

## Swim England Suffolk County Championships 2022

Female							Male							
10 & 11	12	13	14	15	16	17+	Event	10 & 11	12	13	14	15	16	17+
00:42.5	0:36.5	0:34.4	0:31.6	0:31.2	0:30.5	0:29.9	50 free	0:43.8	0:37.5	0:34.0	0:32.9	0:29.7	0:28.9	0:27.2
00:47.0	0:42.5	0:38.4	0:34.5	0:32.3	0:31.6	0:31.2	CT	0:49.0	0:43.8	0:39.9	0:35.1	0:33.0	0:30.3	0:29.7
01:33.6	1:20.1	1:14.2	1:07.5	1:05.0	1:04.5	1:03.5	100 free	1:35.2	1:20.1	1:13.2	1:08.0	1:03.5	1:00.4	0:57.8
1:40.0	1:33.6	1:23.0	1:16.5	1:11.0	1:06.5	1:05.0	CT	1:42.0	1:35.2	1:25.9	1:15.3	1:11.1	1:05.2	1:03.5
03:25.6	2:57.2	2:40.5	2:30.0	2:21.7	2:19.6	2:17.3	200 free	3:30.0	2:54.8	2:40.0	2:29.0	2:18.0	2:13.2	2:08.4
4:00.0	3:25.6	3:03.9	2:48.1	2:35.9	2:27.5	2:21.7	CT	4:10.0	3:30.0	3:03.9	2:45.2	2:35.0	2:23.0	2:18.0
06:32.6	6:00.0	5:26.9	5:14.5	5:00.0	4:55.0	4:50.0	400 free	6:40.0	5:53.5	5:25.7	5:06.0	4:48.5	4:36.5	4:32.0
7:00.0	6:32.6	6:10.0	5:36.5	5:21.9	5:11.7	5:00.0	CT	7:10.0	6:40.0	6:10.5	5:36.5	5:12.1	4:59.6	4:48.5
	12:46.9	12:08.2	11:18.4	10:34.4	10:30.9	10:20.9	800 free		12:10.0	11:43.9	11:04.2	10:12.6	9:56.5	9:52.5
	13:00.0	12:46.9	12:38.7	11:45.5	10:51.3	10:34.4	CT		12:30.0	12:10.0	12:00.0	11:27.8	10:40.6	10:12.6
	22:40.0	22:05.7	21:09.8	19:55.0	19:11.5	18:57.4	1500 free		22:03.4	21:08.5	20:22.0	19:52.2	18:40.1	17:44.9
	23:00.0	22:40.0	22:17.3	21:47.0	20:32.5	19:55.0	CT		22:25.0	22:03.4	21:43.4	20:33.7	20:10.3	19:34.1
0:48.2	0:41.6	0:38.7	0:36.0	0:35.2	0:34.9	0:34.7	50 back	0:50.5	0:43.3	0:39.1	0:36.3	0:34.5	0:33.8	0:31.5
0:55.0	0:48.2	0:43.5	0:39.6	0:37.1	0:35.7	0:35.2	CT	1:00.0	0:50.5	0:45.9	0:40.7	0:37.4	0:35.1	0:34.5
1:47.6	1:30.0	1:22.4	1:16.0	1:14.0	1:13.0	1:12.5	100 back	1:50.4	1:34.8	1:24.5	1:18.0	1:13.2	1:08.2	1:07.7
2:00.0	1:47.6	1:34.5	1:25.5	1:19.0	1:15.0	1:14.0	CT	2:05.0	1:50.4	1:38.5	1:24.9	1:20.0	1:16.0	1:13.2
3:45.0	3:09.2	2:55.3	2:46.1	2:43.5	2:41.2	2:41.0	200 back	3:56.5	3:19.2	3:01.0	2:47.5	2:36.3	2:28.1	2:27.2
4:15.0	3:45.0	3:15.0	2:59.5	2:50.1	2:46.1	2:43.5	CT	4:20.0	3:56.5	3:26.5	3:11.8	2:50.1	2:43.6	2:36.3
