

## LONDON REGION SUMMER CHAMPIONSHIPS 2019

### LONG COURSE QUALIFYING TIMES

Gender	Event	Age Group			Youth			
		11/12	13	14	15	16	17	18/OV
Female	50FR	32.12	31.12	30.20	30.20	30.00	29.70	29.20
Female	100FR	1:10.54	1:08.01	1:06.00	1:05.50	1:05.00	1:04.91	1:03.59
Female	200FR	2:33.26	2:26.16	2:22.85	2:21.00	2:20.50	2:20.00	2:18.00
Female	400FR	5:14.65	5:04.50	5:01.00	5:01.00	4:59.25	4:57.67	4:48.50
Female	800FR	10:44.53	10:24.22	10:14.07	10:13.00	10:12.00	10:11.50	10:09.00
Female	1500FR	21:29.06	20:48.44	20:28.14	20:26.00	20:24.00	20:23.00	20:18.00
Female	50BR	42.63	41.01	39.46	39.17	39.06	39.06	38.85
Female	100BR	1:33.38	1:29.32	1:27.29	1:26.73	1:25.05	1:25.05	1:24.21
Female	200BR	3:30.05	3:17.79	3:13.04	3:06.17	3:06.06	3:06.06	3:05.95
Female	50BU	36.03	34.31	32.92	32.76	32.55	31.92	31.64
Female	100BU	1:23.23	1:19.17	1:15.11	1:13.19	1:12.45	1:12.45	1:11.45
Female	200BU	3:03.71	2:54.07	2:49.50	2:46.64	2:45.16	2:45.16	2:44.13
Female	50BA	38.07	36.04	34.57	34.57	34.34	34.34	33.60
Female	100BA	1:20.18	1:17.14	1:15.73	1:15.49	1:15.39	1:15.39	1:15.02
Female	200BA	2:47.47	2:43.92	2:40.88	2:40.76	2:40.65	2:40.65	2:39.92
Female	200ME	2:55.59	2:47.47	2:44.43	2:41.70	2:40.65	2:39.22	2:38.45
Female	400ME	6:05.40	5:55.25	5:46.82	5:46.82	5:46.19	5:46.19	5:45.45

Gender	Event	Age Group			Youth			
		11/12	13	14	15	16	17	18/OV
Male	50FR	31.85	30.65	28.92	28.70	28.32	26.97	25.50
Male	100FR	1:10.71	1:08.01	1:03.61	1:02.26	1:01.15	59.48	55.83
Male	200FR	2:32.25	2:24.64	2:19.79	2:19.75	2:14.71	2:09.80	2:08.30
Male	400FR	5:18.71	5:05.51	4:58.33	4:52.53	4:47.49	4:37.00	4:33.80
Male	800FR	10:53.36	10:26.30	10:11.58	9:59.69	9:49.35	9:27.85	9:21.29
Male	1500FR	20:58.60	20:07.85	19:12.03	19:03.87	18:40.67	18:23.00	18:06.30
Male	50BR	43.51	40.60	37.84	37.28	36.57	36.57	34.82
Male	100BR	1:36.80	1:31.15	1:25.50	1:22.43	1:19.70	1:17.71	1:15.90
Male	200BR	3:20.97	3:08.79	3:05.91	3:03.75	2:51.05	2:51.05	2:42.90
Male	50BU	35.55	34.25	31.82	31.37	30.66	29.20	27.38
Male	100BU	1:24.24	1:17.14	1:13.04	1:10.67	1:08.25	1:05.00	1:00.90
Male	200BU	3:04.73	2:51.53	2:41.38	2:40.44	2:30.05	2:30.05	2:22.90
Male	50BA	37.68	36.87	34.06	33.50	33.00	32.19	31.50
Male	100BA	1:24.12	1:17.14	1:14.50	1:13.92	1:12.56	1:09.10	1:06.38
Male	200BA	2:52.55	2:43.42	2:38.34	2:37.61	2:37.29	2:33.00	2:29.80
Male	200ME	2:54.36	2:44.43	2:40.17	2:37.29	2:32.57	2:25.30	2:23.44
Male	400ME	6:14.54	5:55.25	5:40.02	5:37.15	5:22.56	5:15.00	5:09.50

