



NORFOLK COUNTY CHAMPIONSHIPS AND AGE GROUP COMPETITIONS 2023

QUALIFYING TIMES – AGE AT 31st DEC 2023

Mens Short Course QT

EVENT		10 & 11	12	13	14	15	16	17/OV
50m	Freestyle	46.57	40.37	37.10	35.19	30.91	30.22	28.54
100m	Freestyle	01:46.71	01:29.07	01:22.19	01:19.06	01:08.72	01:05.92	01:01.45
200m	Freestyle	03:51.00	03:17.36	03:05.03	02:52.51	02:36.22	02:27.22	02:22.50
400m	Freestyle	07:30.00	07:04.34	07:34.19	06:37.57	05:45.00	06:18.58	04:49.09
800m	Freestyle		12:15.00	11:35.00	11:15.00	10:18.00	09:58.50	09:52.50
1500m	Freestyle		23:20.00	21:35.00	20:10.00	19:00.00	18:40.00	17:44.00
50m	Breaststroke	1:05.56	54.60	50.25	48.34	43.07	43.40	38.23
100m	Breaststroke	02:19.09	01:58.94	01:52.97	01:41.03	01:32.24	01:34.81	01:30.10
200m	Breaststroke	04:50.00	04:02.48	03:48.03	03:24.09	03:31.42	03:05.39	03:01.13
50m	Butterfly	1:09.50	51.47	44.40	43.66	35.28	36.69	30.76
100m	Butterfly	02:05.44	01:42.30	01:37.20	01:33.10	01:25.70	01:21.16	01:14.50
200m	Butterfly	04:20.00	04:08.20	03:59.17	03:29.07	03:19.77	03:15.40	02:45.00
50m	Backstroke	55.00	48.12	44.35	41.62	37.09	37.69	33.69
100m	Backstroke	01:52.35	01:47.12	01:33.75	01:29.57	01:18.71	01:19.72	01:13.30
200m	Backstroke	03:59.00	03:35.49	03:14.62	03:03.87	02:53.50	02:46.29	02:39.00
200m	IM	04:08.00	03:58.10	03:36.69	03:14.00	02:57.72	02:49.74	02:31.07
400m	IM		07:48.00	07:28.26	06:05.35	06:00.00	05:55.63	05:50.55

Womens Short Course QT

EVENT		10 & 11	12	13	14	15	16	17/OV
50m	Freestyle	49.63	40.94	35.91	34.44	32.66	32.31	32.14
100m	Freestyle	01:48.28	01:25.34	01:18.16	01:13.19	01:09.69	01:08.41	01:09.82
200m	Freestyle	03:50.00	03:23.50	02:59.26	02:34.57	02:28.37	02:29.25	02:27.84
400m	Freestyle	07:30.00	07:00.00	06:30.00	05:50.58	05:46.32	05:18.88	05:15.98
800m	Freestyle		12:38.70	12:00.00	11:10.00	10:52.00	10:40.00	10:20.90
1500m	Freestyle		23:00.00	21:47.00	20:40.00	19:55.00	19:30.10	18:57.40
50m	Breaststroke	01:11.75	53.53	44.53	39.85	38.41	37.62	43.55
100m	Breaststroke	02:25.00	01:57.18	01:41.03	01:36.10	01:34.53	01:31.88	01:34.52
200m	Breaststroke	04:40.00	04:14.83	03:38.90	03:26.34	03:21.13	03:09.36	03:17.15
50m	Butterfly	54.81	48.23	44.86	37.92	34.98	32.81	36.08
100m	Butterfly	02:03.56	01:51.48	01:43.79	01:30.91	01:28.53	01:23.28	01:24.53
200m	Butterfly	04:15.00	03:55.00	03:44.18	03:36.56	03:03.10	02:54.22	03:02.81
50m	Backstroke	59.68	47.93	42.62	39.72	39.40	38.10	37.94
100m	Backstroke	01:56.50	01:36.21	01:29.81	01:23.91	01:20.28	01:21.07	01:23.40
200m	Backstroke	03:52.30	03:37.50	03:11.04	03:03.80	02:45.88	02:52.69	02:50.18
200m	Medley	04:03.00	03:53.34	03:23.74	02:56.80	02:53.49	02:49.29	02:50.13
400m	Medley		07:20.00	06:53.50	06:19.09	06:05.00	05:55.00	05:59.89

Entry times must be on the Rankings Database from Licensed Meet at levels 1-4. Long Course converted times are acceptable. The conversion accepted is that built into the Sportsystems software. Times must have been achieved between 1st January 2022 and the closing date.

The 800/1500m times are only provisional and will be reviewed in early October when there should be many more swims on rankings to enable a better assessment.