

MIDDLESBROUGH ASC MARCH 2024 MEET

Saturday 9th & Sunday 10th March 2024

Boys/Open Qualifying times

Swimmers Must Not Have Swum Faster Than the Times Below

Stroke	9	10	11	12	13	14	15/ov
50m Freestyle	No Limit	32.4	30.8	29.1	27.7	26.6	25.0
100m Freestyle	No Limit	1.10.6	1.06.6	1.02.5	59.2	57.0	53.9
200m Freestyle	No Limit	2.32.3	2.24.0	2.15.6	2.08.7	2.03.8	1.57.4
400m Freestyle		5.20.3	5.00.4	4.44.0	4.30.9	4.21.9	4.07.6
50m Backstroke	No Limit	37.4	35.5	33.6	31.6	30.5	28.4
100m Backstroke	No Limit	1.21.4	1.15.3	1.10.9	1.06.7	1.03.8	59.6
200m Backstroke	No Limit	2.50.8	2.40.1	2.31.2	2.22.9	2.16.9	2.09.3
50m Breaststroke	No Limit	42.5	40.0	37.5	35.1	33.7	31.4
100m Breaststroke	No Limit	1.32.8	1.26.0	1.20.5	1.15.3	1.12.2	1.07.4
200m Breaststroke	No Limit	3.18.1	3.04.7	2.53.6	2.43.2	2.36.1	2.26.3
50m Butterfly	No Limit	36.4	34.1	32.3	30.5	29.2	27.1
100m Butterfly	No Limit	1.22.6	1.15.4	1.10.4	1.06.2	1.03.2	58.9
200m Butterfly	No Limit	3.00.8	2.44.7	2.35.1	2.26.3	2.19.9	2.09.1
200m Individual Medley	No Limit	2.54.9	2.43.4	2.34.2	2.26.6	2.19.9	2.12.2
400m Individual Medley		6.16.4	5.46.6	5.25.2	5.09.6	4.56.4	4.39.7

Girls Qualifying times

Swimmers Must Not Have Swum Faster Than the Times Below

Stroke	9	10	11	12	13	14	15/ov
50m Freestyle	No Limit	32.8	31.3	29.9	29.0	28.5	27.9
100m Freestyle	No Limit	1.12.2	1.07.2	1.03.7	1.02.0	1.00.9	59.6
200m Freestyle	No Limit	2.33.1	2.24.5	2.16.9	2.12.9	2.10.9	2.07.8
400m Freestyle		5.24.9	5.00.1	4.44.6	4.37.2	4.33.1	4.26.8
50m Backstroke	No Limit	37.4	35.5	33.9	32.8	32.1	31.3
100m Backstroke	No Limit	1.21.4	1.15.4	1.11.2	1.08.8	1.07.6	1.05.9
200m Backstroke	No Limit	2.52.2	2.39.1	2.31.3	2.27.3	2.24.6	2.19.9
50m Breaststroke	No Limit	42.7	40.1	38.0	36.6	35.8	34.9
100m Breaststroke	No Limit	1.33.3	1.25.9	1.21.3	1.18.1	1.15.8	1.14.0
200m Breaststroke	No Limit	3.18.3	3.04.4	2.54.3	2.47.5	2.43.7	2.40.6
50m Butterfly	No Limit	36.3	34.5	32.7	31.7	31.0	30.3
100m Butterfly	No Limit	1.22.5	1.15.7	1.11.0	1.08.8	1.07.0	1.05.4
200m Butterfly	No Limit	3.03.1	2.46.5	2.35.8	2.30.2	2.26.4	2.21.9
200m Individual Medley	No Limit	2.54.8	2.43.2	2.34.7	2.30.7	2.27.7	2.24.1
400m Individual Medley		6.15.5	5.44.3	5.25.6	5.15.3	5.09.7	5.02.9