

NORTH LANCS LEVEL 3
ONE DAY SPRINT MEET 16 JULY
UPPER LIMIT TIMES SHORT COURSE
 Licence No. 3NW221306

BOYS	9	10	11	12	13	14
EVENT						
50m Freestyle	37.00	35.00	32.00	29.00	28.00	27.00
100m Freestyle	1.22.00	1.16.00	1.12.00	1.08.00	1.04.00	1.00.00
50m Breaststroke	49.00	46.00	42.00	39.00	37.00	36.00
100m Breaststroke	1.47.00	1.40.00	1.35.00	1.29.00	1.24.00	1.20.00
50m Butterfly	43.00	39.00	36.00	33.00	31.00	30.00
100m Butterfly	1.33.00	1.27.00	1.22.00	1.17.00	1.12.00	1.08.00
50m Backstroke	43.00	39.00	37.00	33.00	31.00	30.00
100m Backstroke	1.30.00	1.25.00	1.20.00	1.16.00	1.12.00	1.08.00
100m Ind. Medley	1.38.00	1.29.00	1.23.00	1.18.00	1.15.00	1.11.00

GIRLS	9	10	11	12	13	14
EVENT						
50m Freestyle	37.00	35.00	32.00	30.00	29.00	28.00
100m Freestyle	1.22.00	1.16.00	1.12.00	1.09.00	1.05.00	1.02.00
50m Breaststroke	49.00	46.00	42.00	39.00	38.00	37.00
100m Breaststroke	1.47.00	1.40.00	1.35.00	1.29.00	1.25.00	1.23.00
50m Butterfly	43.00	39.00	36.00	34.00	33.00	32.00
100m Butterfly	1.33.00	1.27.00	1.22.00	1.17.00	1.13.00	1.11.00
50m Backstroke	43.00	39.00	37.00	34.00	33.00	32.00
100m Backstroke	1.30.00	1.25.00	1.20.00	1.17.00	1.13.00	1.10.00
100m Ind. Med	1.38.00	1.29.00	1.23.00	1.20.00	1.18.00	1.13.00

NB Swimmers must not have swum faster than the upper time. Checks may be made against rankings.