

North Lancashire Swimming & Water Polo Association (2021)

Affiliated to Swim England North West

NO FRILLS MEET 2021 – License No. 3NW210706

BOYS CONSIDERATION TIMES - 2021						Short Course - 25m			GIRLS CONSIDERATION TIMES - 2021					
9	10	11	12	13	14/ov	QT	EVENTS	QT	9	10	11	12	13	14/ov
33.00	31.00	29.00	28.00	26.00	24.00	Upr	50m Free	Upr	33.00	31.00	29.00	28.00	27.00	26.00
55.00	52.00	51.00	45.00	40.00	38.00	Lwr		Lwr	55.00	51.00	50.00	45.00	40.00	39.00
1.20.00	1.11.00	1.05.00	1.02.00	58.00	55.00	Upr	100m Free	Upr	1.20.00	1.11.00	1.07.00	1.04.00	1.10.00	58.00
1.52.00	1.45.00	1.36.00	1.27.00	1.20.00	1.16.00	Lwr		Lwr	1.45.00	1.45.00	1.37.00	1.27.00	1.24.00	1.19.00
2.45.00	2.32.00	2.21.00	2.14.00	2.10.00	2.05.00	Upr	200m Free	Upr	2.45.00	2.32.00	2.22.00	2.18.00	2.14.00	2.10.00
3.55.00	3.40.00	3.30.00	3.10.00	2.55.00	2.45.00	Lwr		Lwr	3.55.00	3.43.00	3.35.00	3.10.00	2.58.00	2.54.00
36.00	34.00	33.00	31.00	30.00	28.00	Upr	50m Back	Upr	36.00	34.00	33.00	32.00	31.00	29.00
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
1.30.00	1.23.00	1.16.00	1.11.00	1.06.00	1.03.00	Upr	100m Back	Upr	1.30.00	1.23.00	1.16.00	1.13.00	1.10.00	1.08.00
1.58.00	1.55.00	1.50.00	1.45.00	1.37.00	1.32.00	Lwr		Lwr	1.58.00	1.55.00	1.50.00	1.44.00	1.39.00	1.37.00
42.00	41.00	38.00	35.00	32.00	30.00	Upr	50m Breast	Upr	42.00	41.00	38.00	36.00	34.00	32.00
1.05.00	1.02.00	57.00	55.00	50.00	46.00	Lwr		Lwr	1.05.00	1.00.00	56.00	55.00	51.00	49.00
1.40.00	1.35.00	1.27.00	1.20.00	1.15.00	1.10.00	Upr	100m Breast	Upr	1.40.00	1.35.00	1.27.00	1.22.00	1.19.00	1.15.00
2.10.00	2.03.00	1.58.00	1.54.00	1.49.00	1.41.00	Lwr		Lwr	2.10.00	2.03.00	2.00.00	1.55.00	1.50.00	1.46.00
34.00	33.00	32.00	30.00	28.00	26.00	Upr	50m Fly	Upr	34.00	33.00	32.00	31.00	30.00	29.00
1.00.00	56.00	54.00	50.00	43.00	41.00	Lwr		Lwr	1.00.00	56.00	54.00	50.00	45.00	42.00
1.30.00	1.23.00	1.15.00	1.09.00	1.05.00	1.00.00	Upr	100m Fly	Upr	1.30.00	1.23.00	1.15.00	1.10.00	1.08.00	1.05.00
2.05.00	1.58.00	1.50.00	1.47.00	1.41.00	1.34.00	Lwr		Lwr	2.05.00	1.58.00	1.52.00	1.47.00	1.44.00	1.37.00
3.08.00	2.55.00	2.40.00	2.31.00	2.24.00	2.18.00	Upr	200m I.M.	Upr	3.08.00	2.55.00	2.42.00	2.35.00	2.30.00	2.25.00
4.10.00	3.58.00	3.48.00	3.25.00	3.10.00	3.00.00	Lwr		Lwr	4.10.00	3.58.00	3.48.00	3.21.00	3.14.00	3.08.00

ASA CODE OF CONDUCT - PLEASE SUBMIT CORRECT, TRUTHFUL INFORMATION.