

Male							Female						
11/12	13	14	15	16	17/ov		11/12	13	14	15	16	17/ov	
31.9	30.2	28.8	27.4	26.3	26.1		<b>50m Freestyle</b>	31.8	31.1	29.9	29.4	29.1	28.9
1.10.1	1.06.3	1.02.7	59.0	57.3	56.5		<b>100m Freestyle</b>	1.09.1	1.06.8	1.04.2	1.02.9	1.02.5	1.02.3
2.31.1	2.22.8	2.15.2	2.10.4	2.04.7	2.03.3		<b>200m Freestyle</b>	2.29.1	2.23.8	2.19.2	2.16.7	2.14.7	2.12.6
5.12.6	5.00.7	4.46.7	4.35.5	4.27.8	4.25.2		<b>400m Freestyle</b>	5.10.3	5.00.4	4.54.4	4.46.3	4.43.6	4.39.5
							<b>800m Freestyle</b>	10.45.6	9.56.8	9.54.0	9.45.8	9.42.6	9.41.6
20.21.3	19.45.2	18.29.0	17.58.6	17.29.6	17.24.5		<b>1500m Freestyle</b>						
42.6	39.9	37.8	36.5	35.4	33.7		<b>50m Breaststroke</b>	41.8	40.5	39.2	38.6	38.5	37.1
1.33.5	1.27.0	1.21.5	1.20.2	1.15.6	1.12.4		<b>100m Breaststroke</b>	1.30.7	1.25.1	1.24.7	1.22.5	1.21.6	1.20.6
3.17.2	3.08.4	2.53.8	2.51.6	2.45.0	2.39.8		<b>200m Breaststroke</b>	3.12.9	3.04.7	3.00.7	2.57.4	2.57.0	2.54.3
36.4	34.0	32.2	30.4	29.1	28.8		<b>50m Butterfly</b>	35.9	34.3	32.9	32.6	31.9	31.7
1.24.5	1.17.6	1.11.8	1.07.4	1.05.3	1.03.7		<b>100m Butterfly</b>	1.21.8	1.17.8	1.14.4	1.12.6	1.11.9	1.10.1
3.12.6	3.01.3	2.48.6	2.39.4	2.31.1	2.23.1		<b>200m Butterfly</b>	3.06.9	3.03.6	2.49.6	2.45.4	2.43.2	2.38.9
36.8	35.1	33.5	32.4	30.8	30.3		<b>50m Backstroke</b>	36.5	35.2	34.3	33.7	33.0	32.9
1.19.6	1.15.5	1.11.8	1.08.1	1.06.0	1.04.9		<b>100m Backstroke</b>	1.17.8	1.14.7	1.12.8	1.11.9	1.10.8	1.09.6
2.46.9	2.39.9	2.33.6	2.25.6	2.21.5	2.18.1		<b>200m Backstroke</b>	2.44.8	2.40.8	2.36.5	2.33.1	2.32.4	2.31.0
2.53.2	2.42.0	2.34.0	2.27.5	2.23.3	2.21.9		<b>200m Ind Medley</b>	2.48.1	2.44.7	2.38.1	2.34.3	2.33.7	2.32.8
6.06.7	5.46.4	5.32.9	5.24.4	5.10.8	5.00.7		<b>400m Ind Medley</b>	6.00.3	5.50.1	5.40.0	5.34.5	5.33.9	5.30.7

Age as at 31<sup>st</sup> December 2016 – All times to be achieved in licensed meets L1, 2 or 3 between 1<sup>st</sup> September 2015 and the published closing date

**IMPORTANT** – This is the first year of stand alone East Midland Championships and the qualifying times have been eased to reflect this but the expected entry take up is difficult to forecast – please be aware that if events are oversubscribed then rejections may have to be made