

## Stockport Metro November Meet 2019

License Number: 2NWxxxxx

To be held at Life Leisure Grand Central, Stockport  
Friday 15th to Sunday 17th November 2019

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

Welcome,

We are pleased to present to you our November Meet details. Now in its 26th year, our Short Course Meet is growing in quality, and we hope to make this year's event the most successful ever, with fast swimming and a superb atmosphere.

Included in this pack:

- Meet Information
- Meet Conditions
- Programme of Events
- Minimum Qualifying Standards
- Individual Entry Form

Our website, [www.stockport-metro.co.uk](http://www.stockport-metro.co.uk), will include all information and regular updates. A map of the area and directions to Life Leisure Grand Central is also available on the website.

These events continue to be successful thanks to the support and hard work of the officials and volunteer helpers. If you have any comments or suggestions to help us improve the way we do things, please do not hesitate to tell us, either during the course of the event, or via the website, where a results service will also be available. Alternatively if you need any more information please contact me by phone or email.

We look forward to receiving your entries.

Richard Blackshaw

Meet Organiser

0161 429 5826

[richard.blackshaw@lifeleisure.net](mailto:richard.blackshaw@lifeleisure.net)

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### Meet Information

- The meet will be held under ASA law & technical rules & licensed by the Swim England
- The pool is 25 metres for all events, has 8 lanes, with jumbo anti-wave lane ropes and electronic Quantum timing in operation, with continuous scoreboard display. Results service will operate on-line using SportSystems. Live results will be posted onto the website in real time (when possible). Full results will also be published in PDF format on the website after the meet <https://www.stockportmetrosc.co.uk/>
- "Over the top" and "side by side" starts will be used in the heats at the discretion of the promoter.
- Wedg.ie backstroke ledges will be available. These are static and set at water level.
- Warm-up and swim-down facilities will be available before and after sessions, and available continuously while the competition is being run provided it is not abused all weekend. Coaches / team managers are responsible for ensuring that their swimmers use the facility for the purpose intended.
- Strictly no diving in or climbing over pads is permitted during warm up in the competition pool.
- Coaches' passes will be available at a cost of £25.00 each in advance, and will include admission to all sessions, start list, lunch and results sheets. Only pass holders, swimmers & officials will be allowed on poolside.
- Swimmers must wear footwear when leaving the pool area.
- No swimmers are allowed up to the balcony other than via the rear staircase.
- Stockport Metro Swimming Club cannot be held responsible for the loss or damage of spectators' or competitors' property. Competitors are advised to use the lockers in the changing area.
- Rules for 'Invitation Medley Skins' are included in this information pack
- Qualifying times are included below.
- The promoters reserve the right to refuse admission to any competitor or spectator.
- The Oasis pool will not be available for use during the duration of the meet.
- A mobile strobe will be available throughout the competition. Any competitor who needs to use it should notify the event referee prior to the start of the session.

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## Open Meet Conditions

### 1. Introduction

- 1.1. The Stockport Metro Swimming Club (hereinafter 'the Club') Open Meet (hereinafter 'the Meet') will be held in accordance with the relevant FINA/Swim England/IPC Technical & Judicial Rules/Laws.
- 1.2. Bona Fide Coaches and Team Managers requiring access to the poolside must be in possession of a Pass issued by the Club. **Coaches Pass fee is £25 and covers entry to all sessions together with start sheets and lunch.** It is mandatory that all Coaches comply with the relevant Swim England Child Protection Procedures and have an up to date DBS certificate.
- 1.3. Any question or dispute arising from these conditions or disputes related to a matter not covered in these conditions shall be determined by the Meet Promoter.
- 1.4. This Meet is open to all members of a Club affiliated to Swim England/Scottish Swimming or Swim Wales. A swimmer shall be considered as foreign if they are not a member of a club affiliated to Swim England/Scottish Swimming or Swim Wales. Foreign swimmers are eligible to enter provided that they are a member of a Club in their home country, and that country is affiliated to FINA. They should also provide adequate evidence of the validity of their entry time if requested.

### 2. The Meet

- 2.1. The closing date for entries will be **21<sup>st</sup> October 2019**
- 2.2. Age groups for the competition for both individual and invitation will be as of midnight on 31st December 2019.

