



CITY OF SOUTHAMPTON SWIMMING CLUB

The Quays Swimming & Diving Complex | 27 Harbour Parade | Southampton | SO15 1BA

City of Southampton SC

James Moreno Open Meet 2025

25th and 26th October 2025

All entry times should be short course times (long course conversions are allowed)

Meet Upper Time Limits (Swimmers must be slower than these times). Time trials may be allowed.

Upper Limit Times ULTs (Short Course)

Male/Open	Age 9	Age 10	Age 11	Age 12	Age 13	Age 14	Age 15+
50m Free	31:00	30.00	28.50	27.50	25.40	24.70	23.00
100m Free	1:10.00	1:06.00	1:04.00	1:01.00	57.00	52.00	52.00
200m Free	2:30.00	2:24.50	2:17.50	2:10.00	2:03.00	1:56.30	1:51.00
400m Free	5:04.50	4:52.00	4:44.50	4:30.00	4:20.00	4:15.00	4.00.00
50m Breast	40.50	39.00	37.50	34.00	32.00	30.00	28.50
100m Breast	1:28.50	1:25.00	1:20.50	1:14.00	1:12.40	1:07.70	1:04.00
200m Breast	3:05.00	3:01.00	2:54.80	2:42.30	2:33.30	2:31.50	2:24.00
50m Fly	33.00	32.50	31.40	29.50	28.00	25.50	25.00
100m Fly	1:17.00	1:15.00	1:11.00	1:05.20	1:02.40	58.00	55.00
200m Fly	2:53.00	2:47.00	2:41.00	2:32.80	2:20.00	2:16.70	2:09.50
50m Back	35.00	34.50	33.00	30.90	29.80	27.90	27.00
100m Back	1:16.00	1:13.00	1:09.50	1:06.20	1:01.90	1:00.30	57.00
200m Back	2:40.50	2:37.00	2:29.50	2:21.50	2:17.50	2:13.50	2:06.40
100 IM	1:27.00	1:22.00	1:16.00	1:10.00	1:07.00	1:03.00	59.00
200m IM	2:42.00	2:38.00	2:35.00	2:28.00	2:19.50	2:14.50	2:09.50
400 IM	5:56.00	5:37.50	5:19.00	5:05.00	4:45.00	4:40.00	4.25.00



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Upper Limit Times ULTs (Short Course)

Female	Age 9	Age 10	Age 11	Age 12	Age 13	Age 14	Age 15+
50m Free	30.50	30.00	29.10	28.00	27.50	27.10	26.00
100m Free	1:07.00	1:05.00	1:03.50	1:01.00	59.20	58.00	57.00
200m Free	2:26.00	2:20.50	2:17.50	2:10.00	2:07.00	2:05.00	2:03.50
400m Free	4:46.00	4:43.00	4:42.00	4:40.00	4:35.00	4:28.00	4:20.00
50m Breast	39.50	39.00	37.60	36.00	35.00	34.00	33.00
100m Breast	1:27.00	1:24.90	1:22.00	1:17.00	1:16.00	1:15.00	1:13.00
200m Breast	3:06.50	3:02.50	2:57.50	2:50.70	2:46.10	2:38.00	2:32.00
50m Fly	33.00	32.00	31.40	30.00	29.00	28.40	27.50
100m Fly	1:17.50	1:15.00	1:11.50	1:07.00	1:05.10	1:04.00	1:02.00
200m Fly	2:55.00	2:45.00	2:35.00	2:32.00	2:29.50	2:26.00	2:20.00
50m Back	35.40	34.50	33.50	32.00	31.00	30.50	29.60
100m Back	1:15.00	1:13.00	1:10.00	1:08.00	1:05.70	1:04.80	1:03.00
200m Back	2:40.00	2:35.00	2:33.10	2:27.40	2:24.00	2:22.00	2:18.00
100 IM	1:25.00	1:18.00	1:16.00	1:13.50	1:10.00	1:07.50	1:05.00
200m IM	2:45.00	2:41.50	2:35.00	2:28.00	2:26.30	2:24.50	2:21.50
400 IM	5:52.00	5:43.50	5:33.00	5:23.50	5:14.00	5:08.00	4:59.00