

EALING SWIMMING CLUB

Regional Qualifier 2019

Under ASA Laws and ASA Technical Rules of Swimming.

Licensed by the ASA at Level 3 under 3LR190006

Saturday 9th & Sunday 10th March 2019

The Northolt Leisure Centre, Eastcote Lane North, Northolt, Middx UB5 4AB

Boys ULT & LLT

EVENT		9/10	11	12	13	14	15	Open
50m Freestyle	ULT	29.26	28.42	26.88	25.40	24.52	23.74	21.15
	LLT	48.93	44.96	41.93	38.73	35.67	33.41	32.00
100m Freestyle	ULT	1.05.48	1.01.71	58.76	55.29	53.50	52.06	50.76
	LLT	1.46.88	1.37.66	1.30.79	1.23.55	1.16.99	1.12.42	1.10.51
200m Freestyle	ULT	2.20.17	2.11.43	2.08.40	2.00.60	1.55.07	1.52.10	1.48.90
	LLT	3.52.36	3.32.70	3.17.95	3.02.39	2.47.87	2.38.02	2.34.89
400m Freestyle	ULT	4.57.17	4.37.89	4.35.23	4.15.12	4.01.46	3.58.31	3.56.31
	LLT	6.54.80	6.06.00	5.46.00	5.26.80	5.10.40	4.57.45	4.48.50
50m Breaststroke	ULT	38.79	36.90	33.54	32.46	31.62	29.64	27.11
	LLT	1.03.40	57.91	53.71	49.08	45.19	42.19	40.85
100m Breaststroke	ULT	1.26.45	1.21.09	1.13.66	1.08.62	1.06.89	1.04.70	1.00.00
	LLT	2.18.03	2.04.96	1.55.64	1.45.63	1.37.13	1.30.79	1.27.59
200m Breaststroke	ULT	3.08.41	2.56.30	2.42.03	2.31.59	2.26.55	2.18.59	2.08.59
	LLT	4.56.12	4.28.87	4.09.72	3.48.96	3.29.94	3.16.89	3.10.75
50m Butterfly	ULT	31.64	31.14	28.80	27.69	25.96	24.86	22.51
	LLT	54.17	49.40	46.19	42.46	39.02	36.35	32.55
100m Butterfly	ULT	1.11.71	1.08.54	1.04.49	1.00.09	58.85	55.54	50.31
	LLT	2.02.08	1.49.13	1.41.06	1.32.45	1.24.75	1.19.15	1.14.22
200m Butterfly	ULT	2.42.47	2.23.81	2.26.50	2.13.32	2.04.81	2.02.97	1.58.80
	LLT	4.28.31	3.59.33	3.42.76	3.24.45	3.07.80	2.45.18	2.35.66
50m Backstroke	ULT	33.15	32.57	29.46	28.58	27.73	26.78	24.35
	LLT	55.76	51.15	47.88	43.86	40.62	37.87	35.60
100m Backstroke	UTL	1.12.01	1.09.96	1.05.66	1.01.78	58.58	56.94	52.21
	LLT	2.01.02	1.49.07	1.41.61	1.33.25	1.25.53	1.20.08	1.15.25
200m Backstroke	ULT	2.37.44	2.30.57	2.17.77	2.15.59	2.04.10	2.03.07	1.53.95
	LLT	4.16.49	3.54.13	3.38.48	3.20.64	3.04.40	2.52.83	2.41.60
100m IM	ULT	1.14.33	1.10.79	1.06.97	1.03.24	1.01.65	58.22	55.37
	LLT	2.03.08	1.53.21	1.45.62	1.37.15	1.28.97	1.23.49	1.15.22
200m IM	ULT	2.38.74	2.28.11	2.25.61	2.16.65	2.07.92	2.05.64	1.57.32
	LLT	4.24.01	4.00.01	3.43.46	3.26.37	3.08.96	2.57.52	2.40.86

Please return entries by **Closing Date 10PM Saturday 9th February 2019**

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Girls ULT and LLT

EVENT		9/10	11	12	13	14	15	Open
50m Freestyle	ULT	30.25	28.29	27.80	27.20	26.19	25.39	24.67
	LLT	48.37	44.75	41.66	39.14	37.43	36.26	34.15
100m Freestyle	ULT	1.10.16	1.05.20	1.00.07	58.35	57.41	56.20	54.18
	LLT	1.46.25	1.36.70	1.29.64	1.24.25	1.20.44	1.18.22	1.16.25
200m Freestyle	ULT	2.28.44	2.14.97	2.09.98	2.03.02	2.02.58	2.00.72	1.56.09
	LLT	3.47.61	3.28.68	3.13.27	3.01.35	2.53.36	2.48.22	2.35.78
400m Freestyle	ULT	5.14.57	4.43.90	4.33.36	4.19.47	4.13.70	4.12.22	4.04.40
	LLT	6.59.01	6.20.30	6.01.01	5.48.40	5.35.50	5.30.00	5.26.10
50m Breaststroke	ULT	39.13	35.09	34.79	33.33	33.06	31.96	30.03
	LLT	1.02.42	57.12	52.83	49.43	47.02	45.53	41.62
100m Breaststroke	ULT	1.26.35	1.20.41	1.17.96	1.12.48	1.10.56	1.09.23	1.07.40
	LLT	2.15.80	2.02.68	1.53.44	1.45.65	1.40.03	1.37.42	1.32.88
200m Breaststroke	ULT	3.04.96	2.48.13	2.42.78	2.38.66	2.34.07	2.30.79	2.23.69
	LLT	4.49.60	4.23.14	4.03.42	3.46.76	3.35.79	3.29.90	3.12.68
50m Butterfly	ULT	33.67	32.13	30.70	28.92	27.95	27.54	26.82
	LLT	53.03	48.89	45.41	42.55	40.54	39.21	35.10
100m Butterfly	ULT	1.17.21	1.12.13	1.06.39	1.03.86	1.02.41	59.70	58.69
	LLT	1.59.22	1.47.55	1.38.97	1.32.84	1.28.04	1.25.74	1.22.78
200m Butterfly	ULT	2.52.55	2.41.79	2.32.71	2.18.54	2.16.88	2.12.51	2.10.46
	LLT	4.24.49	3.56.66	3.37.18	3.22.89	3.12.56	3.06.58	3.00.65
50m Backstroke	ULT	35.09	31.44	30.39	29.68	29.56	28.11	27.44
	LLT	55.00	50.58	47.12	44.19	42.11	41.00	39.12
100m Backstroke	ULT	1.16.83	1.10.98	1.06.41	1.03.00	1.02.27	1.00.56	58.83
	LLT	1.59.06	1.47.88	1.39.64	1.33.24	1.29.02	1.26.19	1.23.89
200m Backstroke	ULT	2.39.95	2.25.21	2.22.25	2.16.76	2.13.37	2.12.08	2.07.15
	LLT	4.12.90	3.48.79	3.32.50	3.19.79	3.10.64	3.04.46	2.59.56
100m IM	ULT	1.20.21	1.12.30	1.09.20	1.06.12	1.05.94	1.03.40	1.02.18
	LLT	1.59.76	1.51.71	1.43.96	1.37.11	1.33.06	1.30.39	1.25.41
200m IM	ULT	2.48.26	2.30.35	2.25.58	2.20.26	2.19.40	2.16.32	2.09.51
	LLT	4.18.65	3.55.69	3.38.35	3.25.15	3.15.40	3.09.74	2.59.99

Please return entries by **Closing Date 10PM Saturday 9th February 2019**