

PB GUIDANCE FOR MBSS COACHING STAFF

Nuneaton (Pingles) - 3rd & 4th December 2005

Swimmers - % of PB & indicative DQT + NQT if DQT already on PB (2005 SC, age as at Championship date)

	3% DQT											Official Swim Time	Indicative DQT 2006	Indicative NQT 2006
	3% NQT	PB (SC) Time	Split 1	S/R	Split 2	S/R	Split 3	S/R	Split 4	S/R				
PB	DQT													
Session 1														
Event 1 400 Freestyle														
Katie Tavener		5:45.72	0:37.07		0:43.16		0:44.46		0:43.91			5:42.84	05:13.30	4:47.10
			0:44.20		0:43.84		0:44.41		0:41.93					
Charlotte McConnell		5:53.46	0:35.43		0:41.55		0:45.08		0:44.28			5:48.18	05:13.30	4:47.10
			0:44.47		0:46.01		0:45.60		0:45.68					
Rachel Hollington		5:51.29											05:13.30	4:47.10
Sophie Thrussell		5:15.52	0:35.01		0:38.47		0:40.32		0:40.51			5:17.12	05:00.40	4:38.20
			0:41.23		0:41.10		0:40.98		0:39.28					
Sam Tilbury		5:18.22	0:33.90		0:39.31		0:43.07		0:42.27			5:28.52	04:50.90	4:29.89
			0:42.79		0:42.83		0:43.23		0:41.39					
Emily Aust		4:48.81	0:32.97	42.0	0:35.98	37.0	0:37.60	36.0	0:37.21	36.5		4:52.34	04:47.90	4:29.07
			0:37.23	42.5	0:37.42	36.0	0:37.42	36.0	0:36.35	42.0				
Harriet Brettle		4:45.10	0:31.88	63.0	0:38.35	53.5	0:39.93	43.0	0:38.79	46.0		5:04.13	04:50.90	4:33.53
			0:39.03	46.0	0:38.93	46.5	0:39.43	44.5	0:37.51	46.5				
Hannah Raine		4:41.33	0:32.01	54.0	0:35.45	41.0	0:36.50	40.5	0:37.06	43.0		4:45.92	04:50.90	4:29.89
			0:36.79	43.5	0:36.80	38.0	0:36.22	41.5	0:34.91	44.5				
Event 2 200 Backstroke														
Kane Farrell		3:07.82	0:44.41		0:48.82		0:47.84		0:49.31			DQ	03:15.60	2:41.74
George Lavallin		3:04.60	0:41.87		0:47.36		0:47.78		0:44.93			3:02.30	03:15.60	2:41.74
Tom Kelly		3:00.92	0:38.99		0:43.88		0:45.61		0:43.34			2:56.28	02:46.60	2:31.63
Alex Raine		2:53.37	0:39.24		0:43.38		0:43.95		0:42.66			2:49.10	02:46.60	2:31.63
Alasdair Kerr		2:53.49	0:39.94		0:44.85		0:45.92		0:44.50			2:56.09	02:46.60	2:31.63
Josh Farrell		2:49.42	0:38.70		0:41.94		0:42.14		0:40.37			2:43.20	02:36.50	2:23.92
Christian Stokes		2:39.96	0:36.13	44.0	0:39.13	45.5	0:40.05	43.0	0:40.02	41.5		2:36.10	02:36.50	2:23.92
Doug Kerr		2:20.42	0:32.52	40.0	0:35.49	39.0	0:37.07	38.5	0:36.55	43.5		2:21.74	02:19.30	2:09.28
Paul Titley		2:17.00											02:21.10	2:09.28
Event 3 200 Butterfly														
Abigail Lavallin		3:09.10	0:36.78	44.0	0:49.24	34.5	0:51.60	34.0	0:46.91	39.0		3:04.39	02:42.70	2:31.20
Louise King		2:36.97	0:34.13	43.5	0:42.21	42.0	0:45.32	36.0	0:45.38	34.5		2:46.94	02:35.20	2:24.32
Hannah Raine		2:31.04	0:33.98	51.5	0:39.04	49.0	0:40.50	49.0	0:39.82	53.0		2:33.58	02:35.20	2:24.32

