SM11	04:03.31	04:49.66			
SM12	03:40.72	04:10.78			
SM13	03:36.05	03:54.66			
SM14	03:32.35	03:52.02			