

MIDDLESEX COUNTY AMATEUR SWIMMING ASSOCIATION  
COUNTY CHAMPIONSHIPS 2023 Inclusive of Multi-Classification Events  
14 & 15 January 2023 @ London Aquatic Centre; 18 & 19 February @ Hillingdon Leisure Centre  
Under Swim England Laws and Swim England Technical Rules at Level 1 under no: 1LR230079 & 1LR230080

**Middlesex County Championships - 2023**

**Long Course QT's**

Male								Female						
10+11's	12's	13's	14's	15's	16's	17+		10+11's	12's	13's	14's	15's	16's	17+
36.5	34.50	31.30	29.60	27.70	27.30	26.30	<b>50 Free</b>	36.30	33.60	31.50	30.90	29.90	29.80	28.60
1.22.10	1.15.70	1.08.10	1.04.10	1.01.00	59.40	57.20	<b>100 Free</b>	1.21.80	1.14.30	1.08.60	1.07.70	1.05.30	1.05.30	1.02.50
3.03.50	2.43.60	2.29.40	2.23.00	2.13.40	2.08.90	2.01.10	<b>200 Free</b>	2.58.50	2.40.70	2.29.90	2.27.80	2.22.40	2.22.40	2.17.70
6.26.20	5.46.00	5.13.90	5.00.60	4.49.30	4.32.00	4.22.20	<b>400 Free</b>	6.18.30	5.46.30	5.32.70	5.13.90	4.55.20	4.53.80	4.48.00
-	12.41.50	11.53.80	10.44.30	9.57.60	9.40.80	9.25.50	<b>800 Free</b>	-	13.11.30	12.23.50	11.02.70	10.25.10	10.25.10	10.19.60
-	23.00.80	22.37.80	20.35.00	20.07.10	18.55.20	18.55.20	<b>1500 Free</b>	-	23.29.20	21.00.00	20.30.00	20.00.00	20.00.00	19.30.00
42.70	39.70	35.90	34.30	32.10	30.30	29.60	<b>50 Back</b>	41.60	39.30	36.00	35.90	33.80	33.80	32.20
1.32.70	1.25.50	1.18.40	1.13.10	1.10.30	1.04.30	1.03.90	<b>100 Back</b>	1.30.00	1.25.00	1.17.90	1.16.60	1.12.40	1.12.40	1.09.50
3.15.20	2.58.40	2.45.50	2.41.30	2.31.50	2.23.00	2.21.00	<b>200 Back</b>	3.14.80	3.01.50	2.47.30	2.43.10	2.38.80	2.37.40	2.30.90
49.10	45.40	41.10	36.70	36.00	35.20	33.60	<b>50 BR</b>	49.50	45.30	40.80	40.80	39.00	39.00	37.00
1.43.80	1.39.60	1.30.40	1.22.10	1.19.90	1.17.60	1.13.70	<b>100 BR</b>	1.48.10	1.40.20	1.29.00	1.29.00	1.23.90	1.23.90	1.21.60
3.51.90	3.31.60	3.10.70	3.00.60	2.54.30	2.50.10	2.49.00	<b>200 BR</b>	3.51.00	3.31.30	3.14.60	3.12.60	3.01.70	3.01.70	3.00.20
41.60	37.90	34.70	32.40	31.20	29.20	27.80	<b>50 Fly</b>	42.60	37.20	35.00	34.00	32.50	32.50	30.40
1.52.10	1.28.90	1.19.20	1.14.80	1.10.30	1.04.60	1.02.50	<b>100 Fly</b>	1.42.30	1.28.40	1.18.90	1.17.70	1.13.50	1.13.50	1.09.20
3.59.00	3.21.10	3.13.80	2.53.50	2.49.80	2.29.20	2.29.20	<b>200 Fly</b>	3.59.60	3.24.80	3.00.80	2.54.50	2.47.90	2.47.90	2.41.20
3.34.70	3.08.80	2.49.87	2.41.80	2.33.50	2.26.80	2.26.80	<b>200 IM</b>	3.28.10	3.06.50	2.54.20	2.50.90	2.42.10	2.42.10	2.33.50
-	7.02.70	6.20.90	5.49.70	5.37.60	5.08.60	5.03.00	<b>400 IM</b>	-	7.15.80	6.15.90	6.15.90	5.56.30	5.56.30	5.50.00

