



Workington 2022 President Gala Qualifying Times

| BOYS Age Groups | | | | | | | GIRLS Age Groups | | | | | | | | | |
|-----------------|----------|----------|----------|----------|----------|----------|------------------|--------------------|-----|----------|----------|----------|----------|----------|----------|----------|
| 9 | 10 | 11 | 12 | 13 | 14 | 15/Ov | QT | Events | QT | 9 | 10 | 11 | 12 | 13 | 14 | 15/Ov |
| 00:33.00 | 00:31.00 | 00:29.00 | 00:28.00 | 00:27.00 | 00:26.00 | 00:22.00 | Upr | 50m Free | Upr | 00:33.00 | 00:31.00 | 00:29.00 | 00:28.00 | 00:27.00 | 00:26.00 | 00:24.00 |
| 01:20.00 | 01:18.00 | 01:10.00 | 01:05.00 | 01:01.00 | 00:58.00 | 00:53.00 | Upr | 100m Free | Upr | 01:20.00 | 01:18.00 | 01:10.00 | 01:05.00 | 01:01.00 | 00:59.00 | 00:54.00 |
| 02:45.00 | 02:32.00 | 02:24.00 | 02:18.00 | 02:14.00 | 02:05.00 | 01:52.00 | Upr | 200m Free | Upr | 02:45.00 | 02:32.00 | 02:24.00 | 02:18.00 | 02:14.00 | 02:09.00 | 02:00.00 |
| 05:15.00 | 05:10.00 | 04:55.00 | 04:40.00 | 04:27.00 | 04:16.00 | 04:02.00 | Upr | 400m Free | Upr | 05:15.00 | 05:10.00 | 04:55.00 | 04:40.00 | 04:27.00 | 04:19.00 | 04:08.00 |
| | | | | | | | Upr | 800m Free | Upr | 10:11.00 | 10:11.00 | 10:05.00 | 10:00.00 | 09:28.00 | 09:20.00 | 09:03.00 |
| 20:03.00 | 20:03.00 | 19:25.00 | 18:50.00 | 18:10.00 | 16:35.00 | 15:30.00 | Upr | 1500m Free | Upr | | | | | | | |
| 00:42.00 | 00:41.00 | 00:38.00 | 00:36.00 | 00:34.00 | 00:31.00 | 00:26.00 | Upr | 50m Breast | Upr | 00:42.00 | 00:41.00 | 00:38.00 | 00:36.00 | 00:34.00 | 00:32.00 | 00:28.00 |
| 01:40.00 | 01:37.00 | 01:28.00 | 01:22.00 | 01:18.00 | 01:16.00 | 01:03.00 | Upr | 100m Breast | Upr | 01:40.00 | 01:37.00 | 01:28.00 | 01:22.00 | 01:18.00 | 01:10.00 | 01:06.00 |
| 03:32.00 | 03:16.00 | 03:05.00 | 02:56.00 | 02:47.00 | 02:28.00 | 02:18.00 | Upr | 200m Breast | Upr | 03:32.00 | 03:16.00 | 03:05.00 | 02:56.00 | 02:47.00 | 02:32.00 | 02:25.00 |
| 00:34.00 | 00:33.00 | 00:32.00 | 00:31.00 | 00:30.00 | 00:27.00 | 00:23.00 | Upr | 50m Fly | Upr | 00:34.00 | 00:33.00 | 00:32.00 | 00:31.00 | 00:30.00 | 00:29.00 | 00:25.00 |
| 01:30.00 | 01:26.00 | 01:16.00 | 01:12.00 | 01:07.00 | 01:03.00 | 00:58.00 | Upr | 100m Fly | Upr | 01:30.00 | 01:26.00 | 01:16.00 | 01:12.00 | 01:07.00 | 01:05.00 | 01:00.00 |
| 03:35.00 | 03:00.00 | 02:43.00 | 02:38.00 | 02:27.00 | 02:19.00 | 02:05.00 | Upr | 200m Fly | Upr | 03:35.00 | 03:00.00 | 02:43.00 | 02:35.00 | 02:27.00 | 02:21.00 | 02:14.00 |
| 00:36.00 | 00:34.00 | 00:33.00 | 00:32.00 | 00:31.00 | 00:29.00 | 00:23.00 | Upr | 50m Back | Upr | 00:36.00 | 00:34.00 | 00:33.00 | 00:32.00 | 00:31.00 | 00:30.00 | 00:26.00 |
| 01:30.00 | 01:26.00 | 01:16.00 | 01:12.00 | 01:06.00 | 01:02.00 | 00:59.00 | Upr | 100m Back | Upr | 01:30.00 | 01:26.00 | 01:16.00 | 01:12.00 | 01:06.00 | 01:03.00 | 01:00.00 |
| 03:06.00 | 02:52.00 | 02:43.00 | 02:34.00 | 02:22.00 | 02:17.00 | 02:07.00 | Upr | 200m Back | Upr | 03:06.00 | 02:55.00 | 02:43.00 | 02:34.00 | 02:22.00 | 02:19.00 | 02:12.00 |
| 01:25.00 | 01:20.00 | 01:15.00 | 01:12.00 | 01:08.00 | 01:01.00 | 00:58.00 | Upr | 100m I.M. | Upr | 01:25.00 | 01:20.00 | 01:15.00 | 01:12.00 | 01:08.00 | 01:03.00 | 00:59.00 |
| 03:08.00 | 02:58.00 | 02:40.00 | 02:33.00 | 02:25.00 | 02:17.00 | 02:01.00 | Upr | 200m I.M. | Upr | 03:08.00 | 02:58.00 | 02:40.00 | 02:33.00 | 02:25.00 | 02:19.00 | 02:04.00 |
| 06:25.00 | 06:02.00 | 05:37.00 | 05:20.00 | 05:05.00 | 04:38.00 | 04:00.00 | Upr | 400m I.M. | Upr | 06:25.00 | 06:02.00 | 05:37.00 | 05:20.00 | 05:05.00 | 04:40.00 | 04:14.00 |