

**NEWMARKET DISTRICT SWIMMING CLUB - DECEMBER OPEN MEET
4th and 5th DECEMBER 2021**

Level 3 Licence No. 3ER211264

GIRLS ENTRY TIME UPPER LIMITS

Distance/Stroke	9	10	11	12	13	14	15	16+
50m Freestyle	33.10	31.70	30.20	29.40	28.50	28.10	27.50	26.80
100m Freestyle	1.12.00	1.10.30	1.06.70	1.03.90	1.02.00	1.01.10	1.00.80	59.30
200m Freestyle	2.46.5	2.35.80	2.22.30	2.18.40	2.16.20	2.12.30	2.10.70	2.06.50
50m Backstroke	39.50	37.40	35.30	34.40	33.80	32.90	31.80	30.10
100m Backstroke	1.25.00	1.20.90	1.17.80	1.14.90	1.11.10	1.09.80	1.07.80	1.06.00
200m Backstroke	3.06.60	2.59.90	2.40.78	2.37.74	2.32.90	2.26.40	2.22.60	2.20.60
50m Breaststroke	44.20	42.30	40.40	38.10	36.00	35.00	33.00	31.00
100m Breaststroke	1.33.00	1.29.10	1.21.90	1.19.60	1.16.50	1.15.90	1.14.10	1.12.10
200m Breaststroke	3.36.30	3.15.30	3.05.90	2.55.70	2.50.40	2.45.30	2.40.20	2.34.30
50m Butterfly	37.40	35.20	34.10	32.20	30.60	29.80	29.40	28.60
100m Butterfly	1.22.00	1.18.60	1.14.00	1.12.60	1.10.50	1.09.00	1.07.80	1.06.90
200m Butterfly	3.30.10	3.04.90	2.43.80	2.38.10	2.28.70	2.26.50	2.24.80	2.23.90
100m Ind Medley	1.24.00	1.20.00	1.16.00	1.12.00	1.10.50	1.09.00	1.08.00	1.04.20
200m Ind Medley	3.15.20	2.59.80	2.41.10	2.38.80	2.32.30	2.30.10	2.25.90	2.19.70

Notes: Times submitted should be for the events entered and be personal best times achieved most recently prior to submitting the entry forms.

Times submitted for events should be no faster than the limits shown in the table above.

Acceptance criteria is first come first served.

Age is as at 5th December 2021.