

Kvaltider SUM-SIM 2009-2012

| Gren             | 14 år o y |         |         |         |
|------------------|-----------|---------|---------|---------|
|                  | Flickor   |         | Pojkar  |         |
|                  | 25 m      | 50 m    | 25 m    | 50 m    |
| 100m Frisim      | 1:01.39   | 1:03.39 | 58.19   | 1:00.89 |
| 400m Frisim      | 4:42.69   | 4:54.29 | 4:33.19 | 4:45.79 |
| 100m Bröstsimsim | 1:18.19   | 1:21.59 | 1:14.39 | 1:18.69 |
| 100m Ryggssim    | 1:10.19   | 1:13.99 | 1:07.19 | 1:11.79 |
| 100m Fjärilsim   | 1:09.79   | 1:12.19 | 1:06.09 | 1:09.09 |
| 200m Medley      | 2:31.89   | 2:38.39 | 2:25.49 | 2:33.59 |

| Gren             | 15 år o y |         |          |          |
|------------------|-----------|---------|----------|----------|
|                  | Flickor   |         | Pojkar   |          |
|                  | 25 m      | 50 m    | 25 m     | 50 m     |
| 200m Frisim      | 2:11.79   | 2:15.89 | 2:04.39  | 2:09.29  |
| 800m Frisim      | 9:35.19   | 9:59.29 |          |          |
| 1500m Frisim     |           |         | 17:33.89 | 18:26.99 |
| 200m Bröstsimsim | 2:46.69   | 2:53.49 | 2:38.59  | 2:47.99  |
| 200m Ryggssim    | 2:28.79   | 2:36.49 | 2:21.99  | 2:29.59  |
| 200m Fjärilsim   | 2:33.79   | 2:39.39 | 2:26.19  | 2:34.29  |
| 400m Medley      | 5:16.79   | 5:31.29 | 5:03.49  | 5:24.29  |
| 4x100m Frisim    | 4:14.99   | 4:21.99 | 4:08.09  | 4:12.79  |
| 4x200m Frisim    | 9:21.99   | 9:32.89 | 9:13.49  | 9:28.99  |
| 4x100m Medley    | 4:48.99   | 4:54.09 | 4:40.39  | 4:49.19  |

| Gren             | 15 år   |         |         |         |
|------------------|---------|---------|---------|---------|
|                  | Flickor |         | Pojkar  |         |
|                  | 25 m    | 50 m    | 25 m    | 50 m    |
| 100m Frisim      | 1:00.99 | 1:03.59 | 56.79   | 59.79   |
| 400m Frisim      | 4:43.39 | 4:53.89 | 4:29.39 | 4:44.69 |
| 100m Bröstsimsim | 1:18.89 | 1:23.39 | 1:13.19 | 1:18.59 |
| 100m Ryggssim    | 1:10.09 | 1:14.49 | 1:06.19 | 1:10.49 |
| 100m Fjärilsim   | 1:09.39 | 1:12.49 | 1:04.59 | 1:08.09 |
| 200m Medley      | 2:31.89 | 2:38.59 | 2:23.49 | 2:31.79 |

| Gren             | 16 - 17 år |         |          |          |
|------------------|------------|---------|----------|----------|
|                  | Flickor    |         | Pojkar   |          |
|                  | 25 m       | 50 m    | 25 m     | 50 m     |
| 100m Frisim      | 59.79      | 1:01.79 | 54.29    | 56.49    |
| 200m Frisim      | 2:10.29    | 2:14.89 | 1:59.69  | 2:04.69  |
| 400m Frisim      | 4:37.39    | 4:46.09 | 4:18.09  | 4:30.39  |
| 800m Frisim      | 9:36.79    | 9:59.89 |          |          |
| 1500m Frisim     |            |         | 17:29.79 | 18:28.69 |
| 100m Bröstsimsim | 1:16.09    | 1:19.49 | 1:08.69  | 1:13.09  |
| 200m Bröstsimsim | 2:45.59    | 2:54.19 | 2:31.89  | 2:41.29  |
| 100m Ryggssim    | 1:07.99    | 1:11.99 | 1:02.19  | 1:06.19  |
| 200m Ryggssim    | 2:28.19    | 2:35.89 | 2:16.89  | 2:25.19  |
| 100m Fjärilsim   | 1:06.19    | 1:08.89 | 1:00.59  | 1:03.09  |
| 200m Fjärilsim   | 2:30.99    | 2:36.79 | 2:19.19  | 2:27.49  |
| 200m Medley      | 2:27.99    | 2:33.49 | 2:16.59  | 2:22.39  |
| 400m Medley      | 5:16.89    | 5:33.39 | 4:56.09  | 5:13.29  |
| 4x100m Frisim    | 4:06.39    | 4:13.29 | 3:45.59  | 3:52.09  |
| 4x200m Frisim    | 9:03.99    | 9:15.39 | 8:41.39  | 8:54.29  |
| 4x100m Medley    | 4:35.99    | 4:45.49 | 4:14.39  | 4:25.49  |

