

# SRI LANKA QT'S FOR SWIMMING

## NATIONAL **INTERMEDIATE** AGE GROUP CHAMPIONSHIPS 2017



WOMEN/GIRLS					★	MEN/BOYS				
Under - 11	Under - 13	Under - 15	Under - 18	18 & over		18 & over	Under - 18	Under - 15	Under - 13	Under - 11
00:44.00	00:40.00	00:39.00	00:38.00	00:37.00	50M Free	00:32.00	00:33.00	00:34.00	00:37.00	00:42.00
01:35.00	01:33.00	01:32.00	01:31.00	01:29.00	100M Free	01:16.00	01:18.00	01:20.00	01:28.00	01:33.00
03:22.00	03:20.00	03:17.00	03:14.00	03:05.00	200M Free	02:46.00	02:54.00	02:58.00	03:03.00	03:08.00
07:01.00	06:58.00	06:55.00	06:51.00	06:35.00	400M Free	05:55.00	06:11.00	06:19.00	06:24.00	06:29.00
	14:45.00	14:12.00	13:54.00	13:20.00	800M Free	12:30.00	13:00.00	14:00.00	14:30.00	
		30:00.00	29:00.00	28:00.00	1500M Free	26:00.00	27:00.00	27:30.00		
00:54.00	00:49.00	00:47.00	00:45.00	00:43.00	50M Back	00:38.00	00:39.00	00:41.00	00:44.00	00:50.00
01:58.00	01:55.00	01:52.00	01:48.00	01:40.00	100M Back	01:25.00	01:33.00	01:37.00	01:42.00	01:47.00
	03:45.00	03:40.00	03:35.00	03:30.00	200M Back	03:00.00	03:16.00	03:20.00	03:25.00	
00:57.00	00:51.00	00:50.00	00:49.00	00:48.00	50M Breast	00:41.00	00:42.00	00:44.00	00:49.00	00:54.00
02:03.00	02:00.00	01:57.00	01:53.00	01:45.00	100M Breast	01:35.00	01:43.00	01:47.00	01:52.00	01:57.00
04:01.00	03:58.00	03:55.00	03:50.00	03:45.00	200M Breast	03:20.00	03:36.00	03:40.00	03:45.00	03:55.00
0:51.00	00:45.00	00:43.00	00:42.00	00:41.00	50M Fly	00:35.00	00:36.00	00:37.00	00:42.00	0:49.00
01:56.00	01:53.00	01:50.00	01:46.00	01:38.00	100M Fly	01:24.00	01:32.00	01:36.00	01:40.00	01:45.00
	03:55.00	03:50.00	03:46.00	03:30.00	200M Fly	03:00.00	03:10.00	03:15.00	03:20.00	
04:15.00	04:00.00	03:45.00	03:40.00	03:35.00	200M IM	03:10.00	03:16.00	03:20.00	03:35.00	04:03.00
	07:45.00	07:35.00	07:28.00	07:20.00	400M IM	06:30.00	06:42.00	06:50.00	07:00.00	

# SRI LANKA QT'S FOR SWIMMING NATIONAL AGE GROUP CHAMPIONSHIPS 2017




WOMEN/GIRLS					MEN/BOYS					
Under - 11	Under - 13	Under - 15	Under - 18	18 & over		18 & over	Under - 18	Under - 15	Under - 13	Under - 11
00:39.00	00:36.00	00:35.00	00:34.00	00:33.00		00:28.00	00:29.00	00:31.00	00:33.00	00:37.00
01.30.00	01:20.00	01:17.00	01:14.00	01:11.00		01:03.00	01:05.00	01:10.00	01:14.00	01.24.00
03.15.00	03.00.00	02:55.00	02:45.00	02:34.00		02:18.00	02:22.00	02:32.00	02.42.00	03.02.00
06.50.00	06.15.00	06:00.00	05:51.00	05:32.00		05:05.00	05:12.00	05:29.00	05.50.00	06.34.00
	13.00.00	12:25.00	12:10.00	11:21.00		10:27.00	10:42.00	11:10.00	12.00.00	
		27:00.00	25:00.00	23:00.00		21:00.00	22:00.00	23:00.00		
00:46.00	00:44.00	00:42.00	00:39.00	00:38.00		00:33.00	00:34.00	00:36.00	00:39.00	00:44.00
01.43.00	01.40.00	01:32.00	01.25.00	01:21.00		01:10.50	01:14.00	01:18.00	01.25.00	01.33.00
	03.35.00	03:20.00	03:06.00	02:56.00		02:32.00	02:42.00	03:00.00	03.10.00	
00:50.00	00:46.00	00:45.00	00:42.00	00:41.00		00:36.00	00:37.00	00:40.00	00:44.00	00:47.00
01.50.00	01.45.00	01:40.00	01.35.00	01:31.00		01:20.00	01:23.00	01:28.00	01.36.00	01.44.00
	03.50.00	03:45.00	03:28.00	03:18.00		02:53.00	03:06.00	03:15.00	03.30.00	
0:45.00	00:40.00	00:38.00	00:36.00	00:35.00		00:30.40	00:32.00	00:34.00	00:37.00	0:42.00
01.45.00	01.40.00	01:30.00	01:24.00	01:20.00		01:08.00	01:13.00	01:19.00	01.25.00	01.34.00
	03.50.00	03:20.00	03:05.00	02:55.00		02:32.00	02:43.00	03:00.00	03.15.00	
03:50.00	03:30.00	03:25.00	03:09.00	03:00.00		02:38.00	02:46.00	03:00.00	03:15.00	03:34.00
	07.20.00	06:55.00	06:40.00	06:30.00		05:46.00	06:05.00	06:27.00	06.57.00	



