

NEWMARKET DISTRICT SWIMMING CLUB - SPRING OPEN MEET
1ST 2ND March 2025
 Level 3 Licence No. 3ER250418
FEMALE ENTRY TIME UPPER LIMITS

Distance/Stroke	9 & 10	11	12	13	14	15	16+
50m Freestyle	30.00	29.30	28.60	27.50	27.00	26.50	26.00
100m Freestyle	1.05.30	1.03.60	1.01.50	59.10	57.90	57.50	57.30
200m Freestyle	2.22.20	2.17.20	2.12.30	2.08.10	2.05.80	2.03.90	2.02.00
400m Freestyle	4.58.70	4.45.50	4.36.40	4.30.80	4.23.40	4.20.90	4.17.10
50m Backstroke	35.40	33.60	32.40	31.60	30.30	30.20	30.10
100m Backstroke	1.15.90	1.11.60	1.08.70	1.06.00	1.04.60	1.04.10	1.03.80
200m Backstroke	2.49.90	2.31.60	2.26.90	2.22.00	2.18.90	2.17.20	2.16.90
50m Breaststroke	38.50	37.50	36.30	35.10	34.50	33.90	32.40
100m Breaststroke	1.27.40	1.23.40	1.18.30	1.17.90	1.15.90	1.13.10	1.11.10
200m Breaststroke	3.07.30	2.57.50	2.49.90	2.46.50	2.43.20	2.40.20	2.36.30
50m Butterfly	35.30	33.00	31.60	30.30	29.80	29.30	28.60
100m Butterfly	1.18.60	1.14.00	1.11.60	1.08.40	1.06.80	1.06.10	1.04.50
200m Butterfly	2.51.19	2.43.80	2.38.10	2.28.70	2.26.50	2.24.80	2.23.90
100m Ind Medley	1.20.00	1.16.00	1.12.00	1.10.50	1.08.00	1.06.00	1.04.10
200m Ind Medley	2.49.80	2.34.70	2.31.50	2.25.50	2.22.00	2.20.40	2.18.60
400m Ind Medley	5.45.30	5.31.50	5.22.10	5.12.80	5.07.70	5.07.20	5.04.20

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 2 March 2025