JSM-kvaltider 2009-2012

|                  | A-kvaltid |          |           |          |          |           | B-kvaltid |          |           |          |          |           |
|------------------|-----------|----------|-----------|----------|----------|-----------|-----------|----------|-----------|----------|----------|-----------|
|                  | Damer     |          |           | Herrar   |          |           | Damer     |          |           | Herrar   |          |           |
|                  | 25 m      | 50 m     | Yard      | 25 m     | 50 m     | Yard      | 25 m      | 50 m     | Yard      | 25 m     | 50 m     | Yard      |
| 50m Frisim       | 26.99     | 27.89    | 24.49     | 24.19    | 25.09    | 22.39     | 27.29     | 28.19    | 24.79     | 24.49    | 25.39    | 22.59     |
| 100m Frisim      | 58.29     | 1:00.19  | 52.99     | 52.89    | 54.69    | 49.99     | 58.69     | 1:00.79  | 53.39     | 53.29    | 55.29    | 50.29     |
| 200m Frisim      | 2:06.69   | 2:10.69  | 1:54.79   | 1:56.29  | 2:01.09  | 1:45.69   | 2:07.99   | 2:12.29  | 1:56.09   | 1:57.49  | 2:02.59  | 1:46.89   |
| 400m Frisim      | 4:30.29   | 4:39.19  | *5:09.29  | 4:10.79  | 4:21.39  | *4:47.09  | 4:32.89   | 4:41.69  | *5:11.89  | 4:13.39  | 4:25.49  | *4:49.69  |
| 800m Frisim      | 9:21.69   | 9:41.89  | *10:42.09 | 8:52.29  | 9:15.39  | *10:09.09 | 9:27.19   | 9:48.19  | *10:47.59 | 8:59.69  | 9:26.09  | *10:16.29 |
| 1500m Frisim     | 17:56.69  | 18:34.19 | *18:00.09 | 16:54.29 | 17:36.89 | *16:54.39 | 18:06.97  | 18:46.29 | *18:10.39 | 17:07.49 | 17:54.09 | *17:07.59 |
| 4x50m Frisim     | 1:52.79   | 1:55.49  |           | 1:39.39  | 1:42.29  |           |           |          |           |          |          |           |
| 4x100m Frisim    | 4:06.59   | 4:12.59  |           | 3:39.69  | 3:48.19  |           |           |          |           |          |          |           |
| 4x200m Frisim    | 9:01.09   | 9:13.49  |           | 8:09.09  | 8:21.09  |           |           |          |           |          |          |           |
| 50m Bröstsimsim  | 34.09     | 35.19    | 31.59     | 30.69    | 31.79    | 28.59     | 34.59     | 35.69    | 32.09     | 30.99    | 32.19    | 28.89     |
| 100m Bröstsimsim | 1:13.59   | 1:16.69  | 1:07.19   | 1:06.49  | 1:09.89  | 1:00.69   | 1:14.49   | 1:17.59  | 1:08.09   | 1:07.29  | 1:10.89  | 1:01.49   |
| 200m Bröstsimsim | 2:40.09   | 2:46.19  | 2:27.29   | 2:26.19  | 2:34.29  | 2:13.99   | 2:42.29   | 2:49.29  | 2:29.49   | 2:28.69  | 2:37.59  | 2:16.49   |
| 50m Ryggssim     | 30.89     | 32.49    | 28.89     | 28.09    | 29.69    | 26.29     | 31.29     | 32.89    | 29.19     | 28.49    | 30.09    | 26.69     |
| 100m Ryggssim    | 1:05.79   | 1:09.09  | 59.29     | 59.89    | 1:03.49  | 53.99     | 1:06.69   | 1:10.19  | 1:00.19   | 1:00.79  | 1:04.79  | 54.89     |
| 200m Ryggssim    | 2:23.19   | 2:30.09  | 2:10.39   | 2:12.19  | 2:19.99  | 1:59.49   | 2:24.89   | 2:32.19  | 2:12.09   | 2:14.39  | 2:21.79  | 2:01.69   |
| 50m Fjärilsim    | 29.19     | 29.69    | 28.29     | 26.29    | 26.89    | 24.79     | 29.49     | 30.09    | 28.59     | 26.69    | 27.29    | 25.19     |
| 100m Fjärilsim   | 1:04.49   | 1:06.29  | 58.39     | 58.29    | 1:00.39  | 53.29     | 1:05.09   | 1:07.09  | 58.99     | 58.89    | 1:01.19  | 53.89     |
| 200m Fjärilsim   | 2:25.09   | 2:29.19  | 2:12.29   | 2:12.59  | 2:18.89  | 2:01.59   | 2:27.39   | 2:32.29  | 2:14.59   | 2:15.09  | 2:22.29  | 2:04.09   |
| 100m Medley      | 1:06.99   |          |           | 1:00.89  |          |           | 1:07.89   |          |           | 1:01.59  |          |           |
| 200m Medley      | 2:23.89   | 2:29.49  | 2:10.09   | 2:12.89  | 2:18.19  | 2:01.09   | 2:26.09   | 2:31.39  | 2:12.29   | 2:14.29  | 2:19.79  | 2:03.29   |
| 400m Medley      | 5:07.49   | 5:20.59  | 4:39.79   | 4:46.19  | 5:01.99  | 4:19.19   | 5:11.09   | 5:24.59  | 4:43.39   | 4:50.79  | 5:07.79  | 4:22.79   |
| 4x50m Medley     | 2:05.69   | 2:09.99  |           | 1:51.49  | 1:55.09  |           |           |          |           |          |          |           |
| 4x100m Medley    | 4:33.69   | 4:41.69  |           | 4:04.79  | 4:10.89  |           |           |          |           |          |          |           |

