

NORTH LANCASHIRE SWIMMING AND WATER POLO ASSOCIATION
2025 LEVEL 3 AGE GROUPS AND CHAMPIONSHIPS QUALIFYING TIMES
No. 3NW 251148 & 3NW21149

OPEN/MALE

EVENTS	QT	9	10	11	12	13	14	15	16/Ov
50 Free	L	47.09	44.09	42.09	38.09	35.09	34.59	32.59	32.59
	U	31.09	30.09	29.59	28.59	25.59	23.09	22.09	22.09
100 Free	L	1.37.09	1.31.09	1.25.09	1.17.09	1.14.09	1.11.09	1.08.09	1.08.09
	U	1.10.09	1.06.09	1.03.09	1.00.09	56.09	53.09	50.09	50.09
200 Free	L	3.45.09	3.25.09	3.03.09	2.48.09	2.38.09	2.32.09	2.26.09	2.26.09
	U	2.30.09	2.25.09	2.18.09	2.11.09	2.04.09	1.57.09	1.53.09	1.53.09
400 Free	L	7.00.09	6.50.09	6.17.09	5.50.09	5.31.09	5.15.09	5.06.09	5.06.09
	U	5.20.09	5.10.09	4.58.09	4.47.09	4.23.09	4.10.09	4.00.09	4.00.09
800 Free	L	NO	NO	11.45.09	11.28.09	11.10.09	10.50.09	10.30.09	10.30.09
	U	EVENT	EVENT	9.35.09	9.30.09	9.00.09	8.40.09	8.25.09	8.25.09
1500 Free	L	NO	NO	22.10.09	22.00.09	21.25.09	20.25.09	19.50.09	19.30.09
	U	EVENT	EVENT	19.50.09	18.50.09	18.20.09	16.55.09	16.30.09	16.30.09
50 Breast	L	1.00.09	55.09	52.09	48.09	44.09	43.09	40.59	40.59
	U	43.09	41.09	38.09	35.09	31.09	29.09	28.09	28.09
100 Breast	L	2.05.09	1.55.09	1.50.09	1.42.09	1.34.09	1.30.09	1.26.09	1.26.09
	U	1.35.09	1.31.09	1.25.09	1.21.09	1.13.09	1.08.09	1.03.09	1.03.09
200 Breast	L	4.50.09	4.15.09	3.55.09	3.36.09	3.20.09	3.10.09	3.03.09	3.03.09
	U	3.20.09	3.10.09	3.00.09	2.55.09	2.33.09	2.22.09	2.20.09	2.20.09
50 Fly	L	57.09	51.09	47.09	44.09	40.09	38.09	37.09	37.09
	U	39.09	36.09	33.09	30.09	27.09	25.09	23.09	23.09
100 Fly	L	1.55.09	1.45.09	1.36.09	1.28.09	1.25.09	1.21.09	1.17.09	1.17.09
	U	1.25.09	1.20.09	1.16.09	1.08.09	1.02.09	57.09	55.09	55.09
200 Fly	L	NO	3.55.09	3.32.09	3.15.09	3.00.09	2.54.09	2.45.09	2.45.09
	U	EVENT	3.00.09	2.50.09	2.40.09	2.20.09	2.13.09	2.09.09	2.09.09
50 Back	L	54.09	48.09	45.09	41.09	39.09	38.09	36.09	36.09
	U	38.09	36.09	35.09	31.09	29.09	27.09	25.09	25.09
100 Back	L	1.50.09	1.43.09	1.35.09	1.27.09	1.24.09	1.20.09	1.16.09	1.16.09
	U	1.17.09	1.15.09	1.12.09	1.09.09	1.04.09	1.00.59	58.09	58.09
200 Back	L	4.05.09	3.45.09	3.23.09	3.07.09	2.57.09	2.49.09	2.42.09	2.42.09
	U	2.45.09	2.40.09	2.30.09	2.24.09	2.18.09	2.14.09	2.05.09	2.05.09
100 Ind med	L	1.59.09	1.49.09	1.40.09	1.33.09	1.27.09	1.23.09	1.19.09	1.19.09
	U	1.20.09	1.18.09	1.16.09	1.10.09	1.06.09	1.02.09	1.00.09	1.00.09
200 Ind Med	L	4.10.09	3.45.09	3.25.09	3.09.09	2.59.09	2.51.09	2.44.09	2.44.09
	U	3.00.09	2.50.09	2.40.09	2.32.09	2.17.09	2.08.09	2.04.09	2.04.09
400 Ind Med	L	NO	NO	6.50.09	6.38.09	6.18.09	6.00.09	5.48.09	5.48.09
	U	EVENT	EVENT	5.35.09	5.25.09	4.43.09	4.38.09	4.32.09	4.32.09