



ARNOLD SWIMMING CLUB

The Ernehale Open Meet



Upper Limit Times 2019

BOYS

EVENT	9 Years	10 Years	11 Years	12 Years	13 Years	14 Years	15/Over
100 FREE		01:06.60	01:04.60	01:02.50	00:58.20	00:56.00	00:53.40
200 FREE	02:30.90	02:23.30	02:18.00	02:13.60	02:08.70	02:03.80	02:00.10
400 FREE	05:50.00	05:10.50	04:53.40	04:38.00	04:20.90	04:11.90	04:07.50
100 BREAST		01:29.80	01:25.00	01:21.50	01:15.30	01:12.20	01:09.90
200 BREAST	03:35.40	03:14.10	03:04.70	02:53.60	02:43.20	02:36.10	02:32.60
100 FLY		01:21.40	01:13.30	01:10.90	01:06.70	01:03.80	01:00.20
200 FLY	03:06.50	02:50.80	02:40.10	02:31.20	02:22.90	02:16.90	02:14.30
100 BACK		01:16.60	01:13.40	01:10.40	01:06.20	01:03.20	01:01.10
200 BACK	03:10.10	02:52.60	02:33.30	02:28.40	02:18.70	02:13.90	02:11.50
200 IM	03:10.80	02:50.90	02:43.40	02:34.20	02:26.60	02:16.50	02:12.30
400 IM	06:22.60	06:06.40	05:46.60	05:25.20	05:09.60	04:56.40	04:51.10

GIRLS

EVENT	9 Years	10 Years	11 Years	12 Years	13 Years	14 Years	15/Over
100 FREE		01:08.10	01:05.20	01:03.70	01:02.00	01:00.90	00:58.40
200 FREE	02:49.70	02:33.10	02:22.50	02:16.90	02:12.90	02:10.90	02:07.20
400 FREE	06:12.50	05:24.90	05:00.10	04:44.60	04:37.20	04:33.10	04:29.90
100 BREAST		01:33.30	01:25.90	01:21.30	01:18.10	01:15.80	01:13.50
200 BREAST	03:37.50	03:18.30	03:04.40	02:54.30	02:47.50	02:43.70	02:40.60
100 FLY		01:21.40	01:15.40	01:10.20	01:07.80	01:05.60	01:04.80
200 FLY	03:08.40	02:52.20	02:39.10	02:31.30	02:27.30	02:24.60	02:20.70
100 BACK		01:22.50	01:15.70	01:08.00	01:06.80	01:05.00	01:03.40
200 BACK	03:28.10	02:56.10	02:43.50	02:32.80	02:29.20	02:26.40	02:22.00
200 IM	03:12.50	02:54.80	02:43.20	02:34.70	02:30.70	02:27.70	02:23.60
400 IM	06:23.10	06:05.50	05:44.30	05:23.60	05:15.30	05:09.70	05:04.40

Time shown above are "not faster than" times.

There are no Qualification times but an entry time **MUST** be submitted in order to enter the competition.

Any entries made with no time will be rejected.



Information and Results available on our website:

ernehale.arnoldswimmingclub.org.uk