

# Harlow Penguins Swimming Club presents Age Group Qualifier Open Meet

A Level 3 Licensed meet No. 3ER210934  
under Swim England Laws & Swim England Technical Rules of Swimming  
at  
Harlow LeisureZone, Essex. CM20 3DT  
on  
Saturday 4th December 2021

Session 1 - Warm-up 12.30; Start 13.30					Session 2 – Warm-up tbc; Start tbc				
Event 101	HDW	Girls	400m	Freestyle	Event 211	HDW	Boys	400m	Freestyle
Event 102	HDW	Boys	200m	Breaststroke	Event 212	HDW	Girls	200m	Breaststroke
Event 103	HDW	Girls	200m	Freestyle	Event 213	HDW	Boys	200m	Freestyle
Event 104	HDW	Boys	200m	IM	Event 214	HDW	Girls	200m	IM
Event 105	HDW	Girls	50m	Backstroke	Event 215	HDW	Boys	50m	Backstroke
Event 106	HDW	Boys	50m	Breaststroke	Event 216	HDW	Girls	50m	Breaststroke
Event 107	HDW	Girls	100m	Butterfly	Event 217	HDW	Boys	100m	Butterfly
Event 108	HDW	Boys	100m	Freestyle	Event 218	HDW	Girls	100m	Freestyle
Event 109	HDW	Girls	200m	Backstroke	Event 219	HDW	Boys	200m	Backstroke
Event 110	HDW	Boys	200m	Butterfly	Event 220	HDW	Girls	200m	Butterfly
Event 111	HDW	Girls	50m	Freestyle	Event 221	HDW	Boys	50m	Freestyle
Event 112	HDW	Boys	50m	Butterfly	Event 222	HDW	Girls	50m	Butterfly
Event 113	HDW	Girls	100m	Breaststroke	Event 223	HDW	Boys	100m	Breaststroke
Event 114	HDW	Boys	100m	Backstroke	Event 224	HDW	Girls	100m	Backstroke

- 50m events ages 9 to 12
- 100m events ages 9 and over
- 200m events ages 13 and over
- 400m freestyle ages 14 and over

Age as at 4th December 2021

Limited number of heats per event

Entries accepted on fastest-swimmer basis

Upper limit QTs based on 2020 Essex County Age Group Championships -15%

# 2021 Harlow Penguins Age Group Qualifier Level 3 Open Meet Upper Limit Qualifying Times

MALE UPPER LIMIT QUALIFYING TIMES								EVENT	FEMALE UPPER LIMIT QUALIFYING TIMES							
9 years	10 years	11 years	12 years	13 years	14 years	15 years	16/Over		9 years	10 years	11 years	12 years	13 years	14 years	15 years	16/Over
00:33.7	00:30.6	00:30.6	00:29.7					50 Freestyle	00:33.7	00:30.6	00:30.6	00:28.9				
01:14.8	01:08.0	01:08.0	01:03.8	01:01.1	00:55.7	00:53.2	00:52.6	100 Freestyle	01:14.8	01:08.0	01:08.9	01:04.6	01:00.3	00:58.6	00:58.0	00:57.2
				02:08.4	01:59.9	01:56.9	01:53.5	200 Freestyle					02:10.0	02:03.2	02:02.4	02:02.1
					04:12.4	03:58.6	03:57.9	400 Freestyle						04:12.4	04:11.6	04:10.7
00:47.7	00:43.4	00:43.4	00:40.8					50 Breaststroke	00:47.7	00:43.4	00:42.5	00:40.0				
01:40.0	01:30.9	01:30.9	01:25.8	01:18.2	01:15.9	01:12.6	01:05.8	100 Breaststroke	01:40.0	01:30.9	01:29.2	01:25.6	01:21.1	01:18.2	01:14.9	01:14.4
				02:51.5	02:42.5	02:34.6	02:29.3	200 Breaststroke					02:52.5	02:46.2	02:39.3	02:38.4
00:41.1	00:37.4	00:37.4	00:34.8					50 Butterfly	00:41.1	00:37.4	00:36.6	00:34.8				
01:27.0	01:19.1	01:19.1	01:14.8	01:09.7	01:05.6	01:02.3	00:56.2	100 Butterfly	01:27.0	01:19.1	01:17.3	01:13.0	01:11.4	01:08.0	01:05.3	01:04.8
				02:34.3	02:26.2	02:17.9	02:12.9	200 Butterfly					02:38.4	02:29.6	02:25.4	02:23.1
00:40.2	00:36.6	00:36.6	00:35.7					50 Backstroke	00:40.2	00:36.6	00:37.0	00:35.8				
01:27.0	01:19.1	01:19.1	01:14.8	01:09.7	01:05.6	01:02.2	01:00.3	100 Backstroke	01:27.0	01:19.1	01:18.2	01:12.4	01:09.7	01:08.0	01:07.1	01:05.8
				02:22.0	02:18.6	02:12.6	02:08.4	200 Backstroke					02:28.7	02:22.8	02:18.5	02:16.3
				02:26.7	02:18.6	02:11.5	02:06.7	200 Individual Medley					02:27.9	02:20.2	02:16.6	02:15.8

- 50m events ages 9 to 12
- 100m events ages 9 and over
- 200m events ages 13 and over
- 400m freestyle ages 14 and over

Age as at 4th December 2021

Limited number of heats per event

Entries accepted on fastest-swimmer basis

Upper limit QTs based on 2020 Essex County Age Group Championships -15%