

Thurrock 'One Day' Regional Qualifying Meet

Upper Limit Times
There are no qualifying times

Boys	9	10	11	12	13	14	15+
400 f/s	5.48.69	5.48.69	5.20.22	5.03.05	4.48.12	4.39.29	4.24.85
200 f/s	2.45.66	2.45.66	2.32.88	2.24.08	2.16.55	2.12.09	2.04.63
200 Brst	3.35.71	3.35.71	3.18.57	3.05.68	2.54.97	2.48.85	2.37.56
200 Back	3.05.79	3.05.79	2.51.45	2.41.33	2.32.27	2.27.32	2.20.87
200 Fly	3.16.90	3.16.90	2.59.51	2.47.45	2.36.25	2.29.69	2.19.74
200 IM	3.10.41	3.10.41	2.54.38	2.44.45	2.35.44	2.30.35	2.21.70
Girls	9	10	11	12	13	14	15+
400 F/S	5.50.11	5.50.11	5.22.28	5.08.53	4.59.74	4.54.82	4.48.04
200 F/S	2.44.92	2.44.92	2.34.40	2.27.37	2.22.76	2.20.77	2.17.25
200 Brst	3.33.75	3.33.75	3.16.54	3.06.90	3.01.12	2.58.66	2.54.80
200 Back	3.05.63	3.05.63	2.51.62	2.43.69	2.38.27	2.36.00	2.31.94
200 Fly	3.17.51	3.17.51	2.59.64	2.49.81	2.42.26	2.39.54	2.34.97
200 IM	3.08.46	3.08.46	2.54.66	2.46.74	2.41.95	2.39.43	2.35.45

Schedule
Sunday May 13th 2012
Thurrock Swimming Club
'One Day' Regional Qualifying Meet 2012

Session 1 Warm up 8am
Event 1 Boys 400m Freestyle
Event 2 Girls 400m Freestyle
Session 2 Warm up TBC
Boys 200 IM
Girls 200 Backstroke
Boys 200 Fly
Girls 200 F/S
Boys 200 Breaststroke
Session 3 warm Up TBC
Girls 200 IM
Boys 200 Backstroke
Girls 200 Fly
Boys 200 F/S
Girls 200 Breaststroke