

NEWMARKET DISTRICT SWIMMING CLUB - SPRING OPEN MEET

1st 2nd March 2025

Level 3 Licence No. 3ER250418

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
400m Freestyle	5.02.30	4.47.60	4.36.60	4.23.80	4.13.50	4.06.40	4.04.00
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
400m Ind Medley	5.55.80	5.37.40	5.18.70	5.06.30	4.58.40	4.45.90	4.36.60

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 2nd March 2025