

DECEMBER DASHER OPEN MEET



WOKING SWIMMING CLUB A/B GRADE DECEMBER DASHER OPEN MEET

**SWIM ENGLAND LICENCE 3SE232412
UNDER SWIM ENGLAND LAWS AND TECHNICAL RULES**

SHORT COURSE UPPER & LOWER LIMITS

MALE / OPEN

EVENT		9	10	11	12	13	14	15 & Over
50m Freestyle	ULT	29.10	29.10	27.00	25.20	23.80	22.60	21.20
	QT	1:03.00	1:00.00	56.00	49.50	43.70	39.10	37.00
100m Freestyle	ULT	1:02.80	1:02.80	58.60	55.00	52.20	50.50	48.40
	QT	2:00.00	1:58.00	1:48.00	1:41.00	1:32.00	1:24.80	1:19.60
200m Freestyle	ULT	2:18.10	2:18.10	2:07.50	1:58.50	1:51.70	1:48.30	1:45.00
	QT	3:35.00	3:35.00	3:27.00	3:07.00	3:01.10	2:58.80	2:42.80
50m Backstroke	ULT	34.60	34.60	31.40	28.40	26.30	25.40	24.40
	QT	1:08.00	1:05.00	59.20	53.70	47.90	44.40	43.00
100m Backstroke	ULT	1:13.40	1:13.40	1:08.60	1:04.00	1:01.00	57.60	54.40
	QT	2:05.00	1:59.00	1:55.00	1:46.40	1:39.20	1:33.70	1:31.00
200m Backstroke	ULT	2:36.90	2:36.90	2:19.40	2:05.40	1:59.90	1:57.30	1:55.00
	QT	3:55.00	3:50.00	3:45.00	3:26.00	3:16.10	3:06.70	3:01.10
50m Breaststroke	ULT	38.40	38.40	34.40	32.40	31.90	30.40	29.00
	QT	1:18.00	1:15.00	1:05.00	59.80	53.10	48.90	46.70
100m Breaststroke	ULT	1:25.60	1:22.60	1:19.20	1:15.10	1:12.60	1:08.30	1:05.00
	QT	2:22.00	2:18.00	2:09.30	2:01.20	1:53.00	1:45.00	1:40.40
200m Breaststroke	ULT	3:04.00	3:04.00	2:56.40	2:36.80	2:29.30	2:25.70	2:22.50
	QT	4:23.00	4:20.00	4:15.00	3:58.30	3:45.00	3:34.00	3:25.00
50m Butterfly	ULT	33.10	33.10	30.20	28.00	26.20	25.40	24.50
	QT	1:13.00	1:10.50	1:06.00	59.00	52.00	48.00	45.00
100m Butterfly	ULT	1:16.40	1:16.40	1:07.70	1:03.90	59.60	56.90	54.40
	QT	2:07.00	2:05.00	2:02.10	1:47.10	1:42.00	1:34.00	1:29.50
200m Butterfly	ULT	3:07.00	3:07.00	2:48.90	2:29.40	2:13.10	2:04.80	2:00.20
	QT	4:28.60	4:26.60	4:23.30	4:15.10	4:06.80	3:36.60	3:13.50

DECEMBER DASHER OPEN MEET



FEMALE

EVENT		9	10	11	12	13	14	15 & Over
50m Freestyle	ULT	29.50	29.50	27.30	27.30	27.30	26.60	25.00
	QT	1:01.00	58.00	50.00	45.00	41.00	40.00	39.00
100m Freestyle	ULT	1:01.00	1:01.00	1:00.00	1:00.00	59.00	58.00	57.30
	QT	1:56.00	1:53.00	1:49.00	1:39.80	1:29.80	1:26.80	1:24.00
200m Freestyle	ULT	2:14.90	2:14.90	2:12.30	2:11.00	2:10.30	2:08.00	2:06.90
	QT	3:30.00	3:30.00	3:20.00	3:10.00	3:00.00	2:55.00	2:50.00
50m Backstroke	ULT	34.40	34.40	33.50	32.40	31.80	30.90	28.80
	QT	1:09.50	1:05.00	59.60	52.90	46.50	45.40	44.40
100m Backstroke	ULT	1:09.60	1:09.60	1:07.30	1:06.00	1:05.00	1:04.30	1:03.00
	QT	2:06.00	2:03.00	1:57.10	1:49.80	1:42.00	1:36.00	1:34.00
200m Backstroke	ULT	2:33.90	2:33.90	2:25.00	2:19.70	2:15.40	2:12.00	2:10.20
	QT	4:10.30	4:10.30	4:00.00	3:30.00	3:20.00	3:11.50	3:07.00
50m Breaststroke	ULT	39.90	39.90	36.70	35.40	34.30	32.70	30.00
	QT	1:18.00	1:14.00	59.50	55.50	52.50	50.10	49.90
100m Breaststroke	ULT	1:22.50	1:22.50	1:17.80	1:14.30	1:11.70	1:09.20	1:08.00
	QT	2:12.00	2:09.00	2:06.80	2:00.10	1:53.50	1:48.60	1:47.40
200m Breaststroke	ULT	2:55.00	2:55.00	2:50.00	2:42.00	2:36.00	2:32.00	2:30.00
	QT	4:17.00	4:17.00	4:07.30	4:00.50	3:45.70	3:39.70	3:31.70
50m Butterfly	ULT	32.50	32.50	31.60	30.10	29.40	28.20	27.00
	QT	1:12.00	1:09.00	1:01.00	55.50	48.70	44.20	43.50
100m Butterfly	ULT	1:10.00	1:10.00	1:08.20	1:06.30	1:04.90	1:03.50	1:01.00
	QT	2:10.00	2:06.00	2:00.00	1:53.00	1:45.00	1:38.00	1:36.00
200m Butterfly	ULT	2:54.00	2:54.00	2:41.00	2:28.00	2:17.00	2:12.00	2:10.00
	QT	4:20.60	4:20.60	4:15.00	4:02.00	3:36.00	3:31.00	3:27.00