



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION

County Association of East and London Regions

ESSEX AGE GROUP CHAMPIONSHIPS 2016

ALL TIMES ARE SHORT COURSE

BOYS							(Age as on 31 st December 2016)	GIRLS						
10/11 Years	12 Years	13 years	14 Years	15 years	16 Years	17+ years	Events	10/11 Years	12 Years	13 Years	14 Years	15 Years	16 Years	17+ Years
45.8	42.0	40.0	37.5	36.0	35.4	34.9	50m Back	44.5	42.1	40.1	38.0	37.9	37.8	37.6
51.8	48.0	46.0	42.6	40.6	40.1	39.4	50m Breast	50.4	48.4	46.8	43.5	42.9	42.7	42.5
44.5	41.0	39.0	36.3	34.5	34.0	33.2	50m Fly	43.2	40.9	38.9	36.9	36.8	36.7	36.5
39.7	37.6	34.9	33.2	31.7	31.5	30.8	50m Free	39.3	37.4	35.7	33.8	33.7	33.6	33.5
1.34.0	1.29.0	1.23.0	1.18.2	1.14.2	1.12.2	1.09.4	100m Back	1.32.0	1.28.2	1.23.3	1.21.5	1.19.9	1.17.4	1.16.6
1.48.0	1.42.0	1.35.0	1.30.3	1.26.4	1.23.2	1.20.0	100m Breast	1.46.0	1.41.7	1.35.4	1.33.0	1.29.1	1.28.5	1.27.4
1.34.0	1.29.0	1.23.0	1.18.2	1.14.3	1.11.3	1.08.8	100m Fly	1.32.0	1.28.9	1.24.0	1.21.0	1.17.8	1.17.2	1.16.3
1.25.0	1.16.0	1.12.9	1.06.5	1.03.6	1.02.9	1.01.9	100m Free	1.23.0	1.17.2	1.14.2	1.11.9	1.09.2	1.08.3	1.07.3
3.23.0	3.03.0	2.52.0	2.43.0	2.36.0	2.31.1	2.27.1	200m Back	3.21.5	2.59.2	2.53.8	2.45.0	2.42.9	2.40.4	2.39.3
4:07.0	3.34.0	3.21.8	3.11.2	3.01.9	2.55.7	2.50.8	200m Breast	3.52.5	3.31.8	3.22.9	3.12.5	3.09.4	3.06.4	3:05.7
3.42.2	3.14.9	3.01.5	2.52.0	2.42.2	2.36.4	2.32.5	200m Fly	3.38.5	3.12.6	3.03.3	2.56.0	2.51.1	2.48.4	2.46.7
3.02.0	2.42.0	2.31.0	2.24.8	2.17.5	2.13.5	2.11.3	200m Free	3.00.1	2.44.0	2.33.0	2.27.0	2.25.0	2.23.6	2.21.9
6:08.0	5:34.0	5:09.0	4:56.9	4:48.7	4:39.9	4:34.8	400m Free	6:06.0	5:30.4	5:11.0	5:01.0	4:58.0	4:55.0	4:53.0
							800m Free		12:08.3	11:08.3	10:35.4	10:07.0	10:07.0	10:07.0
	21:30.0	21:14.0	20:14.0	19:11.1	18:28.3	17:54.4	1500m Free							
3.26.0	3.04.5	2.52.6	2.43.4	2.34.7	2.29.1	2.25.6	200m I/M	3.24.4	3.02.0	2.53.8	2.44.9	2.40.7	2.39.8	2.39.2
	6.27.6	5.50.2	5.42.0	5.21.8	5.10.4	5.06.9	400m I/M		6.20.7	5.56.1	5.45.0	5.38.8	5.34.5	5.33.1

