

Watford SC
County Qualifier Meet

16 and 17 JAN 2010

WSC JANUARY OPEN 2012

Watford SC QT's Development Meet Level 3

License Number

3ER2036

BOYS Qualifying Times Short Course										
No	EVENT		9	10	11	12	13	14	15	16 & OVER
2	400m Free	Upper QT	6:00.00	5:45.42	5:17.31	4:59.79	4:45.86	4:36.93	4:25.01	4:22.41
		Lower QT	7:45.00	7:30.10	7:01.00	6:16.10	5:50.70	5:28.20	5:14.50	5:09.70
4	100m Breast	Upper QT	~	~	1:32.30	1:24.68	1:19.53	1:17.01	1:12.76	1:11.77
		Lower QT	~	~	2:05.40	1:52.00	1:46.20	1:36.80	1:28.50	1:27.60
6	100m IM	Upper QT	1:35.50	1:26.40	1:22.30	1:18.30	1:14.00	1:09.30	1:06.60	1:04.20
		Lower QT	2:23.90	2:06.20	1:51.50	1:49.20	1:31.40	1:22.60	1:18.80	1:17.30
8	200m Back	Upper QT	3:13.20	3:04.10	2:49.89	2:39.53	2:31.48	2:26.03	2:19.34	2:18.19
		Lower QT	4:30.50	4:05.90	3:45.10	3:22.90	3:04.20	2:51.30	2:43.00	2:41.30
10	100m Free	Upper QT	~	~	1:11.70	1:05.61	1:02.32	1:00.40	57.42	56.75
		Lower QT	~	~	1:35.00	1:25.40	1:19.30	1:16.30	1:10.20	1:09.20
12	200m IM	Upper QT	3:20.80	3:08.68	2:52.80	2:42.82	2:34.22	2:29.19	2:21.58	2:20.44
		Lower QT	5:10.90	4:28.20	3:54.60	3:32.20	3:08.50	2:55.30	2:47.00	2:45.00
14	50m Fly	Upper QT	43.20	38.80	35.00	33.80	32.40	30.10	30.10	29.10
		Lower QT	1:03.00	55.00	48.60	43.30	39.00	36.30	34.30	34.30
15	200m Fly	Upper QT	3:30.10	3:15.11	2:57.88	2:45.46	2:35.64	2:28.46	2:20.82	2:18.79
		Lower QT	5:32.70	4:37.60	4:01.10	3:28.80	3:08.20	2:54.30	2:45.00	2:45.00
17	100m Back	Upper QT	~	~	1:19.90	1:14.71	1:10.51	1:07.91	1:04.37	1:03.94
		Lower QT	~	~	1:46.70	1:40.50	1:32.60	1:21.30	1:15.60	1:14.50
19	200m Breast	Upper QT	3:50.10	3:33.75	3:16.77	3:03.59	2:53.50	2:47.16	2:38.54	2:37.27
		Lower QT	5:28.50	5:01.40	4:23.40	3:51.70	3:28.80	3:14.10	3:05.70	3:03.50
21	50m Back	Upper QT	43.60	40.10	37.50	35.30	32.60	31.80	30.90	30.40
		Lower QT	1:05.10	56.60	50.10	44.60	40.40	37.80	35.70	35.20
23	200m Free	Upper QT	3:01.60	2:44.15	2:31.49	2:22.55	2:15.65	2:10.96	2:05.15	2:03.61
		Lower QT	4:32.60	3:56.80	3:30.90	3:04.10	2:50.70	2:45.10	2:32.60	2:28.60
25	100m Fly	Upper QT	~	~	1:23.30	1:14.58	1:09.85	1:07.08	1:03.39	1:02.43
		Lower QT	~	~	1:56.50	1:40.50	1:30.80	1:28.70	1:15.90	1:15.90
27	50m Free	Upper QT	37.10	34.30	32.20	30.10	29.10	27.30	26.60	26.20
		Lower QT	59.50	50.50	44.00	40.00	38.40	36.10	35.60	35.00
29	50m Breast	Upper QT	49.10	45.30	42.00	40.00	36.90	35.60	34.90	33.80
		Lower QT	1:13.30	1:04.00	56.50	49.90	44.80	41.70	39.80	39.20

