



SEPTEMBER SIZZLER 2024

Sunday 22nd September

Affiliated to Swim England South East
www.aruntridents.co.uk

UPPER LIMIT QUALIFYING TIMES

OPEN/MALE	9	10	11	12	13	14	15	16 +
50m Freestyle	33.00	31.00	28.00	27.00	26.00	25.00	24.00	23.00
100m Freestyle	1:15.00	1:10.00	1:07.00	1:03.00	1:00.00	58.00	56.00	54.00
200m Freestyle	2:40.00	2:32.00	2:25.00	2:18.00	2:13.00	2:10.00	2:04.00	1:57.00
50m Breaststroke	46.00	43.00	38.00	36.00	35.00	34.00	33.00	32.00
100m Breaststroke	1:46.00	1:38.00	1:30.00	1:24.00	1:16.00	1:12.00	1:08.00	1:06.00
200m Breaststroke	3:32.00	3:22.00	3:12.00	3:07.00	3:00.00	2:50.00	2:45.00	2:30.00
50m Butterfly	39.00	36.00	32.00	31.00	29.00	28.00	27.00	26.00
100m Butterfly	1:33.00	1:29.00	1:18.00	1:12.00	1:08.00	1:03.00	1:01.00	1:00.00
200m Butterfly	3:26.00	3:11.00	3:03.00	2:57.00	2:50.00	2:36.00	2:25.00	2:18.00
50m Backstroke	39.00	38.00	34.00	32.00	31.00	30.00	29.00	28.00
100m Backstroke	1:30.00	1:25.00	1:21.00	1:17.00	1:12.00	1:06.00	1:03.00	1:00.00
200m Backstroke	3:10.00	3:00.00	2:50.00	2:42.00	2:35.00	2:30.00	2:20.00	2:10.00
100m Ind. Medley	1:25.00	1:20.00	1:12.00	1:09.00	1:05.00	1:02.00	1:01.00	1:00.00

FEMALE	9	10	11	12	13	14	15	16 +
50m Freestyle	32.00	31.00	30.00	30.00	29.00	28.00	27.00	26.00
100m Freestyle	1:15.00	1:10.00	1:07.00	1:04.00	1:03.00	1:01.00	1:00.00	57.00
200m Freestyle	2:45.00	2:35.00	2:27.00	2:18.00	2:15.00	2:11.00	2:10.00	2:09.00
50m Breaststroke	46.00	43.00	40.00	39.00	37.00	36.00	35.00	33.00
100m Breaststroke	1:40.00	1:35.00	1:30.00	1:27.00	1:20.00	1:16.00	1:14.00	1:10.00
200m Breaststroke	3:32.00	3:22.00	3:12.00	3:07.00	3:00.00	2:55.00	2:54.00	2:50.00
50m Butterfly	39.00	36.00	32.00	31.00	30.00	29.00	28.00	27.00
100m Butterfly	1:35.00	1:25.00	1:20.00	1:15.00	1:10.00	1:09.00	1:07.00	1:05.00
200m Butterfly	3:33.00	3:15.00	3:10.00	3:05.00	2:50.00	2:40.00	2:35.00	2:30.00
50m Backstroke	39.00	38.00	34.00	33.00	32.00	31.00	30.00	29.00
100m Backstroke	1:30.00	1:25.00	1:20.00	1:17.00	1:13.00	1:10.00	1:07.00	1:05.00
200m Backstroke	3:04.00	3:04.00	2:44.00	2:42.00	2:35.00	2:30.00	2:25.00	2:20.00
100m Ind. Medley	1:25.00	1:20.00	1:15.00	1:10.00	1:07.00	1:04.00	1:03.00	1:03.00

Upper Limit Qualifying Times (Not Faster Than or Equal To)
 Age at Day - Promoters Conditions Apply

