



# Leicester Penguins Swimming Club

(Affiliated to Swim England East Midland Region & Leicestershire & Rutland ASA)

## OPEN/MALE UPPER LIMIT TIMES

EVENT	9/10	11	12	13	14	15/OV
50m Freestyle	32.1	31.1	29.6	27.9	26.6	25.6
100m Freestyle	1.09.8	1.07.8	1.03.9	59.8	56.8	54.8
200m Freestyle	2.29.1	2.26.1	2.18.0	2.09.8	2.03.4	1.59.0
400m Freestyle	5.09.2	5.07.2	4.47.7	4.31.7	4.19.5	4.11.6
50m Breaststroke	43.0	41.0	38.5	36.1	33.8	32.5
100m Breaststroke	1.32.3	1.29.3	1.22.7	1.17.2	1.12.3	1.09.5
200m Breaststroke	3.13.6	3.10.6	2.57.4	2.46.6	2.36.7	2.30.2
50m Butterfly	36.9	34.9	32.8	31.1	29.3	28.1
100m Butterfly	1.25.6	1.19.6	1.12.5	1.07.6	1.03.6	1.00.8
200m Butterfly	3.01.0	2.54.0	2.38.3	2.28.8	2.20.5	2.14.6
50m Backstroke	38.0	36.0	34.1	32.3	30.4	29.4
100m Backstroke	1.21.3	1.18.3	1.12.3	1.08.0	1.04.1	1.01.4
200m Backstroke	2.54.0	2.44.0	2.33.8	2.25.0	2.17.2	2.11.7
100 Individual Medley	1.31.4	1.25.4	1.18.0	1.13.0	1.08.5	1.06.0
200m Individual Medley	3.01.1	2.48.1	2.36.8	2.27.9	2.20.7	2.14.6

## FEMALE UPPER LIMIT TIMES

EVENT	9/10	11	12	13	14	15/OV
50m Freestyle	33.1	31.4	30.0	28.6	27.9	27.5
100m Freestyle	1.10.8	1.09.0	1.04.3	1.01.0	59.6	58.6
200m Freestyle	2.31.1	2.26.5	2.18.4	2.11.0	2.07.6	2.05.9
400m Freestyle	5.15.2	5.11.3	4.47.2	4.32.4	4.26.0	4.22.7
50m Breaststroke	44.0	41.0	38.5	36.4	35.2	34.5
100m Breaststroke	1.33.3	1.29.6	1.22.5	1.18.0	1.15.1	1.13.0
200m Breaststroke	3.14.6	3.10.2	2.56.9	2.47.2	2.41.1	2.37.7
50m Butterfly	38.9	34.8	33.1	31.4	30.5	29.9
100m Butterfly	1.25.6	1.19.3	1.12.6	1.08.2	1.06.2	1.04.6
200m Butterfly	3.04.0	2.56.0	2.39.8	2.29.4	2.24.4	2.20.9
50m Backstroke	39.0	35.9	34.0	32.5	31.6	31.0
100m Backstroke	1.24.3	1.18.1	1.12.3	1.08.2	1.06.2	1.05.1
200m Backstroke	2.56.0	2.45.1	2.32.5	2.25.0	2.21.5	2.19.2
100 Individual Medley	1.32.4	1.26.0	1.20.7	1.15.9	1.12.8	1.10.3
200m Individual Medley	3.02.1	2.47.4	2.36.3	2.28.2	2.24.7	2.22.1

*PLEASE NOTE. - The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female.*

Only swimmers **SLOWER** than the above times shown are eligible to enter  
**REMEMBER ~ AGE MEANS AGE AT END OF OPEN MEET (5th October 2025)**