

EAST INVICTA CHAMPIONSHIP UPPER LIMIT TIMES: MEN AND BOYS					
Stroke	Distance	9/10 yrs	11/12 yrs	13/14 yrs	15 years and over
Freestyle	50m	27.29	25.70	24.42	23.71
Freestyle	100m	1.00.05	55.35	54.42	51.97
Freestyle	200m	2.09.97	2.01.30	1.56.03	1.56.02
Freestyle	400m	4.29.89	4:05.25	4.02.28	4:05.25
Freestyle	1500m	17:57.25	16.46.11	16.27.09	16.21.50
Backstroke	50m	31.35	29.34	29.01	27.71
Backstroke	100m	1.06.18	1.02.79	1.01.82	59.38 -
Backstroke	200m	2.22.42	2.16.53	2.10.17	2.10.17
Breaststroke	50m	34.60	33.51	32.56	31.26
Breaststroke	100m	1:14.99	1.09.95	1.08.67	1.06.02
Breaststroke	200m	2:45.06	2.29.72	2.26.81	2.26.81
Butterfly	50m	31.27	28.5	28.02	27.14
Butterfly	100m	1.07.3	1.01.67	1.00.12	58.58 -
Butterfly	200m	2.19.85	2.12.37	2.11.52	2.06.56
Ind Medley	4x25m	1:06.42	1.04.31	1.03.59	1.03.11
Ind Medley	4x50m	2:25.03	2.14.55	2.10.67	2.07.95
Ind Medley	4x100m	4.53.58	4.38.24	4:37.29	4:35.14

EAST INVICTA CHAMPIONSHIP UPPER LIMIT TIMES RECORDS: LADIES AND GIRLS					
Stroke	Distance	9/10 yrs	11/12 yrs	13/14 yrs	15 years and over
Freestyle	50m	28.86	26.87	26.87	25.01
Freestyle	100m	1.02.70	59.67	58.03	58.03
Freestyle	200m	2.13.03	2.08.86	2.07.07	2.06.01
Freestyle	400m	4.36.79	4.24.74	4.24.74	4.23.00
Freestyle	1500m	9.48.02	9.01.49	9.01.49	9.01.49
Backstroke	50m	32.98	31.72	30.05	30.05
Backstroke	100m	1.09.79	1.07.41	1.04.47	1.04.47
Backstroke	200m	2.26.29	2.24.61	2.18.06	2.18.06
Breaststroke	50m	37.8	34.73 -	33.12	33.12
Breaststroke	100m	1.21.10	1.15.09	1.14.55	1.14.53
Breaststroke	200m	2.53.90	2.45.72	2.34.96	2.34.96
Butterfly	50m	31.88	30.61	31.15	27.14
Butterfly	100m	1.09.78	1.06.82	1.04.89	1.04.72
Butterfly	200m	2.35.49	2.24.23	2.28.07	2.20.62
Ind Medley	4x25m	1.12.96	1.08.24	1.08.33	1:07.46
Ind Medley	4x50m	2.34.29	2:24.40	2.23.82	2.21.15
Ind Medley	4x100m	5.23.27	5.16.84	5.04 72	4.56.67