

MIDDLESEX COUNTY AMATEUR SWIMMING ASSOCIATION

May Open Inclusive of Multi-Classification Events

At Southbury Road Leisure Centre, 8; 21 & 22 May 2022

Under Swim England Laws and Swim England Technical Rules at Level 3 under no: 3LR22, & 3LR22

Qualifying Standards

Times should be no faster than times shown

BOYS								GIRLS						
9	10	11	12	13	14	15+		9	10	11	12	13	14	15+
32.10	31.80	31.20	30.00	27.90	28.20	27.00	50m Free	35.00	33.80	32.80	31.40	30.40	29.40	29.00
01:10.20	01:09.50	01:08.00	01:05.5	01:02.5	01:00.30	58.50	100m Free	01:20.00	01:15.50	01:10.50	1:09.30	01:06.00	01:03.00	01:02.00
02:32.00	02:30.80	002:27.00	02:20.00	02:11.00	02:09.50	02:07.00	200m Free	02:50.00	02:35.90	02:31.00	02:29.40	02:23.00	02:17.00	02:14.00
05:25.90	05:18.00	05:14.30	04:54.0	04:45.00	04:42.00	04:32.00	400m Free	06:00.00	05:20.00	05:10.20	04:58.80	04:52.90	04:48.00	04:40.00
-	-	11.00.00	10:44.40	10.14.00	09:46.00	09:25.00	800 Free	-	-	10.48.00	10:35.50	10.14.90	09:48.00	09:42.00
-	-	21.30.00	20:08.00	19.04.00	18:44.00	17:52.00	1500 Free	-	-	22.00.00	20:20.00	19.27.00	18:29.00	17:51.00
42.00	39.00	36.80	36.10	35.00	32.80	31.80	50m Breast	47.00	45.00	42.00	36.00	35.00	34.10	33.20
01:35.00	01:29.30	01:20.00	01:18.10	01:14.00	01:09.00	01:06.50	100m Breast	01:40.00	01:38.90	01:24.7	01:18.50	01:14.00	01:10.50	01:09.00
03:38.10	03:10.60	02:52.80	02:46.00	02.38.00	02:30.00	02:25.00	200m Breast	03:38.50	03:35.20	02:59.50	02:45.50	02:38.00	02:33.00	02:29.00
44.00	43.00	41.40	40.30	39.2	36.40	35.20	50m Fly	45.10	44.00	42.80	41.00	39.20	37.80	37.40
01:39.00	01:36.80	01:33.00	01:28.20	01:25.00	01:17.00	01:13.50	100m Fly	01:35.00	01:32.50	01:31.00	01:28.60	01:24.50	01:20.00	01:19.00
03:24.40	03:20.10	03:18.00	03.08.4	03.03.00	02:50.00	02:42.00	200m Fly	03:25.00	03:18.50	03:10.00	03:04.00	03:02.90	02:57.00	02:55.00
37.20	36.00	35.00	34.60	33.60	31.20	30.00	50m Back	40.00	38.90	36.40	35.20	33.60	32.30	32.00
01:28.50	01:25.00	01:23.00	01.18.90	01.15.00	01:09.50	01:06.00	100m Back	01.30.00	01.26.80	01:22.30	01.19.80	01.15.00	01:11.00	01:10.00
03:10.20	03:05.50	3:03.00	02:58.90	02:48.00	02:37.00	02:30.00	200m Back	03.10.00	03.05.40	03:02.00	02.53.40	02.49.00	02:41.00	02:36.00
01:21.00	01:19.20	01:15.20	01:11.00	01:07.00	01:04.00	01:02.30	100m IM	01:19.50	01:17.30	01:14.80	01:11.30	01:09.00	01:08.20	01:07.40
03:00.00	02:57.90	02:50.00	02:45.90	02:40.00	02:31.00	02:25.00	200m IM	03:20.00	03:00.00	02:50.20	02:49.00	02:42.00	02:36.00	02:32.00
-	-	6:06.80	05:55.8	05:45.1	05:23.50	05:09.70	400m IM	-	-	06:05.00	6:00.60	05:42.00	05:28.00	05:22.00