(AFFILIATED TO LINCOLNSHIRE ASA AND SWIM ENGLAND EAST MIDLAND REGION)

# SHORT COURSE LICENSED LEVEL 3 OPEN MEET 2021

## (HELD UNDER SWIM ENGLAND REGULATIONS AND SWIM ENGLAND TECHNICAL RULES OF RACING)

### Upper Limit Cut off times (Not faster than)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Event** | **Girls** | | | | | | |
| **9** | **10** | **11** | **12** | **13** | **14** | **15/OV** |
| **50m Free** | 31.0 | 31.0 | 30.0 | 29.0 | 28.0 | 27.0 | 26.0 |
| **100m Free** | 01:08.0 | 01:08.0 | 01:06.0 | 01:04.0 | 01:02.0 | 01:00.0 | 58.0 |
| **200m Free** | 02:27.0 | 02:27.0 | 02:23.0 | 02:19.0 | 02:15.0 | 02:11.0 | 02:07.0 |
| **50m Breast** | 41.0 | 40.0 | 39.0 | 38.0 | 37.0 | 36.0 | 35.0 |
| **100m Breast** | 01:24.0 | 01:22.0 | 01:20.0 | 01:18.0 | 01:16.0 | 01:14.0 | 01:12.0 |
| **200m Breast** | 03:03.0 | 02:59.0 | 02:54.0 | 02:50.0 | 02:46.0 | 02:42.0 | 02:38.0 |
| **50m Fly** | 34.5 | 33.5 | 32.5 | 31.5 | 30.5 | 29.5 | 28.5 |
| **100m Fly** | 01:17.0 | 01:15.0 | 01:13.0 | 01:11.0 | 01:09.0 | 01:07.0 | 01:05.0 |
| **200m Fly** | 02:43.0 | 02:41.0 | 02:37.0 | 02:33.0 | 02:29.0 | 02:25.0 | 02:21.0 |
| **50m Back** | 36.0 | 35.0 | 34.0 | 33.0 | 32.0 | 31.0 | 30.0 |
| **100m Back** | 01:17.0 | 01:15.0 | 01:13.0 | 01:11.0 | 01:09.0 | 01:07.0 | 01:05.0 |
| **200m Back** | 02:41.0 | 02:39.0 | 02:35.0 | 02:31.0 | 02:27.0 | 02:23.0 | 02:19.0 |
| **100m IM** | 01:20.0 | 01:18.0 | 01:16.0 | 01:14.0 | 01:12.0 | 01:10.0 | 01:08.0 |
| **200m IM** | 02:46.0 | 02:42.0 | 02:38.0 | 02:34.0 | 02:30.0 | 02:26.0 | 02:22.0 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Event** | **Boys** | | | | | | |
| **9** | **10** | **11** | **12** | **13** | **14** | **15/OV** |
| **50m Free** | 32.0 | 31.0 | 30.0 | 29.0 | 28.0 | 26.5 | 25.5 |
| **100m Free** | 01:10.0 | 01:08.0 | 01:05.0 | 01:02.0 | 59.0 | 57.0 | 55.0 |
| **200m Free** | 02:30.0 | 02:25.0 | 02:20.0 | 02:15.0 | 02:10.0 | 02:05.0 | 02:00.0 |
| **50m Breast** | 43.0 | 41.0 | 39.0 | 37.0 | 35.0 | 34.0 | 32.0 |
| **100m Breast** | 01:34.0 | 01:30.0 | 01:26.0 | 01:21.0 | 01:16.0 | 01:12.0 | 01:10.0 |
| **200m Breast** | 03:20.0 | 03:15.0 | 03:08.0 | 02:55.0 | 02:44.0 | 02:37.0 | 02:32.0 |
| **50m Fly** | 38.0 | 36.0 | 34.0 | 32.0 | 30.0 | 28.0 | 27.0 |
| **100m Fly** | 01:24.0 | 01:20.0 | 01:16.0 | 01:12.0 | 01:07.0 | 01:03.0 | 01:00.0 |
| **200m Fly** | 02:45.0 | 02:40.0 | 02:35.0 | 02:30.0 | 02:25.0 | 02:20.0 | 02:15.0 |
| **50m Back** | 40.0 | 38.0 | 36.0 | 34.0 | 32.0 | 30.0 | 29.0 |
| **100m Back** | 01:25.0 | 01:20.0 | 01:15.0 | 01:10.0 | 01:06.0 | 01:03.0 | 01:01.0 |
| **200m Back** | 03:02.0 | 02:54.0 | 02:43.0 | 02:33.0 | 02:24.0 | 02:18.0 | 02:13.0 |
| **100m IM** | 01:24.0 | 01:22.0 | 01:18.0 | 01:15.0 | 01:11.0 | 01:07.0 | 01:02.0 |
| **200m IM** | 02:50.0 | 02:46.0 | 02:39.0 | 02:32.0 | 02:25.0 | 02:20.0 | 02:15.0 |