



Winchester City Swimming Club

MALE/OPEN UPPER LIMIT TIMES - LONG COURSE

Stroke	Dist.	9/10	11	12	13	14	15	16/O
Freestyle	50m	31.00	30.00	27.00	26.00	25.00	24.00	23.00
	100m	1:07.00	1:07.00	59.00	56.00	54.00	52.00	51.00
	200m	2:26.00	2:26.00	2:08.00	2:04.00	2:00.00	1:55.00	1:53.00
	400m	NA	5.14.00	4.51.00	4.47.00	4.16.00	4.14.00	4.07.00
Breaststroke	50m	41.00	40.00	36.00	33.00	32.00	31.00	30.00
	100m	1:29.00	1:25.00	1:16.00	1:12.00	1:09.00	1:05.00	1:03.00
	200m	3:20.00	3:20.00	2:44.00	2:39.00	2:33.00	2:18.00	2:16.00
Backstroke	50m	36.00	36.00	32.00	29.00	28.00	27.00	26.00
	100m	1:18.00	1:18.00	1:06.00	1:04.00	1:02.00	58.00	57.00
	200m	2:57.00	2:50.00	2:22.00	2:18.00	2:14.00	2:05.00	2:03.00
Butterfly	50m	34.00	32.00	31.00	28.00	27.00	24.00	23.00
	100m	1:19.00	1:15.00	1:06.00	1:03.00	1:00.00	55.00	54.00
	200m	3:20.00	3:00.00	2:27.00	2:22.00	2:16.00	2:04.00	2:04.00
Medley	200m	2:48.00	2:39.00	2:25.00	2:21.00	2:16.00	2:08.00	2:06.00
	400m	NA	6.08.00	5.25.00	5.09.00	4.40.00	4:40.00	4.40.00

FEMALE UPPER LIMIT TIMES - LONG COURSE

Stroke	Dist.	9/10	11	12	13	14	15	16/O
Freestyle	50m	31.00	30.00	28.00	27.00	27.00	26.00	25.00
	100m	1:09.00	1:09.00	1:01.00	1:00.00	58.00	57.00	56.00
	200m	2:26.00	2:26.00	2:13.00	2:10.00	2:08.00	2:06.00	2:04.00
	400m	NA	5.06.00	4.46.00	4.41.00	4.33.00	4.30.00	4.24.00
Breaststroke	50m	41.00	41.00	36.00	34.00	32.00	32.00	32.00
	100m	1:29.00	1:25.00	1:18.00	1:15.00	1:14.00	1:12.00	1:11.00
	200m	3:20.00	3:00.00	3:00.00	2:50.00	2:44.00	2:36.00	2:33.00
Backstroke	50m	36.00	36.00	32.00	31.00	30.00	30.00	30.00
	100m	1:18.00	1:18.00	1:09.00	1:06.00	1:05.00	1:03.00	1:02.00
	200m	2:50.00	2:40.00	2:27.00	2:23.00	2:21.00	2:16.00	2:13.00
Butterfly	50m	34.00	34.00	31.00	30.00	28.00	28.00	27.00
	100m	1:15.00	1:10.00	1:07.00	1:05.00	1:03.00	1:01.00	1:00.00
	200m	3:06.00	3:06.00	2:31.00	2:27.00	2:25.00	2:20.00	2:17.00
Medley	200m	2:48.00	2:45.00	2:30.00	2:27.00	2:25.00	2:22.00	2:18.00
	400m	NA	5.45.00	5.31.00	5.09.00	5.07.00	5.07.00	5:05.00