



NOTTINGHAM LEANDER SC

PRESENT

The Tony Holmes Sprint Meet 2025



6th July 2025 at Harvey Hadden Sports Village
Upper Limit Times

Licensed Meet Level 3 - 3EM250988
(Swim England Regulations and Technical Rules of Swimming)

Open/Male Upper Limit Times

Event	9 Years	10 Years	11 Years	12 Years	13 Years	14 Years	15 Years / Over
50m Freestyle	32.1	31.6	30.0	28.0	26.0	25.0	22.4
50m Breaststroke	41.0	40.5	38.0	36.1	34.5	32.0	29.0
50m Backstroke	36.0	35.6	33.6	31.9	29.5	28.4	26.0
25m Butterfly	15.0						
50m Butterfly		34.3	32.6	30.9	28.0	27.0	24.0
100m IM	1:25.0	1:19.5	1:10.6	1:08.5	1:06.2	1:04.8	59.0

Female Upper Limit Times

Event	9 Years	10 Years	11 Years	12 Years	13 Years	14 Years	15 Years / Over
50m Freestyle	31.0	30.9	29.6	28.6	27.5	26.4	26.0
50m Breaststroke	41.0	39.5	38.0	36.4	35.0	34.5	31.8
50m Backstroke	36.5	35.9	33.0	32.5	31.0	29.0	29.0
25m Butterfly	15.0						
50m Butterfly		34.6	32.0	31.4	30.1	28.0	27.0
100m IM	1:25.5	1:17.5	1:13.5	1:07.5	1:06.0	1:05.0	1:02.0

ONLY SWIMMERS SLOWER THAN THE ABOVE TIMES ARE ELIGIBLE TO ENTER

(the times for long to short course conversions may be used to determine the swimmers swim time and eligibility)

A Time MUST be submitted on your entry, or the entry will not be accepted. A coaches estimated time will be accepted if not time is available in the national rankings.

Information and Results available on our meet website:
<https://www.swimmingmeetresults.co.uk/NottsLeander>