



West Suffolk Swimming Club Long Distance Meet 2019

Sunday 16th June

Held under Swim England Technical Rules Licensed Level 3ER191828

Upper Time Limits

Event	11YRS	12YRS	13YRS	14YRS	15+ YRS		11YRS	12YRS	13YRS	14YRS	15+ YRS
	Male	Male	Male	Male	Male		Female	Female	Female	Female	Female
800m Free	10.10.00	9.50.00	9.20.00	9.00.00	8.30.00		10.00.00	9.45.00	9.30.00	9.15.00	9.00.00
1500m Free	20.00.00	19.00.00	18.30.00	17.45.00	16.30.00		19.40.00	19.10.00	18.50.00	18.00.00	17.20.00

Age as of 31st December 2019