

Harlow Penguins Swimming Club presents

2019 East Region qualifier Open Meet

A Level 3 Licensed meet No. 3ER190522

under ASA Laws & ASA Technical Rules of Swimming

at

Harlow LeisureZone, Essex. CM20 3DT

on

Friday 29th March 2019

Session 1 - Warm-up 18.30; Start 19.30				
Event 101	HDW	Girls	50m	Breaststroke
Event 102	HDW	Boys	50m	Breaststroke
Event 103	HDW	Girls	50m	Backstroke
Event 104	HDW	Boys	50m	Backstroke
Event 105	HDW	Girls	50m	Butterfly
Event 106	HDW	Boys	50m	Butterfly

Saturday 30th March 2019

Session 2 - Warm-up 12.30; Start 13.30					Session 3 - Warm-up 17.15; Start 18.15				
Event 207	HDW	Girls	400m	Freestyle	Event 319	HDW	Boys	400m	IM
Event 208	HDW	Boys	400m	Freestyle	Event 320	HDW	Girls	400m	IM
Event 209	HDW	Girls	100m	Breaststroke	Event 321	HDW	Boys	100m	Backstroke
Event 210	HDW	Boys	100m	Breaststroke	Event 322	HDW	Girls	100m	Backstroke
Event 211	HDW	Girls	200m	Backstroke	Event 323	HDW	Boys	200m	Freestyle
Event 212	HDW	Boys	200m	Backstroke	Event 324	HDW	Girls	200m	Freestyle
Event 213	HDW	Girls	200m	IM	Event 325	HDW	Boys	100m	Butterfly
Event 214	HDW	Boys	200m	IM	Event 326	HDW	Girls	100m	Butterfly
Event 215	HDW	Girls	200m	Butterfly	Event 327	HDW	Boys	200m	Breaststroke
Event 216	HDW	Boys	200m	Butterfly	Event 328	HDW	Girls	200m	Breaststroke
Event 217	HDW	Girls	50m	Freestyle	Event 329	HDW	Boys	100m	Freestyle
Event 218	HDW	Boys	50m	Freestyle	Event 330	HDW	Girls	100m	Freestyle

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Session 1: Friday 29th March 2019

Sessions 2 & 3: Saturday 30th March 2019

GIRLS LOWER LIMIT TIMES

GIRLS UPPER LIMIT TIMES

9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/OV	STROKE	9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/OV
1:00.5	0:55.0	0:50.0	0:48.4	0:43.8	0:43.7	0:43.6	50m Back	0:33.6	0:32.9	0:30.6	0:30.6	0:29.5	0:28.5	0:28.1
1:09.6	1:03.2	0:57.5	0:54.1	0:50.6	0:50.0	0:49.3	50m Breast	0:39.9	0:38.7	0:34.9	0:34.9	0:33.3	0:32.3	0:32.1
0:59.8	0:54.4	0:49.5	0:47.0	0:43.7	0:42.4	0:41.4	50m Fly	0:35.4	0:33.8	0:29.7	0:29.7	0:28.2	0:27.2	0:27.0
0:50.1	0:45.5	0:41.4	0:39.1	0:36.8	0:36.5	0:36.2	50m Free	0:31.5	0:30.0	0:26.6	0:26.6	0:25.6	0:24.9	0:24.8
2:08.0	1:56.4	1:45.8	1:38.0	1:33.2	1:32.0	1:30.7	100m Back	1:16.9	1:12.6	1:05.5	1:05.5	1:02.8	1:00.5	1:00.2
2:26.1	2:12.8	2:00.8	1:55.8	1:48.6	1:45.8	1:41.3	100m Breast	1:25.2	1:22.0	1:16.3	1:16.3	1:11.6	1:11.3	1:10.1
2:06.6	1:55.1	1:44.7	1:38.8	1:35.5	1:32.0	1:28.3	100m Fly	1:15.9	1:12.1	1:08.9	1:08.9	1:05.4	1:02.6	1:01.1
1:52.7	1:42.5	1:33.2	1:27.4	1:20.5	1:19.3	1:18.4	100m Free	1:08.3	1:04.5	0:58.1	0:58.1	0:56.2	0:54.0	0:53.2
4:32.7	4:07.9	3:45.4	3:26.1	3:20.1	3:13.2	3:07.3	200m Back	2:52.2	2:39.6	2:18.7	2:18.7	2:15.3	2:13.0	2:10.1
5:06.1	4:38.3	4:13.0	4:03.6	3:50.0	3:44.8	3:35.5	200m Breast	3:28.8	3:12.1	2:42.3	2:42.3	2:35.4	2:32.1	2:30.8
5:08.9	4:40.8	4:15.3	3:41.5	3:30.8	3:22.4	3:16.8	200m Fly	3:30.6	3:08.5	2:38.9	2:38.9	2:36.1	2:24.2	2:20.6
3:56.6	3:35.1	3:15.5	3:07.5	2:52.5	2:46.7	2:45.6	200m Free	2:34.5	2:24.0	2:05.4	2:05.4	2:01.0	1:56.9	1:55.6
8:18.2	7:32.9	6:51.7	6:20.0	5:48.5	5:41.6	5:40.4	400m Free	5:14.4	4:52.2	4:21.1	4:21.1	4:12.8	4:07.8	4:00.9
4:32.7	4:07.9	3:45.4	3:29.3	3:15.5	3:09.6	3:04.8	200m IM	2:48.0	2:37.5	2:21.5	2:21.5	2:18.6	2:13.0	2:11.2
8:47.0	7:59.1	7:15.5	7:17.8	6:42.5	6:40.2	6:29.6	400m IM	6:06.9	5:33.5	5:03.2	5:03.2	4:54.7	4:46.2	4:44.3

