



NOTTINGHAM LEANDER SC

PRESENT

The Tony Holmes Sprint Meet 2024



30th June 2024 at Harvey Hadden Sports Village

Upper Limit Times

Licensed Meet Level 3 - 3EM240797

(Swim England Regulations and Technical Rules of Swimming)

Open/Male Upper Limit Times

| Event | 9 Years | 10 Years | 11 Years | 12 Years | 13/14 Years | 15 Years / Over |
|------------------|---------|----------|----------|----------|-------------|-----------------|
| 50m Freestyle | 31.1 | 30.6 | 28.8 | 27.0 | 25.6 | 22.9 |
| 50m Breaststroke | 41.0 | 40.5 | 38.0 | 36.1 | 32.5 | 30.0 |
| 50m Backstroke | 36.0 | 35.6 | 29.9 | 31.9 | 29.0 | 25.0 |
| 25m Butterfly | 15.0 | | | | | |
| 50m Butterfly | | 34.3 | 32.6 | 30.9 | 27.0 | 24.9 |
| 100m IM | 1:25.0 | 1:19.5 | 1:10.6 | 1:08.5 | 1:02.8 | 59.0 |

Female Upper Limit Times

| Event | 9 Years | 10 Years | 11 Years | 12 Years | 13/14 Years | 15 Years / Over |
|------------------|---------|----------|----------|----------|-------------|-----------------|
| 50m Freestyle | 31.0 | 30.9 | 29.9 | 28.6 | 27.5 | 26.0 |
| 50m Breaststroke | 41.0 | 39.5 | 38.5 | 36.4 | 34.5 | 31.8 |
| 50m Backstroke | 36.5 | 35.9 | 34.0 | 32.5 | 31.0 | 30.0 |
| 25m Butterfly | 15.0 | | | | | |
| 50m Butterfly | | 34.6 | 33.0 | 31.4 | 29.1 | 26.2 |
| 100m IM | 1:25.5 | 1:20.5 | 1:13.5 | 1:07.5 | 1:05.0 | 1:02.0 |

**ONLY SWIMMERS SLOWER THAN OR EQUAL TO THE ABOVE TIMES
ARE ELIGIBLE TO ENTER**

(the times for long to short course conversions may be used to determine the swimmers swim time and eligibility)

Information and Results available on our meet website:
<https://www.swimmingmeetresults.co.uk/NottsLeander>