

NEWHAM AND EAST LONDON L1 NATIONAL QUALIFYING MEET

Long Course Meet (License No. 1LR180247)

Minimum Qualifying Standard - Age as at 31 December 2018

| BOYS Qualifying Times | | | | | | | Long Course Times Events | Girls Qualifying times | | | | | | |
|-----------------------|---------|---------|---------|---------|---------|---------|-------------------------------|------------------------|---------|---------|---------|---------|---------|---------|
| 11 | 12 | 13 | 14 | 15 | 16 | 17+ | | 11 | 12 | 13 | 14 | 15 | 16 | 17+ |
| 00:38.4 | 00:36.2 | 00:34.2 | 00:32.2 | 00:30.4 | 00:28.7 | 00:28.4 | 50m Freestyle | 00:40.8 | 00:38.5 | 00:36.3 | 00:34.3 | 00:32.3 | 00:31.8 | 00:30.5 |
| 01:25.8 | 01:18.8 | 01:13.7 | 01:09.8 | 01:06.9 | 01:02.5 | 01:01.5 | 100m Freestyle | 01:26.2 | 01:19.3 | 01:15.2 | 01:12.7 | 01:09.1 | 01:08.3 | 01:07.1 |
| 03:03.6 | 02:51.3 | 02:40.8 | 02:32.6 | 02:25.6 | 02:16.2 | 02:13.7 | 200m Freestyle | 03:04.4 | 02:51.3 | 02:42.5 | 02:36.2 | 02:29.1 | 02:27.5 | 02:25.8 |
| 06:26.4 | 05:56.5 | 05:38.1 | 05:21.8 | 05:07.0 | 04:49.0 | 04:44.6 | 400m Freestyle | 06:27.4 | 05:56.4 | 05:38.8 | 05:26.3 | 05:12.8 | 05:09.3 | 05:06.3 |
| | | | | | | | 800m Freestyle | 13:04.0 | 12:19.6 | 11:39.0 | 11:10.8 | 10:56.0 | 10:45.5 | 10:35.5 |
| 26:13.8 | 24:44.7 | 22:20.5 | 21:16.6 | 20:19.0 | 19:37.1 | 18:49.1 | 1500m Freestyle | | | | | | | |
| 00:51.5 | 00:48.6 | 00:45.9 | 00:43.3 | 00:40.8 | 00:38.5 | 00:35.8 | 50m Breaststroke | 00:53.5 | 00:50.5 | 00:47.6 | 00:44.9 | 00:42.4 | 00:40.0 | 00:39.0 |
| 01:50.2 | 01:41.5 | 01:34.7 | 01:28.8 | 01:24.6 | 01:18.8 | 01:17.0 | 100m Breaststroke | 01:50.3 | 01:41.6 | 01:35.2 | 01:30.8 | 01:27.5 | 01:26.6 | 01:24.6 |
| 03:57.2 | 03:39.1 | 03:25.2 | 03:12.5 | 03:02.5 | 02:51.5 | 02:47.5 | 200m Breaststroke | 03:55.5 | 03:36.6 | 03:24.9 | 03:15.5 | 03:09.7 | 03:05.8 | 03:04.8 |
| 00:43.4 | 00:40.9 | 00:38.6 | 00:36.4 | 00:34.3 | 00:32.4 | 00:30.4 | 50m Butterfly | 00:45.5 | 00:42.9 | 00:40.5 | 00:38.2 | 00:36.0 | 00:35.2 | 00:34.0 |
| 01:36.9 | 01:27.7 | 01:21.5 | 01:16.8 | 01:12.8 | 01:07.7 | 01:06.7 | 100m Butterfly | 01:38.1 | 01:28.8 | 01:23.4 | 01:19.9 | 01:16.3 | 01:14.9 | 01:14.3 |
| 03:23.3 | 03:12.5 | 02:59.9 | 02:49.9 | 02:40.9 | 02:30.3 | 02:27.3 | 200m Butterfly | 03:34.6 | 03:23.4 | 03:12.6 | 03:01.7 | 02:53.5 | 02:47.1 | 02:43.3 |
| 00:44.3 | 00:41.8 | 00:39.4 | 00:37.2 | 00:35.1 | 00:33.1 | 00:32.1 | 50m Backstroke | 00:47.2 | 00:44.6 | 00:42.0 | 00:39.7 | 00:37.4 | 00:36.3 | 00:35.3 |
| 01:37.3 | 01:29.8 | 01:24.1 | 01:19.2 | 01:15.0 | 01:10.2 | 01:09.2 | 100m Backstroke | 01:37.5 | 01:29.9 | 01:24.5 | 01:21.7 | 01:17.9 | 01:17.6 | 01:16.3 |
| 03:25.8 | 03:12.0 | 03:00.7 | 02:50.3 | 02:42.3 | 02:30.3 | 02:28.3 | 200m Backstroke | 03:26.3 | 03:11.0 | 03:00.6 | 02:54.3 | 02:45.8 | 02:42.9 | 02:39.7 |
| 03:29.6 | 03:14.3 | 03:02.8 | 02:52.7 | 02:44.8 | 02:33.8 | 02:31.8 | 200m Individual Medley | 03:29.6 | 03:14.3 | 03:03.3 | 02:56.8 | 02:48.9 | 02:46.7 | 02:45.5 |
| 07:26.3 | 06:50.8 | 06:26.7 | 06:06.4 | 05:49.3 | 05:27.5 | 05:22.5 | 400m Individual Medley | 07:26.2 | 06:47.3 | 06:24.9 | 06:10.6 | 05:55.2 | 05:50.9 | 05:48.9 |