

# Hillingdon Swimming Club

Affiliated to M.C.A.S.A. & L.R.A.S.A



Male Entry times for Hillingdon SC Level 1 Winter Open Meet 17<sup>th</sup> & 18<sup>th</sup> December 2011 (1LR1382)  
Long Course Times or Short Course converted to LC please.

| Boys                  |         |         |         |         |         |         |         |           |
|-----------------------|---------|---------|---------|---------|---------|---------|---------|-----------|
| Event                 | 9       | 10      | 11      | 12      | 13      | 14      | 15      | 16 & over |
| 50 Freestyle          | 40.46   | 36.80   | 34.81   | 32.85   | 31.18   | 29.79   | 28.44   | 27.59     |
| 100 Freestyle         |         | 1:19.80 | 1:14.00 | 1:09.30 | 1:05.83 | 1:03.60 | 1:01.63 | 1:00.10   |
| 200 Freestyle         | 3:12.56 | 2:52.73 | 2:40.62 | 2:31.06 | 2:23.90 | 2:18.28 | 2:14.47 | 2:10.72   |
| 400 Freestyle         | 6:59.99 | 6:03.14 | 5:33.18 | 5:17.53 | 5:03.40 | 4:51.47 | 4:44.26 | 4:37.21   |
| 50 Breaststroke       | 53.92   | 48.73   | 45.34   | 42.08   | 39.59   | 37.75   | 36.14   | 35.37     |
| 100 Breaststroke      |         | 1:44.20 | 1:35.38 | 1:29.09 | 1:23.91 | 1:20.38 | 1:17.80 | 1:15.69   |
| 200 Breaststroke      | 4:07.40 | 3:43.80 | 3:25.90 | 3:13.24 | 3:01.90 | 2:53.47 | 2:47.68 | 2:44.84   |
| 50 Butterfly          | 46.36   | 40.99   | 38.40   | 35.98   | 34.00   | 32.39   | 30.85   | 30.13     |
| 100 Butterfly         |         | 1:30.50 | 1:22.45 | 1:16.83 | 1:12.59 | 1:09.18 | 1:06.76 | 1:05.07   |
| 200 Butterfly         | 3:51.62 | 3:20.42 | 3:00.68 | 2:49.43 | 2:40.52 | 2:32.98 | 2:27.60 | 2:24.28   |
| 50 Backstroke         | 47.69   | 43.36   | 40.69   | 38.24   | 36.19   | 34.33   | 33.05   | 32.21     |
| 100 Backstroke        |         | 1:31.28 | 1:24.32 | 1:19.20 | 1:14.83 | 1:11.27 | 1:09.04 | 1:07.48   |
| 200 Backstroke        | 3:34.80 | 3:13.65 | 3:00.10 | 2:50.03 | 2:40.78 | 2:34.27 | 2:29.19 | 2:25.21   |
| 200 Individual Medley | 3:40.31 | 3:17.40 | 3:02.39 | 2:51.84 | 2:43.11 | 2:36.53 | 2:31.50 | 2:27.65   |
| 400 Individual Medley | 7:57.03 | 7:00.32 | 6:25.18 | 6:03.56 | 5:46.07 | 5:31.71 | 5:21.54 | 5:14.20   |



# Hillingdon Swimming Club

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Female Entry times for Hillingdon SC Level 1 Winter Open Meet 17<sup>th</sup> & 18<sup>th</sup> December 2011 (1LR1382)  
Long Course Times or Short Course converted to LC please.

| Girls                 |         |         |         |         |         |         |         |           |
|-----------------------|---------|---------|---------|---------|---------|---------|---------|-----------|
| Event                 | 9       | 10      | 11      | 12      | 13      | 14      | 15      | 16 & over |
| 50 Freestyle          | 40.57   | 37.52   | 35.13   | 33.53   | 32.40   | 31.46   | 30.87   | 30.63     |
| 100 Freestyle         |         | 1:21.23 | 1:14.65 | 1:11.16 | 1:09.11 | 1:07.48 | 1:06.65 | 1:06.00   |
| 200 Freestyle         | 3:18.67 | 2:53.63 | 2:41.28 | 2:33.79 | 2:28.40 | 2:25.23 | 2:22.76 | 2:21.57   |
| 400 Freestyle         | 6:58.49 | 6:05.11 | 5:35.23 | 5:20.41 | 5:09.97 | 5:03.60 | 4:59.38 | 4:56.54   |
| 50 Breaststroke       | 54.12   | 48.31   | 45.12   | 42.64   | 41.04   | 39.64   | 38.85   | 38.56     |
| 100 Breaststroke      |         | 1:44.11 | 1:35.74 | 1:30.17 | 1:26.41 | 1:24.56 | 1:23.81 | 1:22.62   |
| 200 Breaststroke      | 4:14.44 | 3:42.10 | 3:24.04 | 3:14.06 | 3:05.96 | 3:01.17 | 2:58.91 | 2:58.46   |
| 50 Butterfly          | 45.81   | 41.57   | 38.49   | 36.65   | 34.99   | 34.14   | 33.35   | 32.88     |
| 100 Butterfly         |         | 1:31.75 | 1:22.94 | 1:18.24 | 1:15.24 | 1:13.75 | 1:12.38 | 1:11.79   |
| 200 Butterfly         | 3:45.29 | 3:23.06 | 3:01.69 | 2:52.20 | 2:45.01 | 2:40.59 | 2:38.76 | 2:36.79   |
| 50 Backstroke         | 47.73   | 43.38   | 40.62   | 38.75   | 37.50   | 36.33   | 35.50   | 35.16     |
| 100 Backstroke        |         | 1:32.10 | 1:24.68 | 1:20.00 | 1:17.74 | 1:16.10 | 1:14.65 | 1:14.00   |
| 200 Backstroke        | 3:40.88 | 3:14.44 | 3:00.01 | 2:51.10 | 2:45.72 | 2:42.27 | 2:38.82 | 2:37.27   |
| 200 Individual Medley | 3:43.41 | 3:17.37 | 3:02.97 | 2:53.43 | 2:48.09 | 2:44.65 | 2:41.70 | 2:40.04   |
| 400 Individual Medley | 7:58.96 | 7:00.98 | 6:23.42 | 6:04.28 | 5:52.36 | 5:45.82 | 5:40.26 | 5:36.55   |

