



Icebreaker 2022

Dover Lifeguards SC & Herne Bay SC



Qualifying Times – Upper Qualifying Times Only (Must be slower)

License No 3SE220188

Event	Male				Female			
	10-11 Years	12-13 Years	14-15 Years	16+ Years	10-11 Years	12-13 Years	14-15 Years	16+ Years
50m Freestyle	30.00	28.00	25.00	23.00	30.00	29.00	27.00	26.00
100m Freestyle	1.06.00	1.02.00	55.00	51.00	1.06.00	1.04.00	59.00	58.00
200m Freestyle	2.24.00	2.15.00	2.01.00	1.54.00	2.25.00	2.19.00	2.10.00	2.06.00
400m Freestyle	5.05.00	4.47.00	4.20.00	4.10.00	5.07.00	4.53.00	4.33.00	4.30.00
50m Backstroke	35.00	33.00	29.00	27.00	34.00	33.00	31.00	31.00
100m Backstroke	1.15.00	1.11.00	1.02.00	59.00	1.15.00	1.12.00	1.06.00	1.05.00
200m Backstroke	2.40.00	2.32.00	2.16.00	2.10.00	2.39.00	2.35.00	2.24.00	2.21.00
50m Breaststroke	40.00	37.00	32.00	29.00	39.00	37.00	35.00	33.00
100m Breaststroke	1.28.00	1.22.00	1.09.00	1.04.00	1.26.00	1.22.00	1.16.00	1.14.00
200m Breaststroke	3.08.00	2.57.00	2.34.00	2.23.00	3.07.00	2.57.00	2.46.00	2.43.00
50m Butterfly	33.00	31.00	27.00	25.00	33.00	32.00	30.00	29.00
100m Butterfly	1.16.00	1.11.00	1.00.00	57.00	1.15.00	1.12.00	1.06.00	1.04.00
200m Butterfly	2.54.00	2.43.00	2.19.00	2.10.00	2.54.00	2.43.00	2.28.00	2.27.00
200m Individual Medley	2.44.00	2.35.00	2.15.00	2.11.00	2.45.00	2.38.00	2.28.00	2.23.00
400m Individual Medley	5.52.00	5.34.00	4.52.00	4.48.00	5.53.00	5.38.00	5.12.00	5.08.00

Age at the end of the year (31st December 2022)

Times achieved since 1st January 2020