

LEVEL THREE LICENSED MEET - Licence No tbc
Saturday 18th and Sunday 19th June 2016 - Newmarket Leisure Centre

	FEMALE QUALIFYING TIMES								EVENT	MALE QUALIFYING TIMES								
	9	10	11	12	13	14	15	16+		9	10	11	12	13	14	15	16+	
not faster than	41.00	39.50	37.50	36.50	35.00	33.30	32.50	31.50	50 free	40.00	39.90	36.50	35.10	33.00	31.90	30.50	29.20	not faster than
not slower than	47.00	45.00	43.00	40.00	39.00	36.50	35.50	33.50	100	47.00	45.50	43.00	38.00	35.50	34.00	33.50	33.50	not slower than
not faster than	1.30.00	1.24.00	1.20.00	1.17.80	1.11.70	1.10.70	1.09.30	1.07.20	free	1.32.00	1.26.40	1.19.00	1.15.30	1.11.10	1.07.80	1.05.40	1.01.20	not faster than
not slower than	1.45.00	1.42.00	1.31.00	1.23.00	1.18.50	1.17.00	1.16.00	1.13.00	200	1.43.00	1.35.00	1.30.00	1.25.50	1.20.00	1.15.00	1.13.50	1.10.00	not slower than
not faster than	3.34.00	3.05.90	2.53.5	2.48.10	2.37.40	2.29.50	2.25.50	2.24.80	free	3.14.00	2.55.10	2.50.00	2.45.30	2.38.80	2.27.00	2.21.70	2.13.20	not faster than
not slower than	2.05.00	3.40.0	3.18.00	3.00.00	2.52.00	2.50.50	2.44.00	2.34.00	50	3.42.00	3.20.50	3.15.00	3.03.50	2.52.00	2.42.50	2.37.00	2.27.00	not slower than
not faster than	46.50	43.50	42.00	40.40	37.10	36.80	36.50	36.30	back	46.20	45.90	41.50	40.80	37.40	35.10	34.50	33.80	not faster than
not slower than	51.00	50.00	48.50	44.50	42.00	40.50	39.50	39.40	100	54.10	53.50	48.50	46.00	41.50	40.50	40.00	38.50	not slower than
not faster than	1.40.00	1.34.50	1.28.00	1.25.50	1.19.80	1.15.40	1.15.10	1.14.90	back	1.44.00	1.38.50	1.27.50	1.24.90	1.20.00	1.17.00	1.13.20	1.08.20	not faster than
not slower than	2.00.00	1.51.00	1.42.00	1.32.00	1.28.00	1.19.00	1.18.50	1.18.00	200	1.53.00	1.46.00	1.36.00	1.29.50	1.25.00	1.21.5	1.18.00	1.16.00	not slower than
not faster than	3.25.00	3.15.00	3.01.00	2.59.50	2.50.10	2.47.10	2.43.50	2.41.20	back	3.34.00	3.26.5	3.22.00	3.11.80	2.54.20	2.43.90	2.38.20	2.28.10	not faster than
not slower than	4.00.00	3.51.00	3.31.00	3.15.50	3.14.00	3.07.50	3.04.00	3.01.00	50	3.52.00	3.43.00	3.38.00	3.26.50	3.13.00	3.00.00	2.51.00	2.41.00	not slower than
not faster than	53.50	51.90	46.30	45.90	44.10	42.20	41.30	40.90	breast	57.00	55.50	51.50	45.50	40.70	39.70	39.20	36.50	not faster than
not slower than	1.00.50	58.00	53.50	52.00	49.50	48.00	46.50	45.00	100	1.04.00	1.03.50	1.02.50	52.00	50.50	45.00	44.00	41.50	not slower than
not faster than	1.56.00	1.50.10	1.45.00	1.40.30	1.32.80	1.30.00	1.26.00	1.23.00	breast	2.00.00	1.54.70	1.45.00	1.36.50	1.29.90	1.26.70	1.23.50	1.17.50	not faster than
not slower than	2.05.00	2.00.00	1.55.50	1.53.50	1.40.00	1.39.00	1.34.00	1.30.50	200	2.10.00	2.04.00	1.55.00	1.43.00	1.40.50	1.35.00	1.30.00	1.21.00	not slower than
not faster than	4.04.00	3.52.50	3.41.70	3.30.70	3.20.40	3.13.50	3.07.20	3.04.70	breast	4.07.00	3.59.70	3.46.00	3.38.40	3.11.50	3.09.30	2.52.30	2.48.50	not faster than
not slower than	4.20.00	4.08.50	4.00.50	3.52.00	3.33.50	3.28.00	3.18.00	3.12.00	50 fly	4.25.00	4.24.50	4.10.00	4.18.00	3.33.00	3.32.00	3.18.00	3.05.00	not slower than
not faster than	49.00	46.40	44.00	42.00	37.90	36.60	35.50	35.00	100 fly	53.00	49.90	46.50	43.70	37.80	35.80	34.90	32.30	not faster than
not slower than	56.00	55.50	50.00	49.00	42.50	42.50	41.50	39.00	200 fly	1.10.00	1.03.00	58.00	53.00	43.50	41.00	40.00	39.00	not slower than
not faster than	1.50.00	1.40.00	1.33.00	1.29.60	1.22.90	1.19.70	1.16.10	1.14.30	100 IM	1.46.00	1.35.70	1.27.50	1.21.30	1.16.40	1.14.80	1.12.10	1.07.10	not faster than
not slower than	2.10.00	2.01.00	1.52.00	1.36.50	1.30.00	1.26.00	1.25.50	1.25.00	200 IM	1.58.00	1.51.00	1.38.00	1.32.05	1.27.00	1.26.50	1.25.50	1.24.50	not slower than
not faster than	3.50.00	3.21.2	3.14.00	3.07.10	2.54.30	2.49.50	2.44.70	2.42.80	100 IM	3.56.00	3.20.70	3.13.00	3.06.80	2.43.00	2.38.30	2.35.80	2.31.90	not faster than
not slower than	4.20.00	3.55.50	3.48.00	3.33.00	3.18.00	3.08.00	2.58.00	2.56.00	200 IM	4.22.00	3.42.50	3.33.00	3.20.00	2.55.50	2.52.00	2.49.00	2.46.00	not slower than
not faster than	1.52.00	1.38.20	1.29.50	1.26.00	1.23.70	1.21.00	1.18.40	1.17.80	100 IM	1.50.00	1.38.80	1.35.00	1.29.10	1.22.90	1.18.40	1.15.90	1.13.60	not faster than
not slower than	2.0.00	1.58.50	1.38.50	1.36.00	1.34.00	1.32.50	1.26.50	1.24.00	200 IM	2.10.00	1.55.00	1.51.00	1.43.50	1.30.50	1.26.40	1.23.00	1.22.50	not slower than
not faster than	3.40.00	3.21.10	3.11.00	3.09.90	3.00.00	2.54.00	2.48.70	2.45.20	100 IM	3.40.00	3.24.60	3.15.00	3.03.20	2.52.80	2.48.20	2.40.50	2.30.70	not faster than
not slower than	3.58.00	3.38.5	3.31.00	3.29.00	3.24.00	3.10.00	3.00.00	2.58.00	200 IM	3.50.00	3.44.00	3.34.00	3.27.00	3.10.50	3.03.00	2.50.50	2.41.00	not slower than

All submitted entry times to be achieved from 28th June 2015 and in a 25m pool or converted using the ASA Equivalent Performance Tables. Submitted entry times must be between the times shown above. Closing date for entries: Saturday 21st May 2016. Age as at last date of competition.

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