

# West Suffolk Swimming Club Invite Only Meet 2021



1<sup>st</sup> – 3<sup>rd</sup> October 2021: Held under Swim England Technical Rules Licensed Level 3: 3ER210776

## Upper Time Limits

Event	9 YRS	10 YRS	11YRS	12YRS	13YRS	14YRS	15+ YRS		9 YRS	10 YRS	11YRS	12YRS	13YRS	14YRS	15+ YRS
	Male	Male	Male	Male	Male	Male	Male		Female	Female	Female	Female	Female	Female	Female
<b>50m Free</b>	29.50	29.00	28.00	27.50	26.50	24.88	22.06		30.00	29.50	28.50	28.00	27.00	26.00	25.00
<b>100m Free</b>	1.10.00	1.07.00	1.04.00	1.00.30	57.50	54.45	50.84		1.11.00	1.08.00	1.04.0	59.50	58.62	57.63	56.21
<b>200m Free</b>	2.30.00	2.23.00	2.18.50	2.12.80	2.05.00	2.00.00	1.49.00		2.30.50	2.25.00	2.17.20	2.14.00	2.10.50	2.06.50	2.02.00
<b>400m Free</b>	5.50.0	5.22.00	4.55.00	4.39.00	4.25.80	4.12.00	3.50.00		5.55.00	5.30.00	5.03.00	4.44.00	4.35.00	4.25.00	4.12.90
<b>50m Back</b>	33.00	31.50	30.00	29.50	29.00	27.50	26.00		34.50	33.50	32.50	31.50	31.00	30.00	28.80
<b>100m Back</b>	1.20.50	1.16.50	1.11.50	1.08.50	1.04.50	59.07	55.38		1.19.50	1.15.50	1.13.50	1.11.50	1.07.50	1.04.10	1.02.60
<b>200m Back</b>	2.36.00	2.34.50	2.30.50	2.28.50	2.18.00	2.13.50	1.59.80		2.40.00	2.36.50	2.32.00	2.25.00	2.20.00	2.16.00	2.13.00
<b>50m Breast</b>	38.00	35.00	33.00	32.00	31.00	28.61	27.41		41.00	39.50	37.50	35.37	33.92	33.57	30.00
<b>100m Breast</b>	1.32.00	1.28.00	1.23.00	1.17.50	1.13.50	1.09.00	1.03.80		1.33.50	1.29.50	1.24.00	1.17.50	1.16.50	1.12.40	1.08.20
<b>200m Breast</b>	3.30.00	3.15.00	3.02.00	2.52.00	2.32.00	2.22.00	2.16.80		3.22.00	3.17.00	3.05.00	2.45.00	2.40.00	2.32.00	2.30.00
<b>50m Fly</b>	32.50	29.00	28.00	27.00	26.50	25.00	24.00		35.00	34.00	32.0	31.00	29.78	28.83	27.87
<b>100m Fly</b>	1.18.00	1.15.00	1.12.00	1.09.50	1.02.70	59.00	53.50		1.19.50	1.16.50	1.11.50	1.10.00	1.07.50	1.04.50	1.00.50
<b>200m Fly</b>	2.59.00	2.46.00	2.40.00	2.34.00	2.20.00	2.13.00	2.00.50		3.04.00	2.49.00	2.39.00	2.28.50	2.22.00	2.19.50	2.11.70
<b>100m IM</b>	1.16.00	1.12.00	1.09.00	1.07.00	1.04.00	59.50	54.00		1.18.00	1.14.50	1.10.00	1.08.50	1.06.50	1.05.50	1.01.50
<b>200m IM</b>	2.53.00	2.46.00	2.39.00	2.32.50	2.24.00	2.19.00	2.05.00		3.01.50	2.50.00	2.43.00	2.35.00	2.26.00	2.19.50	2.15.80
<b>400m IM</b>	6.20.00	6.00.00	5.31.00	5.19.00	4.55.00	4.42.00	4.15.00		6.30.00	6.10.00	5.32.00	5.24.50	5.10.00	5.02.00	4.55.30

Age as of 3<sup>rd</sup> October 2021