

FNQ RESULTS of all clubs

GOLD STANDARDS Gold Long Course Meters**Female 8 & Under**

	Gold	Silv
25 Free		
50 Free	48.00	
25 Back	26.00	
50 Back	58.00	
25 Breast	29.00	
50 Breast	1:03.00	
25 Fly	26.00	
50 Fly	58.00	

Female 8-8

	Gold	Silv
25 Free	22.00	
50 Free	48.00	
25 Back	26.00	
50 Back	58.00	
25 Breast	29.00	
50 Breast	1:03.00	
25 Fly	26.00	
50 Fly	58.00	

Female 9-9

	Gold	Silv
50 Free	46.00	
50 Back	55.00	
50 Breast	1:00.00	
50 Fly	55.00	
200 IM	4:10.00	

Female 10 & Under

	Gold	Silv
100 Free	1:30.00	
200 Free	3:18.00	
100 Back	1:48.00	
100 Breast	2:01.00	
100 Fly	1:48.00	
200 IM	3:45.00	

Female 10-10

	Gold	Silv
50 Free	40.00	
100 Free	1:30.00	
200 Free	3:18.00	
50 Back	49.00	
100 Back	1:48.00	

FNQ RESULTS of all clubs

GOLD STANDARDS Gold Long Course Meters**Female 10-10**

	Gold	Silv
50 Breast	55.00	
100 Breast	2:01.00	
50 Fly	49.00	
100 Fly	1:48.00	
200 IM	3:45.00	

Female 11-11

	Gold	Silv
50 Free	39.00	
100 Free	1:25.00	
200 Free	3:07.00	
50 Back	48.00	
100 Back	1:40.00	
200 Back	3:30.00	
50 Breast	53.00	
100 Breast	1:52.00	
200 Breast	3:55.00	
50 Fly	46.00	
100 Fly	1:40.00	
200 Fly	3:30.00	
200 IM	3:30.00	

Female 12 & Under

	Gold	Silv
400 Free	6:40.00	
400 IM	6:45.00	

Female 12-12

	Gold	Silv
50 Free	36.00	
100 Free	1:19.00	
200 Free	2:55.00	
400 Free	6:40.00	
50 Back	45.00	
100 Back	1:32.00	
200 Back	3:24.00	
50 Breast	50.00	
100 Breast	1:46.00	
200 Breast	3:45.00	
50 Fly	41.00	
100 Fly	1:35.00	
200 Fly	3:24.00	
200 IM	3:24.00	
400 IM	6:45.00	

FNQ RESULTS of all clubs

GOLD STANDARDS Gold Long Course Meters**Female 13-13**

	Gold	Silv
50 Free	35.00	
100 Free	1:17.00	
200 Free	2:50.00	
400 Free	6:10.00	
50 Back	44.00	
100 Back	1:30.00	
200 Back	3:16.00	
50 Breast	48.00	
100 Breast	1:40.00	
200 Breast	3:40.00	
50 Fly	40.00	
100 Fly	1:28.00	
200 Fly	3:20.00	
200 IM	3:15.00	
400 IM	6:40.00	

Female 14-14

	Gold	Silv
50 Free	33.00	
100 Free	1:14.00	
200 Free	2:45.00	
400 Free	6:05.00	
50 Back	40.00	
100 Back	1:28.00	
200 Back	3:14.00	
50 Breast	44.00	
100 Breast	1:36.00	
200 Breast	3:30.00	
50 Fly	38.00	
100 Fly	1:26.00	
200 Fly	3:15.00	
200 IM	3:12.00	
400 IM	6:20.00	

Female 15-15

	Gold	Silv
50 Free	32.00	
100 Free	1:12.00	
200 Free	2:42.00	
400 Free	5:50.00	
50 Back	38.00	
100 Back	1:25.00	
200 Back	3:10.00	
50 Breast	42.00	
100 Breast	1:32.00	
200 Breast	3:20.00	
50 Fly	36.00	

FNQ RESULTS of all clubs

GOLD STANDARDS Gold Long Course Meters**Female 15-15**

	Gold	Silv
100 Fly	1:22.00	
200 Fly	3:05.00	
200 IM	3:05.00	
400 IM	6:10.00	

Female 16-16

	Gold	Silv
50 Free	32.00	
100 Free	1:12.00	
200 Free	2:42.00	
400 Free	5:50.00	
50 Back	38.00	
100 Back	1:25.00	
200 Back	3:10.00	
50 Breast	42.00	
100 Breast	1:32.00	
200 Breast	3:20.00	
50 Fly	36.00	
100 Fly	1:22.00	
200 Fly	3:05.00	
200 IM	3:05.00	
400 IM	6:10.00	

