

NEWMARKET DISTRICT SWIMMING CLUB - DECEMBER OPEN MEET
2nd 3rd December 2023
 Level 3 Licence No. 3ER231737
MALE/OPEN ENTRY TIME UPPER LIMITS

Distance/Stroke	9 & 10	11	12	13	14	15	16+
50m Freestyle	30.10	29.30	27.80	26.50	25.20	24.20	22.00
100m Freestyle	1.08.90	1.04.50	1.01.00	57.70	54.30	52.70	50.10
200m Freestyle	2.17.50	2.09.60	2.11.40	2.04.40	2.00.00	1.54.70	1.53.40
50m Backstroke	35.80	33.90	32.30	30.40	29.80	28.30	27.40
100m Backstroke	1.19.80	1.13.20	1.09.50	1.05.10	1.02.70	1.00.20	58.80
200m Backstroke	2.40.20	2.30.30	2.27.10	2.20.30	2.14.00	2.10.20	2.07.10
50m Breaststroke	39.20	35.50	34.00	32.50	31.90	31.20	30.30
100m Breaststroke	1.26.00	1.22.40	1.17.30	1.13.30	1.10.10	1.08.50	1.06.60
200m Breaststroke	3.12.80	3.01.40	2.53.30	2.39.90	2.37.90	2.31.60	2.27.00
50m Butterfly	32.00	30.90	29.80	28.70	27.60	26.80	25.10
100m Butterfly	1.19.00	1.13.60	1.10.50	1.06.00	1.02.00	1.00.10	57.50
200m Butterfly	3.02.90	2.47.30	2.34.10	2.26.70	2.16.50	2.11.90	2.08.90
100m Ind Medley	1.19.50	1.13.20	1.09.50	1.06.10	1.02.70	1.00.70	59.50
200m Ind Medley	2.56.40	2.38.10	2.29.00	2.21.70	2.15.70	2.11.80	2.10.50

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

Acceptance criteria is first come first served

Age is as at 3rd December 2023