



# HARPENDEN

SWIMMING CLUB

Website : [www.harpendensc.org.uk](http://www.harpendensc.org.uk)  
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## HARPENDEN SWIMMING CLUB

(affiliated to Swim England Hertfordshire & Swim England East Region)

### SPRINT NIGHT

Held under Swim England Regulations & Technical Rules  
 and to the Swim England Open Meet Licencing Criteria

# FRANTIC FIFTIES

Saturday 16<sup>th</sup> March 2019

Inspire: Luton Sports Village, LU2 8DD

Licence no. 3ER

### QUALIFYING TIMES (SC)

Age as at 31st December 2019

No SLOWER than

		2019 East Region PLUS 20%						
		AGE	10/11	12	13	14	15	16+
GIRLS	Free	37.55	36.20	35.16	34.94	34.44	33.79	
	Breast	49.26	47.04	45.62	45.29	45.04	44.50	
	Fly	41.98	39.86	38.45	38.11	37.88	37.09	
	Back	43.25	41.59	40.28	39.72	38.93	38.65	
		AGE	10/11	12	13	14	15	16+
BOYS	Free	37.66	34.92	33.48	32.41	31.30	30.08	
	Breast	49.98	46.22	43.56	42.30	41.40	39.12	
	Fly	42.48	39.38	37.60	36.08	34.58	33.20	
	Back	43.70	41.04	38.87	37.57	36.62	34.92	

No FASTER than

		All Ages			All Ages
GIRLS	Free	23.67		BOYS	20.91
	Breast	29.40			25.95
	Fly	24.43			22.27
	Back	26.98			24.00