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Swimmers - % of PB & indicative DQT + NQT if DQT already on PB (2005 SC, age as at Championship date)

	3% DQT	PB (SC)	Split 1	S/R	Split 2	S/R	Split 3	S/R	Split 4	S/R	Official Swim Time	Indicative DQT 2006	Indicative NQT 2006
PB	3% NQT	Time											
Event 4	DQT												
200 Breaststroke													
Alex Raine		3:39.47	0:48.43		0:54.05		0:53.65		38:24.00		3:30.53	03:10.80	2:54.06
Tom Kelly		3:37.35	0:46.07		0:53.33		0:54.54		0:53.06		3:26.98	03:10.80	2:54.06
Kane Farrell		3:15.53	0:45.61	43.5	0:50.42	44.0	0:51.54	40.5	0:49.31	51.0	3:16.51	03:42.80	3:06.53
Alasdair Kerr		3:12.62	0:44.20		0:50.31		0:50.06		0:49.69		3:14.14	03:10.80	2:54.06
Christian Stokes		3:13.65	0:43.90		0:49.31		0:49.13		0:48.60		3:11.04	02:57.60	2:43.37
Josh Farrell		3:00.92	0:41.85	39.5	0:47.43	31.0	0:48.68	34.0	0:47.25	29.0	3:05.36	02:57.60	2:43.37
Myles Gibson		2:46.03	0:37.28	43.0	0:42.06	31.5	0:43.59	31.5	0:42.44	37.5	2:45.26	02:40.70	2:29.35
Paul Tittley		2:40.72										02:40.70	2:26.58

Session 2

Event 5 200 Individual Medley

Ellie Mason	3:24.20	0:46.04		0:48.85		1:01.72		0:43.21		3:19.71	02:50.10	2:36.45
Rachel Hollington	3:06.37	0:39.44		0:45.22		0:55.12		0:39.85		2:59.64	02:50.10	2:36.45
Katie Tavener	3:03.45	0:40.61		0:46.73		0:53.70		0:41.80		3:02.94	02:50.10	2:36.45
Charlotte McConnell	2:58.61	0:37.03		0:46.10		0:53.68		0:41.59		2:58.47	02:50.10	2:36.45
Carmen Mallet	2:53.19	0:42.94		0:44.97		0:44.75		0:41.28		2:54.04	02:37.50	2:28.19
Sophie Thrussell	2:53.67	0:37.23		0:43.61		0:50.38		0:38.90		2:50.23	02:43.40	2:31.54
Abigail Lavallin	2:41.12	0:38.30		0:43.75		0:47.52		0:36.70		2:46.40	02:43.40	2:31.54
Louise King	2:37.18	0:33.84		0:40.98		0:49.71		0:35.08		2:39.69	02:37.50	2:26.25
Harriet Brettle	2:40.09	0:37.14		0:40.52		0:53.45		0:35.80		2:47.65	02:37.50	2:28.19
Emily Aust	2:36.80	0:35.55		0:40.57		0:44.69		0:36.69		2:37.??	02:36.10	2:25.64
Hannah Raine	2:29.08	0:33.35	49.0	0:38.87	37.0	0:43.07	32.0	0:34.71	47.5	2:30.08	02:37.50	2:26.25

