

**Rushmoor Royals Spring L1 National Qualifying Open Meet Qualifying times - Long course (50m)
1SE180085 & 1SE180086**

Swimmers must have achieved these times at licenced meet to enter

Short Course times must be converted using published ASA Equivalent tables

BOYS

EVENT		11/under	12yrs	13yrs	14yrs	15yrs	16yrs	17/over
50m	Freestyle	37	34.9	33	31.3	29.7	28.7	28.4
100m	Freestyle	01:18.8	01:13.7	01:09.8	01:06.9	01:04.4	01:02.6	01:01.5
200m	Freestyle	02:51.3	02:40.8	02:32.6	02:25.6	02:20.7	02:16.3	02:13.7
400m	Freestyle	05:56.0	05:38.1	05:21.8	05:07.0	04:57.6	04:49.1	04:44.6
800m	Freestyle*	12:44.6	11:47.1	11:12.8	10:42.5	10:21.8	10:05.0	09:55.5
1500m	Freestyle*	24:44.7	22:20.5	21:16.6	20:19.0	19:37.1	19:07.7	18:49.0
50m	Breaststroke	48.2	44.6	41.8	39.7	37.8	36.8	35.8
100m	Breaststroke	01:41.5	01:34.7	01:28.8	01:24.6	01:21.4	01:18.9	01:17.0
200m	Breaststroke	03:39.1	03:25.2	03:12.5	03:02.5	02:55.4	02:51.6	02:47.0
50m	Butterfly	40.8	38.1	35.9	34	32.2	31.4	30.6
100m	Butterfly	01:27.7	01:21.5	01:16.8	01:12.8	01:09.8	01:07.8	01:06.5
200m	Butterfly	03:12.5	02:59.9	02:49.9	02:40.9	02:34.4	02:30.4	02:27.6
50m	Backstroke	43.2	40.5	38.2	36.1	34.5	33.5	32.7
100m	Backstroke	01:29.8	01:24.1	01:19.2	01:15.0	01:12.2	01:10.3	01:09.3
200m	Backstroke	03:12.0	03:00.7	02:50.3	02:42.3	02:36.0	02:31.4	02:28.6
200m	IM	03:14.3	03:02.8	02:52.7	02:44.8	02:38.4	02:33.9	02:31.0
400m	IM*	06:50.8	06:26.7	06:06.4	05:49.3	05:36.2	05:27.6	05:22.6

GIRLS

EVENT		11/under	12yrs	13yrs	14yrs	15yrs	16yrs	17/over
50m	Freestyle	37.3	35.4	34	32.9	32.2	31.9	31.8
100m	Freestyle	01:19.3	01:15.2	01:12.7	01:10.7	01:09.6	01:08.8	01:08.1
200m	Freestyle	02:51.3	02:42.5	02:36.2	02:32.1	02:29.1	02:27.5	02:25.8
400m	Freestyle	05:56.4	05:38.8	05:26.3	05:18.0	05:12.8	05:09.2	05:06.3
800m	Freestyle*	12:19.6	11:39.0	11:10.8	10:56.0	10:45.5	10:36.0	10:35.1
1500m	Freestyle*	23:38.6	22:25.8	21:30.4	21:00.8	20:43.1	20:22.9	20:22.9
50m	Breaststroke	47.8	45	43.1	41.5	40.6	40.1	39.8
100m	Breaststroke	01:41.6	01:35.2	01:30.8	01:28.5	01:27.5	01:26.1	01:25.2
200m	Breaststroke	03:36.6	03:24.9	03:15.5	03:09.5	03:06.7	03:05.8	03:04.0
50m	Butterfly	40.7	38.6	36.7	35.7	34.8	34.2	34.2
100m	Butterfly	01:27.9	01:22.6	01:19.1	01:17.2	01:15.5	01:14.8	01:14.0
200m	Butterfly	03:12.6	03:01.7	02:53.5	02:48.0	02:45.7	02:43.3	02:41.3
50m	Backstroke	43.1	40.9	39.4	38	37	36.6	36.3
100m	Backstroke	01:29.9	01:24.5	01:21.7	01:19.6	01:17.9	01:17.1	01:16.3
200m	Backstroke	03:11.0	03:00.6	02:54.3	02:49.8	02:45.8	02:43.9	02:42.8
200m	IM	03:14.3	03:03.3	02:56.8	02:52.3	02:48.9	02:46.9	02:45.5
400m	IM*	06:47.3	06:24.9	06:10.6	06:02.0	05:55.2	05:50.8	05:48.7

* 800free, 1500free and 400IM are 10/over

Ages as of 24th March 2018