



PSC Spring Long Course Summer National Qualifier 2024  
 (Licensed by Swim England for entry into County Championships as Level 1 under No. 1ER240200)

## Saturday 9<sup>th</sup> and Sunday 10<sup>th</sup> March 2024

Minimum Qualifying Standard (25m)

(Equal to or fast than)

Ages as at 31st December 2024

MALE/OPEN					EVENT					FEMALE						
13 & under	14	15	16	17	18+						12 & under	13	14	15	16	17+
33.00					50 Freestyle					34.00						
01:18.8	01:13.7	01:09.8	01:06.9	01:02.6	1.00.7	100 Freestyle					01:19.3	01:15.2	01:12.7	01:10.7	01:08.8	1.07.8
02:51.3	02:40.8	02:32.6	02:25.6	02:16.3	2.12.0	200 Freestyle					02:51.3	02:42.5	02:36.2	02:32.1	02:27.5	2.25.6
05:56.0	05:38.1	05:21.8	5:07.0	04:49.1	4.43.0	400 Freestyle					05:56.4	05:38.8	05:26.3	5:18.0	05:09.2	4.58.6
10:21.80					800 Freestyle					10:56.00						
19:07.10					1500 Freestyle					20:13.10						
41.80					50 Breaststroke					43.10						
01:41.5	01:34.7	01:28.8	01:24.6	01:18.9	1.16.3	100 Breaststroke					01:41.6	01:35.2	01:30.8	01:28.5	01:26.1	1.24.8
03:39.1	03:25.2	03:12.5	03:02.5	02:51.6	2.44.1	200 Breaststroke					03:36.6	03:24.9	03:15.5	03:09.5	03:05.8	3.01.2
35.90					50 Butterfly					36.70						
01:27.7	01:21.5	01:16.8	01:12.8	01:07.8	1.05.6	100 Butterfly					01:27.9	01:22.6	01:19.1	01:17.2	01:14.8	1.13.3
03:12.5	02:59.9	02:49.9	02:40.9	02:30.4	2.25.1	200 Butterfly					03:12.6	03:01.7	02:53.5	02:48.0	02:43.3	2.40.5
38.20					50 Backstroke					39.40						
01:29.8	01:24.1	01:19.2	01:15.0	01:10.3	1.08.1	100 Backstroke					01:29.9	01:24.5	01:21.7	01:19.6	01:17.1	1.15.9
03:12.0	03:00.7	02:50.3	02:42.3	02:31.4	2.26.1	200 Backstroke					03:11.0	03:00.6	02:54.3	02:49.8	02:43.9	2.41.2
03:14.2	03:02.8	02:52.7	02:44.8	02:33.9	2.28.5	200 Ind. Medley					03:14.3	03:03.3	02:56.8	02:52.3	02:46.9	2.44.7
06:50.8	06:26.7	06:06.4	05:49.3	05:27.6	5.17.1	400 Ind. Medley					06:47.3	06:24.9	06:10.6	06:02.0	05:50.8	5.45.2

