



# NORFOLK COUNTY CHAMPIONSHIPS AND AGE GROUP COMPETITIONS 2019 (Long Course) QUALIFYING TIMES 2019 – AGE AT 31<sup>st</sup> DEC 2019

## Boys Short Course QT

EVENT		10 & 11	12	13	14	15	16/OV
50m	Freestyle	42.48	37.59	35.48	33.24	31.98	29.20
100m	Freestyle	01:38.20	01:24.70	01:15.50	01:10.80	01:07.70	01:02.80
200m	Freestyle	03:25.00	02:52.60	02:45.20	02:36.50	02:31.40	2.16.50
400m	Freestyle	7:30.00	06:30.00	05:52.60	05:45.00	05:31.70	4.55.50
1500m	Freestyle		23:00.00	22:00.00	21:00.00	20:00.00	19:30.00
50m	Breaststroke	50.20	49.20	48.30	46.87	41.18	38.50
100m	Breaststroke	01:59.50	01:52.70	01:45.50	01:39.20	01:32.60	01:22.50
200m	Breaststroke	04:32.50	03:48.20	03:41.20	03:35.60	03:29.70	2.54.10
50m	Butterfly	57.81	50.23	43.85	38.92	35.81	31.36
100m	Butterfly	01:48.00	01:42.30	01:37.20	01:33.10	01:25.70	01:10.50
200m	Butterfly	03:51.20	03:45.20	03:30.50	03:25.00	03:19.40	02:51.80
50m	Backstroke	49.08	44.15	42.13	38.15	37.98	34.16
100m	Backstroke	01:42.90	01:37.10	01:33.50	01:27.60	01:17.90	01:12.30
200m	Backstroke	03:52.30	03:35.50	03:04.40	03:00.00	02:53.10	2.29.10
200m	IM	03:56.50	03:30.70	03:04.60	03:00.00	02:52.00	2.33.60
400m	IM		06:38.20	06:35.50	06:20.30	05:45.50	05:23.60

## Girls Short Course QT

EVENT		10 & 11	12	13	14	15	16/OV
50m	Freestyle	41.08	38.45	35.71	33.48	31.98	29.84
100m	Freestyle	01:36.60	1.23.70	01:14.50	01:11.50	01:07.70	1.04.00
200m	Freestyle	03:24.50	02:50.60	02:43.20	02:36.50	02:31.40	2.21.70
400m	Freestyle	07:30.00	06:30.00	05:40.30	05:30.20	05:25.00	05:00.40
800m	Freestyle		12:38.70	11:35.50	10:51.30	10:34.40	10:30.90
50m	Breaststroke	55.99	52.58	47.71	44.43	43.54	40.87
100m	Breaststroke	2.01.00	01:52.80	01:37.20	01:33.10	01:31.70	01:25.20
200m	Breaststroke	04:20.60	03:50.00	03:27.50	03:16.40	03:13.40	3.05.60
50m	Butterfly	54.81	48.23	44.86	37.92	34.98	32.81
100m	Butterfly	01:50.30	01:41.90	01:37.80	01:32.70	01:22.30	01:17.60
200m	Butterfly	03:51.70	03:45.00	03:40.70	03:29.50	03:19.40	02:51.80
50m	Backstroke	48.08	44.08	41.13	38.94	36.98	34.95
100m	Backstroke	01:40.50	01:35.60	01:24.80	01:20.30	01:19.40	01:16.90
200m	Backstroke	03:52.30	03:35.50	03:04.40	03:00.00	02:53.10	02:38.20
200m	Medley	03:57.10	03:30.70	03:04.60	03:00.00	02:52.00	02:45.20
400m	Medley		7.20.00	06:53.50	06:13.10	5.50.00	05:39.00

- Entry times must be on the ASA Rankings Database and from a Licensed Meet at levels 1-4. Long Course converted times are acceptable. The conversion accepted is that built into the Sportsystems software.
- Times must have been achieved since 1<sup>st</sup> January 2018 and the closing date