

2009-10 East Coast Championships Qualifying Times

Female swimmers			Events	Male swimmers		
QT to swim event				QT to swim event		
15&over	13 - 14	11&12		11&12	13 - 14	15&O
Lc 31.07 Sc 30.45			50 free			Lc 28.06 Sc 27.50
Lc 1:09.00 Sc 1:07.62			100 free			Lc 1:01.72 Sc 1:00.49
Lc 2:25.39 Sc 2:22.48	Lc 2:30.59 Sc 2:27.59	Lc 2:51.02 Sc 2:47.60	200 free	Lc 2:58.90 Sc 2:55.32	Lc 2:31.28 Sc 2:28.25	Lc 2:13.59 Sc 2:10.91
Lc 5:05.91 Sc 4:59.79	Lc 5:39.49 Sc 5:32.70	Lc 5:47.29 Sc 5:40.35	400 free	Lc 5:56.40 Sc 5:49.27	Lc 5:22.14 Sc 5:15.70	Lc 4:41.02 Sc 4:35.55
Lc 10:33.60 Sc 10:20.93			800 free			Lc 9:58.27 Sc 9:46.30
Lc 20:17.38 Sc 19:53.04			1500 free			Lc 18:54.41 Sc 18:31.72
Lc 38.12 Sc 36.94			50 back			Lc 32.93 Sc 32.13
Lc 1:20.61 Sc 1:19.00			100 back			Lc 1:10.64 Sc 1:09.23
Lc 2:59.19 Sc 2:55.61			200 back			Lc 2:34.04 Sc 2:30.96
Lc 42.08 Sc 41.19			50 breast			Lc 36.45 Sc 35.84
Lc 1:30.79 Sc 1:28.97			100 breast			Lc 1:19.67 Sc 1:18.08
Lc 3:22.59 Sc 3:18.54			200 breast			Lc 3:00.04 Sc 2:56.44
Lc 35.00 Sc 34.29			50 fly			Lc 31.36 Sc 30.67
Lc 1:16.90 Sc 1:15.36			100 fly			Lc 1:08.91 Sc 1:07.53
Lc 3:00.07 Sc 2:56.47			200 fly			Lc 2:48.76 Sc 2:45.38
			100 IM			
Lc 245.94 Sc 2:42.62	Lc 2:48.69 Sc 2:45.32	Lc 3:14.77 Sc 3:10.87	200 IM	Lc 3:20.58 Sc 3:16.56	Lc 2:51.17 Sc 2:47.74	Lc 2:47.11 Sc 2:44.17
Lc 5:47.34 Sc 5:40.39	Lc 6:29.81 Sc 6:22.01	Lc 6:40.95 Sc 6:32.93	400 IM	Lc 6:45.90 Sc 6:37.98	Lc 6:31.13 Sc 6:23.31	Lc 5:27.45 Sc 5:20.90

Female swimmers			Events	Male swimmers		
QT for meet				QT for meet		
15&O	13 - 14	11&12		11&12	13 - 14	15&O
	Lc 2:32.12 Sc 2:29.08	Lc 2:52.75 Sc 2:49.29	200 free	Lc 3:00.71 Sc 2:57.09	Lc 2:32.81 Sc 2:29.75	
	Lc 5:42.92 Sc 5:36.06	Lc 5:50.56 Sc 5:43.74	400 free	Lc 6:00.00 Sc 5:52.80	Lc 5:25.40 Sc 5:18.89	
	Lc 2:50.40 Sc 2:46.99	Lc 3:16.74 Sc 3:12.80	200 IM	Lc 3:22.61 Sc 3:18.56	Lc 2:52.90 Sc 2:49.44	
	Lc 6:33.75 Sc 6:25.88	Lc 6:44.95 Sc 6:36.85	400 IM	Lc 6:49.96 Sc 6:41.76	Lc 6:35.09 Sc 6:27.19	

Notes:

- QT to enter the meet has not changed from those existing in 2008-09 for 11/12 and 13/14
- QT to enter the meet added for 400 free and 400 IM for 11/12. The 2006 time used as reference
- QT to swim distance 200-1500 free in the ECC is 1% faster for all ages including 15&O
- QT to swim 200/400 IM, and 200/400 free in the meet is 1% faster than the time to qualify of the meet for 11/12 and 13/14