



# 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	00:32.00	00:30.00	00:28.00	00:26.00	00:25.00	00:24.00	00:23.00
100m Freestyle	01:08.00	01:05.00	01:00.00	00:58.50	00:56.00	00:53.90	00:53.00
200m Freestyle	02:24.00	02:20.00	02:15.00	02:10.00	02:05.00	01:56.00	01:53.50
400m Freestyle	05:25.00	05:15.00	05:00.00	04:30.50	04:15.70	04:05.40	03:58.10
50m Breaststroke	00:40.70	00:38.70	00:35.60	00:33.40	00:30.60	00:29.40	00:29.00
100m Breaststroke	01:27.40	01:24.40	01:22.00	01:17.60	01:09.10	01:04.20	01:02.20
200m Breaststroke	03:04.00	03:00.00	02:52.20	02:42.20	02:30.00	02:22.00	02:18.00
50m Butterfly	00:34.30	00:32.30	00:30.10	00:28.90	00:27.50	00:26.30	00:24.50
100m Butterfly	01:16.40	01:13.40	01:09.90	01:06.30	01:04.20	00:58.40	00:55.60
200m Butterfly	02:59.40	02:55.40	02:38.00	02:30.00	02:19.10	02:08.60	02:03.40
50m Backstroke	00:35.40	00:33.40	00:30.10	00:29.90	00:27.90	00:26.90	00:25.60
100m Backstroke	01:16.00	01:12.00	01:09.40	01:08.60	01:03.20	00:58.90	00:56.50
200m Backstroke	02:47.00	02:42.00	02:28.00	02:23.90	02:15.40	02:09.40	02:07.20
100m Individual Medley	01:23.50	01:21.00	01:17.80	01:16.50	01:10.90	01:08.70	01:04.20
200m Individual Medley	02:47.50	02:42.50	02:34.10	02:29.80	02:21.80	02:13.70	02:08.40

## FEMALE UPPER LIMIT TIMES

EVENT	9	10	11	12	13	14	15/OV
50m Freestyle	00:32.10	00:30.10	00:28.40	00:26.40	00:26.00	00:25.10	00:23.90
100m Freestyle	01:08.10	01:04.10	01:01.20	01:00.00	00:57.90	00:55.90	00:55.00
200m Freestyle	02:30.00	02:22.00	02:18.60	02:12.00	02:07.40	02:01.00	01:57.00
400m Freestyle	05:25.00	05:05.00	04:52.60	04:40.10	04:26.80	04:15.10	04:12.00
50m Breaststroke	00:38.90	00:36.90	00:34.10	00:31.50	00:30.80	00:29.90	00:28.60
100m Breaststroke	01:28.10	01:24.10	01:17.00	01:14.10	01:11.00	01:10.30	01:08.10
200m Breaststroke	03:10.40	03:05.40	02:55.40	02:45.00	02:36.70	02:26.80	02:22.20
50m Butterfly	00:34.60	00:32.60	00:30.00	00:27.90	00:26.90	00:26.00	00:25.10
100m Butterfly	01:28.40	01:24.40	01:09.10	01:07.00	01:05.00	01:03.00	01:01.00
200m Butterfly	03:10.10	03:02.10	02:42.80	02:27.10	02:19.00	02:12.40	02:07.10
50m Backstroke	00:36.10	00:34.10	00:31.40	00:29.80	00:28.70	00:28.00	00:27.00
100m Backstroke	01:18.80	01:14.80	01:08.70	01:04.60	01:02.60	01:01.40	01:00.00
200m Backstroke	02:50.00	02:44.00	02:31.00	02:22.10	02:16.60	02:11.50	02:09.10
100m Individual Medley	01:26.30	01:24.50	01:18.00	01:12.40	01:09.50	01:08.10	01:05.50
200m Individual Medley	02:53.60	02:49.60	02:36.00	02:24.80	02:19.00	02:16.30	02:11.80

*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 (4th October 2026)**