

North Lancashire Swimming & Water Polo Association

Affiliated North West Region Amateur Swimming Association - Licensed Level 3 Open Meet Nos. 3NW0044 & 3NW0045

9-15/ov AGE GROUPS with BAGCAT & YOUTH AGE POINTS AWARDS

Blackpool Palatine Pool - Saturday/Sunday 23/24 January & Saturday/Sunday 6/7 February 2010 - Under ASA Laws & ASA Technical Rules of Swimming

| BOYS LEVEL 2 QUALIFYING TIMES - 2010 | | | | | | | Short Course - 25m | | | GIRLS LEVEL 2 QUALIFYING TIMES - 2010 | | | | | | |
|--------------------------------------|---------|--------------|---------|----------|----------|----------|--------------------|-------------|-----|---------------------------------------|---------|--------------|---------|----------|----------|----------|
| 9 | 10 | 11 | 12 | 13 | 14 | Open | QT | EVENTS | QT | 9 | 10 | 11 | 12 | 13 | 14 | Open |
| 29.00 | 29.00 | 29.00 | | | | # | Upr | 50m Free | Upr | 31.00 | 31.00 | | | | | # |
| 45.00 | 41.00 | 38.00 | | | | 34.00 | Lwr | | Lwr | 45.00 | 41.00 | | | | | 36.00 |
| | | | 1.00.40 | 57.40 | 55.65 | # | Upr | 100m Free | Upr | | | 1.05.37 | 1.02.48 | 1.00.67 | 59.94 | # |
| | | | 1.17.00 | 1.12.00 | 1.07.00 | 1.05.00 | Lwr | | Lwr | | | 1.21.00 | 1.16.00 | 1.14.00 | 1.11.00 | 1.10.00 |
| 2.41.00 | 2.24.00 | 2.19.75 | 2.11.31 | 2.04.94 | 2.00.70 | # | Upr | 200m Free | Upr | 2.41.00 | 2.25.00 | 2.20.70 | 2.14.43 | 2.10.77 | 2.09.18 | # |
| 3.35.00 | 3.19.00 | 3.00.00 | 2.50.00 | 2.34.00 | 2.25.00 | 2.20.00 | Lwr | | Lwr | 3.35.00 | 3.11.00 | 2.55.00 | 2.44.00 | 2.36.00 | 2.33.00 | 2.31.00 |
| [5.03.00] | | 4.52.30 | 4.36.09 | 4.23.34 | 4.15.03 | 4.06.26 | Upr | 400m Free | Upr | [5.07.00] | | 4.53.87 | 4.40.79 | 4.33.83 | 4.29.28 | 4.27.33 |
| [6.52.00] | | 6.20.00 | 5.49.00 | 5.25.00 | 5.07.00 | 5.00.00 | Lwr | | Lwr | [6.44.00] | | 6.07.00 | 5.41.00 | 5.27.00 | 5.17.00 | 5.12.00 |
| | | [9.46.13] | | 9.22.57 | 9.04.85 | 8.41.72 | Upr | 800m Free | Upr | | | [9.47.84] | | 9.30.56 | 9.24.40 | 9.14.34 |
| | | [12.10.00] | | 11.25.00 | 10.40.00 | 10.15.00 | Lwr | | Lwr | | | [11.35.00] | | 11.00.00 | 10.30.00 | 10.10.00 |
| | | [18.30.81] | | 17.46.63 | 17.13.55 | 16.37.19 | Upr | 1500m Free | Upr | | | [19.06.16] | | 18.17.77 | 18.05.14 | 17.45.83 |
| | | [22.45.00] | | 21.05.00 | 20.00.00 | 19.15.00 | Lwr | | Lwr | | | [23.00.00] | | 22.30.00 | 21.00.00 | 20.25.00 |
| 33.00 | 33.00 | 33.00 | | | | 28.00 | Upr | 50m Back | Upr | 35.00 | 35.00 | | | | | 30.00 |
| 53.00 | 48.00 | 44.00 | | | | 39.00 | Lwr | | Lwr | 52.00 | 46.00 | | | | | 41.00 |
| | | | 1.08.92 | 1.05.07 | 1.02.72 | # | Upr | 100m Back | Upr | | | 1.13.55 | 1.09.99 | 1.07.97 | 1.06.79 | # |
