

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

Licence No. 3NW 241693

GIRLS

EVENTS	QT	9	10	11	12	13	14	15	16/Ov
50 Free	L	45.09	43.09	42.09	37.59	36.09	35.09	34.59	34.59
	U	33.09	31.09	29.09	28.09	27.09	26.09	25.09	25.09
100 Free	L	1.34.59	1.29.09	1.25.09	1.19.09	1.15.59	1.14.09	1.12.59	1.12.59
	U	1.07.09	1.05.09	1.04.09	1.03.09	1.00.09	58.09	55.59	55.59
200 Free	L	3.40.59	3.17.09	3.02.59	2.49.09	2.40.59	2.38.09	2.35.09	2.35.09
	U	2.23.59	2.20.29	2.17.59	2.15.59	2.10.59	2.05.59	2.00.59	2.00.59
400 Free	L	7.00.59	6.51.09	6.17.09	5.50.09	5.35.09	5.27.09	5.21.09	5.21.09
	U	5.15.59	5.10.59	5.05.59	4.50.59	4.40.59	4.35.59	4.10.59	4.10.59
800 Free	L	NO	NO	11.45.09	11.28.09	11.25.09	11.10.09	10.50.00	10.45.09
	U	EVENT	EVENT	10.00.59	9.50.09	9.45.09	9.30.09	9.00.09	9.00.09
1500 Free	L	NO	NO	22.20.09	22.00.09	21.45.09	21.00.09	20.30.09	20.00.09
	U	EVENT	EVENT	19.00.59	18.50.59	18.30.59	18.00.59	17.40.59	17.23.59
50 Breast	L	59.09	54.59	52.09	47.09	44.59	43.59	42.59	42.59
	U	44.09	41.09	38.09	35.09	33.09	31.09	30.09	30.09
100 Breast	L	1.59.59	1.55.09	1.48.59	1.40.09	1.36.09	1.34.09	1.33.09	1.33.09
	U	1.36.09	1.32.09	1.25.59	1.22.59	1.17.59	1.12.59	1.09.59	1.09.59
200 Breast	L	4.50.59	4.09.09	3.52.09	3.35.09	3.22.09	3.19.59	3.18.09	3.18.09
	U	3.20.59	3.10.59	3.05.09	2.55.09	2.40.09	2.30.09	2.30.59	2.30.59
50 Fly	L	53.09	48.09	45.09	42.09	39.09	38.09	37.59	37.59
	U	39.09	34.09	33.09	31.09	29.09	27.09	26.09	26.09
100 Fly	L	1.51.59	1.42.09	1.36.09	1.29.09	1.25.09	1.23.09	1.21.09	1.21.09
	U	1.24.09	1.21.09	1.15.59	1.10.59	1.05.59	1.02.59	1.00.09	1.00.09
200 Fly	L	NO	3.50.09	3.30.09	3.16.09	3.04.09	3.00.09	2.56.09	2.56.09
	U	EVENT	3.02.59	2.50.59	2.40.59	2.30.59	2.20.59	2.15.09	2.15.09
50 Back	L	52.59	47.09	45.59	42.09	40.59	39.59	39.09	39.09
	U	38.09	37.09	34.09	33.09	31.09	29.09	28.09	28.09
100 Back	L	1.48.59	1.41.59	1.35.59	1.29.59	1.26.09	1.23.59	1.22.09	1.22.09
	U	1.17.09	1.15.09	1.13.09	1.11.09	1.06.09	1.03.09	1.01.59	1.01.59
200 Back	L	4.05.59	3.43.09	3.25.09	3.10.09	2.59.59	2.56.09	2.52.59	2.52.59
	U	2.50.59	2.45.59	2.38.59	2.30.59	2.25.59	2.20.59	2.18.09	2.18.09
100 Ind med	L	1.56.59	1.48.09	1.39.09	1.33.09	1.29.09	1.25.09	1.21.09	1.21.09
	U	1.18.59	1.16.59	1.14.59	1.12.59	1.09.59	1.07.59	1.05.59	1.05.59
200 Ind Med	L	4.10.59	3.39.09	3.25.09	3.12.09	3.01.09	2.59.09	2.56.09	2.56.09
	U	3.01.59	2.51.59	2.40.09	2.32.09	2.20.09	2.10.09	2.15.09	2.15.09
400 Ind Med	L	NO	NO	6.53.09	6.42.09	6.23.09	6.13.09	6.07.09	6.07.09
	U	EVENT	EVENT	5.40.59	5.30.59	5.20.59	5.00.59	4.50.59	4.50.59

All times must have been achieved between

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