

## Harlow & Bishops Stortford Open Meet 2025 Regional Qualifier

### Female Short Course Upper Limit Time

Event	09	10	11	12	13	14	15	16/OV
50 Freestyle	00:28.60	00:26.00	00:26.00	00:26.00	00:24.60	00:23.60	00:23.30	00:23.00
100 Freestyle	01:03.40	00:57.60	00:57.60	00:57.60	00:53.60	00:51.70	00:50.80	00:49.60
200 Freestyle	02:18.60	02:06.00	02:06.00	02:06.00	01:57.20	01:54.00	01:49.70	01:48.00
400 Freestyle	04:59.20	04:32.00	04:32.00	04:32.00	04:07.20	04:01.30	03:52.10	03:49.50
50 Breaststroke	00:35.50	00:32.20	00:32.20	00:32.20	00:32.20	00:30.80	00:30.20	00:28.80
100 Breaststroke	01:17.40	01:10.40	01:10.40	01:10.40	01:10.40	01:07.20	01:05.20	01:03.30
200 Breaststroke	02:49.00	02:33.60	02:33.60	02:33.60	02:33.60	02:28.20	02:23.20	02:20.00
50 Butterfly	00:30.00	00:27.30	00:27.30	00:27.30	00:27.30	00:26.20	00:25.00	00:24.80
100 Butterfly	01:09.40	01:03.10	01:03.10	01:03.10	01:03.10	01:00.50	00:57.60	00:56.80
200 Butterfly	02:51.60	02:36.00	02:36.00	02:36.00	02:36.00	02:20.00	02:16.00	02:12.00
50 Backstroke	00:31.20	00:28.40	00:28.40	00:28.40	00:28.40	00:27.00	00:26.50	00:26.10
100 Backstroke	01:07.30	01:01.20	01:01.20	01:01.20	01:01.20	00:58.50	00:56.80	00:56.40
200 Backstroke	02:26.10	02:12.80	02:12.80	02:12.80	02:12.80	02:06.40	02:04.10	02:03.20
200 Individual Medley	02:27.80	02:14.40	02:14.40	02:14.40	02:14.40	02:09.60	02:04.50	02:03.20

### Male/Open Short Course Upper Limit Time

Event	09	10	11	12	13	14	15	16/OV
50 Freestyle	00:28.60	00:26.00	00:26.00	00:26.00	00:24.00	00:22.60	00:21.40	00:21.00
100 Freestyle	01:03.40	00:57.60	00:57.60	00:57.60	00:52.90	00:49.20	00:46.60	00:45.80
200 Freestyle	02:18.60	02:06.00	02:06.00	02:06.00	01:56.60	01:48.80	01:42.60	01:40.80
400 Freestyle	04:59.20	04:32.00	04:32.00	04:32.00	04:07.00	03:51.10	03:40.00	03:32.70
50 Breaststroke	00:38.10	00:34.60	00:34.60	00:34.60	00:32.10	00:29.60	00:27.80	00:27.10
100 Breaststroke	01:23.20	01:15.60	01:15.60	01:15.60	01:09.40	01:04.80	01:01.80	01:00.00
200 Breaststroke	03:00.40	02:44.00	02:44.00	02:44.00	02:31.30	02:22.20	02:13.60	02:11.50
50 Butterfly	00:32.30	00:29.40	00:29.40	00:29.40	00:27.20	00:25.40	00:23.60	00:23.00
100 Butterfly	01:16.60	01:09.60	01:09.60	01:09.60	01:02.40	00:57.40	00:53.20	00:51.20
200 Butterfly	03:04.80	02:48.00	02:48.00	02:48.00	02:32.00	02:16.00	02:04.00	01:56.00
50 Backstroke	00:33.20	00:30.20	00:30.20	00:30.20	00:28.10	00:26.00	00:24.60	00:24.30
100 Backstroke	01:12.20	01:05.60	01:05.60	01:05.60	01:00.40	00:57.20	00:54.00	00:52.80
200 Backstroke	02:36.60	02:22.40	02:22.40	02:22.40	02:11.80	02:16.00	01:58.40	01:56.00
200 Individual Medley	02:36.60	02:22.40	02:22.40	02:22.40	02:11.80	02:03.00	01:56.40	01:54.00

Times based on 2024 East Region Qualifying Times -20%