GIRLS		★ ★ ★	BOYS	
LCM	SCM		SCM	LCM
00:34.00	00:33.50	50 Freestyle	00:28.50	00:29.00
01:15.00	01:14.00	100 Freestyle	01:06.00	01:07.00
02:49.00	02:47.00	200 Freestyle	02:23.00	02:25.00
05:57.00	05:52.00	400 Freestyle	05:08.00	05:13.00
12:12.00	12:02.00	800 Freestyle	10:50.00	11:00.00
24:00.00	23:30.00	1500 Freestyle	21:30.00	22:00.00
00:40.00	00:39.00	50 Backstroke	00:34.50	00:35.00
01:27.00	01:26.00	100 Backstroke	01:13.00	01:14.00
03:15.00	03:13.00	200 Backstroke	02:48.00	02:50.00
00:44.00	00:43.50	50 Breaststroke	00:37.50	00:38.00
01:37.00	01:36.00	100 Breaststroke	01:22.00	01:23.00
03:40.00	03:38.00	200 Breaststroke	03:08.00	03:10.00
00:36.00	00:35.50	50 Butterfly	00:32.00	00:32.50
01:24.00	01:23.00	100 Butterfly	01:10.00	01:11.00
03:15.00	03:13.00	200 Butterfly	02:58.00	02:50.00
	01:45.00	100 IM	01:20.00	
03:20.00	03:18.00	200 IM	02:48.00	02:50.00
06:50.00	06:46.00	400 IM	05:56.00	06:00.00


Qualification Period – 1/1/2015 through Entry Deadline



GIRLS			BOYS	
LCM	SCM		SCM	LCM
00:33.00	00:32.50	50 Freestyle	00:27.50	00:28.00
01:12.00	01:11.00	100 Freestyle	01:02.00	01:03.00
02:40.00	02:38.00	200 Freestyle	02:16.00	02:18.00
05:40.00	05:35.00	400 Freestyle	04:55.00	05:00.00
11:30.00	11:20.00	800 Freestyle	10:10.00	10:20.00
22:30.00	22:00.00	1500 Freestyle	20:00:00	20:30.00
00:38.00	00:37.50	50 Backstroke	00:32.00	00:32.50
01:22.00	01:21.00	100 Backstroke	01:09.00	01:10.00
03:00.00	02:58.00	200 Backstroke	02:33.00	02:35.00
00:41.50	00:41.00	50 Breaststroke	00:35.50	00:36.00
01:33.00	01:32.00	100 Breaststroke	01:17.00	01:18.00
03:16.00	03:14.00	200 Breaststroke	02:54.00	02:56.00
00:34.25	00:33.75	50 Butterfly	00:30.00	00:30.50
01:21.00	01:20.00	100 Butterfly	01:06.00	01:07.00
03:00.00	02:58.00	200 Butterfly	02:33.00	02:35.00
	01:35.00	100 IM	01:15.00	
03:02.00	03:00.00	200 IM	02:38.00	02:40.00
06:30.00	06:26.00	400 IM	05:36.00	05:40.00

Qualification Period – 1/1/2015 through Entry Deadline



WOMEN						MEN	
LCM	SCM					SCM	LCM
00:32.00	00:31.50	50	Freestyle	00:25.50	00:26.00		
01:10.00	01:09.00	100	Freestyle	00:59.00	01:00.00		
02:30.00	02:28.00	200	Freestyle	02:09.00	02:11.00		
05:25.00	05:20.00	400	Freestyle	04:45.00	04:50.00		
11:10.00	11:00.00	800	Freestyle	09:40.00	09:50.00		
22:00.00	21:30.00	1500	Freestyle	18:30.00	19:00.00		
00:36.70	00:36.20	50	Backstroke	00:30.50	00:31.00		
01:18.00	01:17.00	100	Backstroke	01:06.00	01:07.00		
02:50.00	02:48.00	200	Backstroke	02:23.00	02:25.00		
00:40.00	00:39.50	50	Breaststroke	00:33.50	00:34.00		
01:30.00	01:29.00	100	Breaststroke	01:14.00	01:15.00		
03:10.00	03:08.00	200	Breaststroke	02:43.00	02:45.00		
00:33.20	00:32.70	50	Butterfly	00:28.50	00:29.00		
01:15.00	01:14.00	100	Butterfly	01:03.00	01:04.00		
02:50.00	02:48.00	200	Butterfly	02:23.00	02:25.00		
	01:25.00	100	IM	01:10.00			
02:55.00	02:53.00	200	IM	02:28.00	02:30.00		
06:10.00	06:06.00	400	IM	05:26.00	05:30.00		

Qualification Period – 1/1/2015 through Entry Deadline