



The Killerwhales Swim Club of Havering

AFFILIATED TO A.S.A LONDON & ESSEX
(Under ASA Law and the ASA Technical Rules of Racing)

LICENCE NO: 1LR1534

The Killerwhales Winter Open Level 1 17th and 18th December 2011

Qualifying Times – Long Course Times Only

Ages as of 18th December 2011

Boys	9	10	11	12	13	14	15	16 & O
50m Freestyle	42.6	39	37	34.9	33	31.3	29.7	28.7
100m Freestyle			1:18.8	1:13.7	1:09.8	1:06.9	1:04.4	1:02.6
200m Freestyle	3:23.4	3:03.6	2:51.3	2:40.8	2:32.6	2:25.6	2:20.7	2:16.3
400m Freestyle	6:49.4	6:15.4	5:40.0	5:15.1	5:00.0	4:57.0	4:47.6	4:40.1
100m Breaststroke			1:41.5	1:34.7	1:28.8	1:24.6	1:21.4	1:18.9
200m Breaststroke	4:20.5	3:57.2	3:39.1	3:25.2	3:12.5	3:02.5	2:55.4	2:51.6
100m Butterfly			1:27.7	1:21.5	1:16.8	1:12.8	1:09.8	1:07.8
200m Butterfly	4:03.7	3:32.3	3:12.5	2:59.9	2:49.9	2:40.9	2:34.4	2:30.4
100m Backstroke			1:29.8	1:24.1	1:19.2	1:15.0	1:12.2	1:10.3
200m Backstroke	3:46.7	3:25.8	3:12.0	3:00.7	2:50.3	2:42.3	2:36.0	2:31.4
200m Individual Medley	3:52.0	3:29.6	3:14.3	3:02.8	2:52.7	2:44.8	2:38.4	2:33.9

Girls	9	10	11	12	13	14	15	16 & O
50m Freestyle	42.8	39.8	37.3	35.4	34	32.9	32.2	31.9
100m Freestyle		1:26.2	1:19.3	1:15.2	1:12.7	1:10.7	1:09.6	1:08.8
200m Freestyle	3:29.1	3:04.4	2:51.3	2:42.5	2:36.2	2:32.1	2:29.1	2:27.5
400m Freestyle	6:48.4	6:05.4	5:35.4	5:20.8	5:10.3	5:07.0	5:02.8	4:59.6
100m Breaststroke		1:50.3	1:41.6	1:35.2	1:30.8	1:28.5	1:27.5	1:26.1
200m Breaststroke	4:27.3	3:55.5	3:36.6	3:24.9	3:15.5	3:09.5	3:06.7	3:05.8
100m Butterfly		1:37.1	1:27.9	1:22.6	1:19.1	1:17.2	1:15.5	1:14.8
200m Butterfly	3:56.6	3:34.6	3:12.6	3:01.7	2:53.5	2:48.0	2:45.7	2:43.3
100m Backstroke		1:37.5	1:29.9	1:24.5	1:21.7	1:19.6	1:17.9	1:17.1
200m Backstroke	3:52.7	3:26.3	3:11.0	3:00.6	2:54.3	2:49.8	2:45.8	2:43.9
200m Individual Medley	3:55.2	3:29.6	3:14.3	3:03.3	2:56.8	2:52.3	2:48.9	2:46.9

Entry forms, together with fees, should be sent to:

Killerwhales SwimClub

C/O 146 Hainault Road Collier Row

Romford RM5 3AP

Tel: 01708 755026

Entry packs available on Website: www.killerwhallessc.co.uk