

Middlesex County Championships - 2024
27 & 28 January @ LAC and 3 & 4 February @ Hillingdon

	Open/Male														Long Course QT's
	10+11's	10+11 Con	12's	12 Con	13's	13 Con	14's	14 Con	15's	15 Con	16's	16 Con	17+	17+Con	
50 Free	37.90	40.59	33.20	34.88	32.44	34.40	30.11	31.67	28.02	29.97	26.90	28.10	26.72	28.16	50 Free
100 Free	01:27.00	01:34.45	01:16.60	01:20.86	01:12.76	01:22.92	01:05.15	01:08.73	01:01.66	01:07.97	59.16	01:01.29	58.86	01:00.60	100 Free
200 Free	03:16.10	03:37.57	02:50.20	02:58.38	02:40.30	02:50.05	02:21.94	02:31.74	02:17.17	02:30.38	02:08.85	02:18.80	02:06.61	02:15.00	200 Free
400 Free	06:55.22	07:11.30	05:40.66	06:14.80	05:23.75	05:54.71	04:49.76	05:28.27	04:42.75	05:19.22	04:30.47	05:01.11	04:26.96	4:51.77	400 Free
800 Free	-	-	10:35.33	12:49.00	11:32.10	12:34.01	10:06.04	11:05.55	09:30.36	10:52.93	09:23.57	10:28.79	09:17.67	09:55.33	800 Free
1500 Free	-	-	23:26.25	25:35.89	22:16.21	23:18.15	20:20.89	22:06.63	19:26.08	21:03.95	18:42.11	20:57.89	18:29.16	19:59.00	1500 Free
50 Back	45.60	48.14	40.70	45.73	37.68	42.48	32.12	37.79	33.28	35.98	31.27	33.72	31.20	34.27	50 Back
100 Back	01:39.60	01:47.41	01:27.57	01:32.62	01:21.74	01:31.56	01:16.08	01:21.43	01:12.49	01:20.31	01:09.09	01:13.87	01:06.41	01:16.27	100 Back
200 Back	03:55.60	04:14.80	03:05.45	03:32.59	02:56.18	03:22.35	02:39.97	02:56.92	02:37.36	02:57.87	02:29.10	02:47.33	02:26.39	02:41.21	200 Back
50 BR	52.50	55.90	48.21	55.99	42.13	47.46	37.22	43.50	36.07	40.17	34.11	38.42	34.66	36.93	50 BR
100 BR	01:54.90	01:59.75	01:41.40	01:50.06	01:36.10	01:47.30	01:24.38	01:36.30	01:19.24	01:29.11	01:16.94	01:28.63	01:18.04	01:26.29	100 BR
200 BR	04:13.20	04:41.83	03:42.60	03:59.80	03:27.93	03:36.69	03:04.08	03:26.73	02:56.10	03:16.95	02:48.66	03:05.53	02:45.61	02:59.84	200 BR
50 Fly	48.30	55.76	43.69	51.74	37.17	41.87	32.26	35.68	31.16	33.37	29.73	32.50	28.00	29.94	50 Fly
100 Fly	01:58.30	02:11.48	01:40.30	01:52.81	01:29.16	01:39.52	01:15.44	01:26.56	01:12.82	01:21.25	01:08.10	01:17.47	01:02.77	01:05.40	100 Fly
200 Fly	03:35.84	03:53.82	03:24.91	03:44.86	03:19.53	03:39.69	03:00.45	03:35.93	02:51.64	03:15.50	02:37.60	03:08.70	02:25.07	02:54.16	200 Fly
200 IM	03:27.70	03:55.62	03:10.52	03:31.59	03:00.27	03:15.49	02:43.45	03:00.91	02:23.79	02:55.48	02:31.36	02:48.44	02:27.13	02:41.21	200 IM
400 IM	-	-	06:51.93	07:33.18	06:04.63	06:56.74	05:38.77	06:15.30	05:25.38	05:57.19	05:16.74	05:55.47	04:52.80	05:47.44	400 IM