Times must be equal to or faster than times shown

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**Short Course QT's**

Male								Female						
10+11's	12's	13's	14's	15's	16's	17+		10+11's	12's	13's	14's	15's	16's	17+
35.92	33.89	30.58	28.92	26.89	26.50	25.46	<b>50 Free</b>	35.70	32.93	30.82	30.20	29.15	29.10	27.87
1.21.09	1.14.56	1.06.81	1.02.83	59.57	57.99	55.70	<b>100 Free</b>	1.20.77	1.13.16	1.07.39	1.06.49	1.04.02	1.04.02	1.01.18
3.01.55	2.41.46	2.27.03	2.20.56	2.10.76	2.06.15	1.58.17	<b>200 Free</b>	2.56.50	2.38.51	2.27.59	2.25.38	2.19.99	2.19.99	2.15.11
6.22.49	5.41.86	5.09.41	4.55.94	4.44.44	4.26.79	4.16.78	<b>400 Free</b>	6.14.52	5.42.18	5.28.42	5.09.36	4.50.40	4.48.99	4.43.10
-	12.33.83	11.45.63	10.35.29	9.47.80	9.30.80	9.15.17	<b>800 Free</b>	-	13.03.94	12.15.67	10.56.91	10.15.75	10.15.75	10.10.19
-	22.45.76	22.22.48	20.18.18	19.49.87	18.36.87	18.36.87	<b>1500 Free</b>	-	23.14.46	20.43.50	20.13.10	19.42.70	19.42.70	19.12.20
42.18	39.13	35.34	33.70	31.49	29.59	28.84	<b>50 Back</b>	41.05	38.74	35.46	35.31	33.20	33.20	31.54
1.31.82	1.24.59	1.17.34	1.11.98	1.09.17	1.03.05	1.02.61	<b>100 Back</b>	1.29.12	1.24.00	1.16.86	1.15.55	1.11.25	1.11.25	1.08.34
3.13.49	2.56.55	2.43.47	2.39.21	2.29.31	2.20.63	2.18.64	<b>200 Back</b>	3.13.10	2.59.60	2.45.32	2.41.05	2.36.72	2.35.23	2.28.66
48.49	44.65	40.28	35.81	35.13	34.30	32.64	<b>50 BR</b>	48.87	44.60	39.98	39.98	38.23	38.23	36.17
1.42.59	1.38.30	1.29.03	1.20.60	1.18.27	1.15.96	1.11.95	<b>100 BR</b>	1.46.95	1.38.91	1.27.53	1.27.53	1.22.40	1.22.40	1.20.03
3.49.60	3.29.10	3.07.86	2.57.68	2.51.24	2.47.01	2.45.81	<b>200 BR</b>	3.48.71	3.28.75	3.11.84	3.09.81	2.58.77	2.58.77	2.57.28
41.12	37.44	34.18	31.85	30.54	28.55	27.07	<b>50 Fly</b>	42.20	36.69	34.43	33.47	31.93	31.93	29.80
1.51.44	1.28.03	1.18.27	1.13.78	1.09.23	1.03.46	1.01.30	<b>100 Fly</b>	1.42.57	1.27.50	1.17.91	1.16.74	1.12.50	1.12.50	1.08.13
3.57.70	3.19.53	3.12.16	2.51.64	2.47.91	2.27.02	2.27.02	<b>200 Fly</b>	3.58.29	3.23.22	2.59.04	2.52.67	2.46.05	2.46.02	2.39.18
3.32.82	3.06.65	2.46.87	2.39.34	2.30.95	2.24.10	2.24.10	<b>200 IM</b>	3.26.23	3.04.41	2.51.95	2.48.62	2.39.66	2.39.66	2.30.92
-	6.58.54	6.16.25	5.44.60	5.32.36	5.02.90	4.57.18	<b>400 IM</b>	-	7.11.73	6.11.17	6.11.17	5.51.31	5.51.31	5.44.90

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