

MBSS Entry Times 2016 - 2017

Performance A Entry MALE (25m)									
Elements	200 Free	100 Back	100 Breast	50 Fly	200 IM	200 Free Kick	200 Free Pull	25 Free (100/4-2.5)	400 Free
Target Time (RQT+4.5%)	02:10.27	01:08.30	01:18.27	00:30.12	02:28.23	03:19.46	02:29.59	00:12.23	04:37.09

Performance A Entry FEMALE (25m)									
Elements	200 Free	100 Back	100 Breast	50 Fly	200 IM	200 Free Kick	200 Free Pull	25 Free (100/4-2.5)	400 Free
Target Time (RQT+4.5%)	02:19.40	01:12.90	01:25.32	00:32.99	02:39.01	03:33.44	02:40.08	00:13.56	04:53.46

Performance B Entry MALE (25m)									
Elements	200 Free	100 Back	100 Breast	50 Fly	200 IM	200 Free Kick	200 Free Pull	25 Free (100/4-2.5)	400 Free
Target Time (RQT+5%)	02:21.96	01:14.64	01:25.58	00:33.46	02:41.70	03:36.32	02:42.24	00:14.07	05:01.08

Performance B Entry FEMALE (25m)									
Elements	200 Free	100 Back	100 Breast	50 Fly	200 IM	200 Free Kick	200 Free Pull	25 Free (100/4-2.5)	400 Free
Target Time (RQT+5%)	02:24.74	01:15.36	01:28.02	00:34.07	02:44.34	03:40.56	02:45.42	00:14.45	05:06.09

Club - Squad Link Entry MALE & FEMALE (25m)									
Elements	200 Free	100 Back	100 Breast	50 Fly	200 IM	200 Free Kick	200 Free Pull	25 Free (100/4-2.5)	400 Free
Target Time (RQT+5%)	02:36.27	01:22.39	01:36.74	00:37.69	02:59.25	03:59.26	02:59.45	00:15.68	05:26.71