	Open/Male														Short Course QT's
	10+11's	10+11 Con	12's	12 Con	13's	13 Con	14's	14 Con	15's	15 Con	16's	16 Con	17+	17+Con	
50 Free	37.30	40.10	32.60	34.30	31.80	33.80	29.40	31.00	27.30	29.30	26.10	27.30	25.90	27.40	50 Free
100 Free	01:26.00	01:33.60	01:15.50	01:19.90	01:11.60	01:21.90	01:03.90	01:07.50	01:00.30	01:06.80	57.70	59.90	57.40	59.20	100 Free
200 Free	03:14.30	03:36.00	02:48.10	2:56.4	02:38.10	02:48.00	02:19.40	02:29.40	02:14.60	02:28.10	02:06.20	02:16.30	02:03.80	02:12.40	200 Free
400 Free	06:51.80	07:08.00	05:36.50	06:11.00	05:19.30	05:50.70	04:44.90	05:24.00	04:37.70	05:14.80	04:25.30	4:56.4	04:21.70	04:46.90	400 Free
800 Free	-	-	10:26.10	10:40.00	11:23.70	12:26.30	09:56.40	10:56.80	09:20.20	10:44.00	09:13.30	10:19.50	09:07.30	09:45.50	800 Free
1500 Free	-	-	23:11.40	25:22.4	22:00.60	23:03.20	20:03.90	21:50.90	19:08.30	20:47.40	18:23.60	20:41.40	18:10.40	19:41.70	1500 Free
50 Back	45.10	47.70	40.20	45.30	37.10	42.00	31.50	37.20	32.60	35.40	31.10	33.10	30.50	33.70	50 Back
100 Back	01:38.80	01:46.60	01:26.70	01:31.70	01:20.70	01:30.70	01:15.00	01:20.40	01:11.40	01:19.30	01:07.90	01:12.80	01:05.20	01:15.20	100 Back
200 Back	03:54.20	04:13.50	03:03.60	03:31.00	02:54.30	03:20.60	02:37.90	02:55.00	02:33.60	02:56.00	02:26.80	02:45.30	02:24.10	02:39.10	200 Back
50 BR	51.90	55.30	47.60	55.40	41.40	46.80	36.40	42.80	35.20	39.40	33.20	37.60	33.70	36.10	50 BR
100 BR	01:53.80	01:58.60	01:40.10	01:48.90	01:34.80	01:46.10	01:22.90	01:35.00	01:17.60	01:27.70	01:15.20	01:27.20	01:16.40	01:24.80	100 BR
200 BR	04:11.10	04:39.90	03:40.20	03:57.60	03:25.30	03:34.20	03:01.20	03:24.10	02:53.10	03:14.20	02:45.50	03:02.70	02:42.40	02:56.90	200 BR
50 Fly	47.90	55.40	43.30	51.40	36.70	41.40	31.70	35.10	30.50	32.80	29.10	31.90	27.30	29.30	50 Fly
100 Fly	01:57.70	02:10.90	01:39.50	01:52.10	01:28.30	01:38.80	01:14.40	01:25.70	01:11.80	01:20.30	01:07.00	01:16.50	01:01.60	01:04.20	100 Fly
200 Fly	03:34.40	03:52.50	03:23.40	03:43.40	03:17.90	03:38.20	02:58.70	03:34.50	02:49.80	03:13.90	02:35.60	03:07.00	02:22.90	02:52.30	200 Fly
200 IM	03:25.80	03:53.90	03:08.40	03:29.70	02:58.10	03:13.50	02:41.00	02:58.70	02:21.00	02:53.20	02:28.70	02:46.10	2:24.4	02:38.70	200 IM
400 IM	-	-	06:47.60	07:29.30	05:59.80	06:52.50	05:33.50	06:10.60	05:19.90	05:52.20	05:11.10	05:50.50	04:46.70	05:42.30	400 IM

