

Rushmoor Royals L2 SC Summer Meet June 2024

Lower Limit Times - entry times must be equal to or faster than the times published below

Ages as at 23rd June 2024

(Short course times - long course conversions permitted using Swim England Equivalent Tables)

Open/Male Event	Age Group								
	9	10	11	12	13	14	15	16	17/O
50 Free	42.10	39.90	38.10	36.80	35.30	34.50	32.00	30.30	29.90
100 Free	1.35.5	1.29.5	1.22.4	1.18.5	1.16.8	1.12.8	1.08.2	1.05.4	1.03.2
200 Free	3.23.0	3.10.0	2.58.5	2.50.0	2.41.8	2.30.5	2.25.6	2.19.5	2.17.8
400 Free	7.05.0	6.40.0	6.10.0	5.45.0	5.37.2	5.15.0	4.59.8	4.52.8	4.49.8
50 Breast	58.50	55.50	50.50	48.50	43.50	40.50	39.50	37.50	36.80
100 Breast	1.58.5	1.51.0	1.48.5	1.43.5	1.38.8	1.30.5	1.25.5	1.22.2	1.19.5
200 Breast	4.28.5	3.59.0	3.45.0	3.33.0	3.25.0	3.12.5	2.58.2	2.55.5	2.53.8
50 Back	49.50	47.00	45.00	43.50	40.50	37.50	36.50	34.20	33.90
100 Back	1.42.5	1.38.5	1.35.2	1.32.0	1.24.2	1.19.5	1.15.8	1.13.5	1.11.8
200 Back	3.48.5	3.32.0	3.25.5	3.15.5	2.59.8	2.49.8	2.40.0	2.36.5	2.32.2
50 Fly	50.50	48.50	45.50	40.50	39.50	36.50	34.80	33.30	32.80
100 Fly	1.45.5	1.41.5	1.33.5	1.29.5	1.23.5	1.18.5	1.14.8	1.12.5	1.10.8
200 Fly	4.15.0	3.47.2	3.28.8	3.13.0	3.07.3	2.53.8	2.42.3	2.41.2	2.39.5
100 IM	1.49.8	1.45.0	1.39.5	1.35.8	1.30.5	1.25.0	1.20.8	1.18.6	1.15.8
200 IM	3.53.2	3.40.6	3.25.0	3.15.6	3.04.8	2.50.5	2.45.5	2.42.4	2.39.8
400 IM		7.20.5	6.59.0	6.45.0	6.20.5	5.59.8	2.39.8	5.30.2	5.29.8

Female Event	Age Group								
	9	10	11	12	13	14	15	16	17/O
50 Free	42.60	39.90	38.20	36.80	35.80	34.80	33.50	33.10	32.80
100 Free	1.35.5	1.29.5	1.23.4	1.19.5	1.17.5	1.13.5	1.11.2	1.10.3	1.09.8
200 Free	3.25.0	3.10.0	2.59.00	2.51.2	2.45.0	2.40:0	2.35.0	2.30.0	2.28.0
400 Free	7.05.0	6.40.0	6.10.0	5.45.0	5.37.2	5.25.0	5.15.0	5.10.0	5.05.0
50 Breast	58.50	55.50	50.50	48.50	45.50	42.50	41.50	40.00	39.50
100 Breast	1.59.9	1.55.5	1.50.5	1.45.50	1.40.50	1.38.5	1.30.5	1.28.5	1.27.0
200 Breast	4.30.0	3.59.0	3.45.0	3.35.0	3.28.50	3.22.0	3.15.5	3.08.8	3.05.8
50 Back	49.50	47.00	45.00	43.50	40.50	38.50	37.50	36.50	36.00
100 Back	1.48.5	1.42.5	1.38.0	1.32.00	1.25.5	1.22.5	1.20.5	1.19.0	1.17.2
200 Back	3.50.0	3.35.0	3.25.5	3.15.5	3.05.50	2.55.5	2.50.0	2.48.5	2.45.5
50 Fly	50.50	48.50	45.50	41.00	40.50	38.50	37.50	36.50	35.50
100 Fly	1.49.5	1.45.5	1.35.5	1.30.3	1.25.5	1.21.3	1.19.8	1.17.5	1.16.2
200 Fly	4.15.0	3.50.0	3.30.0	3.15.0	3.10.0	2.59.5	2.50.4	2.45.3	2.42.3
100 IM	1.49.8	1.45.0	1.39.5	1.36.8	1.31.5	1.27.8	1.25.8	1.21.5	1.20.2
200 IM	3.55.3	3.40.6	3.25.0	3.15.6	3.05.1	2.58.8	2.56.3	2.50.8	2.48.3
400 IM		7.20.5	6.59.0	6.45.0	6.25.0	6.10.8	5.59.8	5.55.6	5.52.3