

**SPA TOWN A & B GRADED MEET 2019 - UPPER & LOWER LIMIT TIMES (25m Times)**

**Swimmer must not have swum faster than the Upper Limit Time in the previous 12 months  
but must have swum faster than the Lower Limit Time in the same period**

**BOYS - Upper Limit Times (swimmers must not have swum faster in the previous 12 months)**

EVENT	9	10	11	12	13	14	15 & over
50m Freestyle	36.2	33.6	32	30.2	28.7	27.5	26.6
100m Freestyle	1.21.5	1.13.2	1.09.1	1.04.9	1.01.4	59	57.4
200m Freestyle	2.53.8	2.38.1	2.29.4	2.20.8	2.13.5	2.08.1	2.04.4
400m Freestyle	6.18.4	5.35.3	5.11.9	4.55.0	4.41.0	4.30.8	4.23.6
50m Breaststroke	47.6	44.1	41.5	38.9	36.4	34.9	33.6
100m Breaststroke	1.47.3	1.36.1	1.29.1	1.23.4	1.18.0	1.14.6	1.12.0
200m Breaststroke	3.42.6	3.25.2	3.11.3	2.59.9	2.49.0	2.41.3	2.36.1
50m Butterfly	41.1	37.7	35.4	33.5	31.6	30.2	28.9
100m Butterfly	1.39.4	1.25.4	1.18.1	1.13.0	1.08.6	1.05.3	1.02.8
200m Butterfly	3.36.5	3.07.1	2.50.6	2.40.7	2.31.4	2.24.5	2.17.9
50m Backstroke	42	38.8	36.7	34.8	32.7	31.5	30.3
100m Backstroke	1.32.5	1.24.2	1.18.0	1.13.4	1.09.1	1.05.9	1.03.6
200m Backstroke	3.12.8	2.57.0	2.46.0	2.36.7	2.28.0	2.21.4	2.16.9
200m Individual Medley	3.17.4	3.01.4	2.49.4	2.39.4	2.31.9	2.24.6	2.20.2
400m Individual Medley	7.06.4	6.30.0	5.59.3	5.36.3	5.20.8	5.06.4	4.56.3

**BOYS - Lower Limit Times (swimmers must have achieved this time in the previous 12 months)**

EVENT	9	10	11	12	13	14	15 & over
50m Freestyle	48.5	45.3	42.3	39.7	37	34.4	32.4
100m Freestyle	1.49.0	1.39.3	1.31.9	1.25.7	1.19.6	1.14.1	1.10.1
200m Freestyle	3.54.0	3.35.4	3.19.9	3.06.9	2.53.9	2.41.6	2.33.0
400m Freestyle	8.27.1	7.34.5	6.59.2	6.33.0	6.06.9	5.42.1	5.23.6
50m Breaststroke	1.03.1	58.8	54.5	50.8	46.8	43.5	40.9
100m Breaststroke	2.21.3	2.08.5	1.57.5	1.49.4	1.40.7	1.33.5	1.28.0
200m Breaststroke	4.56.1	4.35.4	4.13.1	3.56.4	3.38.3	3.22.2	3.10.7
50m Butterfly	54.4	50.3	46.5	43.8	40.6	37.6	35.2
100m Butterfly	2.08.9	1.53.4	1.42.7	1.35.5	1.28.3	1.21.7	1.16.7
200m Butterfly	4.42.6	4.09.1	3.45.8	3.30.8	3.15.1	3.01.0	2.48.8
50m Backstroke	55.8	51.8	48.2	45.4	41.9	39.2	36.7
100m Backstroke	2.02.2	1.52.5	1.42.8	1.36.2	1.28.9	1.22.4	1.17.6
200m Backstroke	4.17.5	3.58.1	3.40.4	3.26.4	3.11.4	2.57.5	2.47.5
200m Individual Medley	4.24.0	4.04.7	3.45.8	3.31.4	3.16.8	3.02.0	2.51.9
400m Individual Medley	9.29.9	8:44.8	7:58.6	7:27.2	6:56.4	6:25.7	6:03.7

**GIRLS - Upper Limit Times (swimmers must not have swum faster in the previous 12 months)**

EVENT	9	10	11	12	13	14	15 & over
50m Freestyle	36.5	34	32.5	31	29.8	29.4	29
100m Freestyle	1.22.7	1.14.8	1.09.7	1.06.0	1.04.2	1.02.4	1.02.0
200m Freestyle	2.55.7	2.39.1	2.30.0	2.22.0	2.17.6	2.15.6	2.13.1
400m Freestyle	6.25.1	5.37.4	5.11.6	4.54.6	4.46.7	4.42.1	4.37.7
50m Breaststroke	48.4	44.3	41.6	39.3	37.9	37	36.3
100m Breaststroke	1.47.6	1.36.6	1.29.0	1.24.2	1.20.8	1.18.2	1.17.4
200m Breaststroke	3.44.8	3.25.5	3.11.0	3.00.6	2.53.2	2.48.9	2.47.0
50m Butterfly	41.6	37.7	35.7	33.9	32.8	32	31.3
100m Butterfly	1.40.5	1.25.4	1.18.4	1.13.6	1.11.1	1.09.1	1.08.4
200m Butterfly	3.39.8	3.09.5	2.52.5	2.41.3	2.35.2	2.31.0	2.28.3
50m Backstroke	42.2	38.9	36.8	35.1	33.9	33.1	32.8
100m Backstroke	1.34.1	1.24.4	1.18.2	1.13.8	1.11.2	1.09.1	1.08.4
200m Backstroke	3.15.0	2.58.6	2.45.0	2.36.9	2.32.3	2.29.4	2.26.3
200m Individual Medley	3.19.2	3.01.5	2.49.8	2.40.4	2.35.9	2.32.4	2.30.3
400m Individual Medley	7.04.2	6.29.6	5.57.2	5.37.7	5.26.3	5.19.7	5.15.4

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400m Freestyle	8.25.6	7.33.2	6.52.9	6.25.1	6.04.3	5.50.4	5.40.9
50m Breaststroke	1.03.4	58.8	54.3	50.6	47.6	45.5	44.2
100m Breaststroke	2.20.3	2.08.0	1.56.4	1.48.5	1.41.6	1.36.7	1.34.5
200m Breaststroke	4.54.9	4.32.7	4.09.8	3.52.9	3.38.2	3.28.8	3.23.7
50m Butterfly	54.3	49.9	46.5	43.5	41	39.3	38.1
100m Butterfly	2.08.8	1.52.6	1.42.1	1.34.6	1.29.3	1.25.2	1.23.3
200m Butterfly	4.41.5	4.09.3	3.45.0	3.27.8	3.15.1	3.06.4	3.01.0
50m Backstroke	55.5	51.7	48.1	45.1	42.6	40.8	39.8
100m Backstroke	2.02.9	1.52.2	1.42.5	1.35.2	1.29.7	1.26.1	1.23.6
200m Backstroke	4.16.6	3.58.3	3.37.2	3.23.0	3.12.2	3.04.5	2.58.9
200m Individual Medley	4.23.5	4.03.1	3.43.7	3.28.3	3.17.1	3.08.9	3.04.0
400m Individual Medley	9:18.4	8:38.7	7:50.7	7:18.2	6:52.9	6:36.5	6:26.1