SM-kvaltider 2009-2012

| Gren                          | A-kvaltid |          |           |          |          |           | B-kvaltid |          |           |          |          |           |
|-------------------------------|-----------|----------|-----------|----------|----------|-----------|-----------|----------|-----------|----------|----------|-----------|
|                               | Damer     |          |           | Herrar   |          |           | Damer     |          |           | Herrar   |          |           |
|                               | 25 m      | 50 m     | Yard      | 25 m     | 50 m     | Yard      | 25 m      | 50 m     | Yard      | 25 m     | 50 m     | Yard      |
| 50m Frisim                    | 26.59     | 27.49    | 24.19     | 23.69    | 24.59    | 21.39     | 26.89     | 27.79    | 24.49     | 23.89    | 24.89    | 21.59     |
| 100m Frisim                   | 57.49     | 59.29    | 52.39     | 51.69    | 53.59    | 46.89     | 58.09     | 1:00.09  | 52.99     | 52.29    | 54.29    | 47.49     |
| 200m Frisim                   | 2:05.19   | 2:08.89  | 1:53.69   | 1:54.99  | 1:59.29  | 1:44.59   | 2:06.49   | 2:10.79  | 1:54.99   | 1:55.99  | 2:00.69  | 1:45.59   |
| 400m Frisim                   | 4:28.49   | 4:37.49  | *5:06.89  | 4:08.69  | 4:18.59  | *4:44.39  | 4:31.09   | 4:40.39  | *5:09.49  | 4:11.29  | 4:21.69  | *4:46.99  |
| 800m Frisim                   | 9:18.59   | 9:39.89  | *10:38.39 | 8:48.59  | 9:11.49  | *10:02.89 | 9:24.79   | 9:46.09  | *10:44.59 | 8:56.09  | 9:21.09  | *10:11.39 |
| 1500m Frisim                  | 17:50.59  | 18:31.39 | *17:53.89 | 16:47.09 | 17:29.79 | *16:50.19 | 18:02.19  | 18:43.49 | *18:05.49 | 17:01.39 | 17:47.89 | *17:04.49 |
| 4x50m Frisim - Inne-SM (25m)  | 1:51.39   | 1:53.69  |           | 1:37.39  | 1:38.69  |           |           |          |           |          |          |           |
| 4x100m Frisim - Inne-SM (25m) | 4:03.89   | 4:08.69  |           | 3:33.89  | 3:40.89  |           |           |          |           |          |          |           |
| 4x100m Frisim - Ute-SM (50m)  | 4:06.59   | 4:12.59  |           | 3:39.69  | 3:48.19  |           |           |          |           |          |          |           |
| 4x200m Frisim - Inne-SM (25m) | 8:54.89   | 9:11.09  |           | 8:00.29  | 8:15.49  |           |           |          |           |          |          |           |
| 4x200m Frisim - Ute-SM (50m)  | 9:01.09   | 9:13.49  |           | 8:09.09  | 8:21.09  |           |           |          |           |          |          |           |
