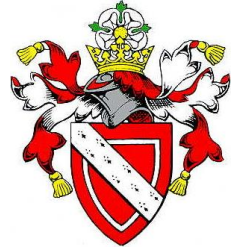




Richmond Dales ASC
The Iain Young
'Back to Pool' (Level 3 Short Course)
18th & 19th September 2021



(The Neptune Centre, Ormsby Road, Middlesbrough TS3 7RP)
License Number:

| UPPER LIMIT TIMES | | | | | | | |
|--------------------------|-------------|--------------|--------------|--------------|--------------|--------------|-------------------|
| BOYS | | | | | | | |
| | 9yrs | 10yrs | 11yrs | 12yrs | 13yrs | 14yrs | 15yrs/Over |
| 50m Free | 34.0 | 31.0 | 28.0 | 26.0 | 25.0 | 24.0 | 23.0 |
| 100m Free | 1:18.0 | 1:08.0 | 1:00.0 | 58.0 | 55.0 | 53.0 | 51.0 |
| 200m Free | 2:42.0 | 2:27.0 | 2:11.0 | 2:05.0 | 2:00.0 | 1:56.0 | 1:53.0 |
| 400m Free | | | 4:45.0 | 4:30.0 | 4:19.0 | 4:10.0 | 4:03.0 |
| 50m Breast | 45.0 | 41.0 | 36.0 | 34.0 | 32.0 | 30.0 | 29.0 |
| 100m Breast | 1:40.0 | 1:30.0 | 1:18.0 | 1:14.0 | 1:10.0 | 1:07.0 | 1:04.0 |
| 200m Breast | 3:29.0 | 3:12.0 | 2:48.0 | 2:38.0 | 2:31.0 | 2:23.0 | 2:18.0 |
| 50m Fly | 38.0 | 35.0 | 31.0 | 29.0 | 28.0 | 26.0 | 25.0 |
| 100m Fly | 1:30.0 | 1:20.0 | 1:08.0 | 1:04.0 | 1:01.0 | 57.0 | 55.0 |
| 200m Fly | 3:25.0 | 2:55.0 | 2:30.0 | 2:22.0 | 2:15.0 | 2:08.0 | 2:03.0 |
| 50m Back | 39.0 | 36.0 | 32.0 | 30.0 | 28.0 | 27.0 | 26.0 |
| 100m Back | 1:28.0 | 1:19.0 | 1:08.0 | 1:04.0 | 1:01.0 | 58.0 | 56.0 |
| 200m Back | 3:01.0 | 2:45.0 | 2:26.0 | 2:18.0 | 2:12.0 | 2:06.0 | 2:02.0 |
| 200m IM | 3:05.0 | 2:49.0 | 2:29.0 | 2:21.0 | 2:15.0 | 2:10.0 | 2:06.0 |
| 400m IM | | | 5:20.0 | 5:00.0 | 4:50.0 | 4:36.0 | 4:29.0 |

| GIRLS | | | | | | | |
|--------------|-------------|--------------|--------------|--------------|--------------|--------------|-------------------|
| | 9yrs | 10yrs | 11yrs | 12yrs | 13yrs | 14yrs | 15yrs/Over |
| 50m Free | 34.0 | 32.0 | 30.0 | 29.0 | 28.0 | 27.0 | 26.0 |
| 100m Free | 1:20.0 | 1:10.0 | 1:05.0 | 1:02.0 | 59.0 | 58.0 | 57.0 |
| 200m Free | 2:44.0 | 2:28.0 | 2:19.0 | 2:12.0 | 2:07.0 | 2:05.0 | 2:04.0 |
| 400m Free | | | 5:00.0 | 4:43.0 | 4:34.0 | 4:35.0 | 4:27.0 |
| 50m Breast | 45.0 | 41.0 | 39.0 | 37.0 | 35.0 | 34.0 | 33.0 |
| 100m Breast | 1:40.0 | 1:30.0 | 1:24.0 | 1:19.0 | 1:14.0 | 1:11.0 | 1:09.0 |
| 200m Breast | 3:31.0 | 3:12.0 | 2:59.0 | 2:49.0 | 2:39.0 | 2:32.0 | 2:31.0 |
| 50m Fly | 39.0 | 35.0 | 34.0 | 32.0 | 30.0 | 29.0 | 28.0 |
| 100m Fly | 1:30.0 | 1:20.0 | 1:14.0 | 1:09.0 | 1:05.0 | 1:03.0 | 1:01.0 |
| 200m Fly | 3:27.0 | 2:58.0 | 2:42.0 | 2:30.0 | 2:22.0 | 2:17.0 | 2:14.0 |
| 50m Back | 39.0 | 37.0 | 35.0 | 33.0 | 31.0 | 30.0 | 29.0 |
| 100m Back | 1:29.0 | 1:20.0 | 1:14.0 | 1:10.0 | 1:06.0 | 1:03.0 | 1:00.0 |
| 200m Back | 3:02.0 | 2:47.0 | 2:35.0 | 2:27.0 | 2:20.0 | 2:17.0 | 2:14.0 |
| 200m IM | 3:07.0 | 2:50.0 | 2:39.0 | 2:30.0 | 2:24.0 | 2:21.0 | 2:19.0 |
| 400m IM | | | 5:40.0 | 5:20.0 | 5:06.0 | 5:00.0 | 4:50.0 |