



**Rugby Open Meet 2019**  
**Level 3 (License: WM190439)      8 - 10 March 2019**

**Upper and lower time limits (Short Course 25m)**

**Upper Times (you must be slower than this to enter)**

BOYS							EVENT	GIRLS						
9	10	11	12	13	14	15+		9	10	11	12	13	14	15+
0:32.9	31.1	29.6	27.9	26.6	25.6	24.8	<b>50m Free</b>	0:32.9	31.4	30	28.6	27.9	27.5	27.1
1:12.8	1:07.8	1:03.9	59.8	56.8	54.8	53.6	<b>100m Free</b>	1:11.9	1:09.0	1:04.3	1:01.0	59.6	58.6	58
2:35.9	2:26.1	2:18.0	2:09.8	2:03.4	1:59.0	1:56.4	<b>200m Free</b>	2:35.2	2:26.5	2:18.4	2:11.0	2:07.6	2:05.9	2:04.4
5:33.1	5:07.2	4:47.7	4:31.7	4:19.5	4:11.6	4:05.8	<b>400m Free</b>	5:26.1	5:11.3	4:47.2	4:32.4	4:26.0	4:22.7	4:19.4
0:42.9	41	38.5	36.1	33.8	32.5	31.4	<b>50m Breast</b>	0:42.5	41	38.5	36.4	35.2	34.5	34
1:35.1	1:29.3	1:22.7	1:17.2	1:12.3	1:09.5	1:07.3	<b>100m Breast</b>	1:34.0	1:29.6	1:22.5	1:18.0	1:15.1	1:13.0	1:12.4
3:22.1	3:10.6	2:57.4	2:46.6	2:36.7	2:30.2	2:26.1	<b>200m Breast</b>	3:22.1	3:10.2	2:56.9	2:47.2	2:41.1	2:37.7	2:36.3
0:35.6	34.9	32.8	31.1	29.3	28.1	27.1	<b>50m Fly</b>	0:35.7	34.8	33.1	31.4	30.5	29.9	29.4
1:24.7	1:19.6	1:12.5	1:07.6	1:03.6	1:00.8	58.8	<b>100m Fly</b>	1:23.4	1:19.3	1:12.6	1:08.2	1:06.2	1:04.6	1:04.1
3:15.4	2:54.0	2:38.3	2:28.8	2:20.5	2:14.6	2:09.1	<b>200m Fly</b>	3:08.4	2:56.0	2:39.8	2:29.4	2:24.4	2:20.9	2:18.8
0:37.9	36	34.1	32.3	30.4	29.4	28.4	<b>50m Back</b>	0:36.6	35.9	34	32.5	31.6	31	30.7
1:22.0	1:18.3	1:12.3	1:08.0	1:04.1	1:01.4	59.5	<b>100m Back</b>	1:21.9	1:18.1	1:12.3	1:08.2	1:06.2	1:05.1	1:04.1
2:53.3	2:44.0	2:33.8	2:25.0	2:17.2	2:11.7	2:08.1	<b>200m Back</b>	2:53.9	2:45.1	2:32.5	2:25.0	2:21.5	2:19.2	2:16.9
1:23.2	1:22.7	1:18.3	1:12.9	1:08.1	1:05.5	1:02.9	<b>100m IM</b>	1:23.7	1:23.2	1:18.3	1:13.0	1:10.7	1:09.2	1:08.1
2:58.1	2:48.10	2:36.8	2:27.9	2:20.7	2:14.6	2:11.2	<b>200m IM</b>	2:57.4	2:47.4	2:36.3	2:28.2	2:24.7	2:22.1	2:20.5
6:36.6	6:36.6	5:32.4	5:11.6	4:56.9	4:44.8	4:37.1	<b>400m IM</b>	6:32.3	6:32.3	5:29.9	5:11.9	5:02.8	4:58.1	4:54.8

