



# The Neate Meet 2019

Friday 4<sup>th</sup>, Saturday 5<sup>th</sup> & Sunday 6<sup>th</sup> October 2019

Held under Swim England Technical Rules Licensed Level 3ER191833

## Upper Time Limits

| Event       | 9 YRS   | 10YRS   | 11YRS   | 12YRS   | 13YRS   | 14YRS   | 15+ YRS |  | 9 YRS   | 10YRS   | 11YRS   | 12YRS   | 13YRS   | 14YRS   | 15+ YRS |
|-------------|---------|---------|---------|---------|---------|---------|---------|--|---------|---------|---------|---------|---------|---------|---------|
|             | Male    | Male    | Male    | Male    | Male    | Male    | Male    |  | Female  | Female  | Female  | Female  | Female  | Female  | Female  |
| 50m Free    | 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   |
| 100m Free   | 1:10.00 | 1:07.00 | 1:04.00 | 1:00.30 | 57.50   | 54.45   | 50.84   |  | 1:11.00 | 1:08.00 | 1:04.80 | 59.50   | 58.62   | 57.63   | 56.21   |
| 200m Free   | 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 |
| 400m Free   | 5:50.00 | 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 |
| 50m Back    | 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   |
| 100m Back   | 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 | 1:04.40 | 1:02.60 |
| 200m Back   | 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 |
| 50m Breast  | 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   |
| 100m Breast | 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 |
| 200m Breast | 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 |
| 50m Fly     | 32.50   | 29.00   | 28.00   | 27.00   | 26.50   | 25.00   | 24.00   |  | 35.00   | 34.00   | 32.00   | 31.00   | 29.78   | 28.83   | 27.80   |
| 100m Fly    | 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 |
| 200m Fly    | 2:59.00 | 2:48.00 | 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 |
| 100m IM     | 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 |
| 200M IM     | 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 |
| 400M IM     | 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 at 6th October 2019