

SE Suffolk County Championships 2023

Female							Event	Male						
10 & 11	12	13	14	15	16	17+		10 & 11	12	13	14	15	16	17+
00:39.5	00:35.8	00:33.3	00:31.6	00:31.2	00:30.5	00:29.9	50 free	00:40.6	00:35.5	00:33.4	00:31.9	00:30.5	00:29.2	00:27.8
01:28.0	01:18.1	01:13.0	01:08.7	01:06.0	01:05.0	01:04.6	100 free	01:29.9	01:17.3	01:12.1	01:07.1	01:03.5	01:00.8	00:58.0
03:10.9	02:53.1	02:35.9	02:28.2	02:25.0	02:21.8	02:20.0	200 free	03:16.9	02:50.2	02:37.5	02:27.6	02:21.7	02:13.2	02:07.6
06:25.0	05:47.5	05:23.9	05:13.7	05:03.2	05:00.4	04:57.1	400 free	06:25.4	05:53.5	05:25.7	05:04.0	04:53.0	04:41.8	04:34.3
	12:40.7	11:55.5	10:59.3	10:34.4	10:30.9	10:20.9	800 free		12:17.9	11:34.0	10:39.5	10:15.4	10:12.0	10:02.3
	22:45.9	21:40.7	21:09.1	20:29.4	19:24.9	18:57.4	1500 free		21:53.4	20:50.7	20:20.3	19:42.1	18:40.1	17:44.9
00:45.5	00:40.9	00:37.6	00:36.8	00:36.0	00:35.4	00:35.0	50 back	00:46.9	00:40.8	00:37.8	00:35.3	00:34.5	00:33.8	00:32.7
01:38.5	01:27.5	01:20.8	01:15.8	01:15.3	01:14.9	01:14.7	100 back	01:42.5	01:28.9	01:21.0	01:17.0	01:13.2	01:08.2	01:07.5
03:25.0	03:09.0	02:53.1	02:46.1	02:43.5	02:41.2	02:41.0	200 back	03:41.5	03:11.8	02:54.1	02:43.6	02:36.3	02:28.1	02:27.2
00:53.5	00:46.9	00:43.9	00:42.2	00:41.3	00:40.9	00:40.5	50 breast	00:56.8	00:48.0	00:44.7	00:39.7	00:37.8	00:36.5	00:34.9
01:55.1	01:42.3	01:33.8	01:30.0	01:26.0	01:23.0	01:22.5	100 breast	01:58.7	01:43.0	01:34.9	01:27.2	01:22.4	01:17.5	01:16.0
03:57.5	03:34.7	03:21.6	03:13.5	03:07.2	03:04.7	03:02.7	200 breast	04:04.7	03:42.4	03:20.9	03:10.3	02:52.3	02:49.7	02:47.0
00:48.4	00:42.1	00:38.2	00:36.6	00:35.5	00:35.0	00:34.7	50 fly	00:52.9	00:43.5	00:38.2	00:35.8	00:34.9	00:32.3	00:29.8
01:53.0	01:40.2	01:27.5	01:19.7	01:16.1	01:15.5	01:15.1	100 fly	01:55.0	01:39.7	01:27.1	01:17.1	01:11.8	01:07.1	01:05.6
04:15.1	03:50.0	03:23.0	03:06.0	02:58.0	02:50.0	02:45.0	200 fly	04:05.0	03:25.0	03:08.0	02:59.0	02:48.0	02:43.0	02:35.3
01:43.2	01:30.1	01:23.8	01:20.3	01:18.4	01:17.8	01:16.8	100 IM	01:43.8	01:32.1	01:23.4	01:18.4	01:14.7	01:11.7	01:05.7
03:28.1	03:12.9	02:59.6	02:51.0	02:46.5	02:45.2	02:41.8	200 IM	03:30.3	03:11.2	02:56.8	02:46.3	02:36.7	02:30.7	02:27.1
	06:56.5	06:22.5	06:00.0	05:46.0	05:39.0	05:35.0	400 IM		06:59.7	06:24.5	05:58.6	05:46.7	05:35.0	05:21.8

Times should have been swum since 1st January 2022

Age for the Championships is as at 31st December 2023

Final

31 October 2022