



# HARPENDEN

SWIMMING CLUB

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## HARPENDEN SWIMMING CLUB

(affiliated to Swim England Hertfordshire & Swim England East Region)

### NO FRILLS LAST CHANCE COUNTY QUALIFIER

#### QUALIFYING TIMES (SC)

Held under ASA Laws & Regulations & ASA Technical Rules of Racing

Sunday 9<sup>th</sup> December 2018

Westminster Lodge Leisure Centre, Holywell Hill,

St Albans. AL1 2DL

Licence no.3ER181463

Age as at 31st December 2018



#### GIRLS QUALIFYING TIMES (no faster than)

EVENT	10	11	12	13	14	15	16+
50m Freestyle	35.81	32.64	31.22	29.96	29.67	28.60	28.60
100m Freestyle	1:18.98	1:12.96	1:07.51	1:05.19	1:04.00	1:00.84	1:00.84
200m Freestyle	2:51.23	2:35.67	2:23.23	2:20.58	2:18.30	2:15.92	2:15.92
400m Freestyle	5:52.32	5:18.71	4:57.02	4:47.31	4:42.30	4:39.93	4:39.93
50m Backstroke	42.00	38.00	35.59	34.34	33.86	32.27	32.27
100m Backstroke	1:29.35	1:22.00	1:15.44	1:14.00	1:12.55	1:09.64	1:09.64
200m Backstroke	3:13.65	2:52.00	2:43.35	2:37.35	2:37.08	2:30.57	2:30.57
50m Breaststroke	47.00	43.00	40.00	38.44	38.24	37.04	37.04
100m Breaststroke	1:42.48	1:35.66	1:29.71	1:25.75	1:22.50	1:19.36	1:19.36
200m Breaststroke	3:43.00	3:20.48	3:09.19	3:00.86	2:58.48	2:55.00	2:55.00
50m Butterfly	40.86	37.00	34.08	33.69	32.46	31.80	31.80
100m Butterfly	1:37.22	1:29.22	1:20.00	1:15.00	1:12.29	1:09.92	1:09.92
200m Butterfly	3:44.33	3:32.70	3:04.00	3:01.29	2:53.70	2:43.84	2:43.84
100m IM	1:31.00	1:22.54	1:17.69	1:15.00	1:14.58	1:11.27	1:11.27
200m IM	3:18.09	2:59.11	2:44.65	2:42.00	2:38.26	2:33.72	2:33.72
400m IM		6:20.90	5:45.00	5:43.00	5:37.52	5:26.50	5:26.50

#### BOYS QUALIFYING TIMES (no faster than)

EVENT	10	11	12	13	14	15	16+
50m Freestyle	35.26	33.14	30.88	28.82	27.25	25.55	25.55
100m Freestyle	1:18.36	1:13.07	1:07.28	1:03.16	59.38	54.86	54.86
200m Freestyle	2:51.77	2:37.00	2:27.29	2:17.77	2:13.77	2:01.84	2:01.84
400m Freestyle	5:35.36	5:22.92	5:07.82	4:46.81	4:33.62	4:16.97	4:16.97
50m Backstroke	40.50	37.24	35.55	33.60	31.82	29.38	29.38
100m Backstroke	1:28.81	1:23.66	1:16.55	1:11.94	1:09.66	1:02.65	1:02.65
200m Backstroke	3:12.07	2:58.14	2:45.20	2:35.75	2:28.70	2:17.45	2:17.45
50m Breaststroke	47.96	43.52	40.38	37.99	35.94	33.04	33.04
100m Breaststroke	1:43.00	1:35.70	1:30.01	1:22.97	1:17.76	1:11.71	1:11.71
200m Breaststroke	3:42.18	3:27.77	3:15.49	3:02.05	2:56.66	2:39.12	2:39.12
50m Butterfly	40.61	37.09	33.84	32.58	30.32	27.78	27.78
100m Butterfly	1:40.44	1:29.00	1:22.49	1:12.74	1:08.63	1:01.53	1:01.53
200m Butterfly	3:48.99	3:38.00	3:33.00	3:06.90	2:37.05	2:25.86	2:25.86
100m IM	1:30.17	1:23.51	1:19.03	1:12.52	1:10.17	1:05.13	1:05.13
200m IM	3:14.84	3:01.61	2:50.80	2:37.90	2:31.25	2:20.26	2:20.26
400m IM		6:10.19	6:07.78	5:29.28	5:16.17	4:56.09	4:56.09