

Open/Male						Ages at 31 st December 2025 Times Long Course (50m)	Female							
11&12	13	14	15	16	17/OV		11&12	13	14	15	16	17/OV		
Entry via 100m freestyle consideration time						25.30	50m Freestyle	Entry via 100m freestyle consideration time						28.70
1.11.40	1.08.40	1.02.60	1.00.30	58.70	55.0		100m Freestyle	1.11.10	1.07.70	1.05.80	1.03.70	1.02.60	1.01.40	
2.34.90	2.30.20	2.16.30	2.11.50	2.07.90	2.04.30		200m Freestyle	2.35.90	2.26.80	2.22.10	2.20.30	2.17.10	2.14.00	
5.28.60	5.19.10	4.55.00	4.43.90	4.35.70	4.25.50		400m Freestyle	5.26.00	5.12.20	5:02.60	4.53.80	4.48.00	4.42.10	
10.32.80	10.18.80	9.38.30	9.24.30	9.19.90	8.52.20		800m Freestyle	10.54.50	10.22.70	10.11.10	9.42.60	9.36.10	9.27.80	
20.35.00	19.48.50	18.38.20	18.06.40	17.36.10	17.15.00		1500m Freestyle	22.06.30	20.00.30	19.42.00	18.40.20	18.37.90	18.22.20	
Entry via 100m backstroke consideration time						29.90	50m Backstroke	Entry via 100m backstroke consideration time						32.60
1.20.30	1.18.50	1.10.70	1.07.60	1.06.80	1.04.50		100m Backstroke	1.20.40	1.16.90	1.13.90	1.12.70	1.11.70	1.10.40	
2.50.50	2.47.10	2.32.60	2.27.60	2.25.50	2.20.60		200m Backstroke	2.51.50	2.45.50	2.41.70	2.37.60	2.36.40	2.30.50	
Entry via 100m breaststroke consideration time						32.30	50m Breaststroke	Entry via 100m breaststroke consideration time						36.50
1.35.00	1.30.50	1.22.00	1.18.70	1.17.30	1.12.70		100m Breaststroke	1.34.70	1.27.90	1.24.50	1.23.30	1.21.60	1.19.80	
3.27.96	3.18.10	2.58.70	2.53.60	2.50.20	2.45.80		200m Breaststroke	3.20.90	3.11.30	3.06.50	2.59.90	2.58.0	2.56.80	
Entry via 100m butterfly consideration time						27.50	50m Butterfly	Entry via 100m butterfly consideration time						30.80
1.24.50	1.20.20	1.11.50	1.08.80	1.07.50	1.02.50		100m Butterfly	1.22.80	1.18.40	1.14.50	1.12.50	1.10.80	1.09.10	
3.18.40	3.07.30	2.50.60	2.37.80	2.36.60	2.25.40		200m Butterfly	3.22.80	3.01.70	2.55.00	2.48.80	2.47.00	2.41.90	
2.55.30	2.51.20	2.34.20	2.28.40	2.27.50	2.22.30		200m Ind Medley	2.57.10	2.48.60	2.43.60	2.37.60	2.34.80	2.32.00	
6.20.60	6:07.60	5.34.10	5.23.50	5.20.70	5.11.20		400m Ind Medley	6.17.80	5.59.20	5.54.30	5.42.20	5.41.30	5.36.20	

All times must be achieved in a licensed meet Level 1, 2 or 3 between 10th March 2024 and the closing date.

Please be aware that if events are oversubscribed then it will be necessary to reject entries as detailed in the conditions.

Times are taken as above including 1/100's and no rounding is to happen.