

3 & 4 June 2023

All entry times should be short course times (long course conversions are allowed). Age as at midnight on 4th June 2023.

Meet Upper Limit Times (All Entry Times must be slower than these times). Time trials may be allowed if space.

Upper Limit Times ULTs (Short Course)

BOYS	Age 9	Age 10	Age 11	Age 12	Age 13	Age 14	AGE 15+
50m Free	30.00	29.00	28.00	27.00	26.00	25.00	24.00
100m Free	1:06.90	1:03.50	1:01.50	1:00.00	58.00	56.00	53.00
200m Free	2:25.00	2:18.50	2:14.70	2:07.10	2:03.00	2:00.00	1:58.00
50m Breast	40.50	39.00	37.50	34.00	32.00	30.00	28.50
100m Breast	1:28.50	1:25.00	1:20.50	1:14.00	1:12.40	1:07.70	1:04.00
200m Breast	3:05.00	3:01.00	2:54.80	2:42.30	2:33.30	2:29.50	2:24.00
50m Fly	33.00	32.50	31.40	30.00	29.00	28.00	27.00
100m Fly	1:17.00	1:15.00	1:11.00	1:05.20	1:02.40	1:01.00	59.50
200m Fly	2:53.00	2:47.00	2:41.00	2:32.80	2:20.00	2:16.70	2:09.50
50m Back	35.00	34.50	33.00	30.90	29.80	28.90	28.00
100m Back	1:16.00	1:13.00	1:09.50	1:06.20	1:02.90	1:00.30	59.00
200m Back	2:40.50	2:37.00	2:29.50	2:21.50	2:17.50	2:13.50	2:10.00
100 IM	1:27.00	1:22.00	1:16.00	1:10.00	1:07.00	1:03.00	1:00.50
200m IM	2:42.00	2:38.00	2:35.00	2:28.00	2:19.50	2:15.50	2:10.00

Upper Limit Times ULTs (Short Course)

GIRLS	Age 9	Age 10	Age 11	Age 12	Age 13	Age 14	AGE 15+
50m Free	30.50	30.00	29.10	28.50	28.00	27.60	27.00
100m Free	1:07.00	1:05.00	1:03.50	1:01.00	1:00.00	59.00	58.00
200m Free	2:26.00	2:20.50	2:17.50	2:13.00	2:11.50	2:10.00	2:08.00
50m Breast	39.50	39.00	37.60	36.00	35.00	34.00	33.00
100m Breast	1:27.00	1:24.90	1:22.00	1:19.00	1:17.00	1:15.00	1:13.00
200m Breast	3:06.50	3:02.50	2:57.50	2:50.70	2:46.10	2:38.00	2:32.00
50m Fly	33.00	32.00	31.40	30.00	29.00	28.40	27.50
100m Fly	1:17.50	1:15.00	1:11.50	1:09.00	1:07.00	1:06.00	1:04.00
200m Fly	2:55.00	2:45.00	2:37.00	2:32.00	2:29.50	2:28.00	2:25.00
50m Back	35.40	34.50	33.50	32.00	31.00	30.50	29.60
100m Back	1:15.00	1:13.00	1:10.00	1:08.00	1:05.70	1:04.80	1:03.00
200m Back	2:40.00	2:35.00	2:33.10	2:27.40	2:24.00	2:22.00	2:18.00
100 IM	1:25.00	1:18.00	1:16.00	1:13.50	1:10.00	1:07.50	1:05.00
200m IM	2:45.00	2:42.00	2:37.00	2:33.00	2:29.00	2:25.00	2:22.00