

**London Borough of Redbridge**  
**Sprint Meet 2008 Qualifying Times**  
 ASA Licence No 3LR8026

**Qualifying Times (Q.T.) and Upper Limit Times (U.L.T.)**

GIRLS				
Girls	9 years	10 & 11years	12 & 13 years	14 years +
<b>50 Fly ULT</b>	45.40	37.60		
<b>QT</b>	52.40	44.60		
<b>50 Back ULT</b>	46.30	38.90		
<b>QT</b>	53.30	45.90		
<b>50 Breast ULT</b>	52.80	44.20		
<b>QT</b>	59.80	51.20		
<b>50 Free ULT</b>	39.80	33.90	31.30	29.30
<b>QT</b>	46.80	40.90	38.30	36.30
<b>100 Fly ULT</b>		1.22.80	1.13.70	1.10.0
<b>QT</b>		1.37.80	1.28.70	1.25.0
<b>100 Back ULT</b>		1.23.40	1.14.10	1.10.30
<b>QT</b>		1.38.40	1.29.10	1.25.30
<b>100 Breast ULT</b>		1.34.60	1.24.0	1.19.80
<b>QT</b>		1.49.60	1.39.0	1.34.80
<b>100 Free ULT</b>		1.12.60	1.05.70	1.02.90
<b>QT</b>		1.27.60	1.20.70	1.22.90
<b>100 IM ULT</b>	1.44.20	1.27.00	1.18.40	1.15.00
<b>QT</b>	2.00.20	1.43.00	1.34.40	1.31.00
<b>200 Fly ULT</b>	3.26.7	3.05.70	2.37.70	2.34.20
<b>QT</b>	3.51.7	3.30.70	3.02.70	2.59.20
<b>200 Back ULT</b>	3.14.10	2.58.20	2.40.10	2.31.40
<b>QT</b>	3.39.10	3.23.20	3.05.10	2.56.40
<b>200 Breast ULT</b>	3.43.80	3.24.20	3.01.40	2.54.0
<b>QT</b>	4.08.80	3.49.20	3.26.40	3.19.0
<b>200 Free ULT</b>	2.51.0	2.38.60	2.22.30	2.15.80
<b>QT</b>	3.16.0	3.03.60	2.47.30	2.40.80
<b>200 IM ULT</b>	3.17.40	3.01.70	2.43.80	2.36.30
<b>QT</b>	3.42.40	3.26.70	3.08.80	3.01.30

BOYS				
Boys	9 years	10 & 11years	12 & 13 years	14 years +
<b>50 Fly ULT</b>	45.30	38.40		
<b>QT</b>	52.30	45.40		
<b>50 Back ULT</b>	46.40	39.80		
<b>QT</b>	53.40	46.80		
<b>50 Breast ULT</b>	52.50	44.90		
<b>QT</b>	59.50	51.90		
<b>50 Free ULT</b>	39.80	34.30	29.70	27.10
<b>QT</b>	46.80	41.30	36.70	34.10
<b>100 Fly ULT</b>		1.24.30	1.12.0	1.02.80
<b>QT</b>		1.39.30	1.27.0	1.17.80
<b>100 Back ULT</b>		1.24.20	1.12.60	1.07.80
<b>QT</b>		1.39.20	1.27.60	1.22.80
<b>100 Breast ULT</b>		1.36.0	1.21.80	1.12.20
<b>QT</b>		1.51.0	1.36.80	1.27.20
<b>100 Free ULT</b>		1.13.20	1.03.50	55.5
<b>QT</b>		1.28.20	1.18.50	1.10.50
<b>100 IM ULT</b>	1.43.80	1.29.5	1.17.10	1.09.70
<b>QT</b>	1.59.80	1.45.5	1.30.10	1.25.70
<b>200 Fly ULT</b>	3.31.40	3.09.0	2.41.10	2.19.40
<b>QT</b>	3.56.40	3.34.0	3.06.10	2.44.40
<b>200 Back ULT</b>	3.18.90	3.01.90	2.37.10	2.19.10
<b>QT</b>	3.42.90	3.26.90	3.12.10	2.44.10
<b>200 Breast ULT</b>	3.47.30	3.29.60	2.58.80	2.38.10
<b>QT</b>	4.12.30	3.54.60	3.24.80	3.03.10
<b>200 Free ULT</b>	2.53.40	2.41.10	2.19.70	2.03.90
<b>QT</b>	3.18.40	3.06.10	2.44.70	2.28.90
<b>200 IM ULT</b>	3.21.20	3.05.50	2.40.80	2.22.50
<b>QT</b>	3.46.20	3.30.50	3.05.80	2.47.50

The Upper Limit Qualification times (ULT) are 2 secs faster than the Regional QTs on the 100m and 3 secs on the 200m. The Qualifying Times (QT) are 13 secs SLOWER than the Regional QTs for the 100m and 22 secs for the 200 events. For the 14 year + age groups, the QT's for boys is based on the 15 year old Region QT's and for the girls 17+. For the 50m events, the ULT is 2 secs faster than the 2007 Essex County times, and the QT (lower limit)

is 5 secs slower than the Essex times

The (ULT) for the 100IM is set at 3 secs faster than the County QT. The Qualifying Times (QT) for this event is 13 secs slower than the County QT

v1.6