



WORCESTER COUNTY SWIMMING ASSOCIATION

Qualifying Times - County Championships 2010

BOYS EVENT	County (A) Qualifying Times			Short Course Pool (40% National Times)				
	9	10	11	12	13	14	15/16	17/ov
50m Freestyle	40.7	38.0	35.9	33.9	32.1	30.4	29.1	27.8
100m Freestyle		1:22.9	1:17.8	1:13.2	1:08.9	1:05.4	1:03.1	1:00.1
200m Freestyle	3:15.7	2:59.3	2:48.8	2:39.1	2:30.1	2:22.5	2:17.2	2:11.1
400m Freestyle	7:05.0	6:18.0	5:53.3	5:34.0	5:16.4	5:01.5	4:50.1	4:36.7
800m Freestyle				11:41.1	11:01.8	10:31.3	10:08.4	9:40.2
1500m Freestyle				22:01.7	20:52.8	19:55.5	19:14.0	18:21.9
50m Breaststroke	53.2	49.6	46.5	43.7	40.7	38.6	36.8	35.0
100m Breaststroke		1:48.1	1:40.1	1:33.8	1:27.4	1:22.7	1:19.1	1:15.1
200m Breaststroke	4:09.2	3:51.2	3:35.1	3:22.5	3:09.5	2:58.9	2:51.5	2:43.0
50m Butterfly	45.9	42.4	39.6	37.5	35.3	33.4	31.7	30.1
100m Butterfly		1:35.9	1:27.6	1:22.0	1:16.7	1:12.3	1:09.0	1:05.6
200m Butterfly	4:00.0	3:30.4	3:11.7	3:00.8	2:49.5	2:40.1	2:31.8	2:23.9
50m Backstroke	46.9	43.6	41.2	39.0	36.5	34.8	33.1	31.5
100m Backstroke		1:34.7	1:27.6	1:22.5	1:17.3	1:13.0	1:09.8	1:06.3
200m Backstroke	3:36.7	3:19.7	3:06.9	2:56.5	2:45.9	2:37.0	2:30.4	2:24.0
200m Individual Medley	3:41.7	3:25.1	3:11.0	3:00.5	2:50.4	2:40.7	2:34.3	2:27.3
400m Individual Medley	7:20.2	7:20.2	6:45.5	6:20.9	6:00.4	5:40.6	5:26.4	5:12.2
100m Individual Medley	1:43.8	1:36.2	1:30.9	1:26.0	1:20.7	1:16.0	1:12.9	1:09.0

GIRLS EVENT	County (A) Qualifying Times			Short Course Pool (40% National Times)				
	9	10	11	12	13	14	15/16	17/ov
50m Freestyle	41.1	38.5	36.5	34.7	33.3	32.4	31.7	31.3
100m Freestyle		1:24.6	1:18.7	1:14.3	1:11.5	1:09.5	1:08.3	1:06.9
200m Freestyle	3:17.6	3:00.4	2:49.6	2:39.9	2:33.6	2:29.6	2:26.6	2:23.2
400m Freestyle	7:11.4	6:22.2	5:52.9	5:33.0	5:20.5	5:12.5	5:06.2	5:00.5
800m Freestyle			12:09.5	11:29.0	10:58.3	10:40.8	10:31.0	10:21.0
1500m Freestyle			23:28.0	22:10.0	21:10.1	20:51.7	20:23.0	19:58.0
50m Breaststroke	54.2	50.0	46.7	44.0	42.1	40.8	39.8	39.1
100m Breaststroke		1:48.8	1:40.2	1:34.4	1:29.8	1:26.5	1:25.1	1:23.1
200m Breaststroke	4:11.7	3:51.5	3:34.9	3:22.4	3:12.8	3:06.7	3:03.5	3:00.2
50m Butterfly	46.5	42.4	40.1	37.9	36.4	35.2	34.4	33.9
100m Butterfly		1:36.0	1:28.0	1:22.4	1:19.0	1:16.3	1:15.1	1:13.3
200m Butterfly	4:03.6	3:32.8	3:13.9	3:00.7	2:52.6	2:46.7	2:43.0	2:39.3
50m Backstroke	47.3	43.8	41.4	39.3	37.7	36.5	35.9	35.1
100m Backstroke		1:35.2	1:28.1	1:22.7	1:19.2	1:17.0	1:15.3	1:14.0
200m Backstroke	3:38.8	3:21.8	3:06.3	2:56.3	2:49.6	2:44.8	2:41.1	2:37.2
200m Individual Medley	3:44.0	3:25.6	3:11.4	3:00.6	2:53.8	2:48.7	2:45.5	2:42.0
400m Individual Medley	7:19.7	7:19.7	6:43.6	6:19.9	6:03.9	5:53.8	5:47.3	5:40.6
100m Individual Medley	1:45.3	1:35.1	1:31.3	1:26.4	1:22.6	1:20.6	1:19.1	1:17.2

The Promoter reserves the right to further restrict entries for good Gala management

Age as at 28th March 2010 - All times to have been achieved between 16/4/2009 – 16/1/2010

in Open Competition (no splits), Club Competition or official Club Time Trials

Closing Date - 16 January 2010

All entries must be submitted through your Club's Swimming Representative