

**UEA CITY OF NORWICH SWIMMING CLUB
EASTER 2010 LONG COURSE LEVEL 1 LICENSED MEET**

License No . 1ER0186

BOYS				
Level 1 QT - LC Qualifying Times			Long Course Pool	
EVENT	9/10	11/12	13/14	15/OV
50m Freestyle	39.00	34.90	31.30	28.70
100m Freestyle		01:13.70	01:06.90	01:02.60
200m Freestyle	03:03.60	02:40.80	02:25.60	02:16.30
400m Freestyle		05:38.10	05:07.00	04:49.10
800m Freestyle		11:47.10	10:42.50	10:05.00
1500m Freestyle		22:20.50	20:19.00	19:07.70
50m Breaststroke	51.60	44.60	39.70	36.80
100m Breaststroke		01:34.70	01:24.60	01:18.90
200m Breaststroke	03:57.20	03:25.20	03:02.50	02:51.60
50m Butterfly	43.50	38.10	34.00	31.40
100m Butterfly		01:21.50	01:12.80	01:07.80
200m Butterfly		02:59.90	02:40.90	02:30.40
50m Backstroke	46.00	40.50	36.10	33.50
100m Backstroke		01:24.10	01:15.00	01:10.30
200m Backstroke	03:25.80	03:00.70	02:42.30	02:31.40
200m Individual Medley	03:29.60	03:02.80	02:44.80	02:33.90
400m Individual Medley		06:26.70	05:49.30	05:27.60
GIRLS				
Level 1 QT - LC Qualifying Times			Long Course Pool	
EVENT	9/10	11/12	13/14	15/OV
50m Freestyle	39.80	35.40	32.90	31.90
100m Freestyle		01:15.20	01:10.70	01:08.80
200m Freestyle	03:04.40	02:42.50	02:32.10	02:27.50
400m Freestyle		05:38.80	05:18.00	05:09.20
800m Freestyle		11:39.00	10:56.00	10:36.00
1500m Freestyle		22:25.80	21:00.80	20:22.90
50m Breaststroke	51.20	45.00	41.50	40.10
100m Breaststroke		01:35.20	01:28.50	01:26.10
200m Breaststroke	03:55.50	03:24.90	03:09.50	03:05.80
50m Butterfly	44.00	38.60	35.70	34.20
100m Butterfly		01:22.60	01:17.20	01:14.80
200m Butterfly		03:01.70	02:48.00	02:43.30
50m Backstroke	46.00	40.90	38.00	36.60
100m Backstroke		01:24.50	01:19.60	01:17.10
200m Backstroke	03:26.30	03:00.60	02:49.80	02:43.90
200m Individual Medley	03:29.60	03:03.30	02:52.30	02:46.90
400m Individual Medley		06:24.90	06:02.00	05:50.80