

# Guildford City SC Springboard Level 1 Open Meet

## Minimum Qualifying Standards

1 - 3 April 2016

License Number 1SE160058

Long Course times. Short Course conversions will be permitted.



<b>GIRLS</b>			<b>12yrs &amp; under</b>	<b>13yrs</b>	<b>14yrs</b>	<b>15yrs</b>	<b>16yrs</b>	<b>17+yrs</b>
<b>50 Free</b>			35.4	34.0	32.9	32.2	31.9	31.8
<b>100 Free</b>			01:15.2	01:12.7	01:10.7	01:09.6	01:08.8	01:08.1
<b>200 Free</b>			02:42.5	02:36.2	02:32.1	02:29.1	02:27.5	02:25.8
<b>400 Free</b>			05:38.8	05:26.3	05:18.0	05:12.8	05:09.2	05:06.3
<b>800 Free</b>			11:54.1	10:44.7	10:19.7	10:14.7	10:08.7	10:04.9
<b>50 Breast</b>			45.0	43.1	41.5	40.6	40.1	39.8
<b>100 Breast</b>			01:35.2	01:30.8	01:28.5	01:27.5	01:26.1	01:25.2
<b>200 Breast</b>			03:24.9	03:15.5	03:09.5	03:06.7	03:05.8	03:04.0
<b>50 Fly</b>			38.6	36.7	35.7	34.8	34.2	34.2
<b>100 Fly</b>			01:22.6	01:19.1	01:17.2	01:15.5	01:14.8	01:14.0
<b>200 Fly</b>			03:01.7	02:53.5	02:48.0	02:45.7	02:43.3	02:41.3
<b>50 Back</b>			40.9	39.4	38.0	37.0	36.6	36.3
<b>100 Back</b>			01:24.5	01:21.7	01:19.6	01:17.9	01:17.1	01:16.3
<b>200 Back</b>			03:00.6	02:54.3	02:49.8	02:45.8	02:43.9	02:42.8
<b>200 IM</b>			03:03.3	02:56.8	02:52.3	02:48.9	02:46.9	02:45.5
<b>400 IM</b>			06:24.9	06:10.6	06:02.0	05:55.2	05:50.8	05:48.7

Age at 31st December 2016

Entry times must have been swum at a Licensed Meet (Level 1 - 4) and must be recording on Rankings