

# Derwentside & Gateshead Swim Team

## Christmas Cracker 2024

### UPPER TIME LIMITS

#### FEMALE

Event	9 years	10 years	11 years	12 years	13 years	14 years	15/Over
50m Freestyle	No Upper Limit						
100m Freestyle	01:20.00	01:15.00	01:11.50	01:03.30	01:00.10	00:57.20	00:55.00
200m Freestyle	02:58.00	02:53.00	02:49.30	02:25.60	02:16.60	02:10.60	02:08.10
400m Freestyle		06:41.00	06:11.00	05:16.00	04:58.30	04:43.30	04:28.00
50m Backstroke	No Upper Limit						
100m Backstroke	01:34.00	01:29.00	01:25.00	01:14.00	01:09.20	01:07.40	01:03.70
200m Backstroke	03:25.00	03:20.00	03:16.20	02:49.50	02:36.60	02:30.00	02:26.70
50m Breaststroke	No Upper Limit						
100m Breaststroke	01:45.00	01:40.00	01:36.20	01:24.30	01:19.90	01:18.20	01:15.00
200m Breaststroke	03:52.00	03:47.00	03:43.40	03:12.80	03:00.90	02:54.50	02:48.50
50m Butterfly	No Upper Limit						
100m Butterfly	01:41.00	01:36.00	01:32.60	01:15.20	01:10.10	01:06.50	01:03.00
200m Butterfly		03:46.00	03:42.00	02:55.00	02:50.00	02:42.50	02:30.00
200 IM		03:06.00	03:00.50	02:40.00	02:33.00	02:25.00	02:15.00

### UPPER TIME LIMITS

#### OPEN/MALE

Event	9 years	10 years	11 years	12 years	13 years	14 years	15/Over
50m Freestyle	No Upper Limit						
100m Freestyle	01:20.00	01:15.00	01:14.80	01:06.90	01:00.50	00:55.50	00:52.20
200m Freestyle	02:54.00	02:49.00	02:45.60	02:27.30	02:18.20	02:10.40	02:00.30
400m Freestyle		05:50.00	05:20.00	04:50.00	04:40.20	04:30.40	04:15.00
50m Backstroke	No Upper Limit						
100m Backstroke	01:36.00	01:31.00	01:27.30	01:14.90	01:10.20	01:05.40	01:01.00
200m Backstroke	03:29.00	03:24.00	03:20.30	02:52.80	02:38.00	02:29.00	02:17.90
50m Breaststroke	No Upper Limit						
100m Breaststroke	01:50.00	01:45.00	01:41.30	01:28.30	01:18.20	01:14.20	01:07.60
200m Breaststroke	04:04.00	03:58.00	03:55.00	03:21.60	03:01.50	02:51.70	02:41.00
50m Butterfly	No Upper Limit						
100m Butterfly	01:47.00	01:41.00	01:39.80	01:17.10	01:11.10	01:04.30	00:57.00
200m Butterfly		03:54.00	03:51.00	02:56.00	02:42.40	02:28.50	02:23.00
200 IM		03:07.00	03:00.50	02:45.70	02:32.60	02:23.60	02:10.30