Event 6 400 Individual Medley

Kane Farrell	6:56.97	0:47.52		0:52.38		0:52.38		0:50.68		6:33.78	07:14.40	5:53.11
		0:49.85		0:52.84		0:44.04		0:40.52				
George Lavallin	6:50.08	0:44.43		0:53.60		0:49.30		0:49.44		6:40.92	07:14.40	5:53.11
		0:57.40		0:56.26		0:44.30		0:44.36				
Alex Raine	nt	0:37.68		0:49.40		0:45.93		0:44.00		6:05.29	06:00.70	5:28.04
			1:49.50			0:39.52		0:39.13				
Christian Stokes	5:56.11	0:37.29		0:45.36		0:42.36		0:42.06		5:43.29	05:38.00	5:10.49
		0:49.97		0:50.75		0:38.17		0:37.20				
Josh Farrell	5:52.57	0:38.08		0:48.71		0:43.86		0:43.86		5:46.48	05:38.00	5:10.49

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	3% DQT														
	3% NQT														
PB	DQT	PB (SC) Time	Split 1	S/R	Split 2	S/R	Split 3	S/R	Split 4	S/R	Offical Swim Time	Indicative DQT 2006	Indicative NQT 2006		
			0:46.85		0:48.01		0:39.47		0:37.57						
Myles Gibson		5:15.00	0:32.84	45.5	0:38.35	43.5	0:41.80	27.5	0:42.83	28.0	5:24.54	05:05.50	4:43.62		
			0:44.10	34.0	0:45.57	31.0	0:39.90	34.5	0:38.75	33.5					
Paul Titley		5:07.55										05:05.50	4:41.05		

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	3% DQT	PB (SC) Time	Split 1	S/R	Split 2	S/R	Split 3	S/R	Split 4	S/R	Official Swim Time	Indicative DQT 2006	Indicative NQT 2006
PB	3% NQT												
Event 7	200 Freestyle												
	DQT												
		2:56.60	0:36.39		0:44.03		0:47.55		0:42.13		2:50.52	02:30.80	2:18.50
		2:39.52	1:18.64				0:43.65		0:39.95		2:41.24	02:30.80	2:18.50
		2:43.55	0:35.91		0:43.86		0:44.54		0:42.90		2:47.28	02:30.80	2:18.50
		2:34.54	0:36.01		0:40.73		0:42.71		0:40.02		2:39.29	02:30.80	2:18.50
		2:30.07	0:34.26		0:38.66		0:40.68		0:39.16		2:32.87	02:19.60	2:11.36
		2:33.38	0:33.71		0:40.47		0:40.56		0:40.62		2:35.39	02:19.60	2:09.52
		2:16.90	0:32.75	43.5	0:35.86	38.5	0:36.98	36.0	0:35.85	42.5	2:21.52	02:17.50	2:08.47
		2:18.36	0:31.65	57.0	0:35.63	55.0	0:38.05	45.5	0:37.60	46.0	2:22.95	02:19.60	2:09.52
		2:16.56	0:34.99	54.0	0:42.36	46.0	0:43.41	52.0	0:41.04	45.5	2:41.83	02:19.60	2:11.36
		2:13.82	0:31.19	54.5	0:34.83	52.0	0:35.79	43.5	0:34.79	45.5	2:16.76	02:19.60	2:09.52

Session 3

Event 8 400 Freestyle

George Lavallin	6:01.62	0:39.06		0:45.10		0:45.65		0:47.07		5:52.75	06:03.20	5:01.93
		0:44.91		0:45.36		0:46.18		0:39.26				
Tom Kelly	5:31.39	0:33.88		0:39.63		0:40.74		0:41.83		5:20.35	05:15.10	4:45.87
		0:40.92		0:41.50		0:42.10		0:39.59				
Alex Raine	5:08.96	0:33.18		0:37.46		0:38.10		0:38.06		4:47.37	05:15.10	4:45.87
		0:38.30		0:38.28		0:37.68		0:36.16				
Christian Stokes	4:51.84	0:32.36		0:36.38		0:37.47		0:36.59		4:54.40	04:56.60	4:31.97
		0:37.67		0:38.18		0:38.28		0:37.10				
Josh Farrell	4:49.96	0:33.45		0:36.38		0:37.33		0:37.74		4:58.96	04:56.60	4:31.97
		0:37.66		0:38.31		0:38.72		0:38.52				
Paul Titley	4:33.38	0:29.44		0:32.33		0:34.54		0:35.51		4:34.98	04:30.30	4:07.67
		0:35.98		0:36.20		0:36.23		0:34.19				
Myles Gibson	4:44.88	0:31.02		0:35.41		0:36.31		0:36.67		4:46.43	04:30.30	4:10.67
		0:37.57		0:37.05		0:36.84		0:36.44				

