



Workington 2023 President Gala Qualifying Times

BOYS Age Groups							GIRLS Age Groups									
9	10	11	12	13	14	15/Ov	QT	Events	QT	9	10	11	12	13	14	15/Ov
00:33.00	00:31.00	00:29.00	00:28.00	00:27.00	00:24.00	00:22.00	Upr	50m Free	Upr	00:33.00	00:31.00	00:29.00	00:28.00	00:27.00	00:26.00	00:24.00
01:20.00	01:18.00	01:10.00	01:05.00	01:01.00	00:54.00	00:51.00	Upr	100m Free	Upr	01:20.00	01:18.00	01:10.00	01:05.00	01:01.00	00:57.00	00:54.00
02:45.00	02:32.00	02:24.00	02:18.00	02:14.00	01:58.00	01:51.00	Upr	200m Free	Upr	02:45.00	02:32.00	02:24.00	02:18.00	02:13.00	02:06.00	02:00.00
05:15.00	05:10.00	04:55.00	04:30.00	04:20.00	04:13.00	03:55.00	Upr	400m Free	Upr	05:15.00	05:10.00	04:55.00	04:40.00	04:27.00	04:17.00	04:08.00
10:11.00	10:11.00	10:05.00	10:00.00	09:28.00	09:20.00	09:03.00	Upr	800m Free	Upr	10:11.00	10:11.00	10:05.00	10:00.00	09:28.00	09:20.00	09:03.00
20:03.00	20:03.00	19:25.00	18:50.00	18:10.00	16:35.00	15:30.00	Upr	1500m Free	Upr	20:03.00	20:03.00	19:25.00	18:50.00	18:10.00	16:35.00	15:30.00
00:42.00	00:41.00	00:38.00	00:36.00	00:34.00	00:29.00	00:26.00	Upr	50m Breast	Upr	00:42.00	00:41.00	00:38.00	00:36.00	00:33.00	00:32.00	00:28.00
01:40.00	01:37.00	01:28.00	01:22.00	01:18.00	01:05.00	01:03.00	Upr	100m Breast	Upr	01:40.00	01:37.00	01:28.00	01:22.00	01:17.00	01:10.00	01:06.00
03:32.00	03:16.00	03:05.00	02:56.00	02:47.00	02:23.00	02:18.00	Upr	200m Breast	Upr	03:32.00	03:16.00	03:05.00	02:56.00	02:46.00	02:32.00	02:25.00
00:34.00	00:33.00	00:32.00	00:31.00	00:30.00	00:27.00	00:23.00	Upr	50m Fly	Upr	00:34.00	00:33.00	00:32.00	00:31.00	00:29.00	00:27.00	00:25.00
01:30.00	01:26.00	01:16.00	01:12.00	01:07.00	01:00.00	00:54.00	Upr	100m Fly	Upr	01:30.00	01:26.00	01:16.00	01:12.00	01:07.00	01:03.00	01:00.00
03:35.00	03:00.00	02:41.00	02:36.00	02:25.00	02:17.00	02:05.00	Upr	200m Fly	Upr	03:35.00	03:00.00	02:43.00	02:35.00	02:27.00	02:20.00	02:14.00
00:36.00	00:34.00	00:33.00	00:32.00	00:31.00	00:29.00	00:23.00	Upr	50m Back	Upr	00:36.00	00:34.00	00:33.00	00:32.00	00:31.00	00:30.00	00:26.00
01:30.00	01:26.00	01:16.00	01:12.00	01:06.00	01:02.00	00:54.00	Upr	100m Back	Upr	01:30.00	01:26.00	01:16.00	01:12.00	01:06.00	01:03.00	01:00.00
03:06.00	02:52.00	02:43.00	02:34.00	02:22.00	02:17.00	02:00.00	Upr	200m Back	Upr	03:06.00	02:55.00	02:43.00	02:34.00	02:22.00	02:19.00	02:12.00
01:25.00	01:20.00	01:15.00	01:12.00	01:08.00	00:58.00	00:57.00	Upr	100m I.M.	Upr	01:25.00	01:20.00	01:15.00	01:12.00	01:08.00	01:02.00	00:59.00
03:08.00	02:58.00	02:40.00	02:30.00	02:20.00	02:14.00	02:01.00	Upr	200m I.M.	Upr	03:08.00	02:58.00	02:40.00	02:33.00	02:25.00	02:18.00	02:04.00
06:25.00	06:02.00	05:37.00	05:17.00	05:00.00	04:38.00	04:00.00	Upr	400m I.M.	Upr	06:25.00	06:02.00	05:37.00	05:20.00	05:05.00	04:40.00	04:14.00

