

## LONDON SWIMMING TIME TRIAL 2019 GIRLS LONG COURSE QUALIFYING TIMES

Distance	Stroke	12/13	14	15	16/17	18&Over
50m	Freestyle	30.20	29.47	28.97	28.17	27.93
100m	Freestyle	1:05.74	1:04.11	1:02.74	1:00.71	59.94
200m	Freestyle	2:23.44	2:19.29	2:15.73	2:11.57	2:11.19
400m	Freestyle	5:03.02	4:53.76	4:47.95	4:38.05	4:38.05
800m	Freestyle	10:33.25	10:11.06	10:00.08	9:37.44	9:37.44
1500m	Freestyle	21:06.50	20:22.12	20:00.16	19:14.88	19:14.88
50m	Breaststroke	38.64	37.58	36.92	35.65	35.58
100m	Breaststroke	1:25.62	1:22.76	1:20.91	1:18.70	1:18.44
200m	Breaststroke	3:05.35	2:58.18	2:56.06	2:50.01	2:50.01
50m	Butterfly	32.67	31.87	31.06	30.09	29.69
100m	Butterfly	1:13.99	1:11.63	1:09.61	1:07.24	1:06.49
200m	Butterfly	2:51.33	2:45.35	2:39.20	2:31.60	2:31.60
50m	Backstroke	34.71	33.82	33.20	32.00	32.00
100m	Backstroke	1:14.83	1:12.58	1:11.58	1:08.64	1:08.37
200m	Backstroke	2:41.38	2:35.83	2:34.00	2:27.97	2:27.97
200m	IM	2:42.66	2:37.83	2:34.94	2:30.07	2:27.72
400m	IM	5:48.32	5:37.75	5:33.03	5:21.50	5:21.50

## BOYS LONG COURSE QUALIFYING TIMES

Distance	Stroke	12/13	14	15	16/17	18&Over
50m	Freestyle	29.85	28.31	26.92	25.71	24.52
100m	Freestyle	1:05.24	1:01.81	58.86	55.85	53.20
200m	Freestyle	2:22.25	2:15.56	2:09.54	2:02.23	1:57.68
400m	Freestyle	5:02.25	4:47.62	4:36.85	4:22.66	4:16.29
800m	Freestyle	10:19.61	9:49.62	9:27.54	8:58.45	8:45.39
1500m	Freestyle	20:49.73	19:19.54	18:38.75	17:41.08	17:41.08
50m	Breaststroke	39.27	36.57	34.43	32.54	30.97
100m	Breaststroke	1:26.66	1:20.49	1:16.31	1:12.28	1:08.57
200m	Breaststroke	3:07.58	2:56.58	2:47.69	2:38.64	2:33.55
50m	Butterfly	32.63	30.70	29.05	27.60	26.37
100m	Butterfly	1:14.80	1:09.64	1:05.74	1:01.35	58.10
200m	Butterfly	2:53.22	2:41.91	2:33.82	2:20.34	2:15.36
50m	Backstroke	34.62	32.59	31.34	29.54	28.24
100m	Backstroke	1:14.82	1:10.79	1:07.76	1:03.87	1:01.19
200m	Backstroke	2:41.19	2:33.31	2:27.50	2:18.70	2:15.10
200m	IM	2:42.65	2:33.31	2:26.61	2:19.82	2:13.90
400m	IM	5:50.52	5:29.96	5:14.62	4:59.19	4:56.72

## GIRLS SHORT COURSE QUALIFYING TIMES

Distance	Stroke	12/13	14	15	16/17	18&Over
50m	Freestyle	29.50	28.80	28.20	27.40	27.20
100m	Freestyle	1:04.50	1:02.80	1:01.40	59.30	58.50
200m	Freestyle	2:21.00	2:16.80	2:13.10	2:08.90	2:08.50
400m	Freestyle	4:58.30	4:48.90	4:43.00	4:33.00	4:33.00
800m	Freestyle	10:24.00	10:01.50	9:50.40	9:27.30	9:27.30
1500m	Freestyle	20:50.10	20:05.10	19:42.80	18:56.90	18:56.90
50m	Breaststroke	37.80	36.70	36.10	34.80	34.70
100m	Breaststroke	1:24.10	1:21.20	1:19.30	1:17.10	1:16.80
200m	Breaststroke	3:02.50	2:55.20	2:53.00	2:46.90	2:46.90
50m	Butterfly	32.10	31.30	30.40	29.50	29.00
100m	Butterfly	1:13.00	1:10.60	1:08.50	1:06.10	1:05.30
200m	Butterfly	2:49.50	2:43.40	2:37.20	2:29.50	2:29.50
50m	Backstroke	34.10	33.20	32.60	31.40	31.40
100m	Backstroke	1:13.70	1:11.50	1:10.40	1:07.50	1:07.20
200m	Backstroke	2:39.30	2:33.70	2:31.80	2:25.70	2:25.70
200m	IM	2:40.20	2:35.30	2:32.40	2:27.40	2:25.00
400m	IM	5:43.20	5:32.50	5:27.70	5:16.00	5:16.00

## BOYS SHORT COURSE QUALIFYING TIMES

Distance	Stroke	12/13	14	15	16/17	18&Over
50m	Freestyle	29.10	27.6	26.1	24.9	23.7
100m	Freestyle	1:03.90	1:00.40	57.40	54.30	51.60
200m	Freestyle	2:19.80	2:13.00	2:06.80	1:59.40	1:54.70
400m	Freestyle	4:57.60	4:42.70	4:31.70	4:17.30	4:10.80
800m	Freestyle	10:10.20	9:39.70	9:17.30	8:47.60	8:34.30
1500m	Freestyle	20:33.10	19:01.60	18:20.20	17:21.50	17:21.50
50m	Breaststroke	38.50	35.70	33.50	31.60	29.90
100m	Breaststroke	1:25.20	1:18.90	1:14.60	1:10.50	1:06.70
200m	Breaststroke	3:04.70	2:53.60	2:44.50	2:35.30	2:30.10
50m	Butterfly	32.00	30.10	28.40	26.90	25.60
100m	Butterfly	1:13.80	1:08.50	1:04.60	1:00.10	56.80
200m	Butterfly	2:51.40	2:39.90	2:31.80	2:18.10	2:13.00
50m	Backstroke	34.00	32.00	30.70	28.90	27.50
100m	Backstroke	1:13.70	1:09.60	1:06.60	1:02.60	59.90
200m	Backstroke	2:39.10	2:31.10	2:25.20	2:16.30	2:12.60
200m	IM	2:40.20	2:30.70	2:23.90	2:17.00	2:10.90
400m	IM	5:45.50	5:24.60	5:09.00	4:53.30	4:50.70