North Lancashire Swimming & Water Polo Association

Affiliated to ASA North West Region

LEVEL 3 DEVELOPMENT MEET 2017 – License No. 3NW171037

Blackpool Palatine Pool – Saturday / Sunday 15/16 July 2017 - Under ASA Laws & ASA Technical Rules of Swimming

BOYS LEVEL 3 CONSIDERATION TIMES - 2017						Short Course - 25m			GIRLS LEVEL 3 CONSIDERATION TIMES - 2017					
9	10	11	12	13	14/ov	QT	EVENTS	QT	9	10	11	12	13	14/ov
40.00	38.00	35.00	33.00	31.00	29.00	Upr	50m Free	Upr	40.00	37.00	34.00	33.00	31.00	30.00
55.00	52.00	51.00	45.00	40.00	38.00	Lwr		Lwr	55.00	51.00	50.00	45.00	40.00	39.00
	1.19.00	1.16.00	1.13.00	1.07.00	1.03.00	Upr	100m Free	Upr		1.19.00	1.17.00	1.13.00	1.09.00	1.06.00
	1.45.00	1.36.00	1.27.00	1.20.00	1.16.00	Lwr		Lwr		1.45.00	1.37.00	1.27.00	1.24.00	1.19.00
3.18.00	2.55.00	2.46.00	2.35.00	2.25.00	2.15.00	Upr	200m Free	Upr	3.18.00	2.58.00	2.50.00	2.35.00	2.28.00	2.24.00
4.00.00	3.40.00	3.30.00	3.10.00	2.55.00	2.45.00	Lwr		Lwr	4.00.00	3.43.00	3.35.00	3.10.00	2.58.00	2.54.00
46.00	42.00	41.00	37.00	35.00	32.00	Upr	50m Back	Upr	46.00	42.00	41.00	38.00	37.00	34.00
58.00	54.00	52.00	46.00	44.00	41.00	Lwr		Lwr	58.00	54.00	52.00	47.00	46.00	43.00
	1.30.00	1.26.00	1.21.00	1.15.00	1.10.00	Upr	100m Back	Upr		1.30.00	1.26.00	1.20.00	1.17.00	1.15.00
	1.58.00	1.50.00	1.45.00	1.37.00	1.32.00	Lwr		Lwr		1.58.00	1.50.00	1.44.00	1.39.00	1.37.00
3.30.00	3.20.00	3.10.00	2.51.00	2.41.00	2.30.00	Upr	200m Back	Upr	3.30.00	3.15.00	3.05.00	2.50.00	2.43.00	2.38.00
4.05.00	3.55.00	3.40.00	3.25.00	3.10.00	3.00.00	Lwr		Lwr	4.05.00	3.50.00	3.35.00	3.24.00	3.13.00	3.08.00
51.00	50.00	45.00	43.00	40.00	36.00	Upr	50m Breast	Upr	51.00	49.00	44.00	43.00	41.00	39.00
1.05.00	1.02.00	57.00	55.00	50.00	46.00	Lwr		Lwr	1.05.00	1.00.00	56.00	55.00	51.00	49.00
	1.42.00	1.36.00	1.31.00	1.26.00	1.18.00	Upr	100m Breast	Upr		1.42.00	1.38.00	1.32.00	1.27.00	1.23.00
	2.03.00	1.58.00	1.54.00	1.49.00	1.41.00	Lwr		Lwr		2.03.00	2.00.00	1.55.00	1.50.00	1.46.00
4.00.00	3.50.00	3.34.00	3.19.00	3.05.00	2.51.00	Upr	200m Breast	Upr	4.00.00	3.48.00	3.30.00	3.18.00	3.09.00	3.02.00
4.35.00	4.25.00	4.10.00	3.55.00	3.40.00	3.25.00	Lwr		Lwr	4.35.00	4.23.00	4.07.00	3.54.00	3.44.00	3.37.00
47.00	42.00	39.00	37.00	33.00	31.00	Upr	50m Fly	Upr	47.00	42.00	39.00	37.00	35.00	33.00
1.00.00	56.00	54.00	50.00	43.00	41.00	Lwr		Lwr	1.00.00	56.00	54.00	50.00	45.00	42.00
	1.30.00	1.25.00	1.22.00	1.16.00	1.09.00	Upr	100m Fly	Upr		1.30.00	1.27.00	1.22.00	1.19.00	1.14.00
	1.58.00	1.50.00	1.47.00	1.41.00	1.34.00	Lwr		Lwr		1.58.00	1.52.00	1.47.00	1.44.00	1.37.00
4.28.00	3.40.00	3.20.00	3.00.00	2.47.00	2.33.00	Upr	200m Fly	Upr	4.28.00	3.43.00	3.25.00	3.02.00	2.54.00	2.45.00
4.50.00	4.20.00	4.00.00	3.45.00	3.30.00	3.15.00	Lwr		Lwr	4.50.00	4.23.00	4.05.00	3.47.00	3.37.00	3.30.00
		3.15.00	2.52.00	2.43.00	2.32.00	Upr	200m I.M.	Upr			3.10.00	2.51.00	2.44.00	2.43.00
		3.50.00	3.22.00	3.13.00	3.00.00	Lwr		Lwr			3.45.00	3.21.00	3.14.00	3.13.00
1.39.00	1.32.00	1.27.00	1.21.00	1.18.00	1.13,00	Upr	100m I.M.	Upr	1.39.00	1.32.00	1.27.00	1.23.00	1.20.00	1.16.00
2.10.00	2.05.00	1.58.00	1.50.00	1.47.00	1.42.00	Lwr		Lwr	2.10.00	2.05.00	1.58.00	1.51.00	1.49.00	1.45.00

ASA CODE OF CONDUCT - PLEASE SUBMIT CORRECT, TRUTHFUL INFORMATION.