

West Suffolk Swimming Club - Neate Meet 2023

29th September - 1st October 2023: Held under Swim England Regulations and Technical Rules



Upper Time Limits

Event	9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15+ YRS		9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15+ YRS
	Male/Open	Male/Open	Male/Open	Male/Open	Male/Open	Male/Open	Male/Open		Female	Female	Female	Female	Female	Female	Female
50m Free	29.50	29.00	28.00	27.50	26.50	24.50	22.00		30.00	29.50	28.50	28.00	27.00	26.00	25.00
100m Free	1.10.00	1.07.00	1.04.00	1.00.30	57.50	54.00	50.00		1.11.00	1.08.00	1.04.00	59.50	58.50	57.50	56.00
200m Free	2.30.00	2.23.00	2.18.50	2.12.80	2.05.00	2.00.00	1.48.00		2.30.50	2.25.00	2.17.00	2.14.00	2.10.50	2.06.50	2.02.00
50m Back	33.00	31.50	30.00	29.50	29.00	27.50	26.00		34.50	33.50	32.50	31.50	31.00	30.00	28.50
100m Back	1.20.50	1.16.50	1.11.50	1.08.50	1.04.50	59.00	55.00		1.19.50	1.15.50	1.13.50	1.11.50	1.07.50	1.04.00	1.02.50
200m Back	2.36.00	2.34.50	2.30.50	2.28.50	2.18.00	2.13.50	1.59.50		2.40.00	2.36.50	2.32.00	2.25.00	2.20.00	2.16.00	2.13.00
50m Breast	38.00	35.00	33.00	32.00	31.00	28.50	27.00		41.00	39.50	37.50	35.00	34.00	33.00	30.00
100m Breast	1.32.00	1.28.00	1.23.00	1.17.50	1.13.50	1.09.00	1.03.50		1.33.50	1.29.50	1.24.00	1.17.50	1.16.50	1.12.00	1.08.00
200m Breast	3.30.00	3.15.00	3.02.00	2.52.00	2.32.00	2.22.00	2.16.50		3.22.00	3.17.00	3.05.00	2.45.00	2.40.00	2.32.00	2.30.00
50m Fly	32.50	29.00	28.00	27.00	26.50	25.00	24.00		35.00	34.00	32.0	31.00	29.50	28.50	27.50
100m Fly	1.18.00	1.15.00	1.12.00	1.09.50	1.02.70	59.00	53.50		1.19.50	1.16.50	1.11.50	1.10.00	1.07.50	1.04.50	1.00.50
200m Fly	2.59.00	2.46.00	2.40.00	2.34.00	2.20.00	2.13.00	2.00.50		3.04.00	2.49.00	2.39.00	2.28.50	2.22.00	2.19.50	2.11.50
100m IM	1.16.00	1.12.00	1.09.00	1.07.00	1.04.00	59.50	54.00		1.18.00	1.14.50	1.10.00	1.08.50	1.06.50	1.05.50	1.01.50
200m IM	2.53.00	2.46.00	2.39.00	2.32.50	2.24.00	2.19.00	2.05.00		3.01.50	2.50.00	2.43.00	2.35.00	2.26.00	2.19.50	2.15.80

Age as of 1st October 2023 - NT entries allowed