



# Harlow Penguins Swimming Club

## Autumn Junior Development Meet



Swim England East Region Level 3 Licensed meet No.  
under ASA Laws & ASA Technical Rules of Swimming  
at

Harlow LeisureZone, Essex. CM20 3DT

on

Saturday 19<sup>th</sup> October 2019

### UPPER LIMIT TIMES

#### 2019 Swim England East Region LC Championships Qual Times +

Girls Events	9 Years	10 Years	11 Years	12 Years	13 Years
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50m Back	0:44.2	0:42.7	0:41.2	0:39.6	0:38.1
50m Breast	0:51.3	0:49.2	0:47.2	0:45.2	0:43.1
50m Fly	0:44.3	0:42.3	0:40.4	0:38.5	0:36.5
50m Free	0:38.1	0:36.9	0:35.7	0:34.4	0:33.2
200 Free	2:59.6	2:53.8	2:48.1	2:42.3	2:36.6

10%

10%

10%

10%

10%

Boys Events	9 Years	10 Years	11 Years	12 Years	13 Years
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50m Back	0:47.4	0:44.9	0:42.5	0:40.1	0:37.6
50m Breast	0:56.1	0:52.7	0:49.3	0:45.8	0:42.4
50m Fly	0:47.5	0:44.6	0:41.8	0:38.9	0:36.1
50m Free	0:42.0	0:39.5	0:37.0	0:34.5	0:32.0
200m Free	3:07.1	2:59.6	2:52.1	2:44.6	2:37.1

10%

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- Upper limit times 10% faster than 2019 Swim England East Region LC Championships Qual Times.
- There are no Lower limit qualifying times.