

# N & D Times 2012

Male							Events	Female					
9	10	11	12	13	14	Open		9	10	11	12	13	Open
<b>Freestyle</b>													
<b>43.00</b> 42.5	<b>39.50</b> 39.0					<b>27.30</b> 26.5	<b>50</b>	<b>43.00</b> 42.5	<b>39.50</b> 39.0				<b>31.00</b> 30.3
		<b>1.16.00</b> 1.14.9	<b>1.09.00</b> 1.07.8	<b>1.08.00</b> 1.06.8	<b>1.05.50</b> 1.04.2	<b>1.00.00</b> 58.6	<b>100</b>			<b>1.16.00</b> 1.14.9	<b>1.11.00</b> 1.09.8	<b>1.09.50</b> 1.08.3	<b>1.06.00</b> 1.04.7
<b>3.22.00</b> 3.20.3	<b>2.58.00</b> 2.56.0	<b>2.40.00</b> 2.37.8	<b>2.33.00</b> 2.30.7	<b>2.27.50</b> 2.25.1	<b>2.19.00</b> 2.16.5	<b>2.12.00</b> 2.09.4	<b>200</b>	<b>3.17.00</b> 3.15.2	<b>2.56.50</b> 2.54.5	<b>2.40.00</b> 2.37.8	<b>2.32.30</b> 2.30.0	<b>2.27.50</b> 2.25.1	<b>2.21.50</b> 2.19.0
	<b>6.08.00</b> 6.04.2	<b>5.34.00</b> 5.29.8	<b>5.15.00</b> 5.10.5	<b>5.04.70</b> 5.00.1	<b>4.54.80</b> 4.50.0	<b>4.54.80</b> 4.50.0	<b>400</b>		<b>5.54.00</b> 5.50.0	<b>5.34.00</b> 5.29.8	<b>5.14.50</b> 5.10.0	<b>5.04.70</b> 5.00.1	<b>4.58.00</b> 4.53.3
							<b>800</b>						<b>11.00.00</b> 10.51.2
						<b>21.00.00</b> 20.43.5	<b>1500</b>						
<b>Backstroke</b>													
<b>48.50</b> 48.1	<b>42.50</b> 42.0					<b>35.00</b> 34.4	<b>50</b>	<b>48.50</b> 48.1	<b>42.50</b> 42.0				<b>37.00</b> 36.4
		<b>1.25.50</b> 1.24.6	<b>1.21.00</b> 1.20.0	<b>1.18.00</b> 1.17.0	<b>1.14.00</b> 1.12.9	<b>1.12.00</b> 1.10.9	<b>100</b>			<b>1.26.90</b> 1.26.0	<b>1.21.00</b> 1.20.0	<b>1.18.50</b> 1.17.5	<b>1.16.50</b> 1.15.4
<b>3.41.50</b> 3.40.0	<b>3.17.70</b> 3.16.0	<b>3.06.80</b> 3.05.0	<b>2.53.90</b> 2.52.0	<b>2.42.10</b> 2.40.0	<b>2.41.00</b> 2.38.9	<b>2.40.00</b> 2.37.9	<b>200</b>	<b>3.46.50</b> 3.45.0	<b>3.17.70</b> 3.16.0	<b>3.03.80</b> 3.02.0	<b>2.52.00</b> 2.50.1	<b>2.48.00</b> 2.46.0	<b>2.43.00</b> 2.40.9
<b>Breaststroke</b>													
<b>56.50</b> 55.9	<b>50.60</b> 50.0					<b>40.00</b> 39.2	<b>50</b>	<b>56.60</b> 56.0	<b>50.60</b> 50.0				<b>42.70</b> 42.0
		<b>1.42.20</b> 1.41.0	<b>1.37.70</b> 1.36.4	<b>1.31.40</b> 1.30.0	<b>1.28.40</b> 1.27.0	<b>1.25.00</b> 1.23.5	<b>100</b>			<b>1.40.30</b> 1.39.0	<b>1.34.40</b> 1.33.1	<b>1.31.40</b> 1.30.0	<b>1.30.00</b> 1.28.6
<b>4.12.00</b> 4.09.9	<b>3.52.00</b> 3.49.7	<b>3.37.50</b> 3.35.1	<b>3.27.60</b> 3.25.0	<b>3.17.70</b> 3.15.0	<b>3.12.00</b> 3.09.2	<b>2.57.00</b> 2.54.0	<b>200</b>	<b>4.12.00</b> 4.09.9	<b>3.42.00</b> 3.39.6	<b>3.32.50</b> 3.30.0	<b>3.22.60</b> 3.20.0	<b>3.17.50</b> 3.14.8	<b>3.14.70</b> 3.12.0
<b>Butterfly</b>													
<b>52.40</b> 52.0	<b>43.50</b> 43.1					<b>31.00</b> 30.4	<b>50</b>	<b>52.40</b> 52.0	<b>43.50</b> 43.1				<b>34.00</b> 33.4
		<b>1.30.80</b> 1.30.0	<b>1.26.00</b> 1.25.1	<b>1.21.00</b> 1.20.1	<b>1.16.00</b> 1.15.0	<b>1.11.00</b> 1.09.9	<b>100</b>			<b>1.30.80</b> 1.30.0	<b>1.25.00</b> 1.24.1	<b>1.20.00</b> 1.19.0	<b>1.18.00</b> 1.17.0
<b>4.12.00</b> 4.10.7	<b>3.51.50</b> 3.50.1	<b>3.31.50</b> 3.30.0	<b>3.06.70</b> 3.05.0	<b>3.02.00</b> 3.00.3	<b>2.53.00</b> 2.51.2	<b>2.51.50</b> 2.49.7	<b>200</b>	<b>4.12.00</b> 4.10.7	<b>3.51.50</b> 3.50.1	<b>3.31.50</b> 3.30.0	<b>3.11.70</b> 3.10.0	<b>3.02.00</b> 3.00.3	<b>3.01.00</b> 2.59.2
<b>Ind. Medley</b>													
<b>3.46.00</b> 3.44.2	<b>3.27.00</b> 3.25.1	<b>3.07.00</b> 3.04.9	<b>2.56.70</b> 2.54.4	<b>2.47.50</b> 2.45.1	<b>2.37.50</b> 2.35.0	<b>2.35.50</b> 2.32.9	<b>200m</b>	<b>3.46.00</b> 3.44.2	<b>3.22.00</b> 3.20.0	<b>3.07.00</b> 3.04.9	<b>2.54.70</b> 2.52.4	<b>2.48.40</b> 2.46.0	<b>2.44.00</b> 2.41.6
	<b>7.04.00</b> 6.59.8	<b>6.35.00</b> 6.30.5	<b>6.15.00</b> 6.10.3	<b>5.55.00</b> 5.50.0	<b>5.35.00</b> 5.29.7	<b>5.33.00</b> 5.27.7	<b>400m</b>		<b>7.19.00</b> 7.15.0	<b>6.35.00</b> 6.30.5	<b>6.15.00</b> 6.10.3	<b>5.55.00</b> 5.50.0	<b>5.50.00</b> 5.44.9

Times in ***Bold Italic*** are Long Course. All other times are Short Course.

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<http://www.ndcasa.org.uk>