

Rushmoor Royals Sprint L3 Open Meet April 2024

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

All entry times should be submitted as short course (or long 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	31.00	28.00	27.00	25.00	24.00	24.00	23.00	23.00
100 Free	1.04.00	1.04.00	1.02.00	58.00	55.00	53.00	51.00	50.00	48.00
50 Breast	41.00	41.00	37.00	35.00	32.50	31.50	30.00	29.00	29.00
50 Back	35.00	35.00	32.00	30.00	28.00	27.00	26.00	25.50	25.00
50 Fly	34.00	33.50	31.00	29.00	27.00	26.50	25.50	25.00	24.00
100 IM	1.30.00	1.25.00	1.20.00	1.12.00	1.09.00	1.04.00	59.00	58.00	55.00

Female Event	Age Group								
	9	10	11	12	13	14	15	16	17/O
50 Free	31.00	31.00	30.00	28.00	27.00	26.50	26.00	25.50	25.50
100 Free	1.12.00	1.10.00	1.04.00	1.00.00	58.00	57.00	56.00	55.00	54.50
50 Breast	41.00	41.00	37.50	35.50	34.00	33.00	32.50	31.50	31.00
50 Back	37.00	36.00	34.00	31.00	30.00	29.50	29.00	28.50	28.50
50 Fly	34.00	33.50	31.00	29.50	28.00	27.50	27.00	26.50	26.50
100 IM	1.30.00	1.25.00	1.20.00	1.12.00	1.09.00	1.05.00	1.03.00	1.02.00	1.02.00