

Deben Open Meet 2018  
Cut Off Times - 25m pool  
License No 3ER182242

BOYS							Event	GIRLS						
9	10	11	12	13	14	15+		9	10	11	12	13	14	15+
36.80	32.70	31.46	30.05	27.70	26.58	24.16	50 free	37.70	34.09	31.69	30.14	28.92	28.40	27.10
1:24.30	1:14.93	1:08.97	1:05.41	1:01.16	57.55	52.38	100 free	1:29.80	1:15.82	1:09.77	1:05.75	1:02.54	1:01.26	58.52
3:14.15	2:42.91	2:29.23	2:21.86	2:13.48	2:06.22	1:55.68	200 free	3:12.10	2:46.32	2:28.40	2:22.00	2:15.61	2:12.30	2:06.41
6:30.00	5:48.00	5:13.87	4:56.78	4:41.23	4:29.12	4:08.48	400 free	6:30.00	5:48.00	5:14.00	5:00.53	4:45.59	4:40.69	4:27.93
52.85	45.96	41.71	38.30	36.06	34.25	30.41	50 breast	50.92	45.96	41.47	38.59	36.82	35.83	34.25
2:00.16	1:39.96	1:30.81	1:21.20	1:18.47	1:12.50	1:06.16	100 breast	1:54.01	1:40.36	1:30.70	1:24.18	1:19.81	1:16.00	1:14.29
4:15.50	3:35.43	3:15.47	3:03.61	2:49.48	2:41.68	2:25.00	200 breast	4:29.00	3:28.8	3:13.00	3:00.71	2:51.04	2:48.00	2:40.46
44.90	38.53	35.20	33.06	30.50	29.07	26.18	50 fly	44.92	38.91	35.10	33.05	31.59	30.66	29.38
1:56.00	1:24.00	1:20.88	1:12.60	1:08.88	1:04.75	57.84	100 fly	1:50.00	1:31.19	1:20.04	1:15.06	1:10.29	1:08.53	1:04.59
4:20.00	4:06.26	3:10.36	2:48.67	2:36.09	2:27.87	2:09.87	200 fly	3:55.00	3:16.57	3:04.85	2:48.84	2:38.21	2:33.08	2:23.40
44.49	39.24	36.45	34.49	31.60	30.56	27.39	50 back	41.76	39.67	36.55	34.46	32.84	31.89	30.34
1:44.27	1:25.81	1:16.70	1:13.46	1:08.93	1:04.62	58.26	100 back	1:34.67	1:25.83	1:18.53	1:13.48	1:10.22	1:08.21	1:05.00
4:35.23	3:02.17	2:47.14	2:33.10	2:27.28	2:20.51	2:08.30	200 back	4:02.94	3:02.11	2:47.40	2:38.07	2:30.32	2:27.00	2:19.13
1:38.70	1:25.20	1:18.20	1:16.08	1:10.94	1:07.70	59.92	100 IM	1:37.68	1:27.82	1:21.09	1:16.08	1:12.51	1:10.73	1:06.98
4:29.30	3:05.50	2:50.29	2:41.20	2:29.75	2:15.50	2:11.11	200 IM	3:31.79	3:07.03	2:51.61	2:41.31	2:33.74	2:30.73	2:23.55
7:30.00	6:20.00	6:23.90	5:43.92	5:19.06	5:04.36	4:40.60	400 IM	7:30.00	6:30.00	6:05.00	5:43.34	5:26.37	5:20.07	5:04.70

Times should have been achieved during the previous 12 months. Conversion from long course times are permitted.