

Autumn Short Course Meet 2018

Licensed by Swim England for entry into Regional Championships at Level 3 under No. 3ER181035

Saturday 29 & Sunday 30 September 2018

Upper Cut-off Times
Ages as at 30 September 2018

SHORT COURSE TIMES

BOYS		9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs/ov
50m Freestyle	Upper	33.0	31.5	30.0	28.5	27.0	26.0	25.0
	Lower							
100m Freestyle	Upper		1:11.3	1:06.5	1:01.2	57.2	55.5	53.8
	Lower							
200m Freestyle	Upper	2:42.0	2:30.0	2:19.0	2:10.8	2:04.5	2:00.2	1:57.2
	Lower							
400m Freestyle	Upper	6:06.0	5:20.5	5:00.4	4:44.0	4:30.9	4:21.9	4:15.2
	Lower							
1500m Freestyle	Upper		20:00.0	20:00.0	18:00.5	17:08.2	16:35.7	16:09.7
	Lower							
50m Backstroke	Upper	35.9	34.8	33.5	32.8	31.6	30.8	29.5
	Lower							
100m Backstroke	Upper		1:19.4	1:12.5	1:09.0	1:04.7	1:02.4	1:00.3
	Lower							
200m Backstroke	Upper	2:57.8	2:46.7	2:35.9	2:26.4	2:19.0	2:14.0	2:10.1
	Lower							
50m Breaststroke	Upper	38.9	37.8	36.7	35.8	34.7	33.6	32.8
	Lower							
100m Breaststroke	Upper		1:27.3	1:20.5	1:17.7	1:13.0	1:10.7	1:08.2
	Lower							
200m Breaststroke	Upper	3:29.0	3:15.0	3:01.0	2:48.5	2:39.2	2:33.4	2:28.7
	Lower							
50m Butterfly	Upper	35.1	34.0	32.9	31.8	30.4	29.3	28.1
	Lower							
100m Butterfly	Upper		1:18.1	1:11.0	1:08.5	1:04.1	1:01.6	59.4
	Lower							
200m Butterfly	Upper	3:10.3	2:56.3	2:43.2	2:31.9	2:22.8	2:16.3	2:12.0
	Lower							
200m Individual Medley	Upper	3:10.8	2:54.9	2:43.4	2:34.2	2:26.6	2:19.9	2:16.1
	Lower							
400m Individual Medley	Upper	6:45.5	6:13.3	5:40.5	5:17.1	5:00.6	4:51.1	4:37.2
	Lower							

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GIRLS		9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs/ov
50m Freestyle	Upper	34.0	32.9	31.7	30.7	29.3	27.9	27.6
	Lower							
100m Freestyle	Upper		1:12.1	1:07.2	1:02.3	1:01.0	59.4	58.8
	Lower							
200m Freestyle	Upper	2:37.5	2:28.8	2:20.4	2:13.9	2:10.2	2:07.5	2:06.4
	Lower							
400m Freestyle	Upper	6:12.5	5:24.9	5:00.1	4:44.6	4:37.2	4:33.1	4:29.3
	Lower							
800m Freestyle	Upper		9:58.5	9:58.5	9:26.9	9:10.6	8:57.9	8:57.9
	Lower							
50m Backstroke	Upper	37.9	36.3	35.7	34.5	33.7	32.4	32.0
	Lower							
100m Backstroke	Upper		1:24.1	1:15.4	1:09.6	1:07.6	1:06.0	1:05.4
	Lower							
200m Backstroke	Upper	2:54.2	2:45.7	2:36.1	2:28.5	2:24.5	2:21.4	2:19.9
	Lower							
50m Breaststroke	Upper	41.9	40.7	39.3	38.4	37.2	36.3	35.6
	Lower							
100m Breaststroke	Upper		1:33.5	1:25.9	1:19.3	1:16.8	1:15.1	1:14.4
	Lower							
200m Breaststroke	Upper	3:22.0	3:10.5	2:58.7	2:49.4	2:44.8	2:41.4	2:40.7
	Lower							
50m Butterfly	Upper	36.9	35.9	34.3	33.1	32.3	31.1	30.2
	Lower							
100m Butterfly	Upper		1:24.5	1:15.7	1:09.7	1:07.6	1:05.8	1:05.2
	Lower							
200m Butterfly	Upper	3:05.0	2:54.0	2:43.4	2:33.9	2:27.8	2:24.0	2:22.4
	Lower							
200m Individual Medley	Upper	3:12.5	2:54.8	2:43.2	2:34.7	2:30.7	2:27.7	2:26.2
	Lower							
400m Individual Medley	Upper	6:36.7	6:12.5	5:38.2	5:20.2	5:11.0	5:00.4	5:00.0
	Lower							