

Suffolk ASA County Championships 2019

Female							Event	Male						
10 & 11	12	13	14	15	16	17+		10 & 11	12	13	14	15	16	17+
00:38.4	00:35.2	00:32.8	00:32.2	00:31.7	00:31.1	00:30.2	50 free	00:39.9	00:35.1	00:33.0	00:31.9	00:30.5	00:29.2	00:27.8
01:23.0	01:16.5	01:11.5	01:07.7	01:06.0	01:05.0	01:04.6	100 free	01:25.9	01:15.3	01:11.1	01:06.2	01:04.1	01:01.2	00:59.0
03:03.9	02:48.1	02:35.9	02:28.2	02:25.0	02:21.8	02:21.0	200 free	03:03.9	02:45.2	02:35.0	02:26.6	02:21.7	02:13.2	02:09.2
06:15.0	05:36.5	05:21.9	05:11.7	05:03.2	05:00.4	04:57.1	400 free	06:12.4	05:50.5	05:12.1	04:59.6	04:53.0	04:41.8	04:34.3
	12:38.7	11:45.5	10:51.3	10:34.4	10:30.9	10:20.9	800 free							
							1500 free		21:43.4	20:33.7	20:10.3	19:34.1	18:40.1	17:44.9
00:43.5	00:40.4	00:37.1	00:36.8	00:36.5	00:36.3	00:36.0	50 back	00:45.9	00:40.8	00:37.4	00:35.1	00:34.5	00:33.8	00:32.7
01:34.5	01:25.5	01:19.8	01:15.4	01:15.1	01:14.9	01:14.7	100 back	01:38.5	01:24.9	01:20.0	01:17.0	01:13.2	01:08.2	01:08.1
03:15.0	02:59.5	02:50.1	02:46.1	02:43.5	02:41.2	02:41.0	200 back	03:26.5	03:11.8	02:50.1	02:43.6	02:36.3	02:28.1	02:27.2
00:51.9	00:45.9	00:43.6	00:42.2	00:41.3	00:40.9	00:40.5	50 breast	00:54.8	00:47.0	00:40.7	00:39.7	00:37.8	00:36.5	00:34.9
01:50.1	01:40.3	01:32.8	01:30.0	01:26.0	01:23.0	01:22.5	100 breast	01:54.7	01:40.0	01:29.9	01:26.7	01:22.4	01:17.5	01:16.0
03:52.5	03:30.7	03:18.6	03:13.5	03:07.2	03:04.7	03:02.7	200 breast	03:59.7	03:38.4	03:15.9	03:09.3	02:52.3	02:49.7	02:47.0
00:46.4	00:41.6	00:37.9	00:36.6	00:35.5	00:35.0	00:34.7	50 fly	00:49.9	00:43.5	00:37.8	00:35.8	00:34.9	00:32.3	00:29.8
01:48.0	01:35.5	01:25.9	01:19.7	01:16.1	01:15.5	01:15.1	100 fly	01:48.0	01:35.7	01:23.1	01:16.5	01:11.8	01:07.1	01:05.6
03:48.0	03:35.0	03:18.0	03:06.0	02:58.0	02:50.0	02:45.0	200 fly	03:48.0	03:18.0	03:03.0	02:55.0	02:48.0	02:43.0	02:35.3
01:38.2	01:26.0	01:22.8	01:20.3	01:18.4	01:17.8	01:16.8	100 IM	01:38.8	01:29.1	01:20.8	01:18.4	01:14.7	01:11.7	01:05.7
03:21.1	03:09.9	02:57.0	02:51.0	02:46.5	02:45.2	02:41.8	200 IM	03:25.3	03:07.2	02:52.8	02:45.3	02:36.7	02:30.7	02:27.1
	06:41.5	06:17.5	06:00.0	05:46.0	05:39.0	05:35.0	400 IM		06:49.7	06:16.5	05:52.6	05:42.7	05:35.0	05:21.8

Times should have been swum since 1st March 2018
Age for the Championships is as at 31st December 2019

Confirmed
Ages/time period clarified

23 June 2018
27 October 2018