



Established 1983

Affiliated to South East Region ASA

www.littlehamptonswimmingclub.com

EASTER MEET 2019

Sunday 14th April

LOWER AND UPPER LIMIT QUALIFYING TIMES

BOYS	9	10	11	12	13	14	15	16 +
50m Freestyle	50.00 33.00	45.00 31.90	40.00 30.30	40.00 30.30	38.00 28.50	37.00 27.00	35.00 25.60	33.00 23.50
100m Freestyle		1:40.00 1:10.00	1:30.00 1:06.90	1:22.00 1:06.90	1:20.00 1:01.50	1:15.00 58.60	1:10.00 55.70	1:08.00 51.70
200m Freestyle	3:50.00 2:51.10	3:20.00 2:32.70	2:50.00 2:24.30	2:43.00 2:24.30	2:30.00 2:15.10	2:28.00 2:08.90	2:25.00 2:02.90	2:25.00 1:54.50
50m Breaststroke	59.00 45.50	57.00 41.80	55.00 40.70	52.00 40.70	50.00 37.50	48.00 35.00	45.00 33.30	42.00 30.00
100m Breaststroke		2:00.00 1:33.00	1:58.00 1:28.30	1:55.00 1:28.30	1:50.00 1:21.00	1:35.00 1:14.90	1:33.00 1:12.60	1:30.00 1:06.30
200m Breaststroke	4:30.00 3:38.90	3:50.00 3:18.10	3:40.00 3:09.50	3:30.00 3:09.50	3:20.00 2:55.20	3:18.00 2:44.40	3:15.00 2:38.90	3:10.00 2:27.40
50m Butterfly	58.00 39.00	55.00 35.70	48.00 33.80	46.00 33.80	44.00 31.80	42.00 29.50	38.00 28.20	34.00 25.70
100m Butterfly		1:45.00 1:22.00	1:35.00 1:17.30	1:30.00 1:17.30	1:25.00 1:12.10	1:20.00 1:06.90	1:15.00 1:02.70	1:12.00 57.10
200m Butterfly	4:00.00 3:35.00	3:57.00 3:05.30	3:55.00 2:54.60	3:50.00 2:54.60	3:30.00 2:42.30	3:18.00 2:32.80	3:16.00 2:24.40	3:10.00 2:11.30
50m Backstroke	52.00 39.60	50.00 36.70	49.00 35.20	47.00 35.20	45.00 33.20	43.00 31.00	40.00 30.20	38.00 27.60
100m Backstroke		1:55.00 1:20.00	1:45.00 1:16.00	1:30.00 1:16.00	1:25.00 1:10.20	1:22.00 1:07.00	1:20.00 1:03.60	1:18.00 58.60
200m Backstroke	3:55.00 3:11.70	3:50.00 2:53.20	3:45.00 2:40.80	3:40.00 2:40.80	3:35.00 2:30.40	3:30.00 2:23.80	3:25.00 2:18.90	3:20.00 2:08.70
200m Ind. Medley	4:05.00 3:14.50	4:05.00 2:54.50	3:45.00 2:46.40	3:15.00 2:46.40	3:05.00 2:35.20	3:00.00 2:28.70	2:55.00 2:20.60	2:45.00 2:10.50

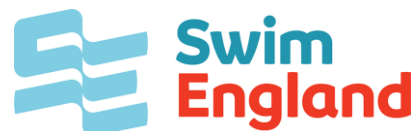
Entries times must be **Faster Than or Equal** to the (first) **Lower Limit**, and **Slower Than** the (second) **Upper Limit**.

If requested, proof of time (including location and date) must be provided.

Note: Upper Limit times will be reviewed when the 2019 South East Region Qualifying Times (RQTs) are published - Upper Limits may be adjusted if they are slower than the equivalent RQTs to enable swimmers who have not achieved RQTs to enter this event.

Age at Day - Promoters Conditions Apply

v1 August 2018





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EASTER MEET 2019

Sunday 14th April

LOWER AND UPPER LIMIT QUALIFYING TIMES

GIRLS	9	10	11	12	13	14	15	16 +
50m Freestyle	50.00	45.00	40.00	40.00	38.00	37.00	35.00	33.00
	34.10	32.00	30.50	30.50	29.40	28.70	28.10	26.90
100m Freestyle		1:40.00	1:35.00	1:28.00	1:20.00	1:15.00	1:12.00	1:07.00
		1:11.90	1:07.50	1:07.50	1:04.00	1:02.00	1:00.10	57.70
200m Freestyle	3:45.00	3:35.00	3:20.00	3:10.00	3:05.00	2:50.00	2:45.00	2:40.00
	2:51.00	2:29.60	2:26.60	2:26.60	2:18.50	2:13.40	2:10.40	2:05.70
50m Breaststroke	57.00	54.00	51.00	48.00	45.00	44.00	42.00	40.00
	45.80	41.70	39.90	39.90	38.00	36.40	36.20	34.60
100m Breaststroke		1:55.00	1:52.00	1:45.00	1:37.00	1:35.00	1:33.00	1:30.00
		1:32.40	1:27.60	1:27.60	1:23.00	1:19.50	1:18.00	1:13.80
200m Breaststroke	4:30.00	3:50.00	3:40.00	3:25.00	3:20.00	3:18.00	3:15.00	3:12.00
	3:41.40	3:17.90	3:07.60	3:07.60	2:58.30	2:51.80	2:50.10	2:42.40
50m Butterfly	59.00	55.00	53.00	50.00	45.00	42.00	40.00	35.00
	39.60	35.50	33.80	33.80	32.20	31.00	30.40	29.10
100m Butterfly		1:55.00	1:45.00	1:35.00	1:30.00	1:25.00	1:20.00	1:15.00
		1:21.60	1:18.10	1:18.10	1:12.40	1:09.30	1:07.50	1:04.50
200m Butterfly	4:00.00	3:57.00	3:55.00	3:50.00	3:30.00	3:18.00	3:16.00	3:10.00
	3:33.00	3:03.50	2:56.60	2:56.60	2:43.30	2:36.60	2:34.00	2:28.60
50m Backstroke	57.00	50.00	49.00	47.00	45.00	43.00	40.00	38.00
	39.90	36.60	35.40	35.40	33.80	32.90	31.90	30.40
100m Backstroke		2:05.00	2:00.00	1:50.00	1:45.00	1:42.00	1:40.00	1:35.00
		1:20.00	1:16.00	1:16.00	1:11.80	1:10.00	1:07.30	1:05.50
200m Backstroke	4:10.00	3:45.00	3:30.00	3:15.00	3:05.00	3:00.00	2:55.00	2:50.00
	3:10.40	2:51.30	2:42.10	2:42.10	2:34.20	2:29.90	2:26.10	2:22.90
200m Ind. Medley	4:05.00	3:50.00	3:45.00	3:35.00	3:25.00	3:10.00	3:05.00	3:00.00
	3:13.20	2:53.80	2:46.70	2:46.70	2:38.50	2:32.30	2:29.40	2:23.60

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