

MIDDLESEX COUNTY AMATEUR SWIMMING ASSOCIATION
COUNTY CHAMPIONSHIPS 2023 Inclusive of Multi-Classification Events
14 & 15 January 2023 @ London Aquatic Centre; 18 & 19 February @ Hillingdon Leisure Centre
Under Swim England Laws and Swim England Technical Rules at Level 1 under no: 1LR230079 & 1LR230080

Middlesex County Championships - 2023

Long Course QT's

Male								Female						
10+11's	12's	13's	14's	15's	16's	17+		10+11's	12's	13's	14's	15's	16's	17+
36.5	34.50	31.30	29.60	27.70	27.30	26.30	50 Free	36.30	33.60	31.50	30.90	29.90	29.80	28.60
1.22.10	1.15.70	1.08.10	1.04.10	1.01.00	59.40	57.20	100 Free	1.21.80	1.14.30	1.08.60	1.07.70	1.05.30	1.05.30	1.02.50
3.03.50	2.43.60	2.29.40	2.23.00	2.13.40	2.08.90	2.01.10	200 Free	2.58.50	2.40.70	2.29.90	2.27.80	2.22.40	2.22.40	2.17.70
6.26.20	5.46.00	5.13.90	5.00.60	4.49.30	4.32.00	4.22.20	400 Free	6.18.30	5.46.30	5.32.70	5.13.90	4.55.20	4.53.80	4.48.00
-	12.41.50	11.53.80	10.44.30	9.57.60	9.40.80	9.25.50	800 Free	-	13.11.30	12.23.50	11.02.70	10.25.10	10.25.10	10.19.60
-	23.00.80	22.37.80	20.35.00	20.07.10	18.55.20	18.55.20	1500 Free	-	23.29.20	21.00.00	20.30.00	20.00.00	20.00.00	19.30.00
42.70	39.70	35.90	34.30	32.10	30.30	29.60	50 Back	41.60	39.30	36.00	35.90	33.80	33.80	32.20
1.32.70	1.25.50	1.18.40	1.13.10	1.10.30	1.04.30	1.03.90	100 Back	1.30.00	1.25.00	1.17.90	1.16.60	1.12.40	1.12.40	1.09.50
3.15.20	2.58.40	2.45.50	2.41.30	2.31.50	2.23.00	2.21.00	200 Back	3.14.80	3.01.50	2.47.30	2.43.10	2.38.80	2.37.40	2.30.90
49.10	45.40	41.10	36.70	36.00	35.20	33.60	50 BR	49.50	45.30	40.80	40.80	39.00	39.00	37.00
1.43.80	1.39.60	1.30.40	1.22.10	1.19.90	1.17.60	1.13.70	100 BR	1.48.10	1.40.20	1.29.00	1.29.00	1.23.90	1.23.90	1.21.60
3.51.90	3.31.60	3.10.70	3.00.60	2.54.30	2.50.10	2.49.00	200 BR	3.51.00	3.31.30	3.14.60	3.12.60	3.01.70	3.01.70	3.00.20
41.60	37.90	34.70	32.40	31.20	29.20	27.80	50 Fly	42.60	37.20	35.00	34.00	32.50	32.50	30.40
1.52.10	1.28.90	1.19.20	1.14.80	1.10.30	1.04.60	1.02.50	100 Fly	1.42.30	1.28.40	1.18.90	1.17.70	1.13.50	1.13.50	1.09.20
3.59.00	3.21.10	3.13.80	2.53.50	2.49.80	2.29.20	2.29.20	200 Fly	3.59.60	3.24.80	3.00.80	2.54.50	2.47.90	2.47.90	2.41.20
3.34.70	3.08.80	2.49.87	2.41.80	2.33.50	2.26.80	2.26.80	200 IM	3.28.10	3.06.50	2.54.20	2.50.90	2.42.10	2.42.10	2.33.50
-	7.02.70	6.20.90	5.49.70	5.37.60	5.08.60	5.03.00	400 IM	-	7.15.80	6.15.90	6.15.90	5.56.30	5.56.30	5.50.00

Times must be equal to or faster than times shown

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Short Course QT's

Male								Female						
10+11's	12's	13's	14's	15's	16's	17+		10+11's	12's	13's	14's	15's	16's	17+
35.92	33.89	30.58	28.92	26.89	26.50	25.46	50 Free	35.70	32.93	30.82	30.20	29.15	29.10	27.87
1.21.09	1.14.56	1.06.81	1.02.83	59.57	57.99	55.70	100 Free	1.20.77	1.13.16	1.07.39	1.06.49	1.04.02	1.04.02	1.01.18
3.01.55	2.41.46	2.27.03	2.20.56	2.10.76	2.06.15	1.58.17	200 Free	2.56.50	2.38.51	2.27.59	2.25.38	2.19.99	2.19.99	2.15.11
6.22.49	5.41.86	5.09.41	4.55.94	4.44.44	4.26.79	4.16.78	400 Free	6.14.52	5.42.18	5.28.42	5.09.36	4.50.40	4.48.99	4.43.10
-	12.33.83	11.45.63	10.35.29	9.47.80	9.30.80	9.15.17	800 Free	-	13.03.94	12.15.67	10.56.91	10.15.75	10.15.75	10.10.19
-	22.45.76	22.22.48	20.18.18	19.49.87	18.36.87	18.36.87	1500 Free	-	23.14.46	20.43.50	20.13.10	19.42.70	19.42.70	19.12.20
42.18	39.13	35.34	33.70	31.49	29.59	28.84	50 Back	41.05	38.74	35.46	35.31	33.20	33.20	31.54
1.31.82	1.24.59	1.17.34	1.11.98	1.09.17	1.03.05	1.02.61	100 Back	1.29.12	1.24.00	1.16.86	1.15.55	1.11.25	1.11.25	1.08.34
3.13.49	2.56.55	2.43.47	2.39.21	2.29.31	2.20.63	2.18.64	200 Back	3.13.10	2.59.60	2.45.32	2.41.05	2.36.72	2.35.23	2.28.66
48.49	44.65	40.28	35.81	35.13	34.30	32.64	50 BR	48.87	44.60	39.98	39.98	38.23	38.23	36.17
1.42.59	1.38.30	1.29.03	1.20.60	1.18.27	1.15.96	1.11.95	100 BR	1.46.95	1.38.91	1.27.53	1.27.53	1.22.40	1.22.40	1.20.03
3.49.60	3.29.10	3.07.86	2.57.68	2.51.24	2.47.01	2.45.81	200 BR	3.48.71	3.28.75	3.11.84	3.09.81	2.58.77	2.58.77	2.57.28
41.12	37.44	34.18	31.85	30.54	28.55	27.07	50 Fly	42.20	36.69	34.43	33.47	31.93	31.93	29.80
1.51.44	1.28.03	1.18.27	1.13.78	1.09.23	1.03.46	1.01.30	100 Fly	1.42.57	1.27.50	1.17.91	1.16.74	1.12.50	1.12.50	1.08.13
3.57.70	3.19.53	3.12.16	2.51.64	2.47.91	2.27.02	2.27.02	200 Fly	3.58.29	3.23.22	2.59.04	2.52.67	2.46.05	2.46.02	2.39.18
3.32.82	3.06.65	2.46.87	2.39.34	2.30.95	2.24.10	2.24.10	200 IM	3.26.23	3.04.41	2.51.95	2.48.62	2.39.66	2.39.66	2.30.92
-	6.58.54	6.16.25	5.44.60	5.32.36	5.02.90	4.57.18	400 IM	-	7.11.73	6.11.17	6.11.17	5.51.31	5.51.31	5.44.90

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