

Girls Targets

	Grade	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Butterfly	Lowest Time														
	25m														*26.4
	50m										*55	1.00.0	1.04.0	1.08.0	
	75m								*1.18.0	1.23.0	1.29.0				
	100m	1.12.5	1.15.0	1.18.0	1.21.0	1.25.0	1.30.0	1.36.0	1.43.0						
Freestyle	25m														*24.6
	50m										*46	48.5	52.5	56.5	
	100m	1.08.0	1.10.0	1.12.5	1.15.5	1.19.0	1.23.0	1.28.0	1.33.0	1.38.0	1.44.0				
Backstroke	25m														*27.1
	50m										*54.5	59.0	1.03.5	1.07.5	
	100m	1.14.5	1.17.0	1.20.0	1.27.0	1.24.0	1.32.0	1.38.0	1.45.0	1.52.0	2.00.0				
Breaststroke	25m														^31.2
	50m										*1.02.0	1.07.0	1.11.0	1.15.0	
	100m	1.26.0	1.29.0	1.32.0	1.36.0	1.41.0	1.46.0	1.53.0	2.00.0	2.08.0	2.17.0				
I.M.	100m					*1.33.0	1.38.0	1.43.0	1.49.0	1.56.0	2.05.0	2.16.0			
	200m	2.44.0	2.50.0	2.57.0	3.06.0	3.17.0									
* Indicates when this time is achieved - move to the next distance. No return to storter distance. 50m, 100m & 200m times from Essex graded times. 25m & 75m for Rochford only.															