

**NORTH LANCASHIRE SWIMMING AND WATER POLO ASSOCIATION  
2024 LEVEL 3 AGE GROUPS AND CHAMPIONSHIPS QUALIFYING TIMES**

Licence No. 3NW 241693

**OPEN/MALE**

<b>EVENTS</b>	<b>QT</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16/Ov</b>
<b>50 Free</b>	<b>L</b>	45.09	43.09	42.09	38.09	35.59	34.59	33.59	33.59
	<b>U</b>	31.09	30.09	29.59	28.59	25.59	24.59	23.09	23.09
<b>100 Free</b>	<b>L</b>	1.34.59	1.29.09	1.24.59	1.17.59	1.14.09	1.11.09	1.08.09	1.08.09
	<b>U</b>	1.05.09	1.03.09	1.02.59	1.00.59	56.59	53.59	51.09	51.09
<b>200 Free</b>	<b>L</b>	3.40.59	3.20.09	3.03.09	2.50.09	2.38.09	2.32.09	2.26.09	2.26.09
	<b>U</b>	2.20.59	2.15.59	2.15.59	2.10.59	2.03.59	1.58.59	1.55.59	1.55.59
<b>400 Free</b>	<b>L</b>	7.00.59	6.54.09	6.17.09	5.50.09	5.31.09	5.15.09	5.06.59	5.06.59
	<b>U</b>	5.15.59	5.10.59	5.00.59	4.50.59	4.25.59	4.15.59	4.00.09	4.00.09
<b>800 Free</b>	<b>L</b>	<b>NO</b>	<b>NO</b>	11.45.09	11.28.09	11.10.09	10.50.09	10.30.09	10.20.09
	<b>U</b>	<b>EVENT</b>	<b>EVENT</b>	9.35.09	9.30.09	9.00.09	8.35.09	8.25.09	8.20.09
<b>1500 Free</b>	<b>L</b>	<b>NO</b>	<b>NO</b>	22.10.09	22.00.09	21.25.09	20.25.09	19.50.09	19.30.09
	<b>U</b>	<b>EVENT</b>	<b>EVENT</b>	19.50.09	19.40.09	18.20.09	16.55.09	16.55.09	16.30.09
<b>50 Breast</b>	<b>L</b>	59.09	54.59	52.59	48.09	44.09	43.09	40.59	40.59
	<b>U</b>	43.09	21.09	38.09	35.09	32.09	30.09	28.59	28.59
<b>100 Breast</b>	<b>L</b>	1.59.59	1.55.09	1.50.09	1.42.09	1.34.59	1.30.09	1.26.09	1.26.09
	<b>U</b>	1.35.09	1.31.09	1.25.59	1.22.59	1.15.09	1.10.09	1.05.09	1.05.09
<b>200 Breast</b>	<b>L</b>	4.50.59	4.15.09	3.55.09	3.36.09	3.20.09	3.10.59	3.03.09	3.03.09
	<b>U</b>	3.20.59	3.10.59	3.00.59	2.55.59	2.35.59	2.25.59	2.30.09	2.25.09
<b>50 Fly</b>	<b>L</b>	53.09	48.09	45.09	42.09	38.59	36.59	35.09	35.09
	<b>U</b>	39.09	36.09	33.09	31.09	28.09	26.09	25.09	25.09
<b>100 Fly</b>	<b>L</b>	1.51.59	1.42.09	1.34.59	1.27.59	1.23.59	1.20.09	1.15.09	1.15.09
	<b>U</b>	1.23.09	1.20.09	1.16.09	1.07.09	1.00.09	57.09	55.09	55.09
<b>200 Fly</b>	<b>L</b>	<b>NO</b>	3.55.09	3.32.09	3.15.09	3.00.09	2.54.09	2.45.09	2.45.09
	<b>U</b>	<b>EVENT</b>	3.00.59	2.50.59	2.40.59	2.20.59	2.15.59	2.10.59	2.10.59
<b>50 Back</b>	<b>L</b>	52.59	47.09	45.59	41.59	39.59	38.09	36.59	36.59
	<b>U</b>	38.09	36.09	35.09	32.09	30.09	28.09	26.09	26.09
<b>100 Back</b>	<b>L</b>	1.48.59	1.41.59	1.35.59	1.27.59	1.24.09	1.20.09	1.16.09	1.16.09
	<b>U</b>	1.15.09	1.12.09	1.15.09	1.10.09	1.05.09	1.01.09	59.09	59.09
<b>200 Back</b>	<b>L</b>	4.05.59	3.43.09	3.23.09	3.07.09	2.57.09	2.49.09	2.42.09	2.42.09
	<b>U</b>	2.40.59	2.35.59	2.30.09	2.25.09	2.20.09	2.15.09	2.07.59	2.07.59
<b>100 Ind med</b>	<b>L</b>	1.56.59	1.48.09	1.39.09	1.33.09	1.27.09	1.23.09	1.19.09	1.19.09
	<b>U</b>	1.18.59	1.16.59	1.14.59	1.12.59	1.07.59	1.04.59	1.01.59	1.01.59
<b>200 Ind Med</b>	<b>L</b>	4.10.59	3.43.09	3.25.09	3.09.09	2.59.09	2.51.09	2.44.59	2.44.59
	<b>U</b>	3.00.59	2.50.59	2.40.59	2.35.09	2.20.09	2.10.09	2.05.59	2.05.59
<b>400 Ind Med</b>	<b>L</b>	<b>NO</b>	<b>NO</b>	6.49.09	6.38.09	6.18.09	6.00.09	5.48.09	5.48.09
	<b>U</b>	<b>EVENT</b>	<b>EVENT</b>	5.35.59	5.25.59	4.45.59	4.40.59	4.35.09	4.35.09

**All times must have been achieved between**

**1st September 2023 and 8 September 2024 from a licensed meet ( Level 1,2,3 or 4)**