### 3. Disability competitors

- 3.1. Swimmers with a disability shall swim under IPC Rules.
- 3.2. Qualifying times for disability competitors are not required. However entry times shall be submitted for the purpose of seeding the heats.
- 3.3. Personal Care Attendants/Coaches: Personal care attendants will only be permitted for swimmers in the following classes: S1, S2, S3, S4, S5 and S11. A swimmer in any of these classes may have both a coach and a personal care attendant present. No charge will be applied for personal care attendant. Poolside passes; coaches' passes shall attract the advertised fee (see section 1.2 All coaches, chaperones and personal care attendants must conform to the ASA child protection procedures and hold a current DBS certificate.
- 3.4. Competition format: The competition format will be based on disability inclusion within the able bodied programme i.e. there will be no separate events for swimmers with disabilities. All swimmers will be seeded in the heats according to their entry times. Disability competitors will be included within the results for their age group.

### 4. The Events

- 4.1. Individual events shall be:
- 4.2. • Freestyle: 50m, 100m, 200m, 400m, 800m, 1500m  
• Butterfly: 50m, 100m, 200m  
• Individual Medley: 100m, 200m, 400m  
• Backstroke: 50m, 100m, 200m  
• Breaststroke: 50m, 100m, 200m
- 4.3. The 100m IM, 50m, 200m, 400m, 800m and 1500m events shall be swum as HDW (Heat Declared Winner) events. The remaining 100m events shall have heats and finals, where the finals will be for Age (11/14) and Youth (15/over). All heats will be swum combined.
- 4.4. Individual 'Skins' events will be held in conjunction with the Meet. Entries

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for the Skins events are selected from the 8 highest placed competitors in the 200m IM events. These events are for Male 11/14yrs & 15yrs/over, and Female 11/14yrs & 15yrs/over. Separate conditions are applicable for the Skins events which do not fall within the Meet conditions.

### 5. Awards

5.1. Awards will be made with at the end of the meet to the top swimmer in each of the following categories, as determined by the best individual performance (FINA points) from two events added together:

- Male 11/14yrs & 15yrs/Over
- Female 11/14yrs & 15yrs/Over

### 6. Submission of entries

6.1. Sportsystems Entry Manager is the preferred method of entry for this competition. The relevant Sportsystems entry file can be downloaded from the Stockport Metro website. Completed entry files should be emailed to [swimming@proudys.plus.com](mailto:swimming@proudys.plus.com)

6.2. Entry fees for each event shall be:

- Entries to Friday Night 800m and 1500m: £12.50 (via Sportsystems Entry Manager), or £13.50 (via paper entry)
- All Saturday and Sunday events (50m to 400m): £7.50 (via Sportsystems Entry Manager), or £8.00 (via paper entry).

6.3. Payment for individual entries and coaches passes can be made via BACS transfer: A/C **89339090** Sort Code **09-01-28** using SMNOV2019 and the swimmers surname as the reference for individual entries or Club Name and number of coaches passes required where payment is being made for coaches passes. Alternatively cheques can be posted to the address on the entry form, and should be made payable to Stockport Metro Swimming Club

6.4. Qualifying times will be applied to all individual events

6.5. Individual entry times must be equal to or faster than the qualifying time.

6.6. Qualifying times for entrants 11 years and over must have been achieved at a Licensed Meet, in the 12 month period prior to the Date of the Event.

6.7. Entry times must be 25m times (conversions will be accepted).

6.8. Entries will be audited against the rankings published by the Swim England and any club may be challenged to demonstrate the authenticity of the information provided. There will be no refunds for incorrect entries.

6.9. The Meet Promoter reserves the right to restrict entries in the interests of safety, time constraints and to ensure the smooth running of the competition. Where this rule is invoked the promoter will reduce the qualifying times for each event by the same percentage until the projected session lengths fall within Level 2 licensed meet guidelines, rejecting swimmers who are outside these revised consideration times. Any entry rejected under these circumstances will be refunded.

6.10. Submitted entry times shall be used for seeding and rejection purposes as required.

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6.11. Refunds will only be given where a competitor whose entry has been accepted, has to withdraw on medical grounds, subject to an appropriate medical certificate being received by the Meet Promoter.

6.12. Once an entry has been submitted improved times will not be accepted.

### 7. Confirmation of entry

7.1. Accepted swimmers details will be posted onto the Stockport Metro website as soon as possible after the closing date for the competition. These should be used to cross check the accuracy of swimmer entries and to allow any necessary corrections to be made.

### 8. Meet procedures

#### Heats

8.1. A withdrawal system will be in operation. Competitors or their representatives must inform the organisers of their intention to withdraw at least 45 minutes before the start of the session if they do not intend to swim. Notification may be made by email to [swimming@proudys.plus.com](mailto:swimming@proudys.plus.com) prior to the commencement of the meet. Withdrawal messages must state NAME, CLUB, EVENT(s) and COMPETITOR NUMBER. The meet number for withdrawals is 0770 785 2017 via text only. Please note responses will not be made from this phone.

