

Autumn Short Course Meet 2019

Licensed by Swim England for entry into Regional Championships at Level 3 under No. 3ER191555

Saturday 26 & Sunday 27 October 2019

Upper Cut-off Times

Ages as at 27 October 2019

SHORT COURSE TIMES

BOYS		9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs/ov
50m Freestyle	Upper	32.0	31.0	30.0	28.5	27.0	26.0	23.0
	Lower							
100m Freestyle	Upper	1:02.5	1:01.5	1:00.5	59.8	57.2	53.9	52.0
	Lower							
200m Freestyle	Upper	2:30.0	2:20.0	2:15.0	2:10.8	2:04.5	2:00.2	1:50.0
	Lower							
400m Freestyle	Upper	5:30.0	5:15.0	5:00.4	4:40.0	4:30.9	4:15.0	4:10.0
	Lower							
800m Freestyle	Upper		14:00.0	12:00.0	11:00.0	10:30.0	10:10.0	9:55.0
	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	31.5	28.0	25.9	23.5
	Lower							
100m Backstroke	Upper	1:07.5	1:06.3	1:05.3	1:04.3	1:03.2	1:01.0	0:57.0
	Lower							
200m Backstroke	Upper	2:57.8	2:44.0	2:33.0	2:26.4	2:19.0	2:10.0	2:00.1
	Lower							
50m Breaststroke	Upper	38.9	37.8	36.7	35.8	34.7	31.4	30.5
	Lower							
100m Breaststroke	Upper	1:20.3	1:19.3	1:17.3	1:15.3	1:14.4	1:10.0	1:07.2
	Lower							
200m Breaststroke	Upper	3:20.0	3:10.0	3:01.0	2:48.5	2:39.2	2:32.8	2:28.7
	Lower							
50m Butterfly	Upper	35.1	34.0	32.9	31.5	29.5	25.2	24.0
	Lower							
100m Butterfly	Upper	1:10.2	1:09.2	1:08.2	1:07.2	1:04.1	0:58.0	0:57.5
	Lower							
200m Butterfly	Upper	3:10.3	2:56.3	2:43.2	2:30.0	2:20.0	2:05.0	2:02.0
	Lower							
200m Individual Medley	Upper	3:00.0	2:50.0	2:40.0	2:30.0	2:20.0	2:10.0	2:05.0
	Lower							
400m Individual Medley	Upper	6:45.5	6:13.3	5:40.5	5:17.1	5:00.6	4:40.0	4:30.0
	Lower							

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GIRLS		9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs/ov
50m Freestyle	Upper	32.0	32.0	30.7	29.0	27.8	25.9	24.5
	Lower							
100m Freestyle	Upper	1:05.2	1:04.0	1:03.2	1:02.3	1:01.0	59.4	57.5
	Lower							
200m Freestyle	Upper	2:37.5	2:28.8	2:20.4	2:13.9	2:10.2	2:07.5	2:03.5
	Lower							
400m Freestyle	Upper	5:30.0	5:15.4	5:00.1	4:44.6	4:37.2	4:30.0	4:20.7
	Lower							
800m Freestyle	Upper		9:58.5	9:58.5	9:26.9	9:10.6	8:57.9	8:53.0
	Lower							
1500m Freestyle	Upper		23:00.0	23:00.0	21:00.0	20:00.0	18:15.0	18:00.0
	Lower							
50m Backstroke	Upper	37.9	35.1	34.1	32.0	31.5	30.0	28.2
	Lower							
100m Backstroke	Upper	1:14.3	1:13.3	1:12.3	1:09.5	1:07.9	1:00.6	59.00
	Lower							
200m Backstroke	Upper	2:54.2	2:45.7	2:36.1	2:28.5	2:24.5	2:15.4	2:12.8
	Lower							
50m Breaststroke	Upper	41.9	40.7	39.3	37.5	36.8	35.0	34.0
	Lower							
100m Breaststroke	Upper	1:23.4	1:22.4	1:21.4	1:19.3	1:16.8	1:15.1	1:13.0
	Lower							
200m Breaststroke	Upper	3:20.5	3:10.5	2:58.7	2:49.4	2:44.8	2:35.7	2:36.0
	Lower							
50m Butterfly	Upper	36.9	34.9	33.9	31.9	31.4	29.3	28.0
	Lower							
100m Butterfly	Upper	1:15.0	1:14.0	1:13.0	1:09.7	1:07.6	1:05.8	1:00.0
	Lower							
200m Butterfly	Upper	3:05.0	2:54.0	2:43.4	2:33.9	2:27.8	2:15.7	2:10.0
	Lower							
200m Individual Medley	Upper	3:00.0	2:50.0	2:40.0	2:30.0	2:25.7	2:15.2	2:13.7
	Lower							
400m Individual Medley	Upper	6:30.0	6:10.7	5:38.2	5:20.2	5:11.0	4:55.0	4:45.3
	Lower							