| 50m Bröstsimsim               | 33.89     | 34.99    | 31.39     | 29.99    | 31.19    | 27.99     | 34.29     | 35.39    | 31.79     | 30.49    | 31.59    | 28.49     |
| 100m Bröstsimsim              | 1:13.09   | 1:16.29  | 1:06.79   | 1:05.49  | 1:08.79  | 59.29     | 1:13.89   | 1:17.39  | 1:07.59   | 1:06.19  | 1:09.69  | 59.99     |
| 200m Bröstsimsim              | 2:38.89   | 2:45.49  | 2:26.29   | 2:24.89  | 2:32.19  | 2:11.79   | 2:41.49   | 2:48.19  | 2:28.89   | 2:26.69  | 2:34.99  | 2:13.59   |
| 50m Ryggssim                  | 30.49     | 31.99    | 28.49     | 27.29    | 29.09    | 25.59     | 30.89     | 32.59    | 28.89     | 27.69    | 29.49    | 25.99     |
| 100m Ryggssim                 | 1:05.39   | 1:08.59  | 59.09     | 58.79    | 1:02.59  | 52.99     | 1:06.19   | 1:09.69  | 59.89     | 59.59    | 1:03.39  | 53.79     |
| 200m Ryggssim                 | 2:22.59   | 2:29.29  | 2:09.89   | 2:10.59  | 2:18.29  | 1:58.19   | 2:23.99   | 2:31.19  | 2:11.29   | 2:12.59  | 2:21.09  | 2:00.19   |
| 50m Fjärilsim                 | 28.79     | 29.29    | 27.89     | 25.59    | 26.29    | 24.09     | 29.09     | 29.59    | 28.19     | 25.89    | 26.59    | 24.39     |
| 100m Fjärilsim                | 1:03.79   | 1:05.59  | 57.79     | 56.99    | 58.99    | 52.19     | 1:04.59   | 1:06.29  | 58.59     | 57.79    | 59.79    | 52.99     |
| 200m Fjärilsim                | 2:23.29   | 2:27.39  | 2:10.79   | 2:10.59  | 2:16.89  | 1:59.89   | 2:25.99   | 2:30.59  | 2:13.49   | 2:12.89  | 2:19.19  | 2:02.19   |
| 100m Medley                   | 1:06.19   |          | 58.88     | 59.39    |          | 53.89     | 1:07.19   |          | 59.88     | 1:00.19  |          | 54.69     |
| 200m Medley                   | 2:22.49   | 2:25.09  | 2:08.89   | 2:10.39  | 2:15.79  | 1:57.89   | 2:24.59   | 2:30.29  | 2:10.99   | 2:12.49  | 2:18.09  | 2:00.19   |
| 400m Medley                   | 5:05.89   | 5:19.19  | 4:38.79   | 4:43.99  | 4:57.99  | 4:17.29   | 5:09.69   | 5:23.39  | 4:42.49   | 4:47.79  | 5:03.19  | 4:21.09   |
| 4x50m Medley - Inne-SM (25m)  | 2:02.69   | 2:05.39  |           | 1:48.49  | 1:50.49  |           |           |          |           |          |          |           |
| 4x100m Medley - Inne-SM (25m) | 4:29.69   | 4:38.39  |           | 3:57.29  | 4:07.19  |           |           |          |           |          |          |           |
| 4x100m Medley - Ute-SM (50m)  | 4:33.69   | 4:41.69  |           | 4:04.79  | 4:10.89  |           |           |          |           |          |          |           |