

JANUS A & B GRADED MEET 2012 - UPPER & LOWER LIMIT TIMES (25m Times)

Swimmer must not have swum faster than the Upper Limit Time in the previous 12 months
but must have swum faster than the Lower Limit Time in the same period

BOYS - Upper Limit Times (swimmers must not have swum faster in the previous 12 months)

EVENT	9	10	11	12	13	14	15 & over
50m Freestyle	37.4	34.8	33.1	31.2	29.7	28.4	27.4
100m Freestyle				1.07.2	1.03.6	1.00.9	59.1
200m Freestyle	2.59.6	2.43.9	2.34.8	2.25.9	2.18.2	2.12.3	2.08.4
400m Freestyle	6.30.7	5.45.0	5.23.4	5.05.8	4.51.0	4.39.8	4.31.0
50m Breaststroke	49.2	45.6	42.9	40.3	37.7	36	34.6
100m Breaststroke				1.26.3	1.20.7	1.17.0	1.14.1
200m Breaststroke	3.49.8	3.32.4	3.18.0	3.06.1	2.54.9	2.46.4	2.40.7
50m Butterfly	42.4	39	36.6	34.7	32.7	31.2	29.8
100m Butterfly				1.15.5	1.10.9	1.07.4	1.04.7
200m Butterfly	3.42.9	3.13.4	2.56.6	2.46.3	2.36.5	2.29.0	2.22.0
50m Backstroke	43.4	40.2	38	36.1	33.9	32.6	31.2
100m Backstroke				1.16.0	1.11.5	1.08.0	1.05.5
200m Backstroke	3.19.2	3.03.2	2.51.9	2.42.3	2.33.2	2.26.0	2.20.9
200m Individual Medley	3.24.0	3.07.9	2.55.5	2.45.7	2.37.2	2.29.3	2.24.4

BOYS - Lower Limit Times (swimmers must have achieved this time in the previous 12 months)

EVENT	9	10	11	12	13	14	15 & over
50m Freestyle	48.5	45.3	42.3	39.7	37	34.4	32.4
100m Freestyle				1.25.7	1.19.6	1.14.1	1.10.1
200m Freestyle	3.54.0	3.35.4	3.19.9	3.06.9	2.53.9	2.41.6	2.33.0
400m Freestyle	8.27.1	7.34.5	6.59.2	6.33.0	6.06.9	5.42.1	5.23.6
50m Breaststroke	1.03.1	58.8	54.5	50.8	46.8	43.5	40.9
100m Breaststroke				1.49.4	1.40.7	1.33.5	1.28.0
200m Breaststroke	4.56.1	4.35.4	4.13.1	3.56.4	3.38.3	3.22.2	3.10.7
50m Butterfly	54.4	50.3	46.5	43.8	40.6	37.6	35.2
100m Butterfly				1.35.5	1.28.3	1.21.7	1.16.7
200m Butterfly	4.42.6	4.09.1	3.45.8	3.30.8	3.15.1	3.01.0	2.48.8
50m Backstroke	55.8	51.8	48.2	45.4	41.9	39.2	36.7
100m Backstroke				1.36.2	1.28.9	1.22.4	1.17.6
200m Backstroke	4.17.5	3.58.1	3.40.4	3.26.4	3.11.4	2.57.5	2.47.5
200m Individual Medley	4.24.0	4.04.7	3.45.8	3.31.4	3.16.8	3.02.0	2.51.9

GIRLS - Upper Limit Times (swimmers must not have swum faster in the previous 12 months)

EVENT	9	10	11	12	13	14	15 & over
50m Freestyle	37.9	35.4	33.7	32.1	31.1	30.4	29.8
100m Freestyle			1.12.3	1.08.4	1.06.4	1.04.8	1.04.0
200m Freestyle	3.01.8	2.45.0	2.35.5	2.27.1	2.22.3	2.19.4	2.17.1
400m Freestyle	6.37.7	5.49.9	5.23.2	5.06.1	4.56.7	4.51.0	4.46.1
50m Breaststroke	50.1	46	43.1	40.7	39.2	38.2	37.4
100m Breaststroke			1.32.2	1.27.2	1.23.5	1.20.7	1.19.7
200m Breaststroke	3.52.2	3.32.8	3.17.8	3.06.9	2.58.9	2.54.2	2.51.9
50m Butterfly	43	39.1	37	35.1	33.9	33	32.3
100m Butterfly			1.21.1	1.16.2	1.13.5	1.11.3	1.10.4
200m Butterfly	3.46.5	3.16.0	2.58.6	2.46.9	2.40.3	2.35.6	2.32.7
50m Backstroke	43.7	40.3	38.2	36.3	35.1	34.2	33.8
100m Backstroke			1.21.0	1.16.4	1.13.6	1.11.9	1.10.5
200m Backstroke	3.21.7	3.05.1	2.51.1	2.42.5	2.37.3	2.33.8	2.30.7
200m Individual Medley	3.26.1	3.08.2	2.55.7	2.46.2	2.41.2	2.37.2	2.34.8

GIRLS - Lower Limit Times (swimmers must have achieved this time in the previous 12 months)

EVENT	9	10	11	12	13	14	15 & over
50m Freestyle	48.5	45.5	42.5	39.9	37.7	36.2	35.2
100m Freestyle			1.31.8	1.25.7	1.21.1	1.17.8	1.15.9
200m Freestyle	3.52.8	3.34.0	3.18.2	3.04.7	2.54.3	2.47.6	2.43.2
400m Freestyle	8.25.6	7.33.2	6.52.9	6.25.1	6.04.3	5.50.4	5.40.9
50m Breaststroke	1.03.4	58.8	54.3	50.6	47.6	45.5	44.2
100m Breaststroke			1.56.4	1.48.5	1.41.6	1.36.7	1.34.5
200m Breaststroke	4.54.9	4.32.7	4.09.8	3.52.9	3.38.2	3.28.8	3.23.7
50m Butterfly	54.3	49.9	46.5	43.5	41	39.3	38.1
100m Butterfly			1.42.1	1.34.6	1.29.3	1.25.2	1.23.3
200m Butterfly	4.41.5	4.09.3	3.45.0	3.27.8	3.15.1	3.06.4	3.01.0
50m Backstroke	55.5	51.7	48.1	45.1	42.6	40.8	39.8
100m Backstroke			1.42.5	1.35.2	1.29.7	1.26.1	1.23.6
200m Backstroke	4.16.6	3.58.3	3.37.2	3.23.0	3.12.2	3.04.5	2.58.9
200m Individual Medley	4.23.5	4.03.1	3.43.7	3.28.3	3.17.1	3.08.9	3.04.0