**LANCASHIRE COUNTY WATER POLO & SWIMMING ASSOCIATION**

**AGE GROUPS AND CHAMPIONSHIPS 2019**

**CONSIDERATION TIMES SHORT COURSE**

**Licence Nos 1NW 190175 1NW 190176 1NW 190177**

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| **Age as at 31 December 2019** |
| **BOYS** | **10/11** | **12** | **13** | **14** | **15** | **16** | **17/Ov.** |
| **EVENT** |  |  |  |  |  |  |  |
| 50m Freestyle | 37.0 | 34.0 | 31.5 | 30.5 | 29.5 | 29.0 | 28.0 |
| 100m Freestyle | 1:16.5 | 1:11.5 | 1:08.0 | 1:05.0 | 1:02.0 | 1:01.0 | 1:00.0 |
| 200m Freestyle | 2:47.5 | 2:36.5 | 2:28.0 | 2:22.0 | 2:15.0 | 2:14.0 | 2:12.0 |
| 400m Freestyle | 5:55.0 | 5:32.0 | 5:13.0 | 5:00.0 | 4:48.5 | 4:45.5 | 4:41.5 |
| 800m Freestyle | **No Event** | 10.58.0 | 10.30.0 | 10.10.0 | 9.50.0 | 9.40.0 | 9.30.0 |
| 1500m Freestyle | **No Event** | 21:10.0 | 20.25.0 | 19.25.0 | 18.50.0 | 18.30.0 | 18.15.0 |
| 50m Breaststroke | 47.5 | 44.0 | 40.0 | 39.0 | 36.5 | 35.5 | 35.0 |
| 100m Breaststroke | 1:42.0 | 1:36.0 | 1:28.5 | 1:24.0 | 1:20.0 | 1:19.0 | 1:18.0 |
| 200m Breaststroke | 3:38.0 | 3:24.0 | 3:10.0 | 3:00.5 | 2:53.0 | 2:52.0 | 2:50.0 |
| 50m Butterfly | 40.0 | 38.00 | 34.5 | 32.5 | 31.0 | 30.5 | 30.0 |
| 100m Butterfly | 1:26.5 | 1:21.5 | 1:17.5 | 1:14.0 | 1:09.0 | 1:07.5 | 1:06.0 |
| 200m Butterfly | 3:15.0 | 3:03. | 2:50.0 | 2:44.0 | 2:35.0 | 2:33.0 | 2:30.0 |
| 50m Backstroke | 40.5 | 37.5 | 35.5 | 34.0 | 32.5 | 31.5 | 30.5 |
| 100m Backstroke | 1:27.5 | 1:21.5 | 1:18.0 | 1:14.0 | 1:10.0 | 1:09.5 | 1:09.0 |
| 200m Backstroke | 3:07.0 | 2:55.0 | 2:47.0 | 2:39.0 | 2:32.0 | 2:31.0 | 2:30.0 |
| 200m Ind. Med | 3:09.0 | 2:57.0 | 2:49.0 | 2:41.0 | 2:34.5 | 2:33.0 | 2:31.0 |
| 400m Ind. Med | **No Event** | 6:20.0 | 6:00.0 | 5:45.0 | 5:33.0 | 5:31.0 | 5:29.0 |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **GIRLS** | **10/11** | **12** | **13** | **14** | **15** | **16** | **17/Ov.** |
| **EVENT** |  |  |  |  |  |  |  |
| 50m Freestyle | 37.0 | 33.5 | 32.0 | 31.0 | 30.5 | 30.0 | 29.5 |
| 100m Freestyle | 1:17.0 | 1:13.0 | 1:09.5 | 1:08.0 | 1:06.5 | 1:05.5 | 1:05.0 |
| 200m Freestyle | 2:47.5 | 2:37.0 | 2:30.5 | 2:28.0 | 2:24.0 | 2:22.5 | 2:21.0 |
| 400m Freestyle | 5:55.0 | 5:32.0 | 5:17.0 | 5:12.0 | 5:06.0 | 5:03.0 | 5:00.0 |
| 800m Freestyle | **No Event** | 11.08.0 | 10:45.0 | 10:30.0 | 10.10.0 | 10.05.0 | 10.00.0 |
| 1500m Freestyle | **No Event** | 21.30.0 | 20.45.0 | 20.00.0 | 19.30.0 | 19.00.0 | 18.45.0 |
| 50m Breaststroke | 47.0 | 43.0 | 40.5 | 39.5 | 38.5 | 38.0 | 37.5 |
| 100m Breaststroke | 1:40.5 | 1:34.0 | 1:30.0 | 1:28.0 | 1:27.0 | 1:26.0 | 1:25.0 |
| 200m Breaststroke | 3:37.0 | 3:23.0 | 3:12.0 | 3:09.5 | 3:08.0 | 3:06.5 | 3:05.5 |
| 50m Butterfly | 40.0 | 38.0 | 35.0 | 34.0 | 33.5 | 33.0 | 32.5 |
| 100m Butterfly | 1:28.0 | 1:23.0 | 1:19.0 | 1:17.0 | 1:15.0 | 1:14.0 | 1:13.0 |
| 200m Butterfly | 3:15.0 | 3:04.0 | 2:54.0 | 2:50.0 | 2:46.0 | 2:44.5 | 2:42.5 |
| 50m Backstroke | 40.5 | 38.0 | 36.5 | 35.5 | 35.0 | 34.5 | 34.0 |
| 100m Backstroke | 1:27.5 | 1:23.5 | 1:20.0 | 1:17.5 | 1:16.0 | 1:15.0 | 1:14.5 |
| 200m Backstroke | 3:10.0 | 2:58.0 | 2:49.5 | 2:46.0 | 2:42.5 | 2:41.0 | 2:39.0 |
| 200m Ind. Med | 3:10.0 | 3:00.0 | 2:51.0 | 2:49.0 | 2:46.0 | 2:44.0 | 2:42.0 |
| 400m Ind. Med | **No Event** | 6:24.0 | 6:05.0 | 5:58.0 | 5:54.0 | 5:52.0 | 5:50.0 |

**All times must have been achieved between**

**1 March 2018 and 31 December 2018 from a licensed meet (Levels 1,2,3 or 4 ) No split times accepted.**