0:56.5	0:48.9	0:44.6	0:41.7	0:40.0	0:39.5	0:39.0	50 breast	0:59.4	0:50.9	0:46.0	0:40.2	0:37.8	0:36.5	0:34.5
1:05.0	0:56.5	0:51.9	0:45.9	0:43.6	0:41.7	0:40.0	CT	1:10.0	0:59.4	0:54.8	0:47.0	0:40.7	0:39.7	0:37.8
2:00.7	1:45.2	1:38.2	1:30.0	1:26.0	1:23.0	1:22.5	100 breast	2:04.4	1:47.3	1:40.0	1:28.3	1:22.6	1:17.8	1:16.0
2:15.0	2:00.7	1:50.1	1:40.3	1:32.8	1:30.0	1:26.0	CT	2:20.0	2:04.4	1:54.7	1:40.0	1:29.9	1:26.7	1:22.4
4:05.0	3:41.6	3:24.7	3:13.5	3:07.4	3:04.7	3:02.7	200 breast	4:10.0	3:49.0	3:27.1	3:12.6	2:52.3	2:49.8	2:44.0
4:30.0	4:05.0	3:52.5	3:30.7	3:18.6	3:13.5	3:07.2	CT	4:40.0	4:10.0	3:59.7	3:38.4	3:15.9	3:09.3	2:52.3
0:52.0	0:43.2	0:39.0	0:35.8	0:34.0	0:33.5	0:32.9	50 fly	0:55.0	0:46.7	0:40.7	0:35.7	0:32.5	0:31.9	0:29.0
1:00.0	0:52.0	0:46.4	0:40.0	0:37.5	0:35.8	0:34.0	CT	1:05.0	0:55.0	0:49.9	0:43.5	0:37.8	0:33.5	0:32.5
2:00.0	1:42.0	1:30.0	1:19.7	1:16.1	1:15.5	1:14.0	100 fly	2:00.0	1:42.1	1:29.6	1:19.2	1:11.8	1:07.1	1:05.6
2:30.0	2:00.0	1:48.0	1:35.5	1:25.9	1:19.7	1:16.1	CT	2:30.0	2:00.0	1:48.0	1:35.7	1:23.1	1:16.5	1:11.8
4:30.0	3:41.5	3:24.2	3:06.0	2:58.0	2:52.3	2:45.0	200 fly	4:30.0	3:33.0	3:10.5	2:59.0	2:48.0	2:43.0	2:35.3
5:00.0	4:30.0	3:48.0	3:35.0	3:18.0	3:06.0	2:58.0	CT	5:00.0	4:30.0	3:48.0	3:18.0	3:03.0	2:55.0	2:48.0
1:55.0	1:33.0	1:26.4	1:17.8	1:16.9	1:15.0	1:14.0	100 IM	1:56.0	1:34.0	1:25.0	1:17.6	1:11.0	1:07.5	1:04.9
2:30.0	1:55.0	1:38.2	1:26.0	1:21.8	1:17.8	1:16.9	CT	2:30.0	1:56.0	1:38.8	1:29.1	1:19.0	1:16.2	1:11.0
3:37.2	3:18.0	3:00.4	2:47.7	2:42.4	2:41.5	2:40.5	200 IM	3:30.0	3:16.3	3:00.4	2:49.0	2:36.7	2:30.7	2:27.1
4:00.0	3:37.2	3:21.1	3:05.8	2:57.0	2:47.7	2:42.4	CT	4:15.0	3:30.0	3:25.3	3:07.2	2:52.8	2:45.3	2:36.7
	7:00.0	6:29.0	6:00.0	5:46.0	5:39.0	5:35.0	400 IM		7:10.0	6:34.1	6:04.6	5:47.7	5:35.0	5:21.8
	7:30.0	7:00.0	6:41.5	6:17.5	6:00.0	5:46.0	CT		7:50.0	7:10.0	6:49.7	6:16.5	5:20.0	5:47.7

Times should have been swum since 1st January 2020  
Age for the Championships is as at 31st December 2022

Final  
7 September 2021