

# 1<sup>st</sup> DSISO Open European Championships and International Swimming Competition,

## Coimbra – Portugal 2011

### Qualifying Times

Performances to have been achieved on or after 1 June 2010

<b>Metres</b>		<b>Men</b>	<b>Women</b>
25	Freestyle	00.21.50	00.28.60
25	Backstroke	00.27.20	00.32.90
25	Breaststroke	00.29.30	00.43.25
25	Butterfly	00.24.50	00.37.00

  

<b>Metres</b>		<b>Men</b>	<b>Women</b>
50	Freestyle	00.44.80	00.53.20
50	Backstroke	00.55.00	01.03.00
50	Breaststroke	01.09.80	01.12.50
50	Butterfly	00.51.10	01.14.80

  

<b>Metres</b>		<b>Men</b>	<b>Women</b>
100	Freestyle	01.41.50	01.55.10
100	Backstroke	02.03.00	02.25.00
100	Breaststroke	02.18.00	02.40.00
100	Butterfly	01.57.00	02.50.00
100	Individual Medley	02.00.00	02.25.00

  

<b>Metres</b>		<b>Men</b>	<b>Women</b>
200	Freestyle	03.49.00	04.30.00
200	Backstroke	04.50.00	05.20.00
200	Breaststroke	05.00.00	05.30.00
200	Butterfly	04.45.00	05.15.00
200	Individual Medley	04.45.00	05.00.00

  

<b>Metres</b>		<b>Men</b>	<b>Women</b>
400	Freestyle	8.15.00	10.00.00
400	Individual Medley	10.00.00	11.00.00

  

<b>Metres</b>		<b>Men</b>	<b>Women</b>
800	Freestyle	23.00.00	27.00.00