



**London Region Championships, 2009**  
**June 6th, 7th and 13th, 14th**  
**Age Groups - Qualifying Times**



London Swimming

Boys						Girls			
10	11	12	13	14		10	11	12	13
#	1.16.3	1.11.3	1.06.8	1.03.7	<b>100m F/s</b>	#	1.15.7	1.11.7	1.08.9
2.58.4	2.46.2	2.34.6	2.25.1	2.18.1	<b>200m F/s</b>	2.56.0	2.43.7	2.34.8	2.28.4
6.13.3	5.46.1	5.23.7	5.04.8	4.51.5	<b>400m F/s</b>	6.11.6	5.41.2	5.21.5	5.08.1
		10.10.0	10.08.0	10.06.0	<b>800m F/s</b>		11.30.0	10.40.0	10.34.0
		21.10.0	19.13.0	18.22.0	<b>1500m F/s</b>		21.00.0	20.50.0	20.40.0
#	1.39.3	1.31.9	1.25.3	1.21.3	<b>100m Breast</b>	#	1.37.9	1.31.1	1.27.5
3.52.6	3.35.1	3.18.5	3.04.7	2.54.9	<b>200m Breast</b>	3.49.1	3.29.7	3.16.9	3.07.2
#	1.27.2	1.20.9	1.15.0	1.11.0	<b>100m Fly</b>	#	1.25.7	1.20.7	1.16.7
3.36.0	3.13.6	2.58.4	2.46.0	2.36.5	<b>200m Fly</b>	3.31.2	3.10.4	2.57.1	2.48.1
#	1.27.2	1.20.9	1.15.7	1.11.5	<b>100m Back</b>	#	1.26.4	1.20.4	1.17.2
3.23.6	3.06.7	2.53.0	2.42.2	2.33.9	<b>200m Back</b>	3.18.8	3.03.1	2.51.9	2.45.2
3.26.1	3.10.6	2.57.5	2.46.2	2.37.4	<b>200m IM</b>	3.22.4	3.06.8	2.56.4	2.49.2
7.32.5	6.48.1	6.15.0	5.51.0	5.34.3	<b>400m IM</b>	7.19.2	6.38.5	6.11.6	5.55.0

**Entry times are 50m times.**

**Long Course times or Converted Short Course times will be accepted**

# Entry will be by achieving the 200m qualifying times