### SHORT COURSE QUALIFYING TIMES

Gender	Event	Age Group			Youth			
		11/12	13	14	15	16	17	18/OV
Female	50FR	31.50	30.40	29.50	29.50	29.30	29.00	28.50
Female	100FR	1:09.30	1:06.80	1:04.70	1:04.20	1:03.70	1:03.60	1:02.30
Female	200FR	2:31.00	2:23.80	2:20.40	2:18.50	2:18.00	2:17.50	2:15.50
Female	400FR	5:10.20	4:59.90	4:56.30	4:56.30	4:54.50	4:52.90	4:43.60
Female	800FR	10:35.50	10:14.90	10:04.60	10:03.50	10:02.50	10:02.00	9:59.40
Female	1500FR	21:12.90	20:31.80	20:11.20	20:09.00	20:07.00	20:06.00	20:00.90
Female	50BR	41.90	40.20	38.70	38.40	38.20	38.20	38.00
Female	100BR	1:32.00	1:27.90	1:25.80	1:25.30	1:23.60	1:23.60	1:22.70
Female	200BR	3:27.50	3:15.10	3:10.30	3:03.30	3:03.20	3:03.20	3:03.10
Female	50BU	35.50	33.80	32.30	32.20	32.00	31.30	31.00
Female	100BU	1:22.30	1:18.20	1:14.10	1:12.10	1:11.40	1:11.40	1:10.40
Female	200BU	3:02.00	2:52.20	2:47.60	2:44.70	2:43.20	2:43.20	2:42.20
Female	50BA	37.50	35.50	34.00	34.00	33.80	33.80	33.00
Female	100BA	1:19.20	1:16.10	1:14.70	1:14.40	1:14.30	1:14.30	1:13.90
Female	200BA	2:45.50	2:41.90	2:38.80	2:38.70	2:38.60	2:38.60	2:37.80
Female	200ME	2:53.30	2:45.10	2:42.00	2:39.20	2:38.20	2:36.70	2:35.90
Female	400ME	6:00.60	5:50.30	5:41.70	5:41.70	5:41.10	5:41.10	5:40.30

Gender	Event	Age Group			Youth			
		11/12	13	14	15	16	17	18/OV
Male	50FR	31.20	30.00	28.20	28.00	27.60	26.20	24.70
Male	100FR	1:09.50	1:06.80	1:02.30	1:00.90	59.80	58.10	54.30
Male	200FR	2:29.90	2:22.20	2:17.30	2:17.20	2:12.10	2:07.10	2:05.60
Male	400FR	5:14.30	5:00.90	4:53.60	4:47.70	4:42.60	4:31.90	4:28.60
Male	800FR	10:44.40	10:17.00	10:02.10	9:50.00	9:39.50	9:17.60	9:10.90
Male	1500FR	20:42.10	19:50.60	18:54.00	18:45.70	18:22.10	18:04.10	17:47.20
Male	50BR	42.80	39.80	37.00	36.40	35.70	35.70	33.90
Male	100BR	1:35.50	1:29.80	1:24.00	1:20.90	1:18.10	1:16.10	1:14.20
Male	200BR	3:18.30	3:06.00	3:03.00	3:00.90	2:47.90	2:47.90	2:39.60
Male	50BU	35.00	33.70	31.20	30.80	30.00	28.50	26.70
Male	100BU	1:23.30	1:16.10	1:12.00	1:09.60	1:07.10	1:03.80	59.60
Male	200BU	3:03.00	2:49.70	2:39.40	2:38.50	2:27.90	2:27.90	2:20.70
Male	50BA	37.10	36.30	33.50	32.90	32.40	31.60	30.90
Male	100BA	1:23.20	1:16.10	1:13.40	1:12.80	1:11.40	1:07.90	1:05.20
Male	200BA	2:50.60	2:41.40	2:36.20	2:35.50	2:35.20	2:30.80	2:27.60
Male	200ME	2:52.10	2:42.00	2:37.70	2:34.80	2:30.00	2:22.60	2:20.70
Male	400ME	6:09.80	5:50.30	5:34.80	5:31.90	5:17.10	5:09.40	5:03.80