



Team Luton Swimming Club: March Long Course Meet 2019

Licensed by the ASA for entry into Regional and National Championships at Level 1 under No. 1ER190183

Saturday 30 & Sunday 31 March 2019

Minimum Qualifying Standard (25m)

Ages are as at 31 December 2019

BOYS						EVENT	GIRLS					
11	12	13	14	15	16/ov		11	12	13	14	15	16/ov
00:38.4	00:36.2	00:34.2	00:32.2	00:30.4	00:28.7	Freestyle 50m	00:40.8	00:38.5	00:36.3	00:34.3	00:32.3	00:30.5
01:25.8	01:18.8	01:13.7	01:09.8	01:06.9	01:02.5	Freestyle 100m	01:26.2	01:19.3	01:15.2	01:12.7	01:09.1	01:07.3
03:03.6	02:51.3	02:40.8	02:32.6	02:25.6	02:16.2	Freestyle 200m	03:04.4	02:51.3	02:42.5	02:36.2	02:29.1	02:25.8
06:26.4	05:56.5	05:38.1	05:21.8	05:07.0	04:49.0	Freestyle 400m	06:27.4	05:56.4	05:38.8	05:26.3	05:12.8	05:06.3
13:00.0	12:00.0	11:39.0	10:45.1	10:26.5	10:22.1	Freestyle 800m	13:04.0	12:19.6	11:39.0	11:10.8	10:56.0	10:50.0
26:13.8	24:44.7	22:20.5	21:16.6	20:19.0	19:37.1	Freestyle 1500m	25:30.2	24:30.1	22:20.5	21:57.00	21:19.0	21:00.0
00:51.5	00:48.6	00:45.9	00:43.3	00:40.8	00:38.5	Breaststroke 50m	00:53.5	00:50.5	00:47.6	00:44.9	00:42.4	00:40.0
01:50.2	01:41.5	01:34.7	01:28.8	01:24.6	01:18.8	Breaststroke 100m	01:50.3	01:41.6	01:35.2	01:30.8	01:27.5	01:23.6
03:57.2	03:39.1	03:25.2	03:12.5	03:02.5	02:51.5	Breaststroke 200m	03:55.5	03:36.6	03:24.9	03:15.5	03:06.7	02:59.8
00:43.4	00:40.9	00:38.6	00:36.4	00:34.3	00:32.4	Butterfly 50m	00:45.5	00:42.9	00:40.5	00:38.2	00:36.0	00:34.0
01:36.9	01:27.7	01:21.5	01:16.8	01:12.8	01:07.7	Butterfly 100m	01:38.1	01:28.8	01:23.4	01:19.9	01:16.3	01:14.3
03:23.3	03:12.5	02:59.9	02:49.9	02:40.9	02:30.3	Butterfly 200m	03:34.6	03:23.4	03:12.6	03:01.7	02:53.5	02:47.1
00:44.3	00:41.8	00:39.4	00:37.2	00:35.1	00:33.1	Backstroke 50m	00:47.2	00:44.6	00:42.0	00:39.7	00:37.4	00:35.3
01:37.3	01:29.8	01:24.1	01:19.2	01:15.0	01:10.2	Backstroke 100m	01:37.5	01:29.9	01:24.5	01:21.7	01:17.9	01:14.6
03:25.8	03:12.0	03:00.7	02:50.3	02:42.3	02:30.3	Backstroke 200m	03:26.3	03:11.0	03:00.6	02:54.3	02:45.8	02:39.9
03:29.6	03:14.3	03:02.8	02:52.7	02:44.8	02:33.8	Ind Medley 200m	03:29.6	03:14.3	03:03.3	02:56.8	02:48.9	02:43.7
07:26.3	06:50.8	06:26.7	06:06.4	05:49.3	05:27.5	Ind Medley 400m	07:26.2	06:47.3	06:24.9	06:10.6	05:55.2	05:43.9