

# N & D Times 2011

Male							Events	Female					
9	10	11	12	13	14	Open		9	10	11	12	13	Open
<b>Freestyle</b>													
41.00	37.00					26.50 <b>27.30</b>	50	41.00	37.00				30.30 <b>31.00</b>
		1.15.00	1.08.00	1.07.00	1.04.00	58.60 <b>1.00.00</b>	100			1.15.00	1.10.00	1.08.50	1.04.70 <b>1.06.00</b>
3.20.00	2.56.00	2.40.00	2.31.00	2.25.00	2.17.00	2.09.40 <b>2.12.00</b>	200	3.15.00	2.54.00	2.38.00	2.30.00	2.25.00	2.19.00 <b>2.21.50</b>
	6.05.00	5.30.00	5.10.00	5.00.00	4.50.00	4.50.00 <b>4.54.80</b>	400		5.50.00	5.30.00	5.10.00	5.00.00	4.53.30 <b>4.58.00</b>
							800						11.36.70 <b>11.45.00</b>
						21.29.10 <b>21.45.00</b>	1500						
<b>Backstroke</b>													
48.00	42.00					34.40 <b>35.00</b>	50	49.00	42.00				36.40 <b>37.00</b>
		1.30.00	1.20.00	1.17.00	1.14.00	1.11.00 <b>1.12.10</b>	100			1.26.00	1.20.00	1.17.50	1.15.40 <b>1.16.50</b>
3.40.00	3.16.00	3.05.00	2.50.00	2.42.00	2.38.00	2.38.00 <b>2.40.10</b>	200	3.45.00	3.16.00	3.02.00	2.50.00	2.46.00	2.40.90 <b>2.43.00</b>
<b>Breaststroke</b>													
56.00	50.00					40.00 <b>40.80</b>	50	54.00	50.00				42.00 <b>42.70</b>
		1.41.00	1.36.00	1.30.00	1.27.00	1.23.50 <b>1.25.00</b>	100			1.39.00	1.33.00	1.30.00	1.28.60 <b>1.30.00</b>
4.10.00	3.50.00	3.35.00	3.05.00	3.00.00	2.55.00	3.02.10 <b>3.05.00</b>	200	4.10.00	3.40.00	3.30.00	3.20.00	3.15.00	3.12.00 <b>3.14.70</b>
<b>Butterfly</b>													
52.00	43.00					30.40 <b>31.00</b>	50	52.00	43.00				33.40 <b>34.00</b>
		1.30.00	1.25.00	1.20.00	1.15.00	1.09.90 <b>1.11.00</b>	100			1.30.00	1.24.00	1.19.00	1.17.00 <b>1.18.00</b>
4.15.00	3.50.00	3.30.00	3.05.00	3.00.00	2.53.00	2.53.00 <b>2.54.80</b>	200	4.00.00	3.50.00	3.30.00	3.10.00	3.00.00	3.00.10 <b>3.01.80</b>
<b>Ind. Medley</b>													
1.45.00	1.35.00	1.29.00	1.22.00	1.18.00	1.16.00		100m	1.45.00	1.32.00	1.25.00	1.22.00	1.18.00	
3.45.00	3.25.00	3.05.00	2.55.00	2.45.00	2.35.00	2.35.00 <b>2.37.50</b>	200m	3.45.00	3.20.00	3.05.00	2.50.00	2.46.00	2.41.60 <b>2.44.00</b>
	7.00.00	6.30.00	6.10.00	5.50.00	5.30.00	5.30.20 <b>5.35.50</b>	400m		7.15.00	6.30.00	6.10.00	5.50.00	5.50.00 <b>5.55.00</b>

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

Original N&D Times Published 08/10/2010 at

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