**Lower Times (you must be faster than this to enter)**

BOYS							EVENT	GIRLS						
9	10	11	12	13	14	15+		9	10	11	12	13	14	15+
0:51.1	0:48.7	0:46.2	0:43.7	0:41.4	0:39.8	0:37.6	<b>50m Free</b>	0:52.1	0:49.6	0:46.6	0:44.7	0:43.5	0:42.8	0:41.7
1:52.3	1:46.9	1:39.5	1:34.0	1:28.8	1:25.2	1:20.6	<b>100m Free</b>	1:54.4	1:49.0	1:40.2	1:35.5	1:32.8	1:31.6	1:29.2
3:51.2	3:51.2	3:36.7	3:23.7	3:13.3	3:05.9	2:56.0	<b>200m Free</b>	3:53.0	3:53.0	3:37.3	3:26.9	3:18.8	3:16.8	3:10.7
7:15.8	7:15.8	6:45.6	6:24.6	6:05.9	5:53.4	5:33.9	<b>400m Free</b>	7:22.6	7:22.6	6:48.0	6:27.7	6:14.4	6:08.3	5:59.9
1:07.0	1:03.9	1:00.0	0:56.0	0:52.4	0:50.3	0:46.9	<b>50m Breast</b>	1:07.5	1:04.3	1:00.1	0:56.9	0:54.8	0:53.5	0:52.4
2:25.5	2:18.6	2:08.2	1:59.8	1:52.6	1:47.8	1:41.1	<b>100m Breast</b>	2:26.3	2:19.3	2:08.3	2:01.5	1:56.9	1:53.8	1:51.8
4:38.6	4:38.6	4:38.6	4:20.2	4:04.3	3:52.6	3:39.2	<b>200m Breast</b>	4:36.8	4:36.8	4:36.8	4:21.7	4:11.1	4:05.2	4:00.9
0:57.0	0:54.2	0:51.3	0:48.4	0:45.4	0:43.4	0:40.1	<b>50m Fly</b>	0:57.0	0:54.2	0:51.2	0:48.8	0:47.2	0:46.0	0:44.7
2:08.4	2:02.3	1:52.2	1:45.4	1:38.5	1:33.9	1:27.3	<b>100m Fly</b>	2:08.6	2:02.5	1:52.2	1:46.1	1:42.0	1:40.0	1:37.3
4:10.2	4:10.2	4:10.2	3:52.7	3:39.2	3:27.6	3:12.6	<b>200m Fly</b>	4:10.3	4:10.3	4:10.3	3:54.3	3:43.9	3:37.9	3:31.5
0:58.7	0:55.9	0:52.8	0:49.8	0:47.2	0:45.3	0:42.0	<b>50m Back</b>	0:58.8	0:56.0	0:52.6	0:50.4	0:49.0	0:47.9	0:46.3
2:06.7	2:00.7	1:51.6	1:45.0	1:39.4	1:34.7	1:28.8	<b>100m Back</b>	2:07.8	2:01.7	1:52.0	1:45.8	1:42.6	1:40.7	1:37.5
3:59.0	3:59.0	3:59.0	3:44.2	3:33.0	3:24.0	3:11.5	<b>200m Back</b>	3:59.3	3:59.3	3:59.3	3:47.4	3:39.6	3:34.6	3:28.4
2:06.3	2:00.3	1:54.1	1:47.9	1:41.5	1:36.0	1:30.1	<b>100m IM</b>	2:07.7	2:01.6	1:53.8	1:48.4	1:44.6	1:42.6	1:39.6
4:15.1	4:15.1	3:58.1	3:44.2	3:32.5	3:23.7	3:11.5	<b>200m IM</b>	4:15.2	4:15.2	3:57.3	3:46.8	3:38.8	3:34.8	3:29.7
7:55.1	7:55.1	7:55.1	7:22.4	6:59.5	6:42.0	6:18.2	<b>400m IM</b>	7:53.4	7:53.4	7:53.4	7:25.3	7:09.6	6:59.7	6:48.2