BOYS LOWER LIMIT TIMES

BOYS UPPER LIMIT TIMES

9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/OV	STROKE	9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/OV
0:59.8	0:54.4	0:49.5	0:48.3	0:46.0	0:44.3	0:41.4	50m Back	0:36.0	0:34.5	0:31.0	0:31.0	0:29.1	0:27.5	0:26.6
1:11.0	1:04.5	0:58.7	0:55.2	0:52.9	0:48.3	0:46.7	50m Breast	0:42.8	0:40.5	0:35.4	0:35.4	0:32.7	0:30.9	0:30.0
1:01.2	0:55.7	0:50.6	0:47.2	0:44.8	0:41.7	0:39.7	50m Fly	0:37.5	0:35.2	0:30.1	0:30.1	0:27.9	0:26.6	0:25.6
0:50.1	0:45.5	0:41.4	0:40.2	0:38.0	0:35.7	0:33.3	50m Free	0:31.5	0:30.0	0:26.7	0:26.7	0:24.7	0:23.7	0:23.0
2:09.4	1:57.6	1:47.0	1:41.2	1:34.3	1:28.8	1:24.2	100m Back	1:17.2	1:13.5	1:07.0	1:07.0	1:03.5	1:00.4	0:57.3
2:28.9	2:15.4	2:03.1	1:56.2	1:45.8	1:42.7	1:38.2	100m Breast	1:29.2	1:24.7	1:18.7	1:18.7	1:13.2	1:09.3	1:05.3
2:09.4	1:57.6	1:47.0	1:41.2	1:34.3	1:28.8	1:24.3	100m Fly	1:17.2	1:13.5	1:09.4	1:09.4	1:05.3	1:01.0	0:56.7
1:51.3	1:41.2	1:32.0	1:26.2	1:22.7	1:15.3	1:12.0	100m Free	1:16.5	1:09.7	0:58.2	0:58.2	0:55.4	0:52.8	0:49.7
4:25.8	4:01.6	3:39.6	3:28.1	3:12.0	3:07.5	2:59.4	200m Back	2:46.5	2:36.7	2:20.4	2:20.4	2:15.9	2:09.2	2:02.5
5:10.3	4:42.1	4:16.5	4:06.1	3:52.1	3:39.9	3:29.2	200m Breast	3:25.5	3:10.5	2:46.0	2:46.0	2:38.5	2:30.6	2:20.9
5:09.2	4:41.1	4:15.5	3:44.1	3:28.7	3:17.8	3:06.5	200m Fly	3:27.6	3:07.1	2:42.1	2:42.1	2:34.1	2:21.9	2:09.6
3:59.3	3:37.6	3:17.8	3:05.2	2:53.6	2:42.2	2:38.1	200m Free	2:39.8	2:27.0	2:07.2	2:07.2	2:01.4	1:54.1	1:48.5
8:20.9	7:35.4	6:54.0	6:24.1	5:55.4	5:41.4	5:22.8	400m Free	5:09.0	4:49.5	4:25.7	4:25.7	4:12.5	4:03.7	3:51.9
4:34.1	4:09.2	3:46.5	3:32.2	3:18.5	3:07.5	2:57.9	200m IM	2:46.5	2:37.1	2:25.8	2:25.8	2:17.7	2:10.9	2:04.1
8:56.6	8:07.8	7:23.4	7:25.7	6:42.7	6:33.3	6:10.1	400m IM	6:13.4	5:39.4	5:08.6	5:08.6	4:54.4	4:40.2	4:25.9

LLT based on 2019 Essex County Age Group Championships +15%. ULT based on East Region 2019 Championships -15%.
Age on 30th March 2019.