



Harlow Penguins Swimming Club

6th Spring Junior Development Meet



ASA East Region Level 3 Licensed meet No. applied for
under ASA Laws & ASA Technical Rules of Swimming
at

Harlow LeisureZone, Essex. CM20 3DT

on

Saturday 3rd March 2018

ECASA Age Group Championships Qualifying times +

Girls Events	9 Years	10 Years	11 Years	12 Years	13 Years
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50m Back	0:42.6	0:41.7	0:40.9	0:40.0	0:38.1	-5%
50m Breast	0:50.5	0:49.0	0:47.5	0:46.0	0:44.5	-5%
50m Fly	0:44.8	0:42.8	0:40.9	0:38.9	0:37.0	-5%
50m Free	0:39.9	0:38.0	0:36.1	0:34.2	0:33.2	-5%
100 IM	1:35.8	1:29.8	1:23.8	1:17.8	1:14.3	-5%

Boys Events	9 Years	10 Years	11 Years	12 Years	13 Years
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50m Back	0:45.6	0:43.7	0:41.8	0:39.9	0:38.0	-5%
50m Breast	0:54.2	0:51.3	0:48.5	0:45.6	0:43.7	-5%
50m Fly	0:47.5	0:44.7	0:41.8	0:39.0	0:37.0	-5%
50m Free	0:39.9	0:38.0	0:36.1	0:34.2	0:32.3	-5%
100 IM	1:34.9	1:29.6	1:24.2	1:18.9	1:13.8	-5%

- Upper limit times 5% faster than 2018 Essex County Qualifying times.
- There are no Lower limit qualifying times.