



Swim England

East Midlands

Swim England East Midlands Short Course Championships 2024

Harvey Hadden Nottingham Fri 1st / Sat 2nd / Sun 3rd November

Licensed Level 2 - TBA

Consideration Times (25m Pool)

Junior 16/Under

Senior 17/OV

Ages at 31st December 2024

Junior Open/Male Born 08 or younger	Senior Open/Male Born 07 or older	Event	Junior Female Born 08 or younger	Senior Female Born 07 or older
00:26.25	00:25.04	50m FREESTYLE	00:28.87	00:28.57
00:58.21	00:54.46	100m FREESTYLE	01:03.45	01:01.74
02:07.44	02:00.59	200m FREESTYLE	02:17.82	02:14.18
04:39.15	04:24.43	400m FREESTYLE	04:56.48	04:48.09
TOP 48		800m FREESTYLE*	TOP 48	
TOP 24		1500m FREESTYLE**	TOP 24	
00:33.18	00:31.46	50m BREASTROKE	00:36.22	00:35.95
01:13.83	01:08.48	100m BREASTROKE	01:19.82	01:17.68
02:41.36	02:35.11	200m BREASTROKE	02:53.23	02:52.55
00:28.25	00:27.29	50m BUTTERFLY	00:31.19	00:30.60
01:04.20	01:00.24	100m BUTTERFLY	01:09.23	01:07.95
02:28.68	02:20.07	200m BUTTERFLY	02:39.25	02:33.47
00:29.82	00:28.14	50m BACKSTROKE	00:32.34	00:31.89
01:05.06	01:00.88	100m BACKSTROKE	01:10.51	01:08.59
02:21.99	02:14.29	200m BACKSTROKE	02:32.90	02:29.27
01:06.77	01:02.49	100m IND MEDLEY	01:13.19	01:11.16
02:24.99	02:15.89	200m IND MEDLEY	02:35.58	02:31.62
05:15.66	04:59.53	400m IND MEDLEY	05:35.17	05:29.83

All times must be achieved since 1st September 2023 at a competition licensed L1-3.

Times are short course, conversions from long course will be accepted.

* The 800m events will be limited to the top 48 swimmers, at least 20 of which will be juniors. Swimmers who are not accepted originally will form a wait list in speed order.

** The 1500m events will be limited to the top 24 swimmers, at least 8 of which will be juniors. Swimmers who are not accepted originally will form a wait list in speed order.

Methodology: these times have been set on advice from the EM Coaches Technical Panel based on the Swim England Winter Championships (25m) qualifying times plus percentages.

Juniors: 50s +5%, 100s and 200s +7%, 200FL and 400s + 9%

Seniors: 50s, 100s, 200s +7%, 200BR, 200FL and 400s + 9%