

Rushmoor Royals Spring L3 Long Course Open Meet March 2024

Upper Limit Long Course Times - entry times must be equal to or slower than

All entry times should be submitted as long course (or short course converted times using Swim England Equivalent Tables).

Open/Male Event	Age Group								
	9	10	11	12	13	14	15	16	17/O
50 Free	31.00	30.00	28.00	27.00	25.00	24.00	24.00	23.00	23.00
100 Free	1.04.00	1.03.00	1.02.00	58.00	55.00	53.00	51.00	50.00	48.00
200 Free	2.22.00	2.20.00	2.14.00	2.07.00	2.02.00	2.00.00	1.55.00	1.52.00	1.50.00
400 Free	6.10.00	5.20.00	4.55.00	4.42.00	4.20.00	4.10.00	4.08.00	4.02.00	3.58.00
800 Free		9.20.00	8.55.00	8.40.00	8.35.00	8.30.00	8.15.00	8.10.00	8.00.00
1500 Free		18.50.00	17.15.00	16.55.00	16.40.00	16.30.00	16.20.00	16.10.00	16.00.00
50 Breast	41.00	39.00	37.00	35.00	32.50	31.50	30.00	29.00	29.00
100 Breast	1.30.00	1.28.00	1.21.00	1.16.00	1.13.00	1.09.50	1.05.50	1.04.50	1.02.00
200 Breast	3.20.00	3.10.00	2.55.00	2.43.00	2.30.00	2.28.00	2.16.00	2.15.00	2.15.00
50 Back	35.00	34.00	32.00	30.00	28.00	27.00	26.00	25.50	25.00
100 Back	1.16.00	1.14.00	1.11.00	1.04.00	1.02.00	1.01.00	59.00	58.50	56.50
200 Back	2.46.00	2.44.00	2.33.00	2.25.00	2.19.00	2.12.00	2.04.00	2.03.00	2.02.00
50 Fly	34.00	33.50	31.00	29.00	27.00	26.50	25.50	25.00	24.00
100 Fly	1.17.00	1.14.50	1.09.00	1.03.00	1.01.00	58.00	55.00	54.00	53.50
200 Fly	3.00.00	2.45.00	2.34.00	2.20.00	2.15.00	2.08.00	2.04.5	2.02.00	1.56.00
200 IM	2.45.00	2.40.00	2.31.50	2.22.00	2.15.00	2.09.00	2.02.00	2.00.00	1.57.50
400 IM		5.38.00	5.18.00	5.00.00	4.42.00	4.35.00	4.30.50	4.25.00	4.15.00

Female Event	Age Group								
	9	10	11	12	13	14	15	16	17/O
50 Free	32.00	31.00	30.00	28.00	27.50	27.00	26.50	26.00	25.50
100 Free	1.12.00	1.10.00	1.04.00	1.02.00	59.00	58.00	56.00	55.00	54.50
200 Free	2.36.00	2.30.00	2.17.00	2.14.00	2.08.00	2.06.00	2.02.00	2.01.5	2.01.00
400 Free	6.00.00	5.15.00	5.00.00	4.45.00	4.32.00	4.28.00	4.23.00	4.18.00	4.11.00
800 Free		9.45.00	9.15.00	9.00.00	8.50.00	8.45.00	8.40.00	8.35.00	8.30.00
1500 Free		18.00.00	17.30.00	17.20.00	16.50.00	16.40.00	16.30.00	16.20.00	16.15.00
50 Breast	43.00	41.00	38.00	35.50	34.00	33.00	32.50	31.50	31.00
100 Breast	1.35.00	1.33.00	1.25.00	1.20.00	1.14.00	1.12.00	1.10.00	1.09.00	1.08.00
200 Breast	3.25.00	3.15.00	2.56.00	2.52.00	2.37.00	2.36.00	2.35.00	2.33.50	2.29.00
50 Back	37.00	35.00	34.00	31.00	30.50	29.50	29.00	28.50	28.50
100 Back	1.19.00	1.17.00	1.12.00	1.07.00	1.06.00	1.04.50	1.03.00	1.02.00	1.01.00
200 Back	2.51.00	2.49.00	2.35.00	2.27.00	2.23.00	2.18.00	2.15.00	2.14.00	2.13.00
50 Fly	36.00	33.50	31.00	29.50	28.50	28.00	27.50	27.00	26.50
100 Fly	1.17.00	1.14.50	1.09.50	1.05.50	1.04.50	1.02.50	1.00.50	1.00.00	58.00
200 Fly	3.00.00	2.45.00	2.34.00	2.24.00	2.20.00	2.16.00	2.12.00	2.11.00	2.07.50
200 IM	2.50.00	2.40.00	2.32.00	2.25.00	2.21.50	2.19.00	2.15.00	2.13.50	2.10.00
400 IM		5.38.00	5.18.00	5.05.50	4.52.00	4.50.50	4.40.00	4.35.00	4.30.00