



Team Luton Swimming Club: March Long Course Meet 2022

Licensed by the Swim England for entry into Regional and National Championships at Level 1 under No. 1ER220159

Saturday 19 & Sunday 20 March 2022

Minimum Qualifying Standard (25m)

Ages are as at 31 December 2022

GIRLS							EVENT	BOYS						
11 years	12 years	13 years	14 years	15 years	16 years	17 years +		11 years	12 years	13 years	14 years	15 years	16 years	17 years +
00:39.0	00:37.5	00:36.2	00:35.2	00:34.9	00:34.4	00:33.8	50 Freestyle	00:39.00	00:37.66	00:34.92	00:33.48	00:32.41	00:31.30	00:30.08
01:24.6	01:22.1	01:19.3	01:16.3	01:15.1	01:14.3	01:12.6	100 Freestyle	01:24.00	01:22.21	01:18.16	01:14.51	01:10.14	01:08.70	01:05.80
02:58.2	02:57.1	02:50.8	02:45.4	02:43.2	02:40.1	02:38.3	200 Freestyle	03:00.60	02:59.52	02:51.34	02:41.04	02:33.16	02:30.79	02:24.84
06:10.2	06:08.7	05:57.0	05:49.8	05:40.1	05:37.0	05:32.0	400 Freestyle	06:16.80	06:15.17	05:56.41	05:44.09	05:27.37	05:18.19	05:06.04
12:49.8	12:47.0	12:18.8	12:00.2	11:42.1	11:39.9	11:36.5	800 Freestyle	12:51.00	12:48.60	12:17.64	11:50.52	11:27.24	11:07.32	10:51.96
24:32.4	24:30.0	23:47.0	23:00.2	22:37.8	22:18.2	22:12.4	1500 Freestyle	24:42.00	24:36.00	23:35.16	22:08.83	21:27.72	21:06.00	20:37.20
00:51.0	00:49.8	00:47.0	00:45.6	00:45.3	00:45.0	00:44.5	50 Breaststroke	00:51.60	00:49.98	00:46.22	00:43.56	00:42.30	00:41.40	00:39.12
01:49.2	01:47.7	01:41.1	01:40.6	01:39.0	01:38.0	01:36.7	100 Breaststroke	01:52.80	01:51.08	01:43.40	01:37.80	01:32.18	01:29.88	01:25.22
03:51.6	03:49.2	03:39.4	03:34.7	03:32.9	03:30.3	03:29.1	200 Breaststroke	03:56.40	03:54.32	03:43.74	03:32.56	03:18.97	03:13.72	03:08.76
00:43.2	00:42.0	00:39.9	00:38.4	00:38.1	00:37.9	00:37.1	50 Butterfly	00:44.40	00:42.48	00:39.38	00:37.60	00:36.08	00:34.58	00:33.20
01:41.4	01:37.2	01:32.4	01:28.4	01:26.3	01:26.2	01:21.7	100 Butterfly	01:39.60	01:38.04	01:32.20	01:26.11	01:20.04	01:17.60	01:13.52
03:46.8	03:44.3	03:40.3	03:23.5	03:18.5	03:15.9	03:10.7	200 Butterfly	03:51.00	03:48.89	03:37.60	03:20.29	03:02.99	02:57.73	02:48.36
00:46.2	00:43.2	00:41.6	00:40.3	00:39.7	00:38.9	00:38.7	50 Backstroke	00:44.40	00:43.70	00:41.04	00:38.87	00:37.57	00:36.62	00:34.92
01:35.4	01:32.5	01:28.7	01:26.1	01:25.0	01:23.7	01:22.7	100 Backstroke	01:36.60	01:34.61	01:29.66	01:25.31	01:20.95	01:18.43	01:14.88
03:18.0	03:15.8	03:11.0	03:07.8	03:03.7	03:01.0	02:58.5	200 Backstroke	03:20.40	03:18.25	03:11.89	03:02.45	02:53.00	02:48.11	02:42.49
03:21.6	03:19.7	03:15.7	03:07.8	03:05.2	03:02.6	03:00.9	200 Individual Medley	03:28.80	03:25.84	03:14.36	03:04.80	02:55.24	02:50.22	02:43.76
07:09.7	07:08.0	06:56.0	06:44.0	06:41.4	06:38.7	06:34.9	400 Individual Medley	07:18.00	07:15.65	06:55.67	06:35.56	06:15.44	06:09.22	05:50.35