



# Basildon Phoenix Swimming Club



## Winter Long Course Meet

3<sup>rd</sup>/4<sup>th</sup> January 2015

Basildon Sporting Village, Cranes Farm Road, Basildon.

### Qualifying Times

BOYS							
EVENT	9	10	11	12	13	14	15 & Over
50m Freestyle	42.6	39	37	34.9	33	31.3	29.7
100m Freestyle	1:30.0	1:25.0	1:18.8	1:13.7	1:09.8	1:06.9	1:04.4
200m Freestyle	3:23.4	3:03.6	2:51.3	2:40.8	2:32.6	2:25.6	2:20.7
400m Freestyle	7:22.5	6:26.4	5:56.0	5:38.1	5:21.8	5:07.0	4:57.6
50m Breaststroke	56.8	51.6	48.2	44.6	41.8	39.7	37.8
100m Breaststroke			1:41.5	1:34.7	1:28.8	1:24.6	1:21.4
200m Breaststroke	4:20.5	3:57.2	3:39.1	3:25.2	3:12.5	3:02.5	2:55.4
50m Butterfly	48.8	43.5	40.8	38.1	35.9	34	32.2
100m Butterfly			1:27.7	1:21.5	1:16.8	1:12.8	1:09.8
200m Butterfly	4:03.7	3:32.3	3:12.5	2:59.9	2:49.9	2:40.9	2:34.4
50m Backstroke	50.3	46	43.2	40.5	38.2	36.1	34.5
100m Backstroke			1:29.8	1:24.1	1:19.2	1:15.0	1:12.2
200m Backstroke	3:46.7	3:25.8	3:12.0	3:00.7	2:50.3	2:42.3	2:36.0
200m Individual Medley	3:52.0	3:29.6	3:14.3	3:02.8	2:52.7	2:44.8	2:38.4
400m Individual Medley	8:21.9	7:26.3	6:50.8	6:26.7	6:06.4	5:49.3	5:36.2
GIRLS							
EVENT	9	10	11	12	13	14	15
50m Freestyle	42.8	39.8	37.3	35.4	34	32.9	32.2
100m Freestyle		1:26.2	1:19.3	1:15.2	1:12.7	1:10.7	1:09.6
200m Freestyle	3:29.1	3:04.4	2:51.3	2:42.5	2:36.2	2:32.1	2:29.1
400m Freestyle	7:20.7	6:27.4	5:56.4	5:38.8	5:26.3	5:18.0	5:12.8
50m Breaststroke	57	51.2	47.8	45	43.1	41.5	40.6
100m Breaststroke		1:50.3	1:41.6	1:35.2	1:30.8	1:28.5	1:27.5
200m Breaststroke	4:27.3	3:55.5	3:36.6	3:24.9	3:15.5	3:09.5	3:06.7
50m Butterfly	48.2	44	40.7	38.6	36.7	35.7	34.8
100m Butterfly		1:37.1	1:27.9	1:22.6	1:19.1	1:17.2	1:15.5
200m Butterfly	3:56.6	3:34.6	3:12.6	3:01.7	2:53.5	2:48.0	2:45.7
50m Backstroke	50.2	46	43.1	40.9	39.4	38	37
100m Backstroke		1:37.5	1:29.9	1:24.5	1:21.7	1:19.6	1:17.9
200m Backstroke	3:52.7	3:26.3	3:11.0	3:00.6	2:54.3	2:49.8	2:45.8
200m Individual Medley	3:55.2	3:29.6	3:14.3	3:03.3	2:56.8	2:52.3	2:48.9
400m Individual Medley	8:24.4	7:26.2	6:47.3	6:24.9	6:10.6	6:02.0	5:55.2