**NORTH LANCASHIRE SWIMMING AND WATER POLO ASSOSCIATION**

**2016 LEVEL 2 MEET QUALIFYING TIMES (AMENDED)**

**License No: 2NW161714 & 2NW161715**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **SHORT COURSE QUALIFYING TIMES** | | | | | | |
| **BOYS** |  |  |  |  |  |  |  |
| **Age** | **9** | **10** | **11** | **12** | **13** | **14** | **15/Ov** |
| **EVENT** |  |  |  |  |  |  |  |
| 50m Freestyle | 43.00 | 40.00 | 39.00 | 36.00 | 34.00 | 32.50 | 31.00 |
| 100m Freestyle | 1:32.00 | 1:26.00 | 1:21.00 | 1:17.00 | 1:12.00 | 1:07.00 | 1:05.00 |
| 200m Freestyle | 3:35.00 | 3:17.00 | 3:.00.00 | 2:50.00 | 2:34.00 | 2:25.00 | 2:20.00 |
| 400m Freestyle | 6:50.00 | 6:50.00 | 6:20.00 | 5:49.00 | 5:25.00 | 5:07.00 | 5:00.00 |
| 1500m Freestyle | **No Event** | **No Event** | 22:07.00 | 22:07.00 | 20:39.00 | 19:58.00 | 19:15.00 |
| 50m Breaststroke | 57.00 | 53.00 | 49.00 | 45.00 | 42.00 | 40.50 | 38.00 |
| 100m Breaststroke | 1:56.00 | 1:49.00 | 1:40.00 | 1:37.00 | 1:29.00 | 1:24.00 | 1:22.00 |
| 200m breaststroke | 4:42.00 | 4:12.00 | 3:52.00 | 3:31.00 | 3:15.00 | 3:03.00 | 3.00.00 |
| 50m Butterfly | 50.00 | 45.00 | 42.00 | 38.50 | 36.00 | 35.00 | 33.50 |
| 100m Butterfly | 1:46.00 | 1:37.00 | 1:29.00 | 1:27.00 | 1:18.00 | 1:13.00 | 1:12.00 |
| 200m Butterfly | 4:10.00 | 3:52.00 | 3:29.00 | 3:15.00 | 2:55.00 | 2:43.00 | 2:40.00 |
| 50m Backstroke | 51.50 | 45.00 | 43.50 | 40.00 | 37.50 | 37.50 | 35.50 |
| 100m Backstroke | 1:45.00 | 1:36.00 | 1:29.00 | 1:27.00 | 1:20.00 | 1:15.00 | 1:12.00 |
| 200m Backstroke | 4:00.00 | 3:40.00 | 3:20.00 | 3:05.00 | 2:50.00 | 2.42.00 | 2:37.00 |
| 100m Ind. Medley | 1:53.00 | 1:46.00 | 1.37.00 | **1:33.00** | **1:27.00** | **1:23.00** | **1:19.00** |
| 200m Ind. Medley | 4:05.00 | 3:40.00 | 3:22.00 | 3:09.00 | 2:54.00 | 2:44.00 | 2:42.00 |
| 400m Ind. Medley | **No Event** | **No Event** | 6:35.00 | 6:35.00 | 6:09.00 | 5:48.00 | 5:35.00 |

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **SHORT COURSE QUALIFYING TIMES** | | | | | | |
| **GIRLS** |  |  |  |  |  |  |  |
| **Age** | **9** | **10** | **11** | **12** | **13** | **14** | **15/Ov** |
| **EVENT** |  |  |  |  |  |  |  |
| 50m Freestyle | 43.00 | 40.00 | 39.00 | 35.50 | 34.50 | 33.50 | 32.50 |
| 100m Freestyle | 1:32.00 | 1:26.00 | 1:21.00 | 1:16.00 | 1:14.00 | 1:11.00 | 1:10.00 |
| 200m Freestyle | 3:35.00 | 3:14.00 | 2:.55.00 | 2:44.00 | 2:36.00 | 2:33.00 | 2:31.00 |
| 400m Freestyle | 6:47.00 | 6:47.00 | 6:07.00 | 5:41.00 | 5:27.00 | 5:17.00 | 5:12.00 |
| 800m Freestyle | **No Event** | **No Event** | 11:40.00 | 11:40.00 | 11:18.00 | 11:00.00 | 10:50.00 |
| 50m Breaststroke | 57.00 | 53.00 | 49.00 | 45.00 | 43.00 | 42.00 | 40.00 |
| 100m Breaststroke | 1:56.00 | 1:49.00 | 1:44.00 | 1:36.00 | 1:32.00 | 1:29.00 | 1:27.00 |
| 200m Breaststroke | 4:45.00 | 4:06.00 | 3:44.00 | 3:28.00 | 3:16.00 | 3:10.00 | 3.07.00 |
| 50m Butterfly | 50.00 | 45.00 | 42.00 | 41.00 | 37.50 | 36.50 | 36.00 |
| 100m Butterfly | 1:46.00 | 1:37.00 | 1:32.00 | 1:26.00 | 1:22.00 | 1:19.00 | 1:17.00 |
| 200m Butterfly | 4:10.00 | 3:47.00 | 3:24.00 | 3:08.00 | 2:57.00 | 2:51.00 | 2:49.00 |
| 50m Backstroke | 51.50 | 45.00 | 43.50 | 40.50 | 39.00 | 36.50 | 36.00 |
| 100m Backstroke | 1:45.00 | 1:36.00 | 1:31.00 | 1:25.00 | 1:21.00 | 1:19.00 | 1:17.00 |
| 200m Backstroke | 4:00.00 | 3:35.00 | 3:15.00 | 3:03.00 | 2:52.00 | 2.47.00 | 2:45.00 |
| 100m Ind. Medley | 1:53.00 | 1:46.00 | 1.37.00 | **1:33.00** | **1:29.00** | **1:25.00** | **1:21.00** |
| 200m Ind. Medley | 4:05.00 | 3:36.00 | 3:17.00 | 3:04.00 | 2:55.00 | 2:51.00 | 2:49.00 |
| 400m Ind. Medley | **No Event** | **No Event** | 6:35.00 | 6:35.00 | 6:11.00 | 6:00.00 | 5:55.00 |

**All times must have been achieved between**

**1st September 2015 and 11thSeptember 2016 from a licensed meet (Levels 1,2,3 or 4 )**