Event 9 200 Backstroke

Katie Tavener	3:01.79	0:39.42		0:44.24		0:44.36		0:42.46		2:50.62	02:46.10	2:32.78
Charlotte McConnell	2:58.60	0:38.78		0:43.91		0:46.62		0:48.05		2:57.40	02:46.10	2:32.78
Rachel Hollington	2:55.73	0:38.30		0:43.48		0:45.85		0:44.86		2:52.43	02:46.10	2:32.78
Carmen Mallet	2:52.54	0:39.03		0:42.82		0:43.63		0:42.83		2:48.30	02:33.40	2:28.19
Louise King	2:41.95	0:36.16		0:40.60		0:42.04		0:40.45		2:39.27	02:33.40	2:26.25
Hannah Raine	2:27.18	0:34.68	43.0	0:37.97	39.5	0:37.76	37.0	0:37.45	41.0	2:28.03	02:33.40	2:26.25

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	3% DQT													
	3% NQT													
PB	DQT	PB (SC) Time	Split 1	S/R	Split 2	S/R	Split 3	S/R	Split 4	S/R	Offical Swim Time	Indicative DQT 2006	Indicative NQT 2006	
		2:28.92	0:34.82	39.5	0:37.99	39.0	0:38.65	35.0	0:39.00	39.0	2:30.46	02:33.40	2:28.19	

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	3% DQT											Official Swim Time	Indicative DQT 2006	Indicative NQT 2006
	3% NQT	PB (SC) Time	Split 1	S/R	Split 2	S/R	Split 3	S/R	Split 4	S/R				
PB	DQT													

Event 10 200 Butterfly

Alex Raine	nt	0:36.80		0:44.41		0:47.26		0:48.37				2:56.97	02:52.20	2:35.30
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Event 11 200 Breaststroke

Katie Tavener	3:44.33	0:46.23		0:54.93		0:55.35		0:54.69				3:31.54	03:09.80	2:54.90
Rachel Hollington	3:43.68	0:48.28		0:53.94		0:53.13		0:53.22				3:28.63	03:09.80	2:54.90
Charlotte McConnell	3:25.38	0:45.38		0:51.41		0:53.27		0:53.45				3:23.51	03:09.80	2:54.90
Abigail Lavallin	3:04.04	0:41.13		0:49.26		0:48.87		0:46.64				3:05.91	03:00.60	2:47.71
Carmen Mallet	2:54.92	0:39.14	46.5	0:44.75	45.5	0:46.19	47.0	0:45.96	55.5			2:56.20	02:54.70	2:43.73
Emily Aust	2:50.38	0:38.55		0:43.70		0:45.38		0:46.94				2:54.66	02:53.50	2:41.45
Hannah Raine	2:49.38	0:38.79		0:43.11		0:43.86		0:43.59				2:49.30	02:54.70	2:42.49
Kirsten Farthing	2:46.25	0:39.02		0:42.74		0:43.19		0:43.31				2:48.18	02:53.50	na

