



ARNOLD SWIMMING CLUB

The Ernehale Open Meet Christmas Chaos - For 1 year only



Upper Limit Times

OPEN/MALE

EVENT	9 Years	10 Years	11 Years	12 Years	13 Years	14 Years	15/Over
50 FREE	00:41.4	00:38.4	00:34.5	00:32.3	00:29.5	00:27.6	00:24.3
100 FREE	01:09.3	01:06.6	01:04.6	01:02.5	00:58.2	00:56.0	00:53.4
200 FREE	02:30.9	02:23.3	02:18.0	02:13.6	02:08.7	02:03.8	02:00.1
400 FREE	05:50.0	05:10.5	04:53.4	04:38.0	04:20.9	04:11.9	04:07.5
50 BREAST	00:55.1	00:52.1	00:48.0	00:44.1	00:40.0	00:37.0	00:33.8
100 BREAST	01:33.5	01:29.8	01:25.0	01:21.5	01:15.3	01:12.2	01:09.9
200 BREAST	03:35.4	03:14.1	03:04.7	02:53.6	02:43.2	02:36.1	02:32.6
50 FLY	00:52.0	00:49.0	00:42.4	00:38.7	00:34.8	00:30.7	00:27.1
100 FLY	01:28.4	01:21.4	01:13.3	01:10.9	01:06.7	01:03.8	01:00.2
200 FLY	03:06.5	02:50.8	02:40.1	02:31.2	02:22.9	02:16.9	02:14.3
50 BACK	00:48.7	00:45.7	00:41.0	00:38.1	00:35.0	00:33.8	00:29.7
100 BACK	01:21.3	01:16.6	01:13.4	01:10.4	01:06.2	01:03.2	01:01.1
200 BACK	03:10.1	02:52.6	02:33.3	02:28.4	02:18.7	02:13.9	02:11.5
200 IM	03:10.8	02:50.9	02:43.4	02:34.2	02:26.6	02:16.5	02:12.3
400 IM	06:22.6	06:06.4	05:46.6	05:25.2	05:09.6	04:56.4	04:51.1

FEMALE

EVENT	9 Years	10 Years	11 Years	12 Years	13 Years	14 Years	15/Over
50 FREE	00:41.0	00:38.0	00:33.1	00:30.1	00:29.1	00:28.4	00:26.6
100 FREE	01:10.2	01:08.1	01:05.2	01:03.7	01:02.0	01:00.9	00:58.4
200 FREE	02:49.7	02:33.1	02:22.5	02:16.9	02:12.9	02:10.9	02:07.2
400 FREE	06:12.5	05:24.9	05:00.1	04:44.6	04:37.2	04:33.1	04:29.9
50 BREAST	00:55.1	00:52.1	00:47.5	00:42.8	00:40.6	00:38.3	00:36.3
100 BREAST	01:36.5	01:33.3	01:25.9	01:21.3	01:18.1	01:15.8	01:13.5
200 BREAST	03:37.5	03:18.3	03:04.4	02:54.3	02:47.5	02:43.7	02:40.6
50 FLY	00:50.1	00:47.1	00:41.4	00:35.1	00:33.3	00:31.0	00:29.3
100 FLY	01:28.4	01:21.4	01:15.4	01:10.2	01:07.8	01:05.6	01:04.8
200 FLY	03:08.4	02:52.2	02:39.1	02:31.3	02:27.3	02:24.6	02:20.7
50 BACK	00:45.5	00:42.5	00:38.9	00:35.9	00:34.7	00:33.0	00:31.5
100 BACK	01:29.8	01:22.5	01:15.7	01:08.0	01:06.8	01:05.0	01:03.4
200 BACK	03:28.1	02:56.1	02:43.5	02:32.8	02:29.2	02:26.4	02:22.0
200 IM	03:12.5	02:54.8	02:43.2	02:34.7	02:30.7	02:27.7	02:23.6
400 IM	06:23.1	06:05.5	05:44.3	05:23.6	05:15.3	05:09.7	05:04.4

Time shown above are "not faster than" times.

There are no Qualification times but an entry time **MUST** be submitted in order to enter the competition.

Any entries made with no time will be rejected.

EHCC/2026/QT/1.0

Information and Results available on our meet website:

<https://www.swimmingmeetresults.co.uk/Ernehale>