Male 8 & Under

	Gold	Silv
25 Free	22.00	
50 Free	48.00	
25 Back	26.00	
50 Back	58.00	
25 Breast	29.00	
50 Breast	1:03.00	
25 Fly	26.00	
50 Fly	58.00	

Male 8-8

	Gold	Silv
25 Free	22.00	
50 Free	48.00	
25 Back	26.00	
50 Back	58.00	
25 Breast	29.00	
50 Breast	1:03.00	
25 Fly	26.00	
50 Fly	58.00	

FNQ RESULTS of all clubs

GOLD STANDARDS Gold Long Course Meters**Male 9-9**

	Gold	Silv
50 Free	46.00	
50 Back	55.00	
50 Breast	1:00.00	
50 Fly	55.00	
200 IM	4:10.00	

Male 10 & Under

	Gold	Silv
100 Free	1:30.00	
200 Free	3:18.00	
100 Back	1:48.00	
100 Breast	2:01.00	
100 Fly	1:48.00	
200 IM	3:45.00	

Male 10-10

	Gold	Silv
50 Free	40.00	
100 Free	1:30.00	
200 Free	3:18.00	
50 Back	49.00	
100 Back	1:48.00	
50 Breast	55.00	
100 Breast	2:01.00	
50 Fly	49.00	
100 Fly	1:48.00	
200 IM	3:45.00	

Male 11-11

	Gold	Silv
50 Free	39.00	
100 Free	1:25.00	
200 Free	3:07.00	
50 Back	48.00	
100 Back	1:40.00	
200 Back	3:30.00	
50 Breast	53.00	
100 Breast	1:52.00	
200 Breast	3:55.00	
50 Fly	46.00	
100 Fly	1:40.00	
200 Fly	3:30.00	
200 IM	3:30.00	

FNQ RESULTS of all clubs

GOLD STANDARDS Gold Long Course Meters**Male 12 & Under**

	Gold	Silv
400 Free	6:40.00	
400 IM	6:45.00	

Male 12-12

	Gold	Silv
50 Free	36.00	
100 Free	1:19.00	
200 Free	2:55.00	
400 Free	6:40.00	
50 Back	45.00	
100 Back	1:32.00	
200 Back	3:24.00	
50 Breast	50.00	
100 Breast	1:46.00	
200 Breast	3:45.00	
50 Fly	41.00	
100 Fly	1:35.00	
200 Fly	3:24.00	
200 IM	3:24.00	
400 IM	6:45.00	

Male 13-13

	Gold	Silv
50 Free	34.50	
100 Free	1:15.00	
200 Free	2:45.00	
400 Free	6:00.00	
50 Back	44.00	
100 Back	1:27.00	
200 Back	3:11.00	
50 Breast	48.00	
100 Breast	1:37.00	
200 Breast	3:35.00	
50 Fly	40.00	
100 Fly	1:25.00	
200 Fly	3:20.00	
200 IM	3:10.00	
400 IM	6:30.00	

Male 14-14

	Gold	Silv
50 Free	31.50	
100 Free	1:12.00	
200 Free	2:40.00	
400 Free	5:50.00	
50 Back	38.00	

FNQ RESULTS of all clubs

GOLD STANDARDS Gold Long Course Meters**Male 14-14**

	Gold	Silv
100 Back	1:24.00	
200 Back	3:05.00	
50 Breast	42.00	
100 Breast	1:32.00	
200 Breast	3:22.00	
50 Fly	36.00	
100 Fly	1:22.00	
200 Fly	3:10.00	
200 IM	3:04.00	
400 IM	6:10.00	

Male 15-15

	Gold	Silv
50 Free	30.50	
100 Free	1:10.00	
200 Free	2:35.00	
400 Free	5:40.00	
50 Back	36.00	
100 Back	1:20.00	
200 Back	3:00.00	
50 Breast	40.00	
100 Breast	1:28.00	
200 Breast	3:10.00	
50 Fly	34.00	
100 Fly	1:18.00	
200 Fly	2:55.00	
200 IM	2:55.00	
400 IM	5:55.00	

Male 16-16

	Gold	Silv
50 Free	30.50	
100 Free	1:10.00	
200 Free	2:35.00	
400 Free	5:40.00	
50 Back	36.00	
100 Back	1:20.00	
200 Back	3:00.00	
50 Breast	40.00	
100 Breast	1:28.00	
200 Breast	3:10.00	
50 Fly	34.00	
100 Fly	1:18.00	
200 Fly	2:55.00	
200 IM	2:55.00	
400 IM	5:55.00	

FNQ RESULTS of all clubs

GOLD STANDARDS Gold Long Course Meters
