

Rushmoor Royals Spring L1 National Qualifying Open Meet Qualifying times - Long course (50m)

March 2020 Licence 1SE200609 & 1SE200610

Swimmers must have achieved these times at licenced Meet (i.e must be faster than these times)

Short Course times must be converted using published Swim England Equivalent tables

Ages as of 31st December 2020

**BOYS**

EVENT		10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17/over
50m	Freestyle	37.5	36.8	35.8	34.8	32.5	30.8	29.9	28.5
100m	Freestyle	01:21.0	1:20.5	1:14.5	1:10.8	1:07.2	1:04.8	1:03.1	1:01.2
200m	Freestyle	2:59.5	2:55.5	2:41.2	2:36.8	2:32.6	2:21.9	2:14.3	2:13.9
400m	Freestyle	5:52.4	5:48.8	5:45.2	5:40.5	5:11.2	04:57.6	4:47.2	4:34.0
800m	Freestyle	13:20.5	12:56.5	12:40.5	11:33.2	11:25.0	11:15.5	10:53.00	10:52.0
1500m	Freestyle	25:00.0	23:00.0	22:15.90	21:20.0	20:21.0	19:40.0	19:11.0	18:11.0
50m	Breaststroke	49	48	46.8	42	40.3	39.7	37.2	35.3
100m	Breaststroke	1:44.7	1:41.0	1:39.6	1:35.10	1:24.7	1:23.00	1:20.5	1:12.9
200m	Breaststroke	3:38.2	3:30.7	3:28.9	3:13.9	3:02.6	3:01.7	2:58.9	2:42.8
50m	Butterfly	45.5	44.3	42.6	40.9	37.8	35.9	34.5	33
100m	Butterfly	1:34.9	1:33.2	1:29.6	1:26.9	1:13.5	1:11.6	1:07.5	1:06.1
200m	Butterfly	3:11.3	3:10.5	2:58.1	2:48.2	2:39.1	02:34.4	02:30.0	2:27.5
50m	Backstroke	44.1	43.3	42.3	40.9	38.8	36.5	35	33.9
100m	Backstroke	1:30.0	1:29.1	1:24.4	1:21.5	1:14.9	1:11.3	1:09.2	1:07.5
200m	Backstroke	3:12.0	3:10.5	3:02.2	2:49.3	2:41.3	2:35.1	2:31.1	2:27.1
200m	IM	3:12.4	3:10.9	3:01.9	2:54.3	2:41.6	2:35.3	2:32.1	2:26.8
400m	IM	6:59.9	6:51.2	6:46.5	6:20.0	5:54.0	5:40.0	5:32.0	5:24.0

**GIRLS**

EVENT		10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17/over
50m	Freestyle	38.1	37	35.9	33.5	32.8	32.3	31.9	31.1
100m	Freestyle	1:20.0	1:19.5	1:14.0	1:10.6	1:08.0	1:06.5	1:05.2	1:02.6
200m	Freestyle	2:51.3	2:50.4	2:42.0	2:35.8	2:28.9	2:22.9	2:20.2	2:15.7
400m	Freestyle	5:49.1	5:48.6	5:41.0	5:28.9	5:17.8	5:10.9	5:08.1	5:05.0
800m	Freestyle	13:10.00	12:45.00	11:40.50	11:15.2	10:57.0	10:46.5	10:35.1	10:20.1
1500m	Freestyle	23:40.00	23:30.50	23:00.00	22:30.00	20:30.00	20:00.1	19:50.0	19:40.0
50m	Breaststroke	48.5	47.5	46.5	45.6	44.2	42.4	40.8	39.8
100m	Breaststroke	1:42.0	1:41.2	1:37.5	1:29.2	1:28.3	1:26.5	1:25.0	1:24.1
200m	Breaststroke	3:32.1	3:28.6	3:23.2	3:14.2	3:09.50	3:06.70	3:05.80	3:03.00
50m	Butterfly	46	45.2	42.5	39.9	38.2	36.7	36.1	35.5
100m	Butterfly	1:29.0	1:27.8	1:24.5	1:22.9	1:18.9	1:15.8	1:12.9	1;10.2
200m	Butterfly	3:50.8	3:43.6	3:33.2	3:08.8	3:02.9	2:55.9	2:47.0	2:45.8
50m	Backstroke	46.9	45.6	44.3	43.6	37.8	36.9	36.5	36.3
100m	Backstroke	1:30.8	1:29.8	1:24.5	1:20.2	1:19.5	1:17.9	1:17.1	1:16.0
200m	Backstroke	3:12.5	3:11.00	3:01.5	2:49.00	2:43.2	2:40.0	2:37.2	2:34.2
200m	IM	3:14.4	3:12.7	3:01.8	02:52.4	2:45.6	2:43.6	2:40.1	2:35.2
400m	IM	6:31.5	6:26.1	6:18.9	6:13.8	6:02.9	5:50.2	5:48.1	5:43.5