Watford SC
County Qualifier Meet

16 and 17 JAN 2010

Watford SC QT's Development Meet Level 3

GIRLS Qualifying Times Short Course										
No	EVENT		9	10	11	12	13	14	15	16 & OVER
1	400m Free	Upper QT	6:45.80	5:50.11	5:19.35	5:05.27	4:57.41	4:46.56	4:46.56	4:45.95
		Lower QT	8:05.90	7:15.90	6:33.30	6:08.50	5:55.40	5:36.50	5:36.50	5:30.90
3	100m Breast	Upper QT	~	1:39.10	1:30.86	1:26.37	1:23.64	1:20.51	1:20.51	1:20.50
		Lower QT	~	2:11.20	1:55.40	1:45.40	1:36.40	1:33.00	1:32.10	1:31.70
5	100m IM	Upper QT	1:36.20	1:27.50	1:22.30	1:17.20	1:14.60	1:14.00	1:13.10	1:12.20
		Lower QT	2:15.60	1:59.60	1:50.30	1:39.10	1:30.10	1:26.60	1:25.50	1:24.60
7	200m Back	Upper QT	3:20.40	3:05.63	2:50.06	2:41.80	2:37.47	2:31.42	2:31.42	2:31.42
		Lower QT	4:24.20	3:59.40	3:33.30	3:18.50	3:07.10	2:59.40	2:59.00	2:53.40
9	100m Free	Upper QT	~	1:20.10	1:11.06	1:07.84	1:05.94	1:03.63	1:03.63	1:03.29
		Lower QT	~	2:04.80	1:49.10	1:32.70	1:26.90	1:16.80	1:15.90	1:13.50
11	200m IM	Upper QT	3:31.90	3:08.46	2:53.07	2:44.99	2:40.74	2:35.30	2:35.30	2:34.48
		Lower QT	4:41.00	4:04.20	3:44.70	3:23.60	3:11.40	3:01.80	3:01.70	2:58.70
13	50m Fly	Upper QT	41.10	38.10	36.30	34.10	33.90	33.30	33.30	32.50
		Lower QT	1:02.30	55.30	48.40	43.70	39.10	37.90	37.30	37.00
16	200m Fly	Upper QT	3:41.60	3:17.51	2:58.01	2:47.69	2:41.07	2:34.13	2:34.13	2:34.13
		Lower QT	5:13.30	4:12.20	3:40.90	3:20.10	3:06.20	2:59.30	2:56.60	2:56.90
18	100m Back	Upper QT	~	1:24.70	1:19.85	1:15.84	1:13.67	1:10.79	1:10.79	1:10.52
		Lower QT	~	1:53.00	1:45.20	1:33.00	1:29.50	1:28.10	1:28.10	1:21.30
20	200m Breast	Upper QT	3:48.10	3:33.75	3:14.75	3:04.62	2:59.61	2:53.46	2:53.46	2:53.46
		Lower QT	5:18.60	4:51.30	4:03.20	3:41.90	3:36.80	3:20.30	3:18.80	3:17.40
22	50m Back	Upper QT	42.70	40.10	36.70	35.50	34.10	33.80	33.80	33.10
		Lower QT	1:02.1	56.00	49.90	44.20	40.60	39.40	38.90	38.50
24	200m Free	Upper QT	2:56.10	2:44.92	2:32.99	2:25.83	2:21.82	2:16.65	2:16.65	2:16.21
		Lower QT	4:17.30	3:52.80	3:33.20	3:07.00	2:45.40	2:41.30	2:41.20	2:38.00
26	100m Fly	Upper QT	~	1:29.20	1:20.64	1:15.94	1:13.61	1:10.60	1:10.60	1:10.21
		Lower QT	~	1:53.80	1:41.40	1:31.00	1:24.90	1:22.10	1:21.40	1:21.00
28	50m Free	Upper QT	36.60	34.90	32.70	31.70	30.30	29.80	29.80	29.70
		Lower QT	59.20	50.00	43.30	39.10	37.90	35.90	35.40	35.10
30	50m Breast	Upper QT	48.80	45.70	42.30	40.40	38.60	38.40	38.40	37.50
		Lower QT	1:13.10	1:03.20	55.90	48.30	45.10	43.70	43.10	42.90