8.2. Any swimmer who has previously withdrawn can be reinstated before the appropriate closing deadline without penalty.

8.3. There will be no refund of entry fees for any withdrawals unless the withdrawal is for medical reasons in which case an appropriate medical certificate must be provided.

8.4. Should a swimmer withdraw from an event on medical grounds they will be removed from all other events including Skins to be held that day.

8.5. Heat Start Lists will be made available to clubs as soon as possible after the withdrawal deadline of each session.

8.6. Heats that culminate in a final shall be spearheaded with the last three heats being cyclically seeded. All heats for HDW events shall be spearheaded.

8.7. Competitors are responsible for presenting themselves to the marshalling area one event prior to the one in which they are competing. It is the swimmer's responsibility to be at the start in time for the race. This applies to both heats and finals.

#### Finals

8.8. There will be an 'Age' and a 'Youth' Final for 100m events (except 100m IM). The fastest eight 'Age' swimmers in the heats of each relevant event shall contest the 'Age' Final with the fastest eight 'Youth' swimmers contesting the 'Youth' Final. Two reserves will be declared for finals where possible.

8.9. Lanes for finals shall be allocated on the spearhead principle.

8.10. The names of finalists and two reserves shall be announced as soon as practicable after completion of the heats.

8.11. **ALL FINALISTS AND RESERVES MUST REPORT TO THE MARSHALLS FOR THE FINAL UNLESS THEY HAVE WITHDRAWN.**

8.12. Finalists and reserves who do not intend to swim must withdraw by completing the relevant form as soon as possible after the announcement of the finalists.

8.13. Reserves will be used if a finalist does not show by the time the swimmers

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have reached the final marshal station and have failed to withdraw.

8.14. Once withdrawn, a finalist cannot be reinstated.

8.15. Where a reserve is brought in as a result of a declared withdrawal then the final shall be re-seeded. Where a reserve is brought in at short notice the reserve shall occupy the vacant lane and there shall be no changes made to the allocation of other lanes.

### 9. Other

9.1. Photographs and Video of the meet may be taken by representatives of the promoter of the event, and may be used for promotional purposes. Entry into the competition implies acceptance of this condition.

9.2. Any swimmer/team failing to comply with any of the foregoing conditions may not be allowed to compete in the Meet.

9.3. All other matters regarding the running and administration of the Meet shall be at the discretion of the promoter or their agent(s).

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## Competition Programme – 25m Short Course

### SESSION 1: Friday

W/Up: 5.00pm Start: 5.45pm

101	B/G	OPEN	HDW	800 Freestyle
102	B/G	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	Heats	100 Freestyle
205	G	OPEN	Heats	100 Breaststroke
206	B	OPEN	HDW	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: TBA Start: TBA

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	AGE	Final	100 Backstroke
310	G	YOUTH	Final	100 Backstroke
311	B	11/14	Invitation	Medley "SKINS"
312	B	15/O	Invitation	Medley "SKINS"

### 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	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: TBA Start: TBA

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	AGE	Final	100 Backstroke
510	B	YOUTH	Final	100 Backstroke
511	G	11/14	Invitation	Medley "SKINS"
512	G	15/O	Invitation	Medley "SKINS"

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

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

**Age as at 31st December 2019**

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)	<b>£12.50</b>	<b>£13.50</b>
All Other Events	<b>£7.50</b>	<b>£8.00</b>

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

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### Meet Entry Form

<b>Name</b>			
<b>Club</b>			
<b>Swim England No.</b>			
<b>Date of Birth</b>			
<b>Gender</b>			
<b>Event</b>	<b>Please complete with current best times</b>		
50m FREE			
100m FREE			
200m FREE			
400m FREE			
800m FREE			
1500m FREE			
50m BACK			
100m BACK			
200m BACK			
50m BREAST			
100m BREAST			
200m BREAST			
50m FLY			
100m FLY			
200m FLY			
100m IM			
200m IM			
400m IM			
<b>No Entries</b>	<b>Method</b>	<b>Price</b>	<b>Total</b>
	SportsSystem Files	£12.50	£
	Paper Form	£13.50	£
	SportsSystem Files	£7.50	£
	Paper Form	£8.00	£
<b>Total by cheque</b>			<b>£</b>

Entries to be returned by **21<sup>st</sup> October 2019**.

