



PSC Winter Short Course Open 2023

(Licensed by Swim England for entry into County Championships as Level 3 under No. 3ER230781)

Saturday 18th and Sunday 19th November 2023

Upper Cut off Qualifying Times (25m)

(No faster than)

Ages as at of 19th November 2023

OPEN/ MALE							EVENT	FEMALE						
9	10	11	12	13	14	15/ Ov	Age	9	10	11	12	13	14	15/ Ov
32.0	31.5	30.0	28.5	27.0	26.0	23.8	50 Freestyle	34.0	32.9	31.7	30.7	29.3	28.9	27.9
1:11.3	1:11.3	1:06.5	1:01.2	57.2	55.5	53.1	100 Freestyle	1:12.1	1:10.1	1:08.2	1:05.3	1:02.0	1:01.5	1:00.0
2:42.0	2:30.0	2:19.0	2:10.8	2:04.5	2:00.2	1:56.0	200 Freestyle	2:37.5	2:28.8	2:20.4	2:13.9	2:10.2	2:07.5	2:05.9
5:00.00	4:50.00	4:44.50	4:44.50	4:30.00	4:25.00	4:15.50	400 Freestyle	5:30.00	5:00.00	4:50.00	4:44.50	4:44.50	4:35.00	4:30.00
-	-	9:30.0	9:00.0	8:40.0	8:30.0	8:20.0	800 Freestyle	-	-	9:35.5	9:05.9	8:45.8	8:43.6	8:34.7
-	-	17:42.9	17:37.3	16:26.3	15:41.1	15:10.5	1500 Freestyle	-	-	19:03.10	18:00.8	17:24.5	17:10.0	16:27.1
38.9	37.8	36.7	35.8	34.7	33.6	32.5	50 Breaststroke	41.9	40.7	39.3	38.4	37.2	36.3	35.4
1:27.3	1:27.3	1:20.5	1:17.7	1:13.0	1:10.7	1:08.4	100 Breaststroke	1:33.5	1:33.5	1:25.9	1:19.3	1:16.8	1:15.1	1:14.0
3:29.9	3:04.6	2:59.0	2:40.5	2:36.9	2:27.5	2:25.0	200 Breaststroke	3:30.7	3:13.1	2:58.5	2:44.8	2:39.2	2:35.5	2:33.4
35.1	34.0	32.9	31.8	30.4	29.3	27.5	50 Butterfly	36.9	35.9	34.3	33.1	32.3	31.1	29.4
1:18.1	1:18.1	1:11.0	1:08.5	1:04.1	1:01.6	59.7	100 Butterfly	1:24.5	1:24.5	1:15.7	1:09.7	1:07.6	1:06.8	1:05.0
3:12.9	2:54.3	2:38.4	2:27.1	2:19.8	2:10.3	2:04.3	200 Butterfly	3:20.1	2:52.4	2:45.0	2:28.3	2:24.5	2:24.0	2:18.0
35.9	34.8	33.5	32.8	31.6	30.8	28.5	50 Backstroke	37.9	36.3	35.7	34.5	33.7	32.4	30.3
1:19.4	1:19.4	1:12.5	1:09.0	1:04.7	1:02.4	1:00.2	100 Backstroke	1:24.1	1:24.1	1:15.4	1:09.6	1:07.6	1:06.0	1:05.3
3:02.1	2:39.10	2:33.2	2:20.4	2:18.9	2:10.6	2:04.2	200 Backstroke	2:54.8	2:43.6	2:37.7	2:27.4	2:19.3	2:15.2	2:13.7
3:10.8	2:54.9	2:43.4	2:34.2	2:26.6	2:19.9	2:14.2	200 Ind. Medley	3:12.5	2:54.8	2:43.2	2:34.7	2:30.7	2:27.7	2:24.3
-	5:45.50	5:35.00	5:30.00	5:20.50	5:00.00	4:45.00	400 Ind. Medley	-	5:45.50	5:35.00	5:30.00	5:20.50	5:00.00	4:45.00