



## HARPENDEN SWIMMING CLUB

(affiliated to Swim England Hertfordshire & Swim England East Region)

### HSC FINIS LAST CHANCE COUNTY QUALIFIER

Held under Swim England Regulations and to the  
Swim England Open Meet Licencing Criteria

**Sunday 11<sup>th</sup> December 2022**

**Westminster Lodge Leisure Centre,**  
Holywell Hill, St Albans. AL1 2DL

**Licence no. 3ER221404**



### Boys

### NO FASTER THAN TIMES

### Age at 31<sup>st</sup> December 2022

Age:	10	11	12	13	14	15	16+
50m Free	32.66	32.66	30.88	28.58	27.25	25.49	25.49
100m Free	1:13.00	1:13.00	01:07.28	01:03.16	59.38	54.85	54.85
200m Free	02:37.00	02:37.00	02:27.29	02:17.77	02:13.77	02:01.84	02:01.84
400m Free	05:22.39	05:22.39	05:07.82	04:46.81	04:33.62	04:16.97	04:16.97
50m Breast	43.52	43.52	40.38	37.40	35.94	32.94	32.94
100m Breast	1:35.70	1:35.70	01:30.00	01:23.00	01:17.76	01:11.70	01:11.70
200m Breast	03:23.73	03:23.73	03:15.00	03:02.05	02:56.66	02:39.12	02:39.12
50m Fly	37.09	37.09	33.84	32.38	30.32	27.78	27.78
100m Fly	01:29.00	01:29.00	01:22.49	01:12.74	1:08.63	01:01.44	01:01.44
200m Fly	03:38.00	03:38.00	03:33.00	02:59.09	02:37.05	02:25.86	02:25.86
50m Back	37.24	37.24	35.55	33.49	31.82	29.38	29.38
100m Back	1:23.10	1:23.10	01:16.55	01:11.94	01:09.66	01:02.65	01:02.65
200m Back	02:56.14	02:56.14	02:45.20	02:35.75	02:28.70	02:17.45	02:17.45
100m IM	01:23.10	01:23.10	01:19.03	01:13.00	01:10.17	01:05.13	01:05.13
200m IM	02:59.00	02:59.00	02:50.80	02:37.90	02:31.25	02:20.26	02:20.26
400m IM		06:10.19	06:07.78	05:29.28	05:16.17	04:54.29	04:54.29

secretary@harpendensc.org.uk

@HarpSwim

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harp\_swim

Proud to be working with FINIS as our aquatic partner





## Girls

### NO FASTER THAN TIMES

### Age at 31<sup>st</sup> December 2022

Age:	10	11	12	13	14	15	16+
50m Free	32.64	32.64	31.05	29.96	29.67	28.60	28.60
100m Free	01:11.89	01:11.89	01:07.51	01:05.19	01:04.00	01:00.84	01:00.84
200m Free	02:35.67	02:35.67	02:23.23	02:20.58	02:18.30	02:13.97	02:13.97
400m Free	05:18.71	05:18.71	04:57.02	04:47.31	04:42.30	04:39.93	04:39.93
50m Breast	43.00	43.00	40.00	38.44	38.24	37.04	37.04
100m Breast	01:35.66	01:35.66	01:29.71	01:25.75	01:22.50	01:19.36	01:19.36
200m Breast	03:20.48	03:20.48	03:09.19	03:00.86	02:58.48	02:52.08	02:52.08
50m Fly	37.00	37.00	34.00	33.69	32.46	31.33	31.33
100m Fly	01:29.22	01:29.22	01:18.94	01:15.00	01:12.29	01:08.95	01:08.95
200m Fly	03:31.50	03:31.50	03:04.00	03:01.29	2:53.70	02:41.70	02:41.70
50m Back	38.00	38.00	35.59	34.34	33.86	32.27	32.27
100m Back	01:22.00	01:22.00	01:15.44	01:14.00	01:12.55	01:09.64	01:09.64
200m Back	02:52.00	02:52.00	02:43.35	02:37.35	02:36.38	02:30.57	02:30.57
100m IM	01:22.54	01:22.54	01:18.00	01:15.00	01:14.00	01:11.27	01:11.27
200m IM	02:59.11	02:59.11	02:44.65	02:42.00	02:38.00	02:33.72	02:33.72
400m IM		06:20.90	05:45.00	05:43.00	05:37.52	05:26.50	05:26.50