

# North Lancashire Swimming & Water Polo Association

Affiliated North West Region Amateur Swimming Association - Licensed Level 2 Open Meet Nos. 2NW9050 & 2NW9051

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

Blackpool Palatine Pool - Saturday/Sunday 24/25 January & Saturday/Sunday 31 January/1 February 2009 - Under ASA Laws & ASA Technical Rules of Swimming

BOYS LEVEL 2 QUALIFYING TIMES - 2009							Short Course - 25m			GIRLS LEVEL 2 QUALIFYING TIMES - 2009						
9	10	11	12	13	14	Open	QT	EVENTS	QT	9	10	11	12	13	14	Open
33.00	30.00	29.00				#	Upr	50m Free	Upr	33.00	31.00					#
45.00	41.00	38.00				34.00	Lwr		Lwr	45.00	41.00					
			1.00.25	57.53	56.17	#	Upr	100m Free	Upr			1.04.95	1.02.36	1.01.09	1.00.21	#
			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	2.18.94	2.11.04	2.05.58	2.01.87	#	Upr	200m Free	Upr	2.41.00	2.25.00	2.20.25	2.14.67	2.11.20	2.09.46	#
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 ]	4.50.14	4.35.03	4.24.49	4.16.76	4.08.08	Upr	400m Free	Upr	[ 5.07.00 ]	4.51.08	4.40.34	4.33.79	4.30.45	4.26.03		
[ 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		
	#		#	#	#	#	Upr	800m Free	Upr		[ 9.47.84 ]		9.30.56	9.24.40	9.14.34	
	[ 12.30.00 ]		11.35.00	10.52.00	10.28.00	Lwr	Lwr		[ 11.45.00 ]				11.12.00	10.50.00	10.43.00	
	[ 18.50.51 ]		18.06.33	17.13.55	16.37.19	Upr	1500m Free	Upr		#	#	#	#	#	#	#
	[ 23.00.00 ]		21.20.00	20.16.00	19.34.00	Lwr		Lwr	[ 23.25.00 ]				22.15.00	21.30.00	21.25.00	
38.00	35.00	33.00				28.00	Upr	50m Back	Upr	38.00	35.00					30.00
53.00	48.00	44.00				39.00	Lwr		Lwr	52.00	46.00					
			1.09.37	1.05.86	1.03.24	#	Upr	100m Back	Upr			1.14.28	1.10.54	1.09.22	1.08.25	#
			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	2.37.19	2.28.60	2.21.27	2.16.92	2.10.15	Upr	200m Back	Upr	2.59.00	2.43.00	2.37.65	2.30.79	2.27.41	2.25.45	2.22.23
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
44.00	40.00	38.00				31.00	Upr	50m Breast	Upr	44.00	40.00					33.00
59.00	54.00	49.00				43.00	Lwr		Lwr	58.00	52.00					
			1.19.33	1.14.92	1.11.40	#	Upr	100m Breast	Upr			1.24.08	1.19.55	1.16.82	1.15.80	#
			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	3.00.19	2.49.39	2.42.73	2.34.03	2.26.40	Upr	200m Breast	Upr	3.28.00	3.09.00	2.58.91	2.51.28	2.45.38	2.42.25	2.41.49
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
38.00	34.00	32.00				26.00	Upr	50m Fly	Upr	38.00	34.00					28.00
50.00	46.00	42.00				37.00	Lwr		Lwr	50.00	45.00					
			1.07.40	1.03.93	1.01.46	#	Upr	100m Fly	Upr			1.12.84	1.09.09	1.07.01	1.06.18	#
			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	2.43.91	2.30.16	2.21.26	2.15.80	2.09.36	Upr	200m Fly	Upr	3.27.00	2.55.00	2.43.54	2.32.17	2.26.92	2.23.94	2.23.14
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	2.38.21	2.29.54	2.22.63	2.18.22	2.11.80	Upr	200m I.M.	Upr	3.03.00	2.45.00	2.39.37	2.32.07	2.28.75	2.26.89	2.23.99
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
	[ 5.15.99 ]		5.02.44	4.52.96	#	Upr	400m I.M.	Upr		[ 5.19.24 ]		5.11.77	5.08.69	#		
	[ 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 Champ events and 800/1500m where no upper time required