



ARNOLD SWIMMING CLUB

The Ernehale Open Meet



Upper Limit Times 2026

OPEN/MALE

EVENT	9 Years	10 Years	11 Years	12 Years	13 Years	14 Years	15/Over
100 FREE	01:09.39	01:06.69	01:04.69	01:02.59	00:58.29	00:56.09	00:53.49
200 FREE	02:30.99	02:23.39	02:18.09	02:13.69	02:08.79	02:03.89	02:00.19
400 FREE	05:50.09	05:10.59	04:53.49	04:38.09	04:20.99	04:11.99	04:07.59
100 BREAST	01:33.59	01:29.89	01:25.09	01:21.59	01:15.39	01:12.29	01:09.99
200 BREAST	03:35.49	03:14.19	03:04.79	02:53.69	02:43.29	02:36.19	02:32.69
100 FLY	01:28.49	01:21.49	01:13.39	01:10.99	01:06.79	01:03.89	01:00.29
200 FLY	03:06.59	02:50.89	02:40.19	02:31.29	02:22.99	02:16.99	02:14.39
100 BACK	01:21.39	01:16.69	01:13.49	01:10.49	01:06.29	01:03.29	01:01.19
200 BACK	03:10.19	02:52.69	02:33.39	02:28.49	02:18.79	02:13.99	02:11.59
200 IM	03:10.89	02:50.99	02:43.49	02:34.29	02:26.69	02:16.59	02:12.39
400 IM	06:22.69	06:06.49	05:46.69	05:25.29	05:09.69	04:56.49	04:51.19

FEMALE

EVENT	9 Years	10 Years	11 Years	12 Years	13 Years	14 Years	15/Over
100 FREE	01:10.29	01:08.19	01:05.29	01:03.79	01:02.09	01:00.99	00:58.49
200 FREE	02:49.79	02:33.19	02:22.59	02:16.99	02:12.99	02:10.99	02:07.29
400 FREE	06:12.59	05:24.99	05:00.19	04:44.69	04:37.29	04:33.19	04:29.99
100 BREAST	01:36.59	01:33.39	01:25.99	01:21.39	01:18.19	01:15.89	01:13.59
200 BREAST	03:37.59	03:18.39	03:04.49	02:54.39	02:47.59	02:43.79	02:40.69
100 FLY	01:28.49	01:21.49	01:15.49	01:10.29	01:07.89	01:05.69	01:04.89
200 FLY	03:08.49	02:52.29	02:39.19	02:31.39	02:27.39	02:24.69	02:20.79
100 BACK	01:29.89	01:22.59	01:15.79	01:08.09	01:06.89	01:05.09	01:03.49
200 BACK	03:28.19	02:56.19	02:43.59	02:32.89	02:29.29	02:26.49	02:22.09
200 IM	03:12.59	02:54.89	02:43.29	02:34.79	02:30.79	02:27.79	02:23.69
400 IM	06:23.19	06:05.59	05:44.39	05:23.69	05:15.39	05:09.79	05:04.49

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.



Information and Results available on our meet website:

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