



Estimating Times for swim meets

Some swim meet don't allow swimmers to register for an event with a NT (No entry time) If your swimmers needs a time for an event they have never swam, please use this guide to estimate your swimmer's times

Entry Times for Meets

New Events/First Time Events:

- 1st time 50: double your 25-yard time and add 10 seconds.
- 1st time 100 free & back: double your 50-yard time and add 15 sec.
- 1st time 100 Breast & Fly: double your 50-yard time and add 20 sec.
- 1st time 200: double 100-yard time and add 25 sec. For free & back; 30 sec. for Breast & Fly).
- 200 IM: double 100 IM and add 20 seconds.