	Female														Long Course QT's
	10+11's	10+11 Con	12's	12 Con	13's	13 Con	14's	14 Con	15's	15 Con	16's	16 Con	17+	17+Con	
50 Free	36.86	44.23	33.62	35.90	31.88	33.29	30.74	33.24	29.78	31.53	29.70	31.37	28.86	30.43	50 Free
100 Free	01:21.27	01:33.24	01:14.99	01:22.23	01:11.08	01:15.33	01:06.79	01:12.91	01:05.49	01:08.17	01:04.76	01:06.53	01:02.81	01:04.05	100 Free
200 Free	03:00.02	03:17.38	02:46.97	03:03.27	02:33.97	02:45.03	02:26.61	02:38.96	02:22.58	02:36.75	02:15.07	02:25.26	02:10.11	02:22.02	200 Free
400 Free	06:12.26	07:22.37	05:41.60	06:46.33	05:17.77	05:54.10	05:04.42	05:48.75	04:52.92	05:23.49	04:43.98	05:09.60	04:27.14	05:06.09	400 Free
800 Free	-	-	11:49.89	13:12.63	11:54.26	12:57.00	11:01.23	12:31.15	10:45.20	12:39.32	09:41.52	10:42.55	09:14.11	10:27.57	800 Free
1500 Free	-	-	20:25.02	23:39.20	19:36.71	23:39.34	19:32.08	23:18.97	19:07.22	22:18.25	18:37.63	21:25.06	17:50.74	19:19.19	1500 Free
50 Back	47.07	56.76	39.59	43.31	37.60	39.40	35.39	39.36	34.54	37.01	33.44	36.28	32.28	33.72	50 Back
100 Back	01:36.16	01:43.82	01:25.88	01:34.94	01:21.45	01:25.97	01:20.64	01:25.37	01:16.59	01:21.64	01:14.03	01:18.27	01:12.50	01:16.86	100 Back
200 Back	03:21.20	03:44.20	03:02.27	03:18.72	02:52.38	03:04.59	02:47.57	03:07.75	02:42.87	03:00.76	02:38.27	02:58.68	02:26.59	02:39.66	200 Back
50 BR	50.47	52.40	46.34	48.22	42.54	44.52	40.32	44.12	39.28	43.85	37.34	39.85	35.11	41.01	50 BR
100 BR	01:49.55	01:56.85	01:39.62	01:47.34	01:33.77	01:39.75	01:27.31	01:38.56	01:26.24	01:36.93	01:23.06	01:31.31	01:19.00	01:27.50	100 BR
200 BR	03:56.89	04:29.99	03:36.28	03:47.43	03:18.84	03:27.75	03:12.60	03:22.31	03:03.32	03:23.73	02:59.69	03:18.17	03:03.35	03:16.33	200 BR
50 Fly	43.82	47.93	37.41	40.47	35.30	37.83	33.67	36.83	32.77	35.31	31.22	32.77	29.16	33.78	50 Fly
100 Fly	01:45.11	02:02.24	01:29.71	01:39.99	01:24.51	01:37.44	01:19.66	01:27.65	01:14.51	01:25.60	01:09.22	01:18.36	01:05.66	01:19.80	100 Fly
200 Fly	04:06.44	04:40.39	03:48.92	04:09.46	03:16.83	03:47.90	02:56.62	03:32.35	02:53.38	03:19.59	02:36.44	02:58.96	02:35.50	02:53.43	200 Fly
200 IM	03:33.01	03:46.33	03:04.70	03:21.84	02:55.01	03:06.64	02:50.90	02:58.27	02:48.11	02:57.76	02:42.11	02:50.53	02:34.50	02:51.82	200 IM
400 IM	-	-	07:08.77	07:48.98	06:13.90	06:55.08	06:06.56	06:55.52	06:05.10	06:48.79	05:45.61	06:17.10	05:39.50	06:21.53	400 IM

	Female														Short Course QT's
	10+11's	10+11 Con	12's	12 Con	13's	13 Con	14's	14 Con	15's	15 Con	16's	16 Con	17+	17+Con	
50 Free	36.30	43.80	33.00	35.30	31.20	32.70	30.10	32.60	29.10	30.90	29.00	30.70	28.10	29.70	50 Free
100 Free	01:20.20	01:32.30	01:13.90	01:21.20	01:09.90	01:14.20	01:05.50	01:11.80	01:04.20	01:06.90	01:03.50	01:05.30	01:01.50	01:02.70	100 Free
200 Free	02:58.10	03:15.60	02:44.90	03:01.40	03:31.70	02:42.90	02:24.20	02:36.80	02:20.10	02:34.50	02:12.50	02:22.80	02:07.40	02:19.60	200 Free
400 Free	06:08.50	07:19.20	05:37.50	06:42.80	05:13.30	05:50.10	04:59.80	05:44.60	04:48.10	05:19.10	04:39.00	05:05.00	04:21.80	05:01.50	400 Free
800 Free	-	-	11:41.70	13:05.30	11:46.10	12:49.50	10:52.40	12:23.40	10:36.20	12:31.60	09:31.50	10:33.50	09:03.60	10:18.30	800 Free
1500 Free	-	-	20:08.00	23:24.50	19:19.00	23:24.70	19:14.30	23:04.10	18:49.1	22:02.70	18:19.00	21:08.80	17:31.30	19:01.20	1500 Free
50 Back	46.60	56.40	39.10	42.80	37.00	38.90	34.80	38.90	39.90	36.40	32.80	35.70	31.60	33.10	50 Back
100 Back	01:35.30	01:43.00	01:24.90	01:34.10	01:20.50	01:25.00	01:19.60	01:24.40	01:15.50	01:20.60	01:12.90	01:17.20	01:11.40	01:15.80	100 Back
200 Back	03:19.50	03:42.70	03:00.40	03:17.00	02:50.40	03:0									