



Harlow Penguins Swimming Club

8th Eric Shepherd Open Meet



Swim England East Region Level 3 Licensed Meet No. 3ER191328
under SE Laws & SE Technical Rules of Swimming

at

Harlow LeisureZone, Essex. CM20 3DT

on

Saturday 15th June 2019

GIRLS LOWER LIMIT TIMES							GIRLS UPPER LIMIT TIMES							
9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/OVER	STROKE	9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/OVER
0:54.2	0:52.4	0:50.5	0:48.7	0:46.8	0:45.3	0:44.7	50m Back	0:34.2	0:33.0	0:31.8	0:30.6	0:29.5	0:28.5	0:28.1
1:02.9	1:00.4	0:57.9	0:55.4	0:52.9	0:51.3	0:50.9	50m Breast	0:39.6	0:38.0	0:36.5	0:34.9	0:33.3	0:32.3	0:32.1
0:54.4	0:52.0	0:49.6	0:47.2	0:44.8	0:43.3	0:42.9	50m Fly	0:34.2	0:32.7	0:31.2	0:29.7	0:28.2	0:27.2	0:27.0
0:46.8	0:45.3	0:43.8	0:42.2	0:40.7	0:39.6	0:39.3	50m Free	0:29.5	0:28.5	0:27.5	0:26.6	0:25.6	0:24.9	0:24.8
1:56.7	1:52.5	1:48.3	1:44.0	1:39.8	1:36.9	1:35.6	100m Back	1:13.5	1:10.8	1:08.2	1:05.5	1:02.8	1:01.0	1:00.2
2:23.5	2:16.0	2:08.6	2:01.2	1:53.8	1:53.2	1:51.3	100m Breast	1:30.3	1:25.6	1:21.0	1:16.3	1:11.6	1:11.3	1:10.1
2:05.7	2:00.3	1:54.8	1:49.4	1:43.9	1:39.5	1:37.1	100m Fly	1:19.1	1:15.7	1:12.3	1:08.9	1:05.4	1:02.6	1:01.1
1:41.5	1:38.5	1:35.4	1:32.3	1:29.3	1:25.8	1:24.5	100m Free	1:03.9	1:02.0	1:00.1	0:58.1	0:56.2	0:54.0	0:53.2
3:40.4	3:33.4	3:26.3	3:19.2	3:12.2	3:06.1	3:03.6	200m Free	2:18.8	2:14.3	2:09.9	2:05.4	2:01.0	1:57.2	1:55.6
3:58.1	3:53.6	3:49.1	3:44.7	3:40.2	3:31.3	3:28.3	200m IM	2:29.9	2:27.1	2:24.3	2:21.5	2:18.6	2:13.0	2:11.2

BOYS LOWER LIMIT TIMES							BOYS UPPER LIMIT TIMES							
9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/OVER	STROKE	9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/OVER
0:58.2	0:55.2	0:52.2	0:49.2	0:46.2	0:43.7	0:42.3	50m Back	0:36.6	0:34.7	0:32.8	0:31.0	0:29.1	0:27.5	0:26.6
1:08.9	1:04.7	1:00.5	0:56.2	0:52.0	0:49.0	0:47.6	50m Breast	0:43.4	0:40.7	0:38.1	0:35.4	0:32.7	0:30.9	0:30.0
0:58.2	0:54.8	0:51.3	0:47.8	0:44.3	0:42.3	0:40.6	50m Fly	0:36.7	0:34.5	0:32.3	0:30.1	0:27.9	0:26.6	0:25.6
0:51.6	0:48.5	0:45.4	0:42.4	0:39.3	0:37.7	0:36.5	50m Free	0:32.5	0:30.5	0:28.6	0:26.7	0:24.7	0:23.7	0:23.0
2:03.1	1:57.6	1:52.0	1:46.4	1:40.9	1:36.0	1:31.1	100m Back	1:17.5	1:14.0	1:10.5	1:07.0	1:03.5	1:00.4	0:57.3
2:30.9	2:22.2	2:13.6	2:05.0	1:56.3	1:50.0	1:43.7	100m Breast	1:35.0	1:29.6	1:24.1	1:18.7	1:13.2	1:09.3	1:05.3
2:10.0	2:03.4	1:56.9	1:50.3	1:43.7	1:36.9	1:30.0	100m Fly	1:21.9	1:17.7	1:13.6	1:09.4	1:05.3	1:01.0	0:56.7
1:46.2	1:41.6	1:37.1	1:32.5	1:27.9	1:23.8	1:18.9	100m Free	1:06.9	1:04.0	1:01.1	0:58.2	0:55.4	0:52.8	0:49.7
3:49.6	3:40.4	3:31.2	3:22.0	3:12.8	3:01.2	2:52.3	200m Free	2:24.6	2:18.8	2:13.0	2:07.2	2:01.4	1:54.1	1:48.5
4:30.3	4:17.4	4:04.5	3:51.6	3:38.7	3:27.9	3:17.1	200m IM	2:50.2	2:42.1	2:33.9	2:25.8	2:17.7	2:10.9	2:04.1

Times based on 2019 Swim England East Region LC Championships Qual Times. ULT are -15% and LQT are +35%. Age on 15th June 2019.