



Established 1983

Affiliated to Swim England South East
www.littlehamptonswimmingclub.com

EASTER MEET 2020

Sunday 29th March

LOWER AND UPPER LIMIT QUALIFYING TIMES

BOYS	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
	32.00	30.00	30.00	28.40	26.70	25.40	25.10	23.50
100m Freestyle		1:40.00	1:30.00	1:22.00	1:20.00	1:15.00	1:10.00	1:08.00
		1:05.90	1:05.90	1:01.80	58.00	54.70	53.50	51.50
200m Freestyle	3:50.00	3:20.00	2:50.00	2:43.00	2:30.00	2:28.00	2:25.00	2:25.00
	2:35.00	2:24.00	2:24.00	2:14.70	2:07.10	2:00.70	1:59.30	1:54.20
50m Breaststroke	59.00	57.00	55.00	52.00	50.00	48.00	45.00	42.00
	43.00	40.00	40.00	37.20	34.30	32.00	31.70	29.60
100m Breaststroke		2:00.00	1:58.00	1:55.00	1:50.00	1:35.00	1:33.00	1:30.00
		1:28.30	1:28.30	1:21.40	1:15.10	1:09.50	1:07.70	1:04.60
200m Breaststroke	4:30.00	3:50.00	3:40.00	3:30.00	3:20.00	3:18.00	3:15.00	3:10.00
	3:20.00	3:08.50	3:08.50	2:54.80	2:42.30	2:33.30	2:31.50	2:23.60
50m Butterfly	58.00	55.00	48.00	46.00	44.00	42.00	38.00	34.00
	36.00	33.40	33.40	31.40	29.10	27.50	26.70	25.60
100m Butterfly		1:45.00	1:35.00	1:30.00	1:25.00	1:20.00	1:15.00	1:12.00
		1:16.30	1:16.30	1:10.40	1:05.20	1:00.80	58.60	57.10
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
	3:35.00	2:54.50	2:54.50	2:42.60	2:29.80	2:19.30	2:12.90	2:10.10
50m Backstroke	52.00	50.00	49.00	47.00	45.00	43.00	40.00	38.00
	37.00	34.90	34.90	33.00	30.90	29.10	28.90	27.20
100m Backstroke		1:55.00	1:45.00	1:30.00	1:25.00	1:22.00	1:20.00	1:18.00
		1:15.70	1:15.70	1:11.20	1:06.20	1:01.90	1:00.30	58.00
200m Backstroke	3:55.00	3:50.00	3:45.00	3:40.00	3:35.00	3:30.00	3:25.00	3:20.00
	2:50.00	2:40.60	2:40.60	2:31.30	2:22.30	2:15.80	2:12.20	2:08.70
200m Ind. Medley	4:05.00	4:05.00	3:45.00	3:15.00	3:05.00	3:00.00	2:55.00	2:45.00
	3:00.00	2:44.10	2:44.10	2:33.50	2:22.40	2:14.60	2:13.40	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 have been set no slower than the 2020 South East Region (Short Course) Qualifying Times (RQTs) to ensure swimmers who have not achieved RQTs are able to enter this event.

Age at Day - Promoters Conditions Apply

v2 January 2020





EASTER MEET 2020

Sunday 29th March

LOWER AND UPPER LIMIT QUALIFYING TIMES

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GIRLS	9	10	11	12	13	14	15	16 +
50m Freestyle	50.00 32.00	45.00 30.30	40.00 30.30	40.00 29.10	38.00 28.50	37.00 27.50	35.00 27.40	33.00 26.70
100m Freestyle		1:40.00 1:06.10	1:35.00 1:06.10	1:28.00 1:03.50	1:20.00 1:02.10	1:15.00 59.80	1:12.00 59.70	1:07.00 57.70
200m Freestyle	3:45.00 2:35.00	3:35.00 2:24.40	3:20.00 2:24.40	3:10.00 2:18.00	3:05.00 2:14.20	2:50.00 2:10.10	2:45.00 2:10.00	2:40.00 2:05.70
50m Breaststroke	57.00 45.00	54.00 39.30	51.00 39.30	48.00 37.60	45.00 36.20	44.00 35.40	42.00 35.40	40.00 33.80
100m Breaststroke		1:55.00 1:25.90	1:52.00 1:25.90	1:45.00 1:22.00	1:37.00 1:19.50	1:35.00 1:16.60	1:33.00 1:16.60	1:30.00 1:13.80
200m Breaststroke	4:30.00 3:30.00	3:50.00 3:03.70	3:40.00 3:03.70	3:25.00 2:57.50	3:20.00 2:51.50	3:18.00 2:46.20	3:15.00 2:46.10	3:12.00 2:42.40
50m Butterfly	59.00 35.00	55.00 33.20	53.00 33.20	50.00 31.60	45.00 30.70	42.00 29.90	40.00 29.90	35.00 29.10
100m Butterfly		1:55.00 1:15.50	1:45.00 1:15.50	1:35.00 1:11.50	1:30.00 1:09.30	1:25.00 1:06.10	1:20.00 1:06.00	1:15.00 1:04.30
200m Butterfly	4:00.00 3:15.00	3:57.00 2:54.00	3:55.00 2:54.00	3:50.00 2:42.70	3:30.00 2:36.50	3:18.00 2:29.30	3:16.00 2:28.80	3:10.00 2:26.70
50m Backstroke	57.00 38.00	50.00 34.70	49.00 34.70	47.00 33.50	45.00 32.60	43.00 31.10	40.00 31.00	38.00 30.40
100m Backstroke		2:05.00 1:14.90	2:00.00 1:14.90	1:50.00 1:11.20	1:45.00 1:09.20	1:42.00 1:07.50	1:40.00 1:06.50	1:35.00 1:04.80
200m Backstroke	4:10.00 2:50.00	3:45.00 2:39.60	3:30.00 2:39.60	3:15.00 2:33.10	3:05.00 2:29.00	3:00.00 2:26.00	2:55.00 2:24.70	2:50.00 2:18.30
200m Ind. Medley	4:05.00 3:00.00	3:50.00 2:43.40	3:45.00 2:43.40	3:35.00 2:37.80	3:25.00 2:32.90	3:10.00 2:28.00	3:05.00 2:28.00	3:00.00 2:23.20

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.

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