Session 4

Event 12 200 Individual Medley

George Lavallin	3:06.11	0:44.51		0:49.59		0:56.37		0:39.42				3:10.03	03:17.30	2:44.55
Tom Kelly	3:07.78	0:40.27		0:45.19		0:54.15		0:39.79				2:59.42	02:50.70	2:35.27
Alex Raine	2:54.05	0:37.02		0:44.12		0:53.86		0:37.48				2:52.45	02:50.70	2:35.27
Alasdair Kerr	2:59.08	0:37.77		0:44.07		0:49.65		0:40.73				2:52.16	02:50.70	2:35.27
Josh Farrell	2:44.27												02:40.10	2:27.07
Christian Stokes	2:44.51	0:36.22		0:39.57		0:48.62		0:36.38				2:40.79	02:40.10	2:27.07
Myles Gibson	2:29.60	0:32.07	55.5	0:40.00	42.5	0:42.82	35.5	0:34.50	48.0			2:29.42	02:24.10	2:13.78
Paul Titley	2:25.72	0:31.64	50.0	0:36.00	37.0	0:43.84	33.0	0:34.52	40.0			2:26.10	02:24.10	2:12.35
Doug Kerr	2:26.77	0:30.75	56.0	0:36.56	43.0	0:44.70	42.0	0:32.83	46.0			2:24.89	02:22.60	2:12.35

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	3% DQT											Official Swim Time	Indicative DQT 2006	Indicative NQT 2006	
	3% NQT	PB (SC) Time	Split 1	S/R	Split 2	S/R	Split 3	S/R	Split 4	S/R					
PB	DQT														
Event 13	400 IM														
		Charlotte McConnell	6:23.88											05:58.30	5:29.59
		Abigail Lavallin	5:42.32	0:38.83	46.0	0:48.14	39.5	0:44.33	31.0	0:42.54	43.0	5:51.75	05:42.60	5:17.83	
				0:49.73	55.0	0:48.87	40.5	0:42.10	46.5	0:37.08	54.5				
		Louise King	5:32.36	0:34.58	49.0	0:41.73	38.0	0:43.25	30.5	0:42.53	32.5	5:41.04	05:29.80	5:06.19	
				0:49.58	43.5	0:52.43	49.0	0:38.35	46.5	0:38.55	44.5				
		Emily Aust	5:27.28	0:35.92	43.0	0:40.25	38.5	0:43.00	38.5	0:41.34	39.5	5:29.34	05:26.70	5:05.87	
				0:46.35	50.0	0:46.68	30.5	0:37.76	38.0	0:36.34	36.5				
		Kirsten Farthing	5:24.18	0:34.56	47.5	0:40.20	44.0	0:42.55	29.5	0:41.51	29.5	5:26.64	05:26.70	na	
				0:44.23	36.5	0:45.05	39.5	0:39.54	34.0	0:40.33	33.0				
		Hannah Raine	5:10.51	0:33.71	55.0	0:38.76	48.5	0:40.17	35.0	0:39.11	33.5	5:12.73	05:29.80	5:06.19	
				0:43.44	38.0	0:44.56	35.0	0:37.27	45.0	0:35.51	49.5				
Event 14	200 Freestyle														
		George Lavallin	2:48.50	0:39.00		0:45.23		0:46.87		0:43.32		2:54.54	02:53.30	2:25.17	
		Alasdair Kerr	2:39.52	0:38.07		0:42.16		0:44.37		0:43.91		2:48.62	02:30.40	2:16.67	
		Tom Kelly	2:31.16	0:33.13	47.5	0:39.41	42.0	0:40.78	38.5	0:40.75	38.0	2:34.18	02:30.40	2:16.67	
		Alex Raine	2:27.92	0:33.45	48.0	0:37.94	45.5	0:38.75	36.0	0:38.31	36.0	2:28.54	02:30.40	2:16.67	
		Josh Farrell	2:22.05										02:21.10	2:09.53	
		Christian Stokes	2:22.19	0:32.28	54.5	0:36.25	50.0	0:37.56	48.0	0:36.44	47.0	2:22.57	02:21.10	2:09.53	
		Myles Gibson	2:12.18	0:30.07	40.5	0:34.09	40.0	0:35.00	39.5	0:34.70	39.5	2:14.06	02:08.10	1:58.83	
		Doug Kerr	2:13.33	0:29.27	46.0	0:33.32	41.5	0:34.59	43.0	0:32.53	43.5	2:09.69	02:07.00	1:57.70	