



LINCOLN VULCANS SWIMMING CLUB
(AFFILIATED TO THE LINCOLNSHIRE AND EAST MIDLAND REGION)
LONG COURSE LICENSED OPEN MEET 2007

(THIS IS A LEVEL 1 EVENT AND IS LICENSED BY THE ASA FOR ENTRY INTO DISTRICT AND NATIONAL CHAMPIONSHIPS)

Qualifying Times

BOYS

Long Course Pool

EVENT	9	10	11	12	13	14	15	16	17/Over
50m Freestyle	45.0	40.4	37.7	34.8	32.6	30.9	29.6	29.1	28.8
100m Freestyle	01:44.6	01:28.8	01:21.1	01:14.4	01:09.4	01:06.4	01:04.3	01:03.3	01:02.4
200m Freestyle	03:48.6	03:11.9	02:56.0	02:43.1	02:31.1	02:24.6	02:19.9	02:17.8	02:16.2
100m Breaststroke	02:15.2	01:55.7	01:44.2	01:35.0	01:27.9	01:23.7	01:20.9	01:19.9	01:19.0
200m Breaststroke	04:50.4	04:08.3	03:45.6	03:26.7	03:11.3	03:00.9	02:55.0	02:52.8	02:50.8
100m Butterfly	01:56.0	01:40.1	01:30.5	01:22.8	01:16.5	01:12.3	01:09.8	01:08.6	01:07.7
200m Butterfly	04:16.9	03:50.0	03:21.9	03:03.7	02:49.7	02:39.8	02:34.2	02:31.3	02:30.2
100m Backstroke	02:01.0	01:42.0	01:31.9	01:24.7	01:18.5	01:14.6	01:12.1	01:11.2	01:10.5
200m Backstroke	04:20.6	03:37.4	03:17.3	03:02.1	02:49.7	02:40.9	02:35.0	02:33.2	02:32.3
200m Individual Medley	04:23.6	03:38.8	03:19.6	03:03.8	02:50.8	02:43.2	02:38.0	02:35.5	02:33.8

GIRLS

Long Course Pool

EVENT	9	10	11	12	13	14	15	16	17/Over
50m Freestyle	44.8	40.1	37.0	35.0	33.5	32.6	32.1	32.1	32.0
100m Freestyle	01:45.2	01:28.0	01:19.4	01:14.6	01:11.5	01:10.1	01:09.4	01:09.1	01:08.8
200m Freestyle	03:48.0	03:08.4	02:52.5	02:41.3	02:33.7	02:31.0	02:29.1	02:27.9	02:27.2
100m Breaststroke	02:15.3	01:52.3	01:41.1	01:34.2	01:29.7	01:28.0	01:27.0	01:26.9	01:26.8
200m Breaststroke	04:47.8	03:59.9	03:37.9	03:24.1	03:12.8	03:08.4	03:07.4	03:07.1	03:06.9
100m Butterfly	01:53.1	01:40.1	01:28.3	01:22.4	01:18.5	01:16.3	01:15.7	01:15.6	01:14.7
200m Butterfly	04:08.2	03:43.1	03:16.9	03:02.4	02:51.5	02:48.0	02:45.5	02:45.0	02:43.3
100m Backstroke	02:03.7	01:39.9	01:29.9	01:24.2	01:20.8	01:18.6	01:17.7	01:17.5	01:17.0
200m Backstroke	04:21.9	03:29.3	03:12.7	02:59.8	02:52.7	02:48.0	02:45.5	02:44.4	02:43.9
200m Individual Medley	04:21.6	03:33.3	03:14.3	03:02.2	02:54.2	02:50.3	02:48.7	02:47.9	02:46.8