

**NEWMARKET DISTRICT SWIMMING CLUB - APRIL OPEN MEET**  
**7th and 8th APRIL 2018**  
 Level 3 Licence No. 3ER180455  
**GIRLS ENTRY TIME UPPER LIMITS**

Distance/Stroke	10	11	12	13	14	15	16+
50m Freestyle	30.00	29.30	28.60	27.50	27.00	26.50	26.00
100m Freestyle	1.05.30	1.03.60	1.01.50	59.10	57.90	57.50	57.30
200m Freestyle	2.22.20	2.17.20	2.12.30	2.08.10	2.05.80	2.03.90	2.02.00
400m Freestyle	4.58.70	4.45.50	4.36.40	4.30.80	4.23.40	4.20.90	4.17.10
50m Backstroke	35.40	33.60	32.40	31.60	31.00	30.40	30.30
100m Backstroke	1.15.90	1.11.60	1.08.70	1.07.00	1.06.10	1.05.10.	1.04.00
200m Backstroke	2.49.90	2.31.60	2.27.90	2.24.00	2.20.90	2.20.20	2.18.90
50m Breaststroke	38.50	37.50	36.30	35.10	34.50	33.90	32.40
100m Breaststroke	1.27.40	1.23.40	1.18.30	1.17.90	1.15.90	1.13.10	1.11.10
200m Breaststroke	3.07.30	2.57.50	2.49.90	2.46.50	2.43.20	2.40.20	2.36.30
50m Butterfly	35.30	33.00	31.60	30.30	29.80	29.30	28.60
100m Butterfly	1.18.60	1.14.00	1.11.60	1.08.40	1.06.80	1.06.10	1.04.50
200m Butterfly	2.51.19	2.43.80	2.38.10	2.28.70	2.26.50	2.24.80	2.23.90
100m Ind Medley	1.20.00	1.16.00	1.12.00	1.10.50	1.08.00	1.06.00	1.04.10
200m Ind Medley	2.49.80	2.34.70	2.31.50	2.25.50	2.22.00	2.20.40	2.18.60
400m Ind Medley	5.45.30	5.31.50	5.22.10	5.12.80	5.07.70	5.07.20	5.04.20

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 fastest swimmers first.

Age is as at 31st December 2018.