

2010-2011 'AA' LONG COURSE QUALIFYING TIMES

Male		8	9	10	11	12	13	14	15	16	17/18	Open
Freestyle	50m	0:45.00	0:42.00	0:38.00	0:36.00	0:33.50	0:30.80	0:29.40	0:28.80	0:28.20	0:27.70	0:26.20
	100m	1:37.00	1:30.00	1:22.00	1:17.00	1:12.00	1:08.00	1:04.90	1:03.00	1:01.80	1:00.70	0:57.60
	200m		3:09.00	2:52.00	2:42.00	2:33.00	2:29.00	2:26.40	2:22.70	2:19.80	2:16.70	2:11.10
	400m				5:42.00	5:30.00	5:28.70	5:16.00	5:08.90	5:03.50	4:56.40	4:42.80
	800m				11:53.00	11:37.00	11:27.30	11:00.50	10:45.00	10:34.30	10:17.70	9:50.70
	1500m				22:39.00	21:48.10	21:31.20	20:43.60	20:28.10	19:44.10	19:32.20	18:30.60
Backstroke	50m	0:53.00	0:50.00	0:46.00	0:44.00	0:41.00	0:36.40	0:34.60	0:33.90	0:33.10	0:32.50	0:31.40
	100m	1:48.00	1:42.00	1:34.00	1:29.00	1:24.00	1:17.50	1:13.80	1:12.20	1:10.50	1:09.40	1:06.80
	200m			3:16.00	3:06.00	2:59.00	2:53.50	2:44.80	2:41.30	2:38.40	2:34.90	2:29.00
Breaststroke	50m	0:58.00	0:55.00	0:51.00	0:49.00	0:46.00	0:40.60	0:38.70	0:38.10	0:37.40	0:36.50	0:34.80
	100m	2:02.00	1:56.00	1:48.00	1:43.00	1:36.00	1:28.10	1:23.90	1:22.50	1:21.20	1:19.20	1:15.70
	200m			3:43.00	3:33.00	3:20.00	3:18.40	3:08.00	3:05.60	3:04.10	2:58.70	2:50.30
Butterfly	50m	0:52.00	0:49.00	0:44.00	0:41.00	0:37.50	0:33.80	0:32.30	0:31.10	0:30.20	0:29.80	0:28.30
	100m		1:48.00	1:37.00	1:30.00	1:24.00	1:14.70	1:11.40	1:08.80	1:06.90	1:05.80	1:03.20
	200m			3:11.00	2:59.00	2:55.20	2:45.10	2:40.70	2:37.80	2:32.00	2:24.50	
Ind. Medley	200m		3:50.00	3:30.00	3:15.00	2:55.00	2:53.50	2:45.90	2:42.10	2:39.00	2:36.10	2:30.10
	400m					6:28.60	6:01.80	5:43.35	5:43.35			
Freestyle Relay	4x50m		2:55.00	2:37.00	2:30.00	2:19.00	2:16.00	2:09.00	2:07.00	2:05.00	2:02.00	1:52.00
	4x100m							4:40.00	4:34.00	4:27.00	4:08.00	
	4x200m							9:54.00	9:41.00	9:09.00		
Medley Relay	4x50m		3:23.00	3:04.00	2:54.00	2:41.00	2:34.00	2:27.00	2:23.00	2:21.00	2:17.00	2:07.00
	4x100m							5:08.00	5:02.00	4:57.00	4:40.00	

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Female		8	9	10	11	12	13	14	15	16	17/18	Open
Freestyle	50m	0:45.00	0:42.00	0:38.00	0:36.00	0:33.50	0:32.10	0:31.50	0:31.40	0:31.40	0:31.30	0:29.90
	100m	1:37.00	1:30.00	1:22.00	1:17.00	1:13.00	1:10.20	1:09.20	1:08.50	1:08.40	1:08.00	1:04.10
	200m		3:09.00	2:52.00	2:42.00	2:39.00	2:35.00	2:34.30	2:33.20	2:32.00	2:30.40	2:23.40
	400m				5:42.00	5:32.00	5:30.00	5:29.70	5:27.30	5:24.90	5:22.50	5:05.10
	800m				11:53.00	11:42.50	11:36.20	11:24.30	11:14.80	11:08.80	10:55.70	10:19.30
	1500m				23:50.00	23:00.00	22:50.00	22:16.40	21:47.90	21:44.30	21:20.50	20:16.80
Backstroke	50m	0:53.00	0:50.00	0:46.00	0:44.00	0:41.00	0:37.50	0:36.80	0:36.70	0:36.70	0:36.70	0:34.80
	100m	1:48.00	1:42.00	1:34.00	1:29.00	1:24.00	1:19.70	1:18.30	1:18.10	1:18.10	1:18.10	1:13.80
	200m			3:16.00	3:06.00	2:57.00	2:55.00	2:54.00	2:52.90	2:52.90	2:52.90	2:42.40
Breaststroke	50m	0:58.00	0:55.00	0:51.00	0:49.00	0:46.00	0:42.00	0:41.70	0:41.50	0:41.40	0:40.80	0:39.00
	100m	2:02.00	1:56.00	1:48.00	1:43.00	1:37.00	1:30.80	1:29.90	1:29.40	1:29.20	1:28.10	1:24.00
	200m			3:43.00	3:33.00	3:22.20	3:20.00	3:20.10	3:18.80	3:18.60	3:16.10	3:06.00
Butterfly	50m	0:52.00	0:49.00	0:44.00	0:41.00	0:38.50	0:34.90	0:34.50	0:34.10	0:33.80	0:33.80	0:32.40
	100m		1:48.00	1:37.00	1:30.00	1:25.00	1:17.30	1:16.40	1:15.50	1:14.70	1:14.70	1:10.70
	200m				3:11.00	3:00.00	2:58.70	2:56.90	2:51.70	2:51.10	2:50.60	2:41.30
Ind. Medley	200m		3:50.00	3:30.00	3:15.00	2:57.00	2:58.10	2:55.80	2:53.50	2:52.90	2:51.70	2:44.70
	400m					6:29.35	6:29.35	6:29.35	6:29.35	6:04.10	6:04.10	6:04.10
Freestyle Relay	4x50m		2:55.00	2:37.00	2:30.00	2:21.00	2:20.00	2:17.00	2:16.00	2:16.00	2:16.00	2:12.00
	4x100m								5:04.00	5:00.00	5:00.00	4:45.00
	4x200m									10:45.00	10:37.00	10:00.00
Medley Relay	4x50m		3:23.00	3:04.00	2:54.00	2:41.00	2:36.00	2:34.00	2:32.00	2:32.00	2:31.00	2:24.00
	4x100m								5:34.00	5:34.00	5:31.00	5:15.00