The information above is correct, signed \_\_\_\_\_ swimmer/parent.



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### Stockport Metro Invitation Medley Skins

1. This 'Skins Event' will be a continuous competition commencing with 8 competitors and over a continuous series of races over a distance of 50m. One or more competitors to be eliminated in each round until a winner is determined. Races in each competition will take place following an interval of 3 minutes from the start of the previous race a warning being given 10 seconds prior to the start of each round.
2. The Event shall take place at Grand central pools Stockport, on the 16th and 17th November 2018.
3. Skins competitions will be held for:
  - a. Male 11/14 years
  - b. Male 15 years and over
  - c. Female 11/14 years
  - d. Female 15 years and over

Events (a) and (b) will swim concurrently with a separation of 90 seconds between races. Younger Age Group starts first. Events (c) and (d) will follow the same format.

4. The Prizes for each event will be:

**1st - £40 2nd - £35 3rd - £30 4th - £25 5th - £20 6th - £15 7th - £10 8th - £5**

5. The competitors for each Event shall be the eight swimmers with the highest number of accumulated FINA points determined by the published results from the qualifying events. The qualifying events shall be the 200 I.M in each age.
6. Swimmers must withdraw by **12pm** on the day of the event.
7. Lanes will be allocated on the basis of 'spearheading' in accordance with FINA swimming rule SW312 – the highest point scoring swimmer occupying the centre lane. Swimmers are required to swim in their allocated lane whilst they remain in the competition until the final race. The remaining two swimmers will occupy the centre lanes – the highest point qualifying swimmer occupying Lane 4 the second swimmer in Lane 5.
8. The stroke for each individual race will be by random draw from a choice of Frontcrawl, Breaststroke, Butterfly and Backstroke. The draw for the stroke to be contested in the first round will be undertaken by a person to be nominated by the meet promoter. Draws for subsequent rounds will be by the swimmer eliminated from the previous round. If more than one swimmer is eliminated in a round, the draw will be by the first swimmer eliminated, or by decision of the Referee if eliminated at the same time.
9. The first race in each Event will commence in accordance with ASA Swimming Rules governing the Start of the selected stroke. Each race shall be over a distance of 50m.
10. Subsequent rounds will start at the starting end of the pool, following an interval of 3 minutes from the previous Start. The starter will give a 10 second warning. Competitors feet, or hands in the case of Backstroke must be in contact with the Starting Platform or Grips when the Start Signal is given. For Backstroke rounds competitors will start in the water with both hands holding the starting grips. For forward starts swimmers are required to have at least one foot at the front of the Starting Platform.

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11. In all races swimmers are required to comply with the FINA Swimming Rules regarding Stroke and Finish conditions – failure to do so will lead to elimination by disqualification – any competitor so eliminated will receive any prize money won to that time including the round in which eliminated.
12. The slowest competitor in each round shall be eliminated – unless a competitor has been eliminated by disqualification, in which case the slowest competitor remains in the competition.
13. Times achieved by swimmers are not to be used for any other purpose. Determination of the slowest swimmer will be by the Referee utilising either Automatic Officiating Equipment (AOE) or manual Finish Judges, in accordance with FINA Swimming Rules governing placing. Should AOE be used the Referee shall determine whether it operated correctly.
14. In the case of more than one swimmer being disqualified, or a dead heat for the slowest swimmer all affected swimmers are eliminated and the accumulated prize money for the positions divided equally between the relevant swimmers.
15. Should for any reason the competition have to be halted before its conclusion it shall restart with a re-swim of the round halted, or subsequent round if halted following the correct completion of a round. The Start of the recommencement of the competition will be in accordance with the FINA Swimming Rules of the relevant stroke.
16. In the case of a dead heat in the final race, the race will be declared a tie, and the remaining prize money will be divided equally between the two remaining swimmers.
17. In the event of a faulty start, the round will be delayed, and will resume after 3 minutes.
18. If any issue arises not covered by the above then that issue will be determined by the meet promoters.

