



WSC Autumn Open Meet 2024

5th and 6th of October 2024

Under Swim England Regulations and Technical Rules

(Affiliated to West Midland Region ASA & Worcester County SA)

Upper Cut Off Times: Age on Day

(Swimmers who have achieved a faster time, either short course or long course converted, than shown below are not eligible to enter that event.)

Open 16/u	Open 16+	Event (25m)	Women 16+	Girls 16/u
24.80	23.20	50m Freestyle	26.30	27.30
53.90	52.00	100m Freestyle	58.00	59.40
1:58.10	1:54.10	200m Freestyle	2:04.10	2:09.20
4:13.90	4:07.10	400m Freestyle	4:20.60	4:33.00
31.70	30.50	50m Breaststroke	34.60	34.80
1:08.90	1:06.00	100m Breaststroke	1:10.10	1:14.00
2:30.90	2:25.70	200m Breaststroke	2:41.20	2:41.70
27.00	26.00	50m Butterfly	29.30	29.40
1:00.00	57.90	100m Butterfly	1:05.30	1:05.70
2:17.30	2:12.20	200m Butterfly	2:24.60	2:27.20
28.10	27.00	50m Backstroke	30.70	30.80
1:00.00	58.90	100m Backstroke	1:05.50	1:05.90
2:12.70	2:10.20	200m Backstroke	2:22.80	2:23.10
1:03.00	1:00.00	100m Ind. Medley	1:08.60	1:08.80
2:13.60	2:10.50	200m Ind. Medley	2:24.00	2:25.80

4.49.10	4:44.50	400m Ind. Medley	5.04.50	5.09.80
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Version 1: March 2024