

Christmas Countdown 2022 Qualifying Times

Licence Number: **3NW222185**

Please note that swimmers entering this competition must not have swum slower than the Lower Limit Entry Times

		Boys Qualifying Times [25m short course]										Girls Qualifying Times [25m short course]							
		9	10	11	12	13	14	15+	QT	Distance	QT	9	10	11	12	13	14	15+	
Free		33:00	32:00	30:00	29:00	28:00	26:00	24:00	Upper	50m	Upper	33:00	32:00	30:00	29:00	28:00	27:00	26:00	
		45:00	41:00	39:00	36:00	35:00	34:00	33:00	Lower		Lower	45:00	41:00	39:00	36:00	35:00	34:00	33:00	
		1:05:00	1:01:00	1:00:00	1:00:00	56:00	54:00	53:00	53:00	Upper	100m	Upper	1:05:00	1:02:00	1:01:00	1:00:00	59:00	58:00	57:00
		1:32:00	1:26:00	1:21:00	1:17:00	1:12:00	1:07:00	1:05:00	1:05:00	Lower		Lower	1:32:00	1:26:00	1:21:00	1:16:00	1:14:00	1:11:00	1:10:00
		2:29:00	2:22:00	2:11:00	2:10:00	2:02:00	1:57:00	1:55:00	1:55:00	Upper	200m	Upper	2:29:00	2:23:00	2:12:00	2:10:00	2:08:00	2:05:00	2:04:00
		3:25:00	3:19:00	3:00:00	2:50:00	2:34:00	2:25:00	2:20:00	2:20:00	Lower		Lower	3:17:00	3:11:00	2:55:00	2:44:00	2:36:00	2:33:00	2:31:00
Breast		42:00	38:00	37:00	36:00	35:00	34:00	33:00	Upper	50m	Upper	42:00	38:00	37:00	36:00	35:00	34:00	34:00	
		59:00	56:00	49:00	45:00	43:00	42:00	39:00	39:00		Lower	Lower	59:00	56:00	50:00	46:00	44:00	42:00	40:00
		1:21:00	1:18:00	1:18:00	1:17:00	1:13:00	1:09:00	1:07:00	1:07:00	Upper	100m	Upper	1:21:00	1:18:00	1:18:00	1:17:00	1:15:00	1:14:00	1:12:00
		1:56:00	1:49:00	1:40:00	1:37:00	1:29:00	1:24:00	1:22:00	1:22:00	Lower		Lower	1:56:00	1:49:00	1:44:00	1:36:00	1:32:00	1:29:00	1:27:00
		3:14:00	3:08:00	2:50:00	2:48:00	2:38:00	2:29:00	2:23:00	2:23:00	Upper	200m	Upper	3:15:00	3:09:00	2:51:00	2:49:00	2:40:00	2:39:00	2:37:00
		4:18:00	4:12:00	3:52:00	3:31:00	3:15:00	3:03:00	3:00:00	3:00:00	Lower		Lower	4:10:00	4:04:00	3:44:00	3:28:00	3:16:00	3:10:00	3:07:00
Fly		33:00	33:00	32:00	31:00	29:00	28:00	27:00	Upper	50m	Upper	34:00	34:00	33:00	32:00	31:00	30:00	29:00	
		50:00	46:00	42:00	40:00	38:00	36:00	34:00	34:00		Lower	Lower	50:00	46:00	43:00	41:00	39:00	37:00	35:00
		1:11:00	1:08:00	1:08:00	1:07:00	1:03:00	1:00:00	59:00	59:00	Upper	100m	Upper	1:12:00	1:09:00	1:09:00	1:08:00	1:05:00	1:04:00	1:03:00
		1:46:00	1:37:00	1:29:00	1:27:00	1:18:00	1:13:00	1:12:00	1:12:00	Lower		Lower	1:46:00	1:37:00	1:32:00	1:26:00	1:22:00	1:19:00	1:17:00
			2:55:00	2:32:00	2:30:00	2:21:00	2:14:00	2:06:00	2:06:00	Upper	200m	Upper		2:55:00	2:35:00	2:33:00	2:25:00	2:23:00	2:19:00
			3:52:00	3:29:00	3:15:00	2:55:00	2:43:00	2:40:00	2:40:00	Lower		Lower		3:47:00	3:24:00	3:08:00	2:57:00	2:51:00	2:49:00
Back		33:00	33:00	32:00	31:00	30:00	29:00	28:00	Upper	50m	Upper	34:00	34:00	33:00	32:00	31:00	30:00	29:00	
		53:00	48:00	44:00	41:00	39:00	37:00	35:00	35:00		Lower	Lower	53:00	48:00	45:00	42:00	40:00	38:00	36:00
		1:10:00	1:07:00	1:07:00	1:06:00	1:03:00	1:00:00	59:00	59:00	Upper	100m	Upper	1:12:00	1:09:00	1:09:00	1:08:00	1:05:00	1:03:00	1:01:00
		1:45:00	1:36:00	1:29:00	1:27:00	1:20:00	1:15:00	1:12:00	1:12:00	Lower		Lower	1:45:00	1:36:00	1:31:00	1:25:00	1:21:00	1:19:00	1:17:00
		2:50:00	2:44:00	2:28:00	2:26:00	2:17:00	2:11:00	2:07:00	2:07:00	Upper	200m	Upper	2:49:00	2:43:00	2:28:00	2:26:00	2:21:00	2:17:00	2:15:00
		3:49:00	3:43:00	3:22:00	3:05:00	2:50:00	2:42:00	2:37:00	2:37:00	Lower		Lower	3:38:00	3:32:00	3:15:00	3:03:00	2:52:00	2:47:00	2:45:00
IM			2:46:00	2:31:00	2:29:00	2:20:00	2:15:00	2:05:00	2:05:00	Upper	200m	Upper		2:45:00	2:32:00	2:30:00	2:24:00	2:22:00	2:18:00
			3:45:00	3:26:00	3:09:00	2:54:00	2:44:00	2:42:00	2:42:00	Lower		Lower		3:36:00	3:17:00	3:04:00	2:55:00	2:51:00	2:49:00
		1:22:00	1:16:00	1:11:00	1:05:00	1:02:00	57:00	57:00	57:00	Upper	100m	Upper	1:24:00	1:16:00	1:13:00	1:06:00	1:04:00	1:02:00	1:02:00
		1:51:00	1:45:00	1:36:00	1:33:00	1:25:00	1:20:00	1:20:00	1:20:00	Lower		Lower	1:51:00	1:45:00	1:40:00	1:32:00	1:28:00	1:25:00	1:24:00