

NL Level 3 Dev. Meet 2023 – License – 3NW231114 Blackpool Palatine Pool – Sat/ Sun 1/2 July 2023 - Under SE Laws & SE Technical Rules of Swimming

BOYS LEVEL 3 CONSIDERATION TIMES - 2023						Short Course - 25m			GIRLS LEVEL 3 CONSIDERATION TIMES - 2023					
9	10	11	12	13	14/ov	QT	EVENTS	QT	9	10	11	12	13	14/ov
38.00	36.00	33.00	30.00	28.00	27.00	Upr	50m Free	Upr	38.00	36.00	33.00	31.00	29.00	28.00
55.00	52.00	50.00	44.00	39.00	37.00	Lwr		Lwr	55.00	52.00	50.00	45.00	40.00	39.00
1.21.00	1.16.00	1.13.00	1.08.00	1.04.00	1.00.00	Upr	100m Free	Upr	1.21.00	1.16.00	1.14.00	1.09.00	1.06.00	1.03.00
1.50.00	1.45.00	1.35.00	1.29.00	1.20.00	1.15.00	Lwr		Lwr	1.50.00	1.45.00	1.36.00	1.30.00	1.24.00	1.19.00
3.09.00	2.52.00	2.42.00	2.31.00	2.22.00	2.12.00	Upr	200m Free	Upr	3.09.00	2.52.00	2.42.00	2.32.00	2.24.00	2.19.00
3.55.00	3.40.00	3.28.00	3.10.00	2.55.00	2.45.00	Lwr		Lwr	3.55.00	3.40.00	3.28.00	3.11.00	2.57.00	2.52.00
44.00	40.00	39.00	35.00	33.00	31.00	Upr	50m Back	Upr	44.00	40.00	39.00	36.00	34.00	33.00
58.00	54.00	52.00	46.00	44.00	41.00	Lwr		Lwr	58.00	54.00	52.00	47.00	46.00	43.00
1.33.00	1.28.00	1.23.00	1.17.00	1.13.00	1.08.00	Upr	100m Back	Upr	1.33.00	1.28.00	1.23.00	1.19.00	1.15.00	1.13.00
2.03.00	1.58.00	1.50.00	1.45.00	1.35.00	1.30.00	Lwr		Lwr	2.03.00	1.58.00	1.50.00	1.47.00	1.37.00	1.35.00
3.27.00	3.15.00	3.03.00	2.48.00	2.38.00	2.27.00	Upr	200m Back	Upr	3.27.00	3.15.00	3.05.00	2.50.00	2.40.00	2.35.00
4.05.00	3.55.00	3.40.00	3.25.00	3.10.00	3.00.00	Lwr		Lwr	4.05.00	3.55.00	3.42.00	3.27.00	3.12.00	3.08.00
52.00	49.00	44.00	41.00	38.00	35.00	Upr	50m Breast	Upr	52.00	49.00	43.00	40.00	38.00	36.00
1.08.00	1.02.00	57.00	55.00	50.00	46.00	Lwr		Lwr	1.08.00	1.02.00	56.00	54.00	50.00	47.00
1.48.00	1.42.00	1.36.00	1.31.00	1.24.00	1.16.00	Upr	100m Breast	Upr	1.48.00	1.42.00	1.35.00	1.29.00	1.25.00	1.21.00
2.12.00	2.03.00	1.58.00	1.54.00	1.49.00	1.41.00	Lwr		Lwr	2.12.00	2.03.00	1.57.00	1.52.00	1.50.00	1.46.00
3.55.00	3.45.00	3.32.00	3.17.00	3.03.00	2.48.00	Upr	200m Breast	Upr	3.55.00	3.45.00	3.31.00	3.16.00	3.05.00	3.00.00
4.38.00	4.25.00	4.10.00	3.55.00	3.40.00	3.25.00	Lwr		Lwr	4.38.00	4.25.00	4.09.00	3.54.00	3.42.00	3.37.00
44.00	41.00	38.00	36.00	32.00	29.00	Upr	50m Fly	Upr	44.00	41.00	38.00	36.00	33.00	31.00
59.00	55.00	53.00	49.00	44.00	41.00	Lwr		Lwr	59.00	55.00	53.00	49.00	45.00	43.00
1.33.00	1.28.00	1.22.00	1.19.00	1.15.00	1.07.00	Upr	100m Fly	Upr	1.33.00	1.28.00	1.23.00	1.20.00	1.16.00	1.12.00
2.03.00	1.58.00	1.50.00	1.47.00	1.42.00	1.34.00	Lwr		Lwr	2.03.00	1.58.00	1.51.00	1.48.00	1.43.00	1.39.00
NO	3.31.00	3.11.00	3.02.00	2.49.00	2.30.00	Upr	200m Fly	Upr	NO	3.31.00	3.11.00	2.57.00	2.45.00	2.40.00
EVENT	4.12.00	3.58.00	3.45.00	3.30.00	3.10.00	Lwr		Lwr	EVENT	4.12.00	3.58.00	3.40.00	3.26.00	3.30.00
1.37.00	1.30.00	1.25.00	1.19.00	1.16.00	1.11.00	Upr	100m I.M.	Upr	1.37.00	1.30.00	1.25.00	1.21.00	1.18.00	1.14.00
2.10.00	2.05.00	1.58.00	1.50.00	1.47.00	1.42.00	Lwr		Lwr	2.10.00	2.05.00	1.58.00	1.52.00	1.49.00	1.45.00
3.32.00	3.15.00	3.04.00	2.49.00	2.40.00	2.29.00	Upr	200m I.M.	Upr	3.32.00	3.15.00	3.05.00	2.51.00	2.42.00	2.39.00
4.15.00	4.00.0	3.50.00	3.22.00	3.13.00	3.00.00	Lwr		Lwr	4.15.00	4.00.00	3.51.00	3.23.00	3.15.00	3.12.00