

Short Course									
Boys	9	10	11	12	13	14	15	16	17+
EVENT									
50 m Freestyle	42.1	39.3	37.20	35.10	33.10	31.30	29.9	29.0	28.4
100m Freestyle			01:20.6	01:15.7	01:11.1	01:07.3	01:04.6	01:02.6	1:01.4
200m Freestyle	03:22.8	03:06.0	02:54.8	02:44.7	02:35.0	02:26.6	02:20.8	02:16.3	2:13.8
400m Freestyle	07:20.5	06:31.8	06:06.0	05:46.0	05:26.8	05:10.4	04:57.5	04:48.7	04:42.5
50m Breaststroke	55.10	51.30	48.00	45.1	41.90	39.60	37.7	36.4	35.7
100m Breaststroke			01:43.4	01:36.9	01:30.1	01:25.1	01:21.0	01:18.4	1:16.7
200m Breaststroke	04:17.8	03:59.0	03:42.4	03:29.2	03:15.3	03:03.9	02:55.8	02:50.7	2:46.3
50m Butterfly	47.4	43.8	41.00	38.80	36.40	34.30	32.5	31.5	30.7
100m Butterfly			01:30.4	01:24.6	01:19.1	01:14.4	01:10.7	01:08.8	1:07.0
200m Butterfly	04:08.3	03:37.3	03:18.2	03:06.6	02:54.7	02:44.7	02:35.5	02:31.7	2:26.9
50m Backstroke	48.6	45.1	42.50	40.30	37.60	35.80	33.9	32.6	32.1
100m Backstroke			01:30.5	01:25.2	01:19.7	01:15.0	01:11.5	01:09.3	1:07.6
200m Backstroke	03:43.8	03:26.7	03:13.3	03:02.6	02:51.1	02:41.4	02:34.3	02:29.8	2:27.0
200m Individual Medley	03:49.7	03:32.2	03:17.6	03:06.8	02:55.8	02:45.3	02:38.2	02:33.7	2:30.5
400m Individual Medley	08:15.6	07:35.6	06:59.7	06:34.3	06:12.0	05:50.3	05:34.6	05:25.4	05:18.7
Girls									
EVENT	9	10	11	12	13	14	15	16	17+
50 m Freestyle	42.6	39.9	37.7	35.70	34.30	33.3	32.5	32.0	31.9
100m Freestyle			01:21.3	01:16.6	01:13.5	01:11.3	01:09.9	01:08.7	1:08.4
200m Freestyle	03:24.5	03:06.8	02:55.4	02:44.9	02:38.0	02:33.5	02:30.2	02:28.0	2:26.4
400m Freestyle	07:25.4	06:35.7	06:04.9	05:43.7	05:29.8	05:20.8	05:13.8	05:10.2	05:07.2
50m Breaststroke	55.9	51.70	48.30	45.40	43.20	41.8	40.8	40.3	40.0
100m Breaststroke			01:43.5	01:37.3	01:32.3	01:28.7	01:27.1	01:26.2	1:24.9
200m Breaststroke	04:20.0	03:59.5	03:42.1	03:28.8	03:18.2	03:11.5	03:07.9	03:05.8	3:04.1
50m Butterfly	47.9	43.9	41.30	39.10	37.3	36.1	35.2	34.70	34.6
100m Butterfly			01:30.9	01:24.9	01:21.2	01:18.3	01:16.9	01:15.8	1:14.9
200m Butterfly	04:11.0	03:40.0	03:20.2	03:06.4	02:57.3	02:51.0	02:46.9	02:44.8	2:42.8
50m Backstroke	48.9	45.3	42.70	40.50	38.70	37.5	36.8	36.1	35.8
100m Backstroke			01:31.5	01:25.3	01:21.4	01:19.0	01:17.1	01:16.1	1:15.6
200m Backstroke	03:46.2	03:28.7	03:12.5	03:01.7	02:54.3	02:49.2	02:44.8	02:42.4	2:40.6
200m Individual Medley	03:51.6	03:32.7	03:17.9	03:06.3	02:58.8	02:53.1	02:49.5	02:47.2	2:45.7
400m Individual Medley	08:12.3	07:35.3	06:57.3	06:32.0	06:14.4	06:03.1	05:55.8	05:50.5	05:48.2

## QT SASC SPRING MEET 6<sup>th</sup> April 2013