

# ***Braintree & Bocking Swimming Club***

(Affiliated to ASA East Region)

License Number 3ER1426 refers.

(Under ASA Laws and ASA Technical Rules)

**at Braintree Swimming Pool, Freeport, Braintree – Sunday 6th November**

## 200m Meet Lower and Upper Qualifying Times

Boys	9/10		11		12		13		14		15 & Over	
EVENT	LQT	UQT	LQT	UQT	LQT	UQT	LQT	UQT	LQT	UQT	LQT	UQT
200m Freestyle	4:00.0	2:38.7	3:20.0	2:29.5	3:00.0	2:20.5	2:50.0	2:13.0	2:40.0	2:07.2	2:35.0	2:00.0
200m Breaststroke	5:00.0	3:26.1	4:15.0	3:12.1	3:45.0	2:59.3	3:30.0	2:48.0	3:20.0	2:39.9	3:15.0	2:30.0
200m Butterfly	4:45.0	3:09.8	3:50.0	2:51.3	3:20.0	2:40.9	3:10.0	2:30.7	3:00.0	2:23.5	2:50.0	2:12.0
200m Backstroke	4:30.0	2:58.6	3:50.0	2:46.3	3:20.0	2:36.4	3:10.0	2:27.3	3:00.0	2:20.5	2:50.0	2:12.0
200m Individual Medley	4:30.0	3:02.2	3:50.0	2:49.6	3:30.0	2:39.6	3:15.0	2:31.0	3:00.0	2:23.8	2:50.0	2:15.0

GIRLS	9/10		11		12		13		14		15 & Over	
EVENT	LQT	UQT	LQT	UQT	LQT	UQT	LQT	UQT	LQT	UQT	LQT	UQT
200m Freestyle	4:00.0	2:38.8	3:15.0	2:29.3	3:00.0	2:21.3	2:50.0	2:16.6	2:40.0	2:14.5	2:40.0	2:10.0
200m Breaststroke	5:00.0	3:25.0	4:15.0	3:10.1	3:50.0	2:59.2	3:30.0	2:51.7	3:20.0	2:47.7	3:15.0	2:44.0
200m Butterfly	4:45.0	3:09.8	3:45.0	2:52.1	3:20.0	2:40.8	3:15.0	2:34.6	3:10.0	2:30.1	3:00.0	2:25.0
200m Backstroke	4:30.0	2:58.2	3:45.0	2:44.3	3:20.0	2:36.2	3:15.0	2:31.5	3:10.0	2:28.0	3:00.0	2:23.0
200m Individual Medley	4:30.0	3:01.2	3:45.0	2:48.1	3:20.0	2:39.5	3:15.0	2:34.8	3:10.0	2:31.4	3:00.0	2:28.0

Entry times must be submitted and be between the LQT and the UQT.