

## 2023 10th Eric Shepherd Meet Female Upper Limit Time

Event	09	10	11	12	13	14	15	16/OV
50 Freestyle	00:31.70	00:28.80	00:28.80	00:27.20	00:25.60	00:25.40	00:25.20	00:24.80
100 Freestyle	01:11.30	01:04.80	01:04.80	01:00.80	00:56.80	00:55.20	00:54.60	00:53.80
200 Freestyle	02:29.60	02:16.00	02:16.00	02:10.40	02:02.40	01:56.00	01:55.20	01:54.90
50 Breaststroke	00:44.00	00:40.00	00:40.00	00:37.60	00:35.20	00:34.80	00:34.30	00:34.20
100 Breaststroke	01:32.40	01:24.00	01:24.00	01:20.60	01:16.30	01:13.60	01:10.50	01:10.00
50 Butterfly	00:37.80	00:34.40	00:34.40	00:32.70	00:30.40	00:29.50	00:28.80	00:28.60
100 Butterfly	01:20.10	01:12.80	01:12.80	01:08.70	01:07.20	01:04.00	01:01.40	01:01.00
50 Backstroke	00:38.30	00:34.80	00:34.80	00:33.70	00:30.50	00:30.40	00:30.30	00:30.20
100 Backstroke	01:21.00	01:13.60	01:13.60	01:08.20	01:05.60	01:04.00	01:03.10	01:01.90
200 Individual Medley	02:52.50	02:36.80	02:36.80	02:25.60	02:19.20	02:11.90	02:08.60	02:07.80

## Male Upper Limit Time

Event	09	10	11	12	13	14	15	16/OV
50 Freestyle	00:31.70	00:28.80	00:28.80	00:28.00	00:26.40	00:24.80	00:23.20	00:22.80
100 Freestyle	01:10.40	01:04.00	01:04.00	01:00.00	00:57.50	00:52.40	00:50.10	00:49.50
200 Freestyle	02:31.40	02:17.60	02:17.60	02:08.80	02:00.80	01:52.80	01:50.00	01:46.80
50 Breaststroke	00:44.90	00:40.80	00:40.80	00:38.40	00:36.80	00:33.60	00:32.50	00:32.00
100 Breaststroke	01:34.20	01:25.60	01:25.60	01:20.80	01:13.60	01:11.40	01:08.30	01:05.80
50 Butterfly	00:38.70	00:35.20	00:35.20	00:32.80	00:31.20	00:29.00	00:27.60	00:27.20
100 Butterfly	01:21.80	01:14.40	01:14.40	01:10.40	01:05.60	01:01.80	00:58.60	00:56.20
50 Backstroke	00:37.80	00:34.40	00:34.40	00:33.60	00:32.00	00:30.80	00:28.80	00:28.00
100 Backstroke	01:21.80	01:14.40	01:14.40	01:10.40	01:05.60	01:01.80	00:58.60	00:56.80
200 Individual Medley	02:53.40	02:37.60	02:37.60	02:27.60	02:18.10	02:10.40	02:03.80	01:59.30

**Times based on 2022 Essex County Age Group qualifying times -20%**