

Portsmouth Northsea Swimming Club
 Mountbatten Sports Centre, Alexandra Park,
 Portsmouth, Hampshire PO2 9QA
 Tel: 02392 650242



If sessions are scheduled to exceed 3hours, in accordance with Swim England guidelines, there will be a 15-20 minute break

Portsmouth Northsea End of Season meet on 16th & 17th July 2022
 Upper Qualifying Times – You must not be faster than this

BOYS

GIRLS

<u>9/10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15 & OVER</u>	<u>EVENT</u>	<u>9/10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15 & OVER</u>
32.00	31.00	29.20	27.80	26.50	23.85	<u>50 FREE</u>	32.00	31.00	30.50	29.50	28.20	27.80
1.10.0 0	1.07.0 0	1.01.5 0	58.79	56.79	52.86	<u>100 FREE</u>	1.10.0 0	1.06.4 1	1.03.5 9	1.01.9 2	1.00.9 0	59.50
2.30.9 0	2.22.7 4	2.12.3 2	2.07.9 5	2.03.5 4	1.56.2 0	<u>200 FREE</u>	2.30.9 0	2.23.3 7	2.16.7 6	2.13.0 9	2.10.8 8	2.09.80
5.15.7 0	4.59.0 6	4.42.9 3	4.30.1 2	4.21.8 2	4.09.8 6	<u>400 FREE</u>	5.15.7 0	5.00.1 7	4.46.5 4	4.39.0 1	4.34.6 1	4.32.60
37.00	35.00	32.50	31.00	29.00	27.50	<u>50 BACK</u>	37.00	35.00	34.00	33.00	32.50	31.00
1.20.0 0	1.15.0 0	1.10.2 7	1.07.4 8	1.05.0 0	1.00.6 0	<u>100 BACK</u>	1.20.5 0	1.15.8 8	1.12.2 6	1.10.1 1	1.08.8 5	1.06.50
2.50.2 0	2.42.2 4	2.30.5 7	2.24.8 6	2.19.5 7	2.11.2 0	<u>200 BACK</u>	2.50.2 0	2.41.5 6	2.34.5 3	2.29.5 6	2.26.8 1	2.23.10
38.00	35.00	31.50	30.50	28.50	26.00	<u>50 FLY</u>	38.00	34.00	33.00	32.00	30.60	28.80
1.24.0 0	1.16.0 0	1.08.5 0	1.05.6 6	1.02.8 8	58.87	<u>100 FLY</u>	1.23.0 0	1.15.5 5	1.11.1 7	1.08.7 0	1.06.1 5	1.05.00
2.58.1 0	2.48.5 7	2.36.3 9	2.26.9 8	2.20.2 6	2.11.8 3	<u>200 FLY</u>	2.58.1 0	2.49.0 8	2.37.9 2	2.30.9 9	2.26.8 0	2.24.50
40.00	39.00	38.00	36.50	34.50	30.50	<u>50 BRST</u>	40.00	37.00	36.00	35.00	34.50	33.00
1.32.0 0	1.25.0 0	1.20.8 2	1.15.0 4	1.12.1 5	1.06.9 5	<u>100 BREAS I</u>	1.33.0 0	1.26.0 3	1.21.7 0	1.19.3 7	1.17.8 0	1.16.10
3.20.1 0	3.07.1 1	2.54.9 2	2.44.1 0	2.36.5 3	2.24.9 5	<u>200 BRST</u>	3.20.1 0	3.04.9 6	2.55.2 4	2.50.6 2	2.46.8 2	2.43.47
2.50.5 0	2.42.9 7	2.32.9 2	2.25.6 2	2.20.5 2	2.11.3 2	<u>200 IM</u>	2.50.5 0	2.42.5 3	2.35.3 7	2.30.9 3	2.27.6 4	2.23.50
6.00.0 0	5.47.6 5	5.26.5 6	5.10.3 6	4.59.1 1	4.47.0 8	<u>400 IM</u>	6.00.0 0	5.46.9 3	5.28.1 8	5.18.7 3	5.13.5 4	5.11.30