

# North Lancashire Swimming & Water Polo Association

Licensed Level 3 Open Meet No. 3NW9475 - Affiliated North West Region Amateur Swimming Association

## 9-14/over LEVEL 3 AGE GROUPS 2010 – License No. 3NW0517

Blackpool Palatine Pool – Saturday / Sunday 2/3 October 2010 - Under ASA Laws & ASA Technical Rules of Swimming

BOYS LEVEL 3 QULIFYING TIMES - 2010						Short Course - 25m			GIRLS LEVEL 3 QUALIFYING TIMES - 2010					
9	10	11	12	13	14/ov	QT	EVENTS	QT	9	10	11	12	13	14/ov
40.00	39.00	35.00	33.00	32.00	29.00	Upr	50m Free	Upr	39.00	37.00	34.00	33.00	31.00	30.00
55.00	53.00	51.00	40.00	37.00	37.00	Lwr		Lwr	54.00	52.00	50.00	41.00	40.00	37.00
		1.16.00	1.13.00	1.07.00	1.03.00	Upr	100m Free	Upr			1.17.00	1.13.00	1.10.00	1.06.00
		1.36.00	1.25.00	1.20.00	1.18.00	Lwr		Lwr			1.35.00	1.27.00	1.25.00	1.23.00
3.25.00	2.55.00	2.50.00	2.35.00	2.28.00	2.15.00	Upr	200m Free	Upr	3.18.00	3.00.00	2.46.00	2.38.00	2.30.00	2.20.00
4.15.00	3.55.00	3.40.00	3.10.00	3.00.00	2.50.00	Lwr		Lwr	4.05.00	4.00.00	3.40.00	3.10.00	3.00.00	2.40.00
46.00	42.00	41.00	39.00	36.00	33.00	Upr	50m Back	Upr	45.00	43.00	40.00	38.00	35.00	34.00
58.00	54.00	52.00	49.00	45.00	43.00	Lwr		Lwr	58.00	54.00	52.00	49.00	47.00	45.00
		1.28.00	1.21.00	1.17.00	1.10.00	Upr	100m Back	Upr			1.26.00	1.21.00	1.17.00	1.14.00
		1.50.00	1.45.00	1.40.00	1.35.00	Lwr		Lwr			1.50.00	1.45.00	1.40.00	1.38.00
3.30.00	3.20.00	3.10.00	2.51.00	2.44.00	2.30.00	Upr	200m Back	Upr	3.45.00	3.15.00	3.05.00	2.54.00	2.45.00	2.35.00
4.00.00	3.50.00	3.40.00	3.25.00	3.10.00	3.10.00	Lwr		Lwr	4.20.00	4.10.00	3.50.00	3.25.00	3.10.00	3.10.00
52.00	49.00	45.00	43.00	40.00	37.00	Upr	50m Breast	Upr	51.00	49.00	44.00	43.00	41.00	39.00
1.05.00	59.00	59.00	55.00	50.00	49.00	Lwr		Lwr	1.05.00	59.00	59.00	55.00	54.00	52.00
		1.37.00	1.31.00	1.26.00	1.20.00	Upr	100m Breast	Upr			1.36.00	1.31.00	1.28.00	1.23.00
		2.00.00	1.55.00	1.50.00	1.48.00	Lwr		Lwr			2.00.00	1.55.00	1.50.00	1.48.00
4.00.00	3.48.00	3.30.00	3.22.00	3.06.00	2.53.00	Upr	200m Breast	Upr	4.00.00	3.50.00	3.30.00	3.19.00	3.09.00	2.58.00
4.36.00	4.30.00	4.10.00	3.55.00	3.45.00	3.40.00	Lwr		Lwr	4.35.00	4.30.00	4.10.00	3.55.00	3.45.00	3.40.00
48.00	42.00	40.00	37.00	36.00	32.00	Upr	50m Fly	Upr	47.00	42.00	39.00	37.00	35.00	34.00
1.00.00	58.00	57.00	48.00	45.00	43.00	Lwr		Lwr	1.00.00	58.00	57.00	50.00	47.00	45.00
		1.29.00	1.22.00	1.16.00	1.10.00	Upr	100m Fly	Upr			1.27.00	1.24.00	1.20.00	1.14.00
		1.50.00	1.48.00	1.41.00	1.35.00	Lwr		Lwr			1.52.00	1.50.00	1.45.00	1.40.00
4.28.00	3.43.00	3.20.00	3.02.00	2.48.00	2.35.00	Upr	200m Fly	Upr	4.28.00	3.37.00	3.15.00	3.00.00	2.50.00	2.40.00
4.50.00	4.40.00	4.10.00	3.50.00	3.45.00	3.30.00	Lwr		Lwr	4.50.00	4.30.00	4.00.00	3.50.00	3.45.00	3.30.00
			2.49.00	2.45.00	2.38.00	Upr	200m I.M.	Upr				2.51.00	2.50.00	2.43.00
			3.18.00	3.15.00	3.10.00	Lwr		Lwr				3.15.00	3.10.00	3.05.00
1.39.00	1.32.00	1.25.00				Upr	100m I.M.	Upr	1.40.00	1.35.00	1.26.00			
2.10.00	2.05.00	2.00.00				Lwr		Lwr	2.10.00	2.05.00	2.00.00			

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