

Essex 2024 Short Course Times (Converted from LC, times in Italics estimated as Conversion Times Not Available)

Male/Open Essex 2024 Converted SC times

Female Converted SC times

10 & 11	12	13	14	15	16	17	18+		10 & 11	12	13	14	15	16	17	18+
40.50	36.60	33.30	30.20	29.30	28.30	25.80	25.20	50 Free	39.90	34.80	31.90	30.40	29.50	29.50	29.30	29.00
1.26.80	1.17.30	1.11.30	1.03.80	1.01.80	59.70	54.50	54.40	100 Free	1.26.80	1.15.30	1.08.50	1.05.60	1.05.20	1.04.60	1.01.70	1.01.50
3.12.20	2.49.50	2.37.90	2.22.60	2.19.50	2.13.10	2.05.60	2.01.20	200 Free	3.11.00	2.45.90	2.29.20	2.23.30	2.22.60	2.19.50	2.18.50	2.17.50
6.52.40	6.11.20	5.41.70	5.08.70	5.00.40	4.51.20	4.34.60	4.30.40	400 Free	6.51.60	6.01.10	5.19.60	5.07.90	5.05.40	5.02.10	4.57.10	4.50.20
	12.32.30	11.31.70	10.36.00	10.05.50	9.50.30	9.14.70	8.59.40	800 Free		12.02.00	10.51.20	10.15.70	10.12.30	10.05.50	9.55.40	9.55.40
	<i>23.09.80</i>	<i>21.25.00</i>	<i>19.35.00</i>	<i>18.45.00</i>	<i>18.20.00</i>	<i>17.20.00</i>	<i>16.60.00</i>	1500 Free		<i>22.30.40</i>	<i>20.30.40</i>	<i>19.25.00</i>	<i>19.15.00</i>	<i>19.00.00</i>	<i>18.55.00</i>	<i>18.40.00</i>
47.70	43.30	39.50	36.20	34.80	34.40	30.80	29.30	50 Back	46.70	40.70	36.20	35.40	35.10	34.80	33.90	33.50
1.40.90	1.31.30	1.24.20	1.16.70	1.13.70	1.10.30	1.05.30	1.04.00	100 Back	1.40.70	1.25.30	1.18.80	1.16.90	1.16.70	1.15.00	1.12.10	1.13.00
<i>3.47.00</i>	<i>3.19.80</i>	3.05.20	2.49.50	2.44.10	2.32.80	2.25.70	2.22.60	200 Back	<i>3.45.70</i>	3.11.20	2.52.00	2.48.60	2.48.40	2.46.50	2.42.90	2.38.40
<i>54.70</i>	<i>48.70</i>	44.90	39.90	39.30	37.70	33.70	33.10	50 Breast	<i>53.00</i>	45.40	41.30	40.90	39.30	38.70	38.10	37.70
1.55.10	1.44.30	1.37.30	1.23.50	1.20.80	1.19.10	1.11.90	1.10.20	100 Breast	1.54.70	1.36.80	1.30.90	1.29.00	1.26.40	1.26.10	1.23.10	1.22.80
4.11.20	3.50.70	3.34.60	3.05.50	3.01.10	2.57.00	2.41.80	2.39.70	200 Breast	4.11.10	3.35.10	3.17.30	3.16.30	3.12.80	3.12.30	3.01.90	2.57.90
<i>52.70</i>	44.40	39.20	34.50	33.10	32.10	28.50	28.30	50 Fly	49.30	41.00	35.50	33.90	33.30	32.80	32.20	32.10
1.55.20	1.36.90	1.24.50	1.16.00	1.10.40	1.08.60	1.01.60	1.01.10	100 Fly	<i>1.48.70</i>	1.29.00	1.19.00	1.13.90	1.13.60	1.12.90	1.10.30	1.09.80
<i>4.09.10</i>	3.27.50	3.07.30	2.40.00	2.38.30	2.34.00	2.22.80	2.18.40	200 Fly	3.58.70	3.18.40	3.07.30	2.46.10	2.45.10	2.44.10	2.40.00	2.38.90
3.38.20	3.23.10	2.58.40	2.38.10	2.36.50	2.34.70	2.21.00	2.19.20	200 IM	3.28.10	3.10.90	2.45.50	2.40.40	2.40.20	2.37.50	2.36.10	2.35.20
	6.56.30	6.19.40	5.38.10	5.27.70	5.11.00	5.06.70	5.06.30	400 IM		6.44.70	6.05.20	5.53.90	5.52.60	5.45.50	5.39.90	5.33.80