| | | | 1.27.00 | 1.20.00 | 1.15.00 | 1.12.00 | Lwr | | Lwr | | | 1.31.00 | 1.25.00 | 1.21.00 | 1.19.00 | 1.17.00 |
| 3.00.00 | 2.44.00 | 2.36.93 | 2.27.22 | 2.19.74 | 2.14.85 | 2.10.14 | Upr | 200m Back | Upr | 2.59.00 | 2.43.00 | 2.36.51 | 2.29.19 | 2.25.23 | 2.22.61 | 2.21.77 |
| 4.00.00 | 3.43.00 | 3.22.00 | 3.05.00 | 2.50.00 | 2.42.00 | 2.37.00 | Lwr | | Lwr | 4.00.00 | 3.32.00 | 3.15.00 | 3.03.00 | 2.52.00 | 2.47.00 | 2.45.00 |
| 38.00 | 38.00 | 38.00 | | | | 31.00 | Upr | 50m Breast | Upr | 40.00 | 40.00 | | | | | 33.00 |
| 59.00 | 54.00 | 49.00 | | | | 43.00 | Lwr | | Lwr | 58.00 | 52.00 | | | | | 47.00 |
| | | | 1.18.08 | 1.13.22 | 1.10.93 | # | Upr | 100m Breast | Upr | | | 1.23.72 | 1.19.55 | 1.16.99 | 1.15.99 | # |
| | | | 1.37.00 | 1.29.00 | 1.24.00 | 1.22.00 | Lwr | | Lwr | | | 1.44.00 | 1.36.00 | 1.32.00 | 1.29.00 | 1.27.00 |
| 3.28.00 | 3.08.00 | 3.01.47 | 2.49.13 | 2.39.76 | 2.34.18 | 2.28.35 | Upr | 200m Breast | Upr | 3.28.00 | 3.09.00 | 2.59.39 | 2.50.08 | 2.45.65 | 2.43.27 | 2.42.69 |
| 4.42.00 | 4.12.00 | 3.52.00 | 3.31.00 | 3.15.00 | 3.03.00 | 3.00.00 | Lwr | | Lwr | 4.38.00 | 4.04.00 | 3.44.00 | 3.28.00 | 3.16.00 | 3.10.00 | 3.07.00 |
| 32.00 | 32.00 | 32.00 | | | | 26.00 | Upr | 50m Fly | Upr | 34.00 | 34.00 | | | | | 28.00 |
| 50.00 | 46.00 | 42.00 | | | | 37.00 | Lwr | | Lwr | 50.00 | 45.00 | | | | | 40.00 |
| | | | 1.08.82 | 1.04.47 | 1.01.92 | # | Upr | 100m Fly | Upr | | | 1.14.37 | 1.10.13 | 1.07.82 | 1.06.70 | # |
| | | | 1.27.00 | 1.18.00 | 1.13.00 | 1.12.00 | Lwr | | Lwr | | | 1.32.00 | 1.26.00 | 1.22.00 | 1.19.00 | 1.17.00 |
| 3.29.00 | 2.55.00 | 2.44.29 | 2.32.58 | 2.23.59 | 2.17.27 | 2.11.02 | Upr | 200m Fly | Upr | 3.27.00 | 2.55.00 | 2.43.95 | 2.34.90 | 2.28.71 | 2.26.06 | 2.24.86 |
| 4.34.00 | 3.52.00 | 3.29.00 | 3.15.00 | 2.55.00 | 2.43.00 | 2.40.00 | Lwr | | Lwr | 4.29.00 | 3.47.00 | 3.24.00 | 3.08.00 | 2.57.00 | 2.51.00 | 2.49.00 |
| 1.25.00 | 1.18.00 | | | | | | Upr | 100m I.M. | Upr | 1.26.00 | 1.19.00 | | | | | |
| 1.52.00 | 1.46.00 | | | | | | Lwr | | Lwr | 1.52.00 | 1.43.00 | | | | | |
| 3.04.00 | 2.46.00 | 2.39.53 | 2.29.93 | 2.22.00 | 2.17.30 | 2.11.62 | Upr | 200m I.M. | Upr | 3.03.00 | 2.45.00 | 2.39.15 | 2.32.06 | 2.28.07 | 2.25.95 | 2.25.04 |
| 4.10.00 | 3.45.00 | 3.26.00 | 3.09.00 | 2.54.00 | 2.44.00 | 2.42.00 | Lwr | | Lwr | 4.05.00 | 3.36.00 | 3.17.00 | 3.04.00 | 2.55.00 | 2.51.00 | 2.49.00 |
| | | [5.17.67] | | 5.01.01 | 4.51.72 | # | Upr | 400m I.M. | Upr | | | [5.20.47] | | 5.11.60 | 5.07.44 | # |
| | | [6.40.00] | | 6.09.00 | 5.48.00 | 5.35.00 | Lwr | | Lwr | | | [6.30.00] | | 6.11.00 | 6.00.00 | 5.55.00 |

[MERGED QT TIME FIELDS] ARE COMBINED AGES FOR EVENT AWARDS & SINGLE AGE FOR CATEGORY POINTS. # denotes Championship events (no upper time)