

Minimum QT for SASC Spring Open meet 2010

Short Course									
Boys		9	10	11	12	13	14	15	16+
EVENT									
50 m Freestyle								29.9	29.0
100m Freestyle				01:20.6	01:15.7	01:11.1	01:07.3	01:04.6	01:02.6
200m Freestyle		03:22.8	03:06.0	02:54.8	02:44.7	02:35.0	02:26.6	02:20.8	02:16.3
50m Breaststroke								37.7	36.4
100m Breaststroke				01:43.4	01:36.9	01:30.1	01:25.1	01:21.0	01:18.4
200m Breaststroke		04:17.8	03:59.0	03:42.4	03:29.2	03:15.3	03:03.9	02:55.8	02:50.7
50m Butterfly								32.5	31.5
100m Butterfly				01:30.4	01:24.6	01:19.1	01:14.4	01:10.7	01:08.8
200m Butterfly		04:08.3	03:37.3	03:18.2	03:06.6	02:54.7	02:44.7	02:35.5	02:31.7
50m Backstroke								33.9	32.6
100m Backstroke				01:30.5	01:25.2	01:19.7	01:15.0	01:11.5	01:09.3
200m Backstroke		03:43.8	03:26.7	03:13.3	03:02.6	02:51.1	02:41.4	02:34.3	02:29.8
200m Individual Medley		03:49.7	03:32.2	03:17.6	03:06.8	02:55.8	02:45.3	02:38.2	02:33.7
Girls		9	10	11	12	13	14	15	16+
EVENT									
50 m Freestyle							33.3	32.5	32.0
100m Freestyle				01:21.3	01:16.6	01:13.5	01:11.3	01:09.9	01:08.7
200m Freestyle		03:24.5	03:06.8	02:55.4	02:44.9	02:38.0	02:33.5	02:30.2	02:28.0
50m Breaststroke							41.8	40.8	40.3
100m Breaststroke				01:43.5	01:37.3	01:32.3	01:28.7	01:27.1	01:26.2
200m Breaststroke		04:20.0	03:59.5	03:42.1	03:28.8	03:18.2	03:11.5	03:07.9	03:05.8
50m Butterfly							35.2	34.7	34.6
100m Butterfly				01:30.9	01:24.9	01:21.2	01:18.3	01:16.9	01:15.8
200m Butterfly		04:11.0	03:40.0	03:20.2	03:06.4	02:57.3	02:51.0	02:46.9	02:44.8
50m Backstroke							37.5	36.8	36.1
100m Backstroke				01:31.5	01:25.3	01:21.4	01:19.0	01:17.1	01:16.1
200m Backstroke		03:46.2	03:28.7	03:12.5	03:01.7	02:54.3	02:49.2	02:44.8	02:42.4
200m Individual Medley		03:51.6	03:32.7	03:17.9	03:06.3	02:58.8	02:53.1	02:49.5	02:47.2

Taken from ASA licensed meet guidelines for level 2 meets September 2009