

Harlow Penguins 2023 Age Group Qualifier Female Short Course Upper Limit Time

| Event | 09 | 10 | 11 | 12 | 13 | 14 | 15 | 16/OV |
|-----------------------|----------|----------|----------|----------|----------|----------|----------|----------|
| 50 Freestyle | 00:31.70 | 00:28.80 | 00:28.80 | 00:27.20 | 00:25.60 | 00:25.40 | 00:25.20 | 00:24.80 |
| 100 Freestyle | 01:11.30 | 01:04.80 | 01:04.80 | 01:00.80 | 00:56.80 | 00:55.20 | 00:54.60 | 00:53.80 |
| 200 Freestyle | 02:29.60 | 02:16.00 | 02:16.00 | 02:10.40 | 02:02.40 | 01:56.00 | 01:55.20 | 01:54.90 |
| 400 Freestyle | 05:15.00 | 04:46.40 | 04:46.40 | 04:24.30 | 04:12.00 | 03:57.60 | 03:56.80 | 03:56.00 |
| 50 Breaststroke | 00:45.80 | 00:41.60 | 00:41.60 | 00:39.20 | 00:36.00 | 00:35.20 | 00:34.40 | 00:34.40 |
| 100 Breaststroke | 01:32.40 | 01:24.00 | 01:24.00 | 01:20.60 | 01:16.30 | 01:13.60 | 01:10.50 | 01:10.00 |
| 200 Breaststroke | 03:13.60 | 02:56.00 | 02:56.00 | 02:49.40 | 02:42.40 | 02:36.40 | 02:30.00 | 02:29.10 |
| 50 Butterfly | 00:37.80 | 00:34.40 | 00:34.40 | 00:32.70 | 00:30.40 | 00:29.50 | 00:28.80 | 00:28.60 |
| 100 Butterfly | 01:20.10 | 01:12.80 | 01:12.80 | 01:08.70 | 01:07.20 | 01:04.00 | 01:01.40 | 01:01.00 |
| 200 Butterfly | 03:15.40 | 02:57.60 | 02:57.60 | 02:34.10 | 02:29.00 | 02:20.80 | 02:16.90 | 02:14.70 |
| 50 Backstroke | 00:39.60 | 00:36.00 | 00:36.00 | 00:35.20 | 00:31.20 | 00:31.20 | 00:30.40 | 00:30.40 |
| 100 Backstroke | 01:21.00 | 01:13.60 | 01:13.60 | 01:08.20 | 01:05.60 | 01:04.00 | 01:03.10 | 01:01.90 |
| 200 Backstroke | 02:52.50 | 02:36.80 | 02:36.80 | 02:23.40 | 02:20.00 | 02:14.40 | 02:10.30 | 02:08.30 |
| 200 Individual Medley | 02:52.50 | 02:36.80 | 02:36.80 | 02:25.60 | 02:19.20 | 02:11.90 | 02:08.60 | 02:07.80 |

Male/Open Short Course Upper Limit Time

| Event | 09 | 10 | 11 | 12 | 13 | 14 | 15 | 16/OV |
|-----------------------|----------|----------|----------|----------|----------|----------|----------|----------|
| 50 Freestyle | 00:31.70 | 00:28.80 | 00:28.80 | 00:28.00 | 00:26.40 | 00:24.80 | 00:23.20 | 00:22.80 |
| 100 Freestyle | 01:10.40 | 01:04.00 | 01:04.00 | 01:00.00 | 00:57.50 | 00:52.40 | 00:50.10 | 00:49.50 |
| 200 Freestyle | 02:31.40 | 02:17.60 | 02:17.60 | 02:08.80 | 02:00.80 | 01:52.80 | 01:50.00 | 01:46.80 |
| 400 Freestyle | 05:16.80 | 04:48.00 | 04:48.00 | 04:27.20 | 04:07.20 | 03:57.50 | 03:44.60 | 03:43.90 |
| 50 Breaststroke | 00:46.60 | 00:42.40 | 00:42.40 | 00:40.00 | 00:37.60 | 00:34.40 | 00:32.80 | 00:32.80 |
| 100 Breaststroke | 01:34.20 | 01:25.60 | 01:25.60 | 01:20.80 | 01:13.60 | 01:11.40 | 01:08.30 | 01:05.80 |
| 200 Breaststroke | 03:16.20 | 02:58.40 | 02:58.40 | 02:51.20 | 02:41.40 | 02:33.00 | 02:25.50 | 02:20.60 |
| 50 Butterfly | 00:38.70 | 00:35.20 | 00:35.20 | 00:32.80 | 00:31.20 | 00:29.00 | 00:27.60 | 00:27.20 |
| 100 Butterfly | 01:21.80 | 01:14.40 | 01:14.40 | 01:10.40 | 01:05.60 | 01:01.80 | 00:58.60 | 00:56.20 |
| 200 Butterfly | 03:15.50 | 02:57.80 | 02:57.80 | 02:35.90 | 02:25.20 | 02:17.60 | 02:09.80 | 02:05.10 |
| 50 Backstroke | 00:39.60 | 00:36.00 | 00:36.00 | 00:35.20 | 00:32.80 | 00:31.20 | 00:29.60 | 00:28.80 |
| 100 Backstroke | 01:21.80 | 01:14.40 | 01:14.40 | 01:10.40 | 01:05.60 | 01:01.80 | 00:58.60 | 00:56.80 |
| 200 Backstroke | 02:48.10 | 02:32.80 | 02:32.80 | 02:24.80 | 02:13.60 | 02:10.40 | 02:04.80 | 02:00.90 |
| 200 Individual Medley | 02:53.40 | 02:37.60 | 02:37.60 | 02:27.60 | 02:18.10 | 02:10.40 | 02:03.80 | 01:59.30 |

Times based on 2022 Essex County Age Group qualifying times -20%