

No Frills Meet Cut Off Times 2023

WOMENS									OPEN							
10	11	12	13	14	15	16	17 & OVER	EVENT	10	11	12	13	14	15	16	17 & OVER
30.31	29.51	28.17	27.66	27.12	26.41	26.27	25.74	50 FREESTYLE	31.25	29:48	28.21	26:00	24.93	24.49	23:51	23.22
1:03.95	1:03.55	1:02.65	1:01.50	58:41	57:32	56.42	55.68	100 FREESTYLE	1:08.50	1:04.21	1:01.82	56.36	55:10	53:01	52:83	50:40
2:20.63	2:18.80	2:13.02	2:07.56	2:06.27	2:04.06	2:03.80	2:01.19	200 FREESTYLE	2:28.30	2:18.30	2:13.30	2:08.30	1:59.13	1:55.30	1:54.21	1:49.50
5:07.22	4:49.67	4:43.27	4:30.45	4:23.38	4:16.24	4:15.98	4:14.92	400 FREESTYLE	5:21.25	5:03.25	4:42.65	4:28.92	4:17.10	4:05.58	4:01.57	3:47.12
40.23	38:03	35:02	33:57	32:91	32:80	32:75	31.23	50 BREASTSTROKE	40.50	37.19	34.84	32.34	31.38	30.51	29.20	29.09
1:27.70	1:22.54	1:16.60	1:15.04	1:12.49	1:11.27	1:11.05	1:09.52	100 BREASTSTROKE	1:29.30	1:21.09	1:13.78	1:07.61	1:06.13	1:05.79	1:02.22	1:01.22
3:06.75	2:55.78	2:50.11	2:42.18	2:36.77	2:35.99	2:34.91	2:31.91	200 BREASTSTROKE	3:09.20	2:57.91	2:41.64	2:30.43	2:22.80	2:19.87	2:13.17	2:12.16
34.70	31:60	30.94	29:64	28.37	28.17	26.16	26.02	50 BUTTERFLY	35.03	33.60	31.04	29.12	27.27	26.78	25.28	25:15
1:19.32	1:14.83	1:08.25	1:05.19	1:03.24	1:01.65	59.95	59.46	100 BUTTERFLY	1:18.98	1:15.48	1:08.58	1:03.76	1:01.05	58.24	57.89	55:56
2:56.50	2:45.53	2:31.21	2:26.96	2:20.36	2:18.47	2:18.07	2:17.49	200 BUTTERFLY	3:02.48	2:44.25	2:35.96	2:20.05	2:14.44	2:08.56	2:06.21	2:03.29
35.51	34.23	32.18	30.32	29.21	28.45	27.21	27.02	50 BACKSTROKE	35.61	33.91	31.88	29.99	28.56	27.43	26.66	24:83
1:16.90	1:12.44	1:07.14	1:04.02	1:02.69	1:01.65	1:00.95	1:00.33	100 BACKSTROKE	1:22.23	1:14.06	1:07.62	1:03.96	1:00.04	58.47	56.42	54:66
2:43.07	2:41.07	2:38.07	2:29.76	2:20.61	2:18.31	2:14.02	2:13.64	200 BACKSTROKE	2:42.69	2:34.40	2:22.00	2:14.85	2:07.87	2:05.59	2:03.76	2:01.83
2:44.78	2:34.15	2:29.02	2:24.34	2:21.67	2:18.51	2:17.49	2:16:88	200IM	2:55.94	2:42.50	2:37.44	2:22.78	2:11.68	2:09.28	2:06.66	2:01.18
5:55.20	5:52.57	5:43.60	5:33.77	5:15.59	5:12.76	5:03.90	5:01.09	400IM	6:02.24	5:39.58	5:24.01	5:01.63	4:48.89	4:38.70	4:35.73	04:17.05