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### Stockport Metro November Meet – Level 2 Minimum Consideration Times – All times are 25m Short Course

MALE								FEMALE								
11	12	13	14	15	16	17	OPEN	EVENT	11	12	13	14	15	16	17	OPEN
33.9	32	30.4	29	27.9	27.2	26.8	25.8	<b>50m Freestyle</b>	34.5	32.8	31.7	31	30.4	30.1	30.1	28.6
1:13.4	1:08.9	1:05.1	1:02.2	1:00.2	58.7	57.9	56.7	<b>100m Freestyle</b>	1:14.2	1:10.2	1:07.9	1:06.2	1:05.3	1:04.3	1:04.2	1:02.9
2:39.1	2:29.8	2:21.8	2:15.4	2:11.1	2:07.7	2:06.1	2:05.1	<b>200m Freestyle</b>	2:39.7	2:30.9	2:25.7	2:22.4	2:20.0	2:18.4	2:17.3	2:16.9
5:32.4	5:14.3	4:58.6	4:46.5	4:36.9	4:30.5	4:26.0	4:26.0	<b>400m Freestyle</b>	5:32.0	5:14.2	5:03.9	4:57.5	4:52.4	4:50.2	4:48.0	4:48.0
11:35.10	10:50.90	10:16.2	9:52.0	9:34.4	9:20.9	9:12.7	9:12.7	<b>800m Freestyle</b>	11:05.8	10:32.1	10:08.9	9:55.0	9:50.2	9:44.6	9:42.2	9:38.0
21:40.0	20:05.0	19:06.1	18:26.4	17:55.5	17:30.2	17:20.0	17:10.0	<b>1500m Freestyle</b>	21:47.8	20:39.0	19:50.3	19:38.6	19:15.5	19:00.1	18:56.8	18:47.2
43.9	41.2	38.5	36.7	35.2	34.2	33.7	32.4	<b>50m Breaststroke</b>	44.1	41.6	40	38.9	38.1	37.8	37.6	36.1
1:34.5	1:28.5	1:22.7	1:18.7	1:15.6	1:13.5	1:12.3	1:10.6	<b>100m Breaststroke</b>	1:34.6	1:29.3	1:25.3	1:22.4	1:21.3	1:20.7	1:19.8	1:18.0
3:23.1	3:10.9	2:59.3	2:50.2	2:44.0	2:40.3	2:36.8	2:32.8	<b>200m Breaststroke</b>	3:23.0	3:11.5	3:03.1	2:58.0	2:55.5	2:54.1	2:52.9	2:47.5
37.5	35.5	33.4	31.8	30.4	29.6	29	27.8	<b>50m Butterfly</b>	37.9	35.9	34.6	33.6	32.9	32.6	32.5	30.7
1:22.7	1:17.3	1:12.6	1:08.8	1:05.9	1:04.6	1:03.1	1:01.3	<b>100m Butterfly</b>	1:23.1	1:18.0	1:15.1	1:12.8	1:11.8	1:11.1	1:10.4	1:07.7
3:01.2	2:50.6	2:40.4	2:32.4	2:25.0	2:22.3	2:18.5	2:16.0	<b>200m Butterfly</b>	3:03.1	2:51.0	2:43.9	2:39.0	2:35.9	2:34.4	2:32.8	2:29.0
38.9	36.9	34.6	33.2	31.7	30.6	30.3	28.6	<b>50m Backstroke</b>	39	37.1	35.8	34.9	34.4	33.9	33.7	32.2
1:22.7	1:17.9	1:13.2	1:09.5	1:06.7	1:05.1	1:03.9	1:01.6	<b>100m Backstroke</b>	1:23.1	1:18.2	1:15.2	1:13.5	1:12.0	1:11.3	1:11.0	1:09.0
2:56.3	2:46.5	2:37.0	2:29.4	2:23.8	2:20.6	2:18.6	2:14.5	<b>200m Backstroke</b>	2:55.6	2:46.5	2:40.9	2:37.2	2:33.9	2:32.0	2:30.8	2:28.4
1:23.2	1:18.6	1:14.5	1:10.6	1:08.1	1:06.6	1:05.5	1:04.2	<b>100m I.M</b>	1:23.9	1:19.3	1:16.7	1:14.7	1:13.5	1:12.7	1:12.2	1:11.5
3:00.1	2:50.1	2:41.2	2:32.9	2:27.4	2:24.2	2:21.8	2:19.0	<b>200m I.M.</b>	3:00.3	2:50.6	2:44.9	2:40.7	2:38.1	2:36.5	2:35.3	2:33.9
6:22.1	5:58.8	5:40.6	5:23.8	5:11.8	5:05.1	5:00.3	4:56.6	<b>400m I.M</b>	6:20.3	5:58.8	5:45.2	5:37.2	5:31.9	5:27.9	5:26.6	5:23.0

## **Stockport Metro November Meet 2019**

License Number: 2NWxxxxx

To be held at Life Leisure Grand Central, Stockport

Friday 15th to Sunday 17th November 2019

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