

JANUS A & B GRADED MEET 2019 - 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 | 36.2 | 33.6 | 32 | 30.2 | 28.7 | 27.5 | 26.6 |
| 100m Freestyle | 1.21.5 | 1.13.2 | 1.09.1 | 1.04.9 | 1.01.4 | 59 | 57.4 |
| 200m Freestyle | 2.53.8 | 2.38.1 | 2.29.4 | 2.20.8 | 2.13.5 | 2.08.1 | 2.04.4 |
| 400m Freestyle | 6.18.4 | 5.35.3 | 5.11.9 | 4.55.0 | 4.41.0 | 4.30.8 | 4.23.6 |
| 50m Breaststroke | 47.6 | 44.1 | 41.5 | 38.9 | 36.4 | 34.9 | 33.6 |
| 100m Breaststroke | 1.47.3 | 1.36.1 | 1.29.1 | 1.23.4 | 1.18.0 | 1.14.6 | 1.12.0 |
| 200m Breaststroke | 3.42.6 | 3.25.2 | 3.11.3 | 2.59.9 | 2.49.0 | 2.41.3 | 2.36.1 |
| 50m Butterfly | 41.1 | 37.7 | 35.4 | 33.5 | 31.6 | 30.2 | 28.9 |
| 100m Butterfly | 1.39.4 | 1.25.4 | 1.18.1 | 1.13.0 | 1.08.6 | 1.05.3 | 1.02.8 |
| 200m Butterfly | 3.36.5 | 3.07.1 | 2.50.6 | 2.40.7 | 2.31.4 | 2.24.5 | 2.17.9 |
| 50m Backstroke | 42 | 38.8 | 36.7 | 34.8 | 32.7 | 31.5 | 30.3 |
| 100m Backstroke | 1.32.5 | 1.24.2 | 1.18.0 | 1.13.4 | 1.09.1 | 1.05.9 | 1.03.6 |
| 200m Backstroke | 3.12.8 | 2.57.0 | 2.46.0 | 2.36.7 | 2.28.0 | 2.21.4 | 2.16.9 |
| 200m Individual Medley | 3.17.4 | 3.01.4 | 2.49.4 | 2.39.4 | 2.31.9 | 2.24.6 | 2.20.2 |
| 400m Individual Medley | 7.06.4 | 6.30.0 | 5.59.3 | 5.36.3 | 5.20.8 | 5.06.4 | 4.56.3 |

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 | 1.49.0 | 1.39.3 | 1.31.9 | 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 | 2.21.3 | 2.08.5 | 1.57.5 | 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 | 2.08.9 | 1.53.4 | 1.42.7 | 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 | 2.02.2 | 1.52.5 | 1.42.8 | 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 |
| 400m Individual Medley | 9.29.9 | 8:44.8 | 7:58.6 | 7:27.2 | 6:56.4 | 6:25.7 | 6:03.7 |

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 | 36.5 | 34 | 32.5 | 31 | 29.8 | 29.4 | 29 |
| 100m Freestyle | 1.22.7 | 1.14.8 | 1.09.7 | 1.06.0 | 1.04.2 | 1.02.4 | 1.02.0 |
| 200m Freestyle | 2.55.7 | 2.39.1 | 2.30.0 | 2.22.0 | 2.17.6 | 2.15.6 | 2.13.1 |
| 400m Freestyle | 6.25.1 | 5.37.4 | 5.11.6 | 4.54.6 | 4.46.7 | 4.42.1 | 4.37.7 |
| 50m Breaststroke | 48.4 | 44.3 | 41.6 | 39.3 | 37.9 | 37 | 36.3 |
| 100m Breaststroke | 1.47.6 | 1.36.6 | 1.29.0 | 1.24.2 | 1.20.8 | 1.18.2 | 1.17.4 |
| 200m Breaststroke | 3.44.8 | 3.25.5 | 3.11.0 | 3.00.6 | 2.53.2 | 2.48.9 | 2.47.0 |
| 50m Butterfly | 41.6 | 37.7 | 35.7 | 33.9 | 32.8 | 32 | 31.3 |
| 100m Butterfly | 1.40.5 | 1.25.4 | 1.18.4 | 1.13.6 | 1.11.1 | 1.09.1 | 1.08.4 |
| 200m Butterfly | 3.39.8 | 3.09.5 | 2.52.5 | 2.41.3 | 2.35.2 | 2.31.0 | 2.28.3 |
| 50m Backstroke | 42.2 | 38.9 | 36.8 | 35.1 | 33.9 | 33.1 | 32.8 |
| 100m Backstroke | 1.34.1 | 1.24.4 | 1.18.2 | 1.13.8 | 1.11.2 | 1.09.1 | 1.08.4 |
| 200m Backstroke | 3.15.0 | 2.58.6 | 2.45.0 | 2.36.9 | 2.32.3 | 2.29.4 | 2.26.3 |
| 200m Individual Medley | 3.19.2 | 3.01.5 | 2.49.8 | 2.40.4 | 2.35.9 | 2.32.4 | 2.30.3 |
| 400m Individual Medley | 7.04.2 | 6.29.6 | 5.57.2 | 5.37.7 | 5.26.3 | 5.19.7 | 5.15.4 |

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 | 1.49.1 | 1.40.1 | 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 | 2.20.3 | 2.08.0 | 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 | 2.08.8 | 1.52.6 | 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 | 2.02.9 | 1.52.2 | 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 |
| 400m Individual Medley | 9:18.4 | 8:38.7 | 7:50.7 | 7:18.2 | 6:52.9 | 6:36.5 | 6:26.1 |