

## CRAWLEY SUMMER SPLASH LONG COURSE L3 GALA 2024

Long course times									
Open/Male	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17yrs+
<b>50 FREE</b>	50.40	47.40	44.50	40.50	37.60	36.60	34.60	33.60	32.60
Not faster than	33.60	31.70	29.70	28.70	27.80	26.90	25.80	24.90	23.90
<b>100 FREE</b>	1.50.80	1.42.80	1.36.90	1.26.00	1.18.10	1.14.10	1.09.20	1.05.30	1.03.30
not faster than	1.16.10	1.12.20	1.09.20	1.05.30	1.00.40	57.50	55.50	54.50	53.60
<b>200 FREE</b>	3.51.50	3.46.50	3.31.70	3.11.80	2.57.00	2.50.10	2.38.20	2.27.40	2.17.50
not faster than	2.42.20	2.32.30	2.25.40	2.20.50	2.13.60	2.08.70	2.02.90	2.00.90	1.56.00
<b>400 FREE</b>		6.58.40	6.48.50	6.13.80	5.39.20	5.19.40	5.04.60	4.59.70	4.49.70
Not faster than		5.24.40	5.04.60	4.57.80	4.43.00	4.31.20	4.20.40	4.17.50	4.09.70
<b>50 BREAST</b>	1.03.50	1.01	57.60	51.60	48.70	45.70	43.70	40.80	39.80
not faster than	45.70	42.70	39.80	36.90	35.90	33.00	32.00	31.00	30.00
<b>100 BREAST</b>	2.21.90	2.12.00	2.02.00	1.56.10	1.46.20	1.39.30	1.31.40	1.26.50	1.22.50
not faster than	1.37.30	1.34.30	1.30.40	1.26.50	1.21.60	1.16.70	1.13.70	1.11.80	1.07.90
<b>200 BREAST</b>	4.46.90	4.32.00	4.17.10	3.57.20	3.37.50	3.27.60	3.17.70	3.03.90	2.58.00
not faster than	3.32.50	3.22.60	3.12.80	3.07.80	3.00.00	2.49.10	2.43.30	2.42.30	2.32.50
<b>50 FLY</b>	1.02.30	58.30	54.40	47.40	44.40	39.50	37.50	34.60	33.60
not faster than	40.50	37.50	34.60	31.60	29.60	28.70	27.70	26.70	24.80
<b>100 FLY</b>	2.16.60	2.06.60	1.56.70	1.45.70	1.40.80	1.30.80	1.25.90	1.16.00	1.13.00
not faster than	1.33.80	1.25.90	1.19.00	1.16.00	1.09.10	1.06.20	1.03.20	1.01.20	58.30
<b>200 FLY</b>	4.46.10	4.31.20	4.16.20	3.46.40	3.26.50	3.11.70	2.56.80	2.46.90	2.42.00
Not faster than	3.26.50	3.11.70	3.03.70	2.57.80	2.51.90	2.34.10	2.26.20	2.25.20	2.18.30
<b>50 BACK</b>	58.30	54.40	50.40	46.40	43.50	40.50	38.50	36.60	34.60
not faster than	40.50	37.50	34.60	32.60	30.70	28.70	27.70	26.80	25.80
<b>100 BACK</b>	2.10.60	1.58.70	1.48.70	1.37.80	1.30.90	1.25.90	1.22.00	1.16.10	1.14.10
not faster than	1.30.90	1.21.00	1.16.10	1.15.10	1.11.10	1.07.20	1.03.30	1.02.30	1.00.30
<b>200 BACK</b>	4.21.30	4.01.40	3.46.50	3.26.60	3.11.80	3.06.80	2.56.90	2.44.00	2.42.10
Not faster than	3.16.70	2.59.90	2.44.00	2.40.10	2.32.20	2.27.30	2.19.40	2.17.40	2.13.50
<b>200 INDIVIDUAL MEDLEY</b>	4.26.50	4.06.60	3.46.80	3.22.00	3.07.10	3.02.20	2.52.20	2.47.40	2.42.40
not faster than	3.12.10	3.01.20	2.49.30	2.46.40	2.34.60	2.30.60	2.22.80	2.20.80	2.12.00
<b>400 INDIVIDUAL MEDLEY</b>		7.14.10	6.54.30	6.38.50	6.29.50	6.09.80	5.59.90	5.50.10	5.45.10
not faster than		6.04.90	5.51.00	5.40.00	5.28.40	5.12.70	4.59.90	4.58.90	4.39.30

Long course times									
FEMALE	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17yrs+
<b>50 FREE</b>	52.40	48.40	45.50	41.50	39.50	38.50	37.60	36.60	35.60
Not faster than	35.60	32.60	30.70	29.70	28.70	27.80	26.80	25.80	24.90
<b>100 FREE</b>	1.42.80	1.32.90	1.28.90	1.27.00	1.22.00	1.18.10	1.16.10	1.14.10	1.12.20
not faster than	1.14.10	1.11.20	1.07.30	1.05.30	1.01.40	1.00.40	59.40	58.40	57.50
<b>200 FREE</b>	3.59.50	3.38.60	3.26.70	3.11.80	2.50.10	2.47.10	2.45.10	2.40.20	2.35.30
not faster than	3.01.90	2.39.20	2.27.40	2.24.40	2.17.50	2.15.60	2.11.70	2.09.70	2.06.80
<b>400 FREE</b>		6.58.40	6.48.50	6.13.80	5.44.10	5.29.30	5.23.40	5.19.40	5.14.50
Not faster than		5.34.20	5.09.60	5.01.70	4.49.90	4.41.00	4.36.10	4.31.20	4.26.30
<b>50 breast</b>	1.04.50	1.00.50	57.60	50.60	48.70	46.70	45.70	43.70	42.70
not faster than	45.70	42.70	39.80	36.90	35.90	34.90	33.90	33.90	33.00
<b>100 breast</b>	2.15.90	2.10.00	2.00.10	1.48.20	1.45.20	1.40.30	1.36.30	1.33.40	1.31.40
not faster than	1.41.30	1.35.30	1.30.40	1.25.40	1.22.50	1.20.60	1.19.60	1.18.60	1.15.70
<b>200 breast</b>	4.56.80	4.36.90	4.12.10	3.47.30	3.37.50	3.34.50	3.22.60	3.12.80	3.07.80
Not faster than	3.31.50	3.21.60	3.11.80	3.07.80	2.58.00	2.57.00	2.50.10	2.49.10	2.47.20
<b>50 FLY</b>	1.02.30	58.30	54.40	47.40	45.40	42.50	41.50	40.50	39.50
not faster than	40.50	35.50	32.60	31.60	30.60	29.60	28.70	27.70	26.70
<b>100 FLY</b>	2.09.60	2.03.60	1.53.70	1.40.80	1.35.80	1.29.90	1.28.90	1.25.90	1.22.90
not faster than	1.33.80	1.25.90	1.19.00	1.17.00	1.14.00	1.09.10	1.07.10	1.06.20	1.05.20
<b>200 FLY</b>	4.55.10	4.36.20	4.16.20	4.00.30	3.46.40	3.36.50	3.26.50	3.11.70	3.01.80
Not faster than	3.41.40	3.17.60	3.05.70	2.58.80	2.54.80	2.39.00	2.36.00	2.34.10	2.28.10
<b>50 BACK</b>	1.00.03	55.40	51.40	47.40	44.50	43.50	42.50	41.50	40.50
not faster than	41.50	38.50	34.60	32.60	31.60	30.70	29.70	29.70	28.70
<b>100 BACK</b>	2.09.60	1.59.70	1.47.80	1.35.80	1.31.90	1.27.90	1.25.90	1.23.00	1.21.00
not faster than	1.30.90	1.24.00	1.18.00	1.12.10	1.09.20	1.07.20	1.06.20	1.05.20	1.03.30
<b>200 BACK</b>	4.16.30	4.06.40	3.51.50	3.21.70	3.11.80	3.06.80	3.01.80	2.55.90	2.51.00
Not faster than	3.13.70	2.59.90	2.45.00	2.37.10	2.30.20	2.26.30	2.25.30	2.23.30	2.19.40
<b>200 INDIVIDUAL MEDLEY</b>	4.26.50	4.06.60	3.46.80	3.26.90	3.12.10	3.03.20	3.00.20	2.53.30	2.47.40
not faster than	3.18.00	3.07.10	2.47.40	2.40.50	2.33.60	2.30.60	2.28.70	2.26.70	2.23.80
<b>400 INDIVIDUAL MEDLEY</b>		7.14.10	7.05.30	6.54.30	6.39.40	6.19.70	6.09.80	5.59.90	5.50.10
not faster than		5.52.00	5.47.10	5.38.20	5.33.30	5.22.50	5.18.60	5.14.60	5.06.80