

Stafford Apex Winter Open Meet 2019

Upper Limit Times

Swimmers must **NOT** be faster than the times listed below.

SHORT COURSE TIMES (long course converted will be accepted)

Events	Male							
	9	10	11	12	13	14	15	16/OV
50m Freestyle	32.8	32.0	30.4	28.7	27.3	26.0	25.2	23.3
100m Freestyle	1:13.0	1:11.5	1:06.4	1:02.7	59.2	56.5	54.7	50.6
200m Freestyle	2:38.8	2:33.8	2:23.8	2:16.4	2:09.8	2:03.2	1:59.3	1:51.0
400m Freestyle	5:41.1	5:27.6	5:01.2	4:47.2	4:35.0	4:24.9	4:15.2	3:57.9
50m Backstroke	38.3	37.1	34.6	31.8	31.4	29.7	28.6	26.4
100m Backstroke	1:23.1	1:20.5	1:15.2	1:10.6	1:07.3	1:03.5	1:01.2	56.6
200m Backstroke	2:57.4	2:50.7	2:40.6	2:32.8	2:24.1	2:17.7	2:12.9	2:03.9
50m Breaststroke	44.3	42.3	39.6	37.1	35.0	33.0	31.2	29.1
100m Breaststroke	1:37.7	1:33.5	1:26.5	1:19.7	1:16.1	1:12.0	1:08.0	1:03.8
200m Breaststroke	3:28.5	3:20.0	3:05.5	2:52.8	2:45.8	2:37.4	2:29.1	2:20.1
50m Butterfly	37.0	35.6	34.5	32.2	30.0	28.3	27.4	25.2
100m Butterfly	1:27.2	1:22.8	1:15.8	1:11.0	1:06.9	1:03.1	1:00.4	55.8
200m Butterfly	3:30.25	3:12.7	2:51.9	2:34.1	2:27.3	2:23.7	2:15.8	2:05.4
200m Ind. Medley	3:01.2	2:55.7	2:44.6	2:31.2	2:26.5	2:19.4	2:15.2	2:06.1

Events	Female							
	9	10	11	12	13	14	15	16/O
50m Freestyle	33.1	32.4	30.2	29.0	28.5	27.8	27.5	26.4
100m Freestyle	1:13.3	1:11.6	1:06.8	1:04.1	1:01.8	59.9	59.5	56.9
200m Freestyle	2:40.0	2:36.3	2:23.9	2:18.3	2:13.5	2:10.4	2:08.9	2:03.2
400m Freestyle	5:40.3	5:28.8	5:05.5	4:50.5	4:41.8	4:35.2	4:33.1	4:20.9
50m Backstroke	38.2	37.0	34.3	33.4	32.2	31.2	31.0	29.4
100m Backstroke	1:23.2	1:21.1	1:15.2	1:12.0	1:09.1	1:07.1	1:06.3	1:02.6
200m Backstroke	2:57.2	2:51.4	2:38.9	2:34.2	2:28.0	2:24.3	2:23.5	2:15.4
50m Breaststroke	43.7	42.6	38.8	37.6	36.3	35.4	35.1	33.2
100m Breaststroke	1:36.2	1:33.6	1:26.0	1:21.8	1:18.2	1:16.4	1:16.0	1:11.7
200m Breaststroke	3:25.0	3:18.9	3:04.6	2:55.9	2:48.7	2:44.7	2:44.4	2:35.9
50m Butterfly	37.0	35.7	33.2	32.0	30.8	30.1	29.8	28.30
100m Butterfly	1:26.9	1:23.5	1:15.7	1:12.4	1:08.7	1:07.1	1:06.15	1:02.4
200m Butterfly	3:23.1	3:12.1	2:50.4	2:43.5	2:34.6	2:29.4	2:27.8	2:19.1
200m Ind. Medley	3:00.8	2:55.9	2:42.3	2:37.4	2:31.2	2:27.6	2:25.8	2:18.6