

Harlow Penguins Swimming Club - Regional Qualifier Open Meet

A Level 3 Licensed meet No. 3ER220249
under Swim England Laws & Swim England Technical Rules of Swimming

at Harlow LeisureZone, Essex. CM20 3DT
On Friday 18th and Saturday 19th March 2022

Session 1 - Warm-up 18.30; Start 19.30				
Event 101	HDW	Girls	50m	Breaststroke
Event 102	HDW	Boys	50m	Breaststroke
Event 103	HDW	Girls	50m	Backstroke
Event 104	HDW	Boys	50m	Backstroke
Event 105	HDW	Girls	50m	Butterfly
Event 106	HDW	Boys	50m	Butterfly

Session 2 - Warm-up 12.30; Start 13.30					Session 3 - Warm-up 17.00; Start 18.00				
Event 207	HDW	Girls	400m	Freestyle	Event 319	HDW	Boys	400m	IM
Event 208	HDW	Boys	400m	Freestyle	Event 320	HDW	Girls	400m	IM
Event 209	HDW	Girls	100m	Breaststroke	Event 321	HDW	Boys	100m	Backstroke
Event 210	HDW	Boys	100m	Breaststroke	Event 322	HDW	Girls	100m	Backstroke
Event 211	HDW	Girls	200m	Backstroke	Event 323	HDW	Boys	200m	Freestyle
Event 212	HDW	Boys	200m	Backstroke	Event 324	HDW	Girls	200m	Freestyle
Event 213	HDW	Girls	200m	IM	Event 325	HDW	Boys	100m	Butterfly
Event 214	HDW	Boys	200m	IM	Event 326	HDW	Girls	100m	Butterfly
Event 215	HDW	Girls	200m	Butterfly	Event 327	HDW	Boys	200m	Breaststroke
Event 216	HDW	Boys	200m	Butterfly	Event 328	HDW	Girls	200m	Breaststroke
Event 217	HDW	Girls	50m	Freestyle	Event 329	HDW	Boys	100m	Freestyle
Event 218	HDW	Boys	50m	Freestyle	Event 330	HDW	Girls	100m	Freestyle

2022 Harlow Penguins Regional 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
00:31.7	00:28.8	00:28.8	00:28.0	00:26.4	00:24.8	00:23.2	00:22.8	50 Freestyle	00:31.7	00:28.8	00:28.8	00:27.2	00:25.6	00:25.4	00:25.2	00:24.8
01:10.4	01:04.0	01:04.0	01:00.0	00:57.5	00:52.4	00:50.1	00:49.5	100 Freestyle	01:11.3	01:04.8	01:04.8	01:00.8	00:56.8	00:55.2	00:54.6	00:53.8
02:31.4	02:17.6	02:17.6	02:08.8	02:00.8	01:52.8	01:50.0	01:46.8	200 Freestyle	02:29.6	02:16.0	02:16.0	02:10.4	02:02.4	01:56.0	01:55.2	01:54.9
	04:48.0	04:48.0	04:27.2	04:07.2	03:57.5	03:44.6	03:43.9	400 Freestyle		04:46.4	04:46.4	04:24.3	04:12.0	03:57.6	03:56.8	03:56.0
00:44.9	00:40.8	00:40.8	00:38.4	00:36.8	00:33.6	00:32.5	00:32.0	50 Breaststroke	00:44.0	00:40.0	00:40.0	00:37.6	00:35.2	00:34.8	00:34.3	00:34.2
01:34.2	01:25.6	01:25.6	01:20.8	01:13.6	01:11.4	01:08.3	01:05.8	100 Breaststroke	01:32.4	01:24.0	01:24.0	01:20.6	01:16.3	01:13.6	01:10.5	01:10.0
03:16.2	02:58.4	02:58.4	02:51.2	02:41.4	02:33.0	02:25.5	02:20.6	200 Breaststroke	03:13.6	02:56.0	02:56.0	02:49.4	02:42.4	02:36.4	02:30.0	02:29.1
00:38.7	00:35.2	00:35.2	00:32.8	00:31.2	00:29.0	00:27.6	00:27.2	50 Butterfly	00:37.8	00:34.4	00:34.4	00:32.7	00:30.4	00:29.5	00:28.8	00:28.6
01:21.8	01:14.4	01:14.4	01:10.4	01:05.6	01:01.8	00:58.6	00:56.2	100 Butterfly	01:20.1	01:12.8	01:12.8	01:08.7	01:07.2	01:04.0	01:01.4	01:01.0
03:15.5	02:57.8	02:57.8	02:35.9	02:25.2	02:17.6	02:09.8	02:05.1	200 Butterfly	03:15.4	02:57.6	02:57.6	02:34.1	02:29.0	02:20.8	02:16.9	02:14.7
00:37.8	00:34.4	00:34.4	00:33.6	00:32.0	00:30.8	00:28.8	00:28.0	50 Backstroke	00:38.3	00:34.8	00:34.8	00:33.7	00:30.5	00:30.4	00:30.3	00:30.2
01:21.8	01:14.4	01:14.4	01:10.4	01:05.6	01:01.8	00:58.6	00:56.8	100 Backstroke	01:21.0	01:13.6	01:13.6	01:08.2	01:05.6	01:04.0	01:03.1	01:01.9
02:48.1	02:32.8	02:32.8	02:24.8	02:13.6	02:10.4	02:04.8	02:00.9	200 Backstroke	02:52.5	02:36.8	02:36.8	02:23.4	02:20.0	02:14.4	02:10.3	02:08.3
02:53.4	02:37.6	02:37.6	02:27.6	02:18.1	02:10.4	02:03.8	01:59.3	200 Individual Medley	02:52.5	02:36.8	02:36.8	02:25.6	02:19.2	02:11.9	02:08.6	02:07.8
			05:10.1	04:40.0	04:33.6	04:17.4	04:08.3	400 Individual Medley				05:04.6	04:47.9	04:38.4	04:31.0	04:27.6

- 50m events ages 9 and over
- 100m events ages 9 and over
- 200m events ages 9 and over
- 400m freestyle ages 10 and over
- 400m Individual Medley ages 12 and over

Age as at 19th March 2022

Limited number of heats per event

Entries accepted on fastest-swimmer basis

Upper limit QTs based on 2020 Essex County Age Group Championships -20%