



Team Luton Swimming Club: March Long Course Meet 2024

Licensed by the Swim England for entry into Regional and National Championships at Level 1 under No. 1ER240270

Saturday 16 & Sunday 17 March 2024

Minimum Qualifying Standard (25m)

Ages are as at 31 December 2024

OPEN/MALE							EVENT	FEMALE						
11 years	12 years	13 years	14 years	15 years	16 years	17 years +		11 years	12 years	13 years	14 years	15 years	16 years	17 years +
00:37.83	00:36.53	00:33.87	00:32.48	00:31.44	00:30.36	00:29.18	50 Freestyle	00:37.83	00:36.38	00:35.11	00:34.14	00:33.85	00:33.37	00:32.79
01:21.48	01:19.74	01:15.82	01:12.27	01:08.04	01:06.64	01:03.83	100 Freestyle	01:22.06	01:19.64	01:16.92	01:14.01	01:12.85	01:12.07	01:10.42
02:55.18	02:54.13	02:46.20	02:36.21	02:28.57	02:26.27	02:20.49	200 Freestyle	02:52.85	02:51.79	02:45.68	02:40.44	02:38.30	02:35.30	02:33.55
06:05.50	06:03.91	05:45.72	05:33.77	05:17.55	05:08.64	04:56.86	400 Freestyle	05:59.09	05:57.64	05:46.29	05:39.31	05:29.90	05:26.89	05:22.04
12:27.87	12:25.54	11:55.51	11:29.20	11:06.62	10:47.30	10:32.40	800 Freestyle	12:26.71	12:23.99	11:56.64	11:38.59	11:21.04	11:18.90	11:15.61
23:57.54	23:51.72	22:52.71	21:28.97	20:49.09	20:28.02	20:00.08	1500 Freestyle	23:48.23	23:45.90	23:04.19	22:18.79	21:57.07	21:38.05	21:32.43
00:50.05	00:48.48	00:44.83	00:42.25	00:41.03	00:40.16	00:37.95	50 Breaststroke	00:49.47	00:48.31	00:45.59	00:44.23	00:43.94	00:43.65	00:43.17
01:49.42	01:47.75	01:41.10	01:34.87	01:29.41	01:27.18	01:22.66	100 Breaststroke	01:45.92	01:44.47	01:38.07	01:37.58	01:36.03	01:35.06	01:33.80
03:49.31	03:47.29	03:37.03	03:26.18	03:13.00	03:07.91	03:03.10	200 Breaststroke	03:44.65	03:42.32	03:32.82	03:28.26	03:26.51	03:23.99	03:22.83
00:43.07	00:41.21	00:38.20	00:36.47	00:35.00	00:33.54	00:32.20	50 Butterfly	00:41.90	00:40.74	00:38.70	00:37.25	00:36.96	00:36.76	00:35.99
01:36.61	01:35.10	01:29.43	01:23.53	01:17.64	01:15.27	01:11.31	100 Butterfly	01:38.36	01:34.28	01:29.63	01:25.75	01:23.71	01:23.61	01:19.25
03:44.07	03:42.02	03:31.07	03:14.28	02:57.50	02:52.40	02:43.31	200 Butterfly	03:40.00	03:37.47	03:33.69	03:17.40	03:12.55	03:10.02	03:04.98
00:43.07	00:42.39	00:39.81	00:37.70	00:36.44	00:35.52	00:33.87	50 Backstroke	00:44.81	00:41.90	00:40.35	00:39.09	00:38.51	00:37.73	00:37.54
01:33.70	01:31.77	01:26.97	01:22.75	01:18.52	01:16.08	01:12.63	100 Backstroke	01:32.54	01:29.73	01:26.04	01:23.52	01:22.45	01:21.19	01:20.22
03:14.39	03:12.30	03:06.13	02:56.98	02:47.81	02:43.07	02:37.62	200 Backstroke	03:12.06	03:09.93	03:05.27	03:02.17	02:58.19	02:55.57	02:53.15
03:28.80	03:25.84	03:14.36	03:04.80	02:55.24	02:50.22	02:43.76	200 Individual Medley	03:21.60	03:19.70	03:15.70	03:07.80	03:05.20	03:02.60	03:00.90
07:04.86	07:02.58	06:43.20	06:23.69	06:04.18	05:58.14	05:39.84	400 Individual Medley	06:56.81	06:55.16	06:43.52	06:31.88	06:29.36	06:26.74	06:23.05