



Leicester Penguins Swimming Club

(Affiliated to Swim England East Midland Region & Leicestershire & Rutland ASA)

OPEN/BOYS UPPER LIMIT TIMES

EVENT	9/10	11	12	13	14	15/OV
50m Freestyle	31.1	29.6	27.9	26.6	25.6	24.8
100m Freestyle	1:07.8	1:03.9	59.8	56.8	54.8	53.6
200m Freestyle	2:26.1	2:18.0	2:09.8	2:03.4	1:59.0	1:56.4
400m Freestyle	5:07.2	4:47.7	4:31.7	4:19.5	4:11.6	4:05.8
50m Breaststroke	41.0	38.5	36.1	33.8	32.5	31.4
100m Breaststroke	1:29.3	1:22.7	1:17.2	1:12.3	1:09.5	1:07.3
200m Breaststroke	3:10.6	2:57.4	2:46.6	2:36.7	2:30.2	2:26.1
50m Butterfly	34.9	32.8	31.1	29.3	28.1	27.1
100m Butterfly	1:19.6	1:12.5	1:07.6	1:03.6	1:00.8	58.8
200m Butterfly	2:54.0	2:38.3	2:28.8	2:20.5	2:14.6	2:09.1
50m Backstroke	36.0	34.1	32.3	30.4	29.4	28.4
100m Backstroke	1:18.3	1:12.3	1:08.0	1:04.1	1:01.4	59.5
200m Backstroke	2:44.0	2:33.8	2:25.0	2:17.2	2:11.7	2:08.1
100 Individual Medley	1.25.4	1.18.0	1.13.0	1.08.5	1.06.0	1.02.5
200m Individual Medley	2:48.1	2:36.8	2:27.9	2:20.7	2:14.6	2:11.2

GIRLS UPPER LIMIT TIMES

EVENT	9/10	11	12	13	14	15/OV
50m Freestyle	31.4	30.0	28.6	27.9	27.5	27.1
100m Freestyle	1:09.0	1:04.3	1:01.0	59.6	58.6	58.0
200m Freestyle	2:26.5	2:18.4	2:11.0	2:07.6	2:05.9	2:04.4
400m Freestyle	5:11.3	4:47.2	4:32.4	4:26.0	4:22.7	4:19.4
50m Breaststroke	41.0	38.5	36.4	35.2	34.5	34.0
100m Breaststroke	1:29.6	1:22.5	1:18.0	1:15.1	1:13.0	1:12.4
200m Breaststroke	3:10.2	2:56.9	2:47.2	2:41.1	2:37.7	2:36.3
50m Butterfly	34.8	33.1	31.4	30.5	29.9	29.4
100m Butterfly	1:19.3	1:12.6	1:08.2	1:06.2	1:04.6	1:04.1
200m Butterfly	2:56.0	2:39.8	2:29.4	2:24.4	2:20.9	2:18.8
50m Backstroke	35.9	34.0	32.5	31.6	31.0	30.7
100m Backstroke	1:18.1	1:12.3	1:08.2	1:06.2	1:05.1	1:04.1
200m Backstroke	2:45.1	2:32.5	2:25.0	2:21.5	2:19.2	2:16.9
100 Individual Medley	1.26.0	1.20.7	1.15.9	1.12.8	1.10.3	1.08.2
200m Individual Medley	2:47.4	2:36.3	2:28.2	2:24.7	2:22.1	2:20.5

PLEASE NOTE: - The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female.

Only swimmers **SLOWER** than the above times shown are eligible to enter
REMEMBER ~ AGE MEANS AGE AT END OF OPEN MEET (6th October 2024)