



Richmond Dales ASC
The Iain Young 'Back to Pool' Gala
16th & 17th September 2023

(The Neptune Centre, Ormsby Road, Middlesbrough TS3 7RP)
Level 3 Gala, License Number: NE231716



MUST NOT BE FASTER THAN

OPEN/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	2:44.0	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
100m IM	1:29.5	1:22.4	1:18.2	1:13.9	1:09.8	1:06.5	1:02.0
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
100m IM	1:30.7	1:20.8	1:18.0	1:14.3	